
Baths, Spas and Thalassotherapy

Algarve

Albufeira

Real Spa Health Club - Real Bellavista Hotel & Spa**Address:** Av. do Estádio 8200-127 Albufeira**Telephone:** +351 289 540 060 **Fax:** +351 289 540 061**E-mail:** spa.hc@realbellavista.com **Website:**<http://www.realspaandthalasso.com>**Timetable:**

9 am - 9 pm;

Accessibility:

Disabled access;

Characteristics and Services:

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

Payments:

Credit cards accepted;

Find a unique beauty philosophy at the Real Spa & Health Club, with treatments tailored to meet your needs. 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.

Real Spa Thalasso - Grande Real Santa Eulália Resort & Hotel Spa**Address:** Praia de Santa Eulália 8200-916 Albufeira**Telephone:** +351 289 598 030 **Fax:** + 351 289 598 001**E-mail:** spa.grse@grandereal.com **Website:**<http://www.realspaandthalasso.com>**Timetable:**

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

Accessibility:

Disabled access;

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; 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, hydration, 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.

Lagoa

Vilalara Thalassa Resort

Address: Praia das Gaivotas, Alporchinhas, Porches
8400-450 Lagoa
Telephone: +351 282 320 000 **Fax:** +351 282 320 077
E-mail: reservas@vilalaresort.com **Website:**
<http://www.vilalaresort.com>

Characteristics and Services:

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Pressure-therapy; Aerosols; Power showers;

Olhão

Real Spa Thalasso - Real Marina Hotel & Spa

Address: Av. 5 de Outubro 8700-307 Olhão
Telephone: +351 289 091 300 **Fax:** +351 289 091 301
E-mail: spa@realmarina.com **Website:**
<http://www.realspaandthalasso.com>

Timetable:

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

Accessibility:

Disabled access;

Characteristics and Services:

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

Payments:

Credit cards accepted;

The Hotel has a Spa with 1000m2, well decorated and equipped, managed by specialized professionals. With 9 treatment rooms and one heated pool, Turkish Bath, 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 Real Marina Hotel & Spa the ideal shelter for all those who look for the true well-being.

Portimão

Prainha Clube

Address: Praia dos Três Irmãos 8500-072 Alvor
Telephone: +351 282 458 258 **Fax:** +351 282 458 258
E-mail: thalgoprainhahealthclub@gmail.com **Website:**
<http://www.prainha.net>

Timetable:

Open Monday to Saturday from 9 am to 10 pm;

Characteristics and Services:

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Seawater swimming pool; Power showers;

Payments:

Credit cards accepted;

Vilamoura

Vila Sol World-Class Spa

Address: Morgadinhos - Vilamoura

Telephone: +351 289 300 550 **Fax:** +351 289 300 566

E-mail: spa@vilasol.pt **Website:** <http://www.vilasol.pt>

Timetable:

9 am - 8 pm;

Other informations:

All treatments at Vila Sol SPA have been developed to appeal to the senses using products as close to nature as possible to ease into a relaxed state of mind. The line of services includes a full range of hydrotherapy treatments, skin care and body treatments, massages and manual therapies. From the pool specially designed for aqua-gym and underwater jet massages to all hydrotherapy services including balneotherapy, jet showers, massages under Vichy shower and seaweed applications. From a large range of facials adapted to individual needs to body scrubs or wraps. From traditional Swedish or sport massages to oriental massage techniques such as reiki or shiatsu offered on a floor mat, all the services have been designed with the well-being and comfort of the guests in mind, helping them retrieve a natural balance of health and energy. All the treatments are performed by certified and highly trained health and beauty professionals dedicated to deliver the ultimate soothing spa experience through irreproachable service.;

Lisboa Region

Costa de Caparica

SPA Thalasso Caparica

Address: Av. 1º de Maio nº 25-A 2825-397 Costa de Caparica

Telephone: +351 212 905 655 **Fax:** +351 212 912 657

E-mail: geral@thalassocaparica.com **Website:** <http://www.thalassocaparica.com>; <https://www.facebook.com/thalassocaparica>; <https://www.instagram.com/thalasso.caparica>; <http://www.linkedin.com/company/thalasso-caparica>

Timetable:

All year;

Characteristics and Services:

Hydro-massage baths; Seaweed treatments; Massage; Beauty treatments; Sauna; Turkish saunas; Gymnasium; Aquatic gymnastics; Seawater swimming pool; Pressure-therapy; Maniluvium; Aerosols; Power showers; Water type: Heated Sea Water (Thalasso-therapy); pH level: 7.8; Water temperature: 34º - 38º; Medical monitoring; Nutrition monitoring; Jacuzzi; Marine mud treatment;

Payments:

Credit cards accepted;

Accessibility:

Disabled access; Reception area suitable for people with special needs; Care skills: Visual impairment, Motor disability, Mental disability; Support products/services available: Visual impairment, Motor disability, Mental disability;

Recommended treatments:

Skin therapies; Digestive tract therapies; Respiratory therapies; Blood circulation therapies; Nervous system therapies; Rheumatic and musculo-skeletal therapies; Metabolic-endocrine system therapies;

Well-being programmes:

Rehabilitation programmes; Anti-ageing programmes; Detox programmes; Weight control programmes; Stress management programmes; Beauty programmes; Sports massage;

THERE'S MORE THAN 20 YEARS CARING FOR HEALTH AND WELL-BEING

We provide our clients with wellness and health services - body, mind and soul rehabilitation; differentiating and of extreme quality.

Several services performed with heated sea water, a differentiating and successful element in health and wellness programs, which are complemented by other services - osteopathy, physiotherapy, massages, Thalgo face and body aesthetics, holistic therapies, among others, consonant the need of each person.

15 minutes from Lisbon, with 1000 m2 dedicated to health and well-being.

Come discover the best way to feel healthy and complete!

Madeira

Funchal

Vidamar Resort Madeira

Address: Estrada Monumental, 175-177 9000 Funchal

Telephone: +351 291 717 700 Fax: +351 291 717 701

E-mail: info@madeira.vidamarresorts.com Website:

<http://www.vidamarresorts.com>

Characteristics and Services:

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

Ilha de Porto Santo

Hotel Thalasso Vila Baleira

Address: Sítio do Cabeço da Ponta 9400-030 Porto Santo

Telephone: +351 291 980 890 Fax: +351 291 980 801

E-mail: talasso@ferpinta.pt Website:

<http://www.vilabaleira.com>

The Hotel Vila Baleira is located amidst the calm beauty of the Island of Porto Santo, 4.5 km from the city centre and 6 km from the airport. The hotel is ideal for the total calm of a truly relaxing break from the routines of daily life. Facilities include one of the most modern of all thalassotherapy units specialising in health tourism and capitalising on the unique therapeutic properties of

the island's fine sands and the purity of the waters around this mid-Atlantic island.

Given the excellence of its staff and facilities, the hotel provides health services of both a preventative and curative nature to an increasingly cosmopolitan global society where the frenetic pace of daily life demands a more careful attitude to the requirements of one's own body.

Facing the sea and with direct access to the beach, this complex is made up of a 256 room hotel and 56 fully equipped one-bedroom apartments. The range of services is impressive and includes the most innovative techniques in the struggle against the ailments of modern life: stress, tiredness and exhaustion, a sedentary lifestyle, dietary and digestive problems, tobacco smoking, blood-lymphatic problems, osteo and bone problems and post-natal recovery, among others. Other facilities include a Cinema, a Kid's Club and retail stores.

Thalassotherapy. Feels good, does you good.

Porto and the North

Espinho

Balneário Marinho Municipal

Address: Rua 6 4500 Espinho

Telephone: +351 227 344 179 Fax: +351 227 31 1053

E-mail: cmesolariaoatlantico@mail.telepac.pt Website: <http://portal.cm-espinho.pt/pt/equipamentos-municipais/balneario-marinho/apresentacao/>; <http://portal.cm-espinho.pt/>

Characteristics and Services:

Hydro-massage baths; Seaweed treatments; Sauna; Seawater swimming pool;