

**YOUR SUITE. YOUR TIME.
YOUR PRIVATE SANCTUARY.**

At the Townhouse, wellness comes to you. Your suite becomes a private sanctuary, prepared entirely around your rhythm, with tailored lighting, botanical aromas and dedicated care. No shared treatment rooms. No changing rooms. No need to go anywhere afterwards. Simply stay, slow down and let us take care of the rest. From a restorative hour after exploring Porto to a complete three-day journey, every experience is shaped around how you want to feel.

SIGNATURE RITUALS

Our most immersive single-session experiences. Each Townhouse Signature Ritual rings together a combination of wellness treatments and massages with dedicated bodywork, botanical skin care, concluding with our traditional tea ritual. Inspired by ancient traditions, these treatments are dedicated to restoring and clearing mind, body and spirit for you to achieve a revitalised natural state of balance and inner vitality using carefully customized clearing and detoxifying intensive therapies on your body.

ROSES FOR YOU 120m €199
SOOTHE — SMOOTH — SAMA

Drawing inspiration from Greeks and Romans who perfumed baths with rose petals, our signature ritual par excellence expands upon Ayurvedic therapies. Enriched with Chilean Rosehip essence, it softens and nourishes skin, bringing you into *sama* — the body's natural state of harmony — before melting into a Rosé Brut botanical bath, accompanied by a chilled flute of sparkling wine.

AY UR BAMBOO 120m €188
STRENGTH — FLEXIBILITY — PRANA

A deeper, more physical ritual combining targeted bamboo bodywork with flowing Ayurvedic techniques. Designed for tired, tense or active bodies, it gradually releases muscular tension before transitioning into botanical skin care, an aromatic bath and our townhouse tea ritual. Unlocking *prana* — your vital life force — it will leave your body deeply relaxed, restored and renewed.

BACK INTO THE FUTURE 120m €166 150m €222 180m €288
UNBOUNDED — EVOLVING — YOURS

Your time. Your ritual. No fixed choreography. No need to choose between treatments. Reserve the time and let your therapist shape the experience around what your body needs that day. Warm herbal compresses, Ayurvedic bodywork, scalp release and a private botanical bath form the foundation; additional time allows the ritual to deepen, slow down or focus on specific areas.

COUPLES RITUALS > 120m FROM €321

Two therapists. One private sanctuary. A synchronized full-body aromatherapy experience designed to let you slow down together, leaving both partners entirely revitalized. Restoring a state of mutual equilibrium, and shared, vibrant vitality, this intimate ritual harmonize body and spirit in unison.

THE TOWN HOUSE WELLNESS

AROMATIC BATHS

Prepared in-suite, your private bath is a sensory immersion into premium aromatherapy. Bespoke soaking botanical rituals are meticulously tailored to honor your own sanctuary, immediate intentions, and moods: deeply relaxing, vibrantly revitalising, nourishing, or ultimately celebratory.

ORANGE BLOSSOM NEROLI RELAXING BATH >30m €44

Extracted from bitter-orange petals, Neroli oil has a floral scent that rejuvenates skin, eases tension, while preparing your body and mind for restful sleep.

DONA CLARA ROSEMARY REVITALISING BATH >30m €44

The revitalizing power of rosemary breathes fresh life into tired muscles and a weary mind, jump-starting your morning with vibrant energy and total vitality.

HEATHER HONEY MILK NOURISHING BATH >30m €69

An all-round beautifying secret: natural lactic acid gently exfoliates and brightens the skin, while heather honey acts as a rich humectant to deeply moisturize.

TERRAS DO DEMO ROSÉ BRUT RADIANCE BATH >30m €70 / €77*

Polyphenols in wine provide antioxidant protection, while tartaric acid lightens discoloration and fine lines, beautifully cleansing pores for a radiant sparkling glow.

* Includes a chilled flute of sparkling wine served to your suite.

IN SUITE SANCTUARY

Step into the luxury of a private sanctuary in the calm comfort of your guest suite. Awaken the senses, restore balance, and revitalize with our bespoke in-suite wellness rituals. Whether you need to unwind after a day of meetings, decompress after a long flight, or jump-start your vacation, our treatments are tailored entirely to you. From deeply calming relaxation and body-sculpting flow to holistic Ayurvedic healing, our dedicated therapists shape each treatment to help you immerse yourself in the quiet luxury you deserve every day.

ANTI—STRESS RELAXATION

AWAKEN — RESTORE — UNWIND 60m €88

Designed to reset your day at any hour, this treatment uses smooth, rhythmic, and light-pressure gliding strokes to quiet a busy mind and relax the body. By melting away the tension of daily life, the slower pace gently encourages your body's natural fluid flow, leaving you feeling light and unburdened. Ideal for an active lifestyle, it effortlessly dissolves muscle tension, lifts away fatigue, and settles restlessness — leaving you completely refreshed from sunrise to sunset.

INNER FLOW TO OUTER CONTOUR

CLEANSE — TONE — SCULPT 60m €99

Designed for those seeking a profound sense of physical relief, this custom sequence uses variable pressure and rhythmic sculpting movements to ease the sensation of heaviness. By gently lifting and lengthening the muscle tissue, it eases the sensation of heaviness, bringing a deep feeling of lightness and structural balance back to the body. It leaves the skin beautifully smooth, refreshed, and deeply revitalized — shaping a complete sense of physical relief and renewal without ever leaving your suite.

MARMAS AYURVEDIC HEALING

PHYSICAL — MENTAL — SPIRITUAL 90m €111

Rooted in Ayurveda — Sanskrit आयुर्वेद for 'life-knowledge' — this holistic treatment unifies the physical, mental, and spiritual states. Focused on vital energy points known as 'marmas', the sequence weaves custom-blended oils with Chavutti Thirumal bodywork, using body weight and foot pressure alongside Thai Yoga stretches, rhythmic kneading and gentle abdominal massage. Deep, flowing and grounding, it is designed for guests seeking more immersive bodywork, profound sense of physical release, energy realignment and a return to absolute equilibrium.

O BED & BRUNCH COLLECTION

ANY DAY EVE PRIVATE TIME

BATHS ET AL

For a night out, a special event or just to feel beautiful*, enjoy bespoke texturing rituals combining premium biological scrubs and active exfoliations with deep, tailored moisture infusions, ensuring a radiant smooth skin and a complete sensory reset to honor your own personal sanctuary.

EXFOLIATION 25m €44 +BATH

Exfoliation frees the skin from daily impurities, leaving it smooth, luminous, and deeply renewed. Our bespoke scrubs gently purify the skin before enveloping your body in rich, moisturizing essences.

HYDRATION 25m €44 +BATH

A profound moisturizing experience for your skin with oils and essences tailored entirely to each guest. Enhance your treatment by adding a custom sequence with oils curated specifically for your skin type.

DEMERARA SCRUB 25m €33 +BATH

Unlike salt scrubs that can leave skin thirsty, our foot ritual embraces the hydrating wealth of Demerara sugar. It gently cradles, smooths, and cushions your feet, fully reviving your arches, toes, and heels.

The hydration and body scrubs therapies above require booking an accompanying Aromatic Bath, with the chosen bath rate added upon booking. Our team will prepare your private in-suite bath sanctuary, carefully adjusting the water temperature, dimming lights, and infusing botanicals so all is ready for your absolute immersion.

BODY ESSENTIALS

Rooted in immemorial wisdom, ancient traditions, and timeless Asian healing arts, these rituals unlock the flow of your vital life force and awaken a natural capacity for renewal. These targeted treatments are intentionally concentrated in design for when you know exactly what needs attention. From weary feet after exploring the hills of Porto to acute neck and back tension following travel, these focused sessions dedicate profound, restorative, and intensive care precisely where you need it most.

BACK MASSAGE 30m €77

Designed to dissolve deep-seated tension and stress accumulated along the neck, shoulders, and lower back. This focused care includes a relaxing face and head massage, gently channeling vital pressure points to release tightly bound muscles to leave neck, shoulders and back feeling looser and at ease.

CRANIOSACRAL 30m €66

A feather-light, deeply calming treatment focused around the head, spine, and lower back, particularly suited to guests seeking gentle bodywork and profound relaxation. It provides profound relief from tension, shaping a sense of physical renewal, while a gentle scalp release gently quiets the mind.

REFLEXOLOGY 30m €55

A traditional massage performed on the feet, calves, and upper legs, using time-honored pressure techniques to soothe tired arches and encourage a sense of release and relaxation. By actively flushing out accumulated travel fatigue, it revives circulation, welcoming a state of total lightness and vitality.

PRE & POST—PREGNANCY 60m €99

Designed to honor your body's sanctuary during pregnancy and the postpartum period, this gentle treatment adapts seamlessly to your changing needs, focusing on the back, neck, and legs, to restore physical lightness and calm. Please share your current trimester to ensure supportive and appropriate care.

All treatments include five minutes for preparation and setup with five minutes for post-therapy recommendations. Please ask us for further details to fully discuss with the dedicated therapist your particular condition and necessities.

*Hair, makeup, full-range waxing and nail appointments are arranged on-demand through our Concierge team. Please contact Reception at least 24 hours in advance.

ANY DAY EVE ANY TIME

YOGA

Rooted in ancient Sanskrit — हठयोग etymology where 'Ha' represents the sun and 'Tha' the moon, the Hatha Yoga practice balances these internal dualities, using conscious postures and deep meditation to cultivate physical stability, emotional equilibrium, and a tranquil mind.

SUN AND MOON

HATHA YOGA 60m FROM €33 / PAX

Enjoy a private or group class in our garden or historic rooms, moving gently through *Pranayama* breathwork, body mobility, strength and restorative postures, concluding with a profound *Savasana* relaxation to fully integrate the practice. Sessions are adapted to your experience and pace, whether you are awakening your day or slowing down in the evening.

RESERVATIONS

Advance booking is recommended to secure your preferred time. Same-day rituals are always welcome, subject to availability. Our team is available to help you choose the ideal ritual, customize your journey, or discuss any personal preferences to ensure your experience is tailored entirely to you.

CANCELLATIONS

We kindly request at least three hours' notice for any changes or cancellations. Cancellations within this period are subject to a 50% charge to honor therapists' time.

O BED & BRUNCH COLLECTION

JOURNEYS

Whether experienced as a personal retreat or a romantic shared escape, our Journeys are pure wellness curated around your stay. Designed as immersive retreats, these curated pathways weave together complementary experiences to layer mental and physical recovery, building a feeling of lightness and ease. The timing, sequence, and rhythm of the Journey is quietly curated around your daily plans, leaving you free to immerse yourself in Porto, knowing an absolute private sanctuary awaits you. Welcome to the quiet luxury of time and renewal.

24h JOURNEY

THE RESTORATIVE DAY SANCTUARY €333

A one-day sequence integrating a full-body realignment, a targeted back, foot and craniosacral massage, an aromatic bath, a skin-polishing exfoliation and hydration, foot scrub, and our townhouse tea ceremony. Release tension and fatigue, leaving the body feeling lighter and restored after travel.

48h JOURNEY

THE OVERNIGHT RENEWAL PATH €444

A progressive two-day path featuring full-body realignment, a sculpting body treatment, back and foot massage, craniosacral therapy, a yoga class, an aromatic bath, a skin-polishing body exfoliation and hydration, foot scrub, and our townhouse tea rituals. To awaken your body's natural inner flow and vitality, this journey includes a morning suite-delivered cold-pressed wellness elixir.

72h JOURNEY

THE TOWNHOUSE MASTER IMMERSION €555

A definitive three-day retreat featuring a full-body realignment, two targeted back massage, a deeply balancing craniosacral session, a Marmas Ayurvedic Healing, a yoga class, two aromatic baths, skin-polishing body exfoliation and hydration, foot scrub, townhouse tea rituals, and morning elixirs. Working from the inside out, leaving you with a lasting sense of ease, vitality and renewal.

THE ATLANTIC NOURISH PLAN +€77 / DAY / PAX

NOURISH — MOVE — RESTORE

Extend your journey beyond your suite with a daily rhythm of nourishing Atlantic-inspired meals, a cold-pressed morning wellness elixir, thoughtful hydration rituals, personalised movement session and simple take-home recommendations designed around your own lifestyle.