



PALASIET

Thalasso Clinic

*Rates*

THALASSOTHERAPY CLINIC  
RATES 2024

## INTEGRATIVE MEDICINE

### THALASSO CLINIC PALASIET

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At Palasiet Thalasso Clinic we base our work on integrative medicine in order to address and care for the global aspects that affect people's health and well-being. For this reason, our philosophy is based on five pillars: thalassotherapy and natural treatments, medical treatments, nutrition, physical activity and emotional balance. The approach from all these dimensions allows an effective and complete treatment to improve health.

### MEDICAL SERVICES

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Preliminary medical consultation, medical records, medical check-up, price 74 €

Medical follow-up, price 41 €

Aesthetic medicine consultation; for information, please ask for an appointment

Capillary consultation with doctor; for information, please ask for an appointment

Podiatry and chiropody consultation (comprehensive treatment of dermatological foot conditions), price 49 €

## CLINICAL ANALYSIS

### CLINICAL ANALYSIS SERVICE

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We have a clinical analysis service, price on request.

## SPORTS PHYSIOTHERAPY AND REHABILITATION

### SPORTS PHYSIOTHERAPY AND REHABILITATION SERVICE

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First visit (assessment) - 25 minutes, price 51 €

### THERAPEUTIC MASSAGE

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Therapeutic massage - 25 minutes, price 51 €

Therapeutic massage - 40 minutes, price 71 €

Therapeutic massage - 60 minutes, price 92 €

Partial lymphatic drainage - 45 minutes, price 80 €

Total lymphatic drainage - 60 minutes, price 101 €

Assisted therapy, water or cabin - 40 minutes, price 75 €

### ELECTROTHERAPY - 10 minutes, price 25 €

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Ultrasound, microwave

### MAGNETOTHERAPY - 30 minutes, price 46 €

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### THERAPEUTIC LPG

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Procedure recommended for the treatment of pain and joint, muscular, digestive, vascular and dermatological dysfunctions.

Personalised assessment - 30 minutes, price 64 €

Endermowear mesh, price 30 €

30-minute session, price 80 €

45-minute session, price 109 €

## SPORTS READAPTATION

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Assessment visit + treatment - 50 minutes, price 92 €

Massage with Superinductive therapy / MRI / Zimmer - 50 minutes, price 90 €

Diathermy - 30 minutes, price 45 €

Shock waves - 20 minutes, price 40 €

Superinductive therapy / MRI / Zimmer - 20 minutes, price 45 €

Ultrasound follow-up - 20 minutes, price 40 €

Intratissue Percutaneous Electrolysis (IPE) - 40 minutes, price 75 €

Neuromodulation - 40 minutes, price 75 €

Dry needling - 40 minutes, price 75 €



## NUTRITION AND DIETETICS

### NUTRITIONAL COUNSELLING

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First visit (records are taken), price 62 €

Follow-up visits, price 37 €



## PHYSICAL-SPORTS TRAINING PROGRAMMES

### PHYSICAL-SPORTS TRAINING PROGRAMMES SERVICES

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Interview with personal trainer + first gym session, price 31 €

(Additional gym sessions, price 13 €)

Individual training - 40 minutes, price 49 €

Monthly personal or partner training vouchers and group training vouchers (ask for prices)

Special sports training programme, price as per quote

### SPORT AND NUTRITION MONTHLY PACK - 2 sessions/week, price 330 €

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Preliminary standard medical consultation

Nutritional consultation (preliminary and final)

Nutritional control

Preliminary consultation with trainer: assessment and training

Supervised training (8 sessions)

Biomarine circuit (4 sessions)

Phlebitis circuit (4 sessions)

## THALASSOTHERAPY TREATMENTS

### THALASSOTHERAPY, benefits of seawater

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Therapeutic method using marine elements (seawater, mud, algae, and climate). A natural therapy used since Greek times, the key to it is the chemical properties of the sea and its related elements, substances which are in human plasma such as sodium, magnesium, potassium, or iodine; when absorbed by the body by osmosis, they favour health recovery. Seawater is used at body temperature, which has multiple benefits:

It improves locomotor system conditions, speeding up bone, muscle, tendon, and ligament recovery processes.

It improves rheumatological conditions such as arthritis, fibromyalgia, and osteoarthritis.

Exercising in seawater improves mobility and stimulates injury recovery.

It relaxes the musculature and has an analgesic and anti-inflammatory effect.

It improves the vascular system, at both venous and lymphatic levels.

It accelerates body fat reduction, with positive effects on cellulite and obesity.

It promotes psychic activity and improves physical strength. It induces mental rest to fight insomnia, depression, and anxiety.

It improves respiratory conditions like asthma. It improves chronic skin conditions like chronic dermatitis, atopy, and psoriasis.

In the aesthetic field, thalassotherapy improves tissues, fights sagging and cellulite, and it slows down skin aging.

### THALASSOTHERAPY SERVICES

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Biomarine circuit - 90 minutes, price 37 €

Circuit in thermal swimming pool with seawater at 36°C, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Finnish sauna, vaporarium and Turkish bath.

10-session special voucher, biomarine circuit, price 270 €

Whirlpool bath with seaweed, price 43 €

Underwater massage 'Marine Thermal Bath' - 20 minutes, price 74 €

Shower pressure jets - 15 minutes, price 37 €

Phlebitis circuit - 15 minutes, price 18 €

### THERAPEUTIC MARINE MUD

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Local marine mud - 30 minutes, price 37 €

Marine mud on back or legs - 40 minutes, price 49 €

### THALASSO BATHS CHOICE, price 90 €

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#### THALASSO-RELAXING BATH

Hydromassage bath combining algae and essential oils, recommended for muscle tension, mental stress, and insomnia.

#### THALASSO-REDUCING BATH

Hydromassage bath combining algae and essential oils, recommended for obesity and hard cellulite.

#### THALASSO-CIRCULATORY BATH

Hydromassage bath combining algae and essential oils, ideal for fatigue and heavy legs.

#### THALASSO-POST-SPORT BATH

Hydromassage bath combining algae and essential oils, recommended after high-performance training.

## THALASSOTHERAPY TREATMENTS WITHOUT ACCOMMODATION

### WEIGHT LOSS - 10 days, price 1052 €

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Medical visits at the beginning of the treatment and upon completion

Visits with nutrition specialist at the beginning of the treatment and upon completion

Blood test

Appointment with personal trainer

Aesthetic care appointment for body diagnosis

Guidance appointment

Muscle-toning (9 sessions)\*

LPG (3 sessions)

Biomarine circuit (5 sessions)

Phlebitis circuit (5 sessions)

Whirlpool baths with seaweed (2 sessions)

Shower pressure jets (2 sessions)

Press-therapy (2 sessions)

Body shaper (1 session)

Algae wrap (1 session)

Teas included during treatment

Possibility of having meals as recommended by dietician, prepared by our chef at Restaurante Natural, price 28 €

\*Sessions supervised by personal trainer (not individualised). Fresh seasonal fruit and tea included

### SEE OUR PERSONALISED PROGRAMMES

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Circulatory Programme

Programme Rheumatological

Programme Dermatological

Programme Advanced Physiotherapy

Medical services are provided by TALATHERM S.L., VAT no.: B12458253, health registry no.: 5091.

Services not subject to medical supervision will be invoiced by Residencia de Talasoterapia S.L. and will be applied VAT at the corresponding rate.

## BODY AND FACIAL TREATMENTS

### BODY TREATMENTS

**BODY DIAGNOSIS CONSULTATION WITH REPORT**, price 50 €

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**PEELING** - 50 minutes, price 80 €

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Removes impurities and roughness, regenerates, softens, and provides skin with elasticity.

Recommended to prepare skin for further treatments; ideal both before and after sunbathing.

**SEAWEED THERAPY** - 50 minutes, price 90 €

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Seaweed with slimming and firming effect that provides remineralization.

**MARINE MUD THERAPY** - 50 minutes, price 90 €

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Marine mud to relax and improve joint pain and muscle inflammation.

**LIGHT LEGS** - 50 minutes, price 74 €

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The combination of oils and plant extracts with algae make it a perfect treatment for leg heaviness and cellulite. The result is microcirculation reactivation and oedema reduction thanks to its draining effect.

**THALASSO BANDAGING** - 30 minutes, price 56 €

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Bandaging with seawater + Epsom salts + draining active ingredients for a draining effect. No cold.

**MARINE BATHS - SENSATIONS WITH BODY HYDRATION** - 50 minutes, price 62 €

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Hydromassage with seawater enriched with plant extracts, followed by a moisturising body massage.

**BODY BALANCE WITH LYMPHODRAINER\*** - 50 minutes, price 120 €

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Rebalance your energy after your intense sports training, ideal for stretching and relaxing your muscles.

**BODY RITUALS** - 90 minutes, price 173 €

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Intensive anti-aging revitalising treatment based on regenerative properties. It slows down the aging process and activates cellular metabolism. It provides an immediate source of energy throughout the body, fighting stress or the lack of skin vitality (peeling + wrap + body hydration massage).

**NEW BODY RITUALS** - 150 minutes, specific treatments

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**PALASIET ANTI-PAIN RITUAL**, price 272 €

Wrap + bath + body detox with Lymphodrainer\* + tea

**PALASIET DETOX OR SLIMMING RITUAL**, price 272 €

Wrap + bath + body detox with Lymphodrainer\* + tea

**PALASIET ANTI-STRESS RITUAL**, price 272 €

Wrap + bath + body detox with Lymphodrainer\* + tea

**PALASIET ANTIAGING BEAUTY RITUAL**, price 355 €

Wrap + bath + body detox with Lymphodrainer\* + Noesis/Expressions facial + tea

\*LYMPHODRAINER: an effective lymphatic drainage technique that stimulates metabolism, energises tissues and restores bioenergetic balance through a system of suction cups and bioaromas.

## SILHOUETTE SPECIAL

**SVELT TREATMENT** - 25 minutes, price 56 €

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Deep manual massage recommended for cellulite, using draining and lipolytic cosmetics.

**VITALITY TREATMENT** - 25 minutes, price 56 €

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Firming massage with regenerating and tensing cosmetics.

**BODY SHAPER** - 50 minutes, price 87 €

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Reduction and firmness treatment combining deep manual massage with a specific mask.

**IDEAL FORM** - 60 minutes, price 150 €

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Non-invasive liposculpture to address cellulite and sagging. It combines techniques such as thermotherapy, massage, and the use of osmotic bands to increase lipolysis.

**ALPINE ROSE BODY TREATMENT** - 75 minutes, price 120 €

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Treatment based on an Alpine rose stem cell concentrate that promotes regeneration and improves the protective barrier. With hypericum, larch, calendula, mallow, chamomile and juniper extract. Especially intended for sensitive and dry skin.

Peeling + body wrap + massage with body hydration

**DETOX BODY TREATMENT WITH LYMPHODRAINER\* LOCAL (energetic lift)** - 50 minutes, price 120 €

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Ideal treatment to eliminate toxins and to drain and tone tissues.

**DETOX BODY TREATMENT WITH LYMPHODRAINER\* (energetic lift)** - 90 minutes, price 160 €

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Applied in combination with essential oils and vacuum therapy, this body drainage treatment brings results from session one, reducing fluid retention and cellulite, and improving your general health.

## AESTHETIC ELECTROMEDICINE

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Complementary aesthetic treatments with equipment

Passive gymnastics through interferential current (Compex), price 23 €

Lipolytic laser - 30 minutes, price 35 €

Press-therapy - 25 minutes, price 37 €

Lipolytic laser + local LPG, price 63 €

## LPG ENDERMOLOGIE

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Mechanical therapeutic massage for the treatment of cellulite and skin flaccidity.

Personalised treatment by zones (postpartum, anti-cellulite, detox)

Personalised assessment - 30 minutes, price 50€

Endermowear mesh, price 30 €

Session 20 minutes, price 30 €

Session 40 minutes, price 60 €

See voucher

Medical visit at the beginning of the treatment and upon completion

**CYCLONE** - price based on quotation

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Body-contouring treatment that notably improves body shape, reducing cellulite, volume, and local fat, in a comfortable and effective way.

LOCAL CRS - 20 minutes, price 40 €

LOCAL HIFU - price 60 €

HIFU + CRS - price 90 €

ADIPOLOGIE - price based on quotation

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Body rejuvenation technology based on low-frequency and low-intensity ultrasound. It eliminates local fat, reduces cellulite, and tightens tissue. Proven results with the 4 Rs: reduce, re-tighten, reshape, rejuvenate.

YIN YANG SEAWEED WRAP - price 90 €

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Seaweed with mineral substances, trace elements, and vitamins. They hydrate the skin, activate the metabolism, and purify the body. Laminaria, white clay, and essential oils.

YIN SEAWEED WRAP

Ideal for the chest and the legs, with a cold effect. Laminaria, essential oils, mint, thyme, and eucalyptus.

YANG SEAWEED WRAP

Ideal for cellulite, with a hot effect. Laminaria, rosemary, cinnamon, oregano, thyme, pine, and eucalyptus.

RELAX WRAP

For muscle tension relief. Laminaria, pine, white-leaved savory, bitter orange, and lavender.

## FACIAL TREATMENTS

FACIAL DIAGNOSIS CONSULTATION WITH REPORT, price 31 €

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FACIAL - 50 minutes, price 71 €

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Deep cleansing treatment to remove impurities; all skin types.

SKIN CARE FOR MEN - 50 minutes, price 78 €

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Specific treatment for young, fresh, and glowing skin.

FACIAL WITH LYMPHODRAINER\* - 80 minutes, price 120 €

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EXPRESS FACIAL - 30 minutes, price 52 €

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Peeling with application of specific cream based on skin type by means of massage and mask.

FACIAL TREATMENTS - 50 minutes, price 92 €

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Facial treatments: Antiaging, Radiance, Pure, Detox

FACIAL TREATMENTS - 50 minutes, price 104 €

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Facial treatments: Expressions facial (Botox effect), Noesis facial (vitamins or retinol), Pure moisturising facial (coenzyme Q10)

FACIAL TREATMENTS WITH LYMPHODRAINER\* - 90 minutes, price 145 €

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Facial treatments: Expressions facial, Noesis facial, Pure Hydratación

ALPINE ROSE FACIAL TREATMENT - 50 minutes, price 104 €

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Specific treatment for sensitive, sensitised, or couperose skin needing special care. Alpine rose stem cells provide an effective dermoprotective action, making the skin more resistant to external aggression.

VITALIFT FACIAL - 75 minutes, price 132 €

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Global anti-aging treatment for mature skin with a deep lifting effect.

TMT SYSTEM - PAIN-FREE MESOTHERAPY, FACIAL - 50 minutes, price 110 €

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Electrophoroporation-based technology is used to reach the deepest skin layers with a high concentration of active principles.



**FACIAL RADIOFREQUENCY - CYCLONE** - 40 minutes, price 86 €

Procedure intended to treat skin laxity, with a lifting effect + VACUUM THERAPY for a draining and decongesting effect.

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**FACIAL LPG** - 40 minutes, price 60 €

Technique that stimulates the creation of collagen, elastin and endogenous hyaluronic acid.

See voucher

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**CHEMICAL MEDICAL FACIAL PEELING** - 45 / 50 minutes, price 150 €

Procedure recommended to improve skin imperfections by applying acids + follow-up products at home.

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**MEDICAL SKIN-PEN**

Device to stimulate collagen and elastin, combined with vitamins and hyaluronic acid, to improve the appearance of the skin.

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**HYDRAFACIAL**

Non-invasive and personalised medical treatment for facial rejuvenation with hydrodermabrasion, which combines deep cleansing of the skin with physical and chemical peeling, extraction of impurities, hydration with boosters and LED light therapy.

Signature - 30 minutes, price 150 €

Deluxe - 45 minutes, price 180 €

Platinum - 60 minutes, price 220 €

Hydrafacial eyes, hands, lips and scalp, price on request

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## **MASSAGING AND ORIENTAL TECHNIQUES**

### MASSAGE

#### MASSAGE

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Local relaxation massage - 25 minutes, price 47 €

Body relaxation massage - 40 minutes, price 68 €

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**AROMATIC MASSAGE** - 50 minutes, price 92 €

Anti-stress sensorial massage intended to reach deep relaxation and relieve both mental stress and muscular tension. Applied with gentle manoeuvres in a warm aromatic atmosphere.

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**CRANIOFACIAL MASSAGE** - 20 minutes, price 48 €

Wellness massage on scalp and face, applied together with relaxation techniques such as stretching and acupressure on cervical, cranial, and facial regions. Recommended for stress, migraines, jaw tension, and tired neck and shoulders.

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**SENSATIONS MASSAGE** - 30 minutes, price 75 €

Four-hand massage for deep relaxation.

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**THALASSO-SENSATIONS MASSAGE** - 30 minutes, price 93 €

Four-hand relaxing massage under jets of seawater at body temperature. The combination of water and a gentle four-hand massage boosts your well-being and relaxation.

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**OBSIDIAN AND ONIX MASSAGE** - 50 minutes, price 92 €

Deeply relaxing therapy performed with natural energetic stones of volcanic and marine origin. Temperature change and harmonious massaging stimulate Marma points (vital-flow body locations).

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## ORIENTAL TECHNIQUES

### BAMBOO MASSAGE - BODY - 50 minutes, price 75 €

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Exotic oriental massage intended to unblock bio-energetic disorders. With a sedative effect on nerve endings, it reduces muscular tension and fatigue.

### TRADITIONAL THAI MASSAGE - 60 minutes, price 102 €

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A technique that applies pressure on energy points along body lines seeking to balance energy and that stretches the joints to eliminate body blockages. It is done on a tatami. Comfortable clothing recommended.

### KOBIDO - 50 minutes, price 75 €

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A Japanese technique known for its natural lifting effect, this facial massage combines quick and slow movements to improve skin appearance and health.

### ETERNITY KERALA AYURVEDA

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Millenary technique of Hindu origin. Essential oils, herbs, and spices are used to balance both the mind and the body, unblocking the organism at all levels and inducing inner peace.

#### PRANA & DARA MASSAGE - 50 minutes, price 80 €

A technique for physical and emotional balance by means of pressure and breathing.

#### PINDASWEDA MASSAGE - 25 minutes, price 51 €

Stimulating and vitalising technique with warm herbs and oils.

### FOOT REFLEXOLOGY - 30 minutes, price 48 €

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## COMBINED TREATMENTS

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PROMOTIONAL PACK: biomarine circuit + menu, price 73 €

CRANIOFACIAL PACK: biomarine circuit + craniofacial massage, price 80 €

PACK 25: biomarine circuit + massage 25 minutes, price 79 €

PACK 40: biomarine circuit + massage 40 minutes, price 100 €

PACK 50: biomarine circuit + massage 50 minutes, price 122 €

MENU PACK 25: restaurant menu (lunch or dinner) + massage 25 minutes, price 83 €

MENU PACK 40: restaurant menu (lunch or dinner) + massage 40 minutes, price 103 €

MENU PACK 50: restaurant menu (lunch or dinner) + massage 50 minutes, price 125 €

COMBI 25: biomarine circuit + massage 25 minutes + restaurant menu (lunch or dinner), price 117 €

COMBI 40: biomarine circuit + massage 40 minutes + restaurant menu (lunch or dinner), price 138 €

COMBI 50: biomarine circuit + massage 50 minutes + restaurant menu (lunch or dinner), price 160 €

DAY PACK AT EL PALASIET: biomarine circuit + massage 25 minutes + whirlpool bath + restaurant menu (lunch or dinner), price 158 €

## ACTIVITIES

### RELAXATION AND PHYSICAL ACTIVITIES

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- Group workout - 20 minutes, price 13 €
- Aquafit (group session) - 20 minutes, price 13 €
- Fitness session following interview with trainer, price 13 €
- Monthly bonuses for personal, couple and group training (rates on request)
- Morning walks, price 13 €
- Muscle Chains Therapy (individual session, see voucher), price 49 €
- Muscle Chains Therapy (group session), price 18 €
- Pilates (individual session, see voucher), price 49 €
- Pilates (group session), price 18 €
- Pilates Machine (individualized session), price 49 €
- Pilates Machine (personalized group session, maximum 3 people, see voucher), price 27 €
- Yoga (individual session, see voucher) - 90 minutes, price 80 €
- Yoga (group session, see voucher) - 90 minutes, price 18 €
- Mindfulness (group session) - 90 minutes, price 18 €
- High-intensity pool exercises in outdoor pool from June to September

### HEALTHY ACTIVITIES

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- Healthy nutrition talk, price 31 €
- Healthy cooking class, price 31 €
- Relaxation workshop, price 31 €
- Motivational group session, price 31 €

## OBSERVATIONS

- All our treatments are available as 10-session vouchers with a 10% discount.
- Access to our facilities is restricted to customers receiving treatment following administration of a medical questionnaire.
- Children under 10 are not allowed in the biomarine circuit.
- Express authorisation by the person in charge of the child is necessary.
- Pregnant women: allowed in the biomarine circuit in the second trimester only.
- Medical care under specific treatments will only be given during medical consultation hours.
- Thermal techniques in the different programmes are not subject to changes or a refund.
- Swimming cap and adequate footwear compulsory in hydrotherapy area.
- Sports clothing and footwear obligatory in the gym.
- The company shall not be held liable for theft or loss in our facilities.
- Towels and bathrobes can be rented: 2 € and 3 € respectively.

The rates detailed here are subject to change. Please confirm directly with the clinic.



# PALASIET

Thalasso Clinic

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Amb la col.laboració de / In collaboration with



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