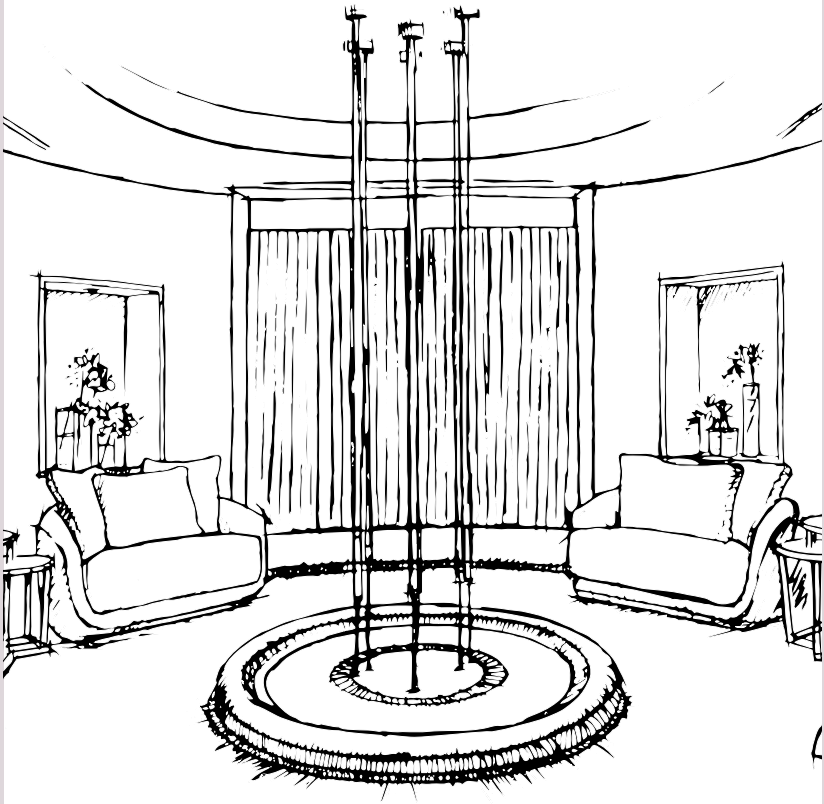
PALÁCIO TANGARÁ

SÃO PAULO



LANCÔME

ABSOLUE SPA

CLICK BELOW FOR QUICK NAVIGATION

WELCOME! 3

LANCÔME ABSOLUE SPA GUIDELINES 4

BODY MASSAGES 5

BODY MASSAGES 6

QUICK MASSAGES 7

BODY TREATMENTS 8

COUPLES EXPERIENCE 9

LANCÔME SPA BODY & FACIAL MASSAGE 10

DAY SPAS 11

WELCOME!

Inspired by the lushness and green surroundings,
Lancôme Absolue Spa is a haven of peace and serenity,
carefully designed to provide comfort and well-being.

The Spa is open to Palácio Tangará´s guests and outside visitors, from Tuesday to Saturday, from 9:00 am to 9:00 pm and Sunday from 9:00 am to 6:00 pm.

To learn more about, or purchase treatments and experiences, visit our website: **www.experienciaspalaciotangara.com.br**

Local visitors are encouraged to purchase treatments in advance.

Reservations: **spa.tangara@oetkerhotels.com**
Phone: **+55 11 4904.4099**

GUIDELINES

WE OFFER THE FOLLOWING GUIDELINES TO ASSURE A PLEASANT EXPERIENCE AT LANCÔME ABSOLUE SPA:

• Towels, slippers, shower cap and other amenities will be provided for your convenience.

• Smoking and alcoholic beverages are not permitted in the indoor pool and other areas of the Spa.

• Out of respect for other Spa visitors we kindly ask you to speak softly and avoid using a mobile device.

• Please arrive at the Spa 15 minutes prior to the scheduled time for check-in procedures. It is mandatory to complete a health form before any treatment.

• Late arrivals should not expect to receive full service. If necessary, treatment time will be reduced so the next appointment is not delayed. The total amount will be charged.

• Children under 16 are welcome in the Spa, always under adult supervision.

• The swimming pools, fitness center and jacuzzi are for the exclusive use of guests, Day Spa customers and SOU members (Your Urban Oasis program).

• Appropriate swim wear is mandatory in the pools.

• Pre-natal treatments are available after 12 weeks of pregnancy. Medical authorization is required.

• A 24-hour advance notice is required for appointment alterations or cancellations. No-shows will be charged a 50% fee.

• Prices are shown in Brazilian Reais (tax included) and are subject to change without prior notice. We accept all major credit cards as well as local currency. Checks are not accepted.

• We recommend keeping valuables in the lockers provided in the dressing room or locked in the safe in your apartment. The hotel is not responsible for loss or damage to personal objects.

• We do not tolerate sexual harassment, aggressive behavior or discrimination of any kind. Any verbal or physical harassment may result in legal action.

MASSAGES

60 min | R$ 750 • 90 min | R$ 910

Our qualified Spa team is happy to assist in choosing the most suitable experience for your relaxation. The treatments have an indication of the maximum intensity that can be exercised, respecting the individuality of each client and the technique applied. A foot bath with natural herbs and an aromatic ritual, to awaken the senses and initiate the relaxation, are included in every treatment lasting 60 minutes or more.

AROMATIC

Level of Pressure 

A full body massage with vigorous gliding movements, with focus on the back, shoulders and neck. A rich combination of essential oils will bring warmth and awaken the senses.

CANDLE

Level of Pressure 

Relax your body and soothe your mind in a softly lit setting, where the calming touch of a massage and the comforting fragrance of a warm aromatic candle create a truly immersive sensory journey.

HOT STONES

Level of Pressure 

Gliding and compression movements, using heated stones, will alleviate muscle stiffness, increase circulation, activate metabolism and provide a feeling of comfort and deep rest.

Prices are subject to an additional 5% ISS tax.

MASSAGES

60 min | R$ 750 • 90 min | R$ 910

DE-STRESS

Level of Pressure 

A holistic body treatment that begins with the application of warm towels, followed by a massage focused on the back, foot reflexology, and a soothing scalp massage. Designed to calm the mind, release tension, and promote deep relaxation throughout the body.

DEEP TISSUE

Level of Pressure 

Restorative massage that applies firm pressure to reach deep muscle layers. Gentle stretching maneuvers help improve flexibility and eliminate stress. Recommended for those who practice regular physical activities or have chronic pain. The use of suction cups, to aid blood circulation, is optional.

SHIATSU

Level of Pressure 

An ancient oriental pressure-point technique, where the therapist uses fingers, hands and elbows to unblock energy flow and release muscle tension throughout the entire body.

Prices are subject to an additional 5% ISS tax.

QUICK MASSAGES

30 min | R$ 450,00

BACK

Level of Pressure 

Advanced massage techniques to relieve pain and ease tension built up in the back, shoulders and neck areas. Facilitates oxygen flow and eliminates toxins.

TRIO | HANDS, FEET AND HEAD

Level of Pressure 

By effectively manipulating the reflex points found in the hands, feet and head, that correspond to specific organs throughout the body, it is possible to release tension and achieve total relaxation.

REFLEXOLOGY

Level of Pressure 

Much more than a simple massage, reflexology is a technique that promotes well-being and health, by stimulating specific points and nerve endings in the feet, which mirror different parts of the body.

CRANIAL

Level of Pressure 

Therapy that consists of stimulation to specific points on the face, head and neck. Known benefits include general improvement of body functions, mental clarity, and anxiety management.

Prices are subject to an additional 5% ISS tax.

BODY TREATMENTS

60 min | R$ 750 • 90 min | R$ 910

LYMPHATIC DRAINAGE

Level of Pressure 

Using a synergy of detoxifying essential oils and gentle, slow maneuvers, this treatment aims to stimulate and assist the lymphatic system in eliminating excess fluid and toxins, accumulated in the system.

DRENOGESTAR®

Level of Pressure 

Therapeutic massage developed specifically for the gestational period that reduces swelling and relieves back pain, while promoting a deep sense of relaxation. Recommended after the 15th gestational week, with obstetric medical authorization.

ENERGIZING BODY SCRUB

Procedure that removes residues and impurities from the surface of the skin, unclogging pores and stimulating cellular regeneration. Promotes uniformity, softness and luminosity of the skin.

30 min | R$ 500

AROMATIC & SCRUB

The aromatic bath, with mineral salts, that relaxes and purifies the body and mind, relieving muscle pain is followed by an energizing exfoliation. The result is a soft, velvet touch skin.

60 min | R$ 910

Prices are subject to an additional 5% ISS tax.

COUPLES EXPERIENCE

60 min | R$ 1.600 • 90 min | R$ 1.900

In our specially designed double room, guests will enjoy a pleasant and romantic “Candle Massage” (made from essential oils).
A soothing experience that deeply nourishes the skin and awakens the senses.

Prices are subject to an additional 5% ISS tax.

A NEW WORLD OF BEAUTY WITHIN YOUR REACH
AT LANCÔME ABSOLUE SPA

LANCÔME SPA BODY & FACIAL MASSAGE

90 min | R$ 1.100

Discover an extraordinary skin-regenerating experience. The Cryo Sculptor facial massage alternates between warm and cool sensations, creating a unique sensory contrast with an immediate lifting effect. The treatment features the nutrient-rich Absolue skincare collection, leaving the skin visibly hydrated, plumped, and radiant.

The experience also includes a holistic body treatment, beginning with the application of warm towels and massage techniques focused on the back. To complete this restorative ritual, foot reflexology and a soothing scalp massage encourage deep relaxation, helping to calm the mind and restore physical and emotional balance.

Prices are subject to an additional 5% ISS tax.

DAY SPAS

Available from Tuesday to Friday (except holidays and long weekends) our Day Spas are an invitation to rest and unwind, right in the heart of São Paulo. A well-deserved break from the hustle of daily life. Day Spas include access to the hotel´s leisure areas: indoor and outdoor heated pools, dry and wet saunas, jacuzzi, relaxation area and changing rooms.

BALANCE

3 hours of treatments | R$ 2.400 | R$ 3.990 (couple)

- Foot bath
- Aromatic bath
- Light meal
- Energizing body scrub
- 60-minutes massage of your choice
- Trio Massage (feet, hands and head)

DAY SPA FRIENDS

For groups of 3 to 6 people | R$ 1.500,00 per person

- Foot bath
- Light meal
- 60-minute massage of your choice
- Happy Hour - Includes: 2 drinks per person and charcuterie board to share

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FLOW

2 hours of treatments | R$ 1.900 | R$ 2.990 (couple)

- Foot bath
- Light meal
- Trio Massage (feet, hands and head)
- 60-minutes massage of your choice

Prices are subject to an additional 5% ISS tax.

NO SHOW

NO SHOW 30 min | R$ 225

NO SHOW 60 min | R$ 375

NO SHOW 90 min | R$ 455

Prices are subject to an additional 5% ISS tax.