

water
that
heals

well-being
for body
and mind

termas
Chaves
saúde e bem-estar



Therapeutic Thermalism
Price List

Therapeutic Thermalism



Medical Fees	low season	high season
Medical Hydrology Fees - 1st season	40.00€	40.00€
Medical Hydrology Fees - 2nd season	Free	Free
Registration - 1st season	30.00€	30.00€
Registration - 2nd season	Free	Free
Nutrition Apointment	20.00€	20.00€
Next Nutrition Consultation/Thermalist Nutrition Consultation	15.00€	15.00€
Water Ingestion	Free	Free

Podiatry	low season	high season
Podiatry Consultation	40.00€	40.00€
Ortho-podiatry Treatment (VAT included)	75.00€	75.00€

Immersion Techniques	duration (minutes)	low season	high season
Bath Immersion	15	3.50€	5.00€
Bath Immersion + underwater	15	7.00€	10.00€
Bath Immersion with Hydromassage	15	6.00€	7.50€
Bath Immersion with Hydromassage + underwater	15	9.50€	12.50€
Thermal Pool Immersion	30	3.50€	5.00€
Thermal Pool Immersion with Hydromassage	30	6.50€	8.00€
Thermal Pool Immersion with individual kinesiotherapy	20	10.00€	13.00€
Thermal Pool Immersion with individual kinesiotherapy + Hydromassage	20+10	13.00€	16.00€
Thermal Pool Immersion with physiotherapy techniques	20	16.00€	19.00€
Thermal Pool Immersion with physiotherapy techniques + Hydromassage	20+10	19.00€	22.00€
Aquagym	15	5.50€	7.50€

Steam and Sauna Techniques	duration (minutes)	low season	high season
Bertholet (Spine Steam)	15	5.50€	7.00€
Bertholaix (Shoulders, Cervical, Hips)	15	7.00€	8.50€
Turkish bath	15	4.00€	5.50€
Sauna	15	4.00€	5.50€
Maniluvium/ Pediluvium	15	3.50€	4.50€
Steam Chamber	15	8.00€	9.50€

Shower Techniques	duration (minutes)	low season	high season
Massage Shower	15	12.00€	15.00€
Scottish Shower	5	3.50€	5.00€
Circular Shower	5	3.50€	5.00€

Inhalotherapy	low season	high season
Nebulization	3.00€	4.00€
Pulverization	3.00€	4.00€
Nasal Irrigations	3.00€	4.00€
Sonic Aerosols	3.00€	4.00€
Complete inhalation	10.00€	13.00€

Heavy Legs Program	low season	high season
Lymphatic Draining Massag (15min.) + Pressotherapy (15min.)	13.00€	16.50€

Nursing	low season	high season
Cholesterol or Triglycerides Control	3.00€	3.00€
Glucose Control	1.50€	1.50€
Injections	2.00€	2.00€
Change and preparation of Patches	5.00€	5.00€

Physiotherapy Electrotherapy



Physiotherapy • Electrotherapy	duração (minutos)	low season	high season
Ultra-Sounds	5	3.50€	4.00€
TENS/EENM	15	3.00€	3.50€
Ionization	15	3.50€	4.00€
Cryotherapy	5 a 10	3.50€	3.50€
Moist Heat	15	3.50€	3.50€
Paraffin	15	3.50€	4.00€
Partial Massage	15	7.00€	8.50€
General Massage	30	10.00€	13.00€
General Massage <i>plus</i>	45	14.00€	17.00€
Partial Massage with physiotherapist	15	12.00€	15.00€
General Massage with physiotherapist	30	15.00€	18.00€
General Massage <i>plus</i> with physiotherapist	45	24.00€	30.00€
Lymphatic Draining Massage	30	15.00€	18.00€
Pressotherapy	15	5.00€	6.50€
Respiratory Therapy in Cabin	15	7.00€	8.50€
Muscular Strengthening	10	5.00€	7.50€
Articular Mobilization	10	5.00€	7.50€
Individual Motor Reeducation/Balance and Gait Training	15	8.00€	10.00€

High season	July 15th to October 15th
Low season	remaining period
Exempt from VAT under the CIVA nº2 of article 9	

Short Term Thermal Programs



The planned therapy is intended to be planned over the **6 days of the program**.

Respiratory Program : Includes registration, medical consultation and monitoring by a Health Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
Water Ingestion			
6 sessions of Complete Inhalations	1st time performing treatments this calendar year	175.00€	210.00€
3 sessions of Immersion in a Bathtub with Hydromassage			
3 sessions of Respiratory Kinesiotherapy in Cabin	Has undergone treatments in this calendar year	105.00€	140.00€
3 sessions of Turkish Bath			

Antifatigue Program : Includes registration, medical consultation and monitoring by a Health Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
Water Ingestion			
3 sessions of Lymphatic Drainage	1st time performing treatments this calendar year	215.00€	255.00€
3 sessions of Massage Shower			
3 sessions of Bertholet			
3 sessions of Thermal Pool Immersion	Has undergone treatments in this calendar year	145.00€	185.00€
3 sessions of Thermal Pool Immersion with Hydromassage			
6 sessions of Jet Shower			

Reaffirm Program : Includes registration, medical consultation, nutrition consultation and follow-up by a Health and Nutrition Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
Water Ingestion			
2 sessions of Lymphatic Drainage	1st time performing treatments this calendar year	238.00€	278.00€
2 sessions of Pressotherapy			
4 sessions of Physiotherapy Partial Massage			
6 sessions of Hydro-Pressotherapy	Has undergone treatments in this calendar year	168.00€	208.00€
6 sessions of Jet Shower			

Shape Program : Includes registration, medical consultation, 2 nutrition consultations (initial and final) and follow-up by a Health and Nutrition Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
Water Ingestion			
3 sessions of Jet Shower	1st time performing treatments this calendar year	200.00€	225.00€
3 sessions of Hydro-Pressotherapy			
3 sessions of Lymphatic Drainage			
6 sessions of Sauna	Has undergone treatments in this calendar year	130.00€	155.00€

Short Term Thermal Programs



Reconditioning Program: Includes registration, medical consultation and monitoring by a Health Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
Water Ingestion			
3 sessions of Immersion in a Swimming Pool with Hydromassage	1st time performing treatments this calendar year	198.00€	235.00€
3 sessions of Jet Shower			
3 sessions of General Physiotherapy Massage			
3 sessions of Bath Immersion with Hydromassage and Underwater	Has undergone treatments in this calendar year	128.00€	165.00€
3 sessions of Massage Shower			

Pregnant Program (after 12 weeks): Includes registration, medical consultation, nutrition consultation and follow-up by a Health and Nutrition Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
7 sessions of Thermal Pool Immersion	1st time performing treatments this calendar year	160.00€	180.00€
2 sessions of Lymphatic Drainage			
4 sessions of Partial Massage	Has undergone treatments in this calendar year	90.00€	110.00€

Postpartum Program (after 6 weeks): Includes registration, medical consultation, nutrition consultation and follow-up by a Health and Nutrition Professional throughout the treatment

Includes the following treatments:	frequency	low season	high season
6 sessions of Thermal Pool Immersion with Hydromassage	1st time performing treatments this calendar year	210.00€	235.00€
3 sessions of Lymphatic Drainage			
3 sessions of General Plus Massage	Has undergone treatments in this calendar year	140.00€	165.00€

* The defined therapy, as well as the values presented, may undergo slight adjustments depending on the medical determination after the consultation.

High season July 15th to October 15th

Low season remaining period

Exempt from VAT under the CIVA no 2 of article 9

THERAPEUTIC INDICATIONS

MUSCULOSKELETAL PATHOLOGIES

DEGENERATIVE

Spine

Hip

Knees

INFLAMMATORY

Rheumatoid Arthritis

Gouty Arthritis

Psoriatic Arthritis

Ankylosing Spondylitis

Fibromyalgia

ARTICULAR

Tendinitis

Epicondylitis

POST-TRAUMATIC RECOVERY

Fractures

Dislocations

Sprains

DIGESTIVE TRACT PATHOLOGIES

Gastritis

Duodenitis

Hepatobiliary dyskinesia

Irritable bowel syndrome

Obstipation

RESPIRATORY TRACT PATHOLOGIES

Rhinitis

Sinusitis

Pharyngitis

Laryngitis

Bronchitis

Asthma

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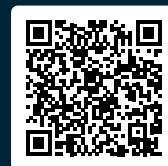
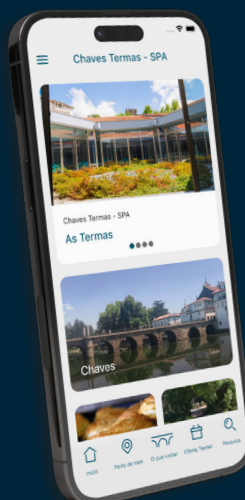
PHYSICAL AND CHEMICAL WATER CHARACTERIZATION
Sodium-Bicarbonate, fluoridated and carbonated water

Temperature (AC2)	76°C
pH a 20°C	6,80
Electrical conductivity at 20°C	2320µScm ⁻¹
Alkalinity (in mL/L de HCl 0,1M)	288,9
Dry Residue (at 180°C)	1744 mg/L
Total Water Hardness (in p.p 10 ⁵ de CaCO ₃)	7,4
Silica (in mg/L de SiO ₂)	80,7
Fluoride (F ⁻)	8,3 mg/L
Total Mineralization	2625 mg/L
Carbone dioxide (CO ₂) annual average	600 mg/L
Hydrogen Carbonate (HCO ₃ ⁻)	1762 mg/L
Sodium (Na ⁺)	623 mg/L

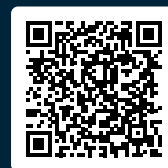
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