

LUZ CHARMING HOUSES

THE CAVE

In our Cave we privilege aromatherapy and phytotherapy, using our wonderful local flora and the traditional "mezinhas" (natural ancestral teachings), passed from generation to generation.

The treatments offered are enriched by ancient teachings of an Ayurvedic Indian medical system and traditional Thai massage techniques.

An awakening, a reunion with the inner soul, where your senses will be lovingly stimulated one by one through the symbiosis of the Cave's Light and Nature.

Open your heart and allow the light to embrace and enlighten you, helping you to rediscover your natural balance and complete serenity!

OUR VERY OWN MASSAGES

Luz

A massage performed with heated wax candle.
Time: 60 minutes | 85,00 Euros

Aromas d'Aire

An experience flavored with the best regional essences.
Time: 60 minutos | 70,00 Euros

Serra d'Aire Sensations

A relaxing massage enriched with a body scrub.
Time: 70 minutos | 95,00 Euros

MASSAGES AND THERAPIES FROM THE WORLD

Thai Massage

Time: 90 minutes | 110,00 Euros (localized)
Time: 120 minutes | 150,00 Euros (full body)

Eastern Sensations

An energizing massage enriched with a body scrub.
Time: 70 minutes | 95,00 Euros

Reiki

Time: 60 minutes | 70,00 Euros

MOMENTS

Body Of Light

A massage that combines various techniques, such as crystallotherapy, aromatherapy and reiki.
Time: 90 minutes | 110,00 Euros

Part Of Me

A massage created for the future Mother in communion with her baby.
Time: 60 minutes | 80,00 Euros

I Love You

A massage with relaxing movements to be shared by two.
Time: 60 minutes | 150,00 Euros

Yoga

Time: 60 minutes | 50,00 Euros

The Cave operates by appointment and it's open daily from 10:00 to 19:00 *.

This service is unavailable to children under 14 years. From 15 to 18 years only with permission of the guardians. Please be aware that treatments should not be performed to pregnant women, people with autoimmune diseases, cancer cells, malignant tumours, muscle degeneration, severe heart failure and recent heart attacks or post ops. Shall you be under the conditions mentioned above, it is mandatory to submit a medical statement with the written permission to perform them. Please note that cancelations must be made 24 in advance. In case of late cancelation or no show, there will be a 50% charge of the total value of the massage booked.

*We recommend scheduling massages at least 24 hours in advance to ensure availability of services.