**SPA THERMAL** 

SLOW DOWN THE RHYTHM

# Stop, relax and feel good!







# Relax in an environment of pure comfort and tranquility.

# SLOW DOWN THE RHYTHM

Excessive mental energy brings difficulties in thinking and reflecting properly and it takes a period to settle ideas and let life take its natural course. It was with this focus that we prepared this program, one or two nights, to slow down the pace of your daily life and contribute to your mental well-being.

Come and enjoy moments of pure relaxation, in an atmosphere of comfort and tranquility that only the Termas de Luso and the Grande Hotel de Luso can provide.

PRICE <sup>(1)</sup>	LOW SEASON (2)	HIGH SEASON <sup>(2)</sup>
	DOUBLE SINGLE	DOUBLE SINGLE
1 NIGHT	98,00 € 118,00 €	108,00 € 143,00 €
2 NIGHTS	128,00 € 168,00 €	148,00 € 218,00 €

- 1. Price per person, with VAT at the legal rate in force.
- Low Season: Jan-May and Oct-Dec
  High Season: Jun-Sept and festive seasons











# **GRANDE HOTEL DE LUSO**

- 1 or 2 nights accommodation with breakfast according to the chosen program
- Welcome Drink at the Hotel Bar
- Bathrobe and Slippers in Room
- Access to the Luso Wellness Center (Gym, Indoor and outdoor swimming pool)
- · Late check-out according to availability.

# TERMAS DE LUSO

#### CIRCUIT ACQUA SENSATIONS · 60 min

Zone of excellence, for bath and heat experiments, which exploits the therapeutic benefits of Luso Thermal Water.

In the same space you can enjoy our interactive swimming pool with various types of jets and underwater hydromassage beds, complemented by Sauna, Hammam, Ice Fountain, Swiss Shower and Sensations Shower. It also has a relaxation room with music where you can taste different Águas de Luso.

#### MASSAGE TOTAL RELAX • 60 min

Harmonious massage that reassures body, mind and soul and that was developed to provide a general relaxation of the senses, transporting it to a state of perfect well-being. This treatment uses relaxing massage essential oil to achieve total harmony and serenity.

#### GENERAL INFORMATION

For reservations canceled up to 7 days in advance, 25% of the program will be charged. In case of no-show, 100% of the program will be charged.