



**TEMPO**  
**THE FINEST OF LUXURIES**  
**THE HIGHEST OF PRIVILEGES**

**A SENSORY EXPERIENCE**  
**ROOTED IN THE SOUL OF**  
**DOURO VERDE**

Give time to our TEMPO and to the wellness therapies of Casa da Calçada's Wellness Center.

Born from the fusion of luxury hospitality and the authenticity of Amarante's terroir, it lies nestled beneath the estate's vineyards and incorporates into its treatments products that harness the richness of the vines and grapes.

Carved from local granite and adorned with schist, TEMPO embodies the surrounding serenity of nature and pays tribute to time, time that slows down and stretches out in this haven of wellbeing.

A journey of profound renewal, worth every minute of your time.

A space for relaxation and a time outside of time, offering an immersion into the very essence of self, a holistic exploration of what matters most: deep, genuine wellbeing.

## **OPENING HOURS**

### **Spa Circuit**

Daily from 9am to 8pm

### **Gym**

Available 24h

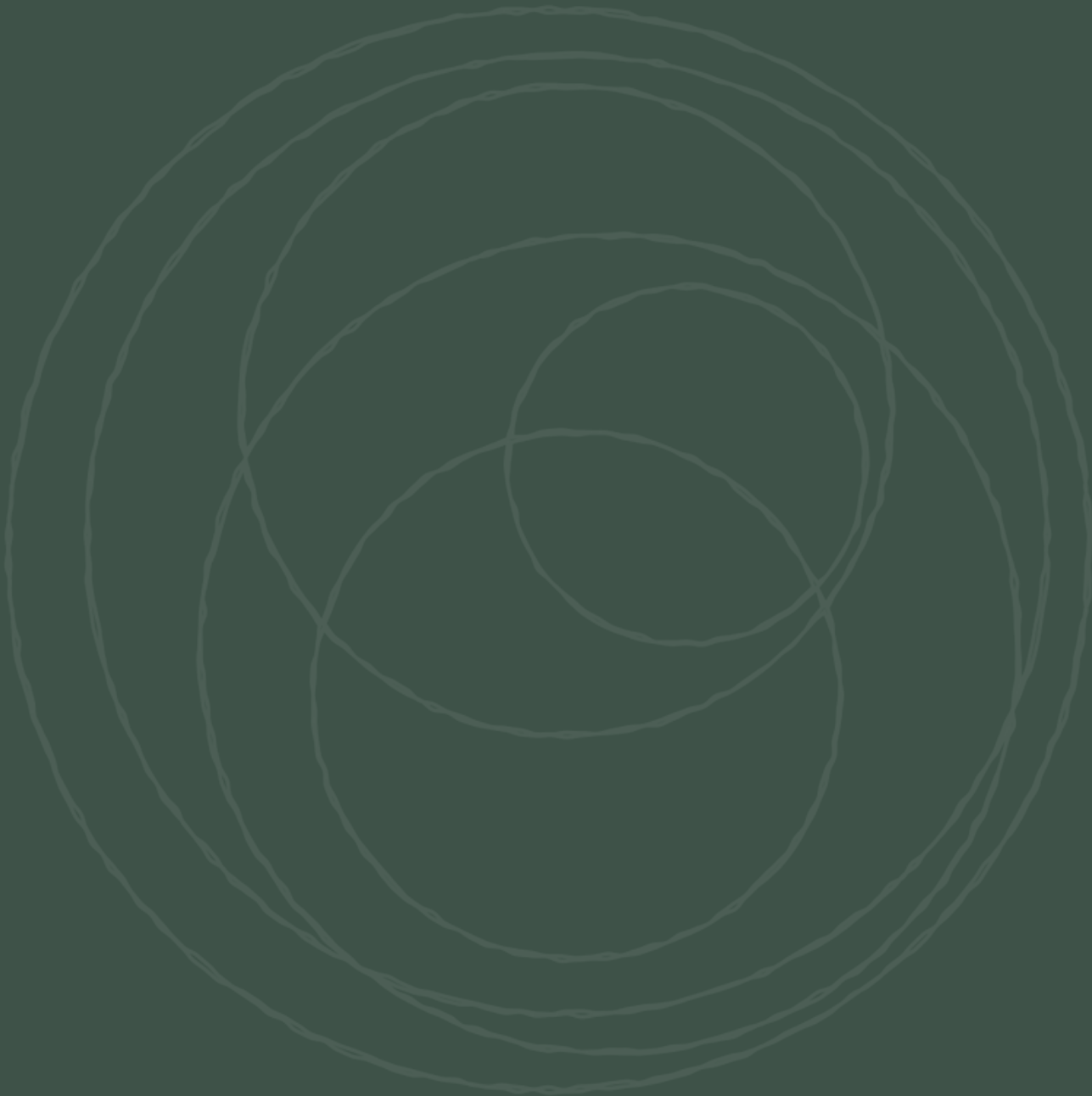
### **Spa Treatments**

Daily from 11am to 8pm

## **BOOKINGS**

Appointments can be made directly at the Spa reception during opening hours.

For bookings outside these hours, please contact the hotel reception to check availability.



# TEMPO

# RITUALS OF TEMPO

## TIMELESS ESCAPE

A rejuvenating ritual that begins with a foot ceremony inspired by the rich terroir of Amarante, preparing the body for deep relaxation. This is followed by a full-body massage with heated schist stones, releasing tension and restoring inner balance. The ritual ends with a hydrating facial treatment that brings back the skin's natural glow and vitality. A harmonious journey designed to renew both body and mind.

## BALANCE RITUAL

A delicate floral therapy that awakens the senses. This treatment combines a sensory foot ritual with relaxing massage techniques, using warm grape seed cushions to promote deep relaxation and an intense sense of well-being.

This massage is ideal for strengthening the immune system and restoring inner balance, allowing you to recharge and return to your daily routine feeling revitalised.

## SCHIST MINERAL THERAPY

An exclusive treatment that combines the ancestral power of heated schist stones with the therapeutic richness of a massage candle infused with sparkling wine Quinta da Calçada, specially formulated to nourish the skin and awaken the senses. The stones, warmed to the ideal temperature, are placed on strategic areas of the body, working on key pressure points to relieve pain and muscular tension, encouraging deep relaxation.

## TERROIR RENEWAL

A revitalising full-body exfoliation using grape seeds, followed by a deeply relaxing massage that restores both skin and spirit.

## ROMANCE RETREAT

An exclusive treatment that combines the ancestral power of heated schist stones with the therapeutic richness of a massage candle infused with sparkling wine from Quinta da Calçada, specially formulated to nourish the skin and awaken the senses. The stones are placed on strategic points of the body, relieving pain and muscle tension while promoting deep relaxation. This treatment concludes with a relaxing facial massage combined with a face mask rich in active ingredients, delivering immediately visible results for all skin types.

# MASSAGES

## TIME FUSION

A full-body massage that blends Swedish techniques with acupressure to enhance vitality. Includes the application of a warm, spicy ginger mask on the back to soothe aches and pains.

## BACK ENERGIZER

Boost your energy and release tension with a reviving upper body massage focusing on key areas of the back, neck and shoulders.

## REFUGE FOR TWO

A peaceful moment to share. Enjoy a relaxing massage side by side in a serene atmosphere designed for complete connection and well-being.

## HEAD MASSAGE

This treatment combines both gentle and stimulating techniques on the upper back, shoulders, neck and scalp to improve blood flow, nourish the scalp and induce a deep sense of calm.

## DEEP TISSUE MASSAGE

Focused pressure and trigger point techniques help release stress, reduce muscle tension and improve mobility.

## HOT STONE MASSAGE

An enveloping massage that uses heated volcanic stones to create a deep sense of relaxation and comfort. The warmth of the stones helps ease built-up tension, improve circulation, and calm the mind. A unique sensory experience, perfect for disconnecting from stress and restoring inner balance.

## MOTHER-TO-BE

A gentle and nurturing massage tailored for expectant mothers, promoting comfort and relaxation during this special time.

## RELAX FEET

Restore your body's balance and relieve tension and discomfort with this signature treatment. Through a harmonious blend of massage techniques targeting the meridian lines of the legs and the reflex zones of the feet, this therapy promotes relaxation, restores energy flow, and alleviates tension for a renewed sense of well-being.

# LONGEVITY FACIALS

## PURE

Based on the vagus nerve, this treatment focuses on skin regeneration. It uses special plant stem cells to strengthen cell walls, revitalize the skin and improve circulation. With this treatment, even sensitive skin with special needs gets what it really needs to look healthy, natural, and beautiful.

## DIAMOND GLOW

This Vinoble Cosmetics treatment stands out for its targeted use of highly effective serums and cream masks. Each product is carefully selected to address the unique needs of your skin. Higher concentrations of active ingredients provide your skin with intense care.

## VINOBLE ESSENCE

Ideal treatment for quick results. This treatment combines a relaxing facial massage with a face mask rich in active ingredients. For immediately visible results on any skin type.

## LONGEVITY ANTI AGING – 4D LASER LIGHT THERAPY

The Longevity concept is based on the understanding that the skin naturally possesses regenerative abilities, helping it maintain a youthful and vibrant appearance. Our treatment, combining the 4D laser mask with high-dose molecular cosmetics from Vinoble Cosmetics, is designed to activate these intrinsic repair mechanisms.

# BODY TREATMENTS

## SILHOUETTE DELUXE

Dry glove massage | Detox oil massage | Detox body wrap  
Highly effective cellulite treatment. This treatment comprises a combination of purifying and detoxifying treatments to support the body's metabolic functions. Blockages are released, the lymphatic flow is activated, and the body's own detoxifying and purifying system is directly assisted.

## VINOTHERAPIE BOUQUET

Dry glove massage | oil massage | Body powder | Body wrap  
This treatment focuses on nurturing the skin with essential plant compounds. Active ingredients from Damask roses, lavender, and field pansies are worked into the skin and can penetrate deeply thanks to the body wrap.

# SPECIAL TREATMENTS BATHS

## RED GRAPE BATH

This is a moment of pure relaxation. A choice composition of active substances consisting of grape seed extract, rose flower water, aloé vera, red wine leaves and oak bark. This wine bath is dedicated to those looking to live a rejuvenating moment.

## NOBEL

Includes a body scrub with salt and grape seeds, followed by an aromatic red grape bath that soothes blood vessels. Ends with a relaxing full-body massage.

# AVAILABLE ADD-ONS

## LIFTING HYDRATING MASK CALMING MASK

Treat yourself to an extra portion of relaxation and pampering with a mask specifically tailored to your current skin condition. It nurtures your skin with precious active ingredients, giving you a radiant complexion and fresh appearance.

## AD LASER LIGHT THERAPY

This longevity treatment, using the innovative 4D laser mask, powerfully stimulates the skin's natural regeneration mechanisms. Fine lines, wrinkles, pigmentation spots, and redness are visibly reduced, while the deep-acting laser light strengthens the skin's structure, revealing a firmer, more radiant, and even complexion.