BODY & SOUL

WELL-BEING AT ANY TIME

TUTABEL

Trancoso por OCANTO

At Pousada Tutabel, every detail is an invitation to calm down and breathe deeply to the rhythm of nature, with spaces that promote visual and sensory integration with the Atlantic Forest.

The pousada has a massage room, gym and rooms reserved for special treatments and meditation practices led by experienced professionals.

TUTABEL

Spa
Aesthetic body treatments

LYMPHATIC DRAINAGE

A massage using rhythmic, gentle finger movements to stimulate the lymphatic system and improve oxygenation. This technique helps to eliminate toxins from the body, reduce swelling, fluid retention and cellulite, as well as providing benefits for the body's general well-being.

R$450 | 60min

CHOCOLATE EXFOLIATION + RELAXING MASSAGE

Exfoliation promotes cell renewal, helping the skin to get rid of impurities and stimulating collagen production. Chocolate has a complete composition, rich in antioxidants and fatty acids that help moisturize the skin and leave it softer and smoother, restoring its radiance, softness and vitality. The moment ends with a relaxing massage.

R$600 | 90min

TUTABEL

BODY EXFOLIATION + RELAXING MASSAGE

The treatment begins with a body scrub using natural products (coconut, sugar, honey and passion fruit) to eliminate dead cells, leaving the skin and body contours firmer. The treatment is followed by a Relaxing Massage, leaving the body light and invigorated, with a feeling of complete well-being.

R$600 | 90min

AYURVEDIC MASSAGE

Ayurvedic massage is an Indian therapy technique with deep rhythmic movements that combine gliding and stretching and help improve blood circulation, muscle restructuring and vital energy.

R$480 | 60min

BODY CONTOURING MASSAGE

A therapeutic massage technique with the aim of shaping the body, activating blood circulation and reducing measurements, cellulite and localized fat. With firm, rapid movements and pressure, this therapy helps to activate blood and lymphatic circulation, stimulating the metabolism and helping to eliminate toxins and retained fluids.

R$480 | 60min

RELAXING MASSAGE

A wellness experience to relax the body and mind, combat stress, tiredness and muscle pain with firm, gentle movements. The massage relieves anxiety and helps promote a deeper, more restorative sleep, so you can enjoy your stay by the sea even more.

R$450 | 60min

SHIATSU MASSAGE

Japanese therapy with vigorous touches applied to energy points on the body to relieve muscle pain and tension, restoring balance and a state of relaxation. It helps relieve anxiety, promoting better breathing and sleep.

R$480 | 60min

THAI MASSAGE

Thai therapy that combines stretching movements, pressure and compression along the body, applied by the therapist with the hands, fingers, elbows and feet. The practice reduces stress and muscle tension, promoting greater body balance.

R$480 | 60min

TRANCOSO MASSAGE

This therapy brings together Ayurvedic, Shiatsu and Thai techniques, combining slow, firm movements applied with heated oil to access a deep state of relaxation and relieve muscle tension.

R$480 | 60min

FOOT REFLEXOLOGY

Therapy that stimulates the extremities of the body - head, hands and feet. This pressure can help relieve pain, reduce stress, improve blood and lymph circulation and promote a sense of well-being.

R$420 | 60min

TRANCOSO THERAPY

- 01 Relaxing Massage;
- 01 Foot bath;
- 01 Energy ball (Juçaí).

The ritual begins with a delicate foot bath to prepare the body. Next, our relaxing massage is applied, ideal for relaxing, combating stress, tiredness and muscle pain. And at the end, a Juçaí Energy Ball as a complimentary nourishment with a flavor native to the Atlantic Forest.

R$530 | 90min

**All treatments come with a 10% service charge.*

Yoga
Two immersion moments and meditation practices

DAY 01 - BREATHING AND DEEP RELAXATION

On the first day, the practice focuses on breathing exercises and a light yoga sequence, carefully designed to activate the parasympathetic system. This practice promotes deep relaxation, reducing anxiety and preparing the body and mind for a restorative night's sleep.

DAY 02 - BREATHING FOR DEEP MEDITATION

On the second day, the practice deepens with breathing techniques that lead to a meditative state. After a sequence of yoga postures, guests are guided in meditative breathing that deepens relaxation, helping to achieve a greater level of introspection and inner peace.

R$1.000 | 75min/day

Yoga mat available

Check with reception for information about drop-in classes.

TUTABEL

Body in motion
To revitalize the body and relax the mind

GYM

Pousada Tutabel has a gym equipped with high-quality equipment so that you can maintain your exercise routine during your trip.

Check with reception for information on Personal Training classes.

AVAILABILITY

ON REQUEST AND AVAILABILITY

RESERVATIONS

WHATSAPP: +55 73 99861-6186

RECEPCAO@TUTABEL.COM.BR

OUR TREATMENTS CAN BE OFFERED AS GIFT VOUCHERS

TUTABEL

Trancoso por OCANTO

POLICIES

We apply a 10% service charge on contracted services.

CANCELLATION

Cancellations can be made up to 5 hours in advance of the time booked. For cancellations less than 5 hours in advance, the full price of the scheduled service will be charged.

PREGNANT

It will be possible to treat pregnant women after the third month f pregnancy on presentation of a medical certificate authorizing the treatment. A signed declaration of responsibility may replace the certificate, in which case only the relaxing massage will be carried out. Essential oils and/or aroma oils will not be used, only neutral oil and neutral foam for the foot bath.

MINORS

Treatments can be carried out on children of any age with the signature of a consent form by their father, mother or legal guardian.

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