



cardápio de serviços

THERMAL BATHS

IMMERSION THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Immersion in still water.

Recommendation: chronic rheumatism, paralysis, neuritis, phlebitis and varicose veins, various neuralgias, chronic skin diseases, allergic diseases and chronic bronchitis.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy

HYDROMASSAGE THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C.

Hydromassage jets with mechanical massage effect.

Recommendation: tiredness, insomnia and nervous manifestations.

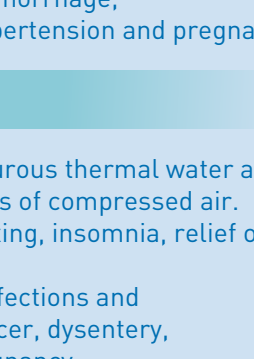
Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.

PEARL THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Gentle jets of compressed air.

Recommendation: sedative, relaxing, insomnia, relief of pain and muscle spasms.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.

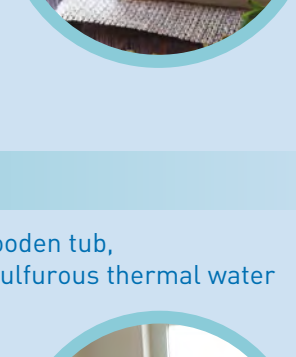


AROMATIC THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Hydromassage jets, plus bath salts and essential oil with therapeutic properties.

Recommendation: sedative, relaxing, insomnia, pain relief and muscle spasms.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.



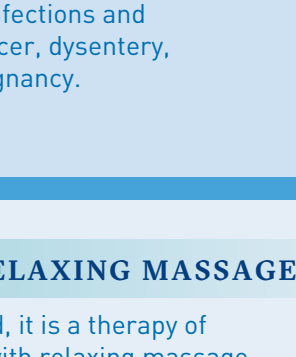
OFURO THERMAL BATH

Traditional Japanese bath in a wooden tub, accommodating up to 4 people. Sulfurous thermal water at a temperature of 37°C.

Hydromassage jets, added with essential oils and glycolic extract with therapeutic properties.

Recommendation: improves blood circulation, detoxification of the skin, stimulation of cellular activity, strengthening of tissues, aid in the prevention of cellulite and body flaccidity.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.



Showers

SCOTTISH SHOWER

Pressure jets of different temperatures, applied manually to cause hyperemia.

Recommendation: muscle aches, insomnia, anxiety, relaxation, depression, nervous exhaustion.

Contraindication: inflammation, cancer, exposed varicose veins, osteoporosis, pregnancy.

CIRCULAR SHOWER

Pressure jets of different temperatures to cause hyperemia (not manually applied).

Recommendation: disorders related to neuronal excitability, insomnia, nervous exhaustion, menopausal nervous disorders, hysteria, tremors, parkinsonism, nervous tics, hyperthyroidism, spasmodic paralysis.

Contraindication: inflammation, cancer, exposed varicose veins, osteoporosis, pregnancy.

SAUNAS

WET SAUNA

Also known as a Turkish bath or steam sauna, it has a sedative, tranquilizing, detoxifying action, stimulating sweating and circulation.

Recommendation: fatigue, physical and mental exhaustion, insomnia, chronic complications of rheumatism, poor circulation in the extremities, respiratory infections, skin disorders in adolescents.

Contraindication: all acute febrile illnesses, infections and acute inflammations, cardiac diseases, aneurysms, advanced arteriosclerosis, epilepsy, leprosy, tuberculosis, arterial hypertension and hypotension, hemorrhage in general, pregnancy.

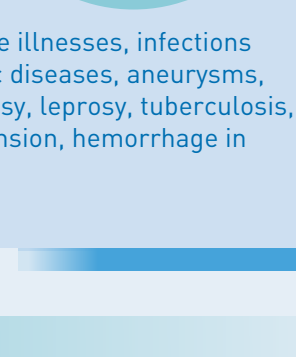


DRY SAUNA

Known as the Finnish sauna, the dry sauna has a sedative, tranquilizing, detoxifying action, stimulating sweating and circulation.

Recommendation: fatigue, physical and mental exhaustion, insomnia, chronic complications of rheumatism, poor circulation in the extremities, respiratory infections, skin disorders in adolescents.

Contraindication: all acute febrile illnesses, infections and acute inflammations, cardiac diseases, aneurysms, advanced arteriosclerosis, epilepsy, leprosy, tuberculosis, arterial hypertension and hypotension, hemorrhage in general, pregnancy.



MASSAGES AND COSMETIC PROCEDURES

HOT STONE MASSAGE

Full body massage. Technique that uses volcanic stones with the aim of relaxation through thermotherapy.

Recommendation: muscle pain, activates circulation, fibromyalgia, sinusitis, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

RELAXING MASSAGE

Full body massage. Gentle techniques on the musculature of the body.

Recommendation: relaxation through touch.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.



MASSAGE WITH CHINESE PINDAS

Full body massage. It uses a technique that relaxes and treats the body through aromatherapy and thermotherapy.

Recommendation: muscle pain, activates circulation, fibromyalgia, sinusitis and insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

ABDOMINAL LIPOSHOCK

Localized fat treatment system.

Recommendation: body styling, body shaping, cellulite, sagging.

Contraindication: kidney and liver failure, cancer, infection, inflammation and venous thrombosis.

LYMPHATIC DRAINAGE

Full body drainage. It aims to stimulate the lymphatic system.

Recommendation: swelling, cellulite, circulatory problems.

Contraindication: kidney and liver failure, cancer, infection and inflammation, venous thrombosis.

CHINESE TUINA MASSAGE

Full body massage. It uses a Chinese technique, with constant and fast movements.

Recommendation: muscle aches, insomnia, anxiety.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

QUICK MASSAGEM

Quick massage on shoulders, back, arms and hands. Relaxing effect and tension relief.

Recommendation: muscle tension, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

BODY SCRUB

Full body exfoliation. It uses a technique that relaxes and exfoliates simultaneously.

Recommendation: removal of dead cells, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

DRENAMAX FLOW

It associates specific movements and energy stimuli, based on Chinese medicine and quantum physics.

Recommendation: models, improves cellulite and swelling. Rescues health, bringing balance to body and mind.

Contraindication: recent surgery without medical approval, thrombosis and fever.

MASSAGE WITH CANDLES

It uses hot melted candle wax on the body, performing relaxing massage movements for therapeutic purposes.

Recommendation: stress relief, feeling of physical comfort, reduction of tiredness, insomnia, improvement of blood circulation, reduction of edema, hydration of the skin that can last up to 15 days.

Contraindication: fever, open lesions, infections, inflammations, malignant tumors, pregnant women up to the third month of pregnancy.

HOT TOWEL MASSAGE

Massage performed on the whole body, with vegetable oils and the aid of heated towels, damp or otherwise.

Recommendation: decreasing anxiety, insomnia, skin detoxification, improved metabolism, reduced localized fat and cellulite.

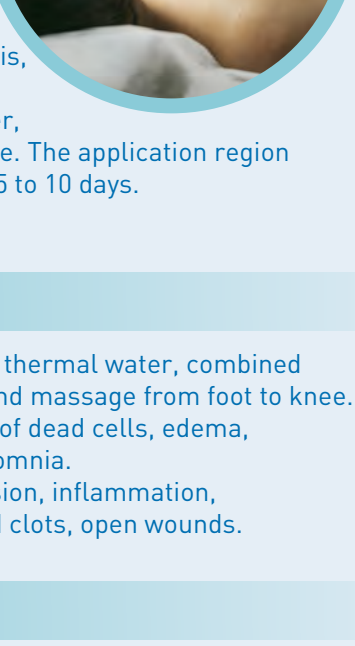
Contraindication: thrombosis, uncontrolled hypertension, sensitivity disorders, malignant tumors, pregnancy, inflammations and infections.

CUPPING THERAPY MASSAGE

It is a type of natural treatment in which vacuums are created in the skin through suction cups that stimulate blood circulation, releasing existing toxins in the blood and also dispersing accumulated energy.

Recommendation: they are indicated for the treatment of pain caused by excessive physical exercise, back pain, rheumatism, migraine, anxiety, stress, reduction of the appearance of scars and cellulite.

Contraindication: thrombosis, thrombophlebitis, bleeding disorders, varicose veins, wounds, fever, fracture at the treatment site. The application region may be sore and purple for 5 to 10 days.



FOOT BATH

Feet immersed in sulfurous thermal water, combined with exfoliation, hydration and massage from foot to knee.

Recommendation: removal of dead cells, edema, poor circulation, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

REFLEXOLOGY

Application of pressure in specific regions of the feet. Identification of points related to each organ of the body.

Recommendation: tension, stress, poor circulation.

Contraindication: open wounds in the foot region, pacemaker-users, thrombosis, pregnancy.

FACIAL TREATMENTS

SKIN CLEANSING

Cleaning, exfoliation and removal of dead cells, blackheads, pimples and skin impurities.

Recommendation: acne, milia, pimples, blackheads.

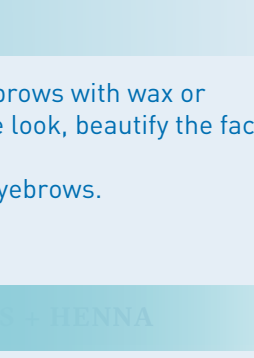
Contraindication: people with allergies to components of the products used. If you have botox or fillers, wait at least 15 days and, if you have undergone facial surgery, wait at least 4 months.

FACIAL REJUVENATION

Treatment carried out with or without the aid of electrotherapy (ionization, crystal or diamond peeling), according to the needs of each client. It uses cosmetics with growth factor active ingredients that stimulate collagen synthesis, improving tissue flaccidity, wrinkles and expression lines.

Recommendation: aged and devitalized skin, wrinkles, expression lines.

Contraindication: facial surgeries less than 3 months prior, botox and filling less than 15 days prior, peeling less than 10 days prior, active acne and cancer.



MICRONEEDLING

Minimally invasive aesthetic procedure that uses a manual device with microneedles from 0.05mm to 1.5mm according to each treatment and skin type, stimulating natural fibers, percutaneous collagen induction, in addition to providing firmness and support. The procedure may be performed with or without the topical application of an anesthetic.

Recommendation: removing acne scars, age and sun spots, wrinkles, skin expression lines. Improves sagging, reduces dilated pores. It also reduces body stretch marks.

Contraindication: active acne, labial herpes infection, if you are taking anticoagulant drugs such as heparin or aspirin, if you have a history of allergies to local anesthetic ointments, if you are undergoing radiotherapy or chemotherapy. In case of uncontrolled diabetes mellitus, autoimmune disease or skin cancer.

HYDRATION WITH FACIAL MASSAGE

Deep hydration that replenishes the skin's moisture and luminosity.

Recommendation: dry skin.

Contraindication: people with allergies to components of the products used. If you have botox or fillers, wait at least 15 days and, if you have undergone facial surgery, wait at least 4 months.

COSMETIC SERVICES

EYEBROW DESIGN

It consists of remodeling the eyebrows with wax or tweezers, in order to enhance the look, beautify the face and bring adequate symmetry.

Recommendation: reshape the eyebrows.

Contraindication: none.

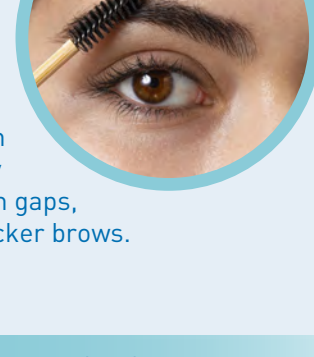
BROW DESIGN + HENNA

Henna has the function of correcting small flaws, pigmented light and white hairs, lengthening and enhancing the eyebrows.

The technique consists of painting the eyebrows with henna, a substance extracted from the Lawsonia Inermis plant. Henna eye brows last an average of 15 days.

Recommendation: to darken and enhance hair, especially white hair. Temporarily fill in gaps, giving the appearance of thicker brows.

Contraindication: none.



MICROPIGMENTATION + TOUCH UP

In thread-by-thread micropigmentation, the threads are drawn with a manual inducer (tebori) or an electrical device (dermograph) in the same thickness and direction as the existing hairs. The pigment is implanted in the superficial layer of the skin, leaving the result very natural.

Recommendation: to cover gaps in the eyebrows, highlight and increase thickness.

Contraindication: diabetes, cancer, vitiligo, dermal diseases, after facial peeling, cancer, genital herpes, lactating women.

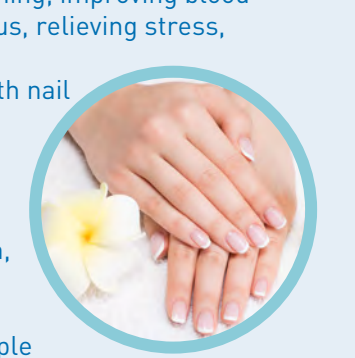
MANICURE AND PEDICURE

It consists of aligning the fingernails, removing cuticles, moisturizing the skin and adding nail polish to it.

Recommendation: nail cleaning, improving blood circulation, preventing fungus, relieving stress, improving self-esteem.

Contraindication: people with nail diseases such as infections, inflammations, mycoses.

People with skin conditions, such as lupus and polymorphous light eruption, that cause sensitivity to ultraviolet rays. Who uses photosensitizing drugs. People undergoing cancer treatment.



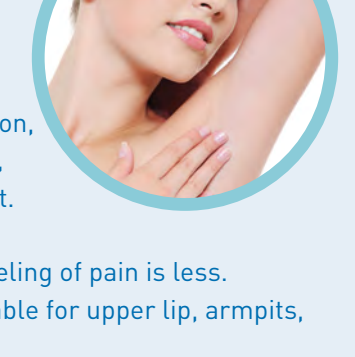
HAIR REMOVAL

Underarm waxing is a method used to completely remove hair from the root.

Recommendation: for all skin types. Provides greater durability of depilation, reducing the growth of hair, which is removed by the root.

For people sensitive to pain, because with hot wax the feeling of pain is less. Hair removal services available for upper lip, armpits, groin, half leg and full leg.

Contraindication: people who need to expose themselves to the sun after waxing, as this can cause stains. Skin that has any type of irritation, such as injured skin, redness, wound or burn. People undergoing treatment with any type of acid.



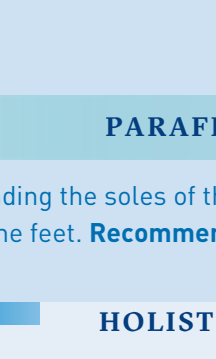
PODIÁTRY

PODIATRY

It is the area of health that treats all pathologies of the feet. Treatment geared to the needs of each patient.

Recommendation: in the evaluation, the person will receive the necessary Recommendation.

Contraindication: none.



FOOT REFLEXOLOGY WITH STONES AND BAMBOO

Application of pressure to specific regions of the feet. Identification of points related to each organ of the body. Application of hot stones for greater relaxation.

Recommendation: tension, stress, poor circulation, insomnia, anxiety, accelerates metabolism.

Contraindication: open wounds in the foot region, pacemaker-users, thrombosis, pregnancy. People undergoing cancer treatment can only be attended with medical authorization.

PARAFFIN FOOT SPA

Cutting the blades, sanding the soles of the feet, exfoliating and moisturizing with paraffin. Promotes deep hydration of the feet. **Recommendation:** deep hydration. **Contraindication:** open wounds.

HOLISTIC THERAPIES

ACCESS BARS

There are 32 points around the head that are gently touched, promoting relaxation, lightness and well-being.

Recommendation: anxiety, depression, stress, insomnia, panic syndrome, fatigue and pain.

Contraindication: none.

MTVSS

Energizing procedure done with touches along the body. **Recommendation:** reinforce the natural function of the body, modifying and restoring metabolism, restore the immune system, promote well-being, reduce pain.

Contraindication: none.

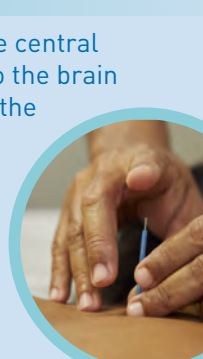
TRADITIONAL CHINESE MEDICINE

ACUPUNCTURE

Chinese technique that works with the central nervous system, sending messages to the brain through stimulation of the needles in the meridians.

Recommendation: muscle aches, tension nodules, headaches, pains in the neck and scapula.

Contraindication: states of high anxiety, high levels of emotional stress, syncope reaction to injections.



EAR ACUPUNCTURE

Auricular points is a natural therapy that consists of stimulating topology on the ears, and is therefore very similar to acupuncture.

Recommendation: pain due to sprains, contractures or muscle strains. Rheumatic, respiratory, cardiac, urinary, digestive, hormonal (such as obesity, anorexia or thyroid disease) and psychological (anxiety or depression) problems. It can also be used to treat hypertension, vertigo or palpitations.

Contraindication: none.

SHIATSU

Full body massage. It uses a Japanese technique that consists of releasing nodules of muscle tension by means of pressure from the fingers or elbow.

Recommendation: muscle aches, tension nodules, headaches, pains in the neck and scapula.

Contraindication: varicose veins, bleeding, cancer, osteoporosis, edema, swelling, fractures, pregnancy.

POOL AND GYM

WATER AEROBICS

It develops muscular conditioning, the cardiac and pulmonary systems and joint mobility. It trains the whole body thanks to the work against water resistance.

Recommendation: for people who are starting or continuing to practice exercises, who have no contraindications and who are looking for an activity designed with safe, effective and relaxing exercises at the end of the class.

Contraindication: for people who still have health limitations and who have a medical indication with special care for their recovery.

SWIMMING

Class that develops the learning of the four swimming styles through mastery of the body in the liquid environment.

Recommendation: for people who aim to make contact with water more fun and pleasurable and who, in addition to learning swimming techniques, will also benefit their health.

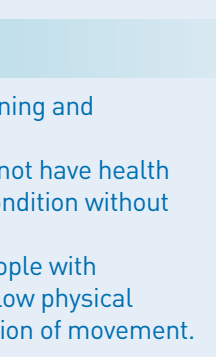
Contraindication: each case must be analyzed individually by the teacher, as the training can be adapted according to the needs of each one.

HIDRO SPORT

Class that develops muscle strengthening and cardiorespiratory capacity.

Recommendation: for people who do not have health limitations and are in good physical condition without movement difficulties in the water.

Contraindication: not indicated for people with limited health, sedentary people with low physical conditioning or who have some limitation of movement.



KUNG FU

Class that develops physical abilities and skills through isolated techniques, stylized sequences and forms of combat, thus making the practitioner also learn to defend himself.

Recommendation: for people who aim to work not only the body, but also the personal development of discipline, persistence, self-control, reflexes and respect.

Contraindication: there are no contraindications, as the class will be adapted according to the needs of each student.

AGILITY

Physical and technical conditioning class that uses accessories and equipment to encourage coordination, balance and agility through strength and cardiorespiratory conditioning exercises.

Recommendation: for people who seek to improve their physical condition and technique for sport, as well as improve their abilities and skills in body control.

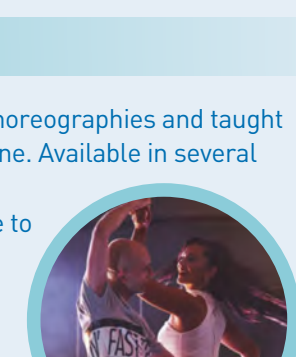
Contraindication: for sedentary people or people who have some movement or heart limitation.

DANCES

Classes prepared with excellent choreographies and taught according to the capacity of each one. Available in several modalities.

Recommendation: people who like to move their whole body with catchy music and who seek physical and mental well-being. 4 years old and up, depending on the modality.

Contraindication: people who are recovering from orthopedic treatment or who have medical restrictions for the practice of physical activity.



PILATES AND PHYSIOTHERAPY

PILATES

It is a set of exercises created by a German man named Joseph Pilates, in the mid-1920s, which are performed on the ground or in exclusive equipment, aiming at total and complete control and