TREATMENTS & EXPERIENCES GUIDE

Spa & Wellness

An invitation to slow down, unwind
and take care of yourself.

QUINTA
SILVALDE

A moment just for you

At Quinta de Silvalde, wellness is an invitation to slow down and enjoy moments of tranquillity.

Discover our massage experiences, designed to promote relaxation, comfort and balance.

SPA area opening hours: **9:00 AM - 8:00 PM**

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Hot Stone Massage

Duration	Individual	Couples
30 minutes	€100	€200
60 minutes	€120	€240

Deep Relaxation Massage

Duration	Individual	Couples
30 minutes	€60	€120
60 minutes	€90	€180
90 minutes	€110	€220

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Important information

All treatments require **advance booking** and are subject to therapist availability.

When booking, please inform us of any allergies, medical conditions, injuries or pregnancy, so we can provide an experience suited to your needs.

Book your wellness experience

Our team is available to help you choose and schedule your treatment.

Contact: +351 910 989 701

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