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# Baths, Spas and Thalassotherapy

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## Lisboa Region

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### 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](mailto:geral@thalassocaparica.com) **Website:** <http://www.thalassocaparica.com>; <https://www.facebook.com/thalasso.caparica>; <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 (Thalassotherapy); 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!

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## Porto and the North

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### Guimarães

#### Taipas Termal

**Address:** Largo das Termas4805-079 Caldas das Taipas

**Telephone:** +351 253 577 845

**E-mail:** geral@taipastermal.com **Website:**  
**http://www.taipastermal.com**

#### **Timetable:**

From Monday to Saturday: 8.30am / 9pm

Closed: Sundays and public holidays; Bathing Season: All year round;

#### **Characteristics and Services:**

Water type: Hyposaline, sodic, sulphurous, silicated and fluoridated.; pH level: 8,22; Water temperature: 33; Gym; Medical monitoring; Nutrition monitoring; Vichy Shower; Aquatic gymnastics; Hydromassage; Jacuzzi; Power showers; Seaweed treatments; Marine mud treatment; Aerosols; Sauna; Turkish baths; Massage; Pressure-therapy;

#### **Payments:**

Credit cards accepted;

#### **Accessibility:**

Disabled access; Reserved parking spaces; Accessible route to the entrance: Total; Reception area suitable for people with special needs; Accessible changing rooms and treatment areas; Care skills: Mental disability; Support products/services available: Motor disability, Mental disability;

#### **Recommended treatments:**

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

#### **Well-being programmes:**

Rehabilitation programmes;

Caldas das Taipas are known since romanization and there are important vestiges of that period. The ruins of a complete balneary, found in 1867, and Pedra Epigráfica de Trajano (Trajano's Epigraphic Stone) prove that this spa had a great demand in the roman period.

Integrated in a park surrounded by River Ave, its Autumns have an almost legendary fame, because of the temperature mildness and the coloured high vineyards that characterize this region.