



ÁGUAS DO GERÊS

HOTEL, TERMAS E SPA

SPA MENU

Health and Wellness
2026

GERÊS SPECIALS

LOMI-LOMI MASSAGE 60' Hawaiian Relaxation Massage	85,00 €
VICHY "AQUAROMA" GERÊS 60' Peeling with Epsom Salt, Wrapping with Gerês Honey and Rain Shower Body Massage+Essential Oils (Cypress/Geranium)	97,00 €
MOKZAY THERAPY 90' Anti-celulitic/reducer treatment	105,00 €

OUR RITUALS

MOUNTAIN RITUAL 60' Swimming Pool "Heavy Legs" Massage – Cypress/Geranium Essential Oils Tea and Rest	52,00 €
DEEP RELAXATION RITUAL 60' Deep Relaxation Vichy Massage – Lavender or Orange Essential Oils Indian Head Massage Tea and Rest	61,00 €
ZEN RITUAL 75' Relaxation Bath – Bergamot Essential Oil Shiatsu Massage Session Tea and Rest	85,00 €
BEAUTY RITUAL 90' Body Peeling "Deluxe Facial" Treatment Facial Peeling, Mask and Massage + Hands, Arms, Legs and Feet Massage Tea and Rest	140,00 €
ROMANCE AND AROMAS RITUAL 160' Termas & Spa Circuit Cupid Massage Or Aphrodite Massage With Essential Oils Tea and Rest	186,00 € p/ Couple

Águas do Gerês - Nature's Solution

AQUA SENSATIONS

TERMAS & SPA DO GERÊS CIRCUIT 90' 26,00 €
Gym / Steam Bath / Swimming Pool

TERMAS & SPA DO GERÊS CIRCUIT Access 1 day (90' in the morning + 90' in the afternoon) 30,00 €
Gym / Steam Bath / Swimming Pool

SWIMMING POOL 30' 17,00 €

AROMATHERAPY WHIRLPOOL BATHS

REVITALIZING BATH – Rosemary Essential Oil 20' 19,00 €

RELAXATION BATH – Bergamot Essential Oil 20' 19,00 €

DETOX BATH – Lemon Essential Oil 20' 19,00 €

DRAINING BATH – Geranium or Cypress Essential Oils 20' 19,00 €

SHOWER MASSAGES -VICHY

SWEET ALMONDS VICHY 15' 35,00 €

DETOX VICHY - Lemon Essential Oil 15' 36,00 €

DRAINING VICHY - Cypress Essential Oil 15' 36,00 €

PEELING VICHY – Epsom Salt and Lavender Essential Oil 30' 53,00 €

OTHER SERVICES

STEAM BATH / SAUNA 15' 10,50 €

JET SHOWER 5' 10,00 €

SMOOTH SHOWER 10' 10,00 €

MASSAGES MENU

THE CLASSICS

LOCAL MASSAGE IN THE SPECIAL CHAIR 15' 17,00 €

LOCAL MASSAGE 15' 23,00 €

HEAVY LEGS MASSAGE 15' 26,00 €

FULL BODY MASSAGE 30' 38,00 €

RELAXATION FULL BODY MASSAGE 45' 55,00 €

INTENSE FULL BODY MASSAGE 60' 77,00 €

THE SLIMMINGS

ANTI CELULÍTIC AND REDUCER MASSAGE LOCAL 30' 38,00 €

ANTI CELULÍTIC AND REDUCER MASSAGE FULL BODY 60' 75,00 €

SLIMMING AND REFIRMING MASSAGE 45' 68,00 €

LYMPHATIC DRAINAGE MANUAL LOCAL 30' 43,00 €

LYMPHATIC DRAINAGE MANUAL FULL BODY 60' 82,00 €

MOKZAY THERAPY

Local 50' 60,00 €

Full Body 90' 105,00 €

THE ORIENTALS

INDIAN HEAD MASSAGE 30' 27,00 €

SHIATSU - LOCAL 20' 40,00 €

SHIATSU – FULL BODY 45' 68,00 €

AYURVEDA MASSAGE 60' 84,00 €

HOT STONES MASSAGE – LOCAL 30' 42,00 €

HOT STONES MASSAGE – FULL BODY 60' 84,00 €

WARM OILS AROMA MASSAGE 45' 62,00 €

SPECIALS MOMENTS

ROMANTIC MOMENTS

CUPID MASSAGE 30'	77,00 €
CUPID MASSAGE 60'	154,00 €
Full Body Massage with Essential Oils for 2 at the same time	
APHRODITE MASSAGE 30'	87,00 €
APHRODITE MASSAGE 60'	176,00 €
Hot Stones Massage with Essential Oils for 2 at the same time	

MOMENTS JUST FOR YOU

RELAXATION BATH – Lavender Essential Oil 20'	19,00 €
WARM JETS MASSAGE IN A WATER BED 30'	18,00 €

PRE MOM MOMENTS (AFTER 3 MONTHS PREGNANCY)

LOCAL MASSAGE 15'	23,00 €
HEAVY LEGS MASSAGE 15'	26,00 €
DELUXE FACIAL TREATMENT 50'	77,00 €

ESTHETICS AND ADVANCED ESTHETICS

FACIAL TREATMENTS

FACIAL MASSAGE 15'	24,00 €
FACIAL PEELING 15'	31,00 €
FACIAL RADIOFREQUENCY	40,00 €
SIMPLE FACIAL CLEANING	45,00 €
LIFTING MASSAGE 50'	54,00 €
BEAUTY FACIAL TREATMENT (Mask and Facial Massage + Hands, Arms, Legs and Feet Massage) 40'	62,00 €
DELUXE FACIAL TREATMENT (Facial Peeling, Facial Massage and Mask + Hands, Arms, Legs and Feet Massage) 50'	77,00 €
COMPLETE FACIAL CLEANING	77,00 €

BODY TREATMENTS

BODY RADIOFREQUENCY	40,00 €
CAVITATION	40,00 €
FULL BODY PEELING AND MOISTURIZING 30'	66,00 €
ALGAE WRAPPING 30'	66,00 €
MANICURE	10,00 €
MANICURE WITH GEL POLISH	13,00 €
GEL MANICURE	25,00 €
PEDICURE	21,00 €
PEDICURE WITH NORMAL NAIL POLISH	23,00 €
PEDICURE WITH GEL POLISH	27,00 €
MEDICAL PEDICURE	30,00 €

SPA REGULATION

BOOKING

Please book as soon as possible. You will ensure availability of services and schedules. Book by Phone, Email or directly at the front desk.

ARRIVAL

Please arrive 30min. before schedule service/treatment.

Please do not bring money of value objects to the spa.

You are required to use cap, swimming suit in the swimming pool and appropriate equipment in the Gym. Minimum age: 6 years old to use the swimming pool and 16 years old to all other services.

CANCELLATION AND DELAYS

Cancellation of treatments and services without 24h prior notice requires the full payment of the treatment or service.

The delay is not recoverable. If you arrive late the treatment time is reduced.

GIFT VOUCHERS

We have at your disposal gift vouchers. Please ask for in the front desk.

HOTEL DISCOUNT

If you are at Águas do Gerês Hotel you will have a special discount.

TIMETABLE AND AVAILABILITY

Information: Termas & Spa do Gerês Front Desk

MID SEASON: All dates except August

HIGH SEASON : August 1st to 31st

Service Charges (Use of robe, towel and slippers) – 5,00 €

All taxes included / Prices may change without previous notice