
Baths, Spas and Thalassotherapy

Lisboa Region

Costa de Caparica

SPA Thalasso Caparica

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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!