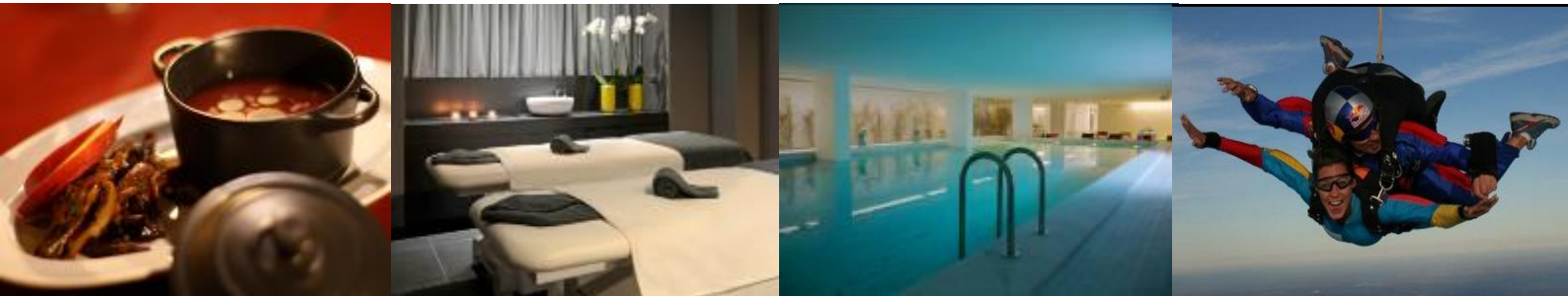


LOOK TO LISBON FOR A HEALTHY CITY BREAK

Places to visit to keep the New Year's resolutions in check



26th January 2015 – After the indulgence of the Christmas break, now is the perfect time to plan a healthy city break that won't break the bank or the healthy lifestyle promises. Lisbon boasts beautiful day spas, healthy restaurants and outdoor activities to keep travellers on track with their New Year's resolutions.

Visitors should head to one of these establishments to kick-start a healthier 2015:

SPAS AND TREATMENTS

Elohim Spa: Located in Rato, one of Lisbon's most upmarket neighbourhoods, Elohim Spa has seven treatment rooms offering a wide range of massages, beauty and osteopathy treatments. For soul searchers, Elohim Spa also provides additional services such as life coaching, image consultancy, and even full-day workshops to improve health and develop self-confidence.

www.elohim.pt

Thalasso Caparica: Located in Costa da Caparica, just 15 minutes away from central Lisbon, Thalasso Caparica is a sophisticated wellness centre that not only offers treatments but also helps to treat conditions related to the body's circulation, respiratory, dermatological and neurological systems. One of Thalasso Caparica's star treatments is its "thalassotherapy" and the use of sea water and algae to fight against depression, stress, asthma and sciatica.

www.thalassocaparica.com



HEALTHY RESTAURANTS

Santa Clara dos Cogumelos: Fans of the humble mushroom will love this restaurant. Known as “the mushroom temple in Lisbon”, Santa Clara dos Cogumelos offers a simple product on the menu: fungus – which is served in a variety of creative ways. Mushroom mousse, breaded mushrooms and *gazpacho* with sautéed mushrooms are just some of the dishes on offer. This charming eatery is located in Santa Clara Market, right in the heart of the city centre.
www.santaclaradoscogumelos.com

Restaurante Vegetariano PSI: This vegetarian restaurant, located close to the cosmopolitan Avenida da Libertade, is set in lush gardens with a lakeside terrace. Basmati rice with lentils, *seitan* (wheat gluten) meatballs, mozzarella salad and roti with aubergine and sweet potato are some of the fresh dishes available at this eatery, together with a wide range of healthy teas and *lassis* (a yogurt-based drink).
www.restaurante-psi.com

SPORTY ACTIVITIES

Multiaventura: Whether it is trekking, mountain biking, paragliding, kayaking or scuba diving, Multiaventura has a sport to cater for all sporty types. The company, located in fairytale Sintra, organises a wide range of outdoor activities in the green surroundings of the UNESCO World Heritage Site. If already planning a summer break to Lisbon, the company’s “Trekking and abseiling night” is a popular option – it features a hike, stargazing and a natural rock abseiling experience.
www.muitaventura.com

Lisbon Surf Tours: With popular surf spots along the coastline, such as the breaks found in Ericeira, Lisbon is one of Europe’s top cities to try out the sport. Lisbon Surf Tours offers a number of packages for those interested in learning and improving their surfing technique, ranging from one-day surfing classes and longer surfing holidays to a mix of “surf and culture”, combining the sport with visits to Lisbon and Sintra.
www.lisbon-surf-tours.com

Direct flights to Lisbon operate from London, Manchester, Liverpool, Edinburgh and Bristol with TAP Portugal, BA, easyJet and Ryanair.

For more information on restaurants in Lisbon please visit www.visitlisboa.com.

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For media information and images, please contact:

Polly Martin: 0845 498 9985 polly@humewhitehead.co.uk

Enrique Martin: 0845 498 9984 or Enrique@humewhitehead.co.uk



About Lisbon

Portugal's national capital, Lisbon, boasts one of the longest histories, warmest climates and bustling nightlife of any major European city alongside its dramatic location sprawled along seven hills overlooking the river Tagus and Portugal's west coast. Famed for its year-round sunshine and beauty, Lisbon's grand architecture dazzles and its old-world charm mingles with chic streets, galleries, lively nightlife and a centre which gives way to sandy beaches just minutes away. It also one of the most affordable capitals in Europe, perfect for a captivating city break or short haul escape.

www.visitlisboa.com

About Turismo de Lisboa

Turismo de Lisboa is a non-profit organization established through an alliance of public and private bodies operating in the tourist sector. It now has around 700 associated members. Since its inception in 1998, the main objective of this association is to improve and increase the promotion of Lisbon as a tourist destination and therefore enhance the quality and competitiveness of the city.