



SPA MENU [EN]

Villa Batalha
RELAX & SPA



Villa Batalha

HOTEL ★★★★★



Villa Batalha
RELAX & SPA

SUMMARY

*** RESTRICTIONS COVID-19 ***

SAUNA AND HAMMAM IS NOT AVAILABLE
INDOOR POOL AND JACUZZI UNDER REQUEST - SERVICES SUBJECT TO AVAILABILITY
ACCESS TO THE GYM WITH PRIOR RESERVATION AND SUBJECT TO AVAILABILITY
MANDATORY USE OF MASK ON ARRIVAL AND DEPARTURE

WELLNESS & FITNESS

SPA FACILITIES 90 MIN 25,00€

HOTEL GUESTS:

ADULTS 8€ | CHILDREN 4€

MONTHLY FEE SPA & GYM

TWICE A WEEK: 40€

THREE TIMES A WEEK: 50€

FACE CARE ^{NEW}

WITH HIGH NATURAL HOLISTIC COSMETIC

DETOX 60 MIN 65,00€

NUTRITION 45 MIN 50,00€

RELAX MASSAGES

EXPRESS MESSAGE 15 MIN 30,00€

HOT KARITÉ CHI MASSAGE 30 MIN 50,00€

HOT KARITÉ ZEN MASSAGE 30 MIN 55,00€

RELAXATION 30 MIN 45,00€ ^{EXCLUSIVE}

ROMANTIC 30 MIN ^{EXCLUSIVE}

80,00€ 2 PAX

PREGNANT MASSAGE 50 MIN 60,00€

KIDS MASSAGE 30 MIN 40,00€

BAMBU MASSAGE 60 MIN 70,00€

VILLA BATALHA RELAX 60 MIN ^{EXCLUSIVE}

70,00€ 1 PAX / 130,00€ 2 PA

HYDROTHERAPY

JETS SHOWER 20 MIN 35,00€

MOISTURIZING VICHY 30 MIN 60,00€ ^{NEW}

VICHY SCRUB WITH
VOLCANIC LAVA 45 MIN 70,00€ ^{NEW}

4 HANDS VICHY 30 MIN 90,00€ ^{NEW}

SIGNATURE RITUALS

BODY SCRUB WITH
LAMINARIA SALT 30 MIN 50,00€ ^{NEW}

ORANGE AND COCOA 60 MIN 75,00€ ^{NEW}

ROSE THERAPY 60 MIN 75,00€

BALI BLISS 60 MIN 80,00€

VILLA BATALHA
MAGIC PEELING 60 MIN 80,00€ ^{NEW}

HOLISTIC THERAPIES

HEAD MASSAGE 30 MIN 40,00€

REFLEXOLOGY
WITH FOOT BATH 30 MIN 40,00€ ^{NEW}

HOT KARITÉ THALASSA MASSAGE 45 MIN 60,00€

AYURVÉDIC MASSAGE 90 MIN 75,00€

HOT STONES MASSAGE 75 MIN 70,00€

EPILATION | MANICURE & PEDICURE

EPILATION FOR HER FROM 20€

EPILATION FOR HIM FROM 15€

HANDS RITUAL 45 MIN 30€

FOOT RITUAL 60 MIN 45€



Villa Batalha
RELAX & SPA

WELNESS & FITNESS

SPA CIRCUIT

120 MIN

25,00€

Heated indoor relaxing pool with jets overlooking the Monastery of Batalha, jacuzzi, footpath, sauna, hammam, ice fountain and gym.

A set of bathrobe, towel and spa slippers is also provided.

HOTEL GUESTS

ADULTS	8,00€
CHILDREN	4,00€

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MEMBERSHIP

GYM* & SPA CIRCUIT

TWICE A WEEK	40€
THREE TIMES A WEEK	50€

* FITNESS AND WEIGHTS.

TRAINING AND SHOWER TOWELS INCLUDED

SUGGESTION! PERSONAL TRAINING AVAILABLE.
CONTACT US FOR MORE INFORMATION

ITENS YOU CAN PURCHASE AT THE RECEPTION

IF YOU HAVE YOUR CAP AND SLIPPERS YOU MAY USE IT.

SWIMMING CAP	3,50€
SLIPPERS	5,00€



Villa Batalha
RELAX & SPA

FACE CARE

WITH HIGH NAURAL HOLISTIC COSMETIC



crueltyfree

DETOX **NEW**

60 MIN

65,00€

Detoxifying treatment which promotes cells regeneration and reconstitution of lost minerals based on sea salt with laminaria and French Brittany's marine mud very rich in minerals and trace elements.

With 100% natural products.

For all skin types.

NUTRITION **NEW**

45 MIN

50,00€

Intensive hydration and nutrition and stimulation of cellular regeneration that balances the pH of the hydrolipidic mantle for a skin with splendour and vitality.

With 100% natural products.

For all skin types.

RELAX MESSAGES



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EXPRESS MASSAGE

15 MIN

30,00€

Done while the person is fully clothed in a comfortable chair specially designed for the purpose. Ideal for those who have little time available, yet still seek to relieve themselves of stress, anxiety and strains accumulated in the back, shoulders, neck and head.

HOT KARITÉ CHI MASSAGE

30 MIN

50,00€

With 100% pure shea butter and specific essential oils, this is a relaxing massage that allows you to reduce contractures and/or points of physical or muscular tension reducing pain and providing quick relief from mental and body fatigue. Oyuyu balls are used, which help to enhance the effects of this ritual.

Back massage.

HOT KARITÉ ZEN MASSAGE

30 MIN

55,00€

With this ritual you are very likely to achieve a deep state of relaxation while you are involved in a massage based on 100% pure shea butter. Semi-precious stones of green Jade and purple Jasper are used, which contribute to provide a state of supreme relaxation.

RELAXATION MASSAGE EXCLUSIVE

30 MIN

45,00€ 1 PAX

It reduces muscle tension and promotes well-being and relaxation.



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ROMANTIC MASSAGE EXCLUSIVE

30 MIN 

45,00€ 1 PAX | 80,00€ 2 PAX

Made with a symbiosis of essential oils, specifically designed for men and women considering their neuroanatomy, that seeks to stimulate happiness, sensuality and desire.

It reduces muscle tension and promotes well-being and relaxation.

When done simultaneously, it surprises the couple with details of romance, turning the ritual into a memorable and truly special moment.

PREGANT MASSAGE

50 MIN

60,00€

This massage reactivates the circulation and lymph resulting in firmer, more elastic and nourished skin. It helps legs and feet swelling and contributes to the prevention of stretch marks. For extra convenience this massage is performed on the tatami (mattress), on the floor. For moms-to-be from 3 months.

KIDS MASSAGE

30 MIN

40,00€

Calms and relaxes contributing to improved concentration, social interaction and school performance. This massage strengthens the body's resistance by strengthening the defences for diseases prevention and cramps and promoting a peaceful sleep. From 6 years.

BAMBU MASSAGE

60 MIN

70,00€

Bamboos slide and roll on the body with a moderate to intense pressure, being a ritual with a great draining and modelling benefit with a powerful relaxing effect.

VILLA BATALHA RELAX EXCLUSIVE

60 MIN 

70,00€ 1 PAX | 130,00€ 2 PAX

This signature massage (exclusive of the Villa Batalha Spa) consists of different techniques that favour muscle relaxation and stress relief performed with aromatherapy specifically designed to provide true physical and emotional relaxation and increased vital energy.

The symbiosis between movements and aromatherapy provide a true Zen moment.



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HYDROTHERAPY

Sanum per aqua



JETS SHOWER

20 MIN

35,00€

Massage with hot and cold-water jets of high pressures. It decongests and tones the tissues, contributing to reduce cellulite and to decrease fatigue and stress.

MOISTURIZING VICHY NEW

30 MIN

60,00€

The shower jets on the body provide muscle relaxation and deep toning action. It is used a 100% natural, highly moisturizing vichy preparation based on coconut oil, shea butter from Burkina Faso, sesame oil and grape seed.

VICHY SCRUB WITH VOLCANIC LAVA NEW

45 MIN

70,00€

Body scrub performed under water jets with a 100% natural highly moisturizing preparation based on coconut oil, shea butter from Burkina Faso, sesame oil and grape seed together with volcanic lava very rich in organic silicon, an element with firming properties.

This is a unique moment of relaxation that results in a silkier and more nourished skin.

4 HANDS VICHY NEW

30 MIN

90,00€

Synchronized movements throughout the body performed by 2 therapists under the warm water jets that induces dispersion of the brain thus allowing an incomparable physical and mental relaxation.

This synergy between the simultaneous movements, the water jets and the preparation used makes this a truly unique experience.

SIGNATURE RITUALS



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BODY SCRUB WITH LAMINARIA SALT NEW

30 MIN

50,00€

Ritual that removes dead cells and transfers minerals and trace elements of sea salt with laminaria to the skin, restoring the levels of essential minerals. It rejuvenates the skin, providing a luminous look and a soft touch.

ORANGE AND COCOA NEW

60 MIN

75,00€

Deeply nourishes the skin, drains and activate the blood circulation.

With sweet orange essential oil and 100% organic cocoa powder, produced in Ghana. This cocoa has a high content of theobromine, an active principle that promotes muscle relaxation. With an irresistible aroma that induces the feeling of happiness.

A true elixir for body and mind.

ROSE THERAPY

60 MIN



75,00€

This 60 'full body ritual, performed with 100% natural cosmetics, combines several massage techniques, reflexology and aromatherapy with the relaxing power of rose quartz (also known as the stone of Love and Harmony). It improves physical and emotional well-being thus contributing to the strengthening of confidence, femininity and sensuality.

SIGNATURE RITUALS



BALI BLISS

60 MIN

80,00€

The happiness therapy inspired by Indonesia. Unique and exclusive ritual which combines Balinese massage techniques with the powerful effect of aromatherapy to pamper body and soul with relaxing and therapeutic effects. Body and face ritual performed with 100% natural cosmetics.

VILLA BATALHA MAGIC PEELING NEW

60 MIN

80,00€

This ritual begins with a soft exfoliation that mysteriously disappears to give way to the pleasant lotion for the massage that follows.

With 100% natural rice powder. Rice has moisturizing, emollients and restructuring properties and also natural antioxidants that slow premature aging.

A unique and truly surprising ritual that results in renewed, nourished and smooth skin.

HOLISTIC THERAPIES



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HEAD MASSAGE

30 MIN

40,00€

Ideal for reduce tension built up in the shoulders, neck, head and face.
It deeply relaxes mind and relieves tension and it is suggested for insomnia and eye fatigue.

REFLEXOLOGY *salutem in pedes*

Therapy that stimulates the reflex points in feet that correspond to the body organs, through the application of pressure that will unblock the respective energy flow, promoting the well-being and regularization of energy balance.

Benefits: Improves blood circulation, decreases stress and relaxes, relieves pain and fights depression.

REFLEXOLOGY WITH FOOT BATH NEW

30 MIN

40,00€

This ritual begins with a hot water foot bath with salt which helps to relieve pain, fatigue and stress, hydrates and regulates the metabolic processes of the body providing a relaxing feeling.

HOLISTIC THERAPIES



HOT KARITÉ THALASSA MASSAGE

45 MIN

60,00€

Indulge yourself with the softness of tepid 100% pure shea butter, enjoying this relaxing massage with slimming and draining effect that helps to eliminate toxins.

Oyuyu balls and semi-precious stones of green Jade and purple Jasper are used, which help to enhance the effects of this ritual. Full body massage.

AYURVEDIC MASSAGE

90 MIN

75,00€

Deep technique that combines vigorous movements throughout the muscular mass with manoeuvres of traction and stretching and stimulation of vital points. As result, this massage promotes physical and mental relaxation contributing to balance energy and emotion.

Performed on the mat (mattress) on the floor.

HOT STONES MASSAGE

75 MIN

70,00€

A combination of specific massage techniques with the power of the volcanic hot stones. These stones, rich in minerals and active ingredients, stimulate circulation and trigger an antioxidant action. As a result, this massage releases muscular tensions and harmonizes body and mind, providing a deep sense of relaxation. Perfect massage for cold days.

EPILATION | MANICURE & PEDICURE



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WAX EPILATION FOR HER

FULL BODY AND FACE	65,00€
LEGS, BIKINI LINE AND UNDERARM	55,00€
FULL LEG AND BIKINI LINE	45,00€
HALF LEG	30,00€
UNDERARM	20,00€
BIKINI LINE	30,00€
BIKINI LINE AND UNDERARM	45,00€
FACE: EYEBROWS, CHIN AND UPPER LIP	20,00€

WAX EPILATION FOR HIM

FULL BODY	145,00€
FULL LEG AND BUTTOCKS	50,00€
CHEST AND ABDOMEN	50,00€
BACK	50,00€
UNDERARM	30,00€
CHEST	45,00€
EYEBROWS	15,00€

HANDS RITUAL

45 MIN

30,00€

Hands scrub, moisturizing, massage and application of long-lasting nail polish.

FOOT RITUAL

60 MIN

45,00€

Foot scrub, nails treatment and application of long-lasting nail polish.



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PRATICAL INFORMATION

WORKING HOURS

SPA Circuit: 10am to 20pm (Sundays 08am to 20 pm).

Massages and treatments (previous booking is required): 10am to 20pm. If you would like to have a massage or treatment some other time, please do not hesitate to check availability at the reception.

Gym only: 06am to 08pm, subject to prior request and availability.

GENERAL INFO

Spa Villa Batalha and the Hotel Management are not liable, civil and/or criminal, for damages suffered by customers as result of improper and incorrect use of spaces in our facilities neither for loss, theft or damage of personal belongings.

You will have at your disposal a locker, so you can store your belongings. Subject to availability.

Non-guests will also be provided with a bathrobe and towel, which should be left in the changing rooms in a place for this purpose.

It is mandatory to fill out a customer questionnaire prior to treatments or massages. You should inform us in advance if you have any allergies, intolerance or health condition that could influence or limit the use of our services.

Some restrictions may apply to pregnant. Consult your doctor first.

All treatments are subject to availability and prior booking. We advise you to arrive 10 to 15 minutes to the check-in process and to relax and enjoy the environment. The delay in arriving at the treatment implies a reduction of its duration with no price reduction. Cancellation without previous notice, implies the full payment.

For your convenience, please ask in advance what is the best time to use the SPA (including the indoor pool and jacuzzi) to avoid possible overcrowding of the facilities which are limited to 10 people simultaneously.

To use our Spa circuit, it is mandatory to wear swimming cap (purchase available at the reception), rubber slippers and bikini/ swimsuit.

The maintenance of the facilities and equipment can determine eventual periods of unavailability, for which we appreciate the understanding.

By law (Decreto-lei n.º 5/97, 31st March), the maximum water temperature allowed for heated swimming pools is 30 ° C.

Rehydration is an important part of SPA treatments. Therefore, we recommend drinking plenty of water and/or infusions before and after. We also suggest men shaving a few hours before a face treatment.

ETIQUETTE



INTRODUTORY NOTE

For your convenience, please note that our Spa pool is not a play area but a relaxation area, where silence and serenity are required. Generally, places like this do not accept children but, according to family friendly policy of the hotel, there are specific times when children can use the pool area, as long as they are properly supervised by adults responsible for them. Please contact the hotel reception for more information.

GENERAL RULES OF USE

It is mandatory to wear swimming cap, rubber slippers and bikini/ swimsuit.

Smoking, eating or drinking is not allowed in the facilities.

To use the gym, you must wear appropriate clothes and shoes and be over 16 years old.

Please mind your physical and medical condition and avoid using the facilities if that might be your doctor's recommendation.

Privacy rights: it is not allowed to take photos without the express consent of people involved.

For all users' convenience please comply with a silent and serenity atmosphere.

You might be invited to leave in case of non-compliance with these rules.

SPECIFIC RULES OF USE

SWIMMING POOL AND JACUZZI

You should not wear jewellery or any other metal object or electronic devices.

No food or beverages, magazines, newspapers or books are allowed.

It is mandatory to wear swimming cap, swim suit / bikini.

You should walk cautiously on wet and slippery surfaces.

It is forbidden to jump or dive.

No playing buoys and other similar objects are allowed.

Please be advised that our swimming pool does not have vigilance.

SAUNA AND HAMMAN

The recommended time limit is 5 to 10 minutes, depending on your physical condition.

You should not wear jewellery or any other metal object or any electronic device.

It is contraindicated for people with problems with blood circulation, heart problems and hypotension or other medical restrictions, and it is also not recommended for pregnant women.

Its use is not authorized for children under 16 years of age.

No food or beverages, magazines, newspapers or books are allowed.

If you have any physical exercise, you should rest before using the sauna.



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*Nourish the body
feed the soul*

