



QUINTA DA POUSADA

Treatment Room

Quinta da Pousada is a magical place located in the oldest Demarcated Region in the world, the Douro, with a location that allows guests to have a unique contact with the vineyards of the property, in a space that breathes tradition, where they can enjoy a unique experience.

Wine lovers can find a range of wine tourism activities, being able to taste the traditional Port wine and other types of wines from the Douro region, in addition to being able to delight in olive oil and traditional Douro sweets.



QUINTA DA POUSADA

"Massage is the oldest known healing art. Wonderful massages that combine the properties of the actives with the most relaxing maneuvers, managing to restore the physical and energetic balance of body, mind and soul."

Our treatment room is located in the Campo da Quinta da Pousada, in this calm environment you can relax and enjoy the treatments and care provided by Germaine de Capuccini, at the end of each treatment you will have tea and cookies to taste, contemplating the landscape of our Douro.



Services Menu

Face Treatment

Sensitive Skins - 60min **45€**

Reconciling care that provides immediate relief and Comfort to the most sensitive skins. A combination of phyto-active extracts restores maximum well-being to the skin. Day after day, the skin is more protected, more tolerant and less sensitive.

Oily Skins - 60min **45€**

When the skin has impurities or grains, it needs an ultra-effective personalized cure that allows correcting the existing ones and preventing new appearances.

Malnourished Skins - 60min **45€**

Royal Jelly, a prodigious source of vitality that nature offers us, manages to act on epidermal cohesion and restore "skin resilience". Thus, it gives to the skin the power to be protected from external stress and to quickly overcome it. The skin is nourished and deeply revitalized.

Dehydrated Skins - 60min. **45€**

Maximum hydration concentrated in an advanced treatment ideal for all skins and, especially, for those that show symptoms of dehydration: lack of comfort, dry, dull skin... Its "hydroactive" formula protects the skin, promoting its natural resistance to the signs of premature aging.

Mature Skins - 60min. **45€**

A "beauty infusion" tailored to all ages and needs: vitality and radiance if you are 30, firmness and hydration if you are 40 and density and nutrition if you are 50. Always young!



Facial cleaning

Sensitive Skins - 30min.

25€

Reconciling care that provides immediate relief and Comfort to the most sensitive skins. A combination of phyto-active extracts restores maximum well-being to the skin. Day after day, the skin is more protected, more tolerant and less sensitive.

Oily Skins - 30min

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Malnourished Skins - 30min

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Massages

Facial - 25min

25€

Excellent technique to dissolve tension points, improve muscle tone and activate the circulation of the face. It can be used to enhance a skin treatment or simply to relieve heavy and tired expression.

Pipa - 50min

60€

Swedish massage technique. It acts in the fight against accumulated fatigue, through muscle relaxation, increasing circulation and relieving muscle pain.

Mini Pipa - 30min

40€

Massage located on the face, neckline, shoulders and back, essentially in the areas normally most affected by stress, effectively combating it.

Fire - 60min

70€

Leave your stress behind and enjoy a massage with a candle, with the aroma of Lavender from the Douro sunset. A complete aromatic experience guaranteed to soothe the body, soothe the mind and soothe the soul.

Earth - 60min

65€

Unique ritual with nutmeg, cinnamon and cardamom spice pindas. The steam and heat of the Pindas make this massage a unique journey of deep mental and physical relaxation.



Air - 60min

65€

Exceptional therapy thanks to “Esenciales Marine RELAX” oil. With calming notes, this aroma induces meditation and helps the mind to regulate anxiety and stress, achieving an optimal state of relaxation.

Water - 60min

65€

Therapy based on the oil “Esenciales Marine AQUA”, stands out for its depth and aromatic intensity. It allows a correct hydration and natural regeneration of the organism.

Awakening of the Senses - 60min

60€

Descubra a magia desta massagem com óleo quente de chocolate. Ideal para relaxar o corpo e a mente, enquanto nutre a sua pele.

Tired Legs - 30min

45€

Manual Lymphatic Drainage is a massage technique whose applied movements are constant, rhythmic and precise, with light pressure, capable of stimulating the lymphatic system, accelerating the process of transporting lymph to the lymph nodes. Its benefits are noticeable in the general detoxification of the body, with the elimination of liquids and accumulated toxins that cause fluid retention, cellulite and localized fat.

Reflexology Ritual - 30min

35€

Applying pressure to various points on your feet helps to enhance the reflex parts of your body. The pleasure induced by this massage will allow you to regain your balance through direct stimuli that will give you an impressive feeling of well-being and a dormant vitality.

