

TERMAS DA PIEDADE

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TERMAS DA  
PIEADADE  
by Your Hotel & Spa Alcobaca

# THERMAL TREATMENTS MENU

# CONTENTS

1) SEASONS	3
2) APPOINTMENTS	3
3) THERMAL WATER INGESTION	4
4) THERMAL HYDROTHERAPY	4
5) THERMAL BATHS	5
6) THERMAL SHOWERS	5
7) DRAINAGES	6
8) MASSAGES	6
9) RELAXING BED & FLOATATION BED	7
10) INTERNAL TECHNIQUES	7

# PRICE TABLE

## CLASSIC / THERAPEUTIC THERMALISM

(price list valid after a mandatory hydrological medical appointment)

### 1) SEASONS

**LOW SEASON:** JANUARY 01 UNTIL APRIL 30 | OCTOBER 01 UNTIL DECEMBER 31

**HIGH SEASON:** MAY 01 UNTIL SEPTEMBER 30

### 2) APPOINTMENTS

#### MEDICAL HYDROLOGY APPOINTMENT

LOW SEASON: € 45,00 | HIGH SEASON: € 45,00

This appointment is required for therapeutic / classic treatment.

#### PHYSIOTHERAPY APPOINTMENT (50')

LOW SEASON: € 50,00 | HIGH SEASON: € 50,00

Physiotherapy appointments are carried out in partnership with Physioclem clinics, with a professional and multidisciplinary team.

The appointments can be made at our facilities or at the facilities of the Physioclem clinics.

#### ONLINE NUTRITION APPOINTMENT

LOW SEASON: € 50,00 | HIGH SEASON: € 50,00

Nutrition appointments are held on our facilities, with audiovisual equipment provided by us, where the nutritionist will carry out the online appointment. These appointments require a prior booking of between 24 and 48 hours.

### 3) THERMAL WATER INGESTION

#### **THERMAL WATER INGESTION / HYDROPINIA** FREE WITH PRESCRIPTION

##### **DEPOSIT FOR BOTTLE AND THERMAL CUP: € 15,00**

This amount will be refunded to the user once the glass and bottle have been returned at the end of the treatments.

##### **ITEMS FOR SALE**

- GRADUATED THERMAL CUP: € 6.00
- 0.5L TERMAS DA PIEDADE BOTTLE: € 8.00
- 1L TERMAS DA PIEDADE BOTTLE: € 10,00

### 4) THERMAL HYDROTHERAPY

#### **OPEN THERMAL HYDROTHERAPY CIRCUIT (UP TO 60')** LOW SEASON: € 9,00 | HIGH SEASON: € 10,00

Access to the hydromassage and jacuzzi with thermal water, sauna, turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.

#### **ACCOMPANIED THERMAL HYDROTHERAPY CIRCUIT (30')** LOW SEASON: € 35,00 | HIGH SEASON: € 40,00

Accompaniment inside the swimming pool by a therapist who will assist and guide the thermalist in accessing the hydromassage and jacuzzi with thermal water, sauna, turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.  
For this service, there are specific days and times.

#### **WATCHED THERMAL HYDROTHERAPY CIRCUIT (30')** LOW SEASON: € 15,00 | HIGH SEASON: € 20,00

Watched outside the swimming pool by a therapist who will assist and guide the thermalist in accessing the hydromassage and jacuzzi with thermal water, sauna, turkish bath, footbath, rain walk, cold water bucket shower and relaxation area.  
For this service, there are specific days and times.

#### **AQUATIC PHYSIOTHERAPY (45' TO 60')** LOW SEASON: € 50,00 | HIGH SEASON: € 55,00

Physiotherapy techniques in the aquatic environment, this service is provided by the Physioclem clinics' team of physiotherapists.

## 5) THERMAL BATHS

### **SIMPLE IMMERSION BATH (15')**

LOW SEASON: € 7,00 | HIGH SEASON: € 9,00

Simple immersion bath with thermal water that provides a feeling of well-being while performing a thermal cure. No Hydromassage.

### **IMMERSION BATH WITH HYDROMASSAGE (15')**

LOW SEASON: € 9,00 | HIGH SEASON: € 11,00

Hydromassage Bath with thermal water that provides a feeling of well-being while performing a thermal cure.

## 6) THERMAL SHOWERS

### **THERMAL VICHY SHOWER (20')**

LOW SEASON: € 15,00 | HIGH SEASON: € 20,00

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 THERMAL VICHY SHOWER (10')**

LOW SEASON: € 12,50 | HIGH SEASON: € 15,00

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.

### **THERMAL SHOWER JET SPRAY (5')**

LOW SEASON: € 7,00 | HIGH SEASON: € 9,00

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.

## 7) DRAINAGES

### **LOCALISED LYMPHATIC DRAINAGE (25')**

LOW SEASON: € 25,00 | HIGH SEASON: € 30,00

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.

## 8) MESSAGES

### **LOCALISED THERAPEUTIC MASSAGE (15')**

LOW SEASON: € 17,50 | HIGH SEASON: € 20,00

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.

### **ABDOMINAL MASSAGE (15')**

LOW SEASON: € 17,50 | HIGH SEASON: € 20,00

A massage that uses specific techniques to target areas of tension and discomfort in the abdominal area. This type of massage is generally used to promote relaxation of the abdominal muscles and improve the functioning of the digestive system. Complementary methodologies may be adopted, depending on professional assessment, to suit the user's individual needs.



## 9) RELAXING BED & FLOATATION BED

### ZEN FLOATATION BED (15')

LOW SEASON: € 25,00 | HIGH SEASON: € 30,00

The Zen Floatation Bed provides a unique experience, combining heated floatation with jets of water that simultaneously massage the body, without being in direct contact with the water. It provides an intense feeling of relaxation.

### HIMALAYAN SALT RELAXING BED (15')

LOW SEASON: € 10,00 | HIGH SEASON: € 12,00

The Himalayan salts are 100% natural, without additives or pollutant substances. The crystals are bioenergetic and contain all the necessary minerals for the human body. The relaxing bed contains heated Himalayan salt. When relaxing in the tank you will enter a deep state of relaxation through halotherapy, contributing also to the reduction of anxiety, concentration, sleep and physical problems.

**NOTE:** The relaxation beds are not monitored by a therapist all the time. The therapist will be present with the customer at the tank at the start and end of the treatment. The tanks are automatic relaxation equipment.

## 10) INTERNAL TECHNIQUES

### HYDROCOLONOTHERAPY (VARIABLE)

LOW SEASON: ~~€ 70,00~~ - € 60,00 | HIGH SEASON: ~~€ 80,00~~ - € 70,00

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.