

# OCTANT

*Furnas*



## TAILOR MADE MASSAGE THERAPIES

### RELAX

#### First Dive

A gentle full-body massage that releases travel tension and restores your natural rhythm.

⦿ 40m 110€

⦿ Total Body Massage

#### Sail Away

A flowing, immersive full-body massage using rhythmic movements and aromatherapy to guide you into deep relaxation.

⦿ 60m 130€

⦿ Total Body Massage

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### CLARITY

#### The Deep

A profound bamboo deep-tissue journey that dissolves muscular tension and opens new energy pathways for strength, release and renewal.

⦿ 60m 140€

⦿ Total Body Massage with Bamboo rods

#### Inner Guides

A reflexology experience where precise pressure points act as your inner compass, guiding you back to balance, clarity and grounded harmony.

⦿ 40m 110€

⦿ Reflexology

#### Energy Current

A floating reflexology ritual on a bed with collagen-stimulating light frequencies, designed to ground, restore, and amplify your natural energy flow.

⦿ 40m 130€

⦿ Reflexology with Collagen Bed

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### ALIGNMENT

#### Shiatsu Stars

A celestial-inspired Shiatsu journey that travels along the body's energy lines like constellations, realigning vitality, balance, and inner guidance.

⦿ 60m 130€

⦿ Shiatsu Massage

#### Thai Yoga

A dynamic Thai stretching ritual that restores joint mobility, fluidity and flow, balancing strength and surrender through guided movement.

⦿ 75m 180€

⦿ Thai - Yoga Massage

## OUR RITUALS

#### Tides of abundance

A couples' ritual where two bodies move as one – through flowing massage, warm oils and shared sensory touch, restoring harmony, connection and emotional abundance.

⦿ 2h 400€

⦿ Ritual for couples

#### Terra Pura

An experience that combines mineral body immersion, massage, hot stones, aromatherapy, and red light therapy to stabilise the nervous system and nourish the skin.

⦿ 90m 190€

⦿ Body Wrap + Massage + Hot Stones + Aromatherapy + Red Light Therapy

#### Green island

A botanical full-body renewal blending exfoliation, herbal wrapping, massage and facial infusion – inspired by island plants and Ayurvedic wisdom to cleanse, restore and revive the skin.

⦿ 2h 220€

⦿ Full Body Exfoliation + Body Wrap + Massage + Aromatherapy + Facial Mask

#### Trinity

A dynamic three-technique journey uniting Thai massage, reflexology and bamboo therapy into one continuous flow, restoring balance, circulation and full-body alignment.

⦿ 2h 250€

⦿ Traditional Asian Therapies

## BODY & FACE CARE

### Skin Activation

An energising skin revival inspired by the island's mineral power, awakening circulation, luminosity and freshness.

### Glow And Ground

A luminous face-and-feet journey that enhances your glow and grounds your energy, elevated by collagen-stimulating light frequencies.

### Elemental Renewal Facial

A ritual designed to stimulate circulation, release tension, and visibly revitalise the skin. It combines deep cleansing, sculpting massage, facial acupressure, and facial reflexology. The treatment is complemented by a deeply relaxing lymphatic drainage massage on the neck, upper body, and arms.

### Essential Facial

A facial treatment featuring antioxidants and high-quality ingredients that hydrates and revitalises the skin, revealing a brighter, healthier-looking complexion in record time.

- ⌚ 40m 90€
- ⌚ Total body exfoliation

- ⌚ 30m 85€
- ⌚ Facial mask + Foot massage + Collagen bed

- ⌚ 70m 170€
- ⌚ Facial & Facial Massage

- ⌚ 35m 90€
- ⌚ Express Facial

## THERMAL

### Nature Baths

A hydromassage bath infused with relaxing essences, designed to leave you feeling deeply renewed.

### Circuito Termal

Enjoy an exclusive hydrotherapy circuit using Furnas' thermal waters. Explore the Sauna, Steam Bath, Ice Tower and Dynamic Pools for a complete sensory reset.

Complimentary thermal circuit for hotel guests. Included with the booking of any spa service

- ⌚ 30m 80€
- ⌚ Hydromassage

- ⌚ 2h30 40€

## THE LONGEVITY CLUB

### Holistic nutritional coaching

A focused recalibration to support dietary direction and restore mineral balance.

### Tissue mineral scan

Spectrophotometric Mineral Scan & Interpretive Reading – 45 min.

### Your longevity blueprint

A personalised plan integrating nutrition, biomarkers and terrain analysis. Includes a mineral scan.

### Nutrition and wellness coaching (families)

A shared journey for couples or families seeking alignment in nutrition and wellbeing.

This 2-hour integrative session offers personalised guidance for each participant, weaving together nutrition, lifestyle and mineral balance into one unified direction. Includes one complimentary mineral map per booking.

- ⌚ 75m 180€

- ⌚ 45m 170€

- ⌚ 90m 220€

- ⌚ 2h 450€

## WORKSHOPS

### Broths & Elixirs

A nourishing introduction to bone broth and discreet functional ingredients. Includes a guided tasting and a take-home recipe booklet.

### Thai Massage & Shiatsu Intensive

A miniature learning immersion for two or four participants, where key Thai yoga and Shiatsu points are taught in a simple and intuitive way. Includes a printed manual.

### Ayurveda DIY

Your body is a living landscape. Learn to recognise its seasons and elements, and to create remedies that honour your nature through herbs, oils, textures, and aromas. A creation of your own Ayurvedic self-care line, precisely aligned with your internal physiology and skin type.

- ⌚ 2h 140€

- ⌚ 2h30 130€

- ⌚ 2h 130€