



VIDAGO PALACE  
THERMAL SPA

# MEDICAL PROGRAMS





Vidago Palace Thermal Spa provides a complete wellness experience, personalized treatments to all guests. The Spa offers a variety of programs effective in rejuvenating the body and mind.

Vidago Palace Thermal Spa offers programs with Vidago Mineral Water, which have therapeutic and curative properties. These waters are collected directly from deep abstractions in granite rock soil. You get benefits for your digestive, musculoskeletal, sedative, metabolic, cardiovascular and skin actions.

The hotel, luxurious and exquisite, is the ultimate element for a great experience!

Come and experience one of our programs with accommodation included.



## MEDICAL PROGRAMS

In Vidago Palace Thermal Spa, through a medical consultation, nutrition consultation, biometric evaluation, physical and cardio respiratory evaluation, we have created especially for you, Personalized Programs in which you find the "perfect treatment" for your body and mind.

Prepare unique experiences according to their needs and preferences. We agreed in each program the selection of most appropriate services, including therapy with Mineral water of Vidago allied to aesthetics and wellness, we conciliate exercise programs and a balanced diet.





## IYASHI DÔME DETOX \*

Of Japanese origin, Iyashi Dôme is a modern technology that combines three important concepts - purification, weight loss and cellular regeneration - and obtains unique results in terms of beauty and well-being. Its action is exerted through long infrared (IRL), like the heat emitted by the sun and that used in the incubators of maternity. The main function is the purification of the body through the elimination of toxins. Regenerating, purifying and losing weight are the three main goals of this detox program.

- .Detox Menu Spa Cuisine
- .02 Nutrition Consultation and biometric evaluation
  - 01 Medical Consultation
    - Hidropinia *(daily intake of Vidago Mineral Water)*
  - 03 Jet Blitz with Vidago Mineral Water | 10min
- 03 Physical Exercise Sessions with Personalized Accompaniment
- 01 Exfoliating shower and massage with Vidago mineral water | 40min
  - 01 Tri-Active Body Treatment – The Body Lift Sculptor | 50min
    - 01 Treatment “Revive & Tone” | 80min
  - 04 Sessions Iyashi DÔME + Jet Blitz | 50min
    - 01 Massage “Relax & Sleep” | 80min
  - 1 Tri-Active Face “Clear Skin Refiner” | 75min
- Access to the Vidago Spa Circuit *(Vitality Pool, Indoor Pool, Sauna, Hammam, two Experience Showers, Ice Fountain and fully equipped Gym)*
- Activities at Vidago Palace (hiking, bike rides, golf, tennis).

*\*For this program we suggest a 7-night stay.*



## DE-STRESS\*

Break your routine, retreat to healthy experiences with very positive physical and psychic results.  
Get involved in an atmosphere of perfect tranquillity and relax!

### .Menu Spa Cuisine

*(full pension scheme according to the nutritional plan prescribed by the nutritionist.  
Includes non alcoholic beverages)*

·02 Nutrition Consultation and biometric evaluation

·01 Medical Consultation the hydrology

·Hidropinia *(daily intake of Vidago Mineral Water)*

·10 Thermal Treatments *(to be prescribed by the doctor)*

·02 Physical Exercise Sessions with Personalized Accompaniment

·01 Pilates Session | 50min

·01 Meditation Session | 50min

·01 Ginger Compresses | 45min

·01 Treatment "Unwind & De-Stress" | 80min

·Access to the Vidago Spa Circuit

*(Vitality Pool, Indoor Pool, Sauna, Hammam, two Experience Showers, Ice Fountain and fully equipped Gym)*

·Activities at Vidago Palace (hiking, bike rides, golf, tennis).

*\*For this program we suggest a 7-night stay.*



## OSTEOARTICULAR\*

Take care of your osteoarticular device with Vidago Mineral Water and our therapies.

- .Menu Spa Cuisine *(applied to all meals during your stay)*
- 02 Nutrition Consultation and biometric evaluation
  - 01 Medical Consultation the hydrology
  - Hidropinia *(daily intake of Vidago Mineral Water)*
- 20 Thermal Treatments *(to be prescribed by the doctor)*
  - 05 Hydro kinesiotherapy sessions | 50min
    - 01 Therapeutic Massages | 50min
    - 02 Shiatsu Session | 50min
    - 03 Pilates Session | 50min
    - 02 Ginger Compresses | 50min
  - 02 Intense Muscle Release Treatments | 50min
    - Access to the Vidago Spa Circuit  
*(Vitality Pool, Indoor Pool, Sauna, Hammam, two Experience Showers, Ice Fountain and fully equipped Gym)*
- Activities at Vidago Palace (hiking, bike rides, golf, tennis).

*\*For this program, we suggest a 14-night stay.*



## PERSONALIZED PROGRAMS

The Vidago Palace Thermal Spa is designed to create, especially for our guests, Personalized Programs in which you find the "perfect treatment" for your mind, body and soul. These programs are prepared according to the needs and taste of each. We combine in each program the most appropriate selection of services, including beauty and wellness therapies combined with oriental therapies, physical exercise and balanced nutrition.



## INFORMATION AND CONDITIONS

Programs valid until 30th of December 2023.

Booking subject to availability.

We recommend that the reservation be made in advance.

Programs not accumulated with other offers in force.

## SPA OPEN EVERY DAY

Every day from 9 a.m to 8 p.m

Parque de Vidago – Apartado 16  
5425 – 307 Vidago

Telf: (+351) 276 990 970 *(call to national fixed network)*

Fax: (+351) 276 990 912 *(call to national fixed network)*

E-mail: [spareservations@vidagopalace.com](mailto:spareservations@vidagopalace.com)

