



### TERMAS DO GERÊS

[www.TermasdoGeres.pt](http://www.TermasdoGeres.pt)

Telefone: 253 391 113

E-mail: [info@termasdogeres.pt](mailto:info@termasdogeres.pt)

Therapeutic packages at Gerês Medical Spa are based on the Ingestion of your unique Water!

Even if you are perfectly healthy, you can take advantage of the TERMAL HEALING Program that works as a “general regeneration and detoxification of your body”.

#### THERMAL HEALING - 14 DAYS

110,00 €

Water Intake

Initial and final medical consultation and medical follow-up during thermal treatment

Physical Activity - Maintenance Circuit at Parque das Termas

#### DIABETIS CONTROL - 14 DAYS

200,00 €

Water Intake

Initial and final medical consultation and medical follow-up during thermal treatment

Physical Activity - Maintenance Circuit at Parque das Termas

Nutrition Consultation

12 sessions of accompanied physical exercise or water aerobics (subject to availability))

#### LIVER AND VESICLE - 14 DAYS

279,00 €

Water Intake

Initial and final medical consultation and medical follow-up during thermal treatment

Physical Activity - Maintenance Circuit at Parque das Termas

Nutrition Consultation

7 Underwater Shower Baths

7 Diathermy

#### ARTERIAL HYPERTENSION - 14 DAYS

364,00 €

Water Intake

Initial and final medical consultation and medical follow-up during thermal treatment

Physical Activity - Maintenance Circuit at Parque das Termas

Nutrition Consultation

4 Swimming Pools

1 Relaxing Whirlpool

5 Sweet Almonds Vichy

2 Warm Jets Massage In A Water Bed

#### FITNESS PACKAGE – 14 DAYS

958,00 €

Water Intake

Initial and final medical consultation and medical follow-up during thermal treatment

Nutrition Consultation

12 Accompanied Physical Exercise Sessions or Water Aerobics (subject to availability) and Maintenance Circuit at Parque das Termas

4 Lymphatic Drainage Manual

1 Full Body Peeeling And Moisturizing

5 Vacuotherapy Anti Cellulitis And Reducing Local

4 Anti Celulitic And Reducer Massage Local

3 Tonic Whirlpool

5 Jet Shower

2 Drainage (Pressotherapy)

5 Swimming Pools



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**All therapeutic programs:** Include use of Towel, Bathrobe and Slippers. They are subject to medical prescription and subject to personalized adjustment. They imply that you respect the Geresian diet for a total period of one month: during your stay and for the same period after healing, in your home.

### 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.