



MENU MASSAGES



Axis Porto

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Full Body Massages

Axis Signature Massage 50'

Signature massage, with strong pressure, that works the body without using the fingers, performed exclusively with the forearms and elbows.

75€

Deep Tissue 75'

It deeply treats the muscles freeing them from pain points, truly relieving tension providing better flexibility and mobility.

95€

Abhyanga Shareera 60' / 90'

Full body massage, free and continuous movements, deeply relaxing.

85€
95€

Miminhos 25' (5 to 12 years)

Massage for the younger ones in order to relax the body, decrease anxiety and provide greater tranquility in sleep.

35€



Localized Massage

Muka Abhyanga 30'

The scalp and face massage is performed with soft, subtle and extremely relaxing techniques.

55€

Griiva Skanda 30'

Massage located on the back and neck, quickly and effectively releasing all tension and stress, promoting wellbeing.

55€

Tired Legs 30'

Freshness and lightness that instantly eliminates the feeling of bloating and heaviness, minimizing the unpleasant feeling of numb muscles.

55€

Pada Abhyanga 30'

The feet are important parts of our body and therefore they must be pampered. Its subtle techniques bring benefits to the body, mind and spirit.

55€



Face and Body Treatments

Body Scrub 30'

Gentle scrub performed throughout the body, to remove dead skin cells. This treatment ends with a quick body hydration to leave the skin smooth and velvety.

55€

Body Ritual 50' (Choose: Thighs or Abdomen)

It is a manual treatment done with a strong pressure, where the emphasis is placed on the body areas with more accumulated fats, thighs or abdomen, in order to trigger their disappearance to enhance the shapes.

65€

Facial Ritual Deep Moisturizer 50'

Deep skin cleansing is essential to remove oil, sweat, dead cells, along with environmental pollution so that you can have a fresh, purified and moisturized skin.

65€

Program

Half Day SPA 140'

Body Scrub 30' + Relaxing Massage 60' + Facial Ritual 50'

150€

Let yourself be taken by the imaginary in this complete Body and Face program, a program where the result is a fresh, purified, radiant skin with a new life.

*For the performance of any service it is necessary to mark up in advance;

*All services include access to the water circuit (thermodynamic pool + sauna + steam room);

*Aesthetic services available - price on consultation

*Hot Stone Massages and Vichy Shower - price on consultation

*Purchase our massage packs/treatments/accesses and benefit from exclusive discounts (except promotions and programs);

*Menu subject to change without notice.