



PALASIET

*Thalassotherapy
Treatments*

WELLNESS CLINIC & THALASSO



THALASSOTHERAPY TREATMENTS

Thalassotherapy, benefits of seawater

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; and when absorbed by the body via 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 psychal 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

Biomarine circuit - Duration 90 minutes, price 40 €

Circuit in thermal swimming pool with seawater at 35°C, seawater contrast pool at 14°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, salt sauna, vaporarium and different types of jacuzzis.

10-session special voucher, biomarine circuit, price 300 €

Whirlpool bath with seaweed, price 43 €

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

Shower pressure jets - Duration 15 minutes, price 37 €

Phlebotic circuit - Duration 15 minutes, price 18 €



Therapeutic marine mud

Local marine mud - Duration 30 minutes, price 40 €

Marine mud on back or legs - Duration 40 minutes, price 50 €

Thalasso baths menu

THALASSO-RELAXING BATH - Duration 20 minutes, price 90 €

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

THALASSO-REDUCING BATH - Duration 20 minutes, price 90 €

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

THALASSO-CIRCULATORY BATH - Duration 20 minutes, price 90 €

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

THALASSO-POST-SPORT BATH - Duration 20 minutes, price 90 €

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

Peeling

Removes impurities and roughness, regenerates, softens, and provides skin with elasticity. Recommended to prepare skin for further treatments, ideal both before and after sunbathing.

Duration 50 minutes, price 86 €

Seaweed therapy

Seaweed with slimming and firming effect that provides remineralization.

Duration 50 minutes, price 96 €

Marine mud therapy

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

Duration 50 minutes, price 96 €

Thalasso bandaging

Bandaging with seawater + Epsom salts + draining active ingredients for a draining effect. (not cold)

Duration 30 minutes, price 60 €



Marine baths - sensations with body hydration

Hydromassage with seawater enriched with plant extracts, followed by a moisturising body massage.
Duration 50 minutes, price 66 €

Body ritual

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).
Duration 90 minutes, price 173 €

New body rituals

PALASIET ANTI-PAIN RITUAL - Duration 150 minutes, price 272 €
Wrap + bath + body detox with Lymphodrainer* + tea
PALASIET DETOX OR SLIMMING RITUAL - Duration 150 minutes, price 272 €
Wrap + bath + body detox with Lymphodrainer* + tea
PALASIET ANTI-STRESS RITUAL - Duration 150 minutes, price 272 €
Wrap + bath + body detox with Lymphodrainer* + tea
PALASIET ANTIAGING BEAUTY RITUAL - Duration 150 minutes, 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.

Yin yang seaweed wrap

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 - Duration 30 minutes, price 96 €
Ideal for the chest and the legs, with a cold effect. Laminaria, essential oils, mint, thyme, and eucalyptus.
YANG SEAWEED WRAP - Duration 30 minutes, price 96 €
Ideal for cellulite, with a hot effect. Laminaria, rosemary, cinnamon, oregano, thyme, pine, and eucalyptus.
RELAX WRAP - Duration 30 minutes, price 96 €
For muscle tension relief. Laminaria, pine, summer savory, bitter orange, and lavender.



TREATMENTS WITHOUT ACCOMODATION

Weight loss

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

Consuelling appointment

Muscle-toning (9 sessions)*

LPG (3 sessions)

Biomarine circuit (5 sessions)

Phlebitic circuit (5 sessions)

Whirlpool baths with seaweed (2 sessions)

Shower pressure jets (2 sessions)

Press-therapy (2 sessions)

SVELT 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.

10-day program, price 1126 €

Combined treatments

PROMOTIONAL PACK: biomarine circuit + menu, price 79 €

CRANIOFACIAL PACK: biomarine circuit + craniofacial massage, price 87 €

PACK 25: biomarine circuit + massage 25 minutes, price 86 €

PACK 40: biomarine circuit + massage 40 minutes, price 107 €

PACK 50: biomarine circuit + massage 50 minutes, price 125 €

COMBI 25: biomarine circuit + massage 25 minutes + restaurant menu (lunch or dinner), price 127 €

COMBI 40: biomarine circuit + massage 40 minutes + restaurant menu (lunch or dinner), price 148 €

COMBI 50: biomarine circuit + massage 50 minutes + restaurant menu (lunch or dinner), price 166 €

DAY PACK AT EL PALASIET: biomarine circuit + massage 25 minutes + whirlpool bath + restaurant menu (lunch or dinner), price 167 €



Personalised programmes on request

Circulatory Programme
Rheumatological Programme
Dermatological Programme
Advanced Physiotherapy

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 years old are not allowed in the Biomarine Circuit.
All minors over 10 years old will need express authorisation from the person in charge of them.
Pregnant women: allowed in the biomarine circuit during the second trimester only.
Medical care under specific treatments will only be given during medical consultation hours.
Thermal techniques in the different programs are not subject to changes or a refund.
Swimming cap and adequate footwear compulsory in hydrotherapy area.
Sports clothing and footwear are 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.

The medical services are offered by the company TALATHERM SL with CIF B12458253 and health registration number 5091. Services not carried out under medical supervision will be invoiced by Residencia de Talasoterapia, SL and subject to the applicable VAT.



PALASIET

Wellness Clinic & Thalasso

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Amb la col.laboració de / In collaboration with



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