

# RULES

Please read carefully the rules for using all SPA equipment.

## **Please Keep Quiet.**

Towels, bathrobes and slippers are available for customers.

Mobile phone use is not allowed.

It is forbidden to smoke, eat and consume alcoholic beverages inside all SPA facilities.

The Hotel Management is not responsible for any damage or loss of personal items brought to the SPA.

The delay in arriving of any treatment, will limit the respective duration, thus reducing the satisfaction and full enjoyment and benefit of it.

The treatment value may change without prior notice.

We recommend arriving **30 minutes** before the appointment to fill in the client form.

Its mandatory to take a shower before the treatment.

## **Hotel Lusitano**

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## WHAT IS A FLOATING CABIN?

It is a fiberglass tank with 2.45m long, 1.35m wide and 2.13m high, that allows the customer to stand up inside the cabin, eliminating the "feeling of being closed" or claustrophobia. With 600l of water and 300kg of Epsom Salt (magnesium sulphate) it is only 25 cm deep. In this way, the body floats without any effort and without weight, remaining in zero gravity.

## EPSOM SALT

Epsom Salt is made up of magnesium sulphate, combined with carbon and oxygen, which gives it different therapies, unlike common salt, which contains sodium chloride and is therefore harmful to health.

In addition to revitalizing and rejuvenating the skin, Epsom salt stimulates blood circulation and is beneficial for joints.

Using Epsom Salt when floating will also promote water hygiene, due to its strong antibacterial action.

The hygiene of the cabin is also guaranteed by the filtration of all its water as well as the constant measurement and maintenance of its properties levels.

## WHAT ARE THE EFFECTS?

Scientists estimate that around 85-90% of our brain's activity is focused on the effects of gravity and sense reading.

With the absence of gravity and the reduction in the processing of sensory organs (vision, hearing, smell and touch) the mind easily reaches the state of theta waves.

This is the brain frequency that Buddhist monks can reach after several years of training and meditation.

All muscles relax and tension disappears.

In this situation, the body naturally reserves energy and has an opportunity to recover and rejuvenate itself.

## HOW DO YOU ACHIEVE DEEP RELAXATION?

While you float, your ears are below the water line eliminating external sounds. The temperature inside the cabin is maintained at body temperature, approximately 35.5°C, which allows a rapid adaptation and release of the body and mind to the environment generated.

The reduced lighting, as well as the feeling of weightlessness obtained by floating, dissipate the limits of the body and mind, giving rise to a loss of

intentional consciousness and a relaxation that is progressively deeper, purer and more beneficial than sleep itself.

Without the body to worry about, the mind can take care of other things.

## WHAT ARE THE BENEFITS OF FLOATING?

The benefits of Floating are clinically recognized:

- Reduction of pain;
- One hour of floating is equivalent to 4 hours of sleep;
- Reduction of stress and anxiety;
- Increased concentration, creativity and cardiovascular efficiency;
- Relief of asthma, arthritis and migraine symptoms;
- Strengthening the immune system and self-confidence;
- Feeling of general well-being;
- For pregnant women, the absence of gravity provides relief from the tension accumulated in the back and abdominal region, with the mother's relaxation being beneficial for the baby.



## FLOATING SESSION

Floating Session (60')	55,00€
Floating Session (60') + Localized Massage (30')	95,00€
Floating Session (60') + Relaxation Massage (60')	125,00€

*The use of ear plugs is mandatory*

*We recommend arriving 30 minutes before your appointment*

*Also check out our "Body and Face Treatment Menu" and the "Special Pregnancy Menu"*