



Poesia  
S P A

Paraty  
por

OCANTO

Rituals of the Senses

Ode to Well-Being



# The first verse

## WELCOME EXPERIENCE

A delicate introduction to the universe of SPA Poesia. In just 45 minutes, you experience the charm and care that define us:

- 15 minutes of gentle exfoliation and deep hydration for the feet – renewing the skin and bringing lightness to each step.
- 30 minutes of therapeutic back massage, releasing tension and awakening immediate relaxation.

A short yet intense experience – the perfect invitation to taste the essence of SPA Poesia.

**45 min** | R\$ 315,00



# Sonnet of the Body

COMPLETE FEMININE RITUAL

A celebration of essence and holistic care:

- 30 minutes of delicate exfoliation that renews and softens the skin.
- 15 minutes of a relaxing bath with hydrating oil, enveloping the body in deep nourishment.
- 90 minutes of lymphatic drainage or relaxing massage to calm the mind and restore balance.

**2h15** | R\$ 895,00



# Day in Verses

SPA DAY POESIA

A poem for the body, a whisper for the soul

- 30 minutes of hydrotherapy – choose between whirlpool bath or ofurô.
- 60 minutes of relaxing massage or intense relief massage.
- 30 minutes of facial drainage, awakening the skin's natural radiance.
- 30 minutes of reflexology, activating inner paths of harmony.

	INDIVIDUAL	FOR TWO PEOPLE
<b>2h30</b>	R\$ 1.315,00	R\$ 2.550,00



# Lyre of the Steps

FOOT SPA

- Foot soak that warms and softens, preparing the body for treatment.
- Delicate exfoliation removing impurities and revitalizing the skin.
- Intensive hydration restoring comfort and softness.
- Reflexology stimulating strategic points, promoting circulation and vitality.

**45 min** | R\$ 315,00

# Ode to Lightness

BODY TREATMENTS

## Ritual of the Waters

LYMPHATIC DRAINAGE

Gentle, precise touches guide the body's natural flow, stimulating circulation, reducing swelling, and promoting toxin elimination.

**90 min** | R\$ 610,00

## Verses of Renewal

BODY EXFOLIATION

- 30 minutes of aromatic exfoliation, removing impurities and revealing a silky touch.
- 15 minutes of a relaxing bath with deep hydration, sealing softness and leaving a fresh sensation.

**45 min** | R\$ 315,00

# Ode to Beauty

FACIAL TREATMENTS

## Sonnet of Youth

FACIAL LIFTING

- Cleansing that purifies, followed by a tonic that awakens and balances.
- Gentle exfoliation renews the surface, preparing for a facial massage that stimulates circulation and relaxes the muscles.
- Pink clay mask – combining healing and revitalizing properties, promoting natural glow and helping reduce expression lines.

**45 min** | R\$ 420,00

## Melody of the Skin

FACIAL DRAINAGE

- Gentle cleansing followed by soft exfoliation, revealing renewed texture.
- Ice spheres around the eye area, awakening the gaze and reducing puffiness.
- Facial drainage with precise movements, stimulating circulation and eliminating toxins for a natural feeling of lightness.

**35 min** | R\$ 295,00

**60 min** | R\$ 420,00



# Between Verses and Flowers

## HYDROTHERAPY

An invitation to slow down and renew the senses.  
Choose fresh herbs harvested from our sensory garden.

- Whirlpool bath or ofurô.

**30 min** | R\$ 190,00

# Ode to Rest

MASSAGES

## Poetic Breeze

RELAXING MASSAGE

Rhythmic touches dissolve the weight of the days. Amid enveloping aromas and welcoming hands, time slows, and the body blooms into lightness.

Recommended for those who wish to fully surrender to rest.

**60 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 420,00	R\$ 790,00

**90 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 630,00	R\$ 1.200,00

## Strength with Poetic License

INTENSE RELIEF MASSAGE

Firm touches, forearms, and elbows access deep layers of stored tension.

Recommended for deep tension, physically active individuals, or those seeking intensive care.

**60 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 420,00	R\$ 790,00

**90 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 630,00	R\$ 1.200,00

# Ode to Rest

## MASSAGES

### Poesia Massage

An authorial therapy with a refreshing effect that combines relaxing techniques with gentle sensory stimulation. Coconut paste deeply nourishes and leaves the skin soft and hydrated, while peppermint essential oil provides immediate freshness, helps relieve tension, and revitalizes the body.

A light, hydrating, and invigorating experience – perfect for warm days or for those seeking a renewed sensation of freshness and well-being.

#### **60 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 470,00	R\$ 890,00

#### **90 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 680,00	R\$ 1.030,00

### Stanzas in Fire

## HOT STONES MASSAGE

Heated stones glide gently over the muscles, guiding the body into a deep state of surrender.

Recommended for profound relaxation and reconnection with inner warmth.

#### **60 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 420,00	R\$ 790,00

#### **90 min**

INDIVIDUAL	FOR TWO PEOPLE
R\$ 630,00	R\$ 1.200,00



## OPENING HOURS

🕒 **OPEN EVERY DAY** FROM 10AM TO 9PM,  
*SUBJECT TO AVAILABILITY*

## RESERVATIONS

📞 **WHATSAPP:** (24) 3371-1460

✉ **RECEPCAO@POUSADALITERARIA.COM.BR**

🎁 **OUR TREATMENTS CAN BE OFFERED  
AS GIFT VOUCHERS.**

\* A 10% SERVICE CHARGE IS APPLIED TO EACH  
EXPERIENCE CONTRACTED.

*Poesia*  
S P A

# POLICIES

## CANCELLATION POLICY

Cancellations can be made up to 3 hours before the scheduled time. For cancellations within less than this period, 50% of the reservation amount will be charged.

## POLICY FOR PREGNANT

Treatment will be available for pregnant women after the 3rd month of pregnancy, upon presentation of a medical certificate authorizing the treatment. A signed liability waiver may replace the certificate; in this case, only a relaxing massage will be performed. Essential oils and/or aromacological oils will not be used—only neutral oil and neutral foam for the foot soak.

## POLICY FOR MINORS

For teenagers aged 12 and older, service will only be provided after the parent, guardian, or legal tutor signs the liability waiver. Under the age of 12, even with the consent of their guardians.

## GUIDANCE

To ensure a safe and fully relaxing experience, we recommend that therapies not be performed if alcoholic beverages have been consumed within the 2 hours prior to the appointment.