



PALÁCIO ESTORIL  
WELLNESS CENTRE

## SERVICES AND PRICES

### HEALTH & WELLBEING

#### HYDROTHERAPY

Hydromassage in swimming pool	45 min	30,00 €
Jet or fan shower	10 min	20,00 €
Hydromassage with moisturizing milk	10 min	20,00 €
Hydromassage with underwater localized jet-massage	20 min	45,00 €
Vichy shower massage	20 min	45,00 €
Watsu session	60 min	80,00 €
Watsu for pregnancy	60 min	80,00 €
Hydrotherapy - individual session	50 min	50,00 €
Hydrotherapy - group session	45 min	30,00 €

#### STEAM

Turkish Bath	20 min	25,00 €
Bertholaix	10 min	30,00 €
Steam stove for hands and feet	10 min	25,00 €
Steam column	10 min	30,00 €

#### MASSAGES

Localized massage with essential oils	20 min	50,00€
Full body massage with essential oils	50 min	65,00 €
Tired legs massage	30 min	40,00 €
Lymphatic Drainage	60' / 90'	65,00 € / 90,00 €
Therapeutic massage	50 min	70,00 €
Massage Athletics™	60 min	75,00 €
Sports massage	50 min	80,00 €
4 Hands massages	45 min	120,00 €
Relaxing couple massage	50 min	120,00 €
Pregnancy massage	30/50min	50,00 € / 65,00 €
Post-partum massage	30/50min	50,00 € / 65,00 €
Reflexology	45 min	75,00 €
Cranial massage	30 min	50,00 €
Chiromassage	30/60/90 min	65€/ 90€/120€

All prices are in EURO and include Vat. We reserve the right to change prices without prior notice.

PALÁCIO ESTORIL WELLNESS CENTER – Rua Particular Hotel Palácio – 2769-504 Estoril. Tel (351) 214 658 600/610

[geral@estorilwellnesscenter.pt](mailto:geral@estorilwellnesscenter.pt)



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## HEALTH

General Practice consultation		55,00 €
Physical Medicine and Rehabilitation consultation		55,00 €
Rheumatology consultation		55,00 €
Quantic Medicine - Biofeedback consultation		85,00 €
Integrative Medicine consultation		60,00 €
Orthomolecular Naturopathy Darkfield Microscopy consultation		85,00 €
Nutrition consultation		55,00 €
Nutrition assessment (30min)		30,00 €
Osteopathy consultation/session		60,00 €
Osteopathy Child/Pregnancy		65,00 €
Physiotherapy session		50,00 €
Urogynecological Physiotherapy session		50,00 €
Pediatric Respiratory Physiotherapy (Respiratory Kinesiotherapy)		30,00 €
Lactation consultation	1 <sup>a</sup> / 2 <sup>a</sup> consulta	60,00 € / 40,00 €
Traditional Chinese Medicine consultation		50,00 €
Dental Medicine – Diagnosis consultation		40,00 €
Psychoneuroimmunology consultation		65,00 €
Development and Learning consultation		75,00 €
Integrative, Preventive and Regenerative health consultation		85,00 €
Ozone therapy session		75,00 €

## FITNESS

### PRIVATE SESSION

Introductory Fitness assessment & advice with Personal Trainer	30/60 min	30,00 € / 75,00 €
Personal Training session in the Gym	60 min	75,00 €
Private session - varied fitness activities:	60 min	75,00 €

Pilates *Reformer* / Yoga *Ashtanga* / Postural Re-education / Chi Kung (QiGong) / Aqua t´Ai Chi.

*Prices for individual session. For DUO sessions (2 persons at same time) or monthly packs, please contact our reception..*

### STUDIO ACTIVITIES

Fitness group classes:	30/45 min	30,00 €
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Pilates *mat* / Yoga *Ashtanga* / Stretching / Localized / Tae Bo / TRX / GAP / Dance / Zumba

*Admission subject to availability – over 16 years old.*

### POOL ACTIVITIES

Varied pool group classes:	30/45 min	30,00 €
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Hydrogym / HydroBike / Hydrotherapy / F.O.W. Fitness on Water / AquaPilates

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