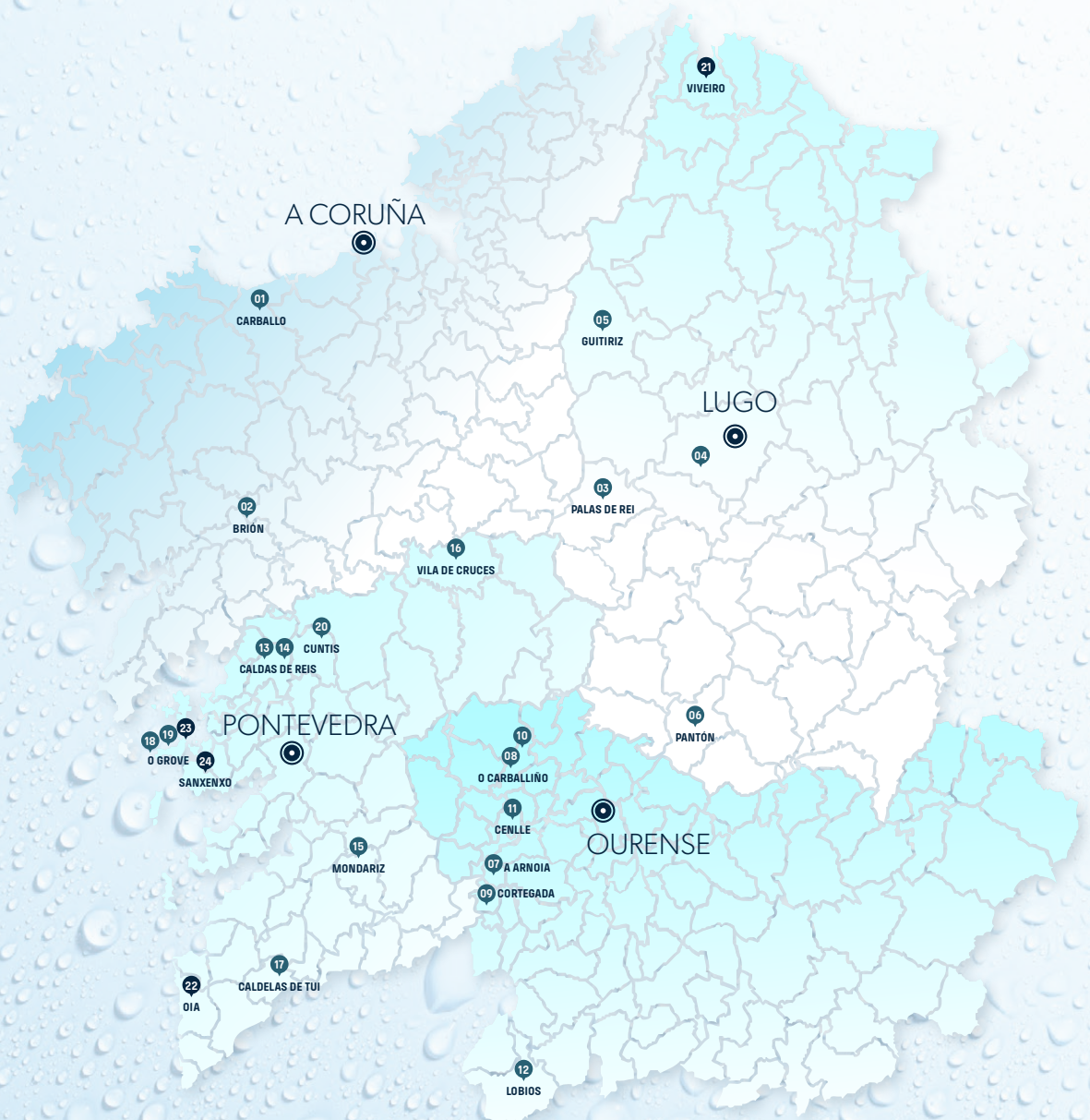


galicia

water  
for the senses



# LOCATION MAP



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- 02 Balneario de Compostela

### LUGO

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# HYDROTHERAPY HOTELS

The category of these hotels, which feature a fully-fledged spa on their premises, range from one to five stars, so their services, customers and atmosphere differ greatly.

Generally, those with fewer stars tend to focus more on traditional therapeutic spa experiences. Meanwhile, the most luxurious hotels typically integrate modern and recreational elements, offering a blend of aesthetic treatments, well-being and relaxation programmes, alongside preventive or curative therapies for any type of condition tailored to the properties of their mineral-medicinal waters.

Both types of hotel usually open their facilities to hotel guests and non-hotel guests. Moreover, all spas, irrespective of their rating, are required to offer treatments under the supervision of a doctor, who determines the appropriate duration and techniques to achieve effective treatment.

# BALNEARIO DE Carballo

A hidden thermal gem  
nestled within an urban landscape

## BALNEARIO DE CARBALLO H\*\*

Estrela, 10.

15100 Carballo, A Coruña

Tel: 981 703 354

info@balneariodecarballo.com

www.balneariodecarballo.com



Unveiling a rich history dating back to Roman times, these waters have captivated locals for centuries.

From the first excavations in 1716, unearthing ancient stone basins for hot springs and natural springs, to the evolution of medicinal baths in wells in 1764 where bathers would immerse their bodies, the legacy of this thermal treasure has endured.

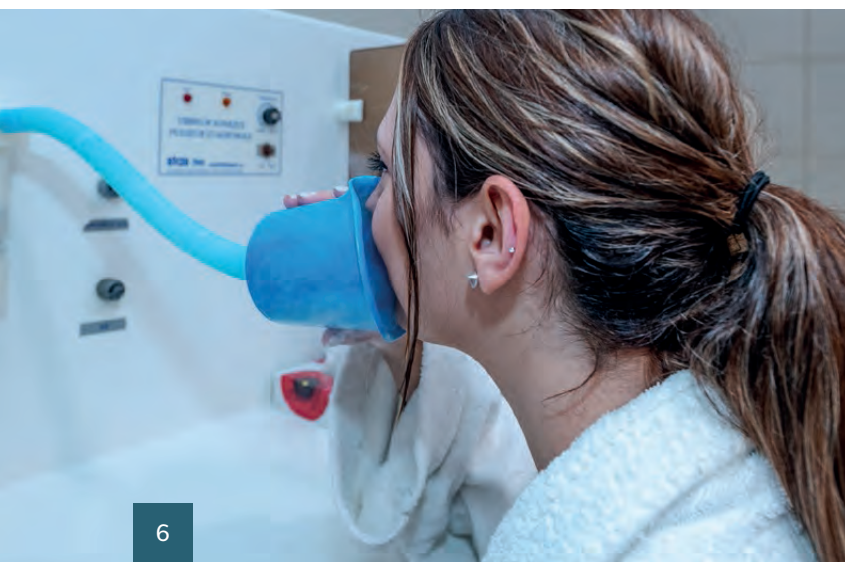
Since then, the spa has evolved, with small buildings open to thermal bathers, military personnel, as well as serving as a shelter for the poor. In 1817, under medical supervision, the waters were recognised for their medicinal properties.

After a period of neglect, the Count of Torre Penela acquired the natural springs in 1851, opening a simple spa that operated until the end of the 19<sup>th</sup>

century. In 1928, the waters were declared of public utility, and in 1930, according to Eugenio Carré Aldao's account, it was already an accredited spa.

Today, Balneario de Carballo emerges as a modern sanctuary, blending cutting-edge technology with expert medical guidance from a director and their team of assistants, and offers hotel facilities. In 2007, it received the prestigious "Q" quality mark for its spa and hotel facilities.

Located in the heart of Carballo, the capital of the region of Bergantiños, the spa is eight kilometres from the spectacular Razo beach and within easy reach of A Coruña as well as Santiago de Compostela, the heart of pilgrimages. Its convenient location beckons exploration of other destinations such as the Verdes Natural Area or the charming villages of Costa da Morte, as well as the "O Camiño dos Faros" route, a wonderful 200-kilometres hike split into several routes, that runs along the coastline of Costa da Morte to Finisterre.



## THE HIGHLIGHT

ITS LINE OF THERMAL COSMETICS  
WITH SULPHUROUS WATERS THAT  
NOURISH AND MOISTURISE THE  
SKIN.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, weak mineralisation, very soft, sulphurous, predominantly bicarbonate and sodium ions emerging at 42,9°C.

## ■ USES

Musculoskeletal system conditions, including: rheumatic, degenerative (osteoarthritis), inflammatory (rheumatoid arthritis, ankylosing spondylitis), metabolic (gout), non-articular (fibromyalgia, tendonitis); non-rheumatic such as post-traumatic sequelae of fractures, sprains, strains, etc.; upper respiratory tract problems such as sinusitis, rhinitis, pharyngitis, etc., and lower respiratory tract problems such as COPD, OAB, asthma, etc.; skin problems (psoriasis, atopic dermatitis, etc.); digestive tract problems and problems of the nervous and circulatory system. In addition to these uses, it can be used to delay ageing, for rest and anti-stress treatments, gynaecological problems, surgical conditions, hepatic and enterohepatic conditions, metabolic problems, urinary tract and odontostomatology.

## ■ EQUIPMENT & TECHNIQUES

Still bath, bubble bath, whirlpool, thermal pool, jet, circular shower, underwater jet, foot baths, thermal spray, inhaler, medical nebuliser, nasal irrigation and pharyngeal rinse. As well as complementary parafango therapy techniques, manual massages, chocolate body wraps, seaweed body wraps and mud body wraps. Facial and body treatments are also available.

## ■ PROGRAMMES

Anti-stress, dermatological, rheumatological and respiratory.

## ■ HOTEL SERVICES

### 60 rooms

Reading areas and board games • Restaurant • Thermal cosmetics and souvenir shop • Accessible rooms • Accessible facilities and common areas • Car park with accessible spaces • Accessible WC in common areas.

# BALNEARIO DE Compostela

A serene retreat  
just a stone's throw from  
the city of pilgrimages

## BALNEARIO DE COMPOSTELA H\*\*\*

Vicente Ramos, s/n.  
(Estrada AC-543 Santiago - Noia, km. 8)  
15280 Brión. A Coruña  
Tel: 981 559 000  
hotel@hbcompostela.com  
www.hbcompostela.com

Nestled within the tranquil residential area of O Tremo, Brión, this contemporary spa graces the historic spring of *Nuestra Señora de Los Ángeles*. Originally known as *Balneario de Los Ángeles* or *Balneario "Do Tremo"*, this haven has enchanted visitors since 1813, as documented by historical records and testimonies like that of George Borrow in his renowned work, "The Bible in Spain" of 1843.

The spa's avant-garde architecture and harmony was designed by the esteemed architect César Portela at the end of the 20<sup>th</sup> century, nestled amidst a 2,000m<sup>2</sup> century-old oak grove. The modern, glass-roofed facilities cast a soft glow on the swimming pool, blending contemporary architecture with the beauty of the surrounding landscape.

Though inaugurated in 2004, Balneario de Compostela preserves a century-old oak tree in its garden, the old stone houses that once housed visitors, and of course, the mineral-rich waters sought after for their therapeutic properties.

It has established itself as a haven for self-care and stands as a gateway to the rich culture of Santiago de Compostela, just a ten-minute drive away.

## THE HIGHLIGHT

IT OFFERS AN EXPERIENCE WHERE  
RELAXATION AND REVITALISATION  
INTERTWINE WITH THE CULTURAL  
ALLURE OF A UNIQUE CITY.





## ■ PROPERTIES OF THE WATERS

Hypothermal water, very weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate and sodium ions emerging at 19,7°C.

## ■ USES

Acne, dermatological conditions, digestive system, circulatory system, respiratory system, arthrosis, asthma, bronchitis, sciatica, eczema, pharyngitis, laryngitis, lumbago, rehabilitation, rhinitis, psoriasis, rheumatism, sinusitis, metabolic problems and anti-stress treatments.

## ■ EQUIPMENT & TECHNIQUES

Medical equipment, beauty centre and the latest technical developments in hydrotherapy, massage therapy and complementary treatments. Jet pools, counter-currents, bubble beds, jacuzzi, two saunas, a steam bath, bithermal and aromatherapy shower, scented frost, relaxation room with hot marble, leg circulation circuit and rest area. Aqua Sport Club gymnasium, with 300 m<sup>2</sup> of cardio equipment, free weights and X-biking rooms.

## ■ PROGRAMMES

Anti-stress, beauty, relaxation and beauty, draining, rheumatological, dermatological, well-being, slimming, thermal circuit, smoking cessation treatment and beauty treatments.

## ■ HOTEL SERVICES

### 59 rooms

Restaurant • Wi-Fi connection • Conference and meeting room • Rooms for socialising • Garage • Gym • Family rooms • Scenic spot • Accessible rooms • Accessible facilities and common areas • Parking with accessible spaces • Accessible WC in common areas.

# BALNEARIO DO Río Pambre

## A cosy spa nestled in the region of A Ulloa

### BALNEARIO DO RÍO PAMBRE H\*\*\*

Lugar de Vilariño, s/n.  
27203 Palas de Rei, Lugo  
Tel: 982 153 232  
info@balnearioriopambre.com  
www.balnearioriopambre.com

Hotel Balneario Río Pambre was born from the vision of three local entrepreneurs who in 1999 decided to transform a natural sulphur spring in Sambreixo into a thermal sanctuary with accommodation, catering to families, groups of friends and couples looking to enjoy the centre of Galicia in a natural and relaxing environment.

Since its inauguration in 2003, Balneario de Río Pambre beckons guests to unwind just under 3 km from the Camino de Santiago, offering special amenities for pilgrims. Each cosy room offers serene views of the river, the surrounding forest and, in select cases, Pambre Castle, a medieval fortress open for exploration. Indulge in a plethora of medicinal and aesthetic treatments, available in a communal area or in cabins for private sessions.

The facilities extend to a cafeteria and a restaurant adorned with large windows, boasting panoramic views of the castle while serving up delectable local, market and home-made cuisine, with a focus on the Arzúa-Ulloa Denomination of Origin cheese. For nature enthusiasts, the surrounding landscape offers enchanting hiking and cycling trails.



## THE HIGHLIGHT

IT OFFERS THE OPPORTUNITY TO STAY IN STONE PALLOZAS (A STONE CONSTRUCTION WITH A THATCHED ROOF) FOLLOWING AN RELAXING SPA EXPERIENCE.



## ■ PROPERTIES OF THE WATERS

Hypothermal water, very weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate and sodium ions emerging at 16,2°C.

## ■ USES

Recommended for the treatment of the musculoskeletal system, respiratory system, skin diseases, rheumatic conditions and stress.

## ■ EQUIPMENT & TECHNIQUES

Inhalations, parafango therapy, jet spray, bubble bath, hydro-massage bath, Niagara bath, manual massages, body wraps, seaweed body wraps, body rituals, facial rituals and thermal circuit.

## ■ PROGRAMMES

Rheumatological, dermatological and respiratory programmes complemented with others such as Dancing in the Rain, Cleopatra Queen of Egypt, Beauty Body and Facial, Reset Cosmetic Detox, Chocolate Fusion, Picota Roja, Gold, Sea Breeze, Well-being, Journey to the Centre of the Earth, Pambre Relax, Pambre River or Renew your Skin.

## ■ FOR CHILDREN

15-minute massage for children.

## ■ HOTEL SERVICES

### 28 rooms

Restaurant • Bar/Cafe • Wi-Fi connection • Fireplace • Leisure and entertainment activities • Garage • Central location • Accessible rooms  
 Accessible facilities and common areas • Reading areas • Accessible WC in common areas • Accessible parking spaces • Family room.

# BALNEARIO Y TERMAS DE Lugo

A spa steeped  
in two millennia of history

**BALNEARIO DE  
LUGO H\*\*\* SUPERIOR** 

Camiño do Balneario, s/n.  
27004 Lugo

Tel: 982 221 228 / Fax: 982 221 659

[balneario@balneariodelugo.com](mailto:balneario@balneariodelugo.com)

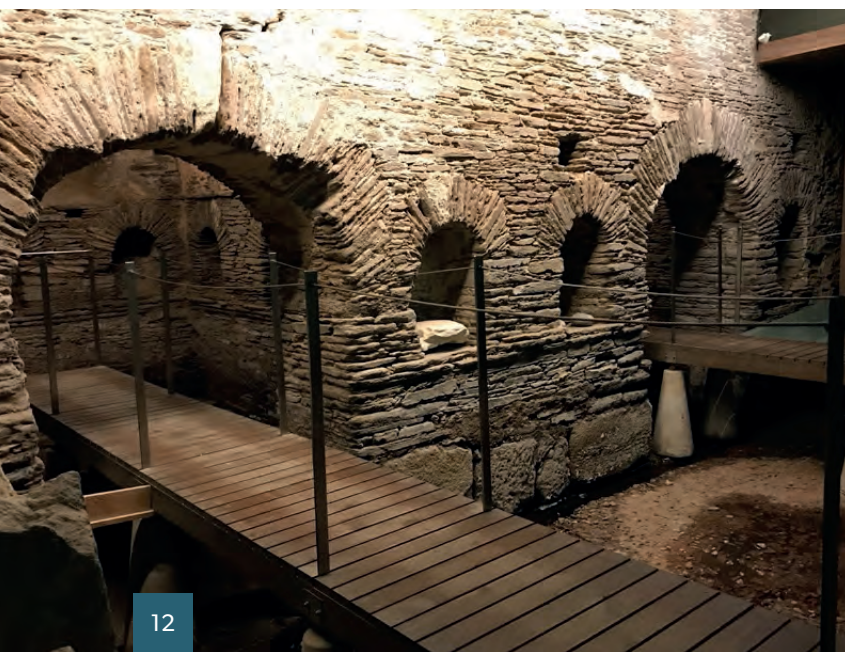
[www.balneariodelugo.com](http://www.balneariodelugo.com)

At its heart lies the Roman Baths, an iconic monument showcasing Lugo's rich Roman heritage, declared a National Historic and Artistic Monument in 1931 and now open to visitors.

The spa itself is housed within a meticulously restored 19th-century building, boasting a quadrangular layout and a charming glazed cloister. A contemporary annex, added in 2001,

expands the offerings with additional rooms and a recreational spa dedicated to relaxation and beauty treatments. As a result, history and modern day seamlessly blend to provide a sanctuary for health and well-being.

Situated at the entrance to the city of Lugo, the spa enjoys a privileged location along the serene banks of river Miño, within the enchanting Terras do Miño Biosphere Reserve and near the historic Camino Primitivo. Less than 2 km from the spa, guests can explore the captivating city centre of Lugo, renowned for its UNESCO-listed Roman Wall, cathedral, Roman bridge, museums and culinary delights.



## THE HIGHLIGHT

A VISIT TO THE ROMAN BATHS, ONE OF THE MOST REPRESENTATIVE MONUMENTS OF THE CULTURAL LEGACY OF THE PERIOD.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate, sulphate and sodium ions emerging at 39,9°C.

## ■ USES

Chronic rheumatism, degenerative (osteoarthritis), chronic inflammatory (arthritis), non-articular (sciatica, lumbago, painful shoulder), or respiratory conditions such as pharyngitis, sinusitis, rhinitis, laryngitis, bronchitis, asthma or others and skin diseases, stress and physical exhaustion.

## ■ EQUIPMENT & TECHNIQUES

Circular showers, Vichy shower, jet rooms, thermal water pool with underwater jets, bubble bath, parafango therapy, manual massages, thermal facial and body treatments and respiratory room.

## ■ PROGRAMMES

Anti-stress, rheumatological, well-being, thermal circuit, beauty and respiratory treatments.

## ■ FOR CHILDREN

Treatments for children aged 3 or above, and free cots.

## ■ HOTEL SERVICES

### 60 rooms

Bar/Cafe • Car park • Wi-Fi connection • Events and conference rooms  
 Rooms for socialising • Dining room • Chapel • Accessible facilities and common areas • Accessible rooms • Accessible WC in the rooms  
 Accessible rooms • Accessible toilets in the communal areas • Accessible parking spaces.

# IBERIK GRAN BALNEARIO de Guitiriz & Golf

a space for health and well-being  
with more than 100 years of history

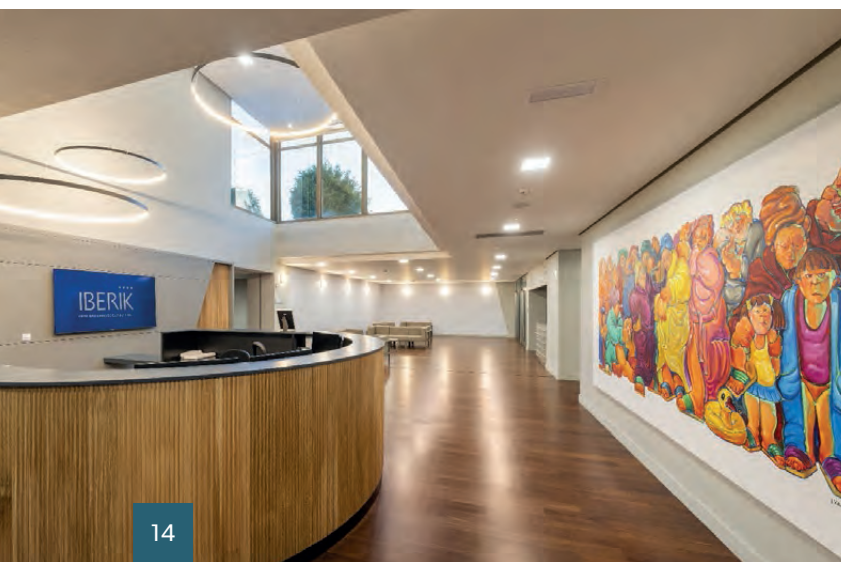
## IBERIK GRAN BALNEARIO DE GUITIRIZ & GOLF H\*\*\*\*

Estrada do Balneario, s/n.  
27300 Guitiriz, Lugo  
Tel: 982 920 090  
reservas.guitiriz@iberikhoteles.com  
iberikhoteles.com

The history of Balneario de Guitiriz dates back to 1908, when it opened its doors and soon became one of the most prestigious thermal facilities in the country. Following a series of renovations, including the latest in 2023, the complex is a large health and wellness area and sprawls over 40 hectares of estate.

Nestled midway between the cities of Lugo and A Coruña, Balneario de Guitiriz offers a sanctuary for guests seeking relaxation, contact with nature and activities in its surroundings. The expansive grounds boast a spa, a 103-room hotel, a 9-hole golf course, a cafeteria, a restaurant serving locally-sourced products, and event spaces that can accommodate up to 200 guests.

Spanning 4,000 square meters, the spa beckons with a water circuit showcasing a diverse range of therapeutic techniques, an active pool featuring hydromassage beds and seats, jets and waterfalls and a wide selection of complementary body and facial treatments, for a truly holistic wellness experience.



## THE HIGHLIGHT

ENJOY OPEN-AIR STROLLS THROUGH  
THE EXPANSIVE ESTATE AFTER  
ENJOYING A WATER CIRCUIT, SOME  
DELICIOUS FOOD OR A ROUND OF  
GOLF.



## ■ PROPERTIES OF THE WATERS

Hypothermal water, very weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate, chloride and sodium ions emerging at 13,3°C.

## ■ USES

Recommended for gastric problems, dermatological problems, liver problems, digestive system, respiratory system, asthma, bronchitis, dermatitis, eczema, pharyngitis, psoriasis, rheumatism, rhinitis, sinusitis, anti-stress treatments, metabolic problems and musculoskeletal problems.

## ■ EQUIPMENT & TECHNIQUES

Water circuit, active pool, hydro-massage bath, jets, spray jets, parafango therapy, inhalations, Niagara bath, manual massages, body wraps, seaweed body wraps, chocolate therapy, pressotherapy, physiotherapy and facial techniques.

## ■ PROGRAMMES

Aromatherapy Ritual, Marine Ritual, Wine Therapy Ritual, Chocolate Therapy Ritual, Relaxing Ritual, Iberik Thermal, Vichy Programme, Articular Programme, Take Care of Yourself Programme, Treat Yourself Programme, Rest Programme and Guitiriz Programme.

## ■ FOR CHILDREN

Family rooms, children's pool and babysitting service.

## ■ HOTEL SERVICES

### 103 rooms

Restaurant • Bar/Cafe • Wi-Fi connection • Accessible rooms • Pet-friendly rooms • Rooms for events and conferences • Golf • Gym • Paddle  
 Accessible facilities and common areas • Accessible WC in common areas  
 Accessible parking spaces.

# Iberik Augas Santas

## BALNEARIO & GOLF

### Ribeira Sacra Spa

#### IBERIK AUGAS SANTAS BALNEARIO & GOLF H★★★★

Lugar Os Baños, s/n.

27430 Pantón, Lugo

Tel: 982 292 800

reservas.augasantas@iberikhoteles.com  
iberikhoteles.com

The healing waters have left an indelible mark on the history of Pantón that has been celebrated in notable works dating back to the 19<sup>th</sup> century, such as the Madoz dictionary or the studies of doctor Taboada Leal. Balneario de Augas Santas offers a unique experience that combines the area's thermal heritage with contemporary comforts.

Explore the thermal history of Pantón as you wander through the ruins of the old spa, preserved alongside the modern thermal complex, built in 2006. The architectural marvel features a "U"

shaped floor plan with a basement, two floors, and a lower deck, housing cutting-edge facilities, including a thermal area with large windows that illuminate the swimming pool, providing a relaxing experience surrounded by lush greenery.

The spa's stone façade harmonises effortlessly with its natural surroundings, offering state-of-the-art facilities, spread across two floors and covering 2000 m<sup>2</sup>. The ground floor houses a spacious dynamic pool, cervical massages, waterfalls and waterbeds, all bathed in natural light streaming through the huge glass window with panoramic views.

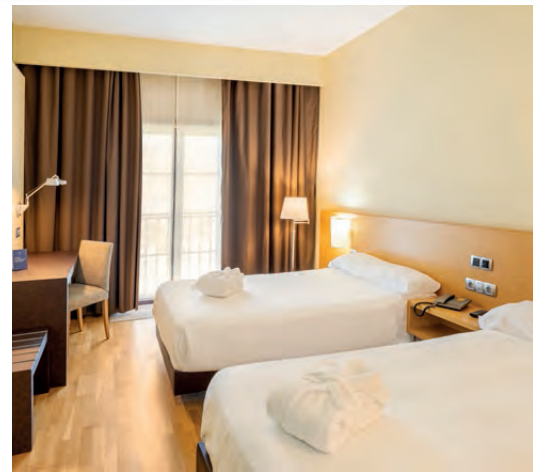
This spa is located just eight kilometres from the historic centre of Monforte de Lemos. With a hundred tastefully decorated rooms and an 18-hole golf course, it invites you to enjoy the tranquillity of the Ribeira Sacra, Galicia's premier inland tourism destination.



## THE HIGHLIGHT

IT IS THE PERFECT PLACE TO GET TO KNOW THE RIBEIRA SACRA, IMMERSE YOURSELF IN ITS THERMAL TRADITION AND INDULGE IN THE LATEST IN COMFORT OFFERED BY THE SPA AND THE GOLF COURSE.





## ■ PROPERTIES OF THE WATERS

Hypothermal water, weak mineralisation, soft, sulphurous, radioactive, predominantly bicarbonate and sodium ions emerging at 26°C.

## ■ USES

Rheumatic conditions with chronic, degenerative and inflammatory rheumatic problems; respiratory and otorhinolaryngological conditions with chronic inflammatory problems (chronic rhinitis, pharyngitis, sinusitis, laryngitis, chronic bronchitis or asthmatic ailments) and skin conditions (chronic eczema or psoriasis).

## ■ EQUIPMENT & TECHNIQUES

Hydro-massage bath, bubble bath, ice room, hydro-massage jets, counter-currents, jets, shower, contrast shower, sensation shower, inhalations, jacuzzi, underwater massages, foot baths, contrast pool, wet sauna, dry sauna and thermal circuit. Complementary techniques: oxygenation beds, body wraps, seaweed body wraps, facial and body aesthetics, manual massages, physiotherapy, parafango therapy and chestnut, grape or apple body wraps.

## ■ PROGRAMMES

Anti-stress, beauty, relaxation and beauty, rheumatological, dermatological, thermal circuit, aesthetic and respiratory treatments.

## ■ FOR CHILDREN

Children's entertainment and play area (check opening times).

## ■ HOTEL SERVICES

### 118 rooms

Restaurant • Bar-café • Rooms with living room-suites • Garage and parking • Gym • Golf • Wi-Fi connection • Garden terrace • Room for meetings and events • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# Arnoia Caldaria

## HOTEL BALNEARIO

A unique oasis nestled amidst mountains, vineyards and the rivers Arnoia and Miño

### ARNOIA CALDARIA HOTEL BALNEARIO H\*\*\*\*



Vila Termal, 1.  
32417 A Arnoia, Ourense  
Tel: 988 492 400. Fax: 988 492 422  
arnoia@caldaria.es  
www.caldaria.es/arnoia

It is a haven of health and relaxation situated in the heart of Ribeiro. Since its opening in 1995, this spa has evolved, blending therapeutic tradition with a contemporary enjoyable approach, the recent addition include the introduction of an indoor swimming pool in 2015.

Located next to the rivers Miño and Arnoia, between mountains and forests, the mineral-medicinal waters of the Arnoia Spa, known since the 19<sup>th</sup> century, have been revitalised by the San Rosendo Foundation. Surrounded by gardens and just four kilometres from the historic town of Ribadavia, Hotel Balneario offers a sanctuary of health, nature and relaxation.

This spa perfectly balances history and modernity. Its large outdoor pool, with panoramic views of the Ribeiro region, is complemented by indoor thermal pools, underwater jets and the innovative Termarium circuit. Minor renovations since 2006 have further enhanced both the spa facilities and accommodation.

From balneotherapy sessions and pressure applications to facial and body treatments, Balneario de Arnoia offers a wide range of therapeutic treatments. The two indoor pools and the Alvea thermal circuit provide moments of pure bliss and relaxation like no other.

At Arnoia, fun meets relaxation. While the surrounding environment offers pleasurable walks, activity lovers can play tennis, basketball, football, explore cycling routes or engage in water sport activities on the rivers Miño and Arnoia. The catamaran offers tours on the Ribeiro Eco-Boat, departing from the spa's pontoon, allowing guests to soak in the spectacular scenery.



## THE HIGHLIGHT

THE ABBEY, WHICH SERVES AS ACCOMMODATION WITH 16 CHARMING ROOMS FOR GUESTS WHO WISH TO ENJOY A UNIQUE EXPERIENCE IN A QUIET AND COSY ENVIRONMENT.



## ■ PROPERTIES OF THE WATERS

Hypothermal water, weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate, fluoride and sodium ions emerging at 25,2°C.

## ■ USES

Digestive system, dermatological conditions, arthrosis, arthritis, depression, rheumatism, nervous system, cardiovascular system, metabolic disorders, post-operative disorders, post-traumatic disorders, fibromyalgia, eczema and psoriasis.

## ■ EQUIPMENT & TECHNIQUES

Steam bath, mineral-medicinal bath, hydro-massage bath, essence bath or shower, bubble bath, jets, underwater jet, circular shower, underwater massages, active pool, foot baths, thermal water pool, heated chairs, thermarium, Vichy shower and rehabilitation pool and complementary techniques of aromatherapy, chromotherapy, body wraps, seaweed body wraps, facial and body aesthetics, physiotherapy, manual massages and parafango therapy.

## ■ PROGRAMMES

**Health:** Caldaria Health. **Well-being:** Well-being Caldaria, Aqua Vital 4 N, A Rest on the Caminos. **Relaxation:** Relaxation Experiences, Gastronomy and Relaxation, Thermal Circuit, Relaxation and Beauty Treatments.

## ■ SPORTS & LEISURE ACTIVITIES

The Spa offers cycling routes (standard and electric), hiking and water activities such as introduction to kayaking or paddle surfing. The thermal village offers two eco-boats, each accommodating six passengers, for excursions along the river Miño, featuring on-board tastings and sampling experiences. During their stay, children and adults in the social spa programmes can enjoy a range of entertainment activities.

## ■ HOTEL SERVICES

### 89 rooms

Restaurant • Bar/Café • Rooms with living room-suites • Room for meetings and conferences • Car park • Gym • Garden terrace • Tennis • Shops • Scenic spot • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# Laias Caldaria

## HOTEL BALNEARIO

An oasis of relaxation  
on the banks of the river Miño

### LAIAS CALDARIA

#### HOTEL BALNEARIO H★★★★



Estrada N-120, km. 585,8.

32459 Laias - Cenlle, Ourense

Tel: 988 280 409. Fax: 988 280 415

laias@caldaria.es

www.caldaria.es/laias

This spa is located in the region of O Ribeiro, where the ancestral thermal waters of Laias have witnessed centuries of history and rejuvenation. Nicolás Taboada Leal, as early as 1877, praised its curative properties against rheumatic and arthritic conditions, suggesting its use since Roman times.

The use of these waters began in the mid-19<sup>th</sup> century, with stone pylons for bathing and ablutions. In 1975, the construction of the Castrelo do Miño reservoir submerged the baths which, with the support of the San Rosendo Foundation, were recovered in 2001 for therapeutic use, with the opening of the current Hotel Balneario.

Today it stands as a sanctuary of well-being on the banks of the Miño, just fifteen minutes from Ourense and less than an hour from Vigo. Its modern architecture blends with the surrounding nature, offering a tranquil retreat within easy reach of the city's amenities and attractions.

The Termarium is a space for spa therapies featuring exclusive design and innovative techniques, where you can enjoy aromatic baths, jacuzzis, cabins, contrast pools, aromatic showers or heated chairs. The spa also offers whirlpool baths, jets, hand baths, foot baths, lumbar jets, Vichy showers and saunas. Even in winter, the outdoor swimming pool offers panoramic views that invite you to unwind.

Noteworthy is the spa's location on the banks of the Miño River, complete with a small access port and specialised equipment for sports enthusiasts interested in rowing and canoeing.

In addition, its location allows for the exploration of nearby cultural treasures, such as the San Cibrán de Las Castro and the Monastery of Oseira, where you can taste the famous eucalyptine liqueur.



## THE HIGHLIGHT

IT OFFERS THE OPPORTUNITY TO ENJOY INNOVATIVE THERMAL TREATMENTS AFTER A SERENE SAIL THROUGH VINEYARDS ON THE RIVER MIÑO.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, medium mineralisation, very soft, sulphurous, predominantly bicarbonate and sodium ions emerging at 47,3°C.

## ■ USES

Arthrosis, arthralgia, fibromyalgia, mild anxiety and stress. Adjuvant in chronic dermatitis. Patients with limited motor function. Professional and amateur athlete.

## ■ EQUIPMENT & TECHNIQUES

Steam bath, hydro-massage bath, essence bath or shower, jets, underwater jet, hydro-massage jet, circular shower, contrast shower, jacuzzi, hand baths, foot baths, thermal water pool, contrast pool, wet sauna, dry sauna, heated chairs, Vichy shower and lumbar jet. As well as complementary techniques of aromatherapy, chromotherapy, chocolate therapy, lymphatic drainage, electrotherapy, body wraps, seaweed body wraps, facial and body aesthetics, manual massages, parafango therapy, wine therapy, rehabilitation gym, poloids and parapeloids and chestnut or camellia body wraps.

## ■ PROGRAMMES

**Health:** Caldaria Health. **Well-being:** Well-being Caldaria, Aqua Vital 4 N, A Rest on the Caminos. **Relaxation:** Relaxation Experiences, Gastronomy and Relaxation, Thermal Circuit, Relaxation and Beauty Treatments.

## ■ SPORTS & LEISURE ACTIVITIES

In terms of leisure, the spa offers hiking activities, cultural excursions and visits to wineries, and has entertainment packages for children and people participating in the social thermalism programmes. From the beginning of June to the end of September, guests can also go on excursions on the Eco-boat do Ribeiro with tasting and sampling experiences, departing from the pontoon of the thermal village.

## ■ HOTEL SERVICES

### 98 rooms

Bar-café • Rooms with living room-suites • Garage and car park • Gym  
Wi-Fi connection • Garden terrace • Meeting and events room • Scenic spot • Accessible rooms • Accessible facilities and common areas  
Accessible WC in common areas.

# BALNEARIO DE Lobios Caldaria

A minimalist-inspired spa  
in the heart of the Natural Park

## BALNEARIO DE LOBIOS CALDARIA H★★★★



Riocaldo, s/n.  
32895 Lobios, Ourense  
Tel: 988 448 440  
Fax: 988 448 191  
lobios@caldaria.es  
www.caldaria.es/lobios

Opened in June 2002 in the centre of Riocaldo, the Lobios Spa is a haven of serenity immersed in the Baixa Limia-Serra do Xurés Natural Park, which since 2009 has formed part of the Gerês-Xurés Cross-border Biosphere Reserve, which also includes the Peneda Gerês National Park, the only one of its kind in Portugal.

Traces of history seamlessly blend with modern facilities. The use of water dates back to Roman times, evidenced by the nearby Roman

archaeological complex Aquis Querquennis, located on the Via Nova or Via XVIII, the main Roman road linking Braga and Astorga.

Inspired by Roman techniques, the star attraction, the Termarium circuit, offers a sensory journey like no other. During your stay you can enjoy dry and wet thermal baths, aromatic showers, invigorating massages, jacuzzis, thermal relaxation pools and heated chairs. In addition, the indoor pool, equipped with gooseneck and underwater jets, provides panoramic views of the mountains of O Xurés.

Located just 6 km from Portugal, Balneario de Lobios offers a unique opportunity to combine the healing virtues of thermal waters with a plethora of nature, cultural and sporting activities on both sides of the border. In addition, Balneario specialises in cycle tourism and is an information hub for BTT Galicia.



## THE HIGHLIGHT

ITS UNRIVALLED LOCATION IN THE NATURAL PARK AND UNPARALLELED THERMAL EXPERIENCES ON THE BORDER.



## ■ PROPERTIES OF THE WATERS

Hyperthermal, very weak mineralisation, predominantly bicarbonate, sodium and very soft ions emerging at temperatures of 73,4°C.

## ■ USES

Degenerative rheumatic pathologies, Arthromyalgia, Fibromyalgia. Stress-related symptoms. Adjuvant in dermatological treatments.

## ■ EQUIPMENT & TECHNIQUES

Turkish bath, mineral-medicinal bath, hydro-massage bath, essence bath, steam bath, jets, underwater jet, circular shower, contrast shower, mud therapy, jacuzzi, therapeutic massages, underwater massages, active pool, contrast pool, thermal water pools, heated chairs, pedijet, thermal circuit, dry heat room and wet heat room. Complemented with aromatherapy techniques, chromotherapy, body wraps, facial and body aesthetics, chocolate therapy, electrotherapy, physiotherapy, parafango therapy, pressotherapy and wine therapy.

## ■ PROGRAMMES

**Health:** Caldaria Salud; **Well-being:** Well-being Caldaria, Aqua Vital 4 N, A Rest on the Caminos; **Relaxation:** Relaxation Experiences, Gastronomy and Relaxation. Thermal Circuit. **Well-being and Aesthetic Treatments and the star programme:** Raia Termal (Includes thermal experience combined with hiking, gastronomy, boat trips, cultural visits, wine tourism or water-sport and adventure activities on both sides of the border).

## ■ SPORTS & LEISURE ACTIVITIES

The spa specialises in mountain biking tourism. It offers a bicycle rental service and an information point on mountain biking routes in Galicia. Children, along with participants in the social thermalism programmes, can enjoy a variety of entertainment activities.

## ■ HOTEL SERVICES

### 85 rooms

Bar-café • Garage and car park • Gym • Wi-Fi connection • Garden terrace  
Meeting and events room • Scenic spot • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# BALNEARIO DE Acuña

A serene refuge where the well-being and tranquillity of the Umia River intertwine with history

## BALNEARIO DE ACUÑA H\*\*



Ferrería, 2.  
36650 Caldas de Reis, Pontevedra  
Tel: 986 540 010  
Fax: 986 540 010  
reservas@relaistermal.com  
www.balneariosrelaistermal.com

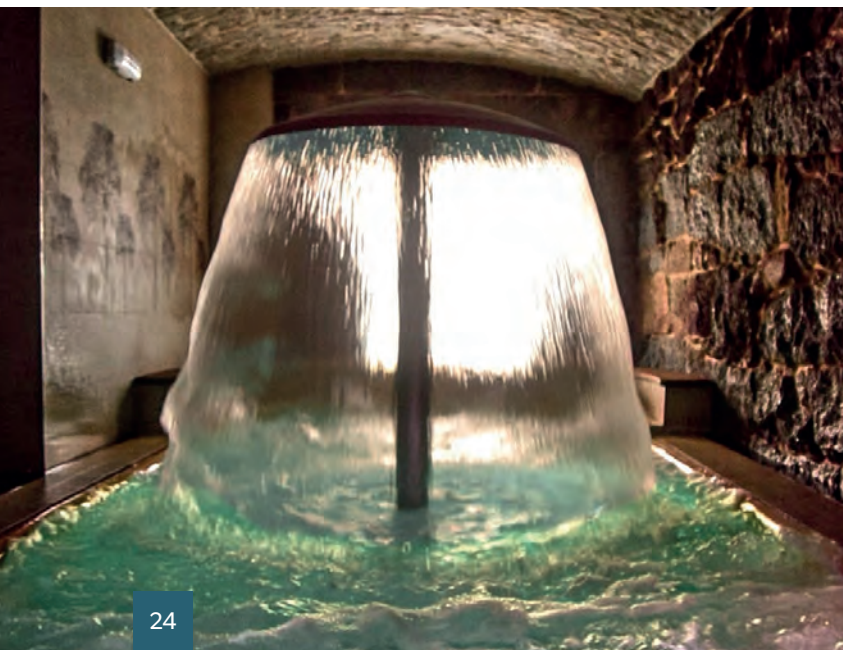
The history of the spa dates back to the beginning of the 19<sup>th</sup> century, with the priest Pedro Acuña y Malvar playing a pivotal role in its inception. In 1812, he laid the foundation for a water house based on the designs of architect Melchor Prado y Marino and only the first section was built. After his departure, Elisardo Domínguez embarked on the construction of a new five-storey modernist building, designed by the Vigo architect Jenaro de la Fuente.

This architectural gem, steeped in historical significance, was refurbished in 2007, featuring a

large glazed veranda overlooking the river Umia. In addition, a second building was erected with apartments which, in 2007, were transformed into hotel rooms next to the lush garden surroundings and where the outdoor thermal pool with medicinal mineral water is located. Nearby, Aquis Celenis beckons with its tranquil circuit for relaxation and therapeutic wellness experiences.

Balneario de Acuña is renowned for its therapeutic, relaxation and beauty treatments, for its welcoming thermal pool and for the diversity of thermal programmes adapted to the needs of its clients. In addition, given the large presence of pilgrims in the spa, the thermal pool offers a refreshing respite after their journey.

Its strategic location, close to the main cities of Galicia and well-connected by a great road network, makes Caldas de Reis serves as an ideal base for exploring the surrounding region while indulging in a revitalising thermal retreat.



## THE HIGHLIGHT

BALNEARIO ACUÑA OFFERS THE OPPORTUNITY TO SOAK UP THE SPA'S HISTORY, AND IS AN EMBLEM OF THE TOWN'S CULTURAL HERITAGE AT THE DAWN OF THE 20<sup>TH</sup> CENTURY.





## ■ PROPERTIES OF THE WATERS

Hyperthermal water, medium mineralisation, very soft, radioactive, predominantly bicarbonate, chloride and sodium ions emerging at 39,2°C.

## ■ USES

Respiratory system, nervous system, anti-stress treatments, dermatological conditions and rheumatism.

## ■ EQUIPMENT & TECHNIQUES

Therapeutic, relaxation, well-being and beauty treatments with thermal techniques with pools, aerosols, Turkish bath, thermal baths, contrast shower, inhalations, jacuzzi, thermal water pool, hydro-massage bath, bubble baths, jets, steam jets, nasal showers, mud therapy, Shiatsu massage, therapeutic massages, aquatic chairs, vaporisations and thermal circuit supported by complementary chromotherapy techniques, facial and body aesthetics, parafango therapy and manual massages.

## ■ PROGRAMMES

Including short 60-minute programmes such as the Therapeutic Programme or multi-day programmes such as the Relais Colour Programme, Colour Relais Thermal and the Aquis Celenis Programme.

## ■ FOR CHILDREN

Children's play area.

## ■ HOTEL SERVICES

### 64 rooms

Restaurant • Rooms for socialising • Wi-Fi connection • Car park • Garden areas • Terrace • Entertainment • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# BALNEARIO Dávila

An eclectic architectural marvel  
nestled amidst an impressive bamboo garden

## BALNEARIO DÁVILA H\*\*

Rúa Laureano Salgado, 11.  
36650 Caldas de Reis, Pontevedra  
Tel: 986 540 012  
balneariodavila@balneariodavila.com  
www.balneariodavila.com

The elegance of this spa dates back to 1780, when the notary Joaquín Dávila Marino erected the first bathhouse. Over the centuries, multiple alterations have shaped the building that today stands as a testimony to tradition and good taste. The current structure, designed by lawyer David Legerén Cespón at the end of the 19<sup>th</sup> century, stands out for its eclectic architecture, adorned with a replica of a Roman altar gracing its main façade.

Located next to the river Umia, in the historic heart of Caldas de Reis, this spa exemplifies the art of harmonising tradition, quality and design. Among

its main attractions are its fireplace, which creates a cosy atmosphere in winter, and the café “El 3 al revés” which, located in the historic cane field, transports the user back to the colonial era. The garden also connects us with one of the great figures of Galician literature, Álvaro Cunqueiro, who named it the “Cathedral of Bamboo”.

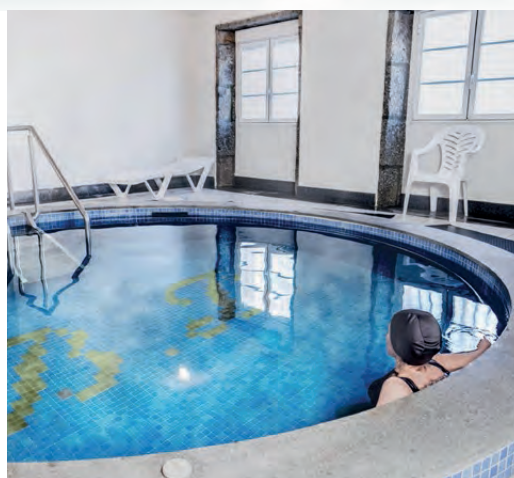
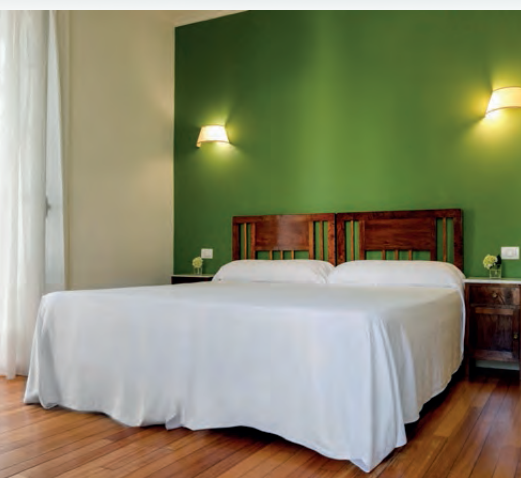
Steeped in familial heritage, Balneario Dávila remains in the hands of the same dedicated family across generations, preserving its authentic charm. This is reflected in every detail from the period furniture, mirrors to the bevelled glass doors and chandeliers, all fully restored and in working order.

Discover Balneario Dávila’s unique features such as the small thermal pool, reserved for private baths, or the naturally heated waters reaching temperatures of 48°C. Situated along the revered Camino de Santiago, the spa holds a special place in the hearts of pilgrims, who often partake in the tradition of cleansing their feet in its waters or the hot spring at the entrance.



## THE HIGHLIGHT

COMPLEMENT THE THERMAL  
TREATMENT WITH A STROLL  
THROUGH THE HISTORIC TOWN  
AND ITS CENTENARY CARBALLEIRA,  
DECLARED A SITE OF CULTURAL  
INTEREST.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, medium mineralisation, soft, predominantly chloride, bicarbonate and sodium ions emerging at 46,8°C.

## ■ USES

Respiratory system, dermatological conditions, rheumatism and relaxation.

## ■ EQUIPMENT & TECHNIQUES

Aerosols, sprays, inhalations, nasal showers, thermal water pool, baths, pressure jets, showers and relaxation, with complementary techniques of facial aesthetics and manual massages.

## ■ PROGRAMMES

Relaxation and beauty programmes, rheumatological, dermatological, aesthetic and respiratory treatments.

## ■ HOTEL SERVICES

### 27 rooms

Historic building • Central location • Bar-café • Garden-terrace • Car park  
Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# BALNEARIO de Mondariz

An adaptable spa and wellness centre  
where every drop of water contains history and wellness

## BALNEARIO DE MONDARIZ H★★★★

Avenida Enrique Peinador Vela, s/n.  
36890 Mondariz-Balneario, Pontevedra  
Tel: 986 656 156  
Fax: 986 656 186  
reservas@balneariodemondariz.com  
www.balneariomondariz.es

The thermal history of the Mondariz Spa dates back to Roman times, but it was in 1873 that the brothers Enrique and Ramón Peinador recognised the potential of the waters of Mondariz, which were declared of public utility that same year. The acquisition of land by the Peinador family in 1872 marked the beginning of a company that emerged as a beacon of elite thermalism.

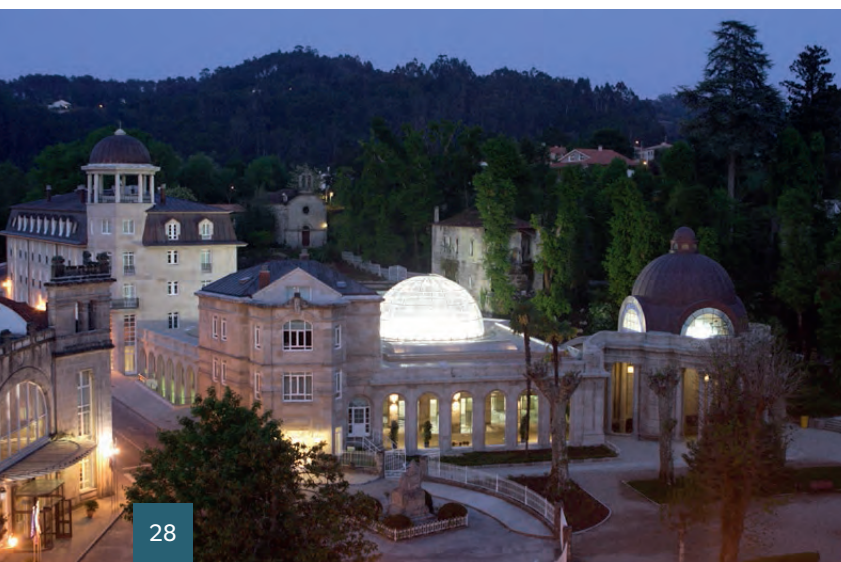
The Mondariz Spa became an important spa destination between the end of the 19<sup>th</sup> century and the beginning of the 20<sup>th</sup> century, when it reached its peak. Despite the Civil War and the fire at the Gran Hotel in 1973, Mondariz experienced a renaissance in the 1980s, evolving into a modern thermal village poised for the 21<sup>st</sup> century. Today, Mondariz-Balneario proudly stands as a member of the European Association of Historic Thermal Towns (EHTTA).

This seaside resort was the epicentre of social and cultural life, attracting personalities such as Emilia Pardo Bazán, Isaac Peral and Rockefeller. Today, after meticulous refurbishment of the thermal area and the hotel, designed by Antonio Palacios and Jenaro de la Fuente, Mondariz offers new unique experiences every year.

Immerse yourself in the opulent Palacio del Agua spa, opened in 2005, spanning 3,000 square meters and offering a sanctuary of relaxation and leisure amidst its swimming pools, saunas and a private children's play area. Explore the unique "Celtic Circuit" and indulge your body with other thermal treatments. It also has an adaptable spa, featuring innovative health and beauty therapies.

Beyond relaxation, Mondariz offers an array of sporting activities, including one of the best golf courses in northern Spain, boasting 18 holes, and relax in the tranquil embrace of a welcoming small town, the spa provides a serene backdrop for rest and recreation.

During holidays and weekends, the crèche provides endless fun for the little ones, while a vibrant calendar of events, from concerts to wine tastings and historical talks, enriches the experience for adults.



## THE HIGHLIGHT

EACH DROP OF THERMAL WATER  
TELLS THE STORY OF A PLACE THAT  
WAS A CULTURAL NEXUS THAT ONCE  
CAPTIVATED ILLUSTRIOUS LITERARY  
FIGURES SUCH AS CASTELAO OR  
EMILIA PARDO BAZÁN.



## ■ PROPERTIES OF THE WATERS

Agua hipertermal, mineralización débil, muy blanda, sulfurada, radiactiva, iones predominantes bicarbonato y sodio que emerge a 44,8°C.

## ■ USES

Digestive system, respiratory system, osteoarthritis, musculoskeletal system, arthritis, rest treatments, depression, rehabilitation, rheumatism, nervous system, cardiovascular system, metabolic problems, anti-stress treatments, obesity and endocrine.

## ■ EQUIPMENT & TECHNIQUES

Thermal circuit with active pool with water beds, hydro-massage benches, swan's neck jets, counter-currents, vertical jets, geysers, hydro-massages at different heights and a large waterfall on the water surface. Outside the pool there are up to 6 saunas with different aromas and humidity levels, jacuzzis, foot baths and an outdoor heated pool. Celtic circuit with peeling effect shower, collective bath, Celtic sauna and pressure jets. With a wide range of complementary services including aromatherapy, chromotherapy, body wraps, paraffin, manual massages, mesotherapy, electrotherapy, physiotherapy, chocolate therapy, among others.

## ■ PROGRAMMES

Relaxation programmes with the Rest, Circulatory, Relaxing, Anti-stress, Thermal Beauty and Great Mondariz Relax and health programmes, with the Rheumatic and Respiratory/Smoking cessation and Slimming programmes.

## ■ FOR CHILDREN

Bicycle rental, children's entertainment, playground, nursery, family rooms, children's pool and babysitting service.

## ■ HOTEL SERVICES

### 195 rooms

Restaurant • Bar-café • Disco • Historic building • Paid parking garage  
Gym • Golf • Accessible rooms • Rooms with living room-suites • Wi-Fi connection • Garden terrace • Meeting and events room • Scenic spot  
Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas.

# BALNEARIO DE Os Baños da Brea

## A balcony nestled amidst nature

### BALNEARIO

### OS BAÑOS DA BREA H\*\*

Paradela, 4.

36580 Vila de Cruces, Pontevedra

Tel: 986 583 614

[correo@balneariodabrea.com](mailto:correo@balneariodabrea.com)

[www.balneariodebrea.com](http://www.balneariodebrea.com)

Evidence suggests that as early as the 11<sup>th</sup> century, Benedictine monks from the Carboeiro Monastery were harnessing the healing powers of the mineral-medicinal waters flowing through Baños da Brea. The current facilities date back to 1991, renovated and expanded in 2009, further enhanced by the recent incorporation of water from a new source.

This spa, located in a green valley, is the perfect retreat to disconnect from the urban hustle and bustle, offering a harmonious blend of health and wellness treatments alongside opportunities for outdoor activities such as hiking and horse riding. Thermal facilities include an active pool, Turkish bath, phlebototherapy, as well as body aesthetic programmes designed to tone and hydrate the skin, such as the unique Green Tea and Chocolate experiences.

Surrounded by architectural and natural gems such as the historic Monastery of Carboeiro, the Fervenza do Toxa or the river beach of A Carixa, Baños da Brea beckons as an ideal destination for a revitalising and relaxing retreat amongst nature.



## THE HIGHLIGHT

IT OFFERS A RESTORATIVE STAY,  
COMBINING THERMALISM, NATURE  
AND CULTURE IN THE HEART OF  
GALICIA.



## ■ PROPERTIES OF THE WATERS

Hypothermal water, weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate and sodium ions emerging at 25,2°C.

## ■ USES

Respiratory system, pharyngitis, laryngitis, anti-stress treatments, lumbago, rheumatism and dermatological conditions.

## ■ EQUIPMENT & TECHNIQUES

Aerosols, Turkish bath, thermal baths, mineral-medicinal bath, hydro-massage bath, bubble bath, jets, steam chamber, thermal circuit, circular shower, inhalations, jacuzzis, thermal water pool, mud therapy, wet sauna and affusions. With complementary techniques based on facial and body aesthetics, manual massages, chocolate therapy, parafango therapy, cold compresses and leg vein hydrotherapy corridor.

## ■ PROGRAMMES

It offers accommodation and treatment programmes ranging from 3 to 6 days, as well as body aesthetic treatments with the Chocolate therapy, Green Tea, Anti-Cellulite and Brea Delux programmes. They work with the *Imerso Social Thermalism* programme.

## ■ FOR CHILDREN

Specific facilities and offers.

## ■ HOTEL SERVICES

### 44 rooms

Bar-café • Garden terrace - Restaurant • Central location • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas • Accessible parking spaces.

# HOTEL BALNEARIO DE Caldelas de Tuy

A spa located  
on the picturesque banks of the Miño,  
a stone's throw from Portugal

## HOTEL BALNEARIO DE CALDELAS DE TUY H\*\*

Rúa Baños, nº 65.

36721 Caldelas de Tui, Pontevedra

Tel: 986 629 005

[info@balneariodecaldelas.com](mailto:info@balneariodecaldelas.com)

[www.balneariodecaldelas.com](http://www.balneariodecaldelas.com)

Caldelas de Tuy boasts three centuries of history and is mentioned in the works of Pedro Gómez de Bedoya y Paredes in 1675. What once began as a hidden spring evolved from a well for irrigating corn into a cherished bathing retreat for locals after its discovery in 1750. However, it was Don Antonio Oliver Rubio who sparked a revolution in 1882, unearthing the "miraculous" waters and commencing the construction of the spa in 1885.

Officially recognised as mineral-medicinal waters in 1869 and 1928, the spa waters have been a cornerstone of respiratory, dermatological and locomotor treatments since the end of the 19th century, combining quality and therapeutic benefits. It also offers lipolaser treatment, pressotherapy and an innovative range of thermal services tailored for pets.

The main building, built in coastal stone in 1886, houses halls which, with their decoration, evoke the golden age of spas. The rooms are located in an annex building, which is connected internally to the thermal baths and opens onto the vineyards and the sugar cane and maize orchards.

## THE HIGHLIGHT

ITS STRATEGIC LOCATION IN AN ENVIRONMENT TEEMING WITH NATURAL SPLENDOUR THAT BRIDGES THE BORDERS BETWEEN GALICIA AND PORTUGAL.





## ■ PROPERTIES OF THE WATERS

Hyperthermal water, medium mineralisation, very soft, sulphurous, radioactive, predominantly chloride and sodium ions that emerge from various springs between 48 and 54°C.

## ■ USES

Respiratory system, dermatological conditions, musculoskeletal system, arthrosis, arthritis, asthma, bronchitis, psoriasis, rehabilitation, rhinitis, rheumatism, sinusitis, seborrhoea, traumatology, childhood allergies, atopic dermatitis, varicose ulcers, desquamative diseases, otitis and adenoids.

## ■ EQUIPMENT & TECHNIQUES

Aerosols, baths, bubble baths, jets, filiform showers, nasal irrigation, inhalations, therapeutic massages, foot baths and gargles. Complementary techniques include facial and body aesthetics, electrotherapy, physiotherapy, manual massages, analgesic and anti-cellulite electrotherapy.

## ■ PROGRAMMES

Rheumatological, dermatological and respiratory. Specialised in thermalism for children.

## ■ FOR CHILDREN

Specialised thermal treatments for children with small waiting areas with toys.

## ■ HOTEL SERVICES

### 27 rooms

Bar-café • Garden terrace • Wi-Fi connection • Central location • Scenic spot • Accessible facilities and common areas • Accessible WC in common areas.

# BALNEARIO EUROSTARS Gran Hotel La Toja

A five-star thermal  
experience

## BALNEARIO EUROSTARS GRAN HOTEL LA TOJA H\*\*\*\*\*

Rúa da Condessa, 2.  
36991 O Grove, Pontevedra  
Tel: 986 730 025  
Fax: 986 730 026  
reservas@eurostarsgranhotellatoja.com  
www.eurostarshotels.com

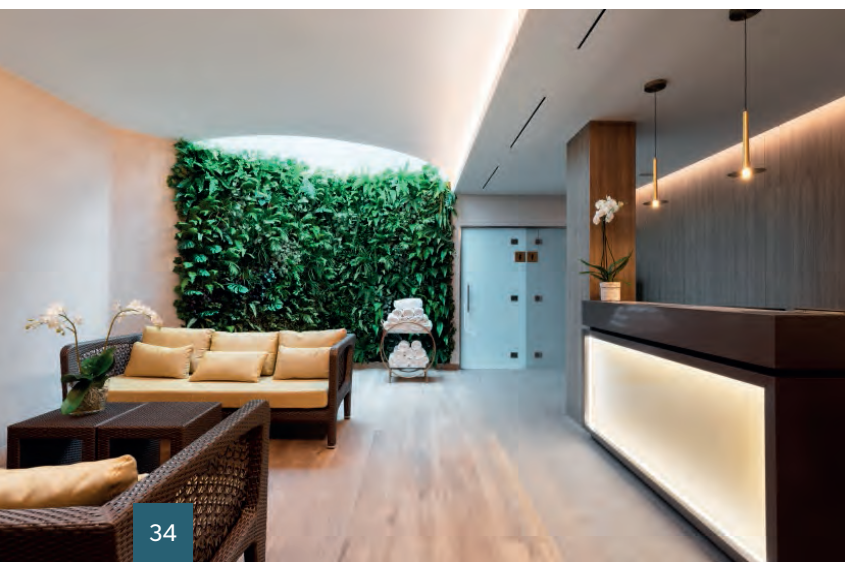
After the discovery of the springs of A Toxa in the 19<sup>th</sup> century, the Gran Hotel La Toja was inaugurated in 1907. Built by the architect Vázquez Gulías, this spa was a reference point in the golden age of balneology at the beginning of the 20<sup>th</sup> century, welcoming throughout its history esteemed figures such as Ortega y Gasset or Gabriel García Márquez, solidifying its status today as the only 5-star Hotel-Spa in Galicia.

Indulge in a realm of health and well-being, where specialised medical services and treatments await

under the guidance of seasoned professionals, and its include an outdoor heated swimming pool, spa, beauty centre and thermal club. Drawing from the natural resources of the island of A Toxa, treatments and massages harness the healing properties of medicinal mineral waters, mud, salts and algae.

Savour a delicate gastronomic journey within the spa's delicate dining offerings, complemented by a sophisticated convention centre ideal for hosting various celebrations just a few metres from the hotel.

In addition to the pleasant walks along the seashore that the island of A Toxa offers, enjoy hikes, water sports, golf and visit the Chapel of Nuestra Señora del Carmen, known as the Chapel of the Shells, or cross the early 20<sup>th</sup> century bridge that connects the island with the fishing village of O Grove, to enjoy its town centre and its gastronomy.



## THE HIGHLIGHT

THE COMPLETE FACILITIES AND THE  
MULTITUDE OF OPTIONS OFFERED BY  
THE ENCHANTING SURROUNDINGS.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, strongly mineralised, extremely hard, chlorinated, sodic and emerging between 39,8°C and 60°C.

## ■ USES

Dermatology (psoriasis, eczema, atopic dermatitis, ichthyosis, acne), rheumatology (arthrosis, arthritis, polymyalgia, lumbago, sciatica, cervicalgia, coxalgia, gonalgia and omalgia), traumatology (recovery from sports muscle injuries, post-surgery, fractures and after-effects of nervous system injuries), respiratory (chronic bronchitis, asthma, rhinitis, sinusitis, allergies) and others (stress, nervousness, anxiety or insomnia).

## ■ EQUIPMENT & TECHNIQUES

Heated pool with deep-tissue swan's neck jets, dorsal and leg jet benches, bubble beds, jacuzzis and relaxing waterfalls. Thermal circuit with Finnish sauna, steam bath, bithermal shower, waterfall shower, heated bench, ice fountain and relaxation room. Reserved room "Suite excellence" with sauna, steam bath, mist shower with chromotherapy, relaxation beds and double whirlpool bath with chromotherapy.

## ■ PROGRAMMES

Relaxation and body beauty programmes with Aromatherapy La Toja, Thermal well-being, Gran Hotel La Toja, Take Care of Your Legs, Pamper Yourself, Body peeling with "Sales de La Toja", Reducing, anti-cellulite or firming, Pressotherapy, Peeling (Citric or cocoa), Citric Sensations, Hot Chocolate, Diamond Well- Living (vegan formulas), Duo (treatment in double room).

## ■ FOR CHILDREN

Access to the Thermal Club is not permitted for guests below the age of 1.

## ■ HOTEL SERVICES

### 198 rooms

Restaurant • Bar/Café • Suite and junior suite rooms • Meeting and events room • Wi-Fi connection • Car park • Sports courts • Garden terrace Paddle • Heated swimming pool • Tennis • Shop and product sales Gym • Golf • Tennis • Disco • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas • Accessible parking spaces.

# BALNEARIO EUROSTARS Isla de La Toja

A temple of well-being  
on the sophisticated island of A Toxa

## BALNEARIO EUROSTARS ISLA DE LA TOJA H\*\*\*\*\*

Illa da Toxa, s/n.

36991 O Grove, Pontevedra

Tel: 986 730 050

Fax: 986 803 213

reservas@eurostarsisladelatoja.com

www.eurostarshotels.com

A long tradition of wellness accompanies the history of Illa da Toxa, with the use of its waters dating back to the 19<sup>th</sup> century. Discovered by fishermen in the Arousa estuary, the hot springs were initially explored by a French bather who, impressed by their benefits, shared his experience with the local healer, Mosquera, who therapeutically and with great success, first highlighted the healing properties of these waters. In 1841, Don Antonio Casares carried out

the first physico-chemical analysis of the mineral-medicinal waters on what was then called Louxo Island or Toxa Grande.

Currently, the Eurostars Isla de La Toja takes full advantage of the curative properties of the area's waters, with its facilities including the thermal club, with a seawater circuit, and the spa, with baths and cabins for massages and specific treatments. boasting a myriad of rooms accommodating events of various sizes, from intimate gatherings to grand affairs hosting between 8 and 700 people.

The elegant and fully equipped rooms further enhance the guest experience, ensuring a relaxed stay that is nothing short of unforgettable. All this, in addition to an environment where you can enjoy golf, tennis, paddle tennis and water sports.



## THE HIGHLIGHT

MORE THAN 4,000 SQUARE METRES  
DEDICATED TO HEALTH AND  
WELLBEING IN THE HEART OF THE  
AROUSA ESTUARY.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, strong mineralisation, extremely hard, chlorinated, sodic and emerging between 39,8°C and 60°C.

## ■ USES

Dermatology (psoriasis, eczema, atopic dermatitis, ichthyosis, acne), rheumatology (arthrosis, arthritis, polymyalgia, lumbago, sciatica, cervicalgia, coxalgia, gonalgia and omalgia), traumatology (recovery from sports muscle injuries, post-surgery, fractures and after-effects of nervous system injuries), respiratory (chronic bronchitis, asthma, rhinitis, sinusitis, allergies) and others (stress, nervousness, anxiety or insomnia).

## ■ EQUIPMENT & TECHNIQUES

Thermal club with heated indoor and outdoor seawater pools, jacuzzi, Turkish bath, Finnish sauna, ice fountain, relaxation room; gymnasium; spa with mineral-medicinal water baths, inhalations, jet shower, massage rooms, wrapping rooms, beauty area and relaxation area and general and

local massage services, facial treatments, body treatments, physiotherapy, application of parafango therapy, aesthetic medicine, relaxation programmes and pressotherapy.

## ■ PROGRAMMES

Programmes of between 60 and 120 minutes such as Island Aromas, Circulatory, Relaxation, Isla de la Toja Special, Beauty for Women and Men, and Regenerating.

## ■ FOR CHILDREN

Access to the Thermal Club is not permitted for guests below the age of 1.

## ■ HOTEL SERVICES

### 104 rooms

Restaurant • Junior suite rooms • 8 rooms for meetings and events  
 Wi-Fi connection • Car park • Garden terrace • Swimming pool • Gym  
 Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas • Accessible parking spaces.

# BALNEARIO DE Termas de Cuntis

## A thermal complex with two cosy hotels

### CASTRO DO BALNEARIO H\*\*\*\*

Rúa do Balneario, 1.  
36670 Cuntis, Pontevedra  
Tel: 986 53 25 35  
castro@termasdecuntis.com  
www.termasdecuntis.com

### LA VIRGEN H\*\*\*\*

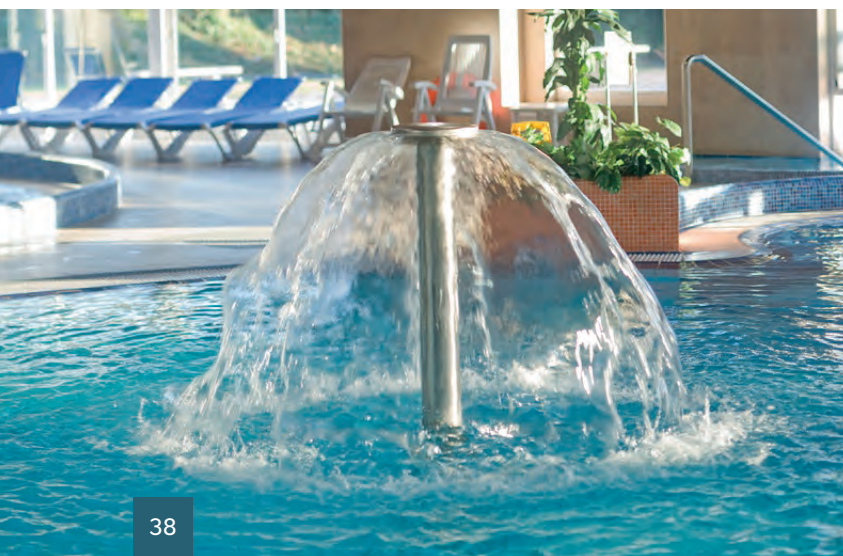
Rúa do Balneario, 1.  
36670 Cuntis, Pontevedra  
Tel: 986 53 25 25  
termas@termasdecuntis.com  
www.termasdecuntis.com

The Termas de Cuntis date back at least to Roman times, from which the town itself derives its name. References to its existence and the therapeutic virtues of its waters abound in writings from the 17th and 18th centuries. However, it wasn't until the late 19th century that commercial exploitation began, marked by the construction of the first spa hotel. Since that time, and under the name of "Hotel Balneario La Virgen", it has operated continuously, even during the Civil War, and has remained in the hands of the Campos family since the last century.

In 2000, Termas de Cuntis underwent a renovation, transforming its old spa into a modern, luminous complex spanning 2,600 m<sup>2</sup>. Four years later, the addition of the Acquaform leisure-thermal circuit further enhanced the offerings, featuring indoor and outdoor swimming pools, a counter-current area, swan necks, jets, hydromassage beds, jacuzzis, sauna and an ice cabin. It also has two four-star hotels: Hotel La Virgen and Castro do Balneario.

Hotel Balneario La Virgen, a four-star hotel, is the most emblematic building in the quiet village of Cuntis. Surrounded by large gardens, it boasts the distinctive architectural style of Galician countryside manor houses, a testament of the original design crafted by Mr Antonio Palacios, although it was completely renovated in 2006 to become a modern tourist complex with a direct tunnel connection to the spa.

The Castro do Balneario Spa Hotel is an old traditional Galician manor house that has been renovated and converted into a charming hotel, in which all its unique elements have been preserved to provide a unique experience. Each of its 18 rooms has its own character and incorporates all the comforts: a minibar, safe, air conditioning, etc The Castro Hotel also has its own swimming pool and a large garden.



## THE HIGHLIGHT

ENJOY RECREATIONAL AREAS  
AND TREATMENTS WITH MINERAL-  
MEDICINAL WATER DESIGNED FOR  
THE WHOLE FAMILY.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, weak mineralisation, very soft, sulphurous, predominantly bicarbonate, chloride and sodium ions, which emerges at different temperatures depending on the source spring (from 28.8°C to 60°C).

## ■ USES

Musculoskeletal system (degenerative and inflammatory rheumatological problems in period between flare-ups, sports medicine and rehabilitation in general), respiratory problems (asthma, chronic bronchitis, COPD, rhino-sinusitis, rhino-sinus allergies, tubercular catarrh, smoking cessation treatments, etc.) Dermatology (psoriasis, seborrhoeic dermatitis, atopic dermatitis, eczema, etc.).

## ■ EQUIPMENT & TECHNIQUES

More than 40 individual treatment rooms including hydro-massage and aero-massage baths, jets, parafango therapies, circular shower, Vichy shower, mud and algae, massage rooms, aesthetics, electrotherapy, physiotherapy room, respiratory room with inhalers and aerosols, steamers, Finnish saunas, biosaunas, static foot baths and maniluviums, dynamic foot baths, thermarium, therapeutic pool. It has a thermal leisure area, called Acquaform, with an indoor and outdoor swimming pool, counter-current area, swan's neck jets, jets, hydromassage beds, jacuzzis, sauna and ice room.

## ■ PROGRAMMES

It offers therapeutic programmes including hydrotherapy, thermotherapy, respiratory therapy, physiotherapy and recreational programmes with a wide variety of massages, coverings, facial and body aesthetics.

## ■ FOR CHILDREN

Therapeutic respiratory treatment for children aged 5 to 12 years.

## ■ HOTEL SERVICES

**18 rooms** (Hotel Castro do Balneario)

Restaurant • Wi-Fi connection • Rooms with living room-suites • Events and conference rooms • Accessible facilities and common areas • Accessible rooms • Accessible WC in common areas • Accessible parking spaces  
Central location.

**91 rooms** (Hotel La Virgen)

Bar/Café • Car park • Rooms for events and conferences • Rooms for socialising • Dining room • Accessible facilities and common areas  
Accessible rooms • Accessible WC in common areas • Accessible parking spaces • Central location • Historic building.





# THALASSOTHERAPY HOTELS

The term thalassotherapy comes from the Greek *thalassa*, meaning sea, and *therapeia* meaning healing. Unlike spas, which use mineral-medicinal waters, thalassotherapy centres use seawater and other natural elements from their environment, such as algae, silt, mud and even sea air for preventive or therapeutic purposes, which is why they are situated near the coast.

Another fundamental requirement of these centres is the use of technology that guarantees the purity of the captured water and its continuous recycling, as seawater retains its biological properties for just 48 hours. Heated to 37°C, this water facilitates the absorption of trace elements and minerals through the skin, which is why, in addition to indulgent relaxation and beauty programmes, thalassotherapy is highly recommended for recovery from trauma and procedures involving the musculoskeletal system, rheumatic problems, joint degeneration, as well as respiratory, dermatological, and gynaecological conditions.

# HOTEL THALASSO Cantábrico Las Sirenas

A luxury retreat  
in the picturesque Viveiro estuary

## THALASSO CANTÁBRICO LAS SIRENAS H★★★★ SUPERIOR

Praia de Sacido, s/n.

27850 Viveiro, Lugo

Tel: 982 560 200

Fax: 982 551 267

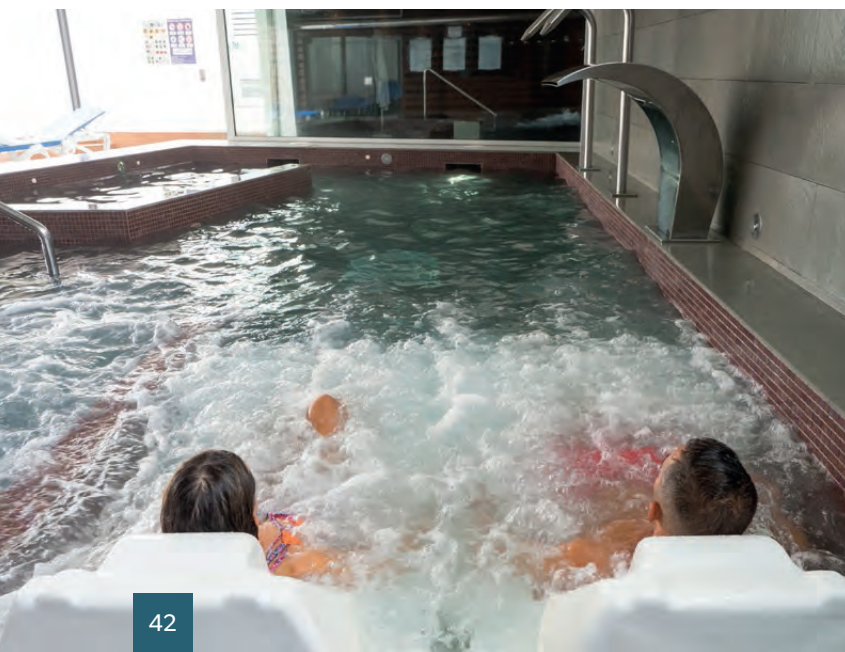
info@resortlassirenas.com

www.resortlassirenas.com

The Las Sirenas resort is the only thermal centre using seawater, located on the coast of Lugo. Spread across three floors, it offers a thalasso circuit with a dynamic pool, jets and relaxation beds, as well as a sauna and jacuzzis, with an open area with hammams, foot baths and booking area. It also has an area for individual treatments, a fitness area and an outdoor swimming pool, which is uncovered and unheated, available to users, which is only open for enjoyment during the summer season.

Its facilities are completed with three holiday accommodations, the hotel Thalasso Cantábrico Las Sirenas (4-star superior), with a panoramic restaurant that combines the local gastronomic tradition with a contemporary approach, as well as even space and a panoramic terrace with a cafe, the Hotel Las Sirenas (3 stars) and the holiday apartments Las Sirenas. The facilities are completed by several meeting rooms that can host up to 600 guests, and a bar-cafeteria with sea views and an outdoor terrace.

In the middle of the Viveiro estuary, Las Sirenas resort stands out for its proximity to beaches such as Area or Covas, where you can enjoy various water sports and scuba diving. The spa is just 3 km from the town of Viveiro, with more than 900 years of history, which combines cultural heritage, gastronomy and leisure and where the popular Semana Santa (Easter) festival is celebrated every year, which was declared a festival of international tourist interest.



## THE HIGHLIGHT

ITS DIVERSE ARRAY OF MODERN THALASSO TECHNIQUES AND SERVICES, AND THE LOCATION OF THE HOTEL, PERFECT FOR DISCONNECTING AND EXPLORING THE SURROUNDING WONDERS.



## ■ PROPERTIES OF THE WATERS

Seawater in the Wellness Thalasso facilities.

## ■ EQUIPMENT & TECHNIQUES

Thermal bath in sea water including jacuzzi, pool with jets and dry sauna, Thermal circuit with jacuzzi, pool with jets, dry sauna, Turkish bath, contrast showers and relaxation area. It also has bubble baths, hydro-massage baths, foot baths, Turkish baths, contrast rains, Vichy room, sauna, massage rooms, hydro-massage baths, body wraps, seaweed body wraps and a wide variety and range of thermal and well-being techniques.

## ■ PROGRAMMES

Anti-stress, beauty, relaxation and beauty, thermal circuit and beauty treatments.

## ■ FOR CHILDREN

Children's entertainment, play area and access to the thermal centre (for children aged between 3 and 11 years old).

## ■ HOTEL SERVICES

**146 rooms**

Restaurant • Family rooms • Meeting and conference room • Seasonal outdoor swimming pool • Gym

# HOTEL TALASO Atlántico

A relaxing atmosphere  
blending the harmony of land and sea

## HOTEL TALASO ATLÁNTICO H★★★★

As Mariñas, Mougás, s/n.

36309 Oia, Pontevedra

Tel: 986 385 090

Fax: 986 358 051

[talasoatlantico@talasoatlantico.com](mailto:talasoatlantico@talasoatlantico.com)

[www.talasoatlantico.com](http://www.talasoatlantico.com)

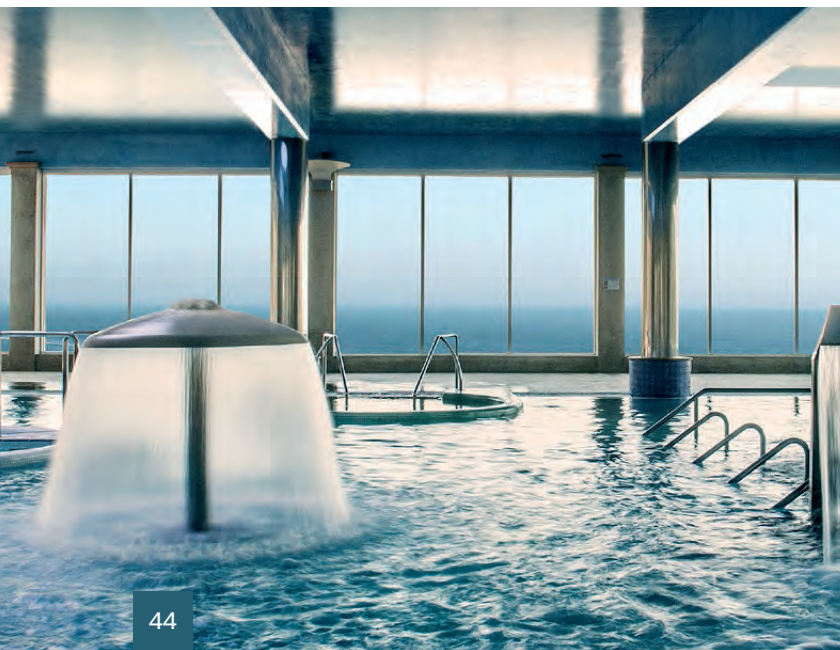
Located at the foot of the Silheiro Lighthouse, the architecture of the sea-water therapy centre is inspired by the surrounding nature, with granite balustrades and wide terraces facing the sea that play with light and water, providing guests with a truly unique experience.

Built upon the ancient tradition of harnessing the therapeutic properties of seawater, the spa exudes

a warm and inviting atmosphere, complemented by a team of highly skilled professionals and the magnificent marine backdrop. One of the great attractions of the spa is its 280m<sup>2</sup> seawater swimming pool, enclosed by a glass wall that allows you to enjoy the ocean views.

Doctors and beauticians use advanced technology and manual techniques to provide personalised treatments and programmes, with comprehensive programmes that encompass nutrition, physical activity, physiotherapy, aesthetics, psychology and wellness.

Surrounding Talaso Atlántico, guests have the opportunity to embark on excursions to the Cies Islands or to taste a delicious lobster in the charming fishing villages like A Guarda.



## THE HIGHLIGHT

THE OCEAN VIEWS AS YOU DIVE  
INTO THE WARM WATER POOL IN A  
RELAXING ENVIRONMENT.



## PROPERTIES OF THE WATERS

Sea waters with different temperatures, between 19°C and 36°C.

## USES

Dermatological conditions, circulatory system, rehabilitation, nervous system, anti-stress treatments, rheumatism, anxiety and insomnia.

## EQUIPMENT & TECHNIQUES

Medicine, health and well-being area, healthy lifestyle area with dietetics, physical exercise and psychology unit, functional recovery and pre-rehabilitation area with physiotherapy unit and comprehensive care programme for people affected by cancer, aesthetic medicine area and teaching and research area.

Its thermal techniques include aerosols, steam bath, counter-currents, hydro-massage bath, bubble bath, hydro-massage beds, jet shower, jacuzzis, underwater massages, dry sauna, mud therapy, Vichy shower, thermal contrast with drinking water, hydro-massage chairs and HidroLinfa treatment. Complementary techniques include chromotherapy, body wraps, seaweed body wraps, facial and body aesthetics, a wide range of manual massages, physiotherapy, crystal or sugar peeling and pearl treatments.

## PROGRAMMES

1 or 2 day programmes with Atlantic Relax, Marine Therapy, Ocean Beauty and Circulatory Special. 3-day programmes with Discover Thalassotherapy and Health and Well-being. 6-day programme with Beauty and Silhouette. Special Couples Programme with Pamper Yourself, Relax as a Couple and Thalasso For Two and Special Pilgrims Programme with Ultraia and A Compostela.

## FOR CHILDREN

Bicycle rental, children's entertainment, children's playground, nursery, family rooms, children's pool, babysitting service and Thalasso hydrotherapy service for your baby.

## HOTEL SERVICES

### 70 rooms

Restaurant • Bar/Café • Rooms with living room-suites • Conference and banquet rooms • Children's area • Car park • Outdoor swimming pool  
Hiking and horse riding trails • Florist service • GreenFee heliport • Wi-Fi connection • Jewellery boutique • Complimentary computers • Relaxation area • Accessible rooms • Accessible facilities and common areas  
Accessible WC in common areas • Accessible parking spaces.

# HOTEL TALASO Louxo La Toja

A window onto  
the Arousa estuary

## HOTEL TALASO LOUXO LA TOJA H\*\*\*\*

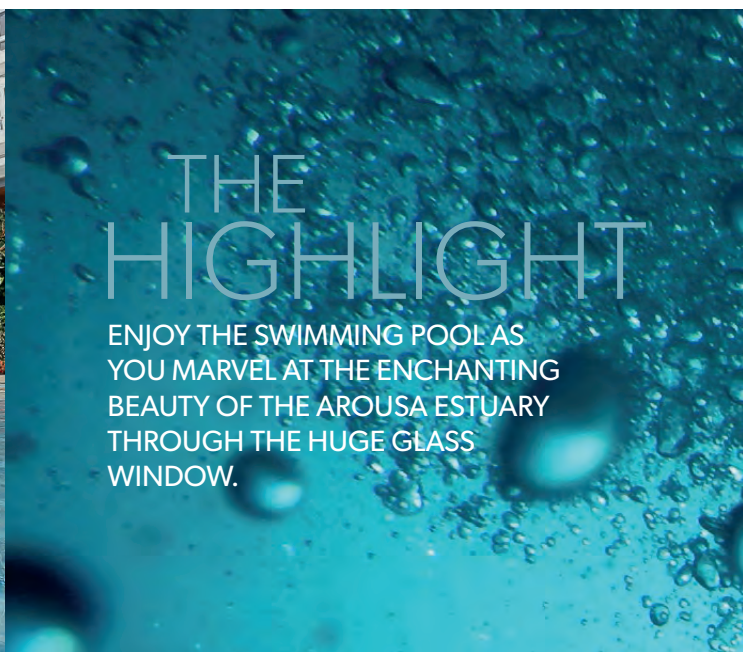
Illa da Toxa, s/n.  
36990 O Grove, Pontevedra  
Tel: 986 730 200  
reservas@louxolatoja.com  
www.louxolatoja.com



Located in a modern quadrangular building on the magical island of A Toxa, just a few minutes from O Grove and Sanxenxo, this sea-water therapy centre invites you to enjoy the sun, the beach and explore the cultural richness of the surroundings. It also offers unique gastronomic experiences, delighting in Galician specialities either outdoors with panoramic views or indoors.

Health and wellness experiences, with sea-water therapy treatments, massages and rituals that combine the benefits of seawater with excellent treatments and skin care. Committed to sustainability, the centre collaborates with leading cosmetic brands, offering vegan and organic products.

To complement your stay, enjoy strolls along the estuary, play golf or take part in water sports, or take a visit to the centre of O Grove, the seafood capital. Its great location means that from here you can visit other extraordinary places in Galicia, such as Santiago de Compostela, Pontevedra, Vigo and Baiona.





## ■ PROPERTIES OF THE WATERS

Sea water.

## ■ USES

Respiratory system, anti-stress treatments, dermatological conditions, cardiovascular system and metabolic problems.

## ■ EQUIPMENT & TECHNIQUES

Sea-water pool. With complementary techniques such as body wraps, seaweed body wraps, facial and body aesthetics, manual massages, chocolate therapy and parafango therapy.

## ■ PROGRAMMES

40 to 60-minute programmes with Hanakasumi, Sensations of the Orient, Body Secret and Sweet Waiting or with the 60-minute organic and vegan programmes Organic firming treatment and Botanical silhouette treatment.

## ■ FOR CHILDREN

*My First Massage* treatment (recommended for children from 8 years old)..

## ■ HOTEL SERVICES

### 116 rooms

Restaurant • Bar/Café • Suite and family suite rooms • Banquet and events rooms • Wi-Fi connection • Car park • Garden Terrace • Seasonal outdoor salt water swimming pool • Reading room • Charging station for electric cars • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas • Accessible parking spaces.

# GRAN TALASO Hotel Sanxenxo

## A sea-water therapy centre on the coast with the Atlantic

### GRAN TALASO HOTEL SANXENXO H★★★★



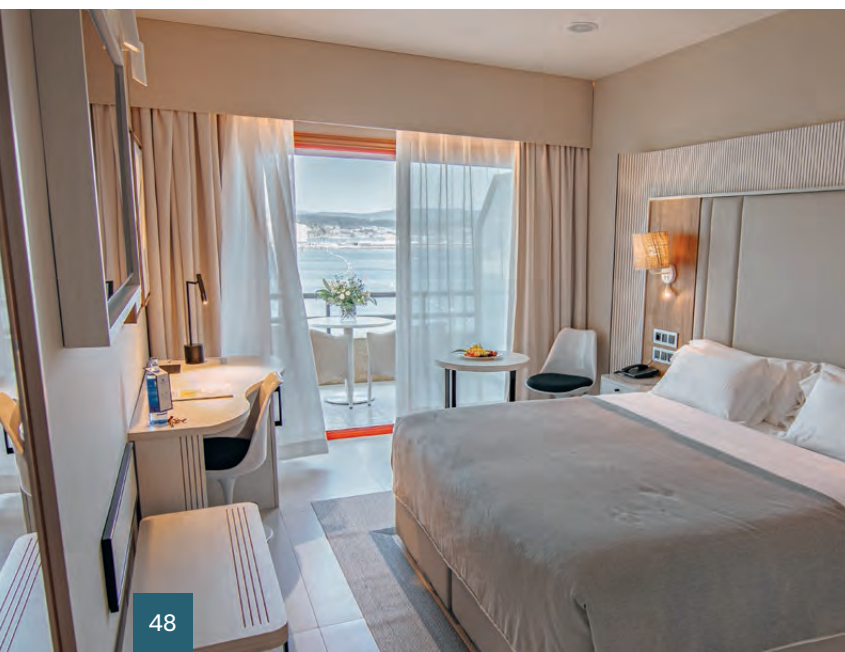
Paseo Praia  
de Silgar, 3.  
36960 Sanxenxo, Pontevedra  
Tel: 986 691 111  
reservas@hotelsanxenxo.com  
www.hotelsanxenxo.com

Thalasso Sanxenxo Centre is a modern stone building located at the top of Silgar beach. This building, with its unique architectural design, offers a privileged setting with views of the Atlantic from every room.

In the summer of 2005 the hotel elevated the essence of the sea with the opening of its comprehensive marine spa, accessible to both

guests and visitors. With a contemporary design that seamlessly integrates with the hotel, this facility features a seawater swimming pool and a saltwater pool equipped with a jacuzzis, counter-current features, bubble beds and swan necks at different pressures. It also offers rejuvenating experiences such as Turkish baths, Finnish saunas, Roman baths, cold water wells, contrast showers infused with essences, as well as hammocks and heated chairs for relaxation.

The restaurant stands out for its views of the bay, its specialisation in fish and seafood and its wide variety of Galician dishes. Positioned next to the beach and a brief ten-minute stroll from the centre of Sanxenxo and its marina, this facility is the perfect place to enjoy a wellness experience with all amenities readily accessible.



## THE HIGHLIGHT

GAZE UPON THE ATLANTIC SEA FROM YOUR ROOM, LOCATED AT A CENTRAL YET SERENE SECTION OF SILGAR BEACH, AND EXPERIENCE ITS DEAD SEA, WHERE YOU CAN LET GO OF GRAVITY AND, FOR A MOMENT, THE REST OF THE WORLD, AS YOU FLOAT AWAY TO MUSIC ON ITS SALT-ENRICHED WATERS.





## ■ PROPERTIES OF THE WATERS

Sea waters with temperatures of 31°C.

## ■ USES

Lumbago, dermatitis, psoriasis and traumatology.

## ■ EQUIPMENT & TECHNIQUES

Its thermal techniques include the Turkish bath, bubble beds, counter currents, circular shower, contrast or Scottish shower, sensation shower, jacuzzi, underwater massages, dry sauna, heated chairs, thermal circuit, hydro-massage bath, essence bath, jets, blue shower, bucket shower, mud therapy, flotarium, therapeutic massages, active pool, aquatic chairs, Roman thermal bath, cyclone shower, dynamic pool and swimming pool. Complementary techniques include aromatherapy, body wraps, facial and body aesthetics, manual massages, warm marble, parafango therapy, pressotherapy, seaweed body wraps, Vichy massage and transcutaneous mesotherapy.

## ■ PROGRAMMES

Sensations and experiences between 50 and 130 minutes. Sensations such as Sea Breeze, Anti-Tension, Thalasso Essential, Thalasso Sunset, Cool Legs or experiences such as Thalasso Matis Experience, Indian Ritual, Polynesian Ritual, Oriental Ritual, Aurore Neroli, Ambre Soir and Crepuscule.

## ■ FOR CHILDREN

Access for children during designated children's hours (from 3 to 11 years old).

## ■ HOTEL SERVICES

### 97 rooms

Restaurant • Pub • Café • Free safe • Suite rooms • Events and banquet rooms • Free Wi-Fi connection • Car park • Accessible rooms • Accessible facilities and common areas • Accessible WC in common areas • Accessible parking spaces.



# HYDROTHERAPY THERMAL RESORTS

In spas, treatments are tailored to the properties of their mineral-medical waters, renowned for their beneficial effects on certain conditions. Depending on the specific properties of the waters, they are prescribed for different ailments (respiratory, joint, skin, etc.) Spa therapies are medically supervised. These spas may have accommodation arrangements with nearby hotels.

# GRAN BALNEARIO do Carballiño

## A historic spa in a park of dreams

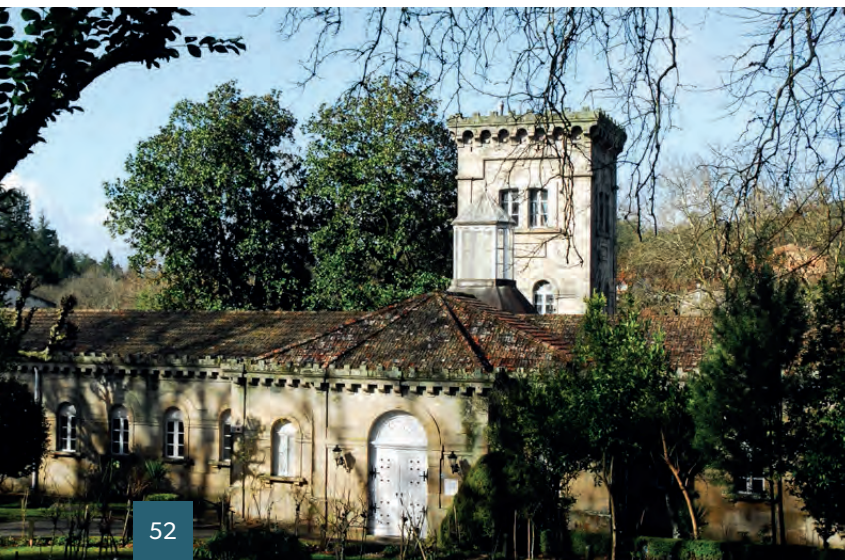
### GRAN BALNEARIO DO CARBALLIÑO

Avenida do Balneario, s/n.  
32500 O Carballiño, Ourense  
Tels: 988 270 926 / 981 222 253  
covaqui@telefonica.net  
granbalneariocarballino@gmail.com  
www.balneariodecarballino.com

Located within the scenic municipal park of O Carballiño, in the heart of the O Ribeiro region, this grand spa invites you to embark on a journey through two centuries of thermal tradition. It is a sanctuary of tranquility and wellness awaits amidst lush greenery, where the blend of historic architecture and therapeutic waters promises a truly unique experience.

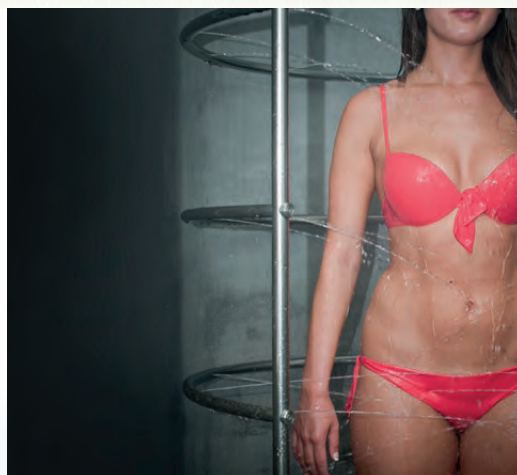
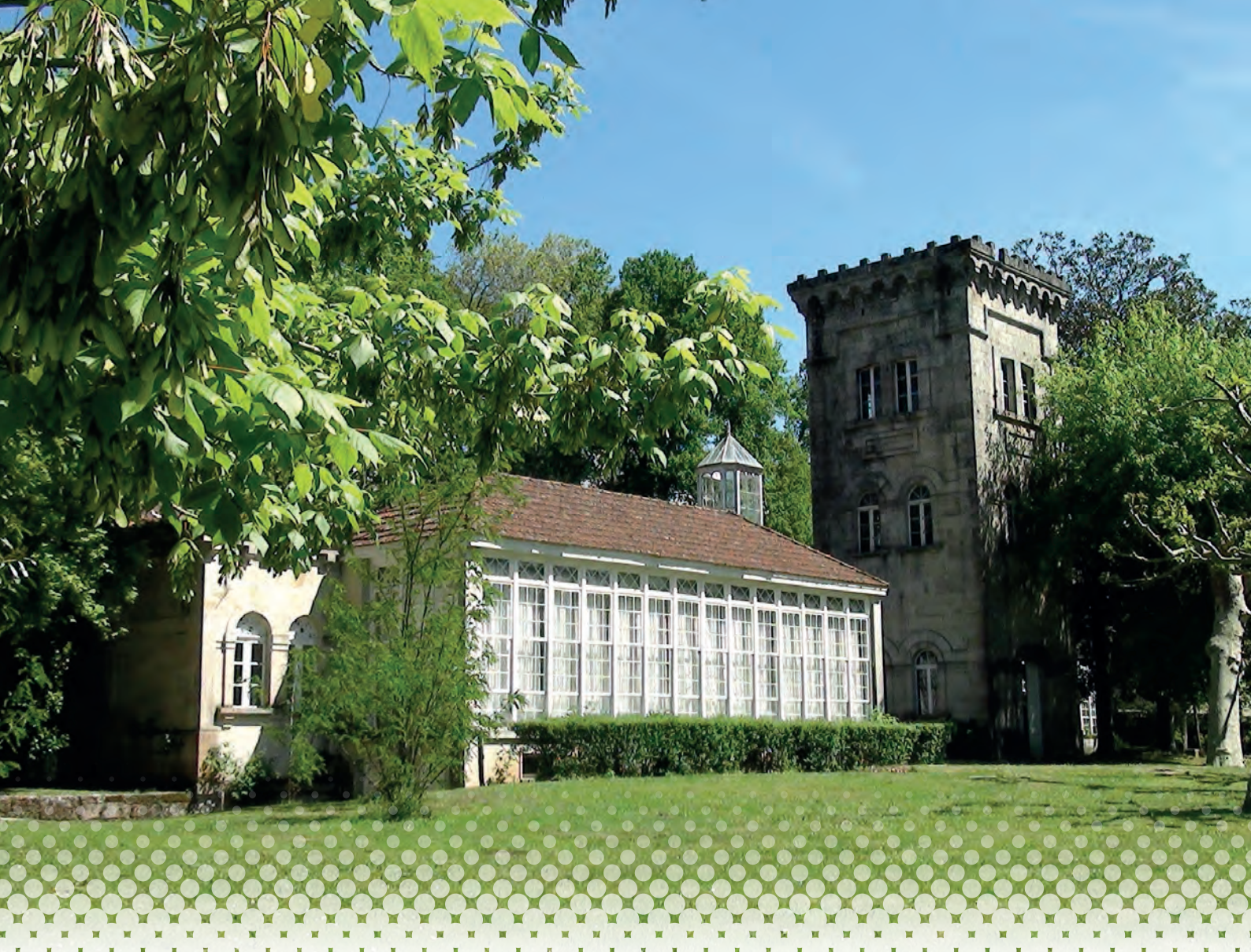
At the heart of the complex stands the thermal bathers' pavilion, home to the spring that breathes life into this thermal haven and, next to it, lies the bathhouse. Designed by architect Vázquez Gulías in 1900, this architectural gem boasts a rectangular floor plan spanning over 50 meters, adorned with a grand gallery overlooking the river Arenteiro and crowned by a majestic crenellated tower. Renovated in 1993, the spa retains its historic charm while offering thermal services and treatments under the guidance of an experienced medical team.

The thermal park, which covers an area of over 30 hectares, extends from the Gran Balneario to the fish farm, inviting guests to meander along the banks of the river, where you can discover mills, wash houses, bridges, century-old trees and waterfalls. Every second Sunday in August, the park host the *Festa do Pulpo*, a Festival of International Tourist Interest.



## THE HIGHLIGHT

STROLLING THROUGH THE EXPANSIVE THERMAL PARK, RELAXING AND ALLOWING YOURSELF TO BE SURPRISED BY ITS SECRETS, THEREBY ENHANCING THE BENEFITS OF THE WATERS ON YOUR HEALTH AND WELL-BEING.



## ■ PROPERTIES OF THE WATERS

Hypothermal water at 27.4°C. Weak mineralisation, very soft, sulphide, sodic, alkaline, fluoride, lithic, slightly radioactive and temperate.

## ■ USES

Digestive system problems, respiratory system treatments, metabolic problems, rheumatism and skin complaints.

## ■ EQUIPMENT & TECHNIQUES

Mineral-medical bath, hydro-massage bath, bath, underwater jet, jets, shower, circular shower, water sampling and inhalations, complemented with other techniques such as manual massages and parafango therapy.

## ■ PROGRAMMES

Rheumatological, dermatological, respiratory.

# BALNEARIO de Cortegada

A thermal spa vantage  
point along the river Miño

## BALNEARIO DE CORTEGADA

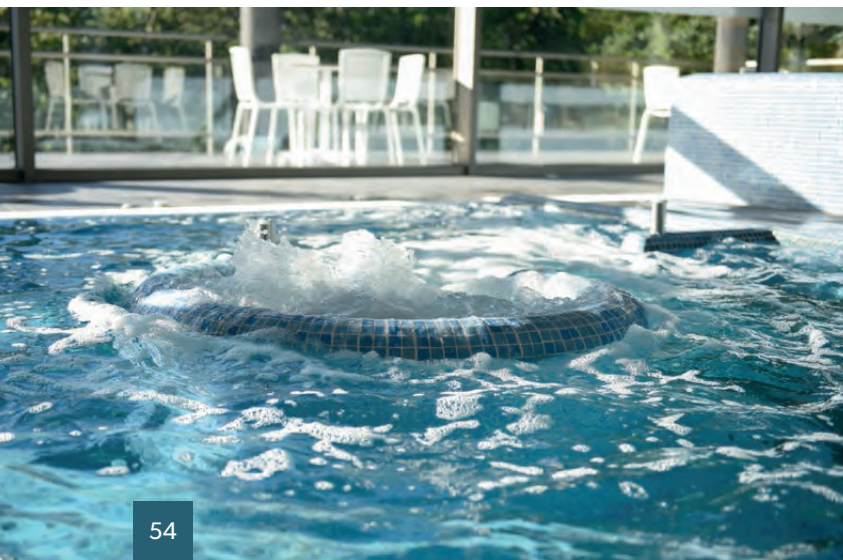
Praza Fundación Balneario, s/n.  
32200 Cortegada, Ourense  
Tels: 988 483 276 / 671 036 843  
balneariodecortegada@tesal.com  
www.balneariodecortegada.com

Dating back to the 19<sup>th</sup> century, the use of Cortegada's waters has garnered significant interest, leading to the appointment of a doctor-director and the construction of new facilities. Today, the Baños del Monte, the historic Art Nouveau spa, and the new spa, which welcomed guests in 2015, are still preserved.

Perched atop an elevated vantage point, with magnificent views of the river, the spa

boasts contemporary facilities, treatments and programmes, thermal club, and contrast areas. Under the expert supervision of our medical team, guests can partake in a range of treatments tailored to their individual needs, whether seeking relaxation, stress relief, weight management or recovery. The result is an unforgettable experience, enriched by a diverse array of services and thermal treatments.

Thermalism has long shaped the cultural heritage of Cortegada, a destination steeped in history and natural beauty, offering captivating hiking trails, scenic viewpoints and plenty of attractions. Its privileged location, in the region of O Ribeiro and close to Vigo and Ourense as well as the border with Portugal, together with the exclusive design of its thermal facilities, make this place a truly unique retreat.



## THE HIGHLIGHT

ENJOYING THE SERENE NATURE  
OF THE RIVER MIÑO WITHIN THE  
CONFINES OF THIS TEMPLE OF  
GALICIAN WELLBEING.



## ■ PROPERTIES OF THE WATERS

Hyperthermal water, weak mineralisation, very soft, sulphurous, radioactive, predominantly bicarbonate and sodium ions emerging at 44,8°C.

## ■ USES

Respiratory system, asthma, bronchitis, rhinitis, sinusitis, rheumatism and urinarytract.

## ■ EQUIPMENT & TECHNIQUES

Dynamic pool, with a circuit of jets including swan's neck jets and waterfalls, underwater jets and combined water and bubble geysers and bubble

bench. Jacuzzi pool, with bubble seats and water jets and a bubble massage room, Turkish bath, Roman bath, Finnish sauna and cold room, aroma spray and bithermal showers. The offer is completed by parafango therapy, chromotherapy, manual massages and foot reflexology.

## ■ PROGRAMMES

Anti-stress, beauty, relaxation and beauty, draining, rheumatological, dermatological, respiratory, well-being, slimming and beauty treatments.

# BALNEARIO DE Caldas de Partovia

A spa that invites you  
to be an integral part of its history  
and immerse yourself in the beauty of nature

## BALNEARIO DE CALDAS DE PARTOVIA

As Caldas, s/n. Caldas de Partovia  
32515 O Carballiño, Ourense  
Tel: 988 273 057  
reservas@caldasdepartovia.es  
www.caldasdepartovia.com

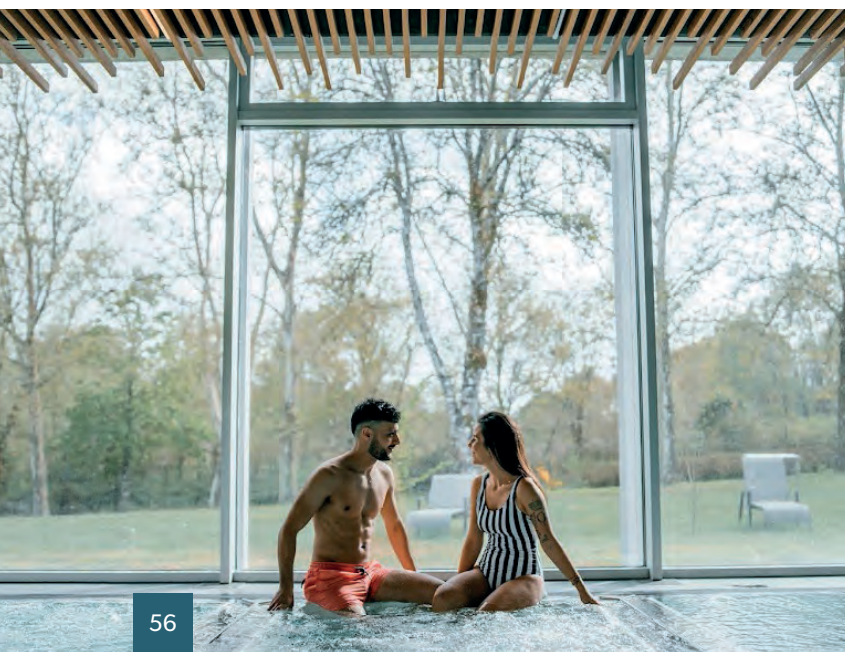
In the heart of Galicia, just 2 km from O Carballiño, this spa has stood as a timeless thermal treasure. Immerse yourself in a unique blend of history, health and wellness amidst a rural landscape of unparalleled beauty.

The waters of Caldas de Partovia have been a therapeutic resource since ancient times, with evidence of their healing properties dating back to the era of the Romans. Throughout the Middle Ages, under the auspices of the Monastery of

Oseira, these waters served as a vital remedy in a society with limited medical resources. In 1982, they were declared of public utility, marking the official recognition of their benefits.

Today, Caldas de Partovia remains a beacon of tourism in inland Galicia. Surrounded by lush greenery and forests, the spa offers a complete experience of relaxation, health and leisure. From the inviting swimming pool overlooking expansive gardens to a range of

hydrotherapy and massage treatments designed to revitalise body and mind, every aspect of the spa is crafted to ensure your well-being. Take moments to savour tranquility in the cafeteria, where the ambiance perfectly complements the quality of service.



## THE HIGHLIGHT

THE COMFORTING THERMAL TREATMENTS OFFERED ADMIST A BEAUTIFUL RURAL SETTING, SURROUNDED BY FORESTS AND GREENERY.





## ■ PROPERTIES OF THE WATERS

Hypothermal water, very weak mineralisation, very soft, radioactive, predominantly bicarbonate, carbonate and sodium ions emerging at 33,7°C.

## ■ USES

Rheumatism, dermatological conditions, urinary retention, sciatica and lumbago.

## ■ EQUIPMENT & TECHNIQUES

Dynamic pool, leg vein hydrotherapy channel, medicinal bath, hydro-massage bath, power shower, pressure jet, Ying Yang bath and parafango therapy. With complementary techniques of manual massage and aesthetic neuropathy.

## ■ PROGRAMMES

Express Relaxation, Small Moments, Anti-cellulite, Anti-oxidant, Anti-stress and Sport.

## ■ HOTEL SERVICES

AS ARRANGED.





**Edit:** TURISMO DE GALICIA

**TECHNICAL WORK AND DATA COLLECTION:** MARIO CRECENTE Y ASOCIADOS CONSULTORES, S.L.P.U.

LEGAL DEPOSIT: C 31-2024



Covers: Stéphane Allier