ABOUT

A day of wellness at a spa

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.

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](http://www.visitcentrodeportugal.com.pt)

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