

# Exclusive Treatment Menu

Exe Praia Golfe  
by Meridian Breeze Spa



# Welcome to Exe Praia Golfe Spa by Meridian Breeze

To provide you a unique and memorable journey, it is the main purpose of our Treatment Menu. We combine ancient techniques of relaxing and holistic massages, with a range of natural and extremely sensory products, creating treatments that take you along an unforgettable path.

## Meridian Massage Collection

Our massage collection was created to provide complete relaxation and to promote a renewal in your body, mind and emotional balance in a deep and personalized way.

### Back Comfort Massage

A Neck, Back and Shoulder massage, indicated to activate circulation, relief muscle tension and stress, leaving an extraordinary feeling of relaxation and well-being.

40 min | € 58

### Ocean Soul

Experience effective and immediate relaxation, relieving all stress-related tension. Long steady flowing strokes and therapeutic techniques at various pressure levels.

It is indicated for Jet-Lag, to balance emotions and to reduce stress and anxiety.

50 min | € 74    80 min | € 105

### Deeply Restorative Massage

This deeply therapeutic massage is suitable for reactivating circulation, eliminating accumulated toxins and increasing the level of psychophysical energy. It is perfect for restoring muscle tone and relieving chronic tension, providing a healthy effect and physical relaxation.

50 min | € 80    80 min | € 115

### Breeze Aromatherapy Massage

Therapeutic application of essential oils, assisting the metabolism and the functioning of the physical systems, psychological and emotional, relieving stress, muscle pain and nausea. This massage aims to balance and harmonize each person individually.

50 min | € 85    80 min | € 120

### Double Journey Treatment

Enjoy a massage for two in our Double Room. In this exclusive area, you receive a treatment from our Menu at your choice. Two therapists will be at your disposal to work simultaneously.

An unique and remarkable experience.

60 min or 90 min

## Unique Author Treatments

Designed to purify, soothe and restore the connection with your own self, our Unique Author Treatments are made with pure natural oils with soft and unforgettable fragrances. It stimulates circulation and boost the lymphatic system removing toxins. These combined elements let the body be deeply relaxed and balanced, with an incredible sense of lightness.

### Sublime Facial

An exceptional beauty treatment for all skin types. The various facial massage techniques stimulate cellular activity, reduce signs of fatigue, relax facial features and at the same time hydrate and regenerate tissues, providing immediate comfort to congested skin.

30 min | € 50

### Praia Golfe Ritual

Our Author Treatment is a tribute to the fascination of our coast. It starts with a welcoming foot ritual, followed by an exclusive body massage. It is enhanced by the rich properties of Coconut Oil, which softens the skin, hydrating it and at the same time protecting it from damage caused by the sun and wind aggressions.

60 min € 95 / 90 min €130

## Essential Body Treatments

Our body treatments promote beauty and health, through manual massages, with gentle or vigorous movements, they are effective for different personalized goals. By stimulating the lymphatic and circulatory systems, they reduce fluid retention and swelling, shape the body and result in a firmer, smoother and revitalized appearance.

### Manual Drainage Massage

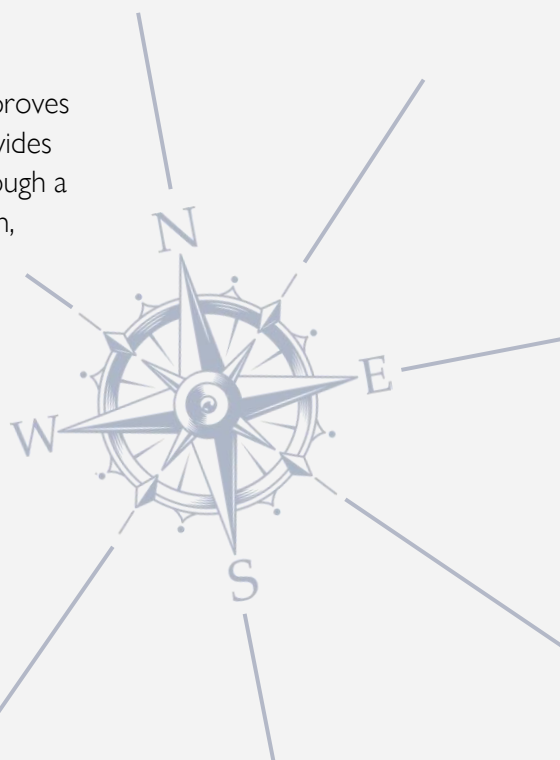
A detox massage that stimulates the lymphatic system and improves skin oxygenation by eliminating excess fluids and toxins. It provides tissue recovery while reducing the appearance of cellulite, through a gentle and effective massage. It promotes deep body relaxation, leaving you with a wonderful feeling of lightness.

50 min | € 68 | Pack 3x - € 185

### Thermo Modeling Massage

A modeling and toning massage that offers a perfect combination of rhythmic shaping and anti-cellulite actions. This technique stimulates lymphatic circulation and eliminates toxins, as a result, the body benefits from the reduction of swelling and gains a more defined contour. Models and highlights the silhouette.

50 min | € 75 | Pack 3x - € 200





*Atithi Devo Bhava*, this expression which in Sanskrit means “The guest is the King”, inspires all our work.

Our fundamental purpose is to provide deep well-being and stimulate positive changes in each individual, in their body and mind, activating their “inner force”. Our Spa is intended to be a refuge, a synonym of permanent balance and harmony, with the aim of stimulating health and bringing precious moments of peace and serenity.