



TERMAS DO GERÊS

www.TermasdoGeres.pt

Tel: (+351) 253 391 113

E-mail: info@termasdogeres.pt

WATER REGISTRATION

THERMAL HEALING - 1st cure (14 days) - Registration / Clinical Fees / Water Intake	110.00 €
THERMAL HEALING – 2nd cure (14 days) - Registration / Clinical Fees / Water Intake – 2 nd cure	75.00 €
Medical Appointment	60.00 €
Nutrition Consultation (free for Hotel Águas do Gerês guests)	35.00 €

SHOWER AND BATH TECHNIQUES

Jet Shower (5') / Smooth Shower (10')	9,50 €
Bubble Bath (aero bath) / Immersion Bath (15')	9,50 €
Stone Bath Immersion (15')	10,00 €
Computerized whirlpool - Relaxing (20')	11,00 €
Computerized whirlpool - Draining (20')	11,00 €
Computerized whirlpool - Rheumatism (20')	11,00 €
Computerized whirlpool - Vascular Toner or Abdominal Toner (20')	11,00 €
Underwater Shower Bath (15')	14,00 €

CARDIO-FITNESS GYM (30')	8,50 €
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SAUNA / STEAM BATH (15')	10,00 €
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SWIMMING POOL (30')*	16,00 €
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TERMAS & SPA DO GERÊS CIRCUIT (60')*	
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Cardio-Fitness Gym	25,00 €
Steam Bath	
Swimming Pool*	

TERMAS & SPA DO GERÊS CIRCUIT * (Free Access 1 day - subject to availability of services)	
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Cardio-Fitness Gym	28,00 €
Steam Bath	
Swimming Pool*	

* Children in the Pool - Only from 6 years old, accompanied by adults and subject to availability



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MASSAGES

Warm Jets Massage In A Water Bed (30')	16.00 €
Local Massage In A Special Chair (15')	16.00 €
Special Gerês Massage "Geresiana" (15')	17.00 €
"Heavy Legs" Massage (15')	25.00 €
Indian Head Massage (30')	26.00 €
Sweet Almonds Vichv (15')	31.50 €
Local Massage (15')	21.00 €
Full Body Massage (30')	35.00 €
Relaxation Full Body Massage (45')	51.00 €
Intense Full Body Massage (60')	65.00 €
Lomi-Lomi Massage (60')	79.00 €
Lymphatic Drainage – Manual Local (30')	40.00 €
Lymphatic Drainage – Manual Full Body (60')	76.00 €
Anti Celulitic And Reducer Massage Local * (30')	35.00 €
Mokzay Therapy Local (50')	57.00 €
Slimming And Refirming Massage * (45')	63.00 €
Anti Celulitic And Reducer Massage Full Body * (60')	69.00 €
Mokzay Therapy Full Body (90')	99.00 €
Hot Stones Massage Local (30')	40.00 €
Hot Stones Massage Full Body (60')	76.00 €
Warm Oils Aroma Massage (45')	57.00 €
Shiatsu Local (20')	37.00 €
Shiatsu Full Body (45')	63.00 €

ESTHETICS

Facial Massage * (15')	23.00 €
Facial Peeling * (15')	29.00 €
Lifting Massage * (50')	49.00 €
BEAUTY FACIAL TREATMENT * (Facial Massage and Mask + Hands, Arms, Legs and Feet Massage) (40')	57.00 €
DELUXE FACIAL TREATMENT * (Facial Peeling, Facial Massage and Mask + Hands, Arms, Legs and Feet Massage) (50')	71.00 €
Full Body Peeling And Moisturizing * (30')	62.00 €
Algae Wrapping * (30')	62.00 €

- These complete treatments include aesthetic products



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OTHER Specific Treatments

HIDROCOLATOR (with final massage – 15')	10.50 €
Ultra Sounds (5')	10.50 €
Diatermia (Short Waves – 15')	10.50 €
Pressotherapy (15')	12.00 €
Pressotherapy (with Legs Massage – 30')	34.00 €
Back Vacuotherapy (20')	23.00 €
Vacuotherapy Anti Cellulitis And Reducing Local (30')	34.00 €
Vacuotherapy Anti Cellulitis And Reducing Full Body (60')	63.00 €

Accessories and Consumables

Cup Bag	2,90 €
Pressotherapy – SOCKS	2,90 €
Backpacks	4,00 €
Lycra Cap	5,00 €
Silicone Cap	6,00 €
Water Intake - CUP	6,00 €
Men's Swimming Shorts	33,00 €
Ladies Swimsuit	43,00 €

MEDICAL SPA REGULATION**BOOKING**

Make a medical appointment in advance. Check for the day you want to start treatment or for the day immediately preceding it, in order to guarantee availability of schedules. You can do it in person, by phone or by email. Don't forget, you can only start treatments after a thermal medical prescription.

ARRIVAL

On the day of arrival at the Thermal Spa, go to the service desk at least 15 minutes before the time of the medical consultation. Don't forget to bring your personal identification and health card and the most recent clinical examinations and analyzes you have carried out, especially if they were performed in the last 2 months.

When using the Thermal Spa and other services, we advise you not to bring valuables with you.

Always arrive early enough to use the changing rooms before treatments start.

It is mandatory to wear a cap and swimsuit / bikini and shorts in the pool and appropriate equipment in the Gym.

CANCELLATION AND DELAYS

Cancellation without prior notice of 24 hours, implies the full payment of the medical consultation, treatment or program. The delay in arriving at the treatments isn't recoverable, and the full benefit of them is naturally reduced. Any alteration or interruption of Healing must be justified by a medical certificate.

DISCOUNTS

ON PURCHASE OF 7 OR MORE EQUAL TREATMENTS - 10% DISCOUNT

These discounts cannot be combined with others; Discounts do not apply to medical appointments.

HOTEL ÁGUAS DO GERÊS CLIENTS - Special discount in the value of the Spa treatments per unit.

All taxes included / Prices may change without previous notice



THERMALISM

2023



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