

# A Pinch of Tranquillity



## Praia do Sal

RESORT & SPA  
★★★★

At Praia do Sal Resort, discover a haven where nature and serenity come together, offering moments of tranquillity and well-being in every detail.

Just 20 minutes from Lisbon, we bring together a touch of everything that inspires us: from the natural elements that give character to our spaces, to Italian gastronomy and rejuvenating spa services.

91

APARTMENTS

01

RESTAURANTS

01

EVENT SPACES

01

SPA



### A serene retreat with a touch of elegance

Pinch by pinch, we have crafted this composition to season and inspire our spaces, services and amenities. A tribute to the region's traditions and an invitation to find the calm of the countryside, the spirit of discovery of the river, and a natural rhythm that can only be felt when you allow yourself to slow down. Whether for long-awaited holidays or a retreat in good company, your stay is the missing touch.

### Location

Located in the heart of Alcochete, a charming town full of surprises, where local traditions meet the surrounding natural landscape. The region offers a wide range of activities, from riverside walks and visits to nature reserves to unique gastronomic experiences.

### Apartments

#### 91 Apartments

- Studio Apartments: 35
- One-Bedroom Apartments (T1): 29
- Two-Bedroom Apartments (T2): 20
- Three-Bedroom Apartments (T3): 5
- Apartments for Guests with Reduced Mobility: 2

### Amenities & Services:

- Kitchenette (Studio Apartments)
- Fully Equipped Kitchen (One- to Three-Bedroom Apartments)
- Coffee and tea station
- Complimentary bottled water
- Balcony or terrace
- Hairdryer
- Personal care amenities
- Bathrobe and slippers
- Pool towel
- In-room safe
- Iron and ironing board (on request)
- Cable television
- Wake-up call service
- Daily housekeeping
- Room service
- Laundry service (Studio Apartments)

### Gastronomy

#### Omaggio Restaurant - Italian Cuisine

A Tribute to the Flavours of Italy  
Travel to the heart of Italy at Omaggio Restaurant, where more than just dishes, we celebrate a gastronomic and artisanal heritage that goes beyond traditional pizzas and pasta. With a regional and experimental menu, discover a new way to experience the best of Italian cuisine.

- Indoor Seating: 46
- Outdoor Seating: 50
- Takeaway Available

#### Pool Bar Food Park ( Seasonal )

Snacks | Cocktails  
By the pool, you will find everything you need to fully enjoy a sunny day, with a menu of light snacks and refreshing drinks.



## Meetings & Events

Number of Event Spaces: 1  
Maximum Capacity: 60  
Business Center: 1

From team-building sessions to life's celebrations, Praia do Sal offers spacious venues and a dedicated team, ready to host corporate events, meetings, group lunches and dinners, christenings, and holiday celebrations. We provide meticulous planning tailored to your needs. Additionally, explore our group spa programs—perfect for unwinding after a day of work or celebration. With the versatility you require, we ensure your event becomes an unforgettable experience.

## SPA

Number of Treatment Rooms: 3  
Indoor Pool  
Jacuzzi and Waterfalls  
Sauna  
Turkish Bath  
Shower

The Praia do Sal Resort Spa offers a tranquil retreat where ancient beauty rituals rejuvenate your mind, body, and spirit. Leave stress behind and embark on a journey of self-discovery with exclusive treatments that deliver moments of pure relaxation.

## Service:

- 24-hour reception
- Check-in: 3:00 PM
- Check-out: 11:00 AM
- Parking
- Electric vehicle charging spaces: (insert number)
- Spa with indoor pool
- Gym
- Outdoor infinity pool
- Free bicycle station
- Live music

## Nearby:

- Direct access to Praia dos Moinhos
- Water sports (such as stand-up paddleboarding and kitesurfing)
- At the doorstep of Alcochete Cultural Forum
- Samouco Salt Flats, 15-minute walk
- Birdwatching
- Alcochete Historic Center, 1.6 km
- Freeport Alcochete, 4 km
- Horse riding



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[www.stayupon.com/praiia-do-sal](http://www.stayupon.com/praiia-do-sal)

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