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## Health and Well-being

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### ABOUT



There's nothing like an old recipe using ingredients offered by nature to take care of your health and to escape routine: fine weather, sunshine, clean air, clear waters, and plants and algae with therapeutic properties. You can depend on it. It may be at a thermal resort or a spa, by the sea or in the mountains. There are different **health** and **well-being** programmes suitable for everyone. These relaxing moments, indispensable for **restoring balance**, can be undertaken in different ways.



Indoor heated swimming pool from ©Four Views Baía Hotel \_Funchal\_Madeira

At a **thermal spa**, using traditional techniques, enjoying the **therapeutic properties** and **mineral richness of the waters**; taking advantage of the extensive **coastline** and the **Atlantic waters** for **thalassotherapy**; or through relaxation sessions based on the regenerating effects of **wine**, **chocolate** or **hot stones** which you will find at **spas and resorts** as a complement to a holiday taken in style.



Hot Stone massage in Termas da Ferraria, São Miguel Island ©Publiçor and Turismo dos Açores

With opportunities all over the country, **Portugal offers true havens to shake off the “diseases of modern life”** and find peace and inner serenity and **restore your energy**.