



SCHEDULE

Every day from 09:00 A.M to 08:00 P.M

RESERVATIONS

For more information or to make a reservation, contact us by dialling +351 269 008 510 or emailing welcome@vermelhomelides.com.

If you wish, you can also visit Reception desk.

BEFORE ARRIVING

We suggest you leave your jewelry and personal accessories in your room.

PUNCTUALITY

Out of respect for other guests' reservations, please note that we are unable to extend your treatment time in the event of late arrival.

In order to ensure that we can prepare the treatment room appropriately, we kindly request that you notify us of your chosen treatment type at least one hour in advance of your appointment. This allows us to accommodate your needs effectively and provide you with the best possible experience.

DURING YOUR STAY

We appreciate your help in maintaining the peaceful atmosphere necessary to enjoy the treatments. Please keep your voice down and remember that smoking or the use of mobile phones are not allowed. To extend your well-being experience to your room or your home, we are pleased to offer a variety of products for sale.

CANCELLATIONS

If you wish to cancel or reschedule your appointment, please notify us at least 8 hours before the time reserved. Vermelho will charge 100% of the treatments cancelled with less than 8 hours' notice or in the event of a no-show.

PAYMENT

All treatments will be charged to your room and detailed on your bill at the time of checkout.



VERMELHO

M E L I D E S

WELLNESS

A wellness area where high-quality cosmetic products perfectly harmonize with ancient holistic techniques. Here, the focus is always on you and is the reason that our practices aim for balance between mind, body, and spirit to achieve complete well-being.

AYURVEDIC RITUALS

❖ Abhyanga Massage

60 min - 145€ / 90 min - 185€

Our most relaxing massage. This ancient therapy gives you the sensation of a warm oil bath, while the therapist's hands perform slow and mesmerizing movements to treat your body's Marma points and release emotional blockages.

❖ Ritual of Shirodhara

60 min - 165€

Shirodhara leads to a deep state of calm, similar to meditation. It is highly recommended for helping to reduce stress, headaches, and insomnia. This therapy involves pouring warm fluid onto the forehead to stimulate the pituitary gland.

❖ Mukha & Pada Abhyanga

60 min - 145€

Tradicional Head & Feet Ayurvedic massage originating from India. In Sanskrit "Muka" means face, "Pada" is feet and "Abhyanga" refers to massage. Herbal oils are used according to your Dosha to perform this therapy.



MASSAGE COLLECTION

- ❖ **Relax & Renew** 60 min - 120€
A full body massage with neurosedative techniques, designed to stimulate DHEA, reduce cortisol, and release endorphins, which will promote deep relaxation and calm the mind.
- ❖ **Deep Tissue** 60 min - 145€ / 90 min - 185€
High-pressure deep tissue massage focused on deep tissues to ensure complete muscle relaxation.
- ❖ **Back Remedy** 60 min - 130€
If your back pain does not allow you to rest, try to close the door for the outside world and let yourself be surprised by this miracle treatment created to alleviate tension in the back, neck and shoulders.
- ❖ **Woodtherapy** 60 min - 130€ / 90 min 165€
Devised to provide instant lipo-sculpting results from a single session. This drainage technique employs custom-made wooden tools with rapid, rhythmic, and pumping movements to specifically target cellulite and enhance the circulatory system.
- ❖ **Hot Stones Massage** 60 min - 150€ / 90 min 185€
A heated basalt stones alongside warm essential oils to melt away all tension and release any chakra blockages.

RENEWALS SELECTION

- ❖ **Cocoon Detoxifier** 90 min - 165€
A complete ritual to restore your body. First an exfoliation to leave your skin softer than ever, followed by a slimming and detoxifying wrap to release toxins. This treatment concludes with an invigorating drainage massage, giving you a sense of lightness.
- ❖ **Marine Glow** 90 min - 165€
Indulge in a luxurious ceremony featuring a sea salt body peel and an aromatic facial treatment. This ritual effectively removes dead skin cells, leaving your skin silky smooth and radiant.

FACIAL TREATMENTS

- ❖ **Vermelho Signature Facial** 60 min - 130€
All our knowledge comes together in order to create an experience exclusively tailored to your needs. With bio-active ingredients and drainage and cryo-lifting techniques, this treatment will leave your skin more radiant than ever before.
- ❖ **Luxury Deep Cleanse** 60 min - 130€
A highly effective facial that restores all the purity and freshness to oily and acne-prone skin through a meticulous extraction process. It is ideal for minimizing pores, controlling sebum production, and restoring the skin barrier.
- ❖ **Gentlemen's Facial** 60 min - 140€
This treatment has been created to counteract the effects of stress, lack of time, and daily shaving. It offers the perfect combination of highly effective products, along with soothing massages on the scalp, neck, and shoulders, to induce total relaxation.
- ❖ **Glowing Mother** 60 min - 140€
A 360° experience for the expectant mother. Immerse yourself in our exclusive ritual, merging our Vermelho Signature facial with a revitalizing massage to relieve tired legs, accompanied by a nourishing belly mask to protect against stretch marks.
- ❖ **The Espresso** 30 min - 65€
Our express facial treatment is an ideal vitality boost for those with limited time. In just 30 minutes, it will renew your skin and decongest the eye area, achieving a radiant and deeply hydrated complexion.
- ❖ **À la carte** 90 min - *** €
Choose a treatment from our **Massage Collection** and combine it with our **The Espresso Facial** to enjoy 90 minutes of absolute hedonism. At the end, a small gift awaits you with a selection of products so you can continue taking care of yourself at home.

*Ayurvedic Rituals and Renewals not included.