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## Health and Well-being in Madeira

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### ABOUT



Photo: Turismo de Portugal

### Health and Well-being in Madeira

Discover an environment of perfect harmony between nature and man where the maxim “a sound mind in a healthy body” makes perfect sense.

Madeira is much more than an island; it is a mystical place, one for discovering nature and oneself. Like us, who are made of the body and soul duality, it is also made of contrasts between the deep ocean and the high mountains, the sun and the snow, the blue of the sea and the exuberant colours of the flowers. It is in this perfectly blended landscape of contrasts that you'll find a balance between body and mind.

Long sought after for its therapeutic qualities, particularly for healing respiratory ailments, Madeira continues to offer exceptional conditions as a health destination.

On this island of calm, clear waters, you can take advantage of algae and plant extracts, the fresh aroma of flowers, the 100% pure air, combined with its mild climate, for recharging batteries.

Most hotels offer a wide range of choices – natural pools, saunas and massage centres. Some are even “health spas”, complementing the provision of services such as thalassotherapy, hydromassage, Turkish bath and beauty salons, where medical and cosmetic treatments combine.

Keep in mind the island of Porto Santo which, in addition to the immense golden sandy beach, whose mineral properties are already world famous for their therapeutic potential in the treatment of rheumatic diseases, also boasts a Thalassotherapy Centre which provides complementary preventative and curative health services.

With such healthy and natural features, Madeira offers the essential conditions to enjoy a relaxing and invigorating holiday at any time of the year.

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### USEFUL INFORMATION

Find out more: Turismo da Madeira

Maps and Brochures: VisitMadeira

Madeira Spas

Madeira Apps