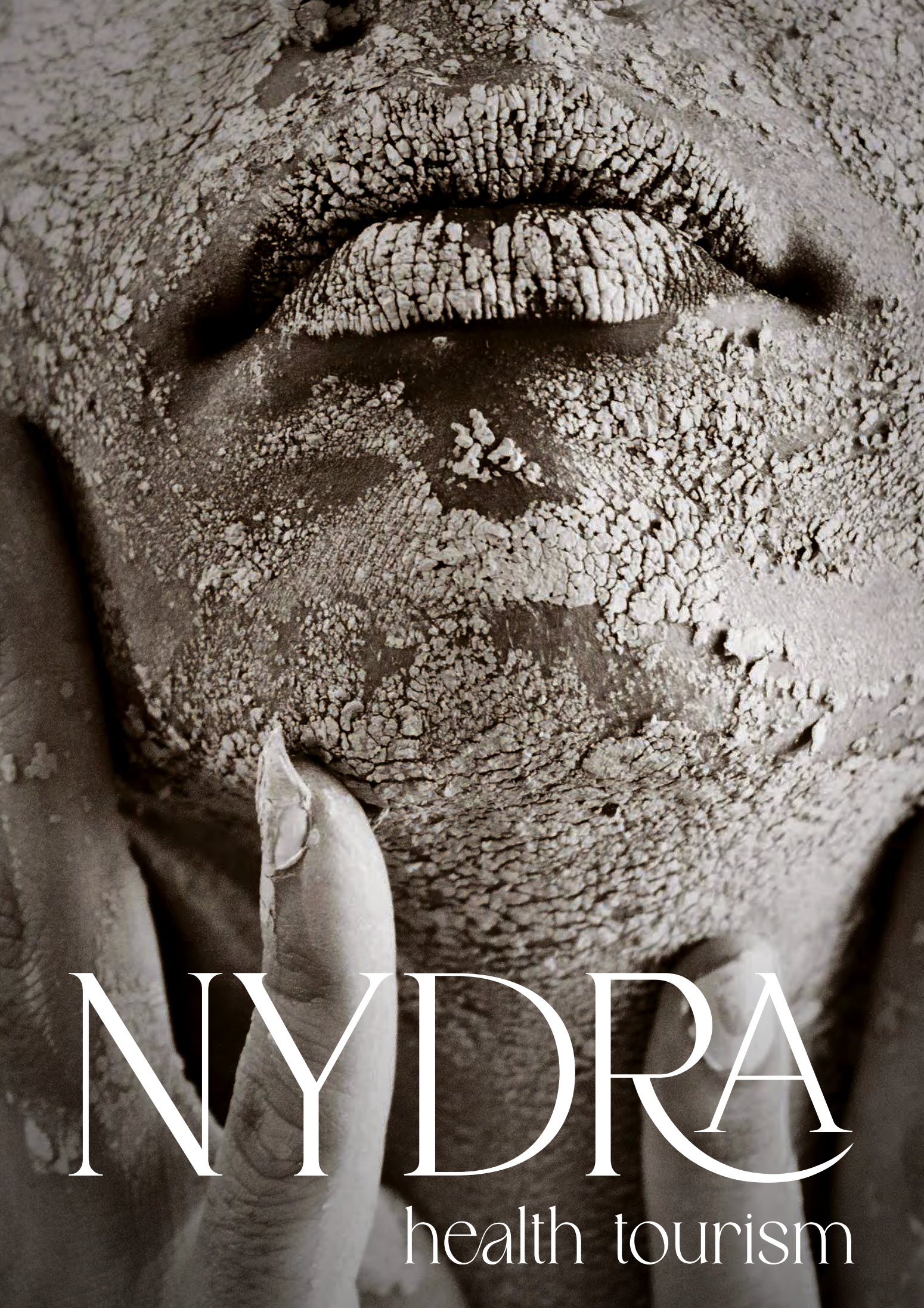




NYDRA

health tourism

NYDRA

Why Nydra?

Unlike traditional health tourism, we don't rely on prepackaged deals or sales teams. You'll work directly with healthcare professionals who prioritize your well-being over profit. No group trips, no marketing gimmicks—just personalized care designed around your unique needs.

At Nydra, we put you at the heart of everything we do. Our approach to healthcare is all about you—your needs, your comfort, and your well-being. Our team of compassionate health care professionals is committed to not just providing care but creating an experience that feels personal, supportive, and empowering.

content

health

tourism

lifestyle

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Why Portugal?

About Aveiro.

02

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The Best
Treatment
for You.

Our Partners.

04

05

How it all works.

NYDRA

Why Portugal?

Portugal is more than a travel destination – it's a blend of rich culture, breathtaking landscapes, and world-class healthcare.

A Top Travel Destination:

Located in Southern Europe, Portugal offers stunning coastlines, historic architecture, and a Mediterranean climate with mild winters and warm summers. Named Europe's Leading Destination in 2020 and the World's Leading Destination in 2019, it's no surprise travelers flock here.



+ 20 millions
Tourists



4th
Safeste Country

A Health Tourism Haven:

Portugal's healthcare system boasts cutting-edge technology, internationally experienced professionals, and modern facilities. Strict medical regulations ensure high standards of care at competitive prices, making Portugal an exceptional value-for-money choice.

Imagine receiving top-quality medical treatment while enjoying the beauty of Portugal—whether it's strolling along golden beaches, savoring delicious cuisine, or exploring vibrant cities.

Best Travel Destination
Medical tourism

NYDRA



About Aveiro.

Discover the Aveiro Region

Known as the "Venice of Portugal," Aveiro enchants visitors with its charm and unique attractions:

Canals and Moliceiros: Glide through the city's picturesque canals on colorful boats and soak in its vibrant atmosphere.

Art Nouveau Architecture: Marvel at the intricate designs and colorful facades of Aveiro's historic buildings.

Aveiro Lagoon: Kayak, sail, or birdwatch in this serene natural wonder.

Costa Nova Beach: Relax on sandy shores and admire the iconic striped wooden houses.

Cultural Attractions: Explore museums, convents, and historical sites that tell the story of this enchanting city.

Aveiro blends culture, beauty, and relaxation—a perfect addition to your health tourism journey.

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About Aveiro.

Architecture
& Art Nouveau.



Delicious
Traditional Food.

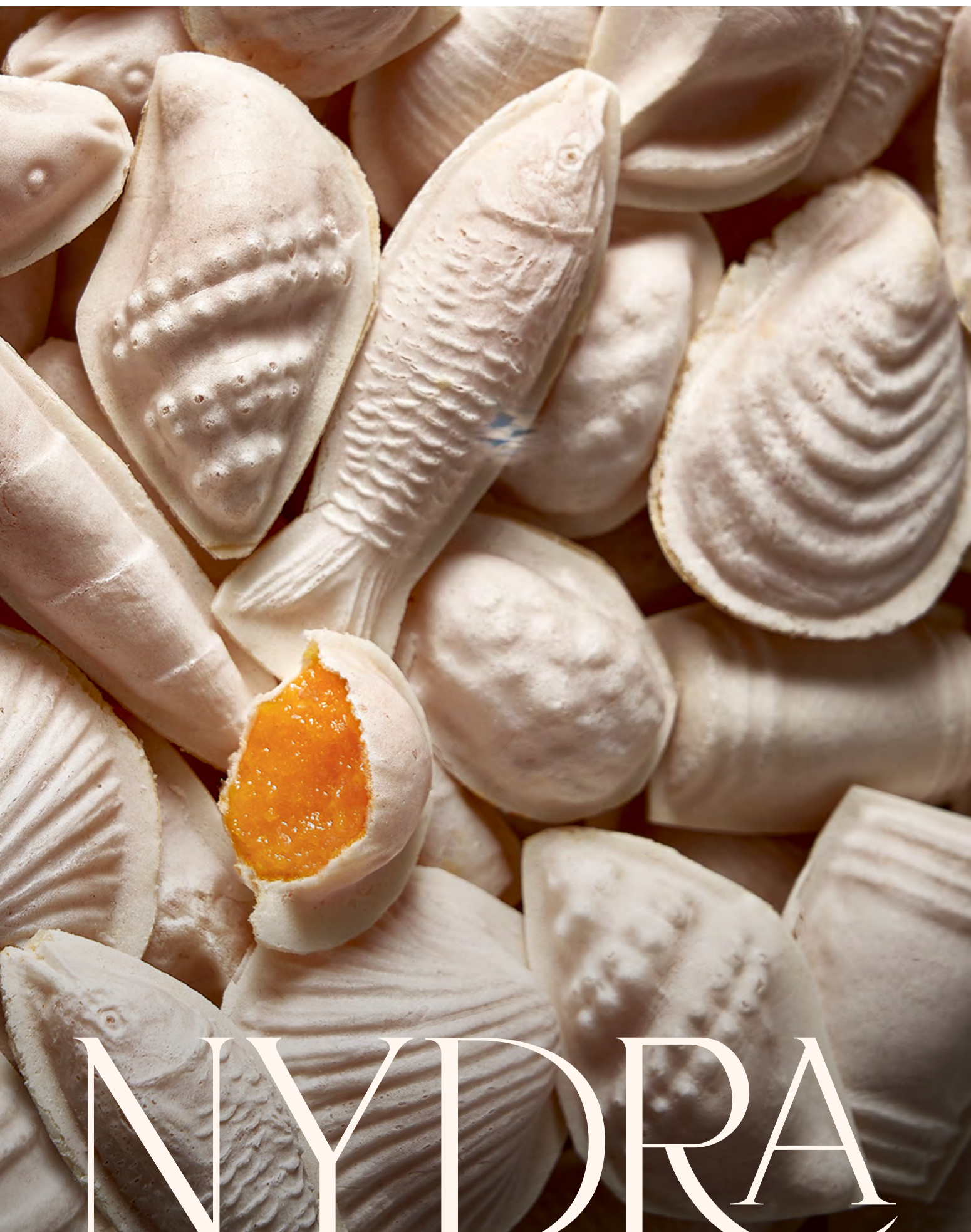
Aveiro Experiences.



Amazing Beaches.

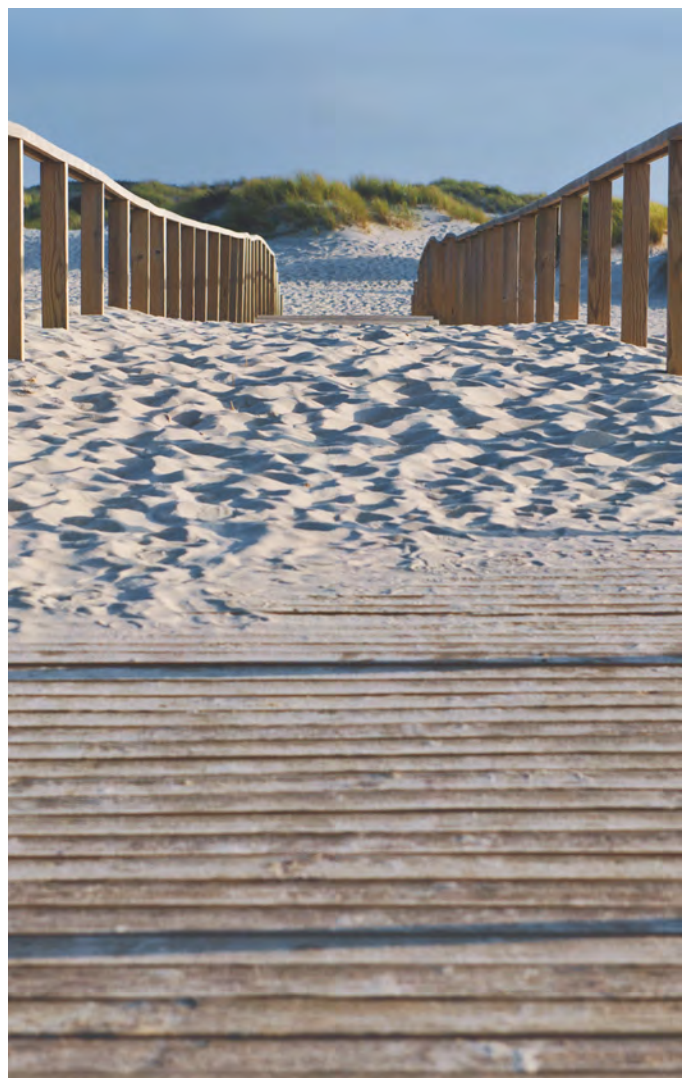
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About Aveiro.



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About Aveiro.

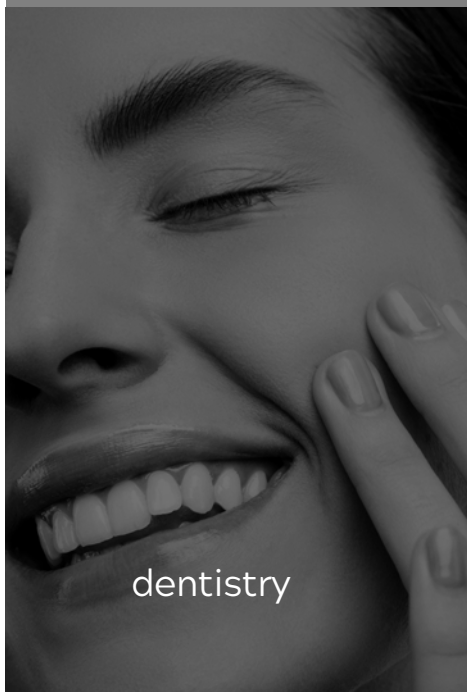


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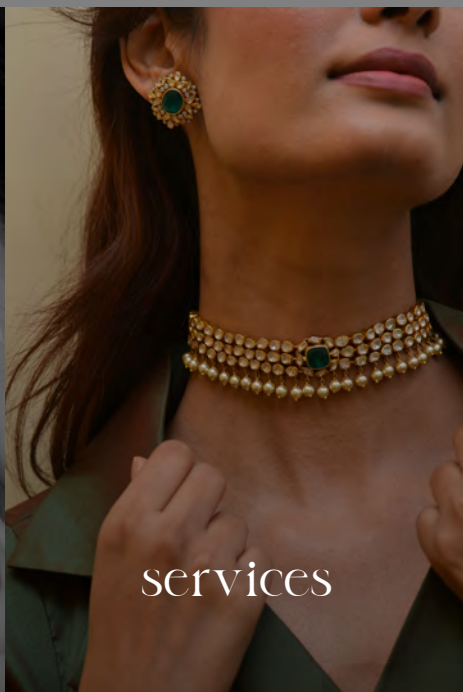
Find the Best Treatment for You

Elevate your body, mind, and soul with Serenity's comprehensive healthcare services. From dental care to weight management, our offerings are designed with you in mind.

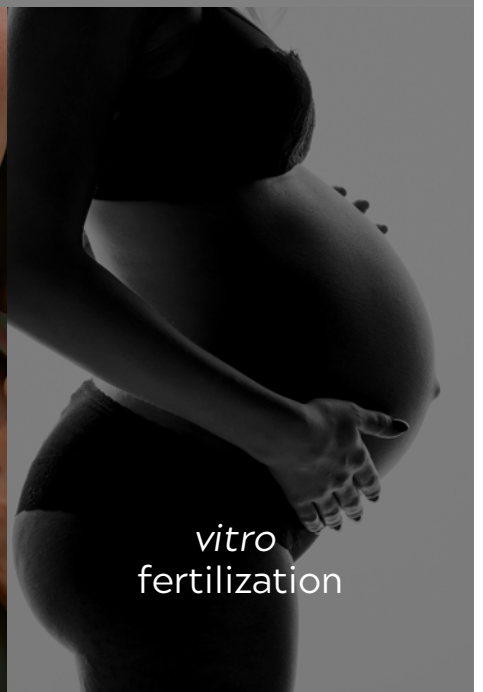
NV DRA



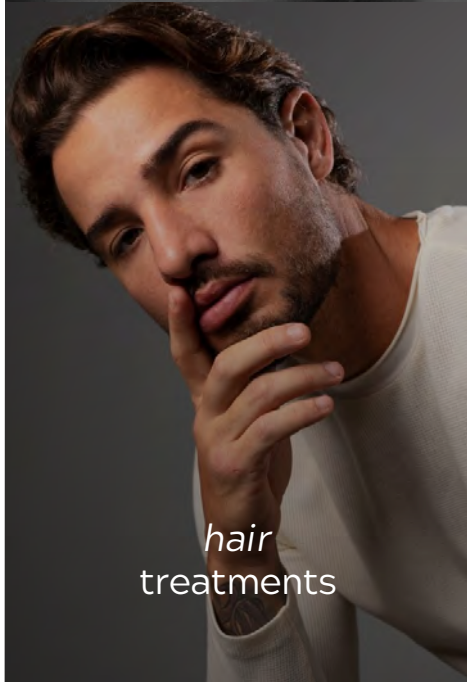
dentistry



services



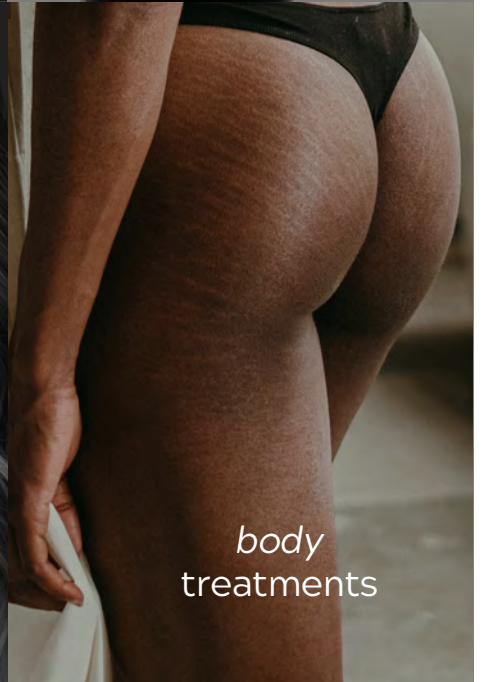
vitro
fertilization



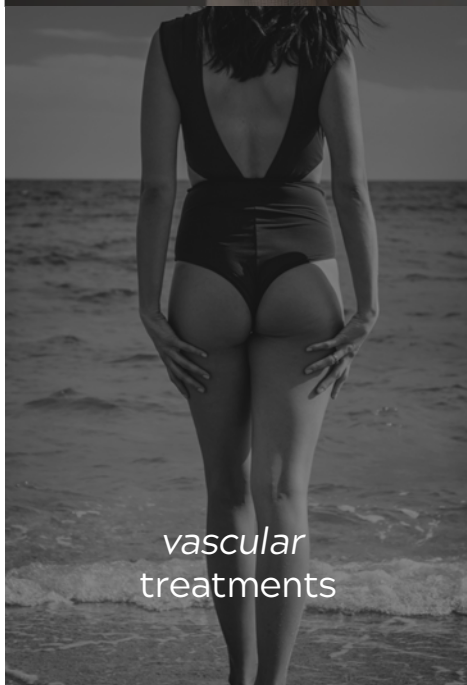
hair
treatments



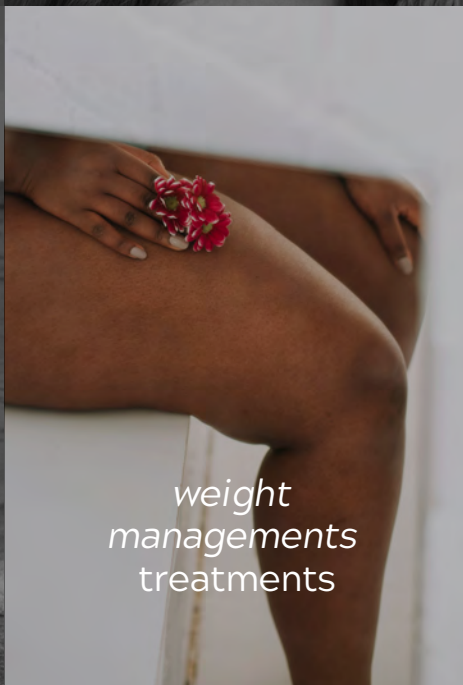
facial
treatments



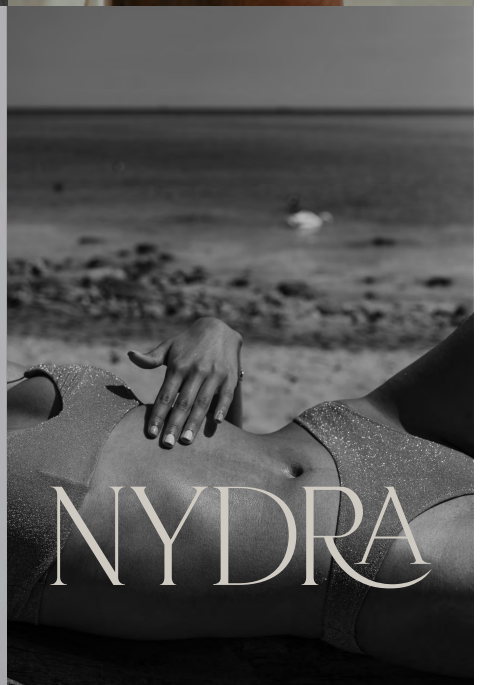
body
treatments



vascular
treatments



weight
managements
treatments



Healthcare professionals

Multi-treatment options

*Travel &
Accommodation arrangement*

Detailed pricing information

Accredited healthcare facilities

Peace of mind

NYDRA

Our Partners.

HARMONY

HD Harmony is a private and certified medical clinic, with solutions in Plastic and Reconstructive Surgery, Vascular, Bariatric, Otorhinolaryngology, Gynecology, Trichology (hair) and Psychology.

PROUD by Harmony is a sub-brand of HD Harmony, focused on Body and Facial Aesthetic Medicine, Dermatofunctional Physiotherapy (mainly in post-operative recovery from Plastic and Reconstructive Surgery), non-invasive or minimally invasive Beauty and Weight Loss Treatments, through massage therapy and the latest specialized medical devices. It also offers a wide range of cosmetology and related items so that its clients can continue their treatment plans at home.

HD Harmony stands out in several procedures, which include Liposuction, Mammoplasty, Abdominoplasty, Rhinoplasty, Hair Surgery, Bariatric Surgery or Vascular Surgery.

PROUD by Harmony offers a wide range of other procedures and treatments, such as Facial and Body Fillers, Botulinum Toxin, Chemical Peels, various CO2 Laser treatments, Microneedling, Electromagnetism, Radiofrequency, Ultrasound or Shock Waves.

IPMD

The Portuguese Institute of Dental Medicine (IPMD) is not just a clinic, but fundamentally a concept and a way of being in health, education, science and society! Despite being at the service of oral health in Portugal for over 30 years and its recent renovation, the profiles of technical-scientific competence and intellectual honesty remain the structural pillars of its work. We "look" at our patients in a holistic and integrative way, where oral health is just another important component of general health.

The focus is, and always will be, on the human being as a whole. We have a truly multidisciplinary team which, in addition to high-level technical and scientific training that is constantly being renewed, combines ethical and human values that are essential for anyone dedicated to providing health care, education and training.

We have our own modern and sustainable building, designed and built from scratch for health and training activities. The equipment is equipped with the latest technology and constantly updated diagnostic and treatment software, and we work with certified materials and equipment. We are part of the international "Best Quality Dental Centers" network, complying with its demanding certification parameters.

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Are the Best.

ferticentro

Ferticentro is recognized for innovation in care provision. As a pioneer in introducing some of the latest technologies in Portugal, our team of dedicated, highly qualified professionals is prepared to optimize patients' chances of success, even in the most complex cases.

The medical team designs highly individualized treatment plans based on each patient's unique needs and circumstances. Ferticentro has held ISO 9001 certification for 15 years, ensuring unwavering commitment to the quality and consistency of procedures.

Ferticentro ensures that each step of the treatment process is handled with the utmost respect, care, and personalized attention that every patient deserves.

NYDRA

how it all works

01

the
step by step
Nydra

Create your Nydra. App Account

Your medical records will be securely stored and accessible only to our trusted partners and licensed healthcare professionals—ensuring complete confidentiality of your sensitive health information.

Online Consultation:

Meet with a Nydra healthcare professional in your country to discuss your needs and explore the best treatment options tailored for you.

02

2nd Online consultation

if necessary you may need this appointment where you will meet the doctor that will be performing your treatment.

03

Receive Your Estimate:

If required, you'll have a follow-up appointment with the doctor who will be performing your treatment.

04

Reserve, Book, and Fly:

05

Once you're ready, confirm your plans and begin your wellness journey. All the information you need will be available through your Nydra App.

At Nydra, we go the extra mile to ensure you feel at ease every step of the way.

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Are you ready to indulge yourself?

Let Nydra guide you to your best self.
Our compassionate caregivers are here to help you navigate our services and
design a personalized experience just for you.

Visit Our Website
Start your journey to wellness today.

It's time to live your best life—with Nydra by your side.



[BOOK AN APPOINTMENT](#)

partners

HARMONY | IPMD | ferticentro | UP Living

NYDRA

health tourism