



SPA

Valverde Sintra Palácio de Seteais

PALÁCIO DE SETEAIS
VALVERDE
SINTRA



Signature Rituals

BLOSSOM BRIDE 120m | 260€

The Bridal Ritual

Conceived for the woman on the threshold of one of the most luminous moments of her life, this ritual draws upon the timeless purity of orange blossom, an ancient symbol of love that endures. The journey begins with a luxurious body exfoliation, performed without the need for rinsing, preparing the skin to receive a deeply nourishing treatment. An all-enveloping massage awakens the senses and ushers in a state of absolute serenity. The ritual culminates in a high-performance facial, designed to unveil the skin's natural luminosity, leaving it radiant, revitalized, and ready to be remembered forever. For one of the most memorable moments of your life.

LAVANDE ÉTERNELLE 90m | 300€

Mother & Daughter Ritual

Some connections need no words, they exist in shared silence, in touch, in the scent that soothes. This exclusive ritual honors the singular beauty of the mother-daughter bond through the gentle, harmonizing magic of lavender. A medium-pressure massage, delivered with precision and care, releases accumulated tension and draws the body into a place of truly profound relaxation. A personalized facial follows, tailored to the individual needs and age of each guest. More than a treatment, this is a moment of closeness and reunion, a memory that will last forever. Shared beauty. Memories that remain.

LUMIÈRE À DEUX 90m | 320€

Ritual for Two

When a single candle is the only witness, everything becomes more intimate. Conceived for two, this ritual transforms an ordinary moment into a sensory experience that will linger in the memory long after it ends. The journey opens with a delicate foot bath enriched with sea salt's and petals inspired by the historic gardens of Seteais. A massage with artisanal aromatic candles follows, their butter's and essential oils melting gently with the flame, becoming a warm, liquid elixir that nourishes the skin with extraordinary depth. The soft glow of candlelight, the room's only source of illumination, creates an atmosphere of sophisticated intimacy, where every detail has been thoughtfully crafted to envelop, surprise, and connect. Unwind. Share. Belong.

Sensory Experiences

SHIRODHARA 45 or 75 min | **100€ / 150€**

Ayurvedic Therapy · The Silence of the Mind

From the millennia-old wisdom of Ayurveda, Shirodhara is perhaps the most powerful ritual for stilling the modern mind. A continuous stream of warm oil flows gently across the forehead, dissolving tension, calming the nervous system, and restoring inner clarity. Its benefits extend well beyond the immediate, reducing stress and anxiety, sharpening concentration, easing chronic headaches, and offering deep nourishment to the scalp and hair. Stillness. Balance. Total wellbeing.

PINDA SENSORIAL 75m | **160€**

Aromatic Ritual · All the Senses in Harmony

A symphony for the senses. This ritual begins with the selection of a personalized essential oil, chosen in response to the unique needs of the individual. Pindas, small linen pouches filled with curated herbs and essential oils, are warmed and glided softly over the body and face, releasing a warm, enveloping fragrance that fills the room. The combination of touch, heat, and botanicals allows the active properties of the plants to be absorbed by the skin in a deep and entirely natural way. At a singular moment during the treatment, sound is woven into the massage, deepening the sensation of balance and presence. Aroma, warmth, touch and sound: a complete experience.

REGALO 75m | **160€**

Candlelit Ritual · Warmth That Nourishes

Illuminated only by the flame of an artisanal candle, this ritual wraps the body and face in a deeply comforting warmth. The candle, composed of 100% natural butter and essential oils, melts gently throughout the treatment, becoming a warm, velvety nourishing oil. The scent is chosen by the guests themselves, making each experience entirely one's own. Heated volcanic stones are incorporated to deepen muscular relaxation and amplify the sensation of wellbeing. Intimate. Warm. Unforgettable.

AQUA VITAE 50 min | **150€**

Water Ritual · The Purity That Restores

Rooted in the ancient traditions of hydrotherapy and in perfect harmony with the mystique of Sintra, a land of water, mystery, and singular energy, this ritual is an ode to the element that purifies and restores us. It begins with delicate body exfoliation that readies the skin for the benefits to follow. A massage with carefully selected oils is then performed beneath a Vichy shower, where warm water flows continuously over the body, deepening relaxation and merging with every touch. The ritual unfolds within a singular circular room of historic architecture, built in the era of the palace itself. Here, silence reigns, only the soft murmur of water is present, creating an immersive, serene atmosphere unlike almost anywhere else in the world. Tradition, nature and sophistication: in perfect harmony.

HIGHLAND 60m | **150€**

Nature Experience

Indulge in an exclusive relaxation massage experience in the magical Sintra mountains, immersed in nature and a timeless, deeply romantic atmosphere. A moment of pure wellbeing and refined exclusivity, ideal for one or two people.





Massages

ROYALTY 60m | 130€

Signature oils · Medium pressure

You deserve to be looked after. This is a massage that asks nothing of you, only that you let go. Warm, unhurried, deeply nourishing. Our therapist works with signature oils chosen to melt tension and leave you feeling, quite simply, like yourself again.

GROUND 60m | 160€

Deep tissue · For moments of heightened tension

For the tension that doesn't shift on its own. Ground works into deeper layers, the kind of tightness that builds quietly over weeks, months, years. You leave feeling taller, looser, more at home in your body than you have in a long time.

YOURS 60m | 170€

Fully tailored · Pre-session consultation included

No two people carry the same weight. Before we begin, we listen. Then we build something just for you, pressure, rhythm, intention, shaped entirely around what your body needs today.

Facials

VEIL 30 or 60 min | 80€/150€

Natural products · For all genders

A facial that works as quietly as it heals. Natural oils, chosen for your skin on this particular day, absorb while you drift. The aromas do their own work. You surface, unhurried, luminous, wondering why you don't do this more often.

Body Treatments

PERSONALIZED 90m | 200€

Natural products · Wellbeing consultation included

A full body ritual composed entirely around you. Our therapist draws from the full breadth of our menu, combining techniques, products and intentions, to create something that fits this moment, and only this moment. The most complete experience we offer.

THRESHOLD - SCRUB 45m | 100€

Choice of exfoliant · Various aromas available

Choose your exfoliant, green coffee, grape seed, rice powder. Each one different; all of them transformative. This is the treatment that prepares the skin for everything that follows, smoother, more open, more alive. A ritual of shedding, beautifully done.

SOURCE RITUAL - DETOXIFYING 90m | 200€

Deep purification · For all genders

The city leaves its mark. This ritual is the answer, a deep cleanse that draws out what accumulates unseen: pollution, stress, the weight of routine. What remains is what was always there. Clean, light, and entirely yours again.

Complementary

The foundation of our menu is flexibility, so our complementary can be included in any treatment of the above, to ensure the best possible experience.

BACK, NECK AND SHOULDERS 30m | 80€

INDIAN HEAD MASSAGE 30m | 80€

MASSAGE PODAL 30m | 80€

JET-LAG 30m | 80€

SOUND BALANCE 30m | 80€

YOGA AND PILATES CLASSES 30m | 150€

CHINESE MEDICINE - upon request



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