



THERMALISM AND NUTRITION

Our programs of thermalism and nutrition combine the benefits of Luso Thermal Water, recognized for its diuretic and detoxifying effects, with a balanced and healthy diet plan, developed by the nutritionist Ágata Roquette according to the main purpose of each program. All programs have a supervision of a medical team managed by Dr. Pedro Cantista, President of Portuguese Society of Medical Hydrology and the International Society of Medical Hydrology.

WEIGHT LOSS PROGRAM • Healthy Gourmet

FROM 1088€



The weight loss program was specifically designed for all of those who want to change the eating habits with the purpose to control their weight and volume loss.



Following the method of the nutritionist Ágata Roquette with evidenced results, this program presents a new concept of Healthy gourmet, proving that it is possible without huge sacrifices to embrace a healthy, sophisticated and tasty diet.

A plan of physical exercises and spa treatments complete the offer, helping to achieve the desired result. The customer also receives the necessary information to make possible continuing the plan even after the program is complete.

“An excellent program of weight control, based on a relevant and expert dietetic counseling and a tasteful cooking education demonstrated by a brilliant and expert chef, leading to clients increased compliance and justifying to be specially recognized by the jury”. ESPA Innovation Awards

PATRIMÓNIO VIVO

INCLUDED:

THERMAL TREATMENTS AND NUTRITION

- 2 Medical appointments during the program (initial and control)
- 1 Nutrition appointment
- Meal plan coordinated by the nutritionist Ágata Roquette
- Full-board at Grande Hotel de Luso - "Healthy Menu by Chef Albano Lourenço"
- Water Ingestion
- A daily thermal treatment according to medical prescription

PHYSICAL ACTIVITIES

- A daily session of physical exercise according to medical prescription (gym under physical therapist supervision, maintenance circuit or track at Buçaço National Forest - 1st session under *personal trainer* supervision)
- A daily session of group hydrokinesiotherapy (thermal pool) with physical therapist supervision

THERMAL SPA TREATMENTS

- 3 Massages (Manual Lymphatic Drainage or Slimming Massage)
- 1 Exfoliation and body wrap
- Daily access to Acqua Sensations Circuit (60m)

ACCOMODATION

- 6 Nights at Grande Hotel de Luso

CULTURAL ACTIVITIES

- Entrance ticket to Military Museum of Buçaco and Movie theatre of Mealhada

Price List	DURATION	Low Season Jan/Feb/Mar/Apr/May/ Jun/Oct/Nov/Dec		High Season Jul/Aug/Sep/Carnival, Easter, Christmas and New Year	
		Price per person twin room	Price per person single room	Price per person twin room	Price per person single room
Weight Loss Program	6 Days	1088,00€	1212,00€	1181,00€	1361,00€

GENERAL INFORMATIONS

- The check-in at Hotel must be on Sunday or Monday. The program starts on Monday.
- Complete your program with other thermal spa treatments and benefit from 10% discount. (Cannot be accumulated with other offers and discounts).
- Bathrobe, slippers, and swim cap are included at admission fee.
- Reservations cancelled until 7 days prior will incur a 10% charge. No show will be charge the full amount of the program.

MALO CLINIC TERMAS LUSO

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