



VIDAGO PALACE  
THERMAL SPA

# PROGRAMS WELLNESS





Vidago Palace Thermal Spa 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.

At the Vidago Palace Thermal Spa, in an environment of pure tranquillity you can enjoy unique and unforgettable moments that balance your body and mind. Based on international techniques, cultures and influences, wellness treatments that are effective and tailored to your measure.





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### SPA INCLUSIVE\*

Check in & Chill Out  
Enjoy a luxurious stay with a free spa credit.

·01 Spa treatment per room per stay, valued at € 90.00. You can choose the treatment from the Spa Menu.

·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 2-night stay.*



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### VIDAGO WATER BREAK\*

A The harmonious combination of Nature and Palace provides a sense of vitality.  
Rejuvenate with the aid of our therapies!

·Tasting Mineral Water in the Thermal Fountains

·01 Jet Blitz with mineral water |10min

·01 Shower Vidago "Four Springs"|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 2-night stay.*



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### VIDAGO IN BALANCE\*

Simplicity, tranquillity and time, everything you need to rebalance.

- Tasting Mineral Water in the Thermal Fountains |15min
  - 01 Yoga session | 50min
  - 01 Meditação session | 45min
- 01 Hidrobath with Vidago Mineral Water | 25min
  - 01 Forest Therapy Body & Face | 80min
- 01 Mystic Massage (*body massage with sound of Tibetan bowls*) | 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 3-night stay.*



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### VIDAGO NATURE\*

Become as light as the nature surrounding the Palace.  
Enjoy quiet moments.

- 04 Accommodation Nights with breakfast included
- 12 km Nature Trail accompanied by a personal Trainer  
*(Vidago-Pedras Salgadas Spa & Nature Park)*
- 01 Lunch at the tea house “Pedras Salgadas Spa & Nature Park”  
*(includes non-alcoholic beverages)*
- 01 Boarding Session on “Pedras Salgadas Spa & Nature Park”
- Transfer from Pedras Salgadas to the Vidago Palace Hotel
  - 01 Jet Blitz with Vidago Mineral Water | 10min
  - 01 Shower Massage with Vidago Mineral Water | 40min
  - 01 Intense Muscle Release massage | 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 4-night stay.*



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## VIDAGO HEALTHY SILHOUETTE\*

Perfect place to re-educate the Organism.  
Health is in the natural wealth, in the mineral water that springs from the  
Fountains, in the personalized physical exercise and in the nutrition.

### .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
- Tasting Mineral Water in the Thermal Fountains | 15min
- 01 Bike Tour of 40km along the “Linha do Corgo” *(Vidago-Chaves-Vidago)* | 180min
- 01 GAP intensive session *(physical training of glutes, abs and legs)* | 45min
  - 01 Treatment “Revive & Tone” | 80min
  - 01 Jet Blitz with Vidago Mineral Water | 10min
  - 02 Iyashi Dôme + Jet Blitz | 50min
- 01 Tri-Active Body Treatment–The Firming Age Corrector | 50min
- 01 Tri-Active Body Treatment – The Body Lift Sculptor | 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 5-night stay.*



## 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

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