



Termas do Gerês

Uma Água Com Características
Únicas no mundo!
Descubra Porquê...

Therapeutic packages

2026

THERMAL HEALING – 14 DAYS

WATER INTAKE

126,00€

INITIAL AND FINAL MEDICAL CONSULTATION AND MEDICAL FOLLOW-UP DURING THERMAL TREATMENT

PHYSICAL ACTIVITY - MAINTENANCE CIRCUIT AT PARQUE DAS TERMAS

DIABETIS CONTROL – 14 DAYS

WATER INTAKE

223,00€

INITIAL AND FINAL MEDICAL CONSULTATION AND MEDICAL FOLLOW-UP DURING THERMAL TREATMENT

PHYSICAL ACTIVITY - MAINTENANCE CIRCUIT AT PARQUE DAS TERMAS

NUTRITION APPOINTMENT

12 SESSIONS OF ACCOMPANIED PHYSICAL EXERCISE OR WATER AEROBICS (SUBJECT TO AVAILABILITY)

LIVER AND VESICLE – 14 DAYS

WATER INTAKE

308,00€

INITIAL AND FINAL MEDICAL CONSULTATION AND MEDICAL FOLLOW-UP DURING THERMAL TREATMENT

PHYSICAL ACTIVITY - MAINTENANCE CIRCUIT AT PARQUE DAS TERMAS

NUTRITION APPOINTMENT

7 UNDERWATER SHOWER BATHS

7 DIATHERMY

ARTERIAL HYPERTENSION – 14 DAYS

WATER INTAKE

397,00€

INITIAL AND FINAL MEDICAL CONSULTATION AND MEDICAL FOLLOW-UP DURING THERMAL TREATMENT

PHYSICAL ACTIVITY - MAINTENANCE CIRCUIT AT PARQUE DAS TERMAS

NUTRITION APPOINTMENT

4 SWIMMING POOLS

1 RELAXING WHIRLPOOL

5 SWEET ALMONDS VICHY

2 WARM JETS MASSAGE IN A WATER BED

FITNESS PACKAGE – 14 DAYS

WATER INTAKE

1063,00€

INITIAL AND FINAL MEDICAL CONSULTATION AND MEDICAL FOLLOW-UP DURING THERMAL TREATMENT

NUTRITION APPOINTMENT

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 JETS SHOWER

2 DRAINAGE (PRESSOTHERAPY)

5 SWIMMING POOLS

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.

MID SEASON : May 1st to July 31st and September 1st to October 31st

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