
Baths, Spas and Thalassotherapy

Alentejo

Fronteira

Termas da Sulfúrea - Cabeço de Vide

Thermal Baths

Address: Sulfúrea - Termas de Cabeço de Vide Avenida da Liberdade, 45 D 7460-004 Cabeço de Vide

Telephone: +351 245 634 206 **Fax:** +351 245 634 444

E-mail: jfreg.cabecodevide@mail.telepac.pt **Website:** www.jf-cabecodevide.pt

The thermal spa resort of Cabeço de Vide, with its remains of an ancient Roman bathhouse that is said to date from the time of Augustus Caesar (119 BC), best known as Termas da Sulfúrea, is a quiet and pleasant place in which to relax. Situated in

Nisa

Termas da Fadagosa de Nisa

Thermal Baths

Address: Ternisa, E.M. - Apartado 90 6050-909 Nisa

Telephone: +351 +351 245 799 050 / 927 814 393/4 **Fax:** +351 245 799 059

E-mail: ternisa@gmail.com **Website:** www.termasdenisa.pt

Fadagosa de Nisa Spa is located in a region where the Tagus confines with Nisa Municipality for more than 40 km, having landscapes of great beauty. Nearby, there are several important vestiges of the roman presence and of rupestral art, from which we

Algarve

Albufeira

Real Spa Health Club - Real Bellavista Hotel & Spa Thalassotherapy

Address: Av. do Estádio 8200-127 Albufeira

Telephone: +351 289 540 060 **Fax:** +351 289 540 061

E-mail: spa.hc@realbellavista.com **Website:** www.realspaandthalasso.com

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

Real Spa Thalasso - Grande Real Santa Eulália Resort & Hotel Spa

Thalassotherapy

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:** www.realspaandthalasso.com

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

Lagoa

Vilalara Thalassa Resort

Thalassotherapy

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>

Monchique

Caldas de Monchique

Thermal Baths

Address: Caldas de Monchique 8550-232 Monchique

Telephone: +351 282 910 910 **Fax:** +351 282 910 991

E-mail: spa@monchiquetermas.com **Website:**

www.monchiquetermas.com

Situated roughly 250 metres above sea level, in a beautiful valley of the Serra de Monchique, in the midst of luxuriant vegetation and beautiful sunlight, this spa is an unexpected oasis of peace and tranquillity and a genuine paradise for all those

Olhão

Real Spa Thalasso - Real Marina Hotel & Spa

Thalassotherapy

Address: Av. 5 de Outubro 8700-307 Olhão

Telephone: +351 289 091 300 **Fax:** +351 289 091 301

E-mail: spa@realmarina.com **Website:**

www.realspaandthalasso.com

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

Portimão

Prainha Clube

Thalassotherapy

Address: Praia dos Três Irmãos 8500-072 Alvor

Telephone: +351 282 458 258 **Fax:** +351 282 458 258

E-mail: thalgoprainhahealthclub@gmail.com **Website:**

www.prainha.net

Vilamoura

Vila Sol World-Class Spa

Thalassotherapy

Address: Morgadinhos - Vilamoura

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

E-mail: spa@vilasol.pt Website: www.vilasol.pt

Azores

Ilha da Graciosa

Termas do Carapacho

Thermal Baths

Address: Rua Doutor Manuel de Sousa Menezes

Carapacho 9880-152 Santa Cruz da Graciosa

Telephone: +51 295 730 505

E-mail: termas.carapacho@graciosahotel.com Website:
www.graciosahotel.com

Carapacho Thermal Spa The Carapacho thermal springs are located in Graciosa island, next to the sea. The thermal waters were discovered in 1750, and their medicinal properties gained fame in the Azores, in the 18th and 19th centuries. The Carapacho

Ilha de São Miguel

Termas das Furnas

Thermal Baths

Address: Rua das Caldeiras, nº 14 Furnas 9675-022

Povoação / São Miguel

Telephone: +351 296 549 000 Fax: +351 296 549 001

E-mail: reservas@furnasspahotel.com Website:
www.furnasspahotel.com

Centro de Portugal

Aguiar da Beira

Caldas da Cavaca

Thermal Baths

Address: Aguiar da Beira 3570-026 Aguiar da Beira /
Guarda

Telephone: +351 232 680 192 / 232 689 102 Fax: +351
232 688 894

E-mail: geral@caldasdacavaca.pt Website:
www.caldasdacavaca.pt

Almeida

Termas de Almeida Fonte Santa

Thermal Baths

Address: Encosta da Fonte Santa 6350 Almeida / Guarda

Telephone: +351 271 571 123 / +351 271 571 080 Fax:
+351 271 571 081

E-mail: geral@almeidamunicipia.pt **Website:**
www.almeidamunicipia.pt

Almeida's Fonte Santa SPA ? The mineral waters of the Thermal Complex of Almeida sprout on the scarps of the mountains that form the valey through which the Côa River flows at 560m altitude, about 3,5 km Northwest of Almeida, district of Guarda.

Caldas da Rainha

Termas das Caldas da Rainha

Thermal Baths

Address: Hospital Termal Rainha D. Leonor - Centro Hospitalar das Caldas da Rainha Largo Rainha Dona Leonor 2500-176 Caldas da Rainha

Telephone: +351 262 830 379 Fax: +351 262 880 579

E-mail: secretariado.ca@chcrainha.min-saude.pt **Website:**
www.chcrainha.min-saude.pt

The foundation of this locality is deeply connected with Queen D. Leonor, the wife of King João II, who, in the 15th century, ordered the construction of equipments to help patients enjoying the benefits of those thermal waters. Caldas da Rainha is

Castro Daire

Termas do Carvalho

Thermal Baths

Address: Rua do Balneário - Termas do Carvalho 3600-398 Mamouros (Viseu)

Telephone: +351 232 382 342 - 232 315 881 Fax: +351 232 315 882

E-mail: geral@termasdocarvalho.com **Website:**
www.termasdocarvalho.com

Water Village/Aldeia da Água reflects the outstanding elements which characterize Castro Daire. It allies hot springs to rural world, countryside, nature, secular traditions and local gastronomy. The landscape combines the mountain range of

Covilhã

Aquadome - Estabelecimento Termal de Unhais da Serra

Thermal Baths

Address: Avenida das Termas - Unhais da Serra 6200-999 Covilhã

Telephone: +351 275 970 030 Fax: +351 275 970 038

E-mail: geral@aquadome.com.pt **Website:**
www.h2otel.com.pt

Curia

Termas da Curia

Thermal Baths

Address: Curia 3780-541 Tamengos

Telephone: +351 231 519 825

E-mail: termas@termasdacuria.com;
reservas@termasdacuria.com **Website:**
www.termasdacuria.com

In the heart of Bairrada, a region with natural and man-made landscapes all of its own, Curia Spa is one of the most prestigious in the country. Located in Curia Park near a kilometre-long lake, the spa facilities are surrounded by trees and

Guarda

Termas de Longroiva

Thermal Baths

Address: Lugar do Rossio 6430-071 Longroiva / Guarda

Telephone: +351 279 849 230 **Fax:** +351 279 849 235

E-mail: geral@termasdelongroiva.com.pt **Website:**
www.termasdelongroiva.com.pt

Lourinhã

Termas do Vimeiro

Thermal Baths

Address: Rua da Ribeira 2560 ? 084 Maceira / Torres Vedras

Telephone: +351 261 980 800 **Fax:** +351 261 984 621

E-mail: amacedo@ohotelsandresorts.com **Website:**
www.ohotelsandresorts.com

The peaceful spa of Vimeiro is located in the district of Torres Vedras, in the beautiful Western Region, and is reputed to have been known since remote antiquity. The high point in its history was an important battle that took place there between

Luso

Termas do Luso

Thermal Baths

Address: Rua Álvaro Castelões, 63 3050-230 Luso

Telephone: +351 231 937 910 **Fax:** +351 231 937 925

E-mail: termasdeluso@maloclinicspa.com **Website:**
<http://www.maloclinicspa.com/termasdeluso>

The old settlement of Luso is a welcoming small town of great character. Its excellent conditions and extremely pure waters make Luso one of the most important Portuguese spas. Nearby are the enchanting hills of Buçaco, where you can appreciate the

Mangualde

Termas de Alcafache

Thermal Baths

Address: Rua do Balneário 3530-029 Alcafache

Telephone: +351 232 479 797 / 96 27 95 733 **Fax:** +351 232 471 296

E-mail: geral@termasdealcafache.pt **Website:**
www.termasdealcafache.pt

Situated in the Beira Alta, in the peaceful rural atmosphere of the Dão valley, roughly 9 kilometres from Viseu, the spa is surrounded by a harmonious landscape of vineyards, pinewoods and apple orchards that fill the air with their scent. One

Manteigas

Termas de Manteigas

Thermal Baths

Address: Manteigas - Apartado 17 6260-012 Manteigas

Telephone: +351 275 980 300 **Fax:** +351 275 980 340

E-mail: inatel.manteigas@inatel.pt **Website:**
www.inatel.pt

It is in the heart of Serra da Estrela, a mythical place associated to the resisting forces against the roman occupation, that the springs of Caldas de Manteigas have their origins. The Spa, that has been assuming an increasing importance as a

Mação

Termas da Ladeira de Envendos

Thermal Baths

Address: Envendos 6120-019 Envendos (Mação)

Telephone: +351 276 990 900 **Fax:** +351 276 907 359

E-mail: termas@unicer.pt

Envendos is an ancient locality in the municipality of Mação, not only with important archaeological vestiges, but also with strong traditions and habits that constitute a cultural heritage of enormous and unique value. Being controversial the origin of

Monfortinho

Termas de Monfortinho

Thermal Baths

Address: Monfortinho 6060-072 Monfortinho

Telephone: +351 277 430 400 **Fax:** +351 277 430 409

E-mail: termas.monfortinho@monfortur.pt **Website:**
<http://www.monfortur.pt>

The existence of Roman remains has led to the belief that the Monfortinho springs were used during the Roman colonisation, although it is only from the 17th century onwards that there is reliable evidence of their use. The spa became important in

Monte Real

Termas de Monte Real

Thermal Baths

Address: Rua de Leiria 2426-909 Monte Real

Telephone: +351 244 619 020 **Fax:** +351 244 619 029

E-mail: balneario@termasdemontereal.pt; geral@termasdemontereal.pt **Website:** <http://www.termasdemontereal.pt>

Recently opened to the public, the Monte Real Thermal Park consists of the Monte Real Hot Springs, the Monte Real Palace Hotel and the Monte Real Spa, stretching over an area of 24 hectares which also includes 2 tennis courts, a children's park, a

Nelas

Caldas da Felgueira

Thermal Baths

Address: Av. António Marques - Caldas da Felgueira

3525-210 CANAS DE SENHORIM (Viseu)

Telephone: +351 232 945 000 **Fax:** +351 232 945 002

E-mail: termas@termasdafelgueira.pt **Website:** www.termasdafelgueira.pt

In use since the end of the 18th century, the hot springs of Felgueira, or Caldas do Vale de Madeiros as they were known until 1880, were popular from the beginning, though especially so early in the 19th century. Located in a peaceful and welcoming

Sabugal

Termas do Cró

Thermal Baths

Address: Praça da República 6324-007 Sabugal

Telephone: +351 271 581 818 **Fax:** +351 271 581 818

E-mail: termas.cro@cm-sabugal.pt **Website:** www.cm-sabugal.pt

São Pedro do Sul

Termas de São Pedro do Sul

Thermal Baths

Address: Praça Dr. António José de Almeida - Termas de São Pedro do Sul 3660-692 Várzea

Telephone: +351 232 720 300 **Fax:** +351 236 712 152

E-mail: geral@termas-spsul.com **Website:** www.termas-spsul.com

Remains of a Roman changing room prove that this Spa was used in the period of the Roman conquest. Its original name - Balneum - gave rise to the place name Banho by which the village was known in the 11th century. It is also thought that D. Afonso

Tondela

Termas de Sangemil

Thermal Baths

Address: Lajeosa do Dão 3460-160 Tondela / Viseu

Telephone: +351 232 672 460 **Fax:** +351 232 672 445

E-mail: termasdesangemil@tondelviva.pt **Website:**
<http://termasdesangemil.tondelviva.pt>

Sangemil village and the Spa named after it are located next to River Dão, in Tondela Municipality, in a valley surrounded by vineyards and orchards. Like in Alcafache Spa, some of these springs have their origin in the bed of River Dão.

Lisboa Region

Costa de Caparica

Centro de Thalasso da Costa da Caparica

Thalassotherapy

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>

20 km from Lisbon, the Thalasso Centre of Costa da Caparica has reinvigorating programmes adapted to the particular needs of whoever the client. Any visit begins with one of the Centre's qualified specialists for evaluation and the diagnosis of a

Estoril

Termas do Estoril

Thermal Baths

Address: Av Portugal 2765-272 Estoril

Telephone: +351 214 658 610 **Fax:** +351 414 665 512

E-mail: geral@termasdoestoril.pt **Website:**
www.termasdoestoril.pt

Madeira

Funchal

Hotel Tivoli Madeira

Thalassotherapy

Address: Rua Simplício dos Passos Gouveia, 29 9004 - 576 Funchal Madeira

Telephone: +351 291 702 000 **Fax:** +351 291 702 020

E-mail: reservations.htma@tivolihotels.com **Website:**
<http://www.tivolihotels.com>

The Tivoli Madeira is a luxurious 5 star hotel located in the heart of the tourist district of Funchal, looking out over the Promenade and the coast and just 5 minutes from the centre of the city. The attractive climate and warm seawaters, along

Vidamar Resort Madeira

Thalassotherapy

Address: Estrada Monumental, 175-177 9000 Funchal

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

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

Ilha de Porto Santo

Hotel Thalasso Vila Baleira

Thalassotherapy

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:**

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

Porto and the North

Amares

Termas de Caldelas

Thermal Baths

Address: Caldelas 4720-263 Amares

Telephone: +351 253 360 160 **Fax:** +351 253 361 136

E-mail: mail@termasdecaldelas.com **Website:**

<http://www.termasdecaldelas.com>

Caldelas Spa is set in a magnificent location at the heart of Minho region, in a zone that witnessed important battles marking the birth of the Portuguese nation. With its particularly mild climate it is an excellent place for therapy and rest. The

Boticas

Caldas Santas de Carvalhelhos

Thermal Baths

Address: Rua das Caldas (EN 520-1), 12 5460

Carvalhelhos / Boticas

Telephone: +351 276 410 300 **Fax:** +351 276 410 301

E-mail: carvalhelhos@mail.telepac.pt **Website:**

www.carvalhelhos.pt

The majestic and imponent region of Barroso, in Trás-os-Montes, is the set of Águas Santas de Carvalhelhos springs, which waters are known since the romanization period. Apart from the magnificent show of nature in all its strength and plenitude, a

Espinho

Balneário Marinho Municipal

Thalassotherapy

Address: Rua 6 4500 Espinho

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

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

<http://portal.cm-espinho.pt/>

Guimarães

Caldas das Taipas

Thermal Baths

Address: Lg. das Termas 4805-079 Caldas das Taipas

Telephone: +351 253 577 898 **Fax:** +351 253 577 890

E-mail: geral@taipasturitermas.pt **Website:**
www.taipasturitermas.pt

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

Monção

Termas de Monção

Thermal Baths

Address: Av das Caldas 4795-405 Monção

Telephone: +351 251 648 367 **Fax:** +351 251 648 367

E-mail: tesalmoncao@tesal.com **Website:** www.tesal.com

Situated close to the border with Galicia, at the northernmost edge of the Minho region, in the midst of a leafy park by the side of the Minho river, Monção is a spa that exudes peace, quiet and freedom. The spa is located 700 metres from the

Murça

Caldas de Carlão

Thermal Baths

Address: Candedo 5090-011 Candedo (Murça)

Telephone: +351 259 549 147 **Fax:** +351 259 657 393

E-mail: caldasdecarlao@caldasdecarlao.com **Website:**
<http://www.caldasdecarlao.com>

Caldas do Carlão Spa is integrated in a beautiful scenery of tread-like vineyards, near Alijó and Murça. In Autumn, this landscape is covered by golden and copper tones, offering a rare and dazzling sight. These waters are supposed to have been

Penafiel

Termas de Entre-os-Rios

Thermal Baths

Address: Estr. Nac. 106, km 39 - Torre 4575-416 Portela PNF

Telephone: +351 255 616 059 **Fax:** +351 255 615 170

E-mail: inatel.erios@inatel.pt **Website:**
<http://www.inatel.pt>

In the heart of a park with centenarian trees we can find Entre-os-Rios Spa, a privileged spot where nature appears in all its splendour and magnificence.

Termas de São Vicente

Thermal Baths

Address: Termas São Vicente 4575-373 Pinheiro PNF

Telephone: +351 255 617 080 / 964 941 987 **Fax:** +351 255 617 089

E-mail: termas@termas-svicente.pt

Resende

Caldas de Aregos - Balneário Rainha D. Mafalda Thermal Baths

Address: Caldas de Aregos 4660-013 Resende

Telephone: +351 254 875 259 Fax: +351 254 875 825

**E-mail: geral@termas-caldasdearegos.com Website:
www.termas-caldasdearegos.com**

The new Spa Resort appreciates all the known thermal waters sought by its therapeutic value (musculoskeletal problems, skin and respiratory tract). Make use of our waters in a complex that promotes their welfare.

Santa Maria da Feira

Termas de São Jorge

Thermal Baths

Address: Lugar da Sé 4509-903 Caldas de São Jorge

Telephone: +351 256 910 360 Fax: +351 256 910 369

E-mail: info@termas-sjorge.com Website: www.termas-sjorge.com

A haven providing well-being! In the village of Caldas de S. Jorge, 25 km from Porto, you will find the ideal haven to regain your physical and psychological equilibrium that can be lost due to modern living. With a long tradition the S. Jorge

Santo Tirso

Caldas da Saúde

Thermal Baths

Address: Caldas da Saúde 4784-907 Areias (SANTO TIRSO)

Telephone: +351 252 861 763 Fax: +351 252 861 764

**E-mail: termas@caldas-da-saude.pt Website:
http://www.caldas-da-saude.pt**

Between Vila Nova de Famalicão and Santo Tirso, Caldas da Saúde, or Caldinhas, is a pleasant and extremely peaceful spot where the priests of the Order of Santo Inácio de Loyola still stroll. The property and spa facilities were acquired by the

Terras de Bouro

Termas do Gerês

Thermal Baths

Address: Av. Manuel Francisco da Costa, 125 4845-067 Gerês

Telephone: +351 253 391 113 Fax: +351 253 391 184

**E-mail: info@TermasdoGeres.pt Website:
www.TermasdoGeres.pt**

Discovered and exploited by the Romans, the Gerês hot springs saw the first bathing establishment constructed in the reign of João V (17th century). The exceptional quality of the waters and the spa's location in the majestic Peneda Gerês National

Vidago

Termas de Vidago

Thermal Baths

Address: Parque de Vidago Apartado 16, 5425-307

Vidago / Vila Real

Telephone: +351 276 990 970 Fax: +351 276 100 297

E-mail: squareservations@vidagopalace.com Website: www.vidagopalace.com

A prestigious spa Vidago was the favourite watering place of the Portuguese court in the 19th century and, as such, was considered the "queen of the spas". The grand and elegant spa hotel, the Palace do Vidago, is located in the middle of a leafy

Vila Pouca de Aguiar

Termas de Pedras Salgadas

Thermal Baths

Address: Parque de Pedras Salgadas 5450-140 Bornes de Aguiar

Telephone: +351 932 640 521

E-mail: pedras@unicer.pt Website: www.aguadaspedras.com

In 1902, the inspector of the Kingdom's Mineral Waters defined Pedras Salgadas as it follows: "For all its natural beauties, therapeutic importance and artifices' magnificence, it must be considered the most beautiful portuguese spa."This Spa,

Vizela

Caldas de Vizela

Thermal Baths

Address: Rua das Termas, 37 4815-416 Vizela

Telephone: +351 351 253 480 360 Fax: +351 253 480 361

E-mail: termas@termasdevizela.com Website: www.termasdevizela.com

Caldas de Vizela provides three spa establishments, with multiple springs (approximately 50). Together they constitute the most extensive spa facilities in Portugal. On the banks of the river that gives it its name, close to the city of Guimarães,