
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.

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.