



SENHORA DA GUIA  
*Cascais Boutique Hotel*  
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# OCEAN SPA

SPA & WELLNESS MENU

Estrada do Guincho  
2750-642 Cascais  
PORTUGAL

Tel: +351 214 869 239  
Fax: +351 214 869 227  
Reservas: +351 214 869 239

email: [guestrelations@senhoradaguia.com](mailto:guestrelations@senhoradaguia.com)  
reservas / *reservations*: [reservas@senhoradaguia.com](mailto:reservas@senhoradaguia.com)  
[www.senhoradaguia.com](http://www.senhoradaguia.com)

# OCEAN SPA

## MASSAGENS

### Senhora da Guia

50 min / €80  
80 min / €100

•

### Pure Relax

50 min / €70  
80 min / €90

•

### Romântica (2px)

50 min / €150

•

### Profunda

50 min / €110

•

### Drenante

50 min / €90

•

### Pedras Quentes

80 min / €135

•

### Facial

50 min / €70

•

### Reflexologia

45 min / €80

•

### Escolha a sua

25 min / €45

## RITUAIS

### Senhora da Guia

**Velas**  
**Detox**  
**Slim**

120 min / €150

## TRATAMENTOS

### Esfoliação Corporal

45 min / €75

•

### Lifting Facial

50 min / €95

•

### Costas e Pescoço

50 min / €95

## BELEZA

### Manicure

50 min / €45  
70 min / €65

•

### Pedicure

50 min / €50  
80 min / €80

•

### Epilação

Axilas / €35  
Linha Biquíni / €35  
Virilha Total / €55  
Meia Perna ou Braço / €45  
Perna Completa / €65  
Buço ou Sobrancelha / €35  
Mãos / €35  
Peito / €45  
Costas / €65  
Rosto / €40

## MASSAGES

### Signature

50 min / €80  
80 min / €100

•

### Pure Relax

50 min / €70  
80 min / €90

•

### Romantic (2px)

50 min / €150

•

### Deep Tissue

50 min / €110

•

### Draining

50 min / €90

•

### Hot Stones

80 min / €135

•

### Facial

50 min / €70

•

### Reflexology

45 min / €80

•

### Choose yours

25 min / €45

## RITUALS

### Signature

**Candles**  
**Detox**  
**Slim**

120 min / €150

## TREATMENTS

### Body Scrub

45 min / €75

•

### Face Lift

50 min / €95

•

### Back & Neck

50 min / €95

## BEAUTY

### Manicure

50 min / €45  
70 min / €65

•

### Pedicure

50 min / €50  
80 min / €80

•

### Epilation

Armpit / €35  
Bikini Waxing / €35  
Brazilian Waxing / €55  
Half Leg or Arm Waxing / €45  
Full Leg Waxing / €65  
Upper Lip or Eyebrows Waxing / €35  
Hands Waxing / €35  
Chester Waxing / €45  
Back Waxing / €65  
Face Waxing / €40