



PALASIET

Thalasso Clinic & Hotel

Rates

RATES WITH ACCOMMODATION
2024



Prices 2024

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 2024 Per person | Low season | | | Mid season | | | High season | | |
|-------------------------------------|------------|----------|---------|------------|----------|---------|-------------|----------|---------|
| | Double* | Accomp.* | Single* | Double* | Accomp.* | Single* | Double* | Accomp.* | Single* |
| Weight loss | | | | | | | | | |
| 7 NIGHTS - LIGHT | 2090 | 1034 | 2282 | 2145 | 1089 | 2357 | 2227 | 1171 | 2468 |
| 7 NIGHTS - MODERATE | 2307 | 1034 | 2499 | 2362 | 1089 | 2574 | 2444 | 1171 | 2685 |
| 7 NIGHTS - INTENSE | 2502 | 1034 | 2694 | 2557 | 1089 | 2769 | 2639 | 1171 | 2880 |
| Thalassotherapy | | | | | | | | | |
| 7 NIGHTS | 2143 | 1034 | 2335 | 2198 | 1089 | 2410 | 2280 | 1171 | 2521 |
| Anti-stress & relaxation | | | | | | | | | |
| 7 NIGHTS | 1911 | 1034 | 2103 | 1966 | 1089 | 2178 | 2048 | 1171 | 2289 |
| Detox | | | | | | | | | |
| 6 NIGHTS | 1778 | 886 | 1943 | 1825 | 933 | 2007 | 1896 | 1004 | 2102 |
| Get in shape | | | | | | | | | |
| 6 NIGHTS | 1560 | 886 | 1725 | 1607 | 933 | 1789 | 1678 | 1004 | 1884 |
| Wellness retreats | | | | | | | | | |
| 5 NIGHTS | 1243 | 794 | 1401 | 1288 | 839 | 1461 | 1356 | 907 | 1552 |
| 4 NIGHTS | 940 | 636 | 1065 | 975 | 671 | 1114 | 1029 | 725 | 1187 |
| 3 NIGHTS | 715 | 510 | 822 | 746 | 541 | 862 | 791 | 586 | 924 |
| 2 NIGHTS | 477 | 340 | 548 | 497 | 360 | 575 | 528 | 391 | 616 |

Prix in euro €

LOW SEASON: from 15-03 to 02-06 and from 16-09 to 31-12

MID SEASON: from 03-06 to 28-07 and from 26-08 to 15-09 and Easter: from 28th to 31st March (both days inclusive)

HIGH SEASON: from 29-07 to 25-08

Prices per person, full board. VAT included.

*DOUBLE: price per person with treatment for 2 persons occupying the room.

*ACCOMPANYING PERSON: price for the person who does not undergo treatment and accompanies the person who does.

*SINGLE: price per person with treatment occupying a double room for single use.

Prices for half-board stays: reduction of €28 per person per night, not applicable to weight loss or detox treatments: see first point of comments.

All our half-board and full-board stays include a menu with a choice of dishes at the hotel's Restaurante NATURAL.

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

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

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

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)
Counselling throughout the stay

HEALTHY NUTRITION AND EATING 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

SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer

COUNSELLING SESSION

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) | 7 | 7 | 7 |
| 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 | 6 | 6 | 6 |

| 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 | √ | √ | √ |
| Healthy cooking class | √ | √ | √ |
| Motivational group session | √ | √ | √ |
| DAILY SERVICES IN THE WEIGHT LOSS PROGRAMME | | | |
| 1 Bottle of water 1.25 L daily | √ | √ | √ |
| 1 fruit brochette daily (mid-morning and afternoon) | √ | √ | √ |
| 1 Infusion (mid-morning and afternoon) | √ | √ | √ |
| 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 | √ | √ | √ |
| Nutritional report on body composition and its evolution | √ | √ | √ |
| Post-stay nutritional recommendation | √ | √ | √ |
| Physical condition report, with recommended activities and exercise after the stay | √ | √ | √ |

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

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

DURATION

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

Body composition study by bioelectric impedance

SPORTS CONSULTATION AND PLANNING

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) | 7 |
| Phlebitis circuit | 6 |
| Whirlpool bath with seaweed | 3 |
| Marine sludge (cold or hot, as per prescription) | 3 |
| Local therapeutic massage (25 minutes) | 3 |

APPARATOLOGY

| | |
|---|---|
| Electrotherapy (ultrasound or laser, as per medical prescription) | 6 |
|---|---|

| | |
|---|----------|
| HEALTHY ACTIVITIES | 7 nights |
| Healthy nutrition talk | √ |
| Healthy cooking class | √ |
| <hr/> | |
| FITNESS ACTIVITIES | |
| Aquafit | 6 |
| Group workout | 6 |
| Supervised fitness training | 6 |
| Morning walks | 3 |
| Muscle Chains Therapy | 2 |
| Healthy postural habits | 1 |
| <hr/> | |
| FOLLOW-UP AND RESULTS | |
| Medical report on progress made | √ |
| Physical condition report, with recommended activities and exercise | √ |

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

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

DURATION

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

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)

7

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

√

Healthy cooking class

√

FITNESS ACTIVITIES

Aquafit

3

Group workout

3

Muscle Chains Therapy

2

Yoga

1

Relaxation

1

FOLLOW-UP AND RESULTS

Medical report on progress made

√

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

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

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 AND EATING 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

FOLLOW-UP AND RESULTS

Medical report on progress made

Nutritional report on body composition and evolution

Post-stay nutritional recommendation

Physical condition report, with recommended activities and exercise

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)

6

Phlebitis circuit

5

Whirlpool bath with seaweed

1

Algae wrap

1

Shower pressure jets

1

Reductive massage (25 minutes)

1

Seawater treatment

5

| | |
|--|-----------------|
| APPARATOLOGY | 6 nights |
| Press-therapy session | 1 |
| HEALTHY ACTIVITIES | |
| Healthy food talk | √ |
| Healthy cooking class | √ |
| Motivational group session | √ |
| DAILY SERVICES IN THE DETOX PROGRAMME | |
| 1 Bottle of water 1.25 L daily | √ |
| 1 fruit brochette daily (mid-morning and afternoon) | √ |
| 1 Infusion (mid-morning and afternoon) | √ |
| FITNESS ACTIVITIES | |
| 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. | |

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)

6

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

√

Healthy cooking class

√

FITNESS ACTIVITIES

AquaFit or aqua-training*

5

Group workout

5

Supervised fitness training

5

Morning walks

3

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

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.

FOLLOW-UP AND RESULTS

Medical report on progress made

√

Physical condition report, with recommended activities and exercise

√

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) | 5 | 4 | 3 | 2 |
| 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 | √ | – | – | – |
| Healthy cooking class | √ | – | – | – |
| FITNESS ACTIVITIES | | | | |
| Aquafit or aqua-training* | 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 |

*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.

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

UNDERWATER MASSAGE "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 3.
For children aged 4 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

Pontazgo, 11 (in front of Voramar beach) · 12560 Benicàssim · Tel. + 34 964 300 250
reservas@palasiet.com / www.palasiet.com

Amb la col.laboració de / In collaboration with



GENERALITAT
VALENCIANA



TURISME
COMUNITAT VALENCIANA