



TERMAS DA
PIEDADE

by Your Hotel & Spa Alcobça

THERMAL TREATMENTS MENU



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1) APPOINTMENTS

MEDICAL HYDROLOGY APPOINTMENT	€55,00
NUTRITION APPOINTMENT	€40,00
PHYSICAL THERAPY APPOINTMENT	€45,00

2) THERMAL WATER INGESTION

THERMAL WATER INGESTION 7 DAYS	€25,00
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3) HYDROTHERAPY (LIMITED TO 50% OCCUPANCY)

HYDROTHERAPY CIRCUIT (45')	€10,00
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Access to the whirlpool, jacuzzi, sauna, Turkish bath, footbath, rain treatment, cold water bucket and relaxation area.

(SUSPENDED SAUNA AND TURKISH BATH DUE TO COVID-19)

SUPERVISED HYDROTHERAPY CIRCUIT (45')	€20,00
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Supervision outside the swimming pool by a therapist who will assist the thermalist in accessing the whirlpool, jacuzzi, sauna, Turkish bath, footbath, rain treatment, cold water bucket and relaxation area, in order to ensure the visitor's safety and well-being.

(SUSPENDED SAUNA AND TURKISH BATH DUE TO COVID-19)

ACCOMPANIED HYDROTHERAPY CIRCUIT (45')	€40,00
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Accompaniment inside the swimming pool by a therapist who will assist and guide the thermalist in accessing the whirlpool, jacuzzi, sauna, Turkish bath, footbath, rain treatment, cold water bucket and relaxation area.

(SUSPENDED SAUNA AND TURKISH BATH DUE TO COVID-19)

4) BATHS

IMMERSION BATH (20') **€25,00**

Whirlpool bath with thermal water that provides a feeling of well-being while performing a thermal cure.

UNDERWATER BATH (20') **€25,00**

Regenerating whirlpool bath that uses thermal water for therapeutic purposes.

5) SHOWERS

VICHY SHOWER (25') **€30,00**

Treatment that combines manual massage techniques with hot thermal water jets throughout the body. Massage where the energy of water in motion communicates with the body, enabling pain relief and activation of blood circulation.

LOCALISED VICHY SHOWER (15') **€20,00**

Treatment that combines manual massage techniques with hot thermal water jets applied to localised body parts. Massage where the energy of water in motion communicates with the body, enabling pain relief and activation of blood circulation.

SHOWER JET SPRAY (15') **€20,00**

Shower with thermal water jets, adjustable by the therapist in temperature and pressure. This treatment aims to improve blood circulation, also promoting muscle relaxation through an invigorating sensation.

6) DRAINAGES

LYMPHATIC DRAINAGE 1 AREA (30')

€35,00

Specific gentle massage technique applied to 1 body area, with movements in the ganglionar direction. It activates lymphatic circulation and the immune system, providing a feeling of lightness and relaxation, releasing accumulated toxins in skin tissues.

LYMPHATIC DRAINAGE 2 AREAS (50')

€55,00

Specific gentle massage technique applied to 2 body areas, with movements in the ganglionar direction. It activates lymphatic circulation and the immune system, providing a feeling of lightness and relaxation, releasing accumulated toxins in skin tissues.

PRESSOTHERAPY (20') (SUSPENDED DUE TO COVID-19)

€20,00

Treatment that helps detox the organism through the reactivation of the circulatory system, providing a sensation of lightness and relaxation, releasing accumulated toxins in skin tissues.

7) MESSAGES

ABDOMINAL MASSAGE (15')

€20,00

Abdominal massage that, through circulatory movements, activates the circulatory system and relaxes the muscles, contributing to the elimination of toxins, improving the digestive and intestinal tract.

THERAPEUTIC MASSAGE (50')

€60,00

Massage that uses specific manoeuvres appropriate to the areas of greatest discomfort. This type of massage is generally used for muscle relaxation and helps to correct posture. Upon medical assessment, appropriate complementary methodologies may be applied to the client.

LOCALISED THERAPEUTIC MASSAGE (30')

€40,00

Localised massage that uses specific manoeuvres appropriate to the areas of greatest discomfort. This type of massage is generally used for muscle relaxation and helps to correct posture. Upon medical assessment, appropriate complementary methodologies may be applied to the client.

8) INTERNAL TECHNIQUES

HYDROCOLONOTHERAPY (VARIABLE)

€80,00

(TEMPORARILY SUSPENDED DUE TO COVID-19 OR MANDATORY COVID19 TEST TO EXPERIENCE THIS THERAPY (RESPONSIBILITY OF THE PATIENT))

Hydrocolonotherapy consists of an intestinal purification and detox. After a deep cleanse, thermal water is introduced which, besides being a very powerful disinfectant and neutralising any infection or inflammation present in the intestinal walls, eliminates some microorganisms (bacteria) harmful to your intestinal health. This is a safe, comfortable and painless therapy that deeply cleanses and detox the mucous membranes, releasing floating debris, toxins, excess mucus and parasites. During the session, the client is lying in a relaxed position while the water travels through the colon, their dignity being fully preserved.

Treatment time varies between 30 and 60 min., not all taking the same time.