



Alma com Vida

Shantala - 35€

Time: 30 minutes

Massage for babies between one month and 7 years old.

Ideal after bathing or before going to bed; after 40 min. of food

"Touching is the first communication a baby receives and the first language of its development is transmitted through the skin"_Montague

Quick Massage - 55€

Time: 40 minutes

*See exceptions

In an ergonomic chair the arms, head, neck, back, shoulders and hands are massaged.

Access Bars - 60€

Time: 1 hour

Soft head presses while lying down in a silent place.

There are 32 points on your head that, when gently touched, effortlessly release any spiritual barriers that stop you from feeling joyful and peaceful in your life. These points contain all the thoughts, ideas, beliefs, emotions and considerations you have stored. This is an opportunity for you to let go of everything! There are no contraindications.

Massage - 80€

Time: 1 hour

* See exceptions

1. Relaxing massage. Uses only hands through soft, rhythmic and continuous movements throughout the entire body with the use of massage creams or essential oils.

2. Thai massage. Promotes physical and emotional well-being using massaging as a form of body balance with gentle techniques of stretching, focusing on the main energy points of the body to release blocked energy, relieving pain discomfort and generating a feeling of relaxation without using massage creams or essential oils.

*Exceptions:

• Skin problems • HIV • Hepatitis • Cancer • Recent injuries • Pregnant women