

# THE LUMIARES

SPA & GYM

RELAX. REFRESH. RECHARGE.

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**WE ARE HERE TO HELP  
YOU RELAX, OR TO  
HELP YOU RECHARGE,  
IT IS UP TO YOU...**

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## WELLNESS THERAPIES

Therapeutic massage	40 min	€ 90
Deep tissue	60 min	€ 120
Aromatherapy	50 min	€ 100
Lymphatic drainage	60 min	€ 110
Bamboo massage	60 min	€ 110

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## HOLISTIC MESSAGES

Shiatsu	80 min	€ 130
Tuina	80 min	€ 130
Ayurvedic	80 min	€ 130
Reflexology	40 min	€ 90
Head massage	30 min	€ 75

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## SIGNATURE TREATMENTS

Journey of Senses	50 min	€ 100
Tranquility massage	50 min	€ 100
Jet Lag massage	50 min	€ 100
Neck & shoulders massage	30 min	€ 75
Candle massage	60 min	€ 110
Hot stones massage	60 min	€ 120
Full body exfoliation	60 min	€ 110
The Lumières Ritual	120 min	€ 180

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## FACIAL RITUALS

Personalised facial	75 min	€ 125
Essential facial	50 min	€ 110
Anti-aging	50 min	€ 110

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## BEAUTY MOMENTS

ON REQUEST

## PERSONAL TRAINER

ON REQUEST

Let us know if you would prefer to book an “out of hours” treatment and we will do our best to accommodate

All prices mentioned include VAT

## INFORMATION & BOOKINGS

## SPA TIMETABLE

10 am — 8 pm

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## GYM

Open 24 hours for guests

R. DO DIÁRIO DE NOTÍCIAS 142, 1200-146, PORTUGAL  
T. +351 211 160 220 | E. SPA@THELUMIARES.COM

**THELUMIARES.COM**