



**ALPINO
ATLANTICO**
AYURVEDA HOTEL

Rua da Falésia
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GPS 32°38.502' -16°50.205'



www.galoresort.com



LOCATION

PLACE

Caniço de Baixo, Santa Cruz

Southeast coast,
next to the Underwater Nature
Reserve of Garajau,
54 meters above sea level.

DISTANCE

Caniço Center | 2,5km
Closest Bus Stop | 350m
Funchal Center | 12km
Madeira International Airport | 11km
Galo Resort | 8km
Bathing Complex Lido Galomar | 300m



- Welcome ritual: Hand bathing with wet, aromatized towels and tea
- Guest Relations
- Benefits program for returning guests
- Transfer Service: Funchal, Airport – on request
- Double rooms with sea view and balcony, suites with terrace and garden

ROOM TYPE	ROOM AREA (SQM)	CAPACITY	BED TYPE	GARDEN FLOOR	FLOOR 1	FLOOR 2	TOTAL
Sea View	31,97	2	King Size/ Twin Bed	-	12	12	24
Suite	63,40	2	King Size	3	-	-	3

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ACCOMMODATION

Standard Double Room

- Optional: Allergy friendly room preparation certified by ECARF*
- Balcony
- Central Air-conditioning
- Blackout Curtains
- Mattress:
King Size bed. Firmness: High | Medium
- Pillow list*
- Tea and coffee Set
- Flat TV screen 40"
- IPTV- Smart TV Box - 100 Channels
- Free Wi-Fi
- Telephone
- Private Bathroom
- Hair Dryer
- Bathrobe and slippers
- Safe
- Mineral water*
- Minibar with non-alcoholic drinks*
- Laundry Service*
- Soap dispenser
- Air conditioning Sensor
- Waste sorting
- Towel reuse policy
- Flow reducer
- ½ deposit water charge

Suites

- Bed room, living room and terrace
- Amenities
- Shower gel; shampoo
- Local souvenir

*extra cost

AYURVEDA MADEIRA

Subtropical Climate

Madeira Island offers Ayurveda medicine friendly climate conditions, known as the Island of eternal spring, here you will find mild temperatures and a big diversity of plants, herbs, fruits and spices.

Temperatures: Winter: 18° - 22° Summer: 24° - 26°

Annually: 2450 hours of sun

AYURVEDA HOTEL ACCOMMODATION

Alpino Atlântico is a 4 star hotel. With only 24 double rooms and 3 suites, this adults only, located in a quite zone of the southeast coast of the Island, is a truly peaceful hideaway, which, the closeness to nature, the sound of the waves and Atlantic Ocean beauty, assure you a quiet and restoring stay any time of the year.

- Category: 4 Stars
- Building: 1986, from 2014 new Ayurveda Hotel Concept
- Last renewal: 2016
- Outdoor Parking places
- 2 (+ 1) floors hotel, without elevator

SUSTAINABILITY

- AQUA 4D SYSTEM (water purification and saving system)
- UV window filter (yoga and relaxing room windows)
- Aromatic herbs Kitchen Garden
- Organic and vegetarian meals
- LED lighting system
- Waste sorting
- Towel and linen Exchange 1 time/week our client request
- Photovoltaic Panels system
- Workers sustainability training and certification
- Prizes and certifications: TUI Umwelt; Green Key; Travelife; Distintivo Qualidade; Ambiental DRT; Programa HOSPES - We Care; WTA - Portugal's Green Hotel; ECARF* (Allergy-friendly Hotel)

AMENITIES

Yoga Room

Area: 120sqm

Yoga material: matts, bricks, pillows, blankets
(exclusive for Ayurveda cure guests)

Resting Room

Area: 105sqm (Interior: 75sqm | Terrace: 30sqm) | Schedule: 8:00am-11:00pm
Panoramic terrace with sunbeds. TV and library. Tea and fresh fruits.
Heating system with Salamander

Garden

Tropical garden with two Bali beds, sunbeds, sunshade. Includes fruit trees and organic herbs kitchen garden.

Ayurveda Shop

Oils, Ayurveda accessorize, teas and others.

Restaurant - Madeira Ayurveda Food

Area: 157,50sqm (Interior: 75,50sqm | Terrace: 81,55sqm)
Breakfast: 7:30-10am | Lunch: 1:00-2:00pm | Light Supper: 7:00-8:00pm
Capacity/seated places: Indoor: 40 people | Terrace: 30 people

Restaurant with panoramic terrace
Full Board Pension: Ayurveda Buffet (Vegan food)
Included meals: Breakfast; Lunch (main meal) and light supper. Meals are served in buffet system, adapted to the three Doshas.

The nature of the soil and the island's climate offer unique fresh products. These are fresh vegetables, fruits and authentic spices of Indian origin, which when combined in traditional Ayurveda recipes, guarantee a truly unique gastronomic experience. On request, we are able to adapt this special diet for celiac and people sensible to allergies.
Drinks included: Hot teas, purified water and aromatic waters.

Workshops

Ayurveda food workshop once a week, on Tuesdays.
Special workshops with special invited Chefs

Gala Dinner programs

(compulsory for FB guests)

24th December - Christmas

31st December - New Year's Eve

Easter Sunday - Easter

AYURVEDA CURE CENTER

In collaboration with ASHOKA Ayurveda

- Open 24h/day
- Office Schedule: 9:00am- 12:00am 3:00pm-5:30pm
- Multilingual Team: Portuguese/ English/German
- 2 Indian resident Doctors: Dr. Swathy Gopal and Dr. Shuba Padma
- 15 Therapists
- 3 Yoga Instructors
- 3 Receptionists
- 1 Office
- 7 Treatment Rooms
- Medicinal Herbs preparation zone

PROGRAMS

- Panchakarma - Detox Cure 11, 14 and 21 days
- Rasayana cure - Ayurvedic relaxation treatment - 7 and 14 days
- Ayurvedic strengthening for stress management - 14 days
- Intensive Ayurveda treatment for the musculoskeletal system with the help of the Marma therapy Kalari
- Two day's cure programs: Abhyanga; Padbhyanga; Mukabhyanga
- One day cure program: Abhyanga; Padbhyanga ou Mukabhyanga, Svedena
- Acupuncture - MTC
- Energy work
- Curandero-lights
- Reconnective Healing®

Yoga and Meditation

- Group or individual retreats
- Surya Namaskara
- Yoga Nidra
- Sattva Chikitsa

Individual sessions mandatory registration:

- Yoga
- Thai Chi
- Cooking classes - Tuesdays

