
Baths, Spas and Thalassotherapy

Algarve

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;

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 (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!

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;

Porto and the North

Chaves

Chaves - Termas & Spa

Address: Largo das Caldas 5400-534 Chaves

Telephone: +351 276 332 445 / 6 Fax: +351 276 332 447

E-mail: geral.termas@chaves.pt Website:

<http://www.termasdechaves.com>

Timetable:

Monday-Saturday: 9am-7pm;

Sunday: 9am-1pm.; Bathing Season: From 1st February to 20th December;

Other informations:

Leisure Activities: Golf, Tennis, Mountaineering, Mini-Golf, Fishing, Hunting, Swimming, Sports, Clay Pigeon Shooting and Gymnasiums.

Characteristics and Services:

Water type: bicarbonated, rich in minerals (sodium, silica, fluoride and hydrogen); pH level: 6,6; Water temperature: 76; Accommodation facilities available; Gym; Medical monitoring; Nutrition monitoring; Vichy Shower; Aquatic gymnastics; Hydromassage; Power showers; Hand wash; Aerosols; Sauna; Turkish baths; Massage; Pressure-therapy; Beauty treatments;

Accessibility:

Disabled access;

The Aquae Flaviae of Roman times, Chaves is located in the heart of the Trás-os-Montes mountain range. It is one of the most important Portuguese spas, as its waters are the hottest in Europe.

The exceptional quality of its springs, which include the Alto Tâmega thermal channel, was the reason why Aquae Flaviae was one of the most flourishing Iberian cities of the Roman period.

Chaves medicinal mineral water is bicarbonated, rich in minerals, especially sodium, silica, fluoride and hydrogen. By its temperature, is called hyperthermal and its main action is to stimulate the metabolic and physiological functions because of its mineralization. It has high anti-inflammatory and analgesic action is descontracturant and facilitates joint function.