

# CLÍNICA MES

medicina  
exercício  
spa

## MASSAGENS | MASSAGES

Massagem Relaxante | Relaxation Massage  
30 | 50 | 80 min                      €48 | 68 | 98

Massagem Desportiva | Sports Massage  
50 | 80 min                              €80 | 118

Massagem Profunda | Deep Tissue Massage  
50 | 80 min                              €80 | 118

Quiromassagem | Quiromassage  
50 | 80 min                              €80 | 118

Reflexologia | Reflexology  
50 min                                      €68

Aromagem | Aromassage  
75 min                                      €118

## TERAPÊUTICAS | THERAPEUTICS

Fisioterapia | Physiotherapy  
50 min                                      desde | from €68

Medicina Quântica | Quantum Medicine  
90 min                                      desde | from €80

Acupuntura | Acupuncture  
60 min                                      desde | from €60

## EXERCÍCIO | EXERCISE

Sócio MES | MES Member  
Mensal | Monthly                      desde | from €39

Personal Trainer | Personal Trainer  
30 | 60 min                              €45 | 58

Pack PT 10 + 1 | Pack PT 10+1  
30 | 60 min                              €450 | 580

## CIRCUITO SPA | SPA CIRCUIT

Entrada Individual | Individual Entry  
Dia Completo | Full day                      €10

Entrada Casal | Couple Entrance  
Dia Completo | Full day                      €15

Entrada Criança | Kids (under 12Y)  
Dia Completo | Full day                      €5

Pack 3 Entradas | Pack 3 Tickets  
Dia Completo | Full day                      €25

Pack 7 Entradas | Pack 7 Tickets  
Dia Completo | Full day                      €50

## ESTÉTICA | AESTHETICS

Limpeza Profunda de Pele | Deep Cleansing Facial  
60 min                                      €80

Faciais Personalizados | Signature Add-on's | Faciais  
30 min                                      desde | from €45

Depilação Rosto & Corpo | Waxing Face & Body  
Desde 15 min                              desde | from €5

Spa Manicure | Spa Manicure  
Desde 30 min                              desde | from €15

Spa Pedicure | Spa Pedicure  
Desde 30 min                              desde | from €20

Mãos & Pés - Personalizados | Hands & Feet | Add-on's  
Desde 30 min                              desde | from €18