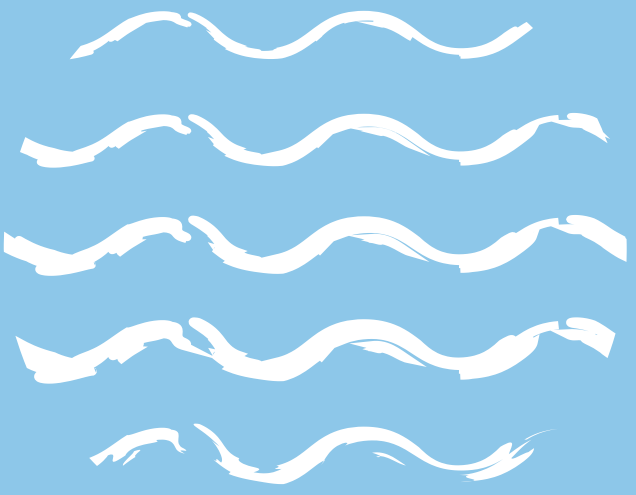
CODEMGE
Companhia de Desenvolvimento de Minas Gerais



THERMAS ANTÔNIO CARLOS

POÇOS DE CALDAS

SERVICES MENU

THERMAL BATHS



IMMERSION THERMAL BATH

A bath in an individual cabin with sulfur-rich thermal water at a temperature of 37°C. Immersed in still water.

Recommended for: *chronic rheumatism, paralysis, neuritis, phlebitis and varicose veins, various types of neuralgia, chronic skin conditions, allergic conditions, and chronic bronchitis.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*



THERMAL BATH HYDROMASSAGE

A bath in an individual cabin with sulfur-rich thermal water at a temperature of 37°C. Hydromassage jets with a mechanical massage effect.

Recommended for: *fatigue, insomnia, and nervous symptoms.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*



PEARL THERMAL BATH

A bath in a private cabin with sulfur-rich thermal water at a temperature of 37°C. Gentle jets of compressed air.

Recommended for: *sedative effects, relaxation, insomnia, relief from muscle pain and spasms.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*



AROMATIC THERMAL BATH

A bath in a private cabin with sulfur-rich thermal water at a temperature of 37°C. Hydromassage jets, enhanced with bath salts and essential oil with therapeutic properties.

Recommended for: *sedative, muscle relaxant, insomnia, relief of pain and muscle spasms.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*

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OFURÔ THERMAL BATH

A traditional Japanese bath in a wooden tub that can accommodate between 4 and 12 people. Sulfurous thermal water at a temperature of 37°C. Hydromassage jets, enhanced with essential oils and glycolic extract with therapeutic properties.

Recommended for: *improves blood circulation, detoxifies the skin, stimulates cellular activity, strengthens tissues, and helps prevent cellulite and sagging skin.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*

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SHOWERS



SCOTTISH SHOWER

Pressurized jets of different temperatures, applied manually to induce hyperemia.

Recommended for: *muscle pain, insomnia, anxiety, relaxation, depression, and nervous exhaustion.*

Contraindications: *inflammation, cancer, exposed varicose veins, osteoporosis, and pregnant women.*



CIRCULAR SHOWER

Pressurized jets of varying temperatures to induce hyperemia (not applied manually).

Recommended for: *nervous disorders with agitation, insomnia, nervous exhaustion, and nervous disorders menopause, hysteria, tremors, parkinsonism, nervous tics, hyperthyroidism, and spasmodic paralysis.*

Contraindications: *inflammation, cancer, exposed varicose veins, osteoporosis, and pregnant women.*

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VICHY SHOWER WITH RELAXING MASSAGE

An ancient hydrotherapy method, this treatment combines jets of sulfur-rich water with a relaxing massage.

Recommended for: *relieving tension and stress, promoting physical and mental rebalancing.*

Contraindications: *fever, infections and inflammation, pregnancy, bleeding, cancer, dysentery, weakness, and high blood pressure.*



SCALP SHOWER WITH FACIAL MASSAGE

The procedure begins with cleansing the skin to remove impurities. Next, a moisturizing cream is applied using a combination of massage techniques-with gentle pressure and gliding motions-to relax the facial muscles and stimulate blood circulation. After the massage, a moisturizing mask. While the mask is left on, the hair shower is turned on, promoting total relaxation.

Recommended for: *relaxation and stress relief, improved sleep, and headache relief.*

Contraindications: *recent chemical treatments (straightening and coloring) within the last 15 days, hair extensions, dermatitis, epilepsy, pregnancy, low blood pressure, and cancer treatment.*

SAUNAS



STEAM SAUNA

Also known as a Turkish bath or steam sauna, it has a sedative, calming, and detoxifying effect, and stimulates sweating and circulation.



DRY SAUNA

Known as the Finnish sauna, the dry sauna has sedative, calming, and detoxifying effects, and stimulates sweating and circulation.

Recommended for: *fatigue, physical and mental exhaustion, insomnia, chronic complications of rheumatic diseases, poor circulation in the extremities, respiratory infections, and skin disorders in adolescents.*

Contraindications: *all acute febrile illnesses, acute infections and inflammations, heart disease, aneurysms, advanced arteriosclerosis, epilepsy, leprosy, tuberculosis, hypertension and hypotension, pregnancy, and bleeding in general.*

MASSAGES AND BEAUTY TREATMENTS



RELAXING MASSAGE

Full-body massage. Gentle techniques applied to the body's muscles.

Recommended for: *relaxation through touch.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



CANDLE MASSAGE

It uses hot, melted candle wax applied to the body, using relaxing massage movements for therapeutic purposes. These candles are plant-based and come in different essential oil scents.

Recommended for: *stress relief, a sense of physical comfort, reduced fatigue and insomnia, improved blood circulation, reduced swelling, and skin hydration, which can last up to 15 days.*

Contraindications: *fever, open wounds, infections, inflammation, malignant tumors, and pregnant women up to the third month of pregnancy.*



HOT STONE MASSAGE

Full-body massage. A technique that uses volcanic stones to promote relaxation through thermotherapy.

Recommended for: *muscle pain, improving circulation, fibromyalgia, sinusitis, and insomnia.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



HOT TOWEL MASSAGE

A full-body massage performed using vegetable oils and heated towels, which may or may not be damp. Rhythmic and pressure-based movements are used to release heat and produce a vasodilatory effect that stimulates blood circulation.

Recommended for: *reducing anxiety and insomnia, skin detoxification, improving metabolism, and reducing localized fat and cellulite.*

Contraindications: *thrombosis, uncontrolled hypertension, sensory disorders, malignant tumors, pregnancy, inflammation, and infections.*

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CHINESE PINDAS MASSAGE

Full-body massage. This technique relaxes and treats the body through aromatherapy and thermotherapy.

Recommended for: *muscle pain, improving circulation, fibromyalgia, sinusitis, and insomnia.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



ABDOMINAL LIPOSHOCK

Treatment system for localized fat.

Recommended for: *reducing measurements, body contouring, cellulite, and sagging skin.*

Contraindications: *kidney and liver failure, cancer, infection, inflammation, and venous thrombosis.*



CHINESE TUINÁ MASSAGE

Full-body massage. It uses a Chinese technique with steady, rapid movements.

Recommended for: *muscle pain, insomnia, and anxiety.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



MYOFASCIAL MASSAGE

The technique uses specific instruments, such as suction cups, scrapers, hooks, needles, and even electronic devices, to apply mechanical stimulation to muscles, tendons, and ligaments, with the goal of to modify their structures, improve their capacity, and accelerate their recovery from injuries, with the goal of enabling them to perform their normal functions.

Recommended for: *those seeking pain relief, as it targets the injured muscle, restoring coordination, flexibility, and strength to the area affected by wear and tear.*

Contraindications: *circulatory problems, hypersensitivity to pain, muscle injuries, individuals undergoing anticoagulant therapy and/or taking anticoagulant medications, bruises, pregnant women up to the third month, wounds, infections, skin hypersensitivity, uncontrolled diabetes, osteoporosis, and fractures.*

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UPPING MASSAGE

This is a type of natural treatment in which suction cups create vacuums on the skin to stimulate blood circulation and release toxins present in the blood and also dispersing accumulated energy.

Recommended for: *treating pain caused by excessive physical exercise, back pain, rheumatism, migraines, anxiety, and stress, as well as reducing the appearance of scars and cellulite.*

Contraindications: *thrombosis, thrombophlebitis, bleeding disorders, varicose veins, wounds, fever, and fractures at the treatment site. The application site may remain sore and bruised for 5 to 10 days.*



DRENAMAX FLOW

It combines specific movements and energetic stimuli, based on Chinese medicine and quantum physics.

Recommended for: *it tones the body, reduces cellulite and swelling. It restores health, bringing balance to body and mind.*

Contraindications: *recent surgery without medical clearance, thrombosis, and fever.*

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SEITAI

Sei = to align, tai = body. Also known as Japanese chiropractic, it is a specialized massage technique that prevents and treats ailments through specific manual maneuvers. By dilating the capillaries in the muscles, it increases blood flow and oxygenation and improves muscle strength and elasticity, reducing the likelihood of muscle spasms. It also improves joint lubrication and strengthens ligaments. Other benefits include: improved blood circulation due to the dilation of blood vessels, relief from respiratory problems, and improved digestion.

Recommended for: *conditions such as scoliosis, hyper lordosis, postural correction, sciatic pain, headaches, mental stress, insomnia, muscle pain, bursitis, tendinitis, RSI, muscle cramps, digestive problems, loss of energy, and general fatigue.*

Contraindications: *in cases of malignant tumors, acute epidemics, accidents, cancer, contagious diseases, severe contusions, pregnancy, and others.*



LOCALIZED SEITAI

Unlike traditional seitai, which can be performed on various parts of the body, localized seitai is performed only on the back. A wooden mallet is used to gently tap the area in order to relieve tension. It is similar to a quick massage.

Recommended for: *conditions such as scoliosis, hyperlordosis, postural correction, sciatic pain, headaches, stress, insomnia, muscle pain, bursitis, tendinitis, RSI, muscle cramps, digestive problems, loss of energy, and general fatigue.*

Contraindications: *in cases of malignant tumors, acute epidemics, accidents, cancer, contagious diseases, severe contusions, pregnancy, and others.*



FOOT BATH

Soaking your feet in sulfur-rich thermal water, combined with exfoliation, moisturizing, and a massage from the feet to the knees.

Recommended for: *removing dead skin cells, reducing swelling, improving poor circulation, and relieving stress and insomnia.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



QUICK MASSAGE

Quick massage of the shoulders, back, arms and hands. Relaxing effect and tension relief.

Recommended for: *muscle tension, stress, insomnia.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*



CHIROPRACTIC

It focuses on the diagnosis, treatment, and prevention of disorders of the neuromusculoskeletal system. The technique it also works to develop a comprehensive treatment for problems related to joints, muscles, tendons, nerves, and other key structures of the body.

Recommended for: *people of all ages (from newborns to the elderly); pregnant women are also welcome.*

Contraindications: *malignant tumors, fractures, severe osteoporosis, bone infections, ankylosing spondylitis, spinal cord instability, high risk of stroke, and a history of spinal surgery.*

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THERAPEUTIC MASSAGE

Its purpose is to address clients' complaints, such as a specific pain, for example. The therapist's approach to therapeutic massage is to use various techniques to create a protocol tailored to the client's clinical needs, resulting in a personalized massage.

Recommended for: *pain management.*

Contraindications: *pregnant women up to the third month and cancer.*



BODY SCRUB

Full-body exfoliation. This treatment uses a technique that relaxes and exfoliates simultaneously.

Recommended for: *removing dead skin cells, relieving stress, and treating insomnia.*

Contraindications: *high blood pressure, inflammation, cancer, kidney failure, blood clots, and open wounds.*

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LYMPHATIC DRAINAGE

Full-body drainage, which aims to stimulate the lymphatic system.

Recommended for: *swelling, cellulite, and circulatory problems.*

Contraindications: *kidney and liver failure, cancer, infection, inflammation, and venous thrombosis.*



REFLEXOLOGY

Applying pressure to specific areas of the feet. Identifying the points associated with each organ in the body.

Recommended for: *tension, stress, and poor circulation.*

Contraindications: *open wounds on the feet, pregnant women, people with pacemakers, and those with thrombosis.*



GUIDED SENSORY EXPERIENCE

A relaxing session that includes a foot bath, guided relaxation breathing, gentle stretching (while seated and with consent), Reiki treatment, the use of crystals for sensory support, a relaxing back massage, and a hot beverage (hot cocoa or tea) as part of the experience.

Recommended for: *complementary support for anxiety, stress, insomnia, emotional exhaustion, mental overload, grief, emotional distress, and chronic pain. It may be recommended for cancer patients, subject to a doctor's approval, when necessary.*

Contraindications: *in cases of unstable heart conditions (arrhythmias, uncontrolled tachycardia, decompensated heart failure), severely uncontrolled blood pressure, pregnancy up to the third month, or high-risk pregnancy, active anxiety or panic attack, severe gastritis, active mucositis, severe diarrhea, open wounds or active infection on the feet, severe diabetic neuropathy, active psychiatric episode (psychosis or mania), active cancer treatment without medical clearance, use of MAOI medications or those with restrictions on stimulants.*

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COMPRESSION BOOTS

Also known as an air boot, its main purpose is muscle recovery, and it is widely used by athletes. It improves blood flow and skin elasticity, reduces edema, minimizes swelling and inflammation, facilitates protein absorption, and, in the long term, improves muscle performance and longevity.

Recommended for: *improves skin elasticity, reduces edema, reduces swelling and inflammation, and facilitates protein absorption.*

Contraindications: *people with poor blood circulation, thrombosis, and skin problems.*

FACIAL TREATMENTS



FACIAL REVITALIZATION

This treatment is performed with or without the use of electrotherapy (iontophoresis, crystal peeling, or diamond peeling), depending on each client's needs. It uses skincare products containing growth factor actives that stimulate collagen synthesis, improving skin laxity, wrinkles, and expression lines.

Recommended for: *aging and lackluster skin, wrinkles, and expression lines.*

Contraindications: *if you have had botox, fillers, or any other invasive procedure, wait at least 30 days. If you have had facial surgery, wait at least 4 months.*



SKIN CLEANSING

Cleansing, exfoliation, and removal of dead skin cells, blackheads, whiteheads, and impurities from the skin.

Recommended for: *acne, milia, pimples, and blackheads.*

Contraindications: *people with allergies to any ingredients in the products used. If you have had botox, fillers, or any other invasive procedure, wait for at least 30 days. If you have had facial surgery, wait at least 4 months.*



FACIAL HYDRATION

A cosmetic treatment that restores moisture and promotes the vitality of the facial skin. It involves cleansing, exfoliation, softening, and a massage with a moisturizer, followed by the application of a mask and finishing with sunscreen.

Recommended for: *to replenish the skin with essential nutrients and moisture, improve its texture and appearance, reduce the appearance of wrinkles and fine lines, and soothe and protect sensitive or irritated skin. For dry or dehydrated, sensitive, or irritated skin; skin showing signs of aging (wrinkles, fine lines); skin exposed to the sun or pollution; and skin with rosacea (in some cases).*

Contraindications: *skin with lesions or open wounds, bacterial or fungal infections, or allergies to cosmetic products.*



LIP REJUVENATION

A cosmetic treatment that restores the appearance and health of the lips, improving their texture, color, and hydration. It includes cleansing and antiseptic treatment, a lip-specific exfoliation, application of a serum rich in hyaluronic acid and vitamins, a hydrating mask, and a finishing touch with a regenerating or moisturizing lip gloss-often tinted-to seal in the treatment.

Recommended for: *dry or dehydrated lips with fine lines or wrinkles.*

Contraindications: *for lips with lesions or open sores, bacterial or fungal infections, or allergies to cosmetic products.*

HOLISTIC THERAPIES



MTVSS

An energy treatment performed using light touches along the body.

Recommended for: strengthen the body's natural functions by regulating and restoring metabolism, restore the immune system, promote well-being, and reduce pain.

There are no contraindications.



ACCESS BARS

There are 32 points around the head that are gently touched, promoting relaxation, a sense of lightness, and well-being.

Recommended for: *anxiety, depression, stress, insomnia, panic disorder, fatigue, and pain.*

There are no contraindications.

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TRADITIONAL CHINESE MEDICINE



ACUPUNCTURE

A Chinese technique that works with the central nervous system, sending messages to the brain through stimulation of the meridians with needles.

Recommended for: *muscle pain, tension knots, headaches, neck pain, and shoulder blade pain.*

Contraindications: *states of high anxiety, high levels of emotional stress, and syncope in response to injections.*



AURICULAR ACUPUNCTURE

Auriculotherapy is a natural therapy that involves stimulating points on the ears, making it very similar to acupuncture.

Recommended for: *pain caused by sprains, muscle spasms, or strains. Rheumatic problems, respiratory, cardiac, urinary, digestive, hormonal (such as obesity, anorexia, or thyroid disorders), and psychological (anxiety or depression). It can also be used to treat high blood pressure, dizziness, or palpitations.*

There are no contraindications.



SHIATSU

Full-body massage. This treatment uses a Japanese technique that involves releasing muscle tension knots through pressure applied with the fingers or elbows.

Recommended for: *muscle pain, tension knots, headaches, neck pain, and shoulder blade pain.*

Contraindications: *varicose veins, pregnancy, bleeding, cancer, osteoporosis, edema, swelling, and fractures.*

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SPAS



CHOCOLATE SPA

A chocolate mask is applied to the face, followed by a relaxing massage with chocolate mousse cream. The room is scented with chocolate essence.

Recommended for: *chocolate therapy moisturizes and revitalizes the skin and provides an intense sense of well-being; it helps prevent the appearance of wrinkles and stimulates metabolism and the production of serotonin in the brain - the hormone responsible for feelings of calm, relaxation, and happiness.*

Contraindications: *in cases of high blood pressure, inflammation, cancer, kidney failure, blood clots, open wounds, and cocoa allergy.*

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FLORAL SPA

An herbal and floral spa offering a variety of benefits for the body and mind through aromatherapy and touch.

In a room set up with scented candles and essential oils, a body scrub is performed to aid in the absorption of the active ingredients used. For the massage, the client chooses the oils according to the desired treatment: relaxation (chamomile and passion fruit), energy (rosemary, mint, and lavender), or anti-inflammatory and pain relief (herba-baleira, rosemary, lavender, and arnica). The session concludes with a soaking bath infused with active ingredients and a tea tasting.

The treatment can be done individually or as a couple, though please note that the baths are for one person only.

Recommended for: *relaxation and stress relief, energizing and revitalizing the body, combating mental and physical fatigue, detoxifying the body, relaxing muscles, improving circulation, toning and moisturizing the skin, and promoting physical well-being.*

Contraindications: *in cases of heart problems and hypertension; pregnancy; allergies to specific flowers or herbs used in the protocols; open wounds or injuries; extremely sensitive skin or rosacea affecting the body; infections or fever; venous thrombosis; active cancer; and kidney failure.*

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WINE THERAPY

Aesthetic body treatment with grape-derived active ingredients (polyphenols, resveratrol) to moisturize and firm the skin, fighting free radicals with antioxidant and anti-aging benefits. Includes cleansing and exfoliation (face and body), with dry brushing, and a massage to enhance nutrient absorption. To conclude, enjoy an immersion bath in thermal water infused with grape extracts, followed by a tasting of grape juice. No pure alcoholic wine is used. The treatment can be performed individually or as a couple, though please note that the baths are individual.

Recommended for: *skin hydration and nourishment, to aid in burning calories and reducing body measurements and cellulite (by inducing thermogenesis), detoxification, cell renewal (by stimulating collagen and elastin production), and relaxation.*

Contraindications: *in cases of heart problems and high blood pressure; pregnancy; allergy to grape components; open wounds, skin lesions, or sunburn; extremely sensitive skin or active dermatitis; infections or fever; deep vein thrombosis; active cancer; and kidney failure.*

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DETOX SPA

A natural beauty treatment based on clays and thermal water. It includes cleansing and exfoliation with thermogenic products that stimulate circulation.
A clay paste is applied to the area of greatest concern. A thermal blanket is placed over the area to relax the muscles and enhance detoxification. This is followed by a lymphatic drainage massage, a soak in thermal water and a detox tea tasting. The treatment can be enjoyed individually or as a couple, though please note that the baths are for one person only.

Recommended for: *elimination of toxins and excess fluids, reduction of swelling and cellulite, stimulation of the lymphatic system, improvement in skin firmness, elasticity, and texture, and relaxation.*

Contraindications: *in cases of heart problems and high blood pressure; pregnancy; sulfur allergy; open wounds or lesions; extremely sensitive skin or rosacea; infections or fever; venous thrombosis; active cancer; and kidney failure.*

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HARMONY SPA

Exclusive, personalized service for two people at the same time or individually. The experience includes delicious tea with cookies, a foot soak, and a relaxing massage, which can be concluded with hot stones or candles.

Recommended for: *relaxation and stress relief, therapeutic benefits, and emotional well-being.*

Contraindications: *in cases of heart problems and hypertension; pregnancy; open wounds or injuries; extremely sensitive skin or rosacea affecting the body; infections or fever; venous thrombosis; active cancer; and kidney failure.*

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OLIVA SPA

Spa featuring Oli Soft olive oil cosmetics, with emollient and antioxidant properties, creating relaxing and revitalizing experiences. Includes a moisturizing massage and body scrubs. In the end, a thermal water soak with olive leaves and olive oil soap, plus a tea tasting. The treatment can be booked for one person or as a couple, though please note that the baths are for one person only.

Recommended for: *intense hydration, skin nourishment, exfoliation, and stress relief.*

Contraindications: *in cases of heart problems and hypertension; pregnancy; open wounds or injuries; extremely sensitive skin or rosacea affecting the body; infections or fever; venous thrombosis; active cancer; and kidney failure.*

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SWIMMING POOL AND DANCE CLASSES



WATER AEROBICS

It improves muscle conditioning, cardiovascular and respiratory function, and joint mobility. It provides a full-body workout by working against the resistance of the water.

Recommended for: *people who are just starting or continuing an exercise routine, who have no medical contraindications, and who are looking for a class that includes safe, effective exercises and ends with a relaxing session.*

Contraindications: *for people who still have health limitations and have been medically advised to take special precautions during their recovery.*

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DANCES

Classes featuring excellent choreography and tailored to each participant's ability. Available in a variety of styles.

Recommended for: *people who enjoy moving their whole body to upbeat music and who are looking to improve their physical and mental well-being. Ages 4 and up, depending on the activity.*

Contraindications: *people who are recovering from orthopedic treatment or who have medical restrictions on physical activity.*

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PILATES AND PHYSICAL THERAPY



PILATES

It is a set of exercises created by the German Joseph Pilates in the mid-1920s, which are performed on the floor or using specialized equipment, with the goal of achieving total and complete control and connection between body and mind, restoring health to individuals with medical conditions and thereby promoting a improved quality of life for healthy people.

Recommended for: *everyone between the ages of 7 and 100; flexible or not. The method is suitable for sedentary people and elite athletes.*

There are no contraindications.

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PHYSICAL THERAPY

Physical therapy focuses on prevention, rehabilitation, and health promotion, using techniques tailored to meet the needs of each individual. Activities range from the use of electrotherapy, thermotherapy, and cryotherapy devices, as well as manual therapy, to high-intensity exercises that require precise muscle control. Our physical therapy department features mechanotherapy equipment, including a dedicated room with devices dating back to the 1930s that are still in use in rehabilitation and health promotion. These devices also aid in motor activities aimed at improving mobility and strength, making the therapy tailored and unique to each individual's needs.

Recommended for: *orthopedic, neurological, postural, and geriatric prevention and rehabilitation.*

There are no contraindications.

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RENTALS



BATH TOWEL

Bath towel rental, thoroughly sanitized by a specialized contractor.

Recommended for: *those who forgot to bring their own and/or prefer to rent one.*

There are no contraindications.



BATHROBE

Bathrobe rent, thoroughly sanitized by a specialized contractor.

Recommended for: *those who forgot to bring their own and/or prefer to rent one.*

There are no contraindications.

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