
Centro de Thalasso da Costa da Caparica

ABOUT

20 km from Lisbon, the Thalasso Centre of Costa da Caparica has reinvigorating programmes adapted to the particular needs of whoever the client.

Any visit begins with one of the Centre's qualified specialists for evaluation and the diagnosis of a personalised programme best suited to specific individual health needs. To such ends, the Centre calls on a range of specialist staff including hydrotherapists and physiotherapists.

Among the range of treatments on offer, many opt for the Aqua Medic, involving immersion treatment with localised jets of seawater, and personalised aesthetic Programmes.

Located about 200 metres from the Centre, the Hotel Costa da Caparica provides all the comfort necessary for a full appreciation of the treatments undertaken.

Contacts

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Characteristics and Services

Hydro-massage baths
Seaweed treatments
Massage
Beauty treatments
Sauna
Turkish saunas
Gymnasium
Aquatic gymnastics
Seawater swimming pool
Pressure-therapy
Sun beds
Maniluvium
Aerosols
Power showers
