



## TERMAS DO GERÊS

### FITNESS (SLIMMING)

PACKAGE 7 DAYS – 519 € pax

MEDICAL APPOINTMENT

NUTRITIONIST APPOINTMENT

5 FITNESS CIRCUITS OR GYMN

3 TERMAS & SPA DO GERÊS CIRCUITS 60'

3 JET SHOWERS 5'

1 REVITALIZING BATH – with Essential Oils 15'

1 PRESSOTHERAPY 15'

3 ANTI CELULITIS VACUOTHERAPY TREATMENTS (Local) 30'

3 ANTI CELULITIS BODY MASSAGES (Local) 30'

2 RAIN SHOWER DRAINING MASSAGE VICHY 15'

1 LOCAL LYMPHATIC DRAINING MASSAGE 30'

1 BODY PEELING AND MOISTORIZING 30'

1 ALGAE WRAPPING 30'

REST AND TEA SELECTION

(accommodation not included)

#### TERMS AND CONDITIONS

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Valid from April 1 to December 20, 2022 (Valid on request and availability)

Included: bathrobe, towels and slippers

Minimum Age for swimming pool: 6 years (accompanied by an adult); Other treatments: 16 years.

This program can be changed without prior notice

VAT included

#### RESERVATIONS, CANCELLATIONS AND DELAYS

Make your reservation as soon as possible to guarantee availability

Free cancellation until 24 hours before the beginning of the first treatment

No Show, and cancellations without previous notice 24 hours prior the beginning of the first treatment, fee is 100%

Treatment delays are not recoverable

#### DISCOUNTS HOTEL

Special discount on the SPA treatments and packages for Hotel Águas do Gerês guests

#### BOOKING AND INFOS

Phone: (+351) 253 391 113

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[www.AguasdoGeres.pt](http://www.AguasdoGeres.pt)