



# FISH SPA

AN UNIQUE EXPERIENCE  
THAT NATURE PROVIDES US

The perfect solution for our feet with a treatment that eliminates dead cells and at the same time regenerates the skin in a completely natural way.

It treats skin problems in a safe and effective way thanks to the GARRA RUFA fish, the "medical fish", originating in Turkey. Treats various dermatological problems (psoriasis, eczema, calluses and hardness). When you set foot in the fish spa, Garra Rufa (a toothless species) takes care of sucking out dead skin cells, leaving it smooth, clean, healthy and at the same time processing and spreading an enzyme with a regenerating effect on your skin. , anthracine. In addition, the impulses and micro-suctions of the "masseur fish" stimulate acupuncture points and improve blood circulation. This natural and rejuvenating peeling leaves the skin clean, silky and nourished.

**Fish Spa 15min.** ..... 15€

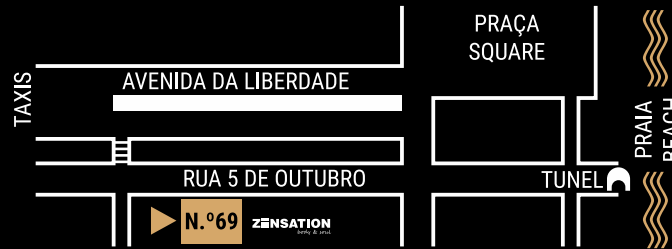
**Fish Spa 30 min.** ..... 30€

**Fish Spa 15 min. + Foot massage** ..... 30€

(Relaxing massage with application of a special moisturizing cream that contains healing enzymes from fish.)

**Robotherapy** ..... 7,50€ (15min.) | 15€ (30 min.)

Foot massage performed by a robot, which stimulates/massages specific points, promoting rapid and effective relaxation.



⌚ **SUMMER: 10H00 - 00H30** OPEN EVERY DAY  
 ⌚ **WINTER: 9H30-13H30|14H30-18H30** CLOSED AT SUNDAYS

Zensation - Body & Soul Spa

LEAVE YOUR REVIEW

**LOCATION**

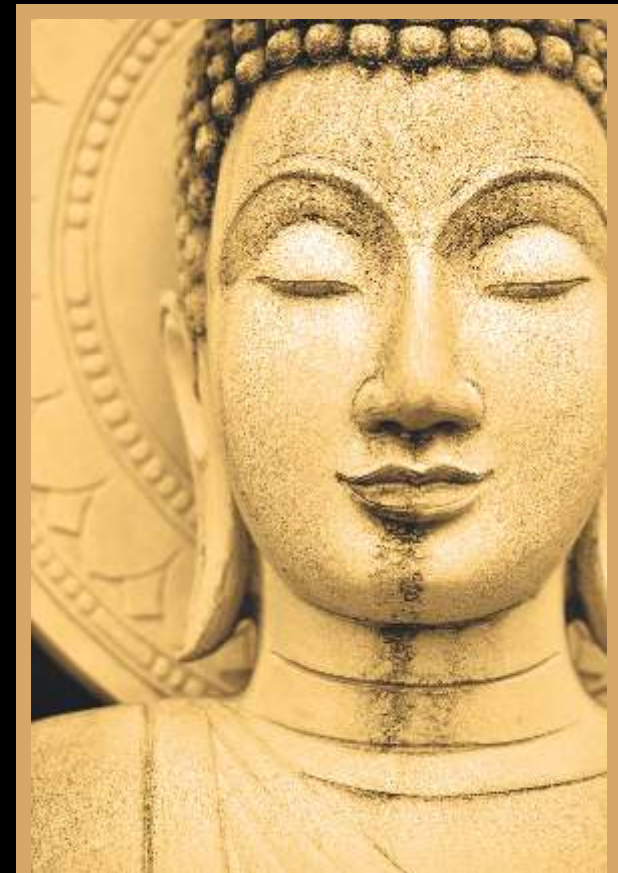
Zona Histórica, Rua do Túnel

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# ZENSATION

body & soul



## MASSAGES

**Back, shoulder and neck Massage (20 min)** . . . . . € 20

Excellent for relaxation, tension relief and back pain

**Flash Relax Massage (30 min)** . . . . . € 30

Back, neck, shoulders, arms, hands, and head massage. Focuses on the areas of greatest tension, thus providing a sense of well-being and relaxation

**Tired Legs Massage (30 min)** . . . . . € 30

Combats fatigue in the legs, toning and strengthening them. Excellent for treating cramps and poor circulation. Includes foot massage.

**Full Body Massage (50 min)** . . . . . € 50

Relaxing massage, which relieves tension/pain, activates blood circulation, and promotes a sense of relaxation of body and mind.

**Zensation Signature Massage (50 min)** . . . . . € 60

Back/neck/upper limbs massage, relaxing body, and mind. Followed by a shiatsu facial massage that improves blood circulation, oxygenation, and skin tone, attenuating wrinkles. Pamper yourself with this zensational ritual, a moment all of your own, that relaxes and rejuvenates. (Excellent gift voucher idea).



**Candle Massage (50 min)** . . . . . €50

Relaxing full body massage. The oil resulting from the heated candle promotes a unique experience of essential aromas and sensations. Moisturises and nourishes the skin.

**Foot reflexology (50 min)** . . . . . €50

Foot massage, which treats the body as a whole, through pressure on specific points corresponding to the organs and systems of the whole body.

**Deep Tissue Massage (50 min)** . . . . . €50

Therapeutic and deep muscle massage, ideal for those who exercise, or who like an invigorating massage with pressure. Treats sore muscles, postural problems, and injuries. It is common after the massage for there to be some muscle sensitivity for 2 days afterwards.

**Lymphatic Drainage (50 min)** . . . . . €55

It is a gentle but very effective treatment that helps the lymphatic system to eliminate toxins and swelling. Combats fluid retention, prevents migraines, sinusitis, and hay fever.

**Baby/Child Massage (20 min)** . . . . . €20

Gentle and relaxing massage for children of any age. Parents may attend. They receive a diploma of "First Massage".

**Massage for pregnant women (30 min)** . . . . . €30

Massage performed in a position of comfort, adapted to the needs of each woman, ideal for relieving common discomforts in pregnancy, relaxing body, and mind.

**Bamboo therapy (50 min)** . . . . . €50

Full body therapeutic massage, with bamboo canes. Works on shaping, flabbiness, muscle pain, promoting relaxation and muscle revitalization at the same time.

**Hot Stone Massage (50 min) by appointment** . . . . . €50

Full body massage in a combination of heated volcanic stones with muscle tension relieving massage techniques. Relieves pain/stiffness, improves blood circulation. Relaxing and Therapeutic.

**Therapeutic Massage (50 min)** . . . . . €50

Full body massage with a specific focus and application of hot towels on the points of greatest accumulated tension. A muscle balm is used in this massage as well as suction cups, which promote the elimination of contractures caused by day-to-day stress.

**Slimming Massage (30 min)** . . . . . €35

Localised massage, done by sliding suction cups.

