
A day of wellness at a spa

ABOUT

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Free your spirit and regain your balance. The mild climate and ideal location near the ocean make Portugal's spas natural reserves for wellness.

If you're looking for a quiet holiday destination, In the comfort of a hotel or at a resort, in Portugal you will find the **main international spa brands**, along with a vast range of wellness programs. Choose a **signature treatment** or a **personalized plan**. Banyan Tree, Sisley, Angsana, Espa, La Prairie, Mandara, Caudalie or Six Senses are some of the brands that offer programs geared toward relaxing and preventing stress, anti-aging, detox or beauty, combined with nutritional counselling.



Six Senses Douro Valley, Lamego

Re-energize yourself at one of the hotels with spa in **Porto and the North**, where you can stay when you visit Porto and the region- www.visitportoandnorth.travel



In **Centro de Portugal**, with its world renowned historical heritage and well preserved natural landscapes, you will find thermal spas with very special therapeutic properties. Please visit www.visitcentrodeportugal.com.pt



Photo: Hotel Quinta do Lago, Algarve

In the mild climate of the **Algarve** you can combine wellness with the beach, nature and outdoor activities. See how

at www.visitalgarve.pt or conduct a [search for spas and resorts in the region](#).

In the middle of the Atlantic Ocean, the **Islands of Madeira and Porto Santo** are a safe bet for anyone who likes nature, tranquillity and quality of service. Against a luxurious backdrop in the mountains or by the sea, Madeira Spas are sanctuaries of wellness.

Various Portuguese spas have been internationally recognized in health and wellness:

✓ [The Vine Hotel, Madeira](#) - in 2016, it was rated the best spa hotel on a European island (Europe's Leading Island Hotel & Spa 2016)

✓ [Vilalara Longevity Thalassa & Medical Spa](#) and [Longevity Cegonha Country Club, Algarve](#) - the Longevity concept has been internationally recognised by the World Travel Awards and by Condé Nast Johansens. In 2013 it was voted the "Most Life-Changing Spa" by the Tatler Awards.

✓ [Six Senses Douro Valley, Lamego](#) - considered one of the best hotels in Europe by readers of *Condé Nast Traveller* and one of the best spas in the world, according to the *Taschen's Favourite Spas* guide

✓ [Vidago Palace Hotel, Chaves](#) - named Best Spa by *Andrew Harper's Hideaway Report* and recognized for its unique treatments by *Condé Nast Johansens Luxury Spas* in 2015

✓ [Conrad Hotel Algarve](#) - voted the World's Leading New Resort in 2012, and Europe's Leading Luxury Resort and Spa in 2015 and 2016, in the World Travel Awards

✓ [The Yeatman Hotel, Porto](#) - considered the Best Hotel Spa in Europe by *World Spa & Wellness Awards* 2013

✓ [Altis Belém Hotel & Spa, Lisboa](#) - spa by Karin Herzog was named the Best Luxury Hotel Spa by the *World Luxury Spa Awards* 2013