



ÁGUAS DO GERÊS  
HOTEL, TERMAS E SPA

# SPA PACKAGES 2024

2 to 7 DAYS

## SPA EXPERIENCE – 2 DAYS

78,00€

- 1 RELAXATION BATH (15mn.)
- 1 QUICK MASSAGE (15mn.)
- 1 RAIN SHOWER MASSAGE VICHY (15mn.)
- REST AND TEA

## DELIGHT PACKAGE – 2 DAYS

115,00€

- 1 TERMAS & SPA CIRCUIT (60mn.)
- 1 WARM JETS MASSAGE IN A WATER BED (30mn.)
- 1 RAIN SHOWER MASSAGE VICHY with Essential Oils (15mn.)
- 1 WARM OILS AROMA MASSAGE (45mn.)
- REST AND TEA

## FEEL ROMANCE – 2 DAYS

216,00€/couple

- 1 TERMAS & SPA CIRCUIT (60mn.)
- 1 CUPID OR APHRODITE MASSAGE (30mn.)
- 1 RAIN SHOWER MASSAGE VICHY with Essential Oils (15mn.)
- 1 INDIAN HEAD MASSAGE (30mn.)
- REST AND TEA

### **100% GERÊS – 3 DAYS**

**162,00€**

2 TERMAS & SPA CIRCUITS (60mn.)  
1 RELAXATION BATH (15mn.)  
1 AROMATHERAPY BATH (20mn.)  
1 "HEAVY LEGS MASSAGE" (15mn.)  
1 QUICK MASSAGE (15mn.)  
1 INDIAN HEAD MASSAGE (30mn.)  
1 FULL BODY MASSAGE (30mn.)  
REST AND TEA

### **100% ORIENT – 3 DAYS**

**285,00€**

2 TERMAS & SPA CIRCUITS (60mn.)  
1 RELAXATION BATH (20mn.)  
1 AROMATHERAPY BATH (20mn.)  
1 SHIATSU – FULL BODY (45mn.)  
1 WARM OILS AROMA MASSAGE (45mn.)  
1 INDIAN HEAD MASSAGE (30mn.)  
1 HOT STONES FULL BODY MASSAGE with Essential Oils (60mn.)  
REST AND TEA

### **ZEN – 5 DAYS**

**362,00€**

MEDICAL APPOINTMENT  
3 TERMAS & SPA CIRCUITS (60mn.)  
2 RELAXATION BATHS with Essential Oils (20mn.)  
2 WARM JETS MASSAGE IN A WATER BED (30mn.)  
1 SHIATSU – FULL BODY (45mn.)  
1 RELAXATION FULL BODY MASSAGE (45mn.)  
1 INDIAN HEAD MASSAGE (30mn.)  
1 HOT STONES LOCAL MASSAGE with Essential Oils (30mn.)  
REST AND TEA

### **BEAUTY & CARE – 5 DAYS**

**447,00€**

MEDICAL APPOINTMENT  
1 TERMAS & SPA CIRCUITS (60mn.)  
1 JET SHOWER (5mn.)  
1 SMOOTH SHOWER (10mn.)  
1 CLEOPATRA MOISTURIZING BATH (20mn.)  
1 WARM JETS MASSAGE IN A WATER BED (30mn.)  
1 BODY PEELING AND MOITURIZING (30mn.)  
1 ALGAE WRAPPING (30mn.)  
1 RAIN SHOWER MASSAGEM VICHY with Essential Oils (15mn.)  
1 RELAXATION FULL BODY MASSAGE (45mn.)  
1 HOT STONES LOCAL MASSAGE with Essential Oils (30mn.)  
1 FACIAL MASSAGE (15mn.)  
1 "DELUXE FACIAL" TREATMENT (50mn.)  
REST AND TEA

**DEEP RELAXATION (Anti stress and Anxiety) – 7 DAYS****499,00€**

MEDICAL APPOINTMENT

4 TERMAS &amp; SPA CIRCUITS (60mn.)

2 RELAXATION BATHS with Essential Oils (20mn.)

1 AROMATHERAPY BATH (20mn.)

2 WARM JETS MASSAGE IN A WATER BED (30mn.)

4 RAIN SHOWER MASSAGE VICHY with Essential Oils (15mn.)

1 INTENSE FULL BODY MASSAGE (60mn.)

1 FULL BODY HOT SOTNES MASSAGE with Essential Oils (60mn.)

1 FULL BODY MASSAGE (30mn.)

REST AND TEA

**FITNESS (Slimming) – 7 DAYS****574,00€**

MEDICAL APPOINTMENT

NUTRITION APPOINTMENT

5 MAINTENANCE CIRCUITS

3 TERMAS &amp; SPA CIRCUITS (60mn.)

3 JET SHOWER (5mn.)

1 TONIC BATH (15mn.)

1 PRESSOTHERAPY (15mn.)

3 VACUOTHERAPY ANTI CELULITIC AND REDUCER (30mn.)

3 LOCAL ANTI CELULITIC AND REDUCER MASSAGE (30mn.)

2 DRAINING VICHY - Cypress Essential Oil (15mn.)

1 LOCAL LYPHATIC DRAINAGE - MANUAL (30mn.)

1 BODY PEELING AND MOITURIZING (30mn.)

1 ALGAE WRAPPING (30mn.)

REST AND TEA

**SPA REGULATION**

All taxes included / Prices may change without previous notice

Service Fee (Use of bathrobe, towel and slippers) – 5 €

**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

**Phone:** (+351) 253 391 113

**Email:** [termas.reservas@AguasdoGeres.pt](mailto:termas.reservas@AguasdoGeres.pt)