



ÁGUAS DO GERÊS

HOTEL, TERMAS E SPA

SPA PACKAGES

Health and Wellness
2026

SPA EXPERIENCE – 2 DAYS

1 SWIMMING POOL (30MN.)	79.00 €
1 RELAXATION BATH (15MN.)	
1 QUICK MASSAGE (15MN.)	
1 SWEET ALMONDS VICHY (15MN.)	
TEA AND REST	

DELIGHT PACKAGE – 2 DAYS

1 TERMAS & SPA DO GERÊS CIRCUIT (90MN.)	119.00 €
1 WARM JETS MASSAGE IN A WATER BED (30MN.)	
1 SHOWER MASSAGE VICHY WITH ESSENTIAL OIL (15MN.)	
1 WARM OILS AROMA MASSAGE (45MN.)	
TEA AND REST	

FEEL ROMANCE – 2 DAYS

1 TERMAS & SPA DO GERÊS CIRCUIT (90MN.)	221.00 €
1 CUPID MASSAGE OR APHRODITE MASSAGE (30MN.)	p/ Couple
1 SHOWER MASSAGE VICHY WITH ESSENTIAL OIL (15MN.)	
1 INDIAN HEAD MASSAGE (30MN.)	
TEA AND REST	

Águas do Gerês – Nature's Solution

100% GERÊS – 3 DAYS

2 TERMAS & SPA DO GERÊS CIRCUITS (90MN.)	169,00 €
1 RELAXATION BATH (15MN.)	
1 AROMA BATH WITH ESSENTIAL OIL (20MN.)	
1 HEAVY LEGS MASSAGE (15MN.)	
1 QUICK MASSAGE (15MN.)	
1 SWEET ALMONDS VICHY (15MN.)	
1 FULL BODY MASSAGE (30MN.)	
TEA AND REST	

100% ORIENT – 3 DAYS

2 TERMAS & SPA DO GERÊS CIRCUITS (90MN.)	289,00 €
1 RELAXATION BATH (15MIN.)	
1 AROMA BATH WITH ESSENTIAL OIL (20MN.)	
1 SHIATSU FULL BODY (45MN.)	
1 WARM OILS AROMA MASSAGE (45MN.)	
1 INDIAN HEAD MASSAGE (30MN.)	
1 HOT STONES MASSAGE FULL BODY WITH ESSENTIAL OIL (60MN.)	
TEA AND REST	

ZEN – 5 DAYS

MEDICAL APPOINTMENT	378,00 €
3 TERMAS & SPA DO GERÊS CIRCUITS (90MN.)	
2 AROMA BATHS WITH ESSENTIAL OIL (20MIN.)	
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 MASSAGE LOCAL WITH ESSENTIAL OIL (30MN.)	
TEA AND REST	

BEAUTY & CARE – 5 DAYS

MEDICAL APPOINTMENT

463,00 €

- 1 TERMAS & SPA DO GERÊS CIRCUIT (90MN.)
 - 1 JET SHOWER (5MIN.)
 - 1 SMOOTH SHOWER (10MIN.)
 - 1 AROMA BATH WITH ESSENTIAL OIL (20MIN.)
 - 1 WARM JETS MASSAGE IN A WATER BED (30MN.)
 - 1 FULL BODY PEELING AND MOISTURIZING (30MN.)
 - 1 ALGAE WRAPPING (30MN.)
 - 1 SHOWER MASSAGE VICHY WITH ESSENTIAL OIL (15MN.)
 - 1 RELAXATION FULL BODY MASSAGE (45MN.)
 - 1 HOT STONES MASSAGE LOCAL WITH ESSENTIAL OIL (30MN.)
 - 1 FACIAL MASSAGE (15MN.)
 - 1 DELUXE FACIAL TREATMENT (50MN.)
- TEA AND REST

DEEP RELAXATION (ANTI STRESS AND ANXIETY) – 7 DAYS

MEDICAL APPOINTMENT

518,00 €

- 4 TERMAS & SPA DO GERÊS CIRCUITS (90MN.)
 - 2 RELAXATION BATHS (15MIN.)
 - 1 AROMA BATH WITH ESSENTIAL OIL (20MN.)
 - 2 WARM JETS MASSAGE IN A WATER BED (30MN.)
 - 4 SHOWER MESSAGES VICHY WITH ESSENTIAL OIL (15MN.)
 - 1 INTENSE FULL BODY MASSAGE (60MN.)
 - 1 HOT STONES MASSAGE FULL BODY WITH ESSENTIAL OIL (60MN.)
 - 1 FULL BODY MASSAGE (30MN.)
- TEA AND REST

FITNESS (SLIMMING) – 7 DAYS

MEDICAL APPOINTMENT

637,00 €

NUTRITION APPOINTMENT

5 MAINTENANCE CIRCUITS

3 TERMAS & SPA DO GERÊS CIRCUITS (90MN.)

3 JETS SHOWER (5MIN.)

1 TONIC BATH (15MN.)

1 PRESSOTHERAPY (15MN.)

3 VACUOTHERAPY ANTI CELULITIC AND REDUCER (30MN.)

3 LOCAL ANTI CELULITIC AND REDUCER MASSAGES (30MN.)

2 DRAINING VICHY MASSAGE (15MN.)

1 LOCAL LYNPHATIC DRAINAGE MANUAL (30MN.)

1 FULL BODY PEELING AND MOISTURIZING (30MN.)

1 ALGAE WRAPPING (30MN.)

TEA AND REST

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 €

IVA Included at current rate / Table Subject to change without prior notice