

# OCTANT

*Praia Verde*

## MASSAGES

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### HANDS THERAPY MASSAGE

50 MIN•€ 65 / 80 MIN•€ 95

Our signature massage with the aromas of the Algarve.

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### COUPLES MASSAGE

50 MIN•€ 115

Rediscover your inner energy side by side with your better half in a relaxing massage with coconut fragrance.

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### CANDLE MASSAGE

50 MIN•€ 68

The heated candle becomes a nourishing oil, stimulating all the senses through slow and deep movements.

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### BAMBOO MASSAGE

50 MIN•€ 65

Massage with a draining and modelling effect is excellent to activate blood circulation.

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### HOT STONE MASSAGE

60 MIN•€ 68

Feel the warm of a hot stone slide over the muscles which provides a deep relaxation.

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### SPECIAL MASSAGE FOR

### PREGNANT

45 MIN•€ 60

Relaxing massage with draining movements that help in circulation and relieve the sensation of tired legs.

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### REFLEXOLOGY

45 MIN•€ 60

A technique utilising pressure on specific reflexing points of the feet that releases tension and stimulates blood circulation.

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### SPORT MASSAGE

50 MIN•€ 65

Deep massage to relieve tension and muscular inflammation. Can be used before or after sport activities to improve your productivity and performance.

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### ANTI-STRESS MASSAGE

40 MIN•€ 60

Free yourself from the stresses of everyday life with this aromatherapy massage developed especially for the back, neck, shoulders and head.

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