



**L U Z   C H A R M I N G   H O U S E S**

*THE CAVE*

---

MASSAGES AND TREATMENTS

## THE CAVE

---

I. OUR VERY OWN MESSAGES II. MESSAGES FROM THE WORLD  
III. WHAT I NEED... IV. MOMENTS

*A SOUL EXPERIENCE*



## OUR VERY OWN MESSAGES

### *LUZ*

---

From the perfect symbiosis between heated volcanic stones and jade crystals we developed our sublime Luz massage. A relaxing massage performed with heated candle wax and essential oils. An experience of physical release and mental relaxation.

**TIME: 60 MINUTES | 80,00 EUROS**

### *AROMAS D' AIRE*

---

Taking advantage of our local flora, allow your mind to enjoy a moment of muscular relaxation. An experience flavored with the best regional essences.

**TIME: 60 MINUTES | 70,00 EUROS**



## MESSAGES FROM THE WORLD

### *ABHYANGA*

---

Made with warm oil and inspired by Ayurvedic medicine, Abhyanga is described as a very draining and relaxing but intense massage in each simple touch a dance is performed, taking us to the core of our emotions.

TIME: 60 MINUTES | 80,00 EUROS

### *SHIRODHARA*

---

Considered one of the most powerful relaxation therapies of Ayurvedic medicine, and often compared to an induced meditation, Shirodhara becomes sublime by its effects with a simple flow of warm oil that is used in the forehead. A technique that allow us, in a simple way, to meet our inner peace.

TIME: 45 MINUTES | 70,00 EUROS

### *AYURVEDIC MASSAGE*

---

Known as the most complete and ancient technique of natural massage, Ayurvedic massage, performed on the mat, provides a harmonization between the spiritual, mental and emotional part, thus balancing the energies of the body.

DURAÇÃO: 90 MINUTOS | 110,00 EUROS



### *REFLEXOLOGY*

---

Unlike a massage, where there are generalized movements of pressure and straightening, in reflexology, we aim to perform specific and customized pressure. This treatment is very beneficial, specially when received continuously or regularly.

**TIME: 50 MINUTES | 60,00 EUROS**

### *TIBETAN BOWLS*

---

Known as an ancient massage, the uniqueness of the sound of the Tibetan bowls provides not only an energetic release but guides us to our purest, lightest and most serene side.

**TIME: 60 MINUTES | 80,00 EUROS**



## WHAT I NEED...

*From time to time, we need a special retreat. A moment where we find a ritual that suits us, a moment in which we are the main character and everything is about our well-being.*

### *FOOT RITUAL*

---

TIME: 40 MINUTES | 50,00 EUROS

### *LEG RITUAL*

---

TIME: 40 MINUTES | 50,00 EUROS

### *HEAD RITUAL*

---

TIME: 40 MINUTES | 50,00 EUROS

### *BACK RITUAL*

---

TIME: 40 MINUTES | 50,00 EUROS



## MOMENTS

*Happiness is only true when shared...*

### *PART OF ME*

---

All the warmth and love seem cosy and tender. Focusing on these principles we are inspired by the sweet moment created for the future Mother in communion with the other part of her.

TIME: 60 MINUTES | 80,00 EUROS

### *I LOVE YOU*

---

It is in an atmosphere of romanticism that the moment for two unfolds. The I Love You massage is full of relaxing moments, where all the senses are awakened reminding us how good it is to be in love.

TIME: 60 MINUTES | 150,00 EUROS

### *YOGA*

---

We have retrieved a philosophy of life that has existed for over 5000 years. Yoga in the Luz Houses allows a deep relaxation, improves concentration and mental tranquility while strengthening our body and developing flexibility. A practice for all of those who seek physical and mental allience with our Mother Nature.

TIME: 60 MINUTES | 50,00 EUROS



## L U Z   C H A R M I N G   H O U S E S

The Cave operates by appointment, being open daily from 10:00 am to 7:00 pm.  
The service is not available for children under 14 years. From 15 to 18 years of age, only with authorization.  
You can cancel your appointment free of charge until 24 hours before the scheduled time for your massage/  
treatment. If the cancellation is made later, 50% of the value will be charged.

---

*Rua Principal, nº78, Moimento | 2495 - 650 Fátima, Portugal*  
*www.luzhouses.pt | info@luzhouses.pt*  
*tel. +351 249 532 275 | +351 913 761 211*