Services and Prices
Health & Wellbeing in a unique environment!

Estoril Wellness Center is a true oasis for Health, Wellness, Fitness and Rejuvenation. Estoril Wellness Center promotes healthy lifestyle through a variety of services in a unique space supported by a highly qualified team.

All prices in EURO and include VAT at the current rate. The Estoril Wellness Center reserves the right to change the prices at any time without prior notice. Prices valid since 1st October 2021.
Hydrotherapy

Jet Shower | 20€ • 10 min
Hydromassage bath with moisturizing milk | 20€ • 10 min
Immersion bath with underwater pressure massage | 45€ • 20 min
Vichy Shower massage | 45€ • 20 min
Vichy Shower massage with gentle body scrub | 60€ • 50 min
Watsu Session | 80€ • 60 min
Individual Hydrotherapy session | 50€ • 60 min
02. Massages

- Full body massage with essential oils | 65€ • 60 min
- Localized massage with essential oils | 50€ • 20 min
- Tired legs treatment | 40€ • 40 min
- Lymphatic drainage | 65€ • 60 min
- Body scrub with moisturizing | 55 € • 60 min
- Deep Tissue | 70€ • 60 min
- Pregnancy massage | 65 € • 50 min
- Reflexology | 60 € • 45 min
03.

Body Treatments | Body Sculpt

Body evaluation | 30 € • 30 min
Amount will be deductible from the purchase of any Facial treatment within 30 days.

Body Sculpt modeling massage | 60€ • 45min
Body scrub with intensive Cocoa moisturizing | 70€ • 75 min
Body Detox with natural marine mud | 80€ • 90 min
Anti-cellulite Deluxe Body Sculpt | 95€ • 90 min

Personalized treatment: Detox, Draining, Slimming, Firming | 85€ • 90 min

Cavitation (non-invasive liposuction)* | 65€ • 50 min | 370,50€ • pack 6 sessions

* Upon prior evaluation and cholesterol testing.

PACK BODY SCULPT 5 TREATMENTS | 405€
8 TREATMENTS | 615€
Facial Treatments

Facial evaluation | 30 € • 30 min
Amount will be deductible from the purchase of any Facial treatment within 30 days.

By Sothys
- Vitaminic essential care | 50€ • 60 min
- Fundamental for men | 50€ • 60 min
- Deep cleansing facial | 60€ • 90 min
- Eye contour care | 40€ • 50 min
- Peeling Glysalcon™ - Pro Peel | 50€ • 60 min
- Hydra3HA™ Hydrating intensive treatment | 65€ • 60 min
- Radiofrequency (face, neck and neckline) | 65€ • 60 min

By Biologique Recherche
- Deep cleansing - Phase d’initiation | 70€ • 90 min
- Soin Oxigénante Vip O2 | 90€ • 60 min
- Soin Restructurant et Lissant | 95€ • 60 min
- Anti-age Seconde Peau | 120€ • 60 min
- Collagène Caviar Treatment | 130€ • 90 min
- Micropuncture LabC regenerante anti-age | 180€ • 60 min

By Arôms Natur
- Deep remineralizing facial cleansing | 70€ • 90 min
- Sensitive skin | 50€ • 60 min
- Cocoa moisturizing | 65€ • 60 min
- Oval face contour | 80€ • 60 min
- Lift & Repulping | 90€ • 90 min
05.
Health

Specialty Consultations

General Practice | 55€
Physical and Rehabilitation Medicine | 55€
Rheumatology | 55€
Clinical Psychology | 60€
Body Psychotherapy | 60€
Psychoneuroimmunology | 60€
Nutrition Consultation | 55€
Physiotherapy | 50€
06. Integrative Health

Biofeedback Medicine | 80€
Integrative Medicine | 55€
Orthomolecular Naturopathy with Darkfield Microscopy blood analysis | 80€
Darkfield Microscopy blood analysis – single evaluation | 50€
Traditional Chinese Medicine session / Acupuncture | 50€
Osteopathy | 60€
Homeopathy | 55€
Integrated Stress Management | 100€ • 1 session | 380€ • Pack 4 sessions (1 month)
Learning & Development | 80€
Integrative, Preventive and Regenerative Health | 80€
Ozone Therapy | 75€
Sleep Psychology | 70€
Pre and Postpartum

Initial evaluation | 30€

Aquamãe Pre or Postpartum program | 80€ • Monthly

AquaBaby - Hydrotherapy Parents&Babies | 39€ • session 45-min | 139€ • Pack 4 sessions

Birth preparation course (practical and theoretical sessions) | 150€ • 5 sessions

Baby massage course | 80€ • 5 sessions

Breastfeeding consultation | 60€ 1st | 40€ • 2nd

Pelvic physiotherapy | 50€ • 60 min

Paediatric respiratory physiotherapy (Cinesioterapia) | 30€ • 30 min

Osteopathy for babies or pregnant | 60€ • 50 min

Traditional Chinese Medicine session / Acupuncture | 50€

Nutrition Consultation for Pre or Postpartum | 55€

Pregnant Massage / Lymphatic Drainage | 65€ • 50 min
Sanctuary for the Senses

Like the tropical and sacred tree from which it got its name, the Banyan Tree Spa offers a Sanctuary for the Senses – a place for physical, mental and spiritual renewal.

To achieve this, the spa focuses on a holistic approach based on traditional Asian healing therapies, emphasising a ‘high-touch, low-tech’ approach that celebrates the human touch. Our massages are based on evolving techniques that passed through the hands of many generations and our health and beauty remedies combine the use of natural ingredients, such as aromatic oils, herbs and spices with ancient healing powers. Under the intuitive touch of our therapists, simple sensory pleasures are reawakened to define the award-winning Banyan Tree Spa experience.
Banyan Signatures

The ultimate pampering experience, Banyan Signatures features holistic treatments for your complete physical, mental and spiritual renewal.

Royal Banyan | 260€ • 150 min
Coriander Cucumber Cleanser • Royal Banyan Herbal Pouch Massage
• Jade Face Massage • Therapeutic Herbal Bath

Sense of Place - Portuguese Romance | 260€ • 150 min
Avocado Honey Purifier • Choice of Body Massages • Banyan Cleansing Facial

Tropical Rainmist | 220€ • 120 min
Choice of Massages • Bath Soak • Steam Bath • Rain Shower • Cleansing Mitt Scrub • Rain Shower
• Honey Milk Nourisher • Rain Shower with Hair Wash

Master Therapist Experience | 190€ • 90 min
Restore energy that was thought to be long gone. Drawn from the expertise of the Master Therapist, indulge in a specially tailored treatment using a repertoire of massage techniques and tools. Therapist will first take time to understand the profile of each individual guest before customising a package best suited to meet his or her needs.
Time-Honoured Traditions

Inspired by ancient traditions dating back centuries, this selection of classic therapies features timeless secrets of wellness and beauty.

**Chinese Traditions | 200€ • 90 min**
Oriental Massage • Oriental Head Massage

**Indian Traditions | 220€ • 90 min**
Ayurvedic Massage • Chakra Head Massage • Shirodhara • Lepanam • Hair Mask • Steam Bath

**Indonesian Traditions | 250€ • 120 min**
Balinese Massage • Lulur Purifier • Yoghurt Body Splash • Fresh Milk Nourisher • Jamu Bath

**Thai Traditions | 250€ • 120 min**
Ginger Refresher • Thai Herbal Heat Treatment • Herbal Enhancer
• Thai Classic Massage • Aromatic Ginger Bath
03. Massages

Full Body Massages

Balinese • Deep Tissue • Gentle Touch • Thai Classic • Thai Essence

60 Minute Massage | 120€
90 Minute Massage | 160€

Fusion Focus

Back Reviver • Foot Release • Hand Relax • Head & Shoulders

30 Minute Massage | 75€
45 Minute Massage | 85€

Special Kids

30 Minute Treatment | 55€

Relaxing foot bath, Back Massage 15min, Mini Facial; gentle natural scrub and mask 15min, offer of juice with fresh fruit. Banyan Tree Spa experience exclusively for children from 5 years old and up to 12 years old.
Choose from an indulgent array of massages, and surrender to the intuitive touch of our professionally trained therapists.
Body Treats

Choose from one of our add-on Body treats made exclusively from natural ingredients to complement your treatment leaving your skin refined and radiant.

**Body Scrubs**

30 Minute Treatment | 80€
Apple Green Tea Polisher | Ginger Lemon Cleanser | Kieffer Lime Refresher | Turmeric Honey Cleanser

**Body Conditioners**

30 Minute Treatment | 80€
Aloe Lavender Healer | Chrysanthemum Enhancer | Honey Avocado Healer | Kieffer Lome Mask

**Calming Baths**

*Only valid as a complement of a Banyan Tree Spa treatment*

30 Minute Treatment | 45€
Detoxing Bath | Purifying Bath | Relaxing Bath | Rejuvenating Bath
Tailored for your senses

Create your very own spa experience with favourites from a curated list of components. Select your desired duration then mix and match with the body treats of your choice.

<table>
<thead>
<tr>
<th>Choose &amp; Combine</th>
<th>Time</th>
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</thead>
<tbody>
<tr>
<td>Full Body Massage</td>
<td>60 min</td>
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<tr>
<td>Facial</td>
<td>60 min</td>
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<tr>
<td>Back Massage OR Foot Massage</td>
<td>30 min</td>
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<tr>
<td>Express Facial</td>
<td>30 min</td>
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<tr>
<td>Body Conditioner</td>
<td>30 min</td>
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<tr>
<td>Body Scrub</td>
<td>30 min</td>
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<tr>
<td>Calming Bath</td>
<td>30 min</td>
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</tbody>
</table>

**Program 1** | 180€ • 90 min

**Program 2** | 220€ • 120 min

**Program 3** | 250€ • 150 min

*For optimal relaxation and benefit, the duration of combined massages would be 90 minutes.*
Facials

Each facial includes a Shoulders & Arms Massage to surround you in a state of total bliss.

**Anti Ageing | 160€ • 60 min**
For All Skin Types

**Purification | 130€ • 60 min**
For Oily Skin Types

**Hydrate | 130€ • 60 min**
For Dry Skin Types

**Rejuvenation | 130€ • 60 min**
For Normal / Combination Skin

**Soothe | 130€ • 60 min**
For Sensitive Skin

**Express | 100€ • 30 min**
Hand and Foot Treatments

**Banyan Hand Basics** | 60€ • 60 min  
Hand Bath • Hand Scrub • Nail Maintenance • Hand Moisturising

**Banyan Foot Basics** | 60€ • 60 min  
Foot Bath • Foot Scrub • Nail Maintenance • Foot Moisturising

**Nail Painting** | 30€ • 30 min  
Brighten your day with beautifully painted nails.