

Water  
LightHarmony  
Serenity


#### NORMS & ETIQUETTE


- We recommend that you arrive at the SPA 15min before the scheduled time, a delay in relation to the scheduled time may imply reducing the time of your treatment;
- Male client with reservation of facial treatment, we recommend that you shave previously;
- Children from 12 years of age can enter the pool with prior authorization (verbal or written) of the parents or legal persons since they are accompanied by an adult;
- Forbidden to smoke in the facilities;
- It is prohibited to use the mobile phone and other electronic equipment;
- It is forbidden to consume alcoholic beverages, soft drinks or food purchased outside the facilities of the SPA;
- During the reception in the SPA, the client is entitled to a locker for personal use, being the respective key in his possession;
- The loss of any personal object inside the facilities is full responsibility of the customer;
- The client of SPA programs has the right to a bathrobe and towel to be requested at reception;
- In the swimming pool circuit is necessary the use of bathing suit and cap. If you do not have a cap, you must ask for through payment;
- The slippers can not come from the outside, and should change shoes in the dressing room;
- On departure, the customer must deliver the material that was delivered to him at the reception, non-return implies the payment of a penalty of €50;
- The management of the SPA reserves the right to refuse the admission of clients when the maximum functional capacity of the facilities is reached;
- It is expressly forbidden to use balls, mattresses, buoys, fins, masks and diving goggles in the pool area. It is also forbidden to swim and dive into the dynamic pool;
- All services sold at Miramar Senses SPA may be charged to guests checking accounts;
- Cancellations are allowed up to 24 hours before treatment, free of charge. After this period, 50% of the value will be charged for cancellations up to 12 hours in advance of the appointment, and the entire value in case of cancellation of less than 12 hours. In the same way, the non-appearance implies the collection of the total value of the treatment;
- The omissions and doubts of interpretation of these norms will be resolved by the direction of the SPA;



 SENSES  
MIRAMAR SPA

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 10<sup>am</sup>/01<sup>pm</sup> - 03<sup>pm</sup>/08<sup>pm</sup>  
Except 24 (from 01<sup>am</sup>),  
25 December & 1 January.

 Miramar Senses SPA  
Rua Abel da Silva N°36,  
2450-060 Nazaré, Portugal

 00351 262 550 003

 spa@grupomiramar.pt

 www.miramarnazarehotels.com

Miramar Senses SPA invites you to take refuge from the routine of everyday life and enjoy exclusive moments of relaxation in a breathtaking scenario.

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## MIRAMAR SENSES SPA

Miramar Senses SPA has been designed with your comfort in mind. All areas and services have been created to provide you with unique sensations of harmony and tranquility.

Here you can find:

- Panoramic relaxation pool;
- Turkish bath (Hammam);
- Bithermal shower;
- Fitness Area;
- Relaxation Area;
- Individual and Couple Cabineis;

These programs are available "à la carte" or included in structured programs aimed to achieve specific welfare and beauty goals, tailored to the characteristics of each client. Reservation required (including Miramar Senses SPA Circuit) in order to ensure the excellence of our services to our customers.



### PRICE LIST

	EUROS
<b>MIRAMAR SENSES POOL CIRCUIT   90min.</b> Dynamic heated water pool with jets, hydromassage beds, air bubble, contrast shower, cold water bucket, relaxation area	15€
Guests	10€
<b>PACK 10 MIRAMAR SENSES POOL CIRCUIT</b>	100€
<b>HYDROTHERAPY</b>	
Miramar Senses Bath   30min.	30€
Detox Bath (with Mud Wrap)   45min.	40€
Sculpting Bath (with Algae Wrap)   45min.	40€
<b>MASSAGES</b>	
Royal Massage   40min.	40€
Royal Deluxe Massage (includes head, hands and feet)   60min.	55€
Warm Power Stones Massage   70min.	70€
Localized Massage (Back)   30min.	35€
Candle Massage   60min.	60€
Sand Sachets Massage   60min.	60€
Apollo Massage (with therapeutic effect)   30min.	55€
<b>EXFOLIATIONS</b>	
Marine Salt Exfoliation   40min.	35€
Coffee & Sugar Exfoliation   40min.	35€
Sea Salta & Marine Mud Exfoliation (with Wrap)   60min.	60€
<b>RITUALS</b>	
Chocolate Ritual   90min. Exfoliation, Wrap & Massage	80€
Siano Mount Ritual   90min. Exfoliation, Wrap & Massage	80€
Ancient Stone Ritual (Back)   75min. Exfoliation, Wrap & Massage	55€
Detox Ritual   60min. Exfoliation & Massage	55€

### VISAGE

Mini-Facial   30min.	30€
Facial Treatment Anti-Aging   60min.	80€
Anti-Wrinkle Treatment with Hyaluronic Acid   60min.	80€
Soothing Water (Dehydrated skins)   60min.	70€
Purifying (Mixed and oily skins)   60min.	70€
Skin Cleansing (With extraction)   90min.	60€

### COUPLE TREATMENTS

Hydromassage for Couple   20min.	50€ (Couple)
Double Relaxation Massage   60min.	95€ (Couple)
Senses Duo Moments   90min. Hydromassage Couple, Relaxing Massage	115€ (Couple)
Chocolate Moments for Couple   140min. Exfoliation, Wrap, Bathtub & Relaxing Massage	180€ (Couple)

### ASTHETICS

SPA Manicure   60min.	25€
Simple Manicure   30min.	12€
SPA Pedicure   60min.	30€

### WAX EPILATION

	EUROS	EUROS
	Her	Him
Eyebrows	7€	8€
Upper Lip	7€	-
Armpit	10€	17€
Simple Groin	15€	-
Complete Groin	20€	-
Full Leg	22€	-
Half Leg	17€	22€
Chest	-	20€
Abdomen	-	15€
Chest & Abdomen	-	30€
Back	-	15€
Arms	-	15€

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## SPECIAL PROGRAMS

EUROS

### SPECIAL PREGNANT | 60 MIN. 58,50€

From the 3rd month of gestation, continue to take care of yourself: proper face treatment mini-facial and localized massage with "pen-brushes" to restore lightness to the lower limbs.

### SPECIAL MOMS | 90 MIN. 72,25€

After breastfeeding, take care of your body. Real universe massage with lianas and moisturizing mini-facial treatment.

### SPECIAL TEEN | 120 MIN. 76,50€

To revitalize your energies, we propose: Swimming pool circuit with waterfalls, turkish bath, jets and face treatment "Purifying Wave" with algae, for skins with oily tendency and acne.

### SPECIAL ANTI-STRESS | 120 MIN. 117€

Relax and enjoy the time for yourself: Body scrub with natural elements, wrapping mud or algae (Chromotherm capsule) and relaxing manual massage.

### SPECIAL BEAUTY | 120 MIN. 127,50€

"If I do not like myself, who will?" Body massage of hot stones and face treatment "Juno" or "Venus" to fill and treat wrinkles. Oxygenation of the tissues provides skin purification and pure relaxation effect.

### SPECIAL BIRTHDAY | 180 MIN. 90€

**Women Option:** Circuit Miramar Senses, relaxing candle massage and mini-facial treatment.

**Man Option:** Circuit Miramar Senses, chromotherme bath and Apollo massage.

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*Because you deserve!*

## SPECIAL PROGRAMS

EUROS

### SPECIAL WOMAN | 150 MIN. 80€

For all women who are mothers, wives, daughters, friends ... Treat yourself from head to toe with this special package: Circuit Miramar Senses, relaxation massage, face treatment with Spa mask or pedicure.

### SPECIAL HONEYMOON | 3 DAYS 260€ (COUPLE)

For special couples, we propose a 3-day program.

**Day 1:** Circuit Miramar Senses + Exfoliation and wrapping with mud and sea salt.

**Day 2:** Whirlpool for couples + Relaxation massage for couples.

**Day 3:** Circuit Miramar Senses.

### SPECIAL MARRIED IN FRESH | 120 MIN. 180€ (COUPLE)

Special package for newlyweds, grooms and lovers who want to celebrate love. Exfoliation for two, hydromassage for couple, relaxation massage with sand sachets (tuiponos).

### SPECIAL SILVER/GOLD WEDDING | 120 MIN. 100€ (COUPLE)

Is it your wedding anniversary? Celebrate this special date and renew the marriage vows. Circuit Miramar Senses, royal universe massage with brushes.

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