

Sensitive skin treatment ~ 40 minutes, €55

Cleansing, hydration, and soothing treatment for sensitive skin, ideal for irritable skin with a tendency to redness.

Intense hydration treatment ~ 45 minutes, €65

Cleansing and hydration treatment ideal for dehydrated skin, suitable for all skin types.

Anti-aging treatment ~ 55 minutes, €85

Cleansing, hydration, and cellular regeneration treatment with anti-wrinkle action, ideal for skin with fine or deep wrinkles and loss of firmness. A regenerating and nourishing treatment that restores volume and luminosity to the skin.

Ayurvedic Facial Massage - ~ 70 minutes, €110

Inspired by the principles of Ayurveda, this treatment combines gentle movements and specific techniques to stimulate circulation, promote energetic balance and release accumulated tension in the face.

Body Treatments, by PRANARÔM
Personalized aromatherapy

Casas da Lapa Signature Treatment - ~ 100 minutes, €170

A special treatment combining body exfoliation and a relaxing massage with personalised aromatherapy and selected carrier oils. Filorga facial treatment for cleansing, hydration and skin regeneration. Foot massage and hydration treatment.

Full Body Relaxation Massage - ~ 55 minutes, €90

A full-body relaxation massage using a personalised blend of essential oils that promote both physical and emotional well-being.

Hot Stone Massage - ~ 70 minutes, €100

The warmth of basalt stones complements the essential oils in a deep body massage that relieves muscular tension and promotes balance between body and mind.

Floral Anti-Ageing Massage - ~ 55 minutes, €95

A relaxing massage treatment with a personalised blend of floral essential oils that rejuvenate the skin, improve firmness and elasticity, and rosehip oil renowned for its anti-ageing properties.

Anti-Cellulite Massage - ~ 60 minutes, €120

A deep and draining massage designed to eliminate toxins and excess fluids. The treatment is complemented by a personalised blend of draining essential oils, lipid metabolism stimulants and anti-cellulite cream.

Therapeutic Massage - ~ 55 minutes, €95

A relaxing massage with focused attention on specific areas of pain or discomfort. Using a personalised blend of essential oils with analgesic and muscle-relaxing properties, the treatment supports the gradual recovery of affected areas.

Detox Treatment with Exfoliation, Hydration and Massage - ~ 90 minutes, €150

A body exfoliation and hydration treatment designed to remove dead skin cells and toxins. The exfoliation is complemented by a personalised aromatherapy massage using purifying, invigorating essential oils and suitable carrier oils.

Cocoa Body Wrap - ~ 90 minutes, €130

A body treatment combining exfoliation followed by a cocoa and clay wrap. Finished with a massage using relaxing essential oils and suitable carrier oils. Provides antioxidant and nourishing benefits for the skin, relaxation for the muscles and a revitalising effect.

Cinnamon Body Wrap - ~ 90 minutes, €120

A body treatment combining exfoliation followed by a cinnamon and clay wrap. Completed with a relaxing massage using cinnamon essential oil and suitable carrier oils. Offers antibacterial and antifungal benefits, while providing an uplifting and revitalising effect.

Seaweed Body Wrap - ~ 90 minutes, €125

A body treatment featuring exfoliation with seaweed and marine salts, followed by a clay wrap. The treatment concludes with a massage using draining essential oils. Detoxifying, draining and circulation-stimulating effects.

Ayurvedic Massage - ~ 75 minutes, €120

Originating from the ancient traditions of India, Ayurvedic massage harmonises body, mind and spirit. Through focused pressure on key points, it relieves tension, improves circulation, strengthens the immune system and supports detoxification, promoting overall well-being.

Shiatsu Massage - ~ 60 minutes, €100

Shiatsu is a traditional Japanese therapy that promotes balance between body and mind through gentle pressure applied with fingers, palms and elbows, relieving muscular tension, improving circulation, reducing stress and restoring the flow of vital energy.

Pregnancy Massage - ~ 55 minutes, €90

A relaxing massage using lavender essential oil to promote physical and emotional well-being for both mother and baby. Suitable for expectant mothers after the first 12 weeks of pregnancy.

Express Pregnancy Massage - ~ 30 minutes, €50

A relaxing massage using lavender essential oil to promote physical and emotional well-being for both mother and baby. Suitable for expectant mothers after the first 12 weeks of pregnancy.

Biodynamic Head and Shoulder Massage - ~ 40 minutes, €55

A deeply relaxing massage focused on the head, neck and shoulders, designed to release accumulated tension, reduce stress and promote a feeling of physical and mental lightness. Ideal for relieving fatigue, neck tension and emotional overload.

Reflexology - ~ 40 minutes, €60

A therapy based on stimulating reflex points in the feet that correspond to different organs and systems of the body. Promotes energetic balance, improves circulation and stimulates the body's natural regenerative and self-healing mechanisms.

Full Pinda Massage - ~ 55 minutes, €140

A therapeutic massage inspired by Ayurvedic tradition, performed with heated herbal pouches. The warmth and properties of the herbs help relieve muscular tension, stimulate circulation and promote deep relaxation and revitalisation.

Pinda Massage - ~ 30 minutes, €75

A targeted version of the Pinda massage, ideal for relieving tension in specific areas of the body. The heated herbal pouches provide muscular relaxation, comfort and an immediate sense of well-being.

Warm Cupping Massage - ~ 55 minutes, €110

A treatment combining massage techniques with the application of heated cups to stimulate blood and lymphatic circulation, relieve deep muscular tension and support the elimination of toxins. Provides a pleasant sensation of relaxation and revitalisation.

Candle Massage - ~ 40 minutes, €60

A sensory massage performed with warm candle wax enriched with nourishing vegetable oils. The gentle warmth and enveloping aromas promote deep relaxation, intense skin hydration and a unique experience of comfort and well-being.

Lymphatic Drainage Massage - ~ 55 minutes, €95

A gentle, rhythmic massage that stimulates the lymphatic system, encouraging the elimination of retained fluids and toxins. Ideal for reducing swelling, improving circulation and providing a lasting feeling of lightness and well-being.