
Real Spa Thalasso - Grande Real Santa Eulália Resort & Hotel Spa

ABOUT

In Real Spa Thalasso you will experience a journey to find your inner-self. Be involved in a unique philosophy that allies secular methods with avant-guard techniques. The Thalassotherapy happens with medical orientation, which defines needs and treatments for each person. The ocean and its bio-elements bring together the active beginnings of re-mineralization, detoxification, hydratation, oxygenation and tonification. Put yourself in our hands and our team will lead you to your self-awareness. Discover the solutions we have created for you, free your mind and body. Stimulate change, affect rhythms and find a total feeling of well-being.

Located in Grande Real Santa Eulália Resort & Hotel Spa, Albufeira, Real Spa Thalasso has 1200m² of a well decorated and equipped space, managed by specialized professionals.

With 16 treatment rooms and one thalasso animated pool, Hammam, Chromotherm, Vichy Shower and Sauna. This is the right place, dedicated to revive the body and relax the mind.

All this allied to the most varied techniques of physical exercise, with a modern space of Cardio Fitness as backdrop and a wide range of menus elaborated by qualified nutritionists will make of the Grande Real Santa Eulália Resort & Hotel SPA the ideal shelter for all those who look for the true well-being.

Contacts

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Characteristics and Services

Hydro-massage baths
Seaweed treatments
Massage
Reflexology
Beauty treatments
Sauna
Turkish saunas
Accommodation facilities available
Restaurant
Gymnasium
Seawater swimming pool
Power showers

Timetable

9 am - 8 pm Sunday: 9 am - 7 pm

Accessibility

Recommended treatments

Well-being programmes