





LE SPA EXPERIENCE

Indulge yourself. A unique pleasurable moment.

Located in Santa Teresa, one of the most charming neighborhoods in Rio de Janeiro.
Le Spa invites you to an intimate experience far beyond your senses.
An unforgettable relaxing treatment.
Make this moment turn into a complete wellness feeling.



CLASSICS TREATMENTS

-Swedish

Through maneuvers that act directly on the muscle, bones and in the same direction as the blood flow, relieving pain.

This treatment allows the mind and the body to completely unwind.

60 min R\$220,00

90 min R\$280,00

-Deep Tissue Massage

Similar to the Swedish Massage, easing into the tension with direct deep pressure and slow penetrating strokes – melting aches and pains away. Its main focus is on the deeper layers of muscle tissue, tendons and fascia.

60 min R\$230,00

90 min R\$300,00



-Sportive

Therapeutic massage careter to all kinds of athletes, professional and non-professional ones. Working on all body parts that are constantly being over worked, assisting injuries. To assure the athlete we'll keep him/herself healthy and in a good shape.

60 min R\$220,00

90 min R\$280,00

-Bamboo Therapy

This massage is done by using smooth bamboo sticks that provides relaxation, drainage, and skin revitalization. Treats cellulite and reshapes the silhouette.

50 min R\$220,00



-Pindas

This technique is developed in Asia, using bundles of cloth filled up with aromatic herbs and spices. Performed with preheated medicinal oils, providing recovery from fatigue, increasing energy flow and health.

50 min R\$ 250,00

-Candle Massage

Treatment that uses the innovative shea butter candle. The warm oils and natural butter are drizzled over the skin, to melt away tension and delicately nourish the skin.

50 min R\$ 260,00



-Suchô

Asian massage technique uses crystal balls to perform circular movements with the goal of working the energy flow through the body. Promoting balance between mind, body and spirit. Reducing pain, insomnia, stress and anxiety.
50 min R\$ 250,00

-Shiatsu

A Japanese therapeutic method using fingers and palm pressure flowing with the meridian. Leading the body to heal itself and become free of stress.
60 min R\$ 230,00



- Hot Stones

Therapy that involves the willingness and friction of heated volcanic stones placed on key energy points of the body.

Reach a complete alignment between soul and body.

60 min R\$ 250,00

90 min R\$ 290,00

- Manual Lymphatic Drainage Therapy

Lymphatic Therapy by using soft-touch opening techniques that encourage up right movements drainage of the lymphatic system. This treatment is dedicated to restoring and clearing toxins of the body, naturally bringing balance.

50 min R\$ 220,00

70 min R\$ 260,00



- Modeling massage

Modeling massage consists of several stages of a different degree of intensity - strokings, grindings and petrissage. The directed influence on hypodermic-fatty cells makes exchange promotes burning of fats. It improves blood circulation breaks down the fat chains and improves muscle tones.

Located massage 40 min R\$220,00

Loc. Massage and Criotherapy 60 min R\$280,00

- Four Hands

The four hands massage is performed by two therapists working together at the same time, with the same intensity. It stimulates the brain bringing relaxation to both of the body.

50 min R\$ 360,00

FACIAL TREATMENTS

-Mini Facial

Enjoy a soothing facial. It will leave your skin with a radiant and hydrated glow in only One session.
30 min R\$ 130,00

-Rejuvenation

Facial treatment that rebalances and restores youth and skin radiance. The perfect combination of freshness and vitality.
50 min R\$ 195,00

-Purifying

Let us take you to a sensory journey to nourish, moisturize and brighten your skin.
70 min R\$ 215,00

EXCLUSIVES RITUALS

-Le Spa Signature

Full body massage that uses a perfect blend of Swedish massage techniques, lymphatic drainage, shiatsu, stretching and traction.

A revitalizing treatment for a pure sensation of energy and deep relaxation.

60 min R\$ 220,00

90 min R\$ 280,00

-Energetic Açai / Passion Fruit Anti Stress

Massage of your choice, using the properties of the Açai or Passion Fruit oil.

*Açai: originally comes from Amazon, regarded as the tree of life. Excellent natural moisturizer with antioxidant and toning properties.

*Passion Fruit: has relaxing substances with aroma that reduces stress, improves sleep reducing stress and fatigue in general.

60 min R\$ 240,00



-Sensorial Jasmin

Balinese massage with exotic floral aroma of Jasmine. It has stimulant properties, soothing, antiseptic, healing and sedative.
To reach a state of mind to become confident and optimistic.
60 min R\$ 240,00

- Tropical Hammam

Meet the incredible feeling of wellness.
Steam bath scented with perfumes and essential oils from Brazil followed by body scrub with loofa sponge and passion fruit soap, finally, relaxing massage with aromatic oils.
90min R\$ 320,00



-Body Scrub

Scrub with extracts of Brazil nut and Cupuaçu butter providing deep moisturizing, leaving skin soft and silky, followed by full body massage or half body massage.

Half Body Massage 60min R\$ 220,00

Full Body Massage 90min R\$ 280,00

-Spa Taster

A wonderful invitation to experience a combination of treatments.

Feel renewed within 30 min facial and with 30 min body relaxing massage.

60min R\$ 220,00



-Le SPA Bath

This Japanese ritual can offer a true cleansing of body, mind and soul.
The bath provides blood circulation, it stimulates the vital force and relieves muscle pain.
Le Spa offers several options of baths to achieve complete balance of each individual.
Wine Bath / Chocolate Bath / Shower Floral / Anti Stress Bath / Shower Teen
30min R\$ 110,00

-Le Spa-Dream

This package includes our amazing Signature massage, body scrub or mud mask, and a wonderful hot tub bath with essential oils.
90min R\$ 315,00



-Hand Spa

Specific treatment for the care of your hands.
Hot towels moistened with essential oils, exfoliation and moisturizing massage.
40min R\$ 100,00

-Foot Spa

Take care of your feet in an intense way.
Relaxing foot climb, nourishing and exfoliating massage of the legs and feet. It will make you feel like you are walking on a cloud.
40min R\$ 120,00

-Manicure and Pedicure

Hands and feet enhancement.
Subject to availability at time of booking.
One service (hands and feet) from R\$ 35,00
Two services from R\$ 65,00

DAY USE

Take time to take care of someone special.
Treatment program developed with the best of Le Spa has to offer.

-Signature Day Spa

Start your treatment with a pleasant body scrub followed by a relaxing bath in the hot tub. Reinvigorate mind and body with our Signature massage and feel your skin rejuvenated by our facial treatment. Finally, get involved in a mud body mask that will give you a sublime feeling of plenitude.
180 min R\$ 530,00

-Day Spa Unique

Have unique experience with the most luxurious treatment. The aromas and care provided by our Day Spa, followed by flavors and creativity of the chef. Options for breakfast, lunch or dinner served under the arches of Terèze restaurant, contemplating one of the most beautiful views of the city of Rio de Janeiro.
180 min R\$ 680,00



TREATMENTS FOR TWO

Perfect for couples, friends, boyfriend and girlfriend, father and son, mother and daughter...

-Le Spa Duo Express

Relaxing couple's massage of your choice, providing intense feeling of wellness and relaxation.

30 min R\$ 176,00

60 min R\$ 350,00

-Despertar

Le Spa Signature Massage followed by a relaxing bath in the hot tub. Further intensify your sense of well being by taking a body scrub.

90 min R\$ 530,00

+Esfoliação Corporal 90 min R\$ 570,00

-Romantic

Be in love with this treatment. Providing a special occasion to spicy up the passion.

Relaxing massage of your choice, with rose petals and essentials oils. And celebrate this special moment with a romantic dinner under the arcs of Têrèze Restaurant.

90 min R\$ 800,00

LE SPA PACKAGES

Designed for your personal needs, to everyone who appreciate equilibrium, harmony or make a wish in the wishing well.
Enjoy a peaceful environment, whenever you want and however you want.

* All treatments provided in this package must not exceed the amount of R\$ 220,00.

-Un

Buying 5 treatments with an hour long treatment, you get 1 free*.
R\$ 950,00

-Deux

Packages with 10 session with an hour long massage* of your choice.
R\$ 1450,00



BODY AND MIND

Le SPA offers you a Personal Trainer service to assisting you to keep your body and mind healthy. High quality service with personal programs to meet individual needs.
Body evaluation, dynamic classes with extra materials.

ROOM SERVICE

To obtain all the relaxation offered in our spa in the privacy and the comfort of your room.
Service available Monday through Friday, from 11:00am to 8:00pm.
*Values with an increase of 25% on the original price of the requested service.



LE SPA VOUCHER

Perfect to surprise someone special!

Choose one of our fantastic treatments and receive the voucher by e-mail or directly into your home or the home of the gifted person.

The voucher Le SPA, is valid for 3 months from the date issued and can be scheduled on any day and time, subject to availability

-Rates quoted in Reais.

Will be a 10% service charge + 5% ISS on each service requested.

Open daily

Monday from 12:30am to 9:00pm

Tuesday to Saturday from 10:00am to 9:00pm

Sunday from 10:00am to 6:00pm



INFORMATION AND RESERVATIONS

We suggest you book in advance to ensure availability.
Reservations can be made directly at the spa, by phone (21) 33800210 or by email:
le-spa@santateresahotel.com

CANCELLATION POLICY

You may cancel your appointment without charge if it made within at least 6 hours prior the treatment. If you do not call to cancel your appointment or do not show up, you will be charged 50% of the scheduled service price.
Delays will not be compensated.

HEALTH CONSIDERATIONS

Please notify Spa receptionist before booking your treatments if you have high blood pressure, allergies, diabetes and other physical ailments, disabilities or if you are pregnant.
Always fill out the personal form.