



TERMAS

PORTO e NORTE
DE PORTUGAL



www.termasportoente.pt



THERMAL RESORTS PORTO AND NORTH OF PORTUGAL

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An irresistible invitation for brilliant and inspiring emotional journeys through the thermal territories of Porto and North of Portugal!

The harmony between health and recreation is the key to experiencing happiness. In fact, talking about the Health and Wellness tourism product is highlighting a product that goes beyond a merely recreational motivation, but is geared towards a set of motivations that drive tourists to recover their physical and mental well-being, and also to benefit from specific, medically prescribed treatments.

The Porto and North of Portugal region holds a leading position, prioritising holistic health with a focus on the harmony between physical and mental wellness by embracing Thermalism as a key strength. Porto and North of Portugal proudly holds the title of being one of the regions with the greatest potential when it comes to the Health and Wellness tourism product.

As the Portuguese region with the highest number of natural mineral waters suitable for use in thermal spas, it stands out for the quality and diversity of these waters, as well as for the quality and preservation of the natural surroundings of the thermal resorts and the richness of the highly distinctive architectural and cultural heritage associated with it.

It is thanks to the quality, quantity, and diversity of natural mineral waters (which can only be used in thermal spas for recreation, prevention and treatment purposes) that the Porto and North of Portugal region establishes itself as a health and wellness tourist destination, supported by a network of thermal resorts that consolidate its national and international reputation.

Thermal resorts represent a qualified and diversified offer in Porto and North of Portugal, standing out as facilities where visitors can relax and restore their balance that surprise them thanks to the diversity of programmes and techniques they provide, ranging from the simplest massage rituals to the use of local products, or the discovery of the magic of Atlantic saltwater.

Thermal resorts will be at the forefront of a range of solutions for promoting health and a healthy lifestyle, as well as strengthening the immune system thanks to the therapeutic properties of their waters

and coadjuvant factors, such as contact with nature, physical activity and healthy eating, which are part of the portfolio of benefits we offer visitors.

Health and Wellness tourists are looking for new experiences to combat stress, obtain physical and emotional rest, and get back in shape, enjoying the complementarity and integration of these experiences with activities involving contact with nature, cultural activities, and sports.

The connection between thermal tourism and nature tourism, as well as other types of products found in the country's hinterland, is clear. Tourist demand is increasingly oriented towards experiencing territories or tourist destinations, rather than being solely related to the attributes or characteristics of a specific product category. In this context, the strategy for enhancing the thermal product obviously involves a connection and integration with other attractions in thermal territories.

An irresistible invitation for brilliant and inspiring emotional journeys through the thermal territories of Porto and North of Portugal, awakening in tourists the fascination for renewed experiences that relax, rejuvenate, purify and remineralise, allowing them to gather the stones necessary for the glorious foundation of an ever-renewed desire to repeat... and return! Explore! Feel! Engage!

THERMAL RESORTS - A HEALTHY DISCOVERY

Do you feel like getting away from it all and returning to the best that life has to offer? Feeling Nature up close and savouring Time... allowing the soothing embrace of serene nights to envelop the meaning of things...

Set off to our Thermal Resorts and recover the balance you've always dreamed of!

Embark on this journey and discover exclusive waters and treatments, realising that you're not alone in needing a qualitative leap towards the purest well-being.

Drawing on the exceptional virtues of natural mineral waters, an increasing number of Thermal Resorts are offering wellness and health promotion programmes in addition to traditional treatments.

This segment of the offer is aimed at those looking to simultaneously enjoy the recreational, tourist and therapeutic aspects that only Thermal Resorts can provide. The therapeutic aspect is also

important in this segment, offering clients the chance to restore their organic, functional and mental balance through showers, baths, massages, saunas, dermocosmetic treatments, and many others. These are programmes aimed at improving quality of life, with the goal of promoting healthy lifestyles.

NATURAL MINERAL WATER

Refers to water considered bacteriologically suitable, from underground sources, with stable physicochemical characteristics at its origin within the range of natural fluctuations, resulting in therapeutic properties or simply favourable effects on health.

THERMALISM

Refers to the use of natural mineral water and other complementary means for preventive, therapeutic, rehabilitative or well-being purposes.

THERMAL TREATMENT

Refers to the range of therapeutic actions indicated for and performed on

a thermal resort visitor, always subject to compatibility with the therapeutic indications attributed or recognised to the natural mineral water used for that purpose.

HOW TO ACCESS A THERMAL TREATMENT PROGRAMME

On the recommendation or prescription of your doctor or on your own initiative, you can go to a Thermal Resort where you will have a consultation with a hydrologist who will prescribe the most suitable treatment programme for you, as well as its duration.

Thermal treatments are an important therapeutic tool, based on centuries of user experience and scientific research studies that demonstrate their effectiveness. The effectiveness of hydrological medicine (a speciality recognised by the World Health Organisation) in combating civilisation-related diseases, various chronic illnesses, and numerous functional disorders, has been fully proven.

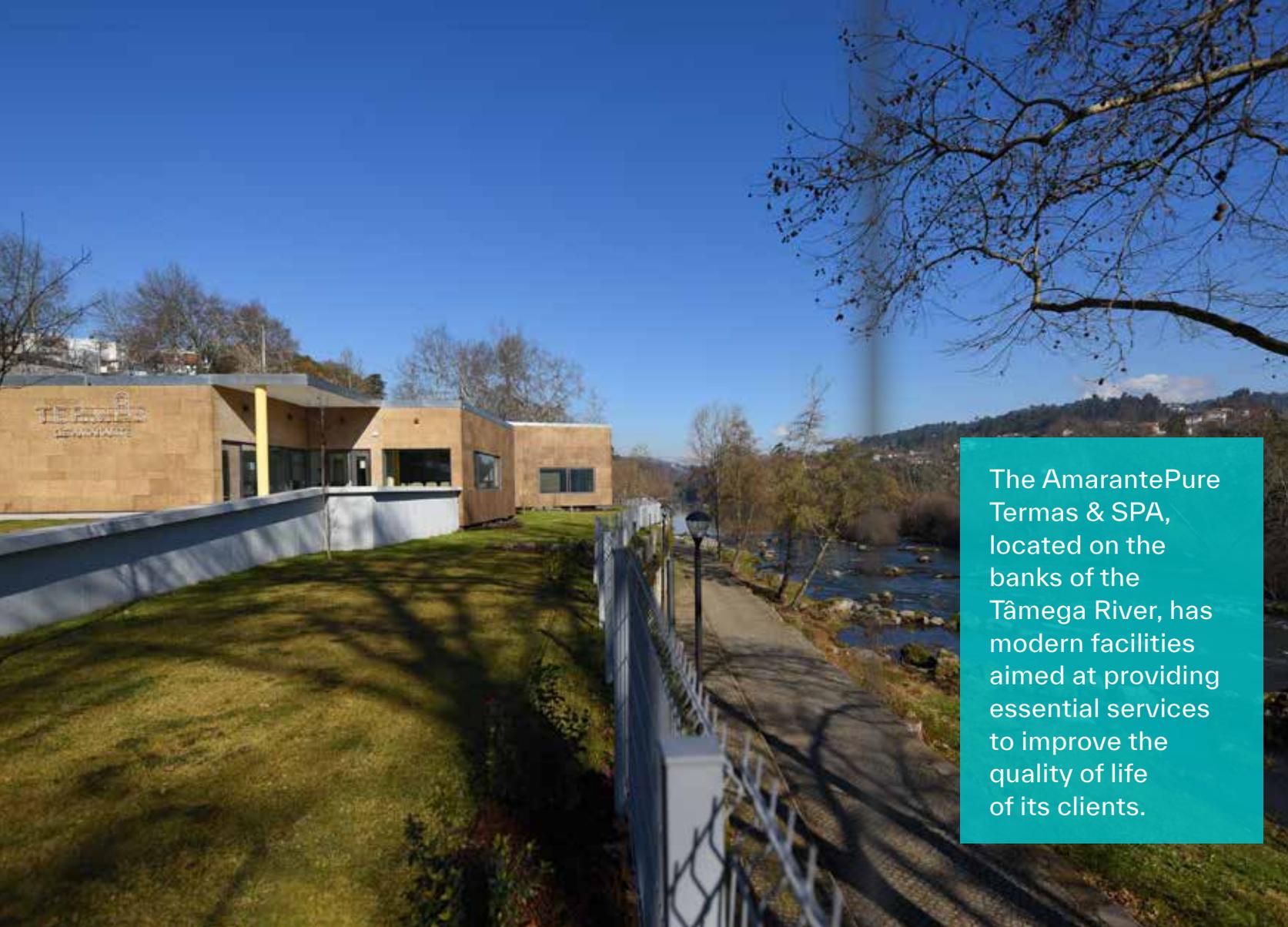
NATURE AND HERITAGE

Thermal Resorts are synonymous with finding the inner peace we can't find in the hustle and bustle of the city. We lack the time and the ingenuity. And at Thermal Resorts, you'll find plenty of time to pamper yourself and plenty of ways to do it.

A stay at any of the excellent Thermal Resorts we suggest here will allow you to explore the beauty of the surrounding region - extremely valuable natural wonders, historical monuments, museums, a rich and vast local cuisine, as well as other leisure and entertainment options - swimming pools, tennis courts, gardens and parks - among other recreational and cultural activities.

THERMAL TREATMENT COVERAGE

Thermal treatments prescribed in primary health care are covered by the National Health Service. ADSE also covers prescribed thermal treatments. As well as other health subsystems (SAMS, for example).



AMARANTE AMARANTEPURE TERMAS&SPA

The AmarantePure Termas & SPA, located on the banks of the Tâmega River, has modern facilities aimed at providing essential services to improve the quality of life of its clients.

The AmarantePure Termas & Spa, The Amarante Thermal Resort, located on the banks of the Tâmega River, offers health, wellness and relaxation services, with recognised therapeutic indications for respiratory, rheumatic, and musculoskeletal diseases.

The first major historical reference to the mineral-medicinal waters of Amarante appears in Francisco da Fonseca Henriques 'Aquilégio Medicinal', in 1726, and to this day these waters have been sought after for their therapeutic properties.

Inaugurated in 2019, the Amarante Thermal Resort has modern facilities aimed at providing essential services to improve the quality of life of its clients. Thermal techniques are applied according to therapeutic indications, ensuring that the benefits of the waters are maximised for the health and well-being of the users.

thermal season

All year round

Thermal Baths and SPA opening hours

Monday to Friday

9.00 am to 8.00 pm

Saturday 9.00 pm to 7.00 pm

water characteristics

Total Mineralisation:

hypomineralised

Ionic Composition:

bicarbonated, sodic, fluorinated

water temperature and pH

Temperature: 22.9 °C

pH: 9.6

In addition to thermal health services, they also offer wellness programmes, allowing clients to enjoy the unique characteristics of thermal waters in a relaxation and rejuvenation context. Combining historical tradition with modern facilities and innovative approaches, the Amarante Thermal Resort is an exceptional destination for those looking to take care of their body and mind, while also enjoying the natural beauty and relaxing atmosphere of the Tâmega River.



therapeutic indications

Respiratory system
Rheumatic and
Musculoskeletal
Diseases

therapeutic thermalism

Thermal techniques

Respiratory System Diseases:

Nasal irrigation, pharyngeal spraying, nebulisation, aerosol (thermal/sonic), filiform shower, Proetz drainage, filiform pharyngeal shower, and tympanic tube insufflation.

Rheumatic and

Musculoskeletal Diseases:

Recovery pool, hydromassage pool, simple immersion bath, immersion bath with hydromassage, underwater immersion bath, immersion bath with air bubble, partial steam (upper limbs and feet, spine), regional/general showers (jet, cascade, massage), circular shower, hydrotherapy, Pedidaix, Bertholaix and Poultices.

Local therapeutic massage (Vichy shower), General therapeutic massage (Vichy shower), Manual lymphatic drainage, and Turkish bath.

complementary treatments

SWIMMING POOL

Tâmega Circuit

THERMAL SPA TREATMENTS AND RITUALS

Hydromassage, Aerobath, Hydrotherapy, Bath: (stimulating/circulation/silhouette/relaxing)

Shower: TÂMEGA 2 hands, TÂMEGA 4 hands, or TÂMEGA 4 hands Rituals

THERMAL WELLNESS PROGRAMMES

Tâmega Discovery

Tâmega Body Firming

Tâmega Purifying

Tâmega Moisturising

MASSAGES

Localised / General /

Sangonçalo / LuZamarantina /

Mountain Flowers / Manual

Lymphatic / Amarantina /

Hot Stones Massage

FACIAL

Tâmega Facial

Tâmega Purifying

Tâmega Moisturising

Tâmega Facial

- Men's Care

Tâmega Facial

- Delicate Skin

Personalised

(anti-ageing, firming, pregnant women...)

BODY

Exfoliation

Wrapping

SPA for tired legs

tourist attractions

São Gonçalo Monastery

São Gonçalo Bridge

Amadeo de Souza-Cardoso

Municipal Museum

Museum of Sacred Art

São Domingos Church

São Pedro Church

Watermills and Chestnut Trees Trail

Magalhães Manor House

Amarante Cinetheatre

address and contact details

Amarante Thermal Resort

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4600-011 Amarante, Portugal

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Tel: (+351) 914 371 333

website: www.cm-amarante.pt

Instagram: termasdeamarante



AMARES CALDELAS THERMALRESORT

Caldelas
Thermal Spa
Where Nature
Heals!

In the heart of Minho, a true sanctuary of well-being emerges, surrounded by nature of unmistakable beauty. The Caldelas Thermal Spa is set in a privileged environment, where mountains and trails intertwine to create a scene of serenity and tranquility. The sound of the waters blends with the whisper of the trees, as nature takes on its role as the guardian of peace, inviting you to disconnect from the world and reconnect with yourself.

The Caldelas Thermal Spa welcomes everyone, offering personalized therapeutic and wellness programs tailored to meet each individual's specific needs. It is the perfect setting for those seeking to escape the fast pace of daily life in search of rest and renewal. With recognized therapeutic properties, the pure, mineral-rich thermal waters—cherished for centuries for their natural health benefits—serve as an inexhaustible source of vitality, used in the treatment of various conditions.

thermal season

Open all year round

Bathroom & SPA Hours

Monday to Saturday:

8:00 am - 1:00 pm /

4:00 pm - 6:00 pm

(October to June)

8:00 am - 1:00 pm /

4:00 pm - 7:00 pm

(July/August/September)

Sundays & Public Holidays:

8:00 am - 1:00 pm

Drinking Spouts

Bica Barbosa:

7:30 am - 11:30am /

4:00 pm - 6:30 pm

Bica de Fora:

8:00 am - 12:00 pm /

4:30 pm - 7:00 pm

Water Temperature & pH

Temperature: 31°C

pH: 8.

therapeutic indications

Diseases of the digestive system: irritable bowel syndrome, Crohn's disease, constipation, dyspepsia, dyskinesia; Rheumatic and musculoskeletal diseases: osteoarthritis, rheumatoid arthritis, gouty arthritis, fibromyalgia; Skin diseases: atopic and chronic eczema, acne, psoriasis, and dermatitis; Circulatory system diseases: hemorrhoidal syndrome, peripheral vascular insufficiency; Nervous system diseases: anxiety, depression, and stress.

thermal techniques

dynamic pool, Vichy massage shower, jet shower, circular shower, immersion bath with underwater shower, computerized hydro massage, mud poultice, steam for the spine and limbs, oral or nasal inhalation, nasal irrigation, nebulization, nasal spraying, enteroclysis, and water ingestion.

complementary techniques

Electrotherapy/Physiotherapy treatments: general and partial massages, moist heat, short waves, paraffin, ultrasounds, currents, mobilization, reeducation.



Manual lymphatic drainage, facial treatment/massage, toning/hydrating/firming/ Californian/Geothermal/ molding massage, reflexology, exfoliation with sea salt, and body wraps.

medical programs and wellness programs

Therapeutic Programs: 7 to 21 days, personalized and under clinical supervision. Weight Loss Program: 7 to 14 days.

wellness programs

1-Day Experiences: AQUAE and EQUILIBRIUM Family Moment/Plus, Comfort

Pack, Sensory Journey, and Sublime Skin. 2-Day Program: THERMALRELAX and DERMOTHERMAL. 3-Day Program: ANTI-STRESS.

accommodation

For more information, visit: <https://turismo.amares.pt/>

tourist points of interest

St. Andrew of Rendufe Monastery
Stª Maria do Bouro Monastery
Nossa Senhora da Abadia Sanctuary
Geira - Via Nova
Porto Bridge

Village of Urjal
Felinhos Leisure Area
Ribeira Leisure Area
Malheira Leisure Area
Ponte do Bico Leisure Area
Wine Estates
São Pedro Fins Hill
Rodas Bridge

address and contact

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Email: geral@termas-caldelas.com
site: www.termas-caldelas.com

BOTICAS CARVALHELOS THERMAL RESORT

A traditional well structure with a thatched roof and brick base, situated in a lush forest. The structure is circular and built with red bricks, with a wooden frame supporting a conical roof made of dried grass or straw. It is surrounded by tall trees and green foliage. A red bench is visible in the background to the left.

The thermal resort is located at an altitude of 800 metres, surrounded by the Barroso Mountain Range park.

The Carvalhelhos Thermal Resort is said to be holy due to its healing powers! Located 800 metres above sea level, at the foot of a pre-Roman hillfort and surrounded by the lush Barroso mountain range, it offers a rejuvenating break. Its Thermal Waters are recommended for restoring the body's natural balance and are particularly advised for skin and dermatological conditions, as well as digestive and circulatory system disorders. Try its thermal and wellness techniques for a relaxing and rejuvenating break!

**therapeutic indications**

Digestive system, metabolism, skin and circulatory system.

thermal techniques

Immersion baths and hydromassage.

tourist attractions

Pre-Roman hillfort
Amores Fountain
Pisões Dam
Boticas Park - Nature and Biodiversity
Roman Bridge

address and contact details

Carvalhelhos Thermal Resort
Rua das Caldas Santas, 9
Carvalhelhos - Boticas
GPS: 41°41'43.07 "N
7°43'45.63 "W
tel: +351 276 410 300
email: geral@carvalhelhos.pt
website: www.carvalhelhos.pt

thermal season

15 July to 15 September

Thermal Baths and SPA opening hours

Monday to Saturday:
9.00 am - 12.00 pm /
3.00 pm - 5.30 pm

water temperature and pH

temperature: 19.8 °C
pH: 8



Enjoy the thermal waters of Chaves, which flow at 76°C, take advantage of all the benefits within reach, and experience a unique journey at the Balneário Flaviense. Enjoy the beautiful landscapes, excellent cuisine, and people with a genuine soul.

CHAVES CHAVES THERMAL RESORT HEALTH AND WELL-BEING

With a millenary tradition, the Chaves Thermal Resort welcomes all those who seek to naturally achieve a healthier state or simply escape from the routine and enjoy moments of pure relaxation... Combining the unique thermal waters, which spring up at 76°C in Chaves, exceptional healthcare professionals, a space with high quality equipment, and a wide range of services and techniques, the Chaves Thermal Resort is the perfect place to take care of yourself and bring well-being to both the body and mind. Visited annually by thousands of visitors, to prevent, treat, and rehabilitate musculoskeletal, digestive, and respiratory system conditions, it also offers Short-Term Thermal Programs, relaxing options at the Wellness Center, unique experiences at the Aquae Thermal Programmes, relaxing Spa and Wellness options and the Aquae Dermocosmetic Thermal Line. The Chaves Thermal Resort is the perfect place to take care of yourself, your health, and restore balance.

thermal season

Well-Being:
January to December
Therapeutic Thermalism:
February to December

Balneário and Wellness Center Hours

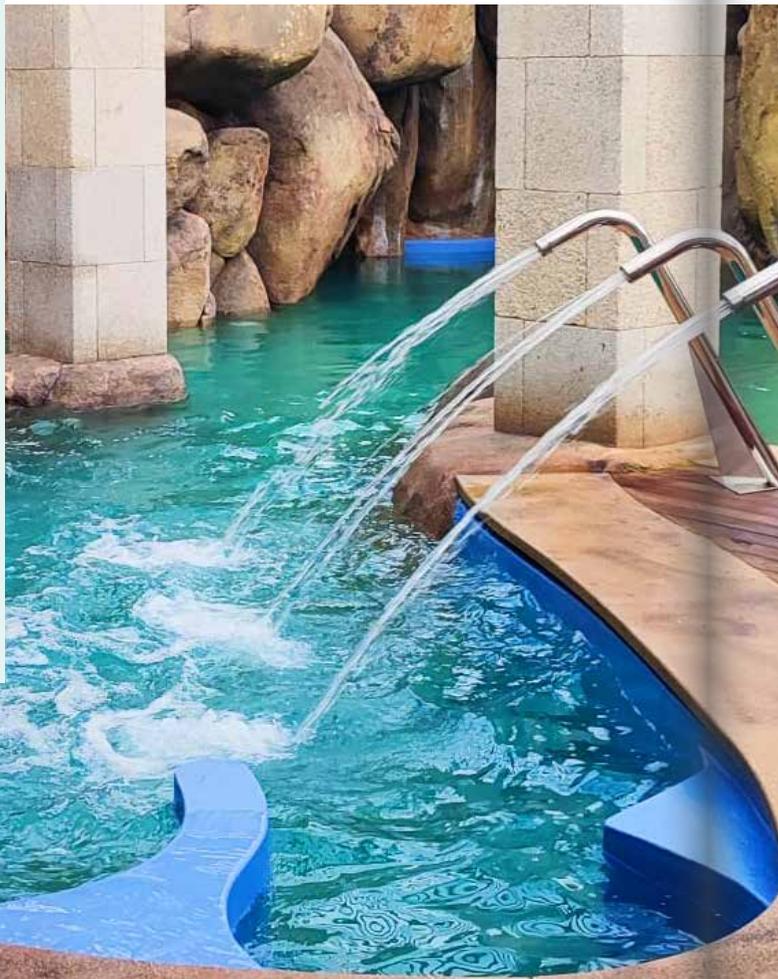
Monday to Saturday:
9.00 am - 12.30 pm /
4.00 pm - 7.00 pm
Sundays and holidays:
9.00 am - 1.00 pm

Thermal Complex Hours

Monday to Saturday:
9.00 am - 12.30 pm /
4.00 pm - 7.00 pm
Friday, Saturday, and the day
before holidays:
8:00 pm - 11:00 pm

water temperature and pH

temperature: 76 °C
pH (at 20°): 6.80



therapeutic indications

Musculoskeletal, digestive, and respiratory system conditions.

thermal techniques

Bathtub and Swimming; Steam techniques: Bertholet for the spine, Bertholaix, Turkish bath, sauna, maniluvium/pediluvium; Shower techniques: Massage shower, jet shower, circular shower, underwater shower, hydropressotherapy, steam chamber; Inhalation therapy: Nebulization, spraying, nasal irrigation, sonic aerosol, complete inhalation, respiratory kinesitherapy.

complementary techniques

Electrotherapy/Physiotherapy treatments: Cryotherapy, TENS/EMS, infrared, ionization, partial and general massage, lymphatic drainage, paraffin, ultrasound, joint mobilization, muscle strengthening, motor reeducation, balance and gait training.

medical and wellness programmes

Short-Term Programs:
Respiratory, anti-fatigue, firming, shape, reconditioning, pregnancy (after 12 weeks), postpartum (after 6 weeks)
Well-Being Programs:
Aqua: Vitality, Energy, Sportive, Relax, Duo, Purify, Balance, Detox, Firming, N2 Departure and N2 Arrival Program.

paediatric thermalism

Programmes adapted to different pathologies and ages.

tourist attractions

Nadir Afonso Museum of Contemporary Art, Roman Baths Museum, Roman Bridge, Keep, Main Church, Misericórdia Church



Chaves - Thermal Resort & SPA
Largo das Caldas Chaves
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website:
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FB:/termasdechaves
Instagram:/termasdechaves
LinkedIn:/company/
termasdechaves

address and contact details



CHAVES VIDAGO PEDAGOGICAL SPA

Vidago, in the municipality of Chaves, has always been recognised for its history the Pedagogical Spa combines nature with health and well-being.

Vidago experienced a period of splendour when King Luís made numerous visits to this idyllic spa destination. The reputation of the healing properties of the waters spread so far and wide that, between 1876 and 1889, they garnered awards in Madrid, Paris, Vienna and Rio de Janeiro. Their popularity has endured since then and, in 2014, the Vidago Pedagogical Spa was built using the old railway station building. With its innovative and modern architecture, it currently offers a range of treatments and programmes tailored to the needs of its users, making it the perfect place for you to take care of your health and relax. Vidago's Thermal Water and the various techniques available prevent and treat pathologies related to the nervous system, circulatory system, respiratory system, digestive system, skin, rheumatic and musculoskeletal diseases.



thermal season:
May to October

Thermal Baths and SPA opening hours:
Tuesday to Saturday:
10.00 am - 1.00 pm /
3.30 pm - 7.00 pm

Water temperature:
15.3 °C
pH: 6.5

In addition to Classic Thermalism, this facility offers also a wide range of Wellness experiences. Embark on a relaxing experience, combining nature with health and well-being.

therapeutic indications:

Pathologies of the nervous system, circulatory system, respiratory system, digestive system, skin, rheumatic and musculoskeletal diseases.

thermal techniques:

Hydrotherapy (drinking thermal water), bathtub immersion techniques, partial immersion techniques, hydrokinesiotherapy techniques, shower techniques, steam techniques, special techniques, respiratory tract techniques.

Complementary techniques:
Massages.

Medical and wellness programmes:

Therapeutic Thermalism Programmes:
Tailored to individual needs
Vidago Moments: Oublier Le Temps, Splendeur De L'eau, Bien-Être Classique, Bain Des Étoiles, Le Plus Beau Jour, Soins De La Peau, Le Parfait Séjour, and La Belle Époque.

Paediatric thermalism:
Programmes adapted to different pathologies and ages.

Other Services:
Nutrition and Podiatry.

Tourist attractions:
João Vieira House-Museum, Nossa Senhora da Conceição Church, Fountains 1 and 2 and Salus Fountain, Nadir Afonso Museum of Contemporary Art, Roman Bridge, Keep

address and contact details
Vidago Pedagogical Spa
Rua João de Oliveira, s/n
5425-352 Vidago
GPS: 41°38'00.82 "N
7°34'13.51 "W
tel: +351 276 301 515
email:
reservas.bpvidago@chaves.pt
website: www.bpvidago.pt
FB:/balneariovidago





CHAVES VIDAGO PALACE THERMAL SPA

The Vidago Palace Spa exudes sophisticated elegance and refinement amidst 100 hectares of fragrant pine and cedar trees, intermingled with rosemary and lavender throughout the park.

The Vidago Palace Spa exudes sophisticated elegance and refinement amidst 100 hectares of fragrant pine and cedar trees, intermingled with rosemary and lavender throughout the park. The history of Vidago's waters began in the 17th century, with the confirmation that it had unique therapeutic and healing properties. These waters are sourced directly from deep wells surrounded by pure granite rock and are currently used in various treatments at the hotel's spa.

The architectural elegance of the Vidago Palace and its contemporary Spa, with its fresh and clean lines, brings a new dimension to the famous Vidago park and hotel. Experiences at the Vidago Palace Spa are unique and memorable, offering healing based on therapeutic mineral waters.

thermal season

open all year round

Thermal Baths and SPA

opening hours

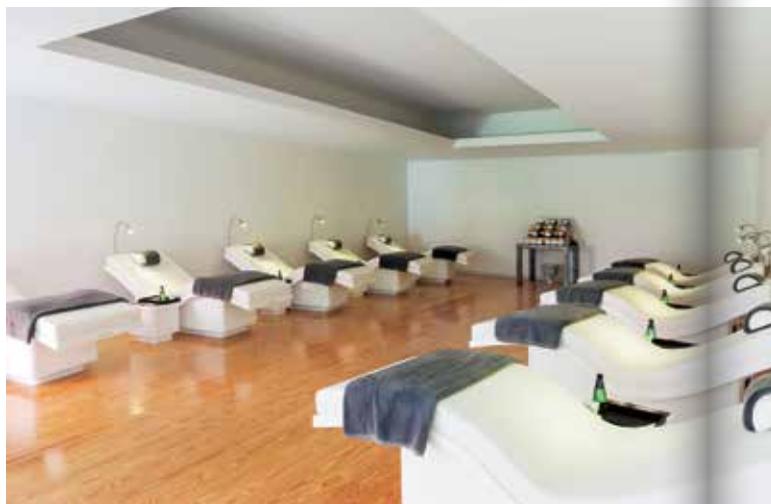
Monday to Sunday:
9.00 am - 8.00 pm

water temperature and pH

temperature: 15.3 °C
pH: 6.5

Enjoy our refreshing shower, the invigorating ice fountain, and energise your body in the luxurious vitality pool, set in a wonderful outdoor atmosphere. Step into a new world of emotions and discovery, with the dedication of our therapists, trained to international standards, enriching your experience with Vidago water, the 'perfect treatment' for mind, body, and soul.

Find the perfect keepsake of your visit in our exclusive shop area, where you'll receive personalised assistance for all your needs.



therapeutic indications

Rheumatic and Musculoskeletal Diseases; Digestive System; Respiratory System; Skin; Nervous System.

thermal techniques

Hydrotherapy, jet shower, regular immersion bath, hydromassage bath, hydromassage bath with underwater jet, and general or partial massage shower, Parenteral Administration of Natural Mineral Water.

complementary techniques

Aromatherapy treatments, facial and body beauty treatments, traditional massages - Shiatsu, Tui Na, Ayurvedic - Abhyanga, Balinese Massage, Indian Head Massage, Detox Massage, Iyashi Dôme, Vidago Spa Rituals, Personal Trainer, Pilates, Yoga Session, and Guided Meditation, Nutrition Consultations with Spa Cuisine Menu.

medical and wellness programmes

The Vidago Palace Thermal Spa is ready to create, especially for our guests, Personalised Programmes tailored to the needs and preferences of each individual.

We combine the most appropriate selection of services in each Programme, including beauty and wellness therapies, along with oriental therapies, physical exercise, and a balanced diet. The Vidago Palace Thermal Spa also creates personalised programmes for its clients, even if they're not staying at the Vidago Palace Hotel. The Wellness Programmes available are Spa Inclusive; Vidago Water Break; Vidago in Balance; Vidago Nature and Vidago Healthy Silhouette. Medical programmes are recommended for a minimum duration of 7 days. We suggest the Iyashi Dôme Detox, De-Stress and Osteoarticular programmes.

accommodation

(part of the thermal complex)
Vidago Palace Hotel*****

tourist attractions

Chaves Castle
Mateus Palace (Vila Real)
Tresminas Roman Mines (Vila Pouca de Aguiar)
Pena Adventure Park (Ribeira de Pena)

address and contact details

Vidago Palace Thermal Spa
Vidago Park
Vidago - Chaves
GPS: 41°38'24 "N 7°34'22.8 "W
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email:
spareservations@vidagopalace.com
website: www.vidagopalace.com
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GUIMARÃES CALDAS DA TAIPAS THERMAL RESORT

The Caldas das Taipas Thermal Resort is located in the municipality of Guimarães, on the right bank of the Ave River.

Its thermal waters were first discovered in the first century of our era when the Romans were passing through the region, as evidenced by the remains of a thermal spa, located in the same place where the first thermal spas operated - the Banhos Velhos (Old Baths). These were later replaced by new facilities in the early 20th century.

Recently, the Taipas Thermal brand was established and new products were created in the thermal spa and cosmetics areas.

The renovated Caldas das Taipas thermal spa was inaugurated in September 2015, now including also a modern Health Clinic. The excellence and distinctive qualities reflected in thermal treatments, healthcare, and sports medicine are supported by the use and enhancement of the endogenous resource - thermal water, combined with the preservation and enhancement of

heritage and the quality of the services provided. With these renovation works, the centuries-old spa was equipped with new service facilities, following the most modern quality standards, both in terms of classic thermalism and in the SPA and Wellness areas.

thermal season

Classic thermalism:
all year round
SPA and Wellness:
all year round

Thermal Baths and SPA opening hours

Thermal Resort

Monday to Friday:
8.30 am - 12.30 pm /
2.00 pm - 8.00 pm
Saturday: 8.30 am - 1.00 pm
Sunday: closed

SPA

Monday to Saturday:
8.30 am - 8.00 pm
Sunday: closed

water temperature and pH

temperature: 30 °C
pH: 8.22

therapeutic indications

The sulphuric waters of Caldas das Taipas are indicated for the treatment of pathologies related to the respiratory system, as well as other dermatological and osteoarticular conditions.

thermal techniques

Immersion and hydromassage baths, Vichy showers, needle showers, mud treatments, bertholaix, steam therapy for hands and feet, nebulisations, irrigations, aerosols, thermal circuit including access to the thermal pool, sauna, and Turkish bath.

complementary techniques

Mud poultice
Massage (15, 30 and 60 min.)
Geothermal massage (30 min.)
Body exfoliation (20 min.)
Chocolate therapy (30 min.)
Candle massage (30 min.)
Lymphatic drainage massage (30 min.)
Double massage (30 min.)

medical and wellness programmes

Regular *Aqua Relax* Programme: Vichy shower (15 minutes), thermal circuit,



and immersion bath with hydromassage or air bubble
Aqua Relax Plus Programme: Vichy shower (15 minutes), needle shower, thermal circuit, and immersion bath with hydromassage or air bubble
Aqua Relax Deluxe Programme: immersion bath with hydromassage or air bubble, needle shower, Vichy shower (30 minutes), and thermal circuit.
Regular Relax Programme: general relaxation massage (15 minutes), mud treatment, and thermal circuit
Relax Plus Programme: general relaxation massage (30 minutes), mud treatment,

immersion bath with hydromassage or air bubble, and thermal circuit
Relax Deluxe Programme: general relaxation massage (30 minutes), algae mask, immersion bath with hydromassage or air bubble, thermal circuit, and needle shower
Day Spa Programme: Vichy shower (15 minutes), thermal circuit, immersion bath with hydromassage or air bubble, general massage (15 minutes), and mud treatment
Two Days Spa Programme: Day 1 - thermal circuit, mud treatment, and general relaxation massage (15 minutes).
Day 2 - immersion bath with hydromassage or air bubble, needle shower, and Vichy shower (30 minutes)
Holiday Spa Programme: Day 1 - mud treatment, general relaxation massage (30 minutes), and thermal circuit.
Day 2 - immersion bath with hydromassage or air bubble, Vichy shower (30 minutes), and needle shower
Chocolate Moments Programme: chocolate wrap, chocolate massage, immersion bath with hydromassage or air bubble, needle shower,

and thermal circuit.

Lovers Pearl Programme: (for 2 people): General relaxation massage (30 mins), mud application, and thermal circuit (60 mins).
Taipas Termal has other wellness programmes that can be found at www.taipastermal.com

accommodation

Taipas Termal has cooperation protocols with several hotels.

tourist attractions

Old Baths Building (a bathhouse built in the mid-19th century, with traces of the original Roman bathhouse)
Altar of Trajan (National Monument) with an honorary inscription engraved on a faceted stone, dedicated to Emperor Trajan Augustus
Briteiros Hillfort - iconic archaeological site of the Castro culture in the Northern Iberian Peninsula and the most extensively excavated in Portugal
Historic Centre of Guimarães - UNESCO World Heritage Site (7 km from the thermal resort)
Braga - district capital and an important centre of sacred art, including the Braga Cathedral (14 km from the thermal resort).

address and contact details

Taipas Turitermas C.I.P.R.L.
Largo das Termas
Caldas das Taipas - Guimarães
GPS: N 41.487801
W - 8.342652
tel: +351 253 577 845
email: info@taipastermal.com
website: www.taipastermal.com
FB: [taipastermal](https://www.facebook.com/taipastermal)
IG: [@taipastermal](https://www.instagram.com/taipastermal)



MELGAÇO MELGAÇO THERMAL RESORT, MEDICAL SPA

The two springs (Main Fountain and New Fountain or New Gallery), the monumental Drinking spout, the Spa, and the Bottling Workshop, are all part of a harmonious Thermal Park with lush and varied vegetation, intersected by the Bouça Nova stream.

The Main Fountain Drinking Spout is undoubtedly the flagship of the Melgaço Thermal Resort, designed by engineer Luís Couto dos Santos and completed in 1915. This is a monumental iron pavillion, built over the water source. It has a square floor plan and is built below ground level, accessible via 3 wide staircases leading to the central area, where the spring is located.

The Spa was completed in 1924, but half of it was already in operation the previous year, as indicated in the 1923 report quoted by Acciaiuoli (1944,IV,10). It was designed according to the same architectural style, albeit lacking the grandeur of the Drinking spout. It is a spacious building with two lateral sections and a central entrance, which, upon its construction, was used to separate men's from women's balneotherapeutic treatments.

thermal season

all year round

**Thermal Baths and SPA
opening hours**

Monday to Friday:

from 9.30 am to 12.30 pm
and from 2.00 pm to 6.30 pm

Saturday and Sunday:

from 9.30 am to 12.30 pm
and from 2.00 pm to 7.30 pm

water temperature and pH

temperature: between 15 °C

and 18 °C

pH: 5.8/5.9

therapeutic indications

Type 1 diabetes, type 2 diabetes, dyslipidemias
Digestive system: dyspepsia, duodenitis, chronic cholecystitis, biliary dyskinesia, constipation, irritable bowel syndrome, or functional colitis;
Osteoarticular conditions: low back pain, arthralgia, functional disability; respiratory conditions: allergic rhinitis, sinusitis, chronic pharyngitis, chronic bronchitis.

thermal techniques

Nasal irrigations and inhalations, steam baths (Turkish bath); jet baths, immersion baths (hydromassage with and without underwater massage); Vichy shower, counterflow, and various jacuzzis.

complementary techniques

Body techniques:
Peeling+hydration; reduction technique; wraps.

**medical and wellness
programmes**

Medical programmes:
treatment for diabetes
Wellness programmes: thermal circuit, relaxing massages.

**accommodation**

Monte Prado Hotel
& Spa**** (2 km)

tourist attractions

Melgaço and Old Town
Centre Museum
Lamas de Mouro Gate
- Peneda Gerês National Park
Cultural/religious heritage
(Nossa Senhora da Peneda,
Fiães Monastery)
Castro Laboreiro
(Castle, Castro Laboreiro
dog breed)
Alvarinho Manor House
and Brejoeira Palace

address and contact details

Melgaço Thermal Resort,
medical SPA
Parque Termal do Peso - Melgaço
GPS: 42°6'23 "N 8°16'57 "W
tel: +351 251 404 404
email:
geraltermasdemelgaco@gmail.com
website: www.termasdemelgaco.pt
FB:/TermasdeMelgaco



MONÇÃO CENTRO TESAL MONÇÃO THERMAL RESORT

The qualities of our waters are associated with beautiful spots where they spring, a pleasant landscape by the river, a relaxing atmosphere, providing excellent conditions for the practice of thermalism.

The Centro Tesal - Monção Thermal Resort is a 21st century thermal centre, equipped with the latest hydrotherapeutic technology for optimal use of its mineral-medicinal waters, under specialised medical supervision.

Our waters have an exceptional composition: they are hyperthermal (emerging at 49.5°C), hyposaline, sulphuric, sodic, lithiated, fluoridated, and with a pH of 7.4. These qualities of our waters are associated with beautiful spots where they spring, a pleasant landscape by the river, a relaxing atmosphere, providing excellent conditions for the practice of thermalism.

thermal season

open all year round

Thermal Baths and SPA opening hours

Monday to Saturday:

9.00 am - 1.00 pm /

3.00 pm - 8.00 pm

Sundays: 9.00 am - 1.00 pm

Thermal Circuit

Opening Hours:

(operates in shifts and with prior booking)

9.30 am - 11.00 am

11.00 am - 12.30 pm

3.00 pm - 4.30 pm

4.30 pm - 6.00 pm

6.00 pm - 7.30 pm

water temperature and pH

temperature: 49 °C

pH: 7.4

therapeutic indications

Rheumatic diseases:

chronic osteoarticular rheumatism (knee, hip and spine osteoarthritis), neuromuscular rheumatism and pain (low back pain, sciatica and fibromyalgia) inflammatory rheumatism (rheumatoid arthritis, psoriatic arthritis and ankylosing spondylitis), metabolic rheumatism (chondrocalcinosis, gout and post-traumatic sequelae of fractures)

Respiratory diseases:

rhinitis, sinusitis, otitis, rhinopharyngitis, asthma, chronic bronchitis, emphysema, and bronchiectasis

Dermatological diseases:

psoriasis, atopic dermatitis, eczema, hives and contact dermatitis

Diseases associated with modern living:

The waters of Monção are not just indicated for physical ailments. Thanks to their natural toning, regenerating and anti-inflammatory properties, they also contribute to the treatment of modern illnesses such as stress, depression and burnout.



thermal techniques

Regular/mineral-medical immersion bath; hydromassage bath; hydromassage bath with underwater jets; bubble bath; electrotherapy; Vichy shower; ultrasound; ENT treatments (irrigation, nebulisation and inhalation); Scottish shower

complementary techniques

Local parafango treatments, pressotherapy, oil wraps, algae/draining algae wraps, chocolate wraps, local massage, general relaxation massage, craniofacial massage, extra general relaxation massage, general 4-hand relaxation massage, leg/full lymphatic

drainage, facial lymphatic massage, Vichy shower massage, slimming and anti-cellulite massage.

medical and wellness programmes

Say goodbye to stress (anti-stress bath, wrapping, and general relaxation massage); Exfoliating and mineralising programme (body exfoliation, moisturising algae wrap, general relaxation massage); Firming and anti-cellulite programme (body exfoliation, draining algae wrap, pressotherapy, anti-cellulite massage); 'Sweet Sensations' (chocolate wrap, antioxidant bath with cocoa oil, general relaxation massage).

accommodation

(part of the thermal complex) Bienestar Hotel Monção Thermal Resort****

tourist attractions

Brejoeira Palace
Quinta da Pedra
'A Canuda' Garden in Salvaterra
Nossa Senhora da Peneda Sanctuary
Peneda Gerês National Park



address and contact details

Centro Tesal

- Monção Thermal Resort

Avenida das Caldas - Monção

GPS: N 42.07843 W -8.47529

tel: +351 251 648 367

email: tesalmoncao@tesal.com

website:

www.tesal.com/pt/moncao/





PENAFIEL INATEL ENTRE-OS-RIOS THERMALBATHS

The Resort is surrounded by gardens and a park with lush trees, including exotic and rare specimens.

The renowned Entre-os-Rios Thermal Resort, also known as Termas da Torre, got its name from being located in an area that corresponds approximately to the famous Quinta da Torre, a manor estate referenced since the 12th century, which belonged to a paternal aunt of Egas Moniz, a servant of Portugal's first king. The first licence to explore its extraordinary medicinal waters was granted on 13 September 1894.

thermal season

April 1st to October 31st

Thermal Baths and SPA opening hours

Monday to Saturday:

8.00 am - 12.00 pm /

3.30 pm - 6.00 pm

Sunday: 8.00 am - 12.00 pm

water temperature and pH

temperature: 18 °C

pH: 8.7



therapeutic indications

Respiratory system, rheumatic and musculoskeletal diseases.

thermal techniques

Immersion bath, hydromassage bath, Vichy shower, needle shower, steam bath for the spine, Bertholet for the limbs, inhalation, irrigation, spraying, aerosol, gargling.

complementary techniques

General massage, partial massage, and moist heat.



medical and wellness programmes

General massage, partial massage, Vichy shower, needle shower; hydromassage bath.

paediatric thermalism

Inhalation, irrigation, spraying, aerosol.

accommodation

(part of the thermal complex)
INATEL Entre-os-Rios Hotel ***

tourist attractions

Entre-os-Rios
Paços de Sousa Monastery
Quinta da Aveleda
Mozinho Hillfort
Romanesque Church of Eja

address and contact details

Inatel Entre-os-Rios
Torre, Portela - Penafiel
GPS: 41°05'58"N 8°17'31"W
tel: +351 255 616 059
email: inatel.erios@inatel.pt
website: www.inatel.pt



PENAFIEL S. VICENTE THERMAL RESORT

The São Vicente Thermal Resort, located in the parish of Termas de São Vicente and very close to Entre-os-Rios, are approximately 8 km (EN 106) from Penafiel (the municipality to which they belong) and about 30 km from Porto (A4).

The S. Vicente Thermal Resort is the only facility in Northern Portugal whose Spa has both outdoor access and direct indoor access to the hotel, the modern Termas de S. Vicente Palace Hotel & Spa. It is in line with the new concept of 'health and wellness thermalism' (and received the First Prize of the 'Senior Tourism 2009/2010 - Health and Thermalism' Programme, awarded by the Inatel Foundation).

This thermal complex with Hotel and Spa, is located in a lush and extensive natural park, offering walking trails, a tennis court, a chapel, and more. Right next to the Thermal Resort and in front of the Hotel, you'll find the S. Vicente Luso-Roman Baths (discovered in 1901 and considered an important archaeological finding by A. Narciso in 1930, it is remarkable for its state of preservation and the harmony of its ensemble, characteristic of Roman thermal architecture).

thermal season

open all year round

Thermal Baths and SPA opening hours

Sunday to Thursday:
08.00 am - 12.00 pm
and 3.00 pm - 7.00 pm
Friday and Saturday:
08.00 am - 12.00 pm
and 3.00 pm - 7.30 pm

water temperature and pH

temperature: 32 °C
pH: 8.6

Therapeutic Indications of the São Vicente Thermal Resort

Based on the physicochemical composition of its water, as well as the modern thermal technology it is equipped with, and the training of its technical staff, the S. Vicente Thermal Resort has the following therapeutic indications:

Officially approved by the Ministry of Health, namely:

Respiratory System

Disorders:

Sinusitis, Allergic rhinitis, Rhinosinusitis; Chronic bronchitis; Bronchial asthma. Rheumatic and Musculoskeletal

Disorders:

Spondylarthrosis (spine), Gonarthrosis (knee), Coxarthrosis (coxofemoral osteoarthritis); Rheumatoid Arthritis; Tendonitis and Peritendonitis; Fibromyalgia.

Pending approval by the Ministry of Health:

Skin Diseases: Psoriasis, Chronic eczema, Atopic eczema, Acne.

In addition to the aforementioned treatments, and as proposed by Decree-Law no. 142/2004, of 11 June, there are:

wellness services

Associated with thermal techniques (and prescribed by a qualified physician) and/or relaxation, aesthetic, and wellness treatments.

thermal and complementary techniques

Dynamic swimming pool (with automatic underwater showers, needle shower, fan shower, cascade shower, air bubble beds, jacuzzi, walking corridor); Sauna; Turkish bath. Immersion baths (regular, with air bubble, with hydromassage); Showers (needle, circular, cascade); Vichy massage shower (local/general); Steam treatments for the spine and the limbs; Nasal irrigation, nasal inhalation, oral inhalation, spraying, nebulização, monosonic and ultrasonic aerosols).
Massage (partial, general, manual lymphatic).



paediatric thermalism

Programme for treating the respiratory tract, including rhino-sinusitis (with or without allergic rhinitis) and bronchial asthma: including by selective medical prescription, nasal irrigation, nasal and oral inhalation, nebulisation and aerosol (mono or ultrasonic).

accommodation

(part of the thermal complex Hotel) Termas de S. Vicente Palace Hotel****

tourist attractions

Route of the Romanesque of the Sousa Valley Mouth of the Sousa River on the Douro River Penafiel - Main Church Guimarães - Cradle of the Nation, Guimarães Castle Braga - City (Bracara Augusta) and sanctuaries of Bom Jesus do Monte and Sameiro

address and contact details

S. Vicente Thermal Resort and Palace Hotel
Termas de S. Vicente
4575-373 Termas de São Vicente, Pinheiro - Penafiel
GPS: 41°05'58"N 8°17'31"W
tel: +351 255 617 080 / 255 617 081
email: geral@termasdesaovicente.pt
termas@termas-svicente.pt
website: www.termasdesaovicente.pt



SANTAMARIA DAFEIRA S. JORGE THERMAL BATHS

Come and
discover a haven
to take care of
your health!

S. Jorge Thermal Baths - Come and discover a retreat to take care of your health!

In the village of Caldas de S. Jorge, bathed by the serene waters of the Uíma River, we find the S. Jorge Thermal Baths, a thermal retreat that invites disconnection and relaxation in perfect harmony with nature.

With a long-standing tradition, S. Jorge Thermal Baths stand out as a reference in national thermals. The combination of innovative techniques, alongside specialized medical services and a highly qualified team of professionals, ensures excellent health results.

Due to the therapeutic power of its sulfuric waters, S. Jorge Thermal Baths are particularly recommended for treatments of musculoskeletal, respiratory, and dermatological conditions.

thermal season

February to November

Thermal Baths and SPA opening hours

Monday to Friday:

8.30 am - 12.00 pm /

4.00 pm - 8.00 pm

Saturdays and public holidays: 8.30 am - 12 pm

water temperature and pH

temperature: 23 °C

pH: 8.55

The therapeutic programs are personalized to meet the needs of each visitor, focusing on the prevention, promotion, and rehabilitation of health.

In this space, time seems to slow down, allowing moments of tranquility dedicated to the well-being of the body and mind, replenishing energy to better face the challenges of modern life.

therapeutic indications

Musculoskeletal pathologies; Chronic or allergic skin pathologies; Chronic or allergic respiratory tract pathologies

thermal techniques

Hydropinia: oral ingestion;

ENT techniques/

respiratory tract: nasal irrigation, inhalation (nasal/oral), nebulisation, pharyngeal spraying; aerosol (nasal/oral/ facial);

Shower techniques:

needle, circular, regional,

underwater, spray, Vichy

massage, Aix massage;

Steam techniques:

Bertholaix (spine, shoulders, neck, hips), steam for the spine, steam for hands and feet, full-body steam;

Physical and rehabilitation

medicine techniques:

dry manual massage,

thermotherapy (parafango)

Immersion techniques:

regular immersion, running

immersion, regular

hydromassage, aerobath,

hand baths, foot baths,

computerised hydromassage,

and hidropressotherapy

complementary techniques

Gym-based rehabilitation

hidrokinesiotherapy, thermal

pool hydrotherapy, walking

corridor and lymphatic drainage

complementary techniques

Gym-based rehabilitation, hidrokinesiotherapy, thermal pool hydrotherapy, walking corridor, and lymphatic drainage

medical and wellness programmes

'Thermal Healing' Programmes

(personalised programmes

based on medical evaluation

and prescription according

to the therapeutic indications

of the natural mineral water);

'Thermal Health' Programmes

(personalised programmes

based on medical evaluation

and prescription, focusing on

health promotion and

prevention, with the aim of

adopting healthy lifestyle

habits such as regular

physical exercise combined

with a programme of thermal

and complementary

techniques): Termalfit,

Termalshortfit, Termalface

'Thermal Wellness'

Programmes (short duration

programmes to experience

individually or as a couple):

Termalbreak, Termallove,

Spabado

paediatric thermalism

The S. Jorge Thermal Resort

offers paediatric thermalism

programmes, namely



treatments for respiratory conditions (rhinitis, sinusitis, pharyngitis, laryngitis, tracheobronchitis, bronchial asthma); skin conditions (eczema, urticarial dermatitis), and musculoskeletal conditions (some forms of paediatric rheumatism, sequelae of trauma).

At S. Jorge, the younger ones find a combination of the therapeutic component with well-being, fun, and the very important dimension of health education, embodied in the friendly mascot 'Gotinhas'.

accommodation

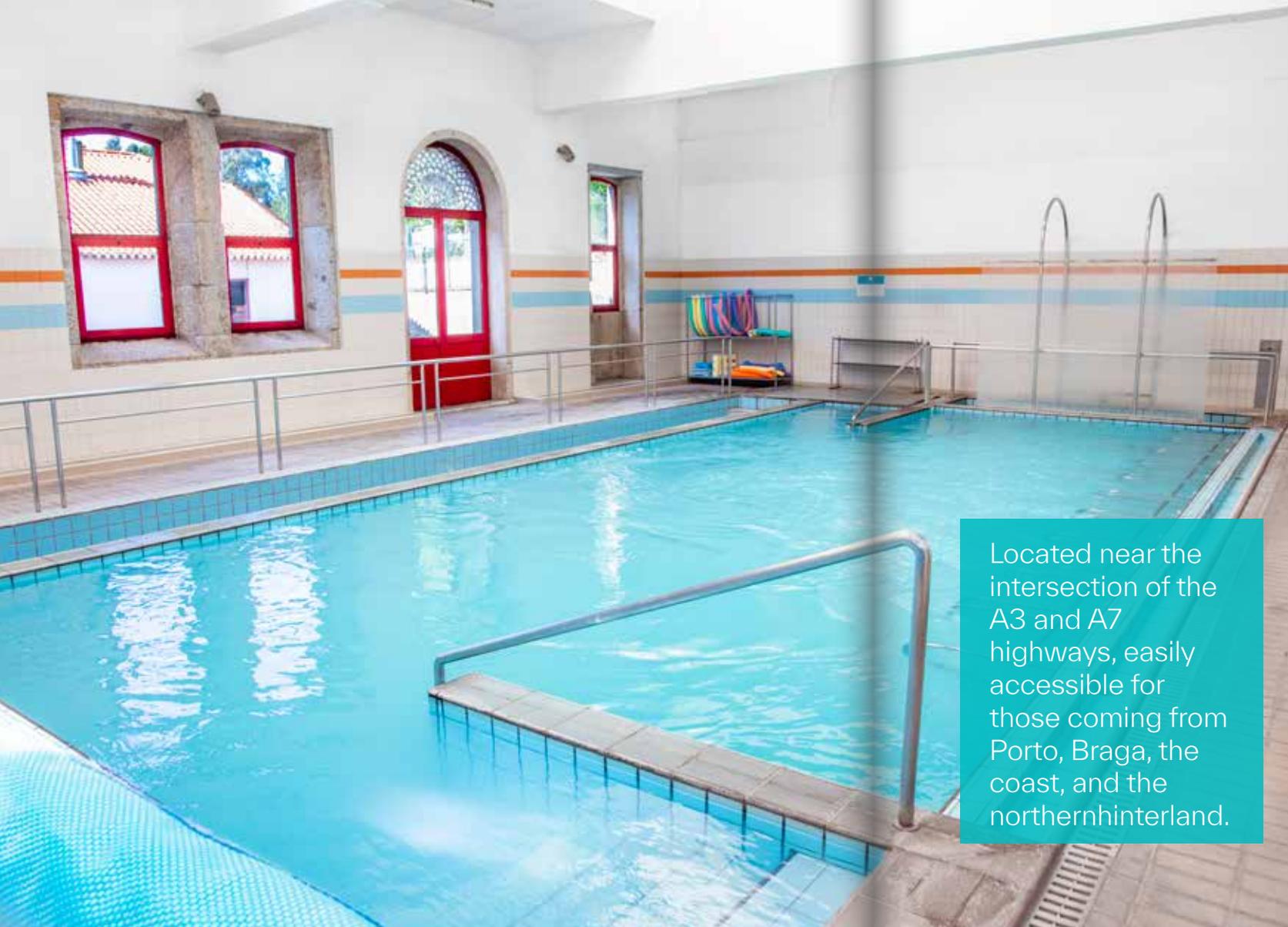
Hotel Nova Cruz, Hotel dos Loios, Hotel Feira Pedra Bela, Pensão S. Jorge, Angellus Hostel, Casa de campo, Casa do Engenho, Encosta do Uíma Guest House, Estação do Parque

tourist attractions

Santa Maria da Feira Castle
Romariz Hillfort
Ribeiras do Rio Uíma Park
Porto Carvoeiro
Loios Convent Museum
Terras de Santa Maria
Paper Museum
Santa Maria de Lamas Museum
Lourosa Zoo
- Ornithological Park

address and contact details

S. Jorge Thermal Resort
Praça S. Jorge
- Caldas de S. Jorge
Santa Maria da Feira
GPS: 40°58'06.60"N
8°30'02.32"W
tel: +351 256 910 360 /
256 375 460
email: info@termas-sjorge.com
website:
www.termas-sjorge.com
FB:/termassjorge
youtube: www.youtube.com/
user/termassjorge



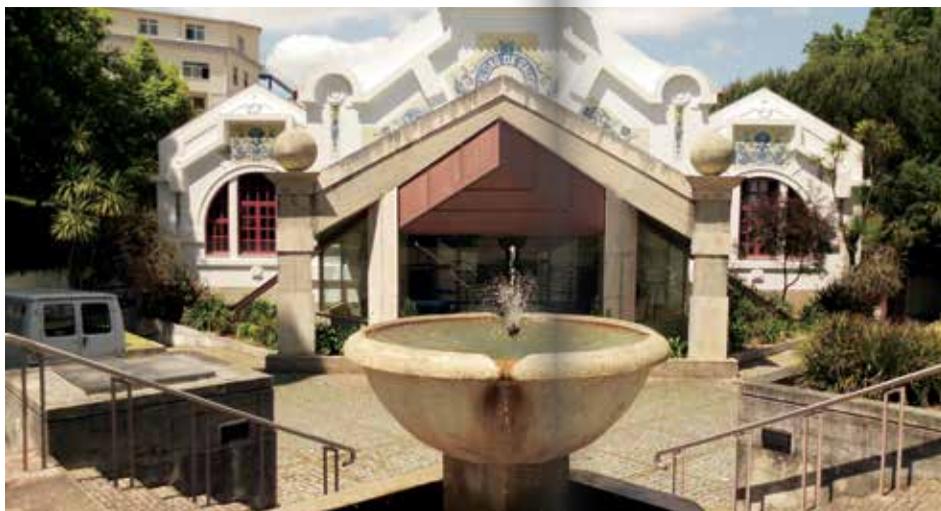
SANTOTIRSO CALDAS DA SAÚDE THERMAL RESORT

Located near the intersection of the A3 and A7 highways, easily accessible for those coming from Porto, Braga, the coast, and the northern hinterland.

The natural mineral water of the Caldas da Saúde Thermal Resort has been used since ancient times, as evidenced by the Roman artefacts found in various construction phases. It reopened in 1994, completely renovated, on the structures of the 19th-century spa, offering an innovative range of services in the areas of classic thermalism and supplements for maintaining good physical and mental condition. Today, the Caldas da Saúde Thermal Resort stands out for operating all year round with extended opening hours and for the attention paid to training and retaining its staff. As far as thermalism is concerned, the Caldas da Saúde Thermal Resort offer a range of treatments based on its therapeutic indications: respiratory, skin and musculoskeletal diseases.



Furthermore, and always valuing the power of thermal water, the Thermal Resort focuses on physical maintenance and body and mind relaxation at its Health Club and Thermal Spa. Located near the intersection of the A3 and A7 highways, easily accessible for those coming from Porto, Braga, the coast, and the northern hinterland, the Caldas da Saúde Thermal Resort offers a range of treatment and wellness programmes that are well worth a visit.



therapeutic indications

Respiratory system diseases, skin conditions, and musculoskeletal diseases.

thermal techniques

Pröetz drainages, gargling, nasal showers, sprays, nebulisations, aerosols, Vichy shower, jet shower, steam for the spine, aerobath, hydromassage in a pool/ bathtub, mud treatments, aqua aerobics, massages.

complementary techniques

Face and body treatments, relaxation massage, slimming, firming, flat belly, tired legs, facial and body exfoliation and hydration, geothermal massage, and aromatherapy.

medical programmes and wellness programmes

Respiratory tract thermal treatment programme: 12/14 days.

Musculoskeletal and skin treatment programme: 6, 7, 12 and 14 days.

Relaxation programmes
Body hydration programme
Total Relax.

paediatric thermalism

Treatment for respiratory tract and skin problems.

tourist attractions

International Museum of Contemporary Sculpture (headquarters)
Abade Pedrosa
Municipal Museum
Alberto Carneiro
Art Centre
São Bento Monastery
Singeverga Monastery
Marian Sanctuary
Monte Padrão Hillfort
Sara Moreira Urban Park
Geão Urban Park

thermal season

3 January to 23 December

Thermal Baths and SPA opening hours

Monday to Saturday:
8.00 am - 1.00 pm /
3.00 pm - 8.00 pm
(treatments: 4.00 pm - 8.00 pm)

water temperature and pH

temperature: 38.3 °C
pH: 8.86

Ribeiro do Matadouro
Urban Park
Urban Beach
Hiking Trail Network

address and contact details

Caldas da Saúde Thermal Resort
Rua das Termas, 754
Areias - Santo Tirso
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email:
termas@caldasasaude.pt
website: www.caldasasaude.pt
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TERRAS DEBOURO MOIMENTA THERMAL RESORT

Located in the Town of Terras de Bouro, about 16 kilometres from the entrance to the Peneda-Gerês National Park, right in the heart of the park.

Surrounded by tranquillity and well-being, the Moimenta Thermal Resort is a new reality in the Portuguese Thermalism sector, equipped with modern facilities to ensure and provide the best treatment results.

Located in a mountainous region, which is an excellent area for promoting new tourist destinations, combined with the richness of the natural and cultural heritage, it provides opportunities for recreational and leisure activities in constant contact with the environment.

'(...) The uniqueness of this water comes from the fact that it contains Cerium as a trace element, which together with silica and silver allows for rapid regeneration of skin and respiratory mucosa conditions.'

**therapeutic indications**

treatment of respiratory tract and musculoskeletal/rheumatic conditions.

thermal techniques

Inhalation therapy:
nebulisation, nasal irrigation, pharyngeal sprays;
Balneotherapy:
computerised hydromassage, localised underwater hydromassage, Vichy shower, Aix shower, steam treatment for the spine, steam treatment for the limbs.

medical and wellness programmes

1-day, weekend, 6-day, 12-day, 14-day, 18-day thermal healing
21-day thermal healing for skin treatments.

paediatric thermalism

12-day or 18-day respiratory tract thermal healing
21-day thermal skin healing.

tourist attractions

Peneda Gerês
National Park
Roman Road with hiking trails
Vilarinho das Furnas Museum
S. Bento da Porta Aberta
Nautical Centre

thermal season

1 May to 31 October

Thermal Baths and SPA opening hours

Monday to Saturday:
9.00 am - 1.00 pm /
3.00 pm - 7.00 pm
(opening hours may vary depending on the month)

water temperature and pH

temperature: 21 °C
pH: 9.04

address and contact details

Complexo Termal da Moimenta, Lda.
Av. D. Manuel I, 18
Moimenta - Terras de Bouro
GPS: N 41.7147 W -8.3146
tel: +351 253 353 217 / +351 968 268 724
email: geral@termasdamoimenta.com
termasdamoimenta@gmail.com
website: www.termasdamoimenta.com
FB:/termasdamoimenta



TERRAS DEBOURO GERÊS THERMAL RESORT

Located in the heart
of Portugal's unique
National Park
- Peneda-Gerês
National Park.

The Gerês Thermal Resort combines essential elements such as: the surrounding landscape, the cultural and gastronomic richness, the comfort and elegance of the Águas do Gerês Hotel, the Thermal Park and Swimming Pools, and the new Thermal and Spa area. In Gerês you'll find a truly healing and relaxing place where you can enjoy a wide range of experiences and sensations. In addition to Traditional Thermal Healing, and Therapeutic and Health Promotion Programmes, we also have a Spa Menu with services and products specially designed to meet the expectations of those who come to us looking for Leisure, Peace and Well-being.

thermal season

1 May to 31 October
Spa: open all year round

Thermal Baths and SPA opening hours

Monday to Friday:
8.00 am - 1.00 pm /
3.30 pm - 7.00 pm
Saturday:
8.00 am - 1.00 pm /
3.30 pm - 8.00 pm
Sunday: 8.00 am - 1.00 pm

water temperature and pH

temperature: 50 °C
pH: 9.18

therapeutic indications

Metabolic Disorders - Weight Loss and Overweight. Digestive System Diseases. Liver and Gallbladder Diseases. Diabetes and Prediabetes, Cholesterol, Triglycerides. Chronic Rheumatism. In addition to specific therapeutic indications, the Gerês Thermal Resort improves situations of stress and fatigue, sedentary lifestyle, and tendency for depression.

thermal techniques

The Gerês Thermal Resort offers the following treatments and techniques: Water ingestion Immersion baths and Air Bubble Baths Computerised hydromassages (draining, relaxation, rheumatism, etc.) Needle, Scottish, Circular, Underwater, and Vichi massage showers Sauna and Turkish Bath.

complementary techniques

Dynamic pool, Cardio/Fitness Gym; Bithermal shower with 3 essences, Cuba and Blue spray; Therapeutic and Relaxation massages (general e localised); Lymphatic drainage; Volcanic hot stone massages; Anti-cellulite, slimming, and toning massages; Shiatsu Indian; Head Massage and Quick Massage; Aromatherapy.



aesthetics and advanced aesthetics centre

Facial and body aesthetic and beauty treatments; Body exfoliations; Algae wraps; Pressotherapy; Cavitation; Anti-cellulite and anti-aging treatment.

therapeutic and wellness programmes

1 to 7-day programmes: Mountain Ritual; Spa Experience Programme; Feel Romance Programme; 100% Gerês Programme; Zen Programme; Beauty & Care Programme; Traditional Thermal Healing; Weight Loss and Anti-Obesity Programmes;

Deep Relaxation Programme (anti-stress and anxiety). Therapeutic programmes (7 and 14 days - Weight Loss Programme, Always in Shape Programme, among others) Thermal Wellness Programmes (1 to 6 days) Zen Programme (2 to 5 days) Aqua Spa Vitality Programme (2 to 5 days) 'Scent of the Mountains' Programme (2 to 5 days) Beauty & Care Programme (2 to 5 days)

accommodation

(part of the thermal complex)
Águas do Gerês - Hotel,
Thermal Resort & Spa ***

tourist attractions

Discover the unique beauty of the Peneda-Gerês National Park Nature tourism: trails, guided hikes, tours on foot, horseback carriage, or jeep Active tourism Water sports Extreme sports Tours in search of traditions and customs Gastronomic routes

address and contact details

Águas do Gerês
- Hotel, Thermal Resort & Spa
Av. Manuel Francisco da Costa,
275
4845-067 Gerês
GPS: 41°43'43.68"N
8°09'43.31"W
tel: +351 253 390 190
email: hotel@aguasdogeres.pt
site: www.aguasdogeres.pt



VILAPOUCA DEAGUIAR PEDRAS SALGADAS THERMALSPA

The new Thermal Spa was set up in the iconic building of the old Baths. It was renovated by Architect Álvaro Siza Vieira, who restored the charisma of the past.

A clean aesthetic, the use of natural light and the large windows stand out in the modern design of the interiors of the art nouveau building. Nature is also at the core of the THERMAL SPA.

The therapeutic power of natural carbonated water from Pedras Salgadas, long recognised by the national and international scientific community, is used in a wide range of health and wellness treatments. Based on new concepts, methods and equipment, the available therapies aim to rejuvenate the spirit of thermal tourism. The Thermal SPA includes a wet area for treatments with mineral water, beneficial for digestive, respiratory and muscular problems, and a dry area for beauty and wellness treatments. In total, the spa offers 14 treatment rooms (including five

thermal season

open all year round

Thermal Baths and SPA opening hours

Monday to Sunday:
10.00 am - 7.00 pm

water temperature and pH

temperature: 17 °C
pH: 6.4

hydrotherapy rooms and two double rooms). The facilities include also a heated indoor swimming pool with a walking corridor, sauna, Hammam (Turkish bath), hydromassage, needle shower, Vichy shower, and two relaxation rooms. The Pedras Salgadas Thermal SPA offers various thermal and wellness programmes and is open to guests as well as external clients all year round.

therapeutic indications

Rheumatic, musculoskeletal, respiratory, digestive and metabolic-endocrine diseases.

thermal techniques

Medical Consultation in Hydrology Hidrotherapy (ingestion of natural mineral water); Regular immersion bath; Regular hydromassage bath or aerobath; Jet shower; General or partial massage shower.

complementary techniques

Tank with phlebology circuit; Relaxation treatments with aromatherapy; Deep massages; Facial and body beauty treatments | Indian head massage | Geothermal massage (hot stones) | Special relaxing massage for pregnant women | Slimming massage | Body and facial drainage with suction cups | Pedras Salgadas Spa rituals | Relaxing experiences for two (Pedras aroma experience; Pedras park experience; Pedras special experience; Pedras tull relax experience) | Personal Trainer | Pilates | Yoga and Guided Meditation Session | Nutrition Consultations.

medical and wellness programmes

The Pedras Salgadas Thermal Spa is ready to create Personalised Programmes especially for its guests, tailored to the needs and preferences of each individual. We combine the most appropriate selection of services in each Programme, including beauty and wellness therapies, along with oriental therapies, physical exercise, and a balanced diet. The Pedras Salgadas Thermal Spa also creates personalised programmes for its clients, even if they're not staying at the Pedras Salgadas Park. Medical programmes are recommended for a minimum duration of 7 days. We suggest light legs; weight control; anti-stress, and light back.

paediatric thermalism

Medical programme for respiratory diseases.

accommodation

(part of the thermal complex)
Pedras Salgadas Spa & Nature Park



tourist attractions

Thermal Park
of Pedras Salgadas
Vidago Palace Hotel
Tresminas Roman Mines
Vila Pouca de Aguiar Castle
City of Chaves

address and contact details

Pedras Salgadas
Spa & Nature Park
Pedras Salgadas Thermal Spa
Parque de Pedras Salgadas,
Bornes de Aguiar
Vila Pouca de Aguiar
GPS: 41°32'37,45"N
7°36'13,18"W
Phone: +351 259 437 140 or
+351 276 990 993
email:
spa@pedrassalgadaspark.com
website:
www.pedrassalgadaspark.com
facebook: www.facebook.com/
PedrasSalgadasSpaNaturePark



VIMIOSO VIMIOSO THERMAL RESORT

The Vimioso Thermal Resort is located in Maceira, parish and municipality of Vimioso and district of Bragança.

Located in Maceira, parish and municipality of Vimioso, and in the district of Bragança, it has a modern spa with distinctive architecture, equipped with innovative facilities and using the best practices to make the most of this sulphurous mineral (thermal) water. The Vimioso Thermal Resort combines health, leisure and well-being, creating the perfect environment to restore physical, mental and social balance. Personalised programmes and innovative techniques, combined with medical supervision and a team of specialised professionals, ensure the best results for your health and well-being.

thermal season

1 May to 30 November

Thermal Baths and SPA opening hours

Monday to Friday:

9.00 am - 1.00 pm /

2.00 pm - 7.00 pm

Saturday:

10:00 am - 1:00 pm /

3:00 pm - 7:00 pm

water temperature and pH

temperature: 17.6 °C

pH: 8.7

therapeutic indications

Respiratory system diseases.
Rheumatic and musculoskeletal diseases.

thermal techniques

Immersion techniques:
Hydromassage, immersion bath; shower techniques: vichy massage shower, jet shower, pedidaix shower, circular shower); steam techniques: partial steam for the spine, partial steam for the hands and feet, Bertholaix (shoulders, spine, and hips); Respiratory tract techniques (warm nebulisation, thermal/sonic aerosol, nasal irrigation, micronised nasal shower).

complementary techniques

Therapeutic massage
Manual lymphatic drainage
Aqua aerobics / hydrotherapy in thermal pool, sauna and Turkish bath.

medical and wellness programmes

Aiming to foster the adoption of healthy lifestyles and avoiding harmful exposures, the Vimioso Thermal Resort, through clinical assessment and prescription, offers personalised health promotion and prevention programmes based on the therapeutic indications



of its natural mineral water. The Vimioso Thermal Resort combines the therapeutic component with well-being, as well as with the very important dimension of health education.

paediatric thermalism

For the younger ones, the Vimioso Thermal Resort offers paediatric thermalism programmes, namely respiratory techniques (rhinitis, sinusitis, pharyngitis, laryngitis, bronchial asthma).

Accommodation

Sr. Das Pereiras Rural Hotel
A Vileira Hotel

The Vimioso Thermal Resort has protocols with these hotels, offering attractive prices to its visitors.

tourist attractions

- PINTA (Iberian Nature and Adventure Park);
- Vimioso Thermal Resort;
- Interpretive Centre of the Argozelo Mines;



- Jewish Museum in Carção;
- Memorial of Cross-Border Mobility, Smuggling, and Surveillance;
- Vimioso Main Church (17th-century Mannerist temple, built during the Philippine period);
- Vimioso House of Culture;
- Main Church of Algosó;
- Main Church of Caçarelhos;
- S. Roque Chapel in Algosó;
- S. João Baptista Chapel in Algosó;
- Algosó Municipal House;
- Algosó Castle;
- Interpretive Centre of the Algosó Castle;
- S. Roque Chapel in Caçarelhos;
- Romanesque Churches (in all parishes, traditional and popular architecture);
- Algosó Pillory;
- Vimioso Pillory;
- Caçarelhos Stone Cross;
- 'Cabanais' in Caçarelhos;
- Romanesque bridges of:

- Algosó / S. Martinho do Peso;
- Algosó/Matela; Vimioso/Carção; Santulhão/Izedá; Pinelo/Argoselo; Pinelo/Outeiro; Vimioso/Caçarelhos; and S. Joanico.
- Noble Houses in Vimioso and Algosó;
- Ethnographic museums: Vimioso, Algosó and Caçarelhos;
- Távoras Manor House in Argoselo (private);
- Diving springs in all parishes;
- 'Palombar' Interpretive Centre
- Parish of Uva;
- Community ovens (Pinelo);
- Stone Crosses (in all parishes);
- Library;
- Vimioso House of Culture;
- Vimioso Municipal Swimming Pools;
- Tennis Court | Beach Football in Vimioso;
- Multipurpose Pavilion;
- Vimioso Camping and Caravanning Park.

address and contact details

Terronha Thermal Resort
EN218-2 at km 58

(next to the old bridge over the Angueira River)

5230 Vimioso

GPS: N 41.341550 W
-6.300327

tel: +351 273 511 381

email:

termasdevimioso@cmvimioso.pt

website: www.cm-vimioso.pt/pages/147



VIZELA VIZELA THERMAL RESORT CENTRO TESAL

The Vizela Thermal Resort reopened in 2012, under the management of the Tesal Group. At the same time, the facilities have undergone extensive renovations in order to offer their services with even greater quality and comfort.

The increase in demand for thermal waters led to the creation of a commercial company to explore and organise them. So was created the Companhia de Banhos de Vizela, in 1873, and the construction of the main building of the Thermal Resort began. The thermal baths were already operating in 1881, although the construction works had not yet been completed. For many years, the Thermal Resort was a catalyst for the development of Vizela, particularly in terms of tourism, hospitality, local commerce, and more. After some setbacks and periods of closure, the Vizela Thermal Resort reopened in 2012, managed by the Tesal Group. Since then, the Thermal Resort has been in operation, welcoming hundreds of users every year. At the same time, the facilities have been undergoing extensive renovations in order to offer their services with even greater quality and comfort.

thermal season

open all year round

Thermal Baths and SPA opening hours

Monday to Friday:
10:00 am – 1:00 pm /
3:00 pm – 6:00 pm
Saturday:
9:00 am – 1:00 pm /
3:00 pm – 7:00 pm
Sunday:
9:00 am – 1:00 pm

water temperature and pH

temperature: 66 °C
pH: basic (above 7)

therapeutic indications

Rheumatic conditions:
osteoarthritis, arthritis, lower
back pain, among others;
Respiratory conditions: chronic
sinusitis, chronic laryngitis,
asthma, chronic otitis, among
others;
Dermatological conditions:
atopic dermatitis, eczema,
psoriasis, among others;
Pathologies associated with
modern living: stress, anxiety,
cardiovascular risk factors, etc...

thermal techniques

Nasal irrigation, spraying,
inhalation, mineral-medicinal
bath, bubble bath,
hydromassage bath, Vichy
shower (local and general),
Mud Application, Thermal
Circuit - Dynamic Pool

complementary techniques

Therapeutic Massage,
Lymphatic Drainage, Reducing
& Anti-Cellulite Massage,
Rheumatologic Physiotherapy,
Hydrotherapy, among others.

medical and wellness programmes

Rheumatology programme
Respiratory programme
Dermatology programme
Anti-stress programme

paediatric thermalism

Respiratory programme

accommodation

(part of the thermal complex)
Bienestar Hotel
– Vizela Thermal Resort****

tourist attractions

Thermal Park
Roman Bridge
Mini-golf Course
São Bento das Pêras Sanctuary
Local specialty dessert:
Bolinhol

address and contact details

Rua das Termas, 37 - Vizela
GPS: N 41.374271
W -8.308968
tel.: +351 253 565 117 /
+351 912 108 532
email: tesalvizela@tesal.com



**AMARANTE
INTERACTIVE
TOURISM SHOP**

Largo Cons. António Cândido
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**AMARES
CALDELAS INTERACTIVE
TOURISM SHOP**

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de Azevedo, 211
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e-mail: geral@municipioamares.pt
site: www.cm-amares.pt

**BOTICAS
INTERACTIVE
TOURISM SHOP**

Rua Gomes Monteiro, 3
Tel. 276 410 200 / 925 973 843
e-mail: turismo@cm-boticas.pt
site: www.cm-boticas.pt

**CHAVES
TOURISM OFFICE**

Paço dos Duques de Bragança
Praça de Camões
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site: www.chaves.pt

**ALTOTÂMEGA
EBARROSO
TOURISM OFFICE**

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e-mail: turismo@ciamat.pt
site:
<https://visitaltotamegaebarroso.pt/>

VIDAGO TOURISM OFFICE

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**GUIMARÃES
INTERACTIVE
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site: www.visitguimaraes.travel

**MELGAÇO
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**MONÇÃO
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**MONÇÃO RIO
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**SANTA MARIA
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**SANTO TIRSO
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**TERRAS DE BOURO
MOIMENTA
TOURISM OFFICE**

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turismo.moimenta@cm-
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**VILADOGERÊS
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**RIOCALDO
TOURISM OFFICE**

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terrasdebouro.pt
site: www.cm-terrasdebouro.pt

**VILA POUCA
DE AGUIAR
INTERACTIVE
TOURISM SHOP**

Rua Henrique Maia,
Pedras Salgadas
(Junto à Estrada Nacional 2)
Tel. 259 439 000/ 961 537 588
e-mail: turismo@cm-vpaguiar.pt
site: www.cm-vpaguiar.pt

**VIMIOSO
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