



SPORTS, WELLNESS
& REHABILITATION

MASSAGES

SPORTS MASSAGE

50 MIN	€75
75 MIN	€110

DEEP TISSUE MASSAGE

50 MIN	€75
75 MIN	€110

SWEDISH MASSAGE

50 MIN	€75
75 MIN	€105

BACK, NECK & SHOULDERS

25 MIN	€45
40 MIN	€55

REHABILITATION

PHYSIOTHERAPY EVALUATION

It's required an initial appointment to evaluate your condition and needs.	€35
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PHYSIOTHERAPY PACKAGES

Injury Prevention
Performance
Surgery Rehabilitation
Cardiopulmonary Rehabilitation
Rehabilitation
Pre-Surgery Specific
Postural Correction

39

Quinta do Lago

PHYSIOTHERAPY SESSIONS

50 MIN	€90
75 MIN	€120

HYDROTHERAPY SESSIONS

50 MIN	€90
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50 MIN SESSIONS	8 SESSIONS	€684
50 MIN SESSIONS	12 SESSIONS	€1026

WELLNESS

LYMPHATIC DRAINAGE

50 MIN	€70
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MESOTHERAPY SESSIONS

PER SESSION	€60
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TERMS & CONDITIONS

Evaluation is free for children under 5, subject to availability;

Juniors under 18 have 50% discount on treatments;

(subject to availability and not applicable in April, June, July & August);

All annual and monthly members have 10% discount in all the treatments.