

For a genuine experience

ROOTS SPA MENU



SPA CIRCUIT | MESSAGES AND
TREATMENTS

Effective as of May 1, 2026



SPA WELLNESS CENTER

WAMO

THE ESSENCE AND
CUSTOMS OF THE REGION
PORTUGUESE BRAND ORIGINATING FROM
SERRA D'AIRE

INFORMATION | BOOKINGS:

HāVEN NATURE HOTEL
& VILLAS *****

+351 244 766 360 | +351 925 481 681

info@havennaturehotel.com

Rua dos Bastos, 2 | 2440-020 BATALHA - PORTUGAL

SPA CIRCUIT

The Spa Circuit at Haven Nature Hotel & Villas offers an intimate relaxation space with a limited capacity to guarantee a serene and comfortable atmosphere for all guests. Access is by prior appointment and subject to availability, with a maximum of eight guests per session.

This area is not designated for recreational swimming; rather, it is a sanctuary for rest, tranquility, and well-being. Consequently, all guests are requested to honor the serenity of the environment.

THE FULL SPA CIRCUIT COMPRISES:

Heated indoor relaxation pool, jacuzzi, panoramic sauna, Turkish bath, sensory shower, contrast shower, and relaxation area.

>> For guests from October to April, there are specific times for using only the pool and jacuzzi (free) and specific times to use the full Spa Circuit (at extra cost)

GUEST USAGE POLICY

OCTOBER - APRIL

INCLUDED IN THE RATE AT NO ADDITIONAL COST: Only the indoor relaxation pool and jacuzzi.

Duration: 50 minutes.

(no time limitations for children)

MAY-SEPTEMBER

FULL CIRCUIT: AT ADDITIONAL COST, Duration: 80 minutes.

Children are not permitted to access the full Spa Circuit.

POLICY REGARDING EXTERNAL CLIENT USAGE

FULL CIRCUIT: FOR AN ADDITIONAL FEE, 80-minute duration.

Saturday afternoons and Sunday mornings are reserved for guests, unless vacancies can be confirmed closer to the date.

PRICES

GUESTS:

October to April: Included in the accommodation (indoor pool and jacuzzi)

May to September: €15.00 per person (full Spa Circuit)

EXTERNAL CLIENTS:

€28.00/1 person

€25.00 per individual (if two or more)

RESERVATIONS ARE REQUIRED FOR BOTH GUESTS AND EXTERNAL CLIENTS

Please refer to our Spa policy to understand the regulations for accessing and utilizing the facility.

MASSAGES AND RITUALS

Inspired by the characteristics of the Serra de Aire mountain range, as well as its history and the resilience of local heritage, the protocols of the **Portuguese brand Wamo – Ritmos da Natureza** encapsulate the essence of the region's flora and traditions, offering a genuinely authentic and transformative experience.

Please be advised that: Certain treatments may not be suitable for pregnant women or individuals with specific medical conditions. If you have any uncertainties, we encourage you to consult our team for assistance prior to scheduling.

ESSENTIAL MASSAGES Relaxing and therapeutic

Inspired by the local culture, it fosters well-being and a connection to the region's essence.

Rhythm of Serenity

This ritual helps relieve accumulated tension, promoting well-being and a deeper connection with the body.

Type: Relaxation

Back Massage 25 min - €50 for 1 person

Full Body 50 min - €90 for 1 person | €180 for 2 people

Full Body Candle Massage 50 min - €90 for 1 person | €180 for 2 people

Rhythm of Strength 50 minutes - €90 for 1 person

Inspired by the powerful energy of Nazaré's waters, this massage integrates therapeutic techniques with warm balms to promote muscle relief and restorative realignment.

Type: Localized Therapy, Legs or Back.

Hot Stone Massage 80 minutes - €105 for 1 person

This hot stone massage harmonizes energy flows and delivers profound revitalization.

Type: Relaxation, Full Body.

Cyclist's Ritual 50 minutes - **€90** for 1 person

Designed specifically for cyclists, this ritual combines therapeutic techniques and targeted stretching, helping to relieve accumulated muscle tension.

Type: Targeted Therapy (Legs)

Pine Grove Harmony 50 minutes - **€90** for 1 person

Infused with the essence of the region's pine forests, this fluid massage revitalises and fosters body equilibrium, restoring a sense of lightness.

Type: Therapeutic, Full Body.

Sculpt & Flow Wood Therapy

A body sculpting massage using wooden instruments of diverse shapes and sizes, integrated with lymphatic drainage techniques. Tailored to each individual, this protocol effectively reduces swelling and fluid retention, promoting improved definition and a greater sense of lightness.

Type: Body Sculpting Massage and Lymphatic Drainage.

Wood Therapy for 1 Zone, 25 minutes - **€55** for 1 person

Wood Therapy for 2 Zones, 45 minutes - **€85** for 1 person

Wood Therapy Full Body, 55 minutes - **€100** for 1 person

Rhythm of Lightness 25 minutes - **€50** for 1 person

Manual lymphatic drainage, through gentle movements, aims to stimulate the lymphatic system and support the elimination of accumulated fluids and toxins.

Type: Targeted Therapy (Legs) and Lymphatic Drainage.

BODY RITUALS

Immersive and distinctive experiences designed to foster balance, connection, and rejuvenation.

Rhythm of Vitality 80 minutes - **€115** for 1 person

This ritual integrates exfoliation, a sculpting massage, and a nourishing mask, drawing inspiration from nature's ability to rejuvenate from within.

Experience revitalised skin

Type: Exfoliation and Relaxation.

Sculpting Rhythm 80 minutes - **€100** for 1 person

Body sculpting massage utilizing targeted techniques to enhance skin tone, definition, and revitalisation.

It enhances lightness, refines skin texture, and fosters an overall sense of well-being.

Type: Body Sculpting Massage

FACIAL TREATMENTS

Radiance Ritual 30 minutes - **€75** for 1 person

It brightens and revitalises the skin, imparting a fresh and soft sensation. Intense hydration restores natural vitality, unveiling a radiant and vibrant complexion.

Type: Exfoliation and Hydration.

Monastery Legacy Ritual 50 minutes - **€85** for 1 person

Inspired by the Batalha Monastery, this facial treatment employs natural gua sha stones to enhance facial lifting and support skin renewal, delivering a profoundly relaxing and revitalizing experience. It gently sculpts the facial contours, helping to restore firmness, radiance and vitality.

Type: Exfoliation and Lifting.

PREMIUM RITUALS

Supreme Rhythm 110 minutes - **€155** for 1 person

A sensory experience that harmoniously blends the finest elements of earth and water.

Through a gentle body exfoliation, a soothing massage, and a concluding application of natural gua sha stones, this body and facial ritual provides harmony and balance.

Type: Therapeutic and Relaxation. Full Body and Face.

Roots of the Forest 80 minutes - **€160** for 1 person

An exclusive ritual that harmonizes body and mind with the essence of the Region and the Serra d'Aire e Candeeiros mountain range. This treatment integrates body exfoliation, facial and body massage utilizing gua sha stones and therapeutic oils, along with a nourishing mask.

Type: Exfoliation and Relaxation. Full Body and Scalp.

Rhythm of the Forest 80 minutes - **€180** for 1 person

A reconnection ritual that commences with a soothing massage designed to alleviate tension and enhance well-being. It concludes with a guided mindfulness session centred on breath and presence, aimed at calming the mind and fostering a deeper sense of balance.

Conducted outdoors, subject to weather conditions.

Type: Soothing Massage + Guided Mindfulness.

SPA POLICY

To ensure the best possible experience, we kindly request that you thoroughly review and adhere to our Spa Policy. **The Hotel reserves the right to change this Policy without prior notification.**

1. Spa Concepts and Operations

1.1. Comprehensive Spa Circuit:

Heated indoor relaxation pool, jacuzzi, panoramic sauna, Turkish bath, sensory shower, and contrast shower. All facilities are located within the same area and may be available simultaneously or independently.

1.2. The indoor relaxation pool and jacuzzi: may function independently of the other equipment.

1.3. Children's age policy: 0-3 years: infant; 3-14 years: children.

2. Entry to and occupancy of the space

2.1. The Spa area is accessible by prior appointment, accommodating a maximum of 8 individuals per session, at designated times.

2.2. Children are permitted to use the space only during designated pool and jacuzzi hours. Access is restricted during periods when the full Spa Circuit is operational. For health considerations, individuals under 16 years of age are prohibited from using the sauna and Turkish bath.

2.3. Infants are not permitted to use the jacuzzi or indoor relaxation pool unless they are wearing an appropriate swim nappy.

2.4. Access to the complete Spa Circuit incurs an additional fee for guests.

2.5. From October to April, access to the indoor relaxation pool and jacuzzi is incorporated into the rate.

2.6. Opening Hours: daily from 10:00 AM to 8:00 PM, subject to modification without prior notice.

3. Reservations and Cancellations

3.1. Advance booking is always required for all services, contingent upon availability and limited to open slots.

3.2. We recommend arranging all services in advance.

3.3. On Saturday afternoons and Sunday or holiday mornings, priority is afforded to reservations made by hotel guests; consequently, access for external clients is limited on these days.

3.4. Cancellation Policy:

3.4.1. Massages and Rituals: Cancellations are free of charge up to 24 hours before the scheduled appointment. Cancellations made less than 24 hours before the scheduled appointment will be charged at 50% of the service price.

3.4.2. Full Spa Circuit: Cancellations are free of charge up to 24 hours before the scheduled appointment. Cancellations made less than 24 hours before the scheduled appointment will be charged at 50% of the service price.

3.4.3. Indoor relaxation pool and jacuzzi: cancellations are free of charge.

4. Usage Protocols

4.1. Arrive ten minutes early. Late arrivals diminish the allocated time without compensation or refund.

4.2. The Spa offers lockers for complimentary use, available upon request at the reception, subject to availability. A wristband is required for access and must be returned at the end of the visit. Failure to return the wristband will result in an additional charge of €25.00 per person.

4.3. The use of a bathrobe and towel (provided), along with a swimming cap, slippers, and swimwear, is required.
- Bikini/swimsuit/swim trunks - (not provided). Swimming cap can be purchased at Reception.

4.4. It is essential to shower prior to using the Spa Circuit.

4.5. Please maintain a quiet and peaceful atmosphere. Refrain from using mobile phones and do not capture images without permission.

4.6. Diving or jumping is not permitted.

4.7. To enhance the experience for all, restrict the use of each piece of equipment to 15 minutes.

4.8. In the sauna, always utilize a towel when seated on the benches and refrain from pouring water directly from the bucket onto the stones; instead, use the spoon provided. There is a risk of electric shock.

SPA POLICY

5. Conduct and Safety

- 5.1. Non-compliance with the usage regulations and inappropriate behavior will lead to immediate expulsion.
- 5.2. Access will be prohibited for individuals under the influence of alcohol or drugs.
- 5.3. Unauthorized or unmarked access will lead to immediate expulsion.

6. Responsibility

- 6.1. The Hotel is not responsible for guests' personal belongings.
- 6.2. Guests use the Spa facilities at their own risk and must follow all guidelines.
- 6.3. Equipment may be temporarily inaccessible due to technical issues.
- 6.4. Certain treatments may not be advisable for pregnant women or individuals with specific medical conditions. If uncertain, please consult our team for guidance prior to scheduling.

7. Sustainability

- 7.1. The Spa utilizes sustainable equipment and environmentally friendly products.
- 7.2. The equipment is activated solely with confirmed reservations.

8. Concluding Provisions

- 8.1. Use of the Spa implies full acceptance of this policy.
- 8.2. The latest version can be found at the reception desk and on the official website.
- 8.3. By requesting access to the space, the client consents to sign a liability waiver and acknowledge the Spa policy.
- 8.4. Certain services may be inaccessible due to technical issues beyond the hotel's control.

There are places that speak to us without saying a word. Composed of earth, wind, and timeless narratives embedded in the stones, these places resonate deeply. It was in one such locale, cradled by mountains and tranquility, that Roots Spa was conceived.

The name was not chosen by chance.

It speaks of roots—those that grow unseen yet sustain our very essence. He speaks of firm foundations, of tradition, and of the ancient wisdom that has guided us in nurturing one another. In this spa, each protocol serves as a tribute. To the mountains that harbor secrets. To the herbs and shrubs that provide healing. To the stones that warm the body and free the spirit. To the essence of touch that rejuvenates.

It is not solely a matter of relaxation; it is also about restoration. It is about restoring lightness to the body, clarity to the mind, and tranquility to the soul.

We draw inspiration from ancestral practices and local traditions, merging ancient wisdom with a modern perspective on well-being.

Each treatment serves as an invitation: to engage profoundly, to detach from external distractions, and to reconnect with the essential.

There is no urgency. There are no predefined formulas. Only the wisdom of deep care, which honors the natural rhythm of each individual. In this space, we rediscover ourselves. We connect with what is fundamental and essential.

True luxury resides not in excess, but in the authenticity of an experience that lingers with us long after it has concluded.

Sometimes, to move forward, one must return to one's origins: the roots.



1. Relationship with Nature

We hold the conviction that Nature is our greatest teacher. Within Nature, we discover balance, rhythm, and inspiration. Roots Spa incorporates natural elements into all its protocols, crafting an authentic and rejuvenating sensory experience.

2. Reverence for the Body's Rhythms

Every individual has their own timing. At Roots Spa, we honor that timing by crafting rituals that align with the biological and emotional rhythms of each person. Nothing is mandated — Everything follows its own natural rhythm.

3. Heritage Insight and Mindful Innovation

We integrate traditional techniques with modern wellness insights. We honor the legacy of ancient practices while also embracing mindful innovation that respects the body, the planet, and core values.

4. Sustainability and Authenticity

True well-being commences with deliberate choices. We utilize natural ingredients, prioritize local suppliers, and minimize waste whenever feasible. Our aim is to leave a subtle imprint on the planet and a significant one on those who visit us.

The Roots experience is profoundly sensory. Every element has been meticulously crafted to ensure that guests are immersed in an ambiance of tranquility, connection, and authenticity from the first moment.

Aromas that linger

The fragrances employed evoke the essence of earth, trees, and medicinal herbs. Lavender, rosemary, cedar, cypress, and lemon foster balance and tranquility. Each scent serves a therapeutic and symbolic purpose: to soothe, revitalize, and stabilize.

Textures that awaken the senses

Hot stones and minerals sourced from the region, heated towels, vegetable oils, and natural exfoliants envelop the body in comfort and sensitivity. The therapist's hands, along with the natural materials, convey a silent language of care.

Sensory Profile

Sounds that invite.

The auditory environment honors silence, amplifies the sounds of nature, and weaves in delicate melodies inspired by elements such as wind, water, or birdsong. Nothing feels artificial. Everything is designed to foster presence and depth.

Ambient temperature and illumination

The lighting is gentle, drawing inspiration from the hues of the forest. The temperature is meticulously regulated, ensuring a consistent atmosphere of warmth and comfort. Each space evokes a sense of sanctuary.

The Roots experience does not impose itself; rather, it invites. With every step, every aroma, and every touch, it encourages the guest to reconnect with themselves, to the essential, to their own center, and to their own rhythm.

WAMO

ROOTS SPA
 THE BRAND

WAMO is a Portuguese brand that originated in the Serras de Aire and Candeeiros Natural Park.

All products were crafted to merge the vigour and purity of Nazaré's waters with the tranquility and steadfastness of the mountains, fostering balance and harmony for both body and spirit. It is our connection with Nature that aligns and rejuvenates us.

That is why WAMO brings a piece of Nature to each of us.