



vinte

Quinta da Boavista

MASSAGE MENU

THERAPY AND MASSAGE

PRICE LIST

THERAPEUTIC MASSAGE

Localised massage with a focus on pain relief. Superficial and deep massage techniques, vacuum therapy, guasha, auriculotherapy, essential oils, acupressure and stretching are used.

Relief of symptoms such as sinusitis, bruxism, tendonitis, cervicalgia, low back pain, carpal tunnel syndrome, sprains, muscle shortening, headaches, muscle contractures, among others.

- Back + Upper Limbs

- Back + Legs Back

- Whole body

50€
60MIN

60€
60MIN

80€
90MIN

RELAXATION MASSAGE

Massage aimed at promoting deep relaxation, using gentle massage techniques, stretching, auriculotherapy, essential oils, Tibetan cupping and reiki.

60€
60MIN

90€
90MIN

MASSAGE THERAPY & RELAXATION

Massage with a focus on pain relief, using techniques used in therapeutic massage together with relaxation massage techniques.

90€
90MIN

MODELLING MASSAGE | LYMPHATIC MASSAGE

Modelling massage of the fat layers, promoting harmonisation of body contours, reduction of fluids oedema, better circulation and general functioning of the lymphatic system.

Relieves symptoms such as fluid retention, tired legs, cellulite and more.

- 1 Zone

- 2 Zones

- Whole body

50€
50MIN

70€
60MIN

90€
90MIN

PRICE LIST

MODELLING MASSAGE WITH PRESSURISED INTRADERMOTHERAPY

Modelling massage, with the application of lipolytic active ingredients aimed at breaking down fat cells, promoting the harmonisation of body contours, reducing fluid retention, improving circulation and the general functioning of the system.

On request

ORIENTAL MASSAGE

Massage using techniques such as SHIATSU, AYURVEDICA, THAILANDESE and TUI NA.

110€
90MIN

EXFOLIATION

Renewed body scrub with skin nourishment and relaxing massage.

150€
75MIN

VINTÉ SPECIAL CERVICAL MASSAGE

20€
20MIN

PACK

6 SESSIONS

1/2 SESSION DISCOUNT

10 SESSIONS

DISCOUNT ON THE VALUE
OF 1 SESSION

All prices shown in this price list include the VAT rate in force.