



Palheiro Spa

Madeira Island

"Inhale the Ocean, Exhale the Mountains: Your Spa Journey Begins"



Renewal of Elements

"Embrace the profound Renewal of the Elements, where the therapeutic embrace of water and earth rekindles your spirit and revitalizes your energy. Acknowledge the innate healing properties of the ocean to purify your essence, while the steadfast mountains ground your being and harmonize your soul.

Allow the gentle caress of the waves to wash away your cares and the solid strength of the mountains to anchor your being. In this sacred balance, discover a deep sense of renewal and rejuvenation as the natural forces of water and earth work together to heal, nurture, and transform. Let the cleansing ocean and grounding mountains guide you on a journey of self-discovery and holistic well-being, restoring your essence to its purest form."

HEALING PROPERTIES OF WATER:

Ancient Civilizations such as the Egyptians, Greeks, and Romans valued water for its therapeutic properties. They built elaborate public baths and spas where people could socialize and heal ailments through hydrotherapy.

Balneotherapy: The practice of using mineral-rich thermal springs for therapeutic purposes, known as balneotherapy, has been popular since ancient times. Many cultures, including the Romans and Japanese, embraced the healing powers of natural hot springs for relaxation and healing.

HEALING PROPERTIES OF EARTH:

Mud Therapy also known as pelotherapy, involves the application of mineral-rich mud or clay to the body. This practice has ancient origins and has been used in different cultures for its detoxifying and nourishing effects on the skin.

Earthing or Grounding: The practice of direct skin contact with the earth, known as earthing or grounding, has gained attention in recent years. Advocates suggest that direct physical contact with the ground can have anti-inflammatory and stress-reducing effects, balancing the body's natural rhythms.

In summary, the healing qualities of water and earth have been recognized and embraced by diverse cultures over centuries. These natural elements continue to be fundamental components of traditional and alternative healing practices, reminding us of the enduring wisdom found in the embrace of nature for overall health and wellness..



AROMATHERAPY MASSAGE

Relaxation is achieved through stress relief and improved skin suppleness, resulting in a profound sense of relaxation and rejuvenation. This treatment promotes both physical and emotional wellbeing.

25 MIN
50,00€

50 MIN
95,00€

CLASSIC MASSAGE

A gentle to medium intensity massage that uses traditional Swedish massage techniques to help you relax, release tension and revitalise the body.

25 MIN
50,00€

50 MIN
95,00€

REFLEXOLOGY

It is believed that massaging or simply touching certain areas of your feet can help to calm your central nervous system and promote relaxation.

25 MIN
50,00€

50 MIN
95,00€

DEEP BACK MASSAGE

Manipulating the back soft tissues can achieve a range of benefits, including reducing stress levels and soothing muscle soreness.

50 MIN
95,00€



CHAMPI MASSAGE

The massage concentrates on the shoulders, neck, scalp, and face, providing a calming and soothing experience. It allows you to pause from the world and indulge in the delightful sensations that trigger a pleasurable burst in your head.

45 MIN
85,00€

INDIAN DEEP BODY MASSAGE

Helps to straighten up the posture and strengthen the immune system.
A massage with anti-stress and antidepressant effects.

60 MIN
110,00€

SWEET MASSAGE

Honey massage tightens, tones and detoxifies the body while increasing microcapillary blood circulation in the skin, resulting in the dissolution of cellulite cells.

50 MIN
90,00€

HAWAIIAN MASSAGE

Detoxification and an increased sense of strength and vitality.

50 MIN
110,00€



PRELUDE

Body wrap recommended for detoxification, remineralization and relaxation; The subsequent relaxing massage incorporates a blend of essential oils to enhance deepest relaxation.

60 MIN
90,00€

AROMACEANE

Indulge in a rejuvenating one-hour treatment that leaves you revitalized. Tailored to your individual needs, this treatment guarantees complete relaxation.

60 MIN
90,00€

COLD CREAM MOUNTAIN COMFORT

This pampering treatment, designed for dry to very dry skin, with a deeply nourishing body wrap and massage. Your skin is left feeling incredibly soft and velvety after being comforted and replenished.

60 MIN
90,00€

HEALING MIND, BODY & SOUL

Our bodies are constantly communicating with us through physical pain and illness, which can indicate areas of our health that need attention, toxic habits that need to be addressed, and emotions that need support. Take the time to relax and allow yourself to be re-balanced. Through the reception of this energy, blockages and toxins can be released and the flow of vital energy restored.

60 MIN
90,00€



LITOTHERAPY ON THE MOUNTAIN

Promise of excellence, featuring a prestigious collection of products that rejuvenate the skin. An ultimate rejuvenation experience, this supreme ritual offers innovation, technicality, luxury and emotion. Dream-like textured products combine with five oriental massage techniques. Attention to detail, flawless execution, personalized approach and targeted movements that release any tension combine to offer complete escape and intense relaxation.

- EXFOLIATION
- MASSAGE
- WRAP

120 MIN
210,00€

30 MIN | 50,00€
60 MIN | 90,00€
30 MIN | 80,00€

HOT STONE RITUAL

Deep hot and cold stone ritual. Experience an unprecedented sensory journey born from the meeting of mineral and the marine universe. Feel the warmth of volcanic stones and the stimulating coolness of marine stones that follow for a pure moment of plenitude, a floating sensation of well-being... An aquatic and aromatic introduction to hot and cold stones, followed by a massage with languorous, round and undulating techniques that lead us to a state of great relaxation...

- EXFOLIATION
- MASSAGE
- FACIAL CARE

140 MIN
210,00€

30 MIN | 50,00€
60 MIN | 90,00€
50 MIN | 80,00€



HARMONIZING FACIALS

Our signature facial, inspired by the nature, to restore the quality of the skin to perfection by providing an intense and long-lasting hydration treatment. It includes a double mask to improve skin radiance and complexion.

- 1 - NORMAL SKIN
- 2 - DEHYDRATED
- 3 - SENSITIVE & DRY
- 4 - VERY DRY
- 5 - DETOX

EXTRAS:

- EYEBROW CORRECTION
- EYEBROW TINT
- EYELASHES TINT

25 MIN | 20,00€ (EACH)

ENCHANTED LEG AND FEET

This pampering treatment includes a foot bath for tired feet, scrub and a detoxing leg and foot massage.

60 MIN
90,00€

60 MIN
90,00€



SPA AWAKENING

Aromatherapy + Champi - Take a break from stress and enjoy a relaxing time. To reduce tension and restore the body's balance, leaving you feeling restored. This is the perfect spa escape to restore vitality and soothe the soul.

95 MIN
160,00€

SPA DREAMING

Classic massage + Facial - Enjoy a delightful massage designed to reduce stress and promote balance and harmony for inner well-being, followed by a inspired facial designed to restore the quality of the skin and provide intense and long-lasting hydration.

110 MIN
170,00€

SPA INDULGENCE

Exfoliation + Aromacéane + Reflexology - Enjoy pure pampering with our luxurious spa experience. Our treatments promote deep nourishment for the skin and full body rejuvenation. You will leave feeling renewed and blissful...

150 MIN
210,00€


SPA COUPLE TIME SHARING

Hawaiian massage + Lower leg massage - Treat yourself to a complete pampering for two, as your body experiences a deep sense of calm, improving circulation and relief from muscle tension and stress.

120 MIN
290,00€



Talk to us!

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THALGO
LA BEAUTE MARINE

