



## MENU LE SPA

### Facial Rituals - Natura Chronos

#### Carioca Soul

Facial Lymphatic Drainage promotes a purification, oxygenation and renewal of facial tissue, and, associated with the mud mask, eliminates the signs of fatigue, providing freshness and vitality to the skin.

1 hour  
R\$ 115,00

#### Girl from Ipanema

Restores face muscles through a tissue detoxification, due to the deep result of massotherapy. Associated to flavonids from passiflora's properties, eliminates signs of fatigue. Acting directly in the expression lines. Resulting in a lifting effect.

1 hour 20minutes  
R\$ 125,00

### Body Rituals-Natura Ekos

#### Signature Le Spa -Tridimensional Anti-Stress

The body reveals the emotions, when blocked, these feelings cause physical discomfort. Through the combination of massotherapy, lymphatic drainage, energetic therapies and aromatizers, the tension nodules that unbalance the organism are dissolved.

Note: Deep touch to free tension nodules or light touch respecting your sensibility.

1 hour / 1 hour 30minutes  
R\$ 140,00 / R\$ 180,00

#### Signature Le Spa- Lymphatic Drainage

This treatment begins with a detoxification of the lymphatic system, followed by deep massotherapy maneuvers, promoting a quick dissolution of fat and cellulite nodules.

Immediate results: body reduction, digestion system release and stimulation of collagen and elastina production in your skin.

Note: Progressive results come with treatment's continuity.

1 hour / 1 hour 30minutes  
R\$ 115,00 / R\$ 160,00

### Rio 104º F

A combination of the best brazilian massotherapy techniques to what nature has best to offer: vulcanic rocks. Promotes a profound relaxation of the musculature and a well being sensation.

1 hour / 1 hour 30 minutes

R\$ 125,00 / R\$ 175,00

### Athletic Andiroba

Relaxation and stretching of the muscles, impacted by the practice of sports.

Andiroba's fluid anti-inflammatory properties associated to deep and pressure point massotherapy increase a relief to rigidity and muscles tension.

50 minutes

R\$ 115,00

### Shiatsu

Traditional Japanese technique, this treatment acts upon the meridians lines stimulating body's energetic and circulation system, reducing strong points of body tension.

1hour / 1hour 30minutes

R\$ 115,00 / R\$ 140,00

## **Body Masks**

### Atlantic Forest

Purification and rebalance of the vital energy through Phytotherapy with natural herbs.

Very special scents, acting together with the massage, unblock the musculature, leading to a state of calmness and tranquility.

1hour

R\$ 160,00

### Amazonia

Your body wrapped with green mud and seaweds, increasing the effects of

Le Spa Profound Lymphatic Drainage. Cell's renewal and detoxification, body reduction and anti-stress relaxation are the benefits you receive from this treatment.

1hour / 1hour 30minutes

R\$ 140,00 / R\$ 190,00

### Ilheus

An esfoliation with cocoa butter prepares the skin for a white mud mask and shiitake,

associated to esthetic and massage therapy promotes hydration and recovering of the muscles tonus.

Note: This treatment helps the functioning of the digestive system.

1hour / 1hour 30minutes

R\$ 165,00 / R\$ 215,00

## **Natura Ekos Waters Bath Rituals**

### Andiroba Bath

In Amazonia, andiroba is considered a great friend to local people for its anti-inflammatory quality. Exfoliation, to remove impurity from the skin, with andiroba esfoliating oil, prepares your body to the purifying and revigorating bath in the ofuro. Body hydration, promoted by the application of andiroba's pulp, finalizes this ritual with a wellness sensation.

1hour 30minutes

R\$ 185,00

### Awakening of the Senses

A body exfoliation with the brazilian nut butter activating the circulation, followed by a stimulating bath in afrodisiac herbs, rescue your selfsteem and vigor.

A renewal massage finalizes this ritual, elaborated for the awakening of the senses.

1hour 30minutes

R\$ 185,00

### Wine Therapy

Grape, with its active principles, bring us unblocking benefits, acts on blood circulation, reduces body edema and physical and mental fatigue.

Body exfoliation with grape's extract activates circulation and renews the cells, preparing the skin for a detoxicating wine bath. This ritual ends with body hydration.

1hour 30minutes

R\$ 185,00

## **Le Spa Day Use**

An incredible experience created for your well being.

### Purification and Beauty

A program elaborated to promote a body desintoxification and revitalization.

\* Welcome ritual

\* Body exfoliation

\* Andiroba Bath

Le Spa Profound Lymphatic Drainage

Amazonia Body Mask

Carioca Soul Facial Ritual

3hours

R\$ 280,00

### Anti Stress and Equilibrium

A program elaborated to provide energetic relaxation and balance

Welcome Ritual

Body exfoliation

Wine Therapy

Tridimensional Anti-Stress Massage

Ilheus Body Mask

Garota de Ipanema Facial Ritual

3hours

R\$ 280,00

## Purification, Beauty and Equilibrium

Whole Program elaborated to promote health, beauty and wellness

### First Day

Welcome Ritual

Body Exfoliation

Andiroba Bath

Le Spa Profound Lymphatic Drainage

Amazonia Body Mask

Carioca Soul Facial Ritual

### Second Day

Welcome Ritual

Tridimensional Anti-Stress Massage

Ilheus Body Mask

Garota de Ipanema Facial Ritual

7 hours (entitled to 1 night at the Hotel)

Superior Room: R\$ 985,00

Deluxe Room: R\$ 1140,00

Junior Suite: R\$ 1250,00

Master Suite: R\$ 1980,00

Please add 5% tax, 10% Service and R\$ 7,00 Turismo tax per day.

To all treatments must be added 5% tax

All treatments enable the use of steam room and swimming pool before and after the time scheduled.

Private massages in the room are available and it will be added 25% over the rate.

All treatments are booked in advance, in case of a late arrival, there will be a reduction in the treatment's time length.

Opens daily from 8 Am to 10 Pm

**Developed for Le Spa and Natura By Rosiane Venancio**