



### By Road from the N125

From the N125, enter Lagos at the roundabout with the police station. Next roundabout – with a big boat in the middle – turn left. Pass two Galp petrol stations on either side of the road. At the next round about go straight over, you are now on the Avenida. Continue along the Avenida until you pass the ‘Bombeiro’/ Firestation, going up hill until you get to the roundabout with the big metal ball in the middle. Turn right. Take the first left, after the shop ‘Casa Moderna’, this road is Rua Salgueiro Maia, we are just inside that road on the right – 29A, opposite pizzeria PizzoLino.

### Walking from the town centre.

Head past the JahShaka Surf Shop, and past The Three Monkeys bar and The Jam, keep going past The Garden and on straight pass the Barbeque Chicken/ Churrasqueira and out the city walls. You will pass a green/ park on your left and the car park on your right and come to a mini roundabout – go left – when you get to the Spa supermarket turn right, heading up a hill and then take your first right – we are just inside this road on the right, next to the gold shop and opposite PizzoLino!

### Additional Information

- If you are receiving any form of medication or medical treatment, or are, or maybe pregnant, please inform your therapist. Please advise your therapist if any of the above changes. This is for your own well-being and should be notified at time of booking.
  - Gift vouchers and products are available for purchase.
  - Unfortunately, only cash payments can be accepted.
- If you want to enjoy your treatments from the comfort of your own home/ hotel, mobile treatments can be arranged. Mobile Spa for large group bookings.

