



NATURE
HOUSE

PREÇÁRIO

ESTADIAS COM PEQUENO-ALMOÇO (SEMANA)

QUARTO SINGLE	130€
QUARTO DUPLO	160€
QUARTO DUPLO PREMIUM	160€
SUITE	220€

COM PEQUENO-ALMOÇO (FIM-DE-SEMANA)

QUARTO SINGLE	180€
QUARTO DUPLO	220€
QUARTO DUPLO PREMIUM	220€
SUITE	280€

MOVEMENT

AVALIAÇÃO FISIOTERAPIA	70€
AVALIAÇÃO NUTRIÇÃO	40€
SESSÃO INDIVIDUAL	40€
AULA DE GRUPO	20€

MASSAGENS

RE-START BODY & MIND / 30 MIN.	45€
OCYAN / 60 MIN.	85€
SLOW / 60 MIN.	75€
ENERGY / 60 MIN.	90€
ABHYANGA / 60 MIN.	90€
SHIATSU / 60 MIN.	90€
MOTHERHOOD / 60 MIN.	75€

RITUAIS

TAÇAS TIBETANAS / 60 MIN.	110€
ROOTS / 75 MIN.	90€
REIKI / 45 MIN.	50€
FRESH WIND / 60 MIN.	90€

RESTAURANTE

BRUNCH	20€
ALMOÇO	30€
JANTAR	30€

PROGRAMAS

AWAKE (3 DIAS / SEMANA)

QUARTO SINGLE	875€
QUARTO DUPLO (1 PROGRAMA + 1 ACOMPANHANTE)	1.175€
QUARTO DUPLO (2 PROGRAMAS)	1.350€

AWAKE (3 DIAS / FIM-DE-SEMANA)

QUARTO SINGLE	1.000€
QUARTO DUPLO (1 PROGRAMA + 1 ACOMPANHANTE)	1.300€
QUARTO DUPLO (2 PROGRAMAS)	1.500€

MOVE (7 DIAS)

QUARTO SINGLE	1.750€
QUARTO DUPLO (1 PROGRAMA + 1 ACOMPANHANTE)	2.350€
QUARTO DUPLO (2 PROGRAMAS)	2.700€

ENGAGE (14 DIAS)

QUARTO SINGLE	3.050€
QUARTO DUPLO (1 PROGRAMA + 1 ACOMPANHANTE)	4.100€
QUARTO DUPLO (2 PROGRAMAS)	4.750€

PROGRAMA (VALOR)



NATURE HOUSE

TARIFS

STAYS WITH BREAKFAST (WEEKLY)

SINGLE ROOM	130€
DOUBLE ROOM	160€
PREMIUM DOUBLE ROOM	160€
SUITE	220€

WITH BREAKFAST (WEEKEND)

SINGLE ROOM	180€
DOUBLE ROOM	220€
PREMIUM DOUBLE ROOM	220€
SUITE	280€

MOVEMENT

PHYSIOTHERAPY ASSESSMENT	70€
NUTRITIONAL ASSESSMENT	40€
INDIVIDUAL SESSION	40€
GROUP SESSION	20€

MASSAGE

RE-START BODY & MIND / 30 MIN.	45€
OCYAN / 60 MIN.	85€
SLOW / 60 MIN.	75€
ENERGY / 60 MIN.	90€
ABHYANGA / 60 MIN.	90€
SHIATSU / 60 MIN.	90€
MOTHERHOOD / 60 MIN.	75€

RITUALS

TIBETAN BOWLS / 60 MIN.	110€
ROOTS / 75 MIN.	90€
REIKI / 45 MIN.	50€
FRESH WIND / 60 MIN.	90€

RESTAURANT

BRUNCH	20€
LUNCH	30€
DINNER	30€

PROGRAMS

AWAKE (3 DAYS / WEEK)

SINGLE ROOM	875€
DOUBLE ROOM (1 PROGRAM + 1 ESCORT)	1.175€
DOUBLE ROOM (2 PROGRAMS)	1.350€

AWAKE (3 DAYS / WEEKEND)

SINGLE ROOM	1.000€
DOUBLE ROOM (1 PROGRAM + 1 ESCORT)	1.300€
DOUBLE ROOM (2 PROGRAMS)	1.500€

MOVE (7 DAYS)

SINGLE ROOM	1.750€
DOUBLE ROOM (1 PROGRAM + 1 ESCORT)	2.350€
DOUBLE ROOM (2 PROGRAMS)	2.700€

ENGAGE (14 DAYS)

SINGLE ROOM	3.050€
DOUBLE ROOM (1 PROGRAM + 1 ESCORT)	4.100€
DOUBLE ROOM (2 PROGRAMS)	4.750€

PROGRAM (PRICE)