



PALÁCIO ESTORIL
WELLNESS CENTRE

SOTHYS BEAUTY

BODY CARES

Silhouette Program

Slimming, firming and anti-cellulite program, for women or men, with 5 possible cabin treatments:

Signature Slimming Treatment 1H30 65.00 €

A comprehensive slimming treatment to reduce the appearance of all types of cellulite. Precisely tailored to each client, this treatment starts by an incredible slimming peeling/wrap to smooth the skin, followed by the customized body serums and an exclusive slimness modelling. A highly effective treatment!

Customized Slimness Modelling (*Modelage Minceur*) Local. 30-min. / Geral 55-min 45€ / 60€

A slimming modelling to perfect the figure and redefine the body contours.

Sothys Athletics Smoothing/warming professional treatment 60-min 45.00 €

Pack os 2 cares: 96.00 €

A treatment protocol combining the originality of a warming effect with the sensory indulgence of a foam wrap with two goals. Exercise - bring warmth and tone to the skin before exercise, and Silhouette and well-being - to perfect the figure or to treat yourself to a little relaxation, in a sensory wrap.

Light Legs Professional Treatment w/ Scrub 50-min. 45.00 €

A full body exfoliation is administered before this treatment using the new Three-salt peel. Legs receive a specific modelling after being wrapped in bands soaked in icy-effect lotion. Express treatment to restore light, and comfortable legs. A guaranteed sense of refreshment!

PRICES AND TREATMENTS ARE SUBJECT TO CHANGES WITHOUT PRIOR NOTICE.

ESTORIL WELLNESS CENTER

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Lymphatic Drainage Massage

Localized Lymphatic Drainage	30-min.	45.00 €
General Lymphatic Drainage	60-min.	60.00 €

We also have at your service Lymphatic Drainage massage that acts directly on the circulatory and lymphatic systems. This technique enhances the removal of toxins, fat and accumulated fluids, as well as the improvement of blood circulation, acting in the prevention of varicose veins, also easing the intestinal transit. It is an excellent supplement for the silhouette program.

Exfoliação corporal e Massagem com hidratação	1h15	50.00 €
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Essential care consisting of an exfoliation and moisturizing massage. Exfoliation in addition to removing dead cells, helps to smooth the skin and stimulates the production of collagen, making the skin firmer and softer. It is also an excellent preparer for body silhouette treatments.

Nutri-Relaxing Modelling Massage (deep tissue)	1h15	75.00€
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Cosmetic modelling inspired by Deep Tissue, specially designed for absolute comfort and relaxation combining deep smoothing and pressure, with drumming motions along areas of tension, this modelling helps relieve strain (due to exercise, stress, bad posture), stimulate and tone.

+ Athletes (experienced/amateur): To tone and comfort the skin before or after exercise.
+ Non-athletes : To bring suppleness and tone to the skin. Treatment advantages: After one session, you will feel deeply and immediately relaxed, with a feeling of absolute serenity that lasts for several days.

Ideal before or after exercise, in addition to a slimming programme, to relieve stress-related tension, after a long trip, before an important day, and so on.

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