



PALASIET

Thalasso Clinic & Hotel

*Rates*

RATES WITH ACCOMMODATION  
2023



# Prices 2023

## FULL-BOARD ACCOMMODATION AND TREATMENTS

Palasiet's philosophy is based on five pillars: 1-Thalassotherapy: benefit from the natural properties of sea water. 2-Nutrition: the advantages of a balanced Mediterranean diet are explained. 3-Physical activity: daily exercise to feel good about ourselves. 4-Specialised treatments: personalised treatment supervised by a medical and professional team using the latest equipment. 5-Emotional balance: qualified personnel help us achieve the set goals as well as an optimum condition and well-being.

PRICES 2023	Low season			Mid season			High season		
Programmes	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight loss									
7 NIGHTS - LIGHT	1953	966	2240	2044	1057	2359	2191	1204	2548
7 NIGHTS - MODERATE	2156	966	2443	2247	1057	2562	2394	1204	2751
7 NIGHTS - INTENSE	2338	966	2625	2429	1057	2744	2576	1204	2933
Thalassotherapy									
7 NIGHTS	2002	966	2289	2093	1057	2408	2240	1204	2597
Anti-stress & relaxation									
7 NIGHTS	1750	966	2037	1841	1057	2156	1988	1204	2345
Women's balance									
7 NIGHTS	2156	966	2443	2247	1057	2562	2394	1204	2751
Detox									
6 NIGHTS	1662	828	1908	1740	906	2010	1866	1032	2172
Get in shape									
6 NIGHTS	1458	828	1704	1536	906	1806	1662	1032	1968
Wellness retreats									
5 NIGHTS	1160	740	1355	1230	810	1445	1345	925	1585
4 NIGHTS	878	594	1000	936	652	1072	1024	740	1176
3 NIGHTS	696	504	792	744	552	852	822	630	942
2 NIGHTS	465	337	529	498	370	569	549	421	629

Price in euro (€)

LOW SEASON: From 17-03 to 03-06 and from 24-09 to 31-12 /

MID SEASON: From 04-06 to 29-07 and from 27-08 to 23-09 / HIGH SEASON: From 30-07 to 26-08.

Prices per person, full board. VAT included.

\*Double: price per person with treatment in a double room.

\*accompanying: the accompanying guest price is for the person who does not receive the treatments and who accompanies the person in the programme.

\*Single: accommodation with treatment in a single room.

Prices for half-board stays: 28 € reduction per person and night; not applicable to weight loss and detox programmes. See first point in remarks.

All half-board or full-board stays have a choice of meals at the Restaurant NATURAL of the hotel.

## Supplements

Supplement for Superior Double Room, 35.00 €/night.

Supplement for Superior Double Room with Lounge, 58.00 €/night.

Supplement for Double Room with Suite. Please see prices. Room type under request.

# Weight loss



Adapted to each person and staffed with dedicated professionals, this programme is intended to minimise health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem.

## OBJECTIVES

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Lose weight and volume / Make positive lifestyle changes to keep a healthy weight /  
Develop an effective and active maintenance routine / Enhance your physical and mental well-being

## DURATION

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7 nights, 6 days of treatment  
Possibility of longer stays: 10, 14 and 21 nights

## DIAGNOSIS AND MEDICAL CONTROL

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General medical consultation at the beginning of the programme and upon completion  
Preparation of medical history and general check-up  
Regular vital sign monitoring  
Comprehensive metabolic panel at the beginning of the treatment (with metabolic markers)  
Counselling throughout the stay

## HEALTHY NUTRITION AND EATING PLAN

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General medical consultation at the beginning of the programme and upon completion  
Body composition study by bioelectric impedance

## SPORTS CONSULTATION AND PLANNING

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Functional assessment with personal trainer

## COUNSELLING SESSION

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Women receive counselling and are listened to and accompanied during their stay

THALASSOTHERAPY AND SPECIFIC TREATMENTS	Light	Moderate	Intense
Biomarine circuit: access to hydrotherapy circuit as prescribed (Seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)	6	6	6
Phlebitis circuit	6	6	6
Whirlpool bath with seaweed	3	3	3
Algae wrap	1	1	1
Shower pressure jets	1	1	1
Reductive massage (25 minutes)	2	1	2
SVELT massage (manual massage recommended for cellulite) (25 minutes)	–	1	–
Body peeling (50 minutes)	–	1	1
Seawater treatment	Yes	Yes	Yes

APPARATOLOGY	Light	Moderate	Intense
Body shaper	–	–	1
Pressotherapy session	1	2	3
Compex electrostimulation	–	–	2
Lipolytic laser	–	1	1
LPG or Local CYCLONE	–	–	1

#### HEALTHY ACTIVITIES

Healthy nutrition talk	Yes	Yes	Yes
Healthy cooking class	Yes	Yes	Yes
Motivational group sesión	Yes	Yes	Yes

#### FITNESS ACTIVITIES

AquaFit or aqua-training*	6	6	–
Group workout	6	6	–
Supervised muscle-toning training	6	6	6
Morning walks	3	3	3
Group activities choice: pilates, yoga, muscle chain therapy or relaxation	2	4	6

\*High-intensity pool exercises in outdoor pool from June to September

Note: healthy activity timetables and days and the number of physical activities may vary based on your week and nights of stay. For participation, activities need to be booked in advance at the reception desk of the clinic.

#### FOLLOW-UP AND RESULTS

Medical report on progress made	Yes	Yes	Yes
Nutritional report on body composition and its evolution	Yes	Yes	Yes
Post-stay nutritional recommendation	Yes	Yes	Yes
Physical condition report, with recommended activities and exercise after the stay	Yes	Yes	Yes

# Thalassotherapy



Programme aimed at improving rheumatic pathologies such as arthrosis, arthritis, osteoporosis, fibromyalgia; traumatological conditions such as muscle contractions, cervical pain, back ache, lower back pain, and injuries requiring rehabilitation; and dermatological and circulatory disorders. Customised techniques and therapies are prescribed by our medical team.

## OBJECTIVES

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Reduce pain and discomfort / Strengthen the body / Exercise comfortably and effectively /  
Reach the best physical condition

## DURATION

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7 nights, 6 days of treatment

## DIAGNOSIS AND MEDICAL CONTROL

---

General medical consultation at the beginning of the programme and upon completion

Preparation of medical history and general check-up

Regular vital sign monitoring

Comprehensive metabolic panel at the beginning of the treatment (with metabolic markers)

## HEALTHY NUTRITION

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Body composition study by bioelectric impedance

## SPORTS CONSULTATION AND PLANNING

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Functional assessment with personal trainer

## THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

7 nights

Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)

6

Phlebitis circuit

6

Whirlpool bath with seaweed

6

Marine mud (cold or hot, as per prescription)

3

Local therapeutic massage (25 minutes)

3

## APPARATOLOGY

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Electrotherapy ((ultrasound or laser, as per medical prescription)

6

HEALTHY ACTIVITIES	7 nights
Healthy nutrition talk	Yes
Healthy cooking class	Yes
FITNESS ACTIVITIES	
Aquafit	6
Group workout	6
Supervised fitness training	6
Morning walks	3
Muscle Chains Therapy	2
FOLLOW-UP AND RESULTS	
Medical report on progress made	Yes
Physical condition report, with recommended activities and exercise	Yes

# Anti-stress & relaxation



Programme designed to reduce stress levels and avoid bad habits, to improve our quality of life and learn to completely relax thanks to different specific techniques and activities.

## OBJECTIVES

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Rest and recover from fatigue and stress / Recover your inner balance / Feel calmed and revitalised /  
Learning to manage stress more effectively

## DURATION

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7 nights, 6 days of treatment

## DIAGNOSIS AND MEDICAL CONTROL

---

General medical consultation at the beginning of the programme and upon completion

Preparation of medical history and general check-up

Regular vital sign monitoring

Comprehensive metabolic panel at the beginning of the treatment (with metabolic markers)

## HEALTHY NUTRITION

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Body composition study by bioelectric impedance

## THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

7 nights

Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)

6

Phlebitis circuit

6

Whirlpool bath with seaweed

3

Local massage (25 minutes)

2

Cranio-facial massage (20 minutes)

1

Prana & Dara massage (50 minutes)

1

## HEALTHY ACTIVITIES

---

Healthy nutrition talk

Yes

Healthy cooking class

Yes

## FITNESS ACTIVITIES

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Aquafit

3

Group workout

3

Muscle Chains Therapy

2

Yoga

1

Relaxation

1

## FOLLOW-UP AND RESULTS

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Medical report on progress made

Yes

# Women's balance / Menopause and perimenopause



Personalised integrative treatment programme targeted at women going through an important stage in their life, for them to better cope with physical and emotional changes, improving their health, self-confidence, and self-care.

## OBJECTIVES

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Diagnosis and confirmation of menopause effects on each individual woman, and improvement of their physical and emotional condition to better face it / Minimise negative effects on body, mind, and spirit / Give advice on how to lead a healthier life, nutrition and physical activity being adapted to each person / Raise awareness of their personal situation, as well as the most convenient treatments and habits

## DURATION

---

7 nights, 6 days of treatment

## DIAGNOSIS AND MEDICAL CONTROL

---

General medical consultation at the beginning of the programme and upon completion

Basic blood test + thyroid (possibility of hormone blood test)

## HEALTHY NUTRITION AND DIETARY PLAN

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General medical consultation at the beginning of the programme and upon completion

Body composition study by bioelectric impedance

## SPORTS CONSULTATION AND PLANNING

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Functional assessment with personal trainer

## COUNSELLING SESSION

---

Women receive counselling and are listened to and accompanied during their stay

## AESTHETIC APPOINTMENT AND PLANNING

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Functional assessment by specialist

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS	7 nights
Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)	4
Phlebitis circuit	4
Whirlpool bath with seaweed	1
Relaxing body massage (40 minutes)	2
Underwater massage Marine thermal bath (20 minutes)	1
Thalasso baths with essential oils + Yin / Yang wrap	2
Body peeling (50 minutes)	1
Facial treatment	1



APPARATOLOGY	6 nights
Press-therapy session	2
HEALTHY ACTIVITIES	7 nights
Introduction to meditation	Yes
Body mindfulness	Yes
Skin care workshop	Yes
Wise women's dialogues	Yes
Healthy nutrition talk	Yes
Healthy cooking class	Yes
FITNESS ACTIVITIES	
Aquafit	4
Supervised muscle-toning training	5
Morning walks	3
Yoga	2
Relaxation	1
Muscle Chains Therapy	1

# Detox



Adapted to individual needs and implemented by our multidisciplinary team, this programme is designed to favour total well-being via a thoroughly purified and cleansed organism, a rested body, and a general balance.

## OBJECTIVES

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Eliminate toxins and purify the body / Strengthen the immune system /  
Slow down the negative effects of aging / Promote physiological balance

## DURATION

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6 nights, 5 days of treatment

## DIAGNOSIS AND MEDICAL CONTROL

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General medical consultation at the beginning of the programme and upon completion  
Preparation of medical history and general check-up  
Regular vital sign monitoring

## HEALTHY NUTRITION AND DIETARY PLAN

---

General medical consultation at the beginning of the programme and upon completion  
Body composition study by bioelectric impedance  
Nutritional monitoring and control during the stay  
Possibility of intermittent fasting

## SPORTS CONSULTATION AND PLANNING

---

Functional assessment with personal trainer

## HEALTHY ACTIVITIES

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Healthy food talk  
Healthy cooking class  
Motivational group session

## THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

6 nights

Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)	5
Phlebitis circuit	5
Whirlpool bath with seaweed	1
Algae wrap	1
Shower pressure jets	1
Reductive massage (25 minutes)	1
Seawater treatment	Yes

<b>APPARATOLOGY</b>	<b>6 nights</b>
Press-therapy session	1
<b>FITNESS ACTIVITIES</b>	
Aquafit or aqua-training*	5
Group workout	5
Supervised muscle-toning training	5
Morning walks	2
Group activities choice: pilates, yoga, muscle chain therapy or relaxation	3
*High-intensity pool exercises in outdoor pool from June to September	
Note: healthy activity timetables and days and the number of physical activities may vary based on your week and nights of stay. For participation, activities need to be booked in advance at the reception desk of the clinic.	
<b>FOLLOW-UP AND RESULTS</b>	
Medical report on progress made	Yes
Nutritional report on body composition and evolution	Yes
Post-stay nutritional recommendation	Yes
Physical condition report, with recommended activities and exercise	Yes

# Get in shape



The fitness programme is designed to foster fitness activities and exercise to resume healthy habits and be recharged with positive energy and vitality.

## DURATION

6 nights, 5 days of treatment

## DIAGNOSIS AND MEDICAL CONTROL

General medical consultation at the beginning of the programme and upon completion

Preparation of medical history and general check-up

Regular vital sign monitoring

## HEALTHY NUTRITION

Body composition study by bioelectric impedance

## SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer

## THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

6 nights

Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)

5

Phlebitis circuit

5

Whirlpool bath with seaweed

2

Underwater massage Marine thermal bath (20 minutes)

1

Cranio-facial massage (20 minutes)

1

Local massage (25 minutes)

1

## HEALTHY ACTIVITIES

Healthy nutrition talk

Yes

Healthy cooking class

Yes

## FITNESS ACTIVITIES

Aquafit

5

Group workout

5

Supervised fitness training

5

Morning walks

3

Group activities choice: muscle chain therapy, pilates, yoga or relaxation session

3

## FOLLOW-UP AND RESULTS

Medical report on progress made

Yes

Physical condition report, with recommended activities and exercise

Yes

# Wellness retreats



Wellness programmes are designed to get away from everyday life and be recharged with positive energy and vitality.

## DURATION

5 nights, 4 days of treatment / 4 nights, 3 days of treatment /  
3 nights, 2 days of treatment / 2 nights, 1 day of treatment

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS	5 nights	4 nights	3 nights	2 nights
Biomarine circuit: access to hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, Finnish sauna, marine vaporarium, Turkish bath)	4	3	2	1
Phlebitis circuit	4	3	2	1
Whirlpool bath with seaweed	2	1	1	1
Cranio-facial massage (20 minutes)	1	1	–	–
Local massage (25 minutes)	1	1	–	1
Local massage (40 minutes)	–	–	1	–

## HEALTHY ACTIVITIES

Healthy nutrition talk	Yes	–	–	–
Healthy cooking class	Yes	–	–	–

## FITNESS ACTIVITIES

Aquafit	2	2	1	1
Group workout	2	2	1	1
Group activities choice: morning walks, muscle chain therapy, pilates or yoga	4	3	2	1

# Thermal vocabulary



ALGAE WRAP: algae wrap with a slimming and firming effect to induce intense remineralisation.

BIOMARINE CIRCUIT: thermal swimming pool with seawater at 36°C, waterbeds, cervical and lumbar water jets, Finnish sauna, vaporarium / Turkish bath, and different jacuzzi types. Maximum recommended duration: 90 minutes.

BODY PEELING: aesthetic technique intended to remove dead cells from the skin, making it look smoother and younger.

BODY SHAPER: double-action treatment to fight cellulite and tighten skin.

CRANIO-FACIAL MASSAGE: anti-stress scalp and face massage that relieves muscle tension. Duration: 20 minutes.

COMPEX ELECTROSTIMULATION: muscle stimulation technique, effective with pain and injuries; it includes specific programmes to reduce body fat and tone up muscles.

CURATIVE SEAWATER TREATMENT: a drink of seawater intended to improve hydration and body remineralisation.

CYCLONE: treatment modelling the body contour, noticeably improving its appearance, reducing cellulite, volume and local fat in a comfortable, effective way.

ELECTROTHERAPY: different rehabilitation techniques (ultrasound, microwave) used for muscle and joint injuries.

HYDROMASSAGE BATH: individual seawater hydromassage bathtubs with temperature adjustment, water jets, and air applied all over the body.

LIPOLYTIC LASER: local fat reduction technique by means of diode lasers instead of surgery.

LPG: mechanical therapeutic massage for the treatment of cellulite and skin flaccidity.

MARINE MUD APPLICATION: application of hot marine mud on joints to reduce pain and improve joint mobility as well as cold mud to treat heavy legs and cellulite, reactivating microcirculation and reducing oedema thanks to its draining effect.

MASSAGE 25: therapeutic, relaxing, sports or circulatory massage as per programme or prescription. Duration: 25 minutes.

MASSAGE 40: relaxing body massage. Duration: 40 minutes.

MUSCLE TONING: gym, fitness room, cardiovascular room.

PHLEBITIS CIRCUIT: circuit in seawater pool at 22°C-24°C to activate and improve the bloodstream.

PRANA & DARA MASSAGE: Hindu technique based on essential oils and pressures that help us to obtain a good physical and emotional balance.

PRESS-THERAPY: therapy for tired legs, using leg massagers to stimulate blood circulation through controlled pressures applied on different parts of the body.

SHOWER PRESSURE JETS: thermal technique that applies a seawater pressure jet over the entire body.

SVELT MESSAGE: deep manual massage with draining and lipolytic cosmetics, recommended for cellulite. Duration: 25 minutes.

UNDERWATER MESSAGE "MARINE THERMAL BATH": massage with seawater jets at different temperatures and pressures targeting different body parts. Duration: 20 minutes.

# General remarks



1. The nutritionist visit is NOT included in half-board programmes.
2. All week-long treatments include a medical consultation at the beginning of the treatment and upon completion, a consultation session with our nutrition expert and our personal trainer, and a basic blood test. The weight loss treatment includes a thorough blood test, as medically prescribed. The remaining stays include a medical questionnaire to be evaluated by the doctor. Treatment therapies are not subject to changes and they are not refundable.
3. Medical visits are scheduled in the morning, from Monday to Saturday. Arriving at the hotel from Sunday to Friday is therefore recommended.
4. MEDICAL CONSULTATIONS for clients who have NOT chosen a programme are charged as per the cost published in our brochure.
5. Treatment therapies are not subject to changes or a refund.
6. Stays can be extended but shortening a stay will be sanctioned.
7. To maximise treatment benefits, a minimum stay of 7 nights is recommended, although treatment effectiveness is proven in line with the specific stay length. 1st week: your body responds; 2nd week: your body adapts; 3rd week: your body makes the most of the treatment. Check our programmes and prices for stays of 14 and 21 nights.
8. Discounts:  
Children's discount if room is shared with 2 adults.  
Free cot for children aged up to 2.  
For children aged 3 to 10, 30 % discount on accompanying guest rate.  
10 % discount on accompanying guest rate for the third adult.  
Discounts shall not be accumulated.
9. Children under 10 are not allowed to do the biomarine circuit; even if they meet the age requirement, they still need to be authorised by the person responsible.
10. A credit card number is required for booking.
11. Payment policy: The hotel reserves the right to charge the full or partial amount of the stay two days before arrival, on the card number provided upon booking.
12. On the official check-in day, the room is not available until 15:00 h.
13. Check-out before 12:00 h. Late check-out upon availability.
14. Transfer service available upon request. Please see rates.
15. Cancellation charges and date changes are not refunded.  
Low season: in case of cancellation or change 2 days before the scheduled arrival, the price for 1 night will be charged.  
Mid-season: in case of cancellation or change 3 days before the scheduled arrival, the price for 1 night will be charged.  
High season: in case of cancellation or change 5 days before the scheduled arrival, the price for 1 night will be charged.  
In case of no show, 100 % of the stay will be charged.
16. For special dates such as bank holidays or long weekends, minimum stay might be determined/modified by the hotel.
17. Pets are not allowed.
18. Parking spaces at a fee. They are limited and cannot be booked.
19. Swimming cap and flip-flops compulsory in hydrotherapy area. Sports footwear obligatory in gym.
20. Special services: bathrobe provided throughout stay.

THE COMPANY RESERVES THE RIGHT TO EXCEPTIONALLY DISCONTINUE THE PROGRAMMES PUBLISHED.



PALASIET

Thalasso Clinic & Hotel

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