

POOL AND DANCING

WATER AEROBICS

It develops muscular conditioning, the cardiac and pulmonary systems and joint mobility. It trains the whole body thanks to the work against water resistance.

Recommendation: for people who are starting or continuing to practice exercises, who have no contraindications and who are looking for an activity designed with safe, effective and relaxing exercises at the end of the class.

Contraindication: for people who still have health limitations and who have a medical indication with special care for their recovery.

DANCES

Classes prepared with excellent choreographies and taught according to the capacity of each one. Available in several modalities.

Recommendation: people who like to move their whole body with catchy music and who seek physical and mental well-being. 4 years old and up, depending on the modality.

Contraindication: people who are recovering from orthopedic treatment or who have medical restrictions for the practice of physical activity.

SWIMMING

Class that develops the learning of the four swimming styles through mastery of the body in the liquid environment.

Recommendation: for people who aim to make contact with water more fun and pleasurable and who, in addition to learning swimming techniques, will also benefit their health.

Contraindication: each case must be analyzed individually by the teacher, as the training can be adapted according to the needs of each one.



PILATES AND PHYSIOTHERAPY

PILATES

It is a set of exercises created by a German man named Joseph Pilates, in the mid-1920s, which are performed on the ground or in exclusive equipment, aiming at total and complete control and connection between body and mind, restoring and restoring the health of individuals in pathological conditions, as well as promoting an increase in the quality of life for healthy people.

Recommendation: it is indicated for all people between 7 and 100 years old, flexible or not.

The method is fit for sedentary people, without the habit of practicing physical activities, as well as high-level athletes.

Contraindication: none.



PHYSIOTHERAPY

Physiotherapy works in prevention, rehabilitation and health promotion, using techniques to better meet the needs of each individual. The activities range from the use of electrotherapy devices, thermotherapy, cryotherapy, manual therapy, to exercises with high demands and muscle control. Our physiotherapy service has mechanotherapy devices, a single room that has devices from the 1930s used in rehabilitation and health promotion. These devices also help in motor activities for mobility and strength gains, making the therapy different and unique for each need.

Recommendation: orthopedic, neurological, postural and geriatric prevention and rehabilitation.

Contraindication: none.



RENTALS

BATH TOWEL

Bath towel rental, duly sanitized by a specialized contracted company.

Recommendation: for those who forgot to bring their own and/or prefer to rent.

Contraindication: none.

ROBE

Robe rental, duly sanitized by a specialized contracted company.

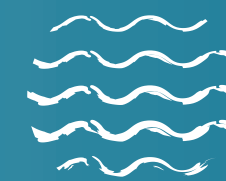
Recommendation: for those who forgot to bring their own and/or prefer to rent it.

Contraindication: none.

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**THERMAS
ANTÔNIO
CARLOS**
POÇOS DE CALDAS

menu of services

THERMAL BATHS

IMMERSION THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Immersion in still water.

Recommendation: chronic rheumatism, paralysis, neuritis, phlebitis and varicose veins, various neuralgias, chronic skin diseases, allergic diseases and chronic bronchitis.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy

AROMATIC THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Hydromassage jets, plus bath salts and essential oil with therapeutic properties.

Recommendation: sedative, relaxing, insomnia, pain relief and muscle spasms.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.



HYDROMASSAGE THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C.

Hydromassage jets with mechanical massage effect.

Recommendation: tiredness, insomnia and nervous manifestations.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.



OFURO THERMAL BATH

Traditional Japanese bath in a wooden tub, accommodating up to 4 people. Sulfurous thermal water at a temperature of 37°C.

Hydromassage jets, added with essential oils and glycolic extract with therapeutic properties.

Recommendation: improves blood circulation, detoxification of the skin, stimulation of cellular activity, strengthening of tissues, aid in the prevention of cellulite and body flaccidity.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.



PEARL THERMAL BATH

Bath in individual cabin with sulfurous thermal water at a temperature of 37°C. Gentle jets of compressed air.

Recommendation: sedative, relaxing, insomnia, relief of pain and muscle spasms.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension and pregnancy.

SHOWERS

SCOTTISH SHOWER

Pressure jets of different temperatures, applied manually to cause hyperemia.

Recommendation: muscle aches, insomnia, anxiety, relaxation, depression, nervous exhaustion.

Contraindication: inflammation, cancer, exposed varicose veins, osteoporosis, pregnancy.

VICHY SHOWER WITH RELAXING MASSAGE

Ancient hydrotherapeutic method, it is a therapy of sulfurous water jets, combined with relaxing massage.

Recommendation: relieves tension and stress, promoting physical and mental balance.

Contraindication: febrile state, infections and inflammations, hemorrhage, cancer, dysentery, weakness, hypertension, pregnancy.

CIRCULAR SHOWER

Pressure jets of different temperatures to cause hyperemia (not manually applied).

Recommendation: disorders related to neuronal excitability, insomnia, nervous exhaustion, menopausal nervous disorders, hysteria, tremors, parkinsonism, nervous

tics, hyperthyroidism, spasmodic paralysis.

Contraindication: inflammation, cancer, exposed varicose veins, osteoporosis, pregnancy.

HAIR 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, to relax the facial muscles and stimulate blood circulation. After the massage, a moisturizing mask is applied. While the mask is resting, a hair shower is turned on, promoting complete relaxation.

Recommendation: relaxation and stress relief; improved sleep; headache relief.

Contraindication: recent (15 days) chemical procedures (straightening and coloring), hair extensions (megahair), dermatitis, epilepsy, pregnancy, hypotension, cancer treatment.

SAUNAS

WET SAUNA

Also known as a Turkish bath or steam sauna, it has a sedative, tranquilizing, detoxifying action, stimulating sweating and circulation.

Recommendation: fatigue, physical and mental exhaustion, insomnia, chronic complications of rheumatism, poor circulation in the extremities, respiratory infections, skin disorders in adolescents.

Contraindication: all acute febrile illnesses, infections and acute inflammations, cardiac diseases, aneurysms, advanced arteriosclerosis, epilepsy, leprosy, tuberculosis, arterial hypertension and hypotension, hemorrhage in general, pregnancy.



DRY SAUNA

Known as the Finnish sauna, the dry sauna has a sedative, tranquilizing, detoxifying action, stimulating sweating and circulation.

Recommendation: fatigue, physical and mental exhaustion, insomnia, chronic complications of rheumatism, poor circulation in the extremities, respiratory infections, skin disorders in adolescents.

Contraindication: all acute febrile illnesses, infections and acute inflammations, cardiac diseases, aneurysms, advanced arteriosclerosis, epilepsy, leprosy, tuberculosis, arterial hypertension and hypotension, hemorrhage in general, pregnancy.



MASSAGES AND COSMETIC PROCEDURES

HOT STONE MASSAGE

Full body massage. Technique that uses volcanic stones with the aim of relaxation through thermotherapy.

Recommendation: muscle pain, activates circulation, fibromyalgia, sinusitis, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

RELAXING MASSAGE

Full body massage. Gentle techniques on the musculature of the body.

Recommendation: relaxation through touch.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.



MASSAGE WITH CHINESE PINDAS

Full body massage. It uses a technique that relaxes and treats the body through aromatherapy and thermotherapy.

Recommendation: muscle pain, activates circulation, fibromyalgia, sinusitis and insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

ABDOMINAL LIPOSHOCK

Localized fat treatment system.

Recommendation: body slimming, body shaping, cellulite, sagging.

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

CHINESE TUINA MASSAGE

Full body massage. It uses a Chinese technique, with constant and fast movements.

Recommendation: muscle aches, insomnia, anxiety.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

QUICK MASSAGE

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

Recommendation: muscle tension, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

MASSAGE WITH CANDLES

It uses hot melted candle wax on the body, performing relaxing massage movements for therapeutic purposes. These are vegetable-type candles with different aromas of essential oils.

Recommendation: stress relief, feeling of physical comfort, reduction of tiredness, insomnia, improvement of blood circulation, reduction of edema, hydration of the skin that can last up to 15 days.

Contraindication: fever, open lesions, infections, inflammations, malignant tumors, pregnant women up to the third month of pregnancy.

HOT TOWEL MASSAGE

Massage performed on the whole body, with vegetable oils and the aid of heated towels, damp or otherwise. Rhythmic and pressure movements are performed, releasing heat and producing a vasodilator effect that stimulates blood circulation.

Recommendation: decreasing anxiety, insomnia, skin detoxification, improved metabolism, reduced localized fat and cellulite.

Contraindication: thrombosis, uncontrolled hypertension, sensitivity disorders, malignant tumors, pregnancy, inflammations and infections.

DRENAMAX FLOW

It associates specific movements and energy stimuli, based on Chinese medicine and quantum physics.

Recommendation: models, improves cellulite and swelling. Rescues health, bringing balance to body and mind.

Contraindication: recent surgery without medical approval, thrombosis and fever.

CUPPING THERAPY MASSAGE

It is a type of natural treatment in which vacuums are created in the skin through suction cups that stimulate blood circulation, releasing existing toxins in the blood and also dispersing accumulated energy.

Recommendation: they are indicated for the treatment of pain caused by excessive physical exercise, back pain, rheumatism, migraine, anxiety, stress, reduction of the appearance of scars and cellulite.

Contraindication: thrombosis, thrombophlebitis, bleeding disorders, varicose veins, wounds, fever, fracture at the treatment site. The application region may be sore and purple for 5 to 10 days.



THERAPEUTIC MASSAGE

The aim is to address clients' complaints, such as certain types of pain, for example. For the therapeutic massage itself, the therapist will apply techniques to create a protocol that suits the clinical needs of the client, making it, as such, a personalized massage.

Recommendation: pain treatment.

Contraindication: pregnant women up to the third month of pregnancy, cancer.

MYOFASCIAL MASSAGE

This technique employs specialized implements, such as suction cups, scrapers, hooks, needles, and even electronic devices, to produce mechanical stimuli in the muscles, tendons, and ligaments with the aim of modifying their structures, thereby refining their capacities and accelerating their recovery post-injury in an effort to completely recover their ability to perform normal functions.

Recommendation: for those looking to relieve pain, as the procedure treats the injured muscle, thereby bringing back coordination, flexibility, and strength in the region suffering from overexertion.

Contraindication: circulatory pathologies, hypersensitivity to pain, muscular injuries, patient currently undergoing anticoagulant treatment and/or makes use of anticoagulant medication, hematomas, pregnant women up to the third month of pregnancy, wounds, infections, skin hypersensitivity, uncontrolled diabetes, osteoporosis, fractures.

LYMPHATIC DRAINAGE

Full body drainage. It aims to stimulate the lymphatic system.

Recommendation: swelling, cellulite, circulatory problems.

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

BODY SCRUB

Full body exfoliation. It uses a technique that relaxes and exfoliates simultaneously.

Recommendation: removal of dead cells, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

CHIROPRACTIC

Dedicated to the diagnosis, treatment, and prevention of disorders in the neuroskeletal system. The technique also works to develop a comprehensive treatment for problems related to joints, muscles, tendons, nerves, and other fundamental structures of our body.

Recommendation: people of any age (from newborns to the elderly), and pregnant women are also welcome.

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

FACIAL TREATMENTS

SKIN CLEANSING

Cleaning, exfoliation and removal of dead cells, blackheads, pimples and skin impurities.

Recommendation: acne, milia, pimples, blackheads.

Contraindication: people with allergies to components of the products used. If you have had Botox, fillers or any other invasive procedure, wait at least 30 days and, if you have had facial surgery, wait at least 4 months.

FOOT BATH

Feet immersed in sulfurous thermal water, combined with exfoliation, hydration and massage from foot to knee.

Recommendation: removal of dead cells, edema, poor circulation, stress, insomnia.

Contraindication: hypertension, inflammation, cancer, kidney failure, blood clots, open wounds.

REFLEXOLOGY

Application of pressure in specific regions of the feet. Identification of points related to each organ of the body.

Recommendation: tension, stress, poor circulation.

Contraindication: open wounds in the foot region, pacemaker-users, thrombosis, pregnancy.

CHOCOLATE SPA

A chocolate mask is applied to the face and a relaxing massage is performed with chocolate mousse cream. The ambiance is prepared with a chocolate aroma (essence).

Recommendation: chocolatherapy fosters hydration and revitalizes the skin while also imbuing clients with an intense feeling of well-being. It furthermore aids in preventing the emergence of wrinkles, stimulates metabolism, and bolsters brain serotonin production, which is the hormone that is associated with feelings of tranquility, relaxation, and happiness.

Contraindication: hypertension, inflammation, cancer, renal insufficiency, blood clotting, open wounds, allergic reactions to chocolate.

COMPRESSION BOOTS

Also known as a pneumatic boot, their principal aim is muscle recovery, being widely used by athletes for this purpose. They improve blood flow and skin elasticity, reduce edemas, mitigate swelling and inflammation, facilitate the absorption of proteins, and, in the long term, improve muscular performance and longevity.

Recommendation: increases skin elasticity, reduces edemas, ameliorates swelling and inflammation, and facilitates protein absorption.

Contraindication: people facing issues with blood circulation, thrombosis, and skin problems.

FACIAL REVITALIZATION

Treatment carried out with or without the aid of electrotherapy (ionization, crystal or diamond peeling), according to the needs of each client. It uses cosmetics with growth factor active ingredients that stimulate collagen synthesis, improving tissue flaccidity, wrinkles and expression lines.

Recommendation: aged and devitalized skin, wrinkles, expression lines.

Contraindication: If you have had Botox, fillers or any other invasive procedure, wait at least 30 days and, if you have had facial surgery, wait at least 4 months.

MICROPIGMENTATION + TOUCH UP

In thread-by-thread micropigmentation, the threads are drawn with a manual inducer (tebori) or an electrical device (dermograph) in the same thickness and direction as the existing hairs. The pigment is implanted in the superficial layer of the skin, leaving the result very natural.

Recommendation: to cover gaps in the eyebrows, highlight and increase thickness.

Contraindication: diabetes, cancer, vitiligo, dermal diseases, after facial peeling, pregnant women, lactating women.



HOLISTIC THERAPIES

ACCESS BARS

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

Recommendation: anxiety, depression, stress, insomnia, panic syndrome, fatigue and pain.

Contraindication: none.

MTVSS

Energizing procedure done with touches along the body.

Recommendation: reinforce the natural function of the body, modifying and restoring metabolism, restore the immune system, promote well-being, reduce pain.

Contraindication: none.

TRADITIONAL CHINESE MEDICINE

ACUPUNCTURE

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

Recommendation: muscle aches, tension nodules, headaches, pains in the neck and scapula.

Contraindication: states of high anxiety, high levels of emotional stress, syncope reaction to injections.

SHIATSU

Full body massage. It uses a Japanese technique that consists of releasing nodules of muscle tension by means of pressure from the fingers or elbow.

Recommendation: muscle aches, tension nodules, headaches, pains in the neck and scapula.

Contraindication: varicose veins, bleeding, cancer, osteoporosis, edema, swelling, fractures, pregnancy.



EAR ACUPUNCTURE

Auriculotherapy is a natural therapy that consists of stimulating points on the ears, and is therefore very similar to acupuncture.

Recommendation: pain due to sprains, contractures or muscle strains. Rheumatic, respiratory, cardiac, urinary, digestive, hormonal (such as obesity, anorexia or thyroid disease) and psychological (anxiety or depression) problems. It can also be used to treat hypertension, vertigo or palpitations.

Contraindication: none.

NEW SEI TAI

This is a pain-free therapeutic technique that focuses on joint realignment. Its use of implements and wooden hammers

is what sets it apart. Its clinical applicability stems from the vibration generated by hammer impacts on the wood, which vibrates tissues and joints, thereby promoting realignment naturally, stimulating synovial fluids and regions between the joints.

Recommendation: cancer patients prohibited from having other kinds of massage.

Contraindication: there are no contraindications.