

PALASIET

*The Wellness
Experience*

WELLNESS CLINIC & THALASSO

Prices 2025

FULL-BOARD ACCOMMODATION AND TREATMENTS



IMPORTANT

Prix in euro €

LOW SEASON: from 09-03 to 01-06 and from 15-09 to 31-12

MID SEASON: from 02-06 to 27-07 and from 25-08 to 14-09 and Easter: from 17th to 20th April
(both days inclusive)

HIGH SEASON: from 28-07 to 24-08

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.

Prices 2025 Per person	Low season			Mid season			High season		
	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss									
7 nights - Light	2234	1106	2437	2290	1162	2521	2381	1253	2640
7 nights - Moderate	2468	1106	2671	2524	1162	2755	2615	1253	2874
7 nights - Intense	2678	1106	2881	2734	1162	2965	2825	1253	3084
Longevity									
10 nights	3868	1580	4168	3948	1660	4278	4078	1790	4448
7 nights	3033	1106	3236	3089	1162	3320	3180	1253	3439
Thalassotherapy									
7 nights	2294	1106	2497	2350	1162	2581	2441	1253	2700
Anti-stress & Relaxation									
7 nights	2048	1106	2251	2104	1162	2335	2195	1253	2454
Vital Menopause									
7 nights	2438	1106	2641	2494	1162	2725	2585	1253	2844
Detox									
6 nights	1883	948	2063	1931	996	2129	2009	1074	2231
Get in Shape									
6 nights	1668	948	1848	1716	996	1914	1794	1074	2016
Wellness Retreats									
5 nights	1330	850	1500	1380	900	1565	1450	970	1660
4 nights	1004	680	1140	1044	720	1192	1100	776	1268
3 nights	766	546	880	799	579	922	847	627	988
2 nights	511	364	587	533	386	617	565	418	661



Talassotherapy *Pionners*



Over the past 50 years, Palasiet Wellness Clinic & Thalasso has helped its guests to lead a healthier life and achieve greater physical and emotional wellbeing.

Palasiet Wellness Clinic & Thalasso was founded in 1970 by Dr. Joaquín Farnós Gauchía in a superb seaside location in Benicasim. At present, Palasiet is one of the few thalassotherapy clinics in Spain authorised as a health centre and one of the most prestigious in health tourism in Europe.

The best facilities and an inspiring setting contribute to revitalising both the body and the mind.

Our wellbeing concept is based on becoming aware that a healthier life requires personal commitment, help, and inspiration. Palasiet's multidisciplinary team includes highly qualified professionals such as doctors, counsellors, dieticians, physiotherapists, beauticians, personal trainers...



A comprehensive concept



THALASSOTHERAPY AND NATURAL TREATMENTS

Use of seawater and marine elements for therapeutic or preventative purposes.



NUTRITION

The aim is to stimulate and stabilise the metabolism in order to achieve healthy habits to last over time.



EMOTIONAL BALANCE

Achieve inner balance to achieve the proposed objectives with the help of stress management techniques, meditation, yoga, etc.



PERSONALISED MEDICAL TREATMENTS

Under medical supervision, we adapt therapies with advanced equipment.



PHYSICAL EXERCISE

The treatments are adapted to the person according to their daily activity.



«The goal is not to live longer, but to live with greater physical, mental and spiritual wellbeing»

Joaquín Farnós Gauchía



A haven for both the body

And the mind



Palasiet is in Benicasim, in a unique setting: 20,000 m² of lush gardens and a Mediterranean forest by the sea, with a breathtaking view of Benicasim Bay. A superb location that invites guests to a total health and wellness experience. All of it accompanied by the pleasant weather of Costa Azahar Castellón, with mild winters, moderately warm summers and almost 300 days of sunshine a year.

Just 50 metres away from the beach and a long seafront promenade with beautiful villas from the early 20th century, Palasiet was originally one of those properties. Palasiet is next to the Greenway, a former railway line running along the coast. This unique space offers our clients a choice of walks, hiking, and physical activity. The setting is framed by Desierto de las Palmas Nature Park, and a mountain range with 700 m high peaks and a 17th century Carmelite Monastery, Santa Teresa.



PROGRAMMES
Palasiet

FROM 6 NIGHTS



Weight Loss

Objectives

Lose weight and volume, make positive lifestyle changes to keep a healthy weight, develop an effective and active maintenance routine and enhance your physical and mental well-being.

Duration

7, 10, 14 or 21 nights stay

Types

Light (L), moderate (M) and intense (I)*

PROGRAMME CONTENT

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

Consultation with a nutrition specialist 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

Guidance consultation

Assistance, accompaniment and guidance during your stay

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

7 Biomarine circuit (seawater at around 35°C)
6 Phlebitis circuit (seawater at 24°C)
3 Whirlpool bath with seaweed
1 Seaweed wrap
1 Shower pressure jets
Reductive massage (25 minutes) (L:2, M:1, I:2)
SVELT massage (25 minutes) (L:0, M:1, I:0)
Body peeling (50 minutes) (L:0, M:1, I:1)
6 Seawater treatment

Apparatology

Body shaper (60 minutes, 1 zone) (L:0, M:0, I:1)
Press-therapy sessions (S:1, M:2, I:3)
Ideal form. Local (L:0, M:0, I:1)
Lipolytic laser (L:0, M:1, I:1)
LPG or Local Cyclone (L:0, M:0, I:1)

Healthy activities

Healthy nutrition talk
Healthy cooking class
Motivational group session

Daily services

Bottle of water 1.25 L daily
Fruit brochette daily (mid-morning and afternoon)
Infusion (mid-morning and afternoon)

Fitness activities

Group aquafit or aqua-training** (L:6, M:6, I:0)
Group workout (L:6, M:6, I:0)
6 Supervised fitness training
3 Morning walks
Group activities choice: muscle chain therapy, pilates, yoga or relaxation session
(L:2, M:4, I:6)

*The number of sessions varies depending on the type of programme. Example: (L:1, M:2, I:3)

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

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client





Longevity

Objectives

Assess health status, identifying key factors that can influence longevity and quality of life. Implement strategies that promote active and fulfilling ageing such as proper nutrition, regular physical exercise, and restful sleep. Encourage self-awareness and the development of mindful habits.

Duration

10 night, 9 days of treatment (10N)
7 night, 6 days of treatment (7N)

PROGRAMME CONTENT

Diagnosis and medical control

Special longevity medical consultation at the beginning of the programme and upon completion
Cardiovascular and respiratory capacity assessment
Cardiopulmonary auscultation and electrotherapy
Oxidative stress test and supplementation
Évaluation fonctionnelle esthétique avec un spécialiste
Longevity questionnaire
Comprehensive metabolic panel at the beginning of the treatment (with metabolic markers)
Médical monitoring and control during the stay (10N:1)

Healthy nutrition and eating plan

Consultation with a nutrition specialist at the beginning of the programme and upon completion
Body composition study by bioelectric impedance
Nutritional monitoring and control during the stay (10N:1)

Sports consultation and planning

Functional assessment with personal trainer
Longevity test (10N:1)

Guidance consultation

Assistance, accompaniment and guidance during your stay
Mid-treatment control (10N:1)

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

Biomarine circuit (seawater at around 35°C) (10N:10, 7N:7)
1 Seaweed wrap (50 minutes)
1 Ocean Relaxing Massage (50 minutes)
2 Hydro-massage bath with seaweed (20 minutes)
1 Body peeling (50 minutes)
1 Revitalisation / Vitamins (Aesthetic Medicine)
Moisturising facial treatment (50 minutes) (10N:1)

Apparatology

2 ION Method (60 minutes)
1 Hydrafacial (50 minutes)
1 Localised body Lymphodrainer (50 minutes)

Healthy activities

Group workshops to choose from: relaxation techniques, body mindfulness, introduction to meditation, healthy nutrition talk, longevity and biohacking talk, healthy cooking class integrative therapy and longevity beliefs workshop (10N:3, 7N:2)

Daily services

Bottle of water 1.25 L daily
Herbal teas/infusions

Fitness activities

Morning walks (10N:3, 7N:2)
"Vital Awakening" Experience (10N:2, 7N:1)
Group Muscle Chains Therapy (10N:2, 7N:2)
Group yoga class (10N:3, 7N:2)
Supervised fitness training (10N:9, 7N:6)

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client



Thalassotherapy



Objectives

Reduce pain and discomfort, strengthen the body, exercise comfortably and effectively and reach the best physical condition.

Duration

7 nights, 6 days of treatment

PROGRAMME CONTENT

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

Guidance consultation

Assistance, accompaniment and guidance during your stay

Follow-up and results

Medical report on progress made
Physical condition report, with recommended activities and exercise

Thalassotherapy techniques and specific treatments

7 Biomarine circuit (seawater at around 35°C)
6 Phlebitis circuit (seawater at 24°C)
2 Physiotherapist-assisted therapies
2 Whirlpool bath with seaweed
3 Marine sludge (cold or hot, as per prescription)
2 Local therapeutic massage (40 minutes)

Apparatology

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

Healthy activities

Healthy nutrition talk
Healthy cooking class

Fitness activities

6 Group Aquagym
6 Supervised fitness training
3 Morning walks
2 Group Muscle Chains Therapy
1 Group Healthy postural habits

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client

Anti-stress & Relaxation



Objectives

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.

Duration

7 nights, 6 days of treatment

PROGRAMME CONTENT

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

Guidance consultation

Assistance, accompaniment and guidance during your stay

Follow-up and results

Medical report on progress made

Thalassotherapy techniques and specific treatments

7 Biomarine circuit (seawater at around 35°C)
6 Phlebitis circuit (seawater at 24°C)
3 Whirlpool bath with seaweed
2 Local massage (25 minutes)
1 Cranio-facial massage (20 minutes)
1 Foot reflexology
1 Pindas Weda massage

Healthy activities

Healthy nutrition talk
Healthy cooking class

Fitness activities

3 Group Aquagym
3 Group workout
2 Group Muscle Chains Therapy
1 Group yoga class
1 Group relaxation class

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client





Vital Menopause

Objectives

To assess the effects of the menopause, improve physical and emotional and physical health, minimise negative impacts, promote personalised nutrition and physical activity, and provide guidance on appropriate treatments.

Duration

7 nights, 6 days of treatment

PROGRAMME CONTENT

Diagnosis and medical control

General medical consultation at the beginning of the programme and upon completion
 Aesthetic medical consultation
 Aesthetic diagnostic appointment
 Preparation of medical history and general check-up
 Regular vital sign monitoring
 Comprehensive metabolic panel at the beginning of the treatment (with metabolic markers)
 Specific supplementation consultation

Healthy nutrition and eating plan

Consultation with a nutrition specialist at the beginning of the programme and upon completion
 Body composition study by bioelectric impedance

Sports consultation and planning

Functional assessment with personal trainer

Guidance consultation

Assistance, accompaniment and guidance during your stay

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

7 Biomarine circuit (seawater at around 35°C)
 1 Thalasso bath
 1 Yin Yang seaweed wrap (30 minutes)
 1 Seaweed wrap (50 minutes)
 1 Body massage (40 minutes)
 1 Body peeling (50 minutes)

Apparatology

1 Full LPG - Cellulite SWING

Healthy activities

Healthy nutrition talk
 Healthy cooking class

Daily services

Bottle of water 1.25 L daily
 Fruit brochette daily (mid-morning and afternoon)
 Infusion (mid-morning and afternoon)

Fitness activities

6 Group aquafit or aqua-training*
 6 Supervised fitness training
 2 Group Muscle Chains Therapy
 1 Group relaxation workshop
 1 Group mindfulness

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

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client



Detox



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

PROGRAMME CONTENT

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

Consultation with a nutrition specialist 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

Guidance consultation

Assistance, accompaniment and guidance during your stay

Thalassotherapy techniques and specific treatments

6 Biomarine circuit (seawater at around 35°C)
5 Phlebitis circuit (seawater at 24°C)
1 Body rituals (90 minutes) (Peeling express, Whirlpool bath with seaweed and essential oils, Seaweed wrap)
1 Shower pressure jets
5 Seawater treatment

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

Apparatology

1 Press-therapy session

Healthy activities

Healthy nutrition talk
Healthy cooking class
Motivational group session

Daily services

Bottle of water 1.25 L daily
Fruit brochette daily (mid-morning and afternoon)
Infusion (mid-morning and afternoon)

Fitness activities

5 Group Aquafit or aqua-training*
5 Group workout
5 Supervised fitness training
2 Morning walks
3 Group activities choice: muscle chain therapy, pilates, yoga or relaxation session

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

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client





Get in Shape



Objectives

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

Follow-up and results

Medical report on progress made
Physical condition report, with recommended activities and exercise

Thalassotherapy techniques and specific treatments

- 6 Biomarine circuit (seawater at around 35°C)
- 5 Phlebitis circuit (seawater at 24°C)
- 2 Whirlpool bath with seaweed
- 1 Underwater massage Marine thermal bath (20 minutes)
- 1 Cranio-facial massage (20 minutes)
- 1 Local massage (25 minutes)

Healthy activities

Healthy nutrition talk
Healthy cooking class

Fitness activities

- 5 Group aquafit or aqua-training*
- 5 Group workout
- 5 Supervised fitness training
- 3 Morning walks
- 3 Group activities choice: muscle chain therapy, pilates, yoga or relaxation session

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

In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client

PROGRAMME CONTENT

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

Guidance consultation

Assistance, accompaniment and guidance during your stay



WELLNESS RETREATS
Palasiet

FROM 2 NIGHTS

Wellness Retreats

Objectives

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



PROGRAMME CONTENTS 5 NIGHTS

Thalassotherapy techniques and specific treatments

5 Biomarine circuit (seawater at around 35°C)
4 Phlebitis circuit (seawater at 24°C)
2 Whirlpool bath with seaweed
1 Cranio-facial massage (20 minutes)
1 Local massage (25 minutes)

Healthy activities

Healthy nutrition talk
Healthy cooking class

Fitness activities

2 Group aquafit or aqua-training*
2 Group workout
4 Group activities choice: morning walks, muscle chain therapy, pilates or yoga

PROGRAMME CONTENTS 4 NIGHTS

Thalassotherapy techniques and specific treatments

4 Biomarine circuit (seawater at around 35°C)
3 Phlebitis circuit (seawater at 24°C)
1 Whirlpool bath with seaweed
1 Cranio-facial massage (20 minutes)
1 Local massage (25 minutes)

Fitness activities

2 Group aquafit or aqua-training*
2 Group workout
3 Group activities choice: morning walks, muscle chain therapy, pilates or yoga

PROGRAMME CONTENTS 3 NIGHTS

Thalassotherapy techniques and specific treatments

3 Biomarine circuit (seawater at around 35°C)
2 Phlebitis circuit (seawater at 24°C)
1 Whirlpool bath with seaweed
1 Local massage (40 minutes)

Fitness activities

1 Group aquafit or aqua-training*
1 Group workout
2 Group activities choice: morning walks, muscle chain therapy, pilates or yoga

PROGRAMME CONTENTS 2 NIGHTS

Thalassotherapy techniques and specific treatments

2 Biomarine circuit (seawater at around 35°C)
1 Phlebitis circuit (seawater at 24°C)
1 Whirlpool bath with seaweed
1 Local massage (25 minutes)

Fitness activities

1 Group aquafit or aqua-training*
1 Group workout
1 Group activities choice: morning walks, muscle chain therapy, pilates or yoga

*High-intensity pool exercises in outdoor pool from June to September
In a few group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the client



Tradition and modernity

Facilities



HOTEL

Palasiet combines tradition and avant-garde to make the most out of its proximity to the sea.

Our hotel has 74 cozy rooms with large terraces that invite you to rest and relax.

From most of the rooms you can admire the magnificent views of the sea and the bay of Benicasim,

all surrounded by lush vegetation. Guests can choose between four types of rooms, all of them equipped with full bathroom, air conditioning, heating, ceiling fan, mini-bar, air-conditioning, safe, TV and wifi.

Facilities

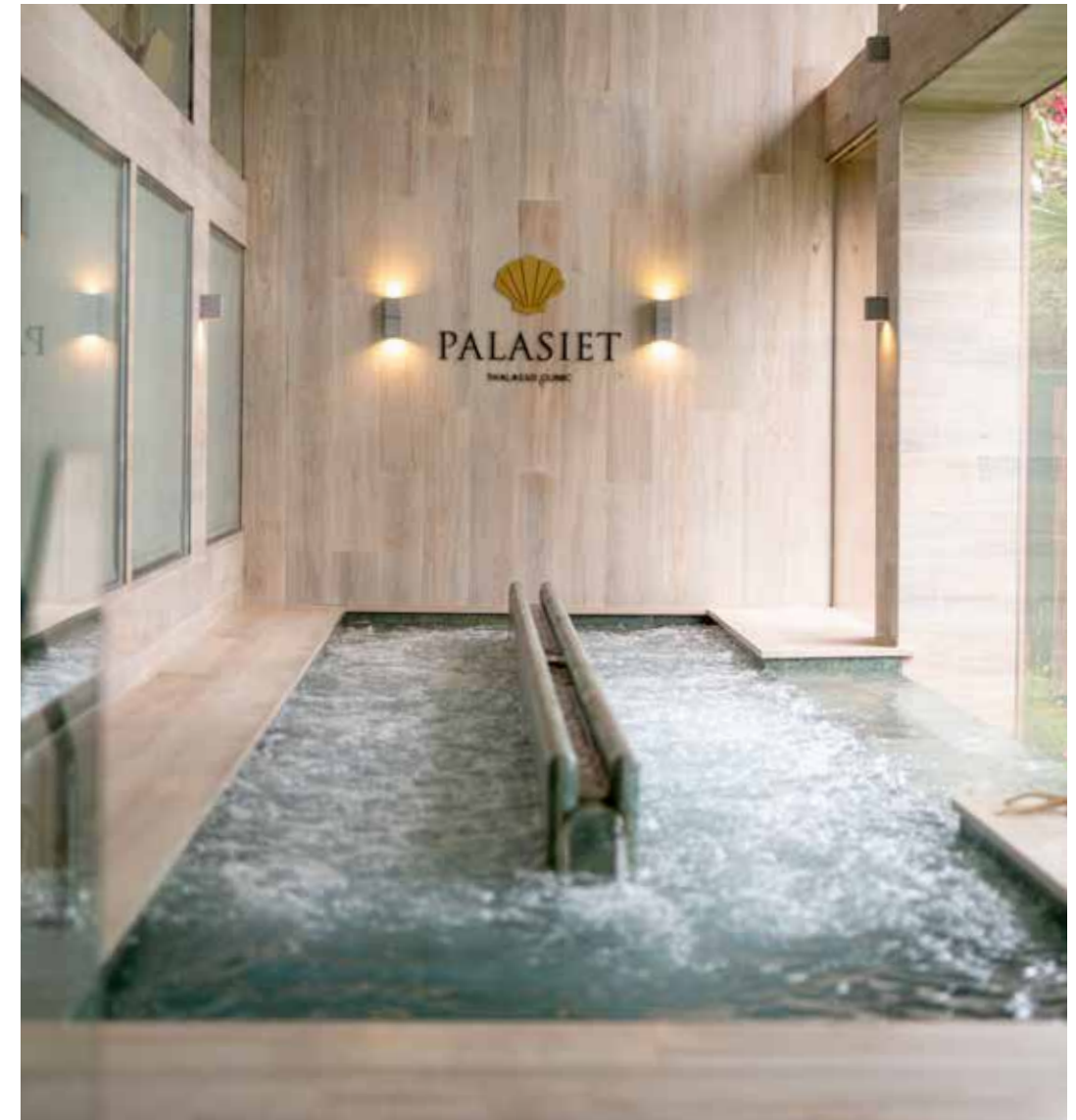


THALASSO CLINIC

The Thalasso-Clinic Palasiet has recently completely refurbished all its facilities, offering the same quality as always, but with a renewed image and services.

With more than 2,700 m², our Clinic has its own departments, with the following services: specialised professionals in medical hydrology, physiotherapy, aesthetic and hair medicine, beauty, nutrition, and sports training.

Its facilities include a large seawater swimming pool, with a temperature of around 35°C, with air and water jets, salt sauna, contrast pool, vaporarium, hydromassage baths area, pressure jets... It also has a phlebotic circuit, a thalassotherapy area with cabins for massages, mud and seaweed wraps, beauty, electrotherapy, and physiotherapy as well as a large gymnasium. In addition, there are two outdoor swimming pools, one of which is panoramic one of which is panoramic.



Easy Access

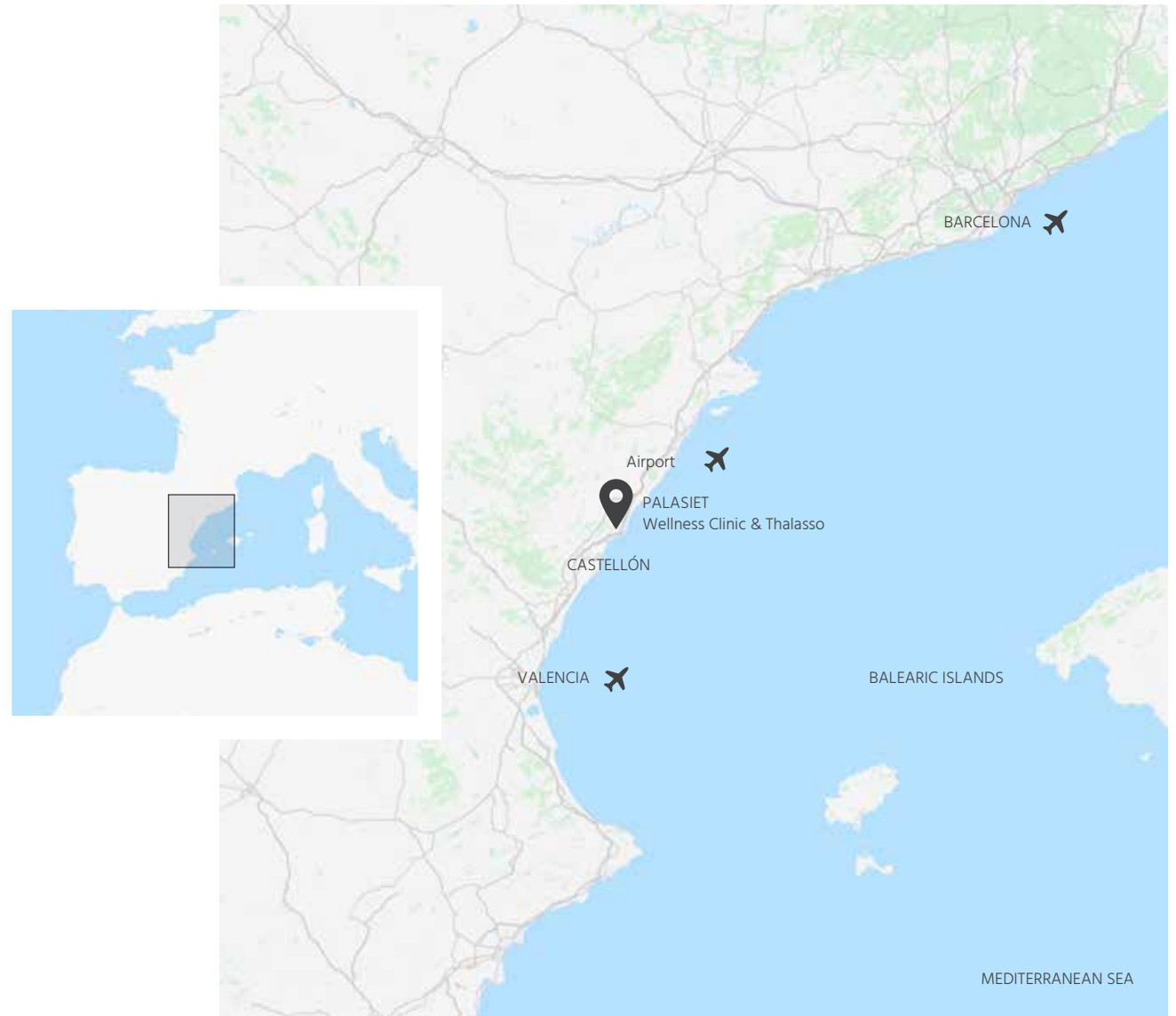
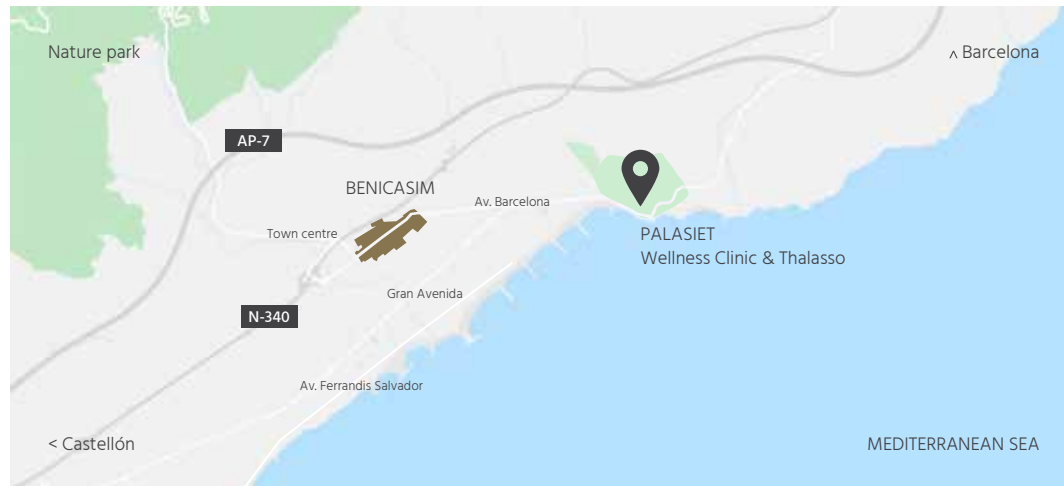
Castellón airport, 34 km

Valencia airport, 90 km

Barcelona airport, 250 km

Castellón, 13.8 km

Bus stop, 50 metres from hotel



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. Stays can be extended but shortening a stay will be sanctioned.
6. 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.
7. 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.
8. 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.
9. A credit card number is required for booking and the expiration date.
10. 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.

11. On the official check-in day, the room is not available until 15:00 h.
12. Check-out before 12:00 h. Late check-out upon availability.
13. Transfer service available upon request. Please see rates.
14. 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.
15. For special dates such as bank holidays or long weekends, minimum stay might be determined/modified by the hotel.
16. Pets are not allowed.
17. Parking spaces at a fee. They are limited and cannot be booked.
18. The entry of bicycles, scooters, or any other heavy objects that could damage the condition of the facilities is not permitted in the room.
19. Swimming cap and flip-flops compulsory in hydrotherapy area. Sports footwear obligatory in gym.
20. It is not allowed to take photos or videos in the biomarine circuit.
21. Special services: bathrobe provided throughout stay.

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

Index



TALASSOTHERAPY PIONEERS	P. 01
<hr/>	
The best facilities and an inspiring setting contribute to revitalising both the body and the mind.	
A COMPREHENSIVE CONCEPT	P. 03
<hr/>	
Thalassotherapy and natural treatments / Personalised medical treatments / Nutrition / Physical exercise / Emotional balance	
A HAVEN FOR BOTH THE BODY AND THE MIND	P. 05
<hr/>	
Palasiet is in Benicasim, in a unique setting: 20,000 m ² of lush gardens and a Mediterranean forest by the sea, with a breathtaking view of Benicasim Bay.	
PROGRAMMES PALASIET	
<hr/>	
Weight loss	P. 08
Longevity	P. 10
Thalassotherapy	P. 13
Anti-stress & relaxation	P. 14
Vital Menopause	P. 16
Detox	P. 18
Get in shape	P. 21
WELLNESS RETREATS PALASIET	P. 24
<hr/>	
Designed to get away from everyday life and be recharged with positive energy and vitality.	
TRADITION AND MODERNITY. FACILITIES	
<hr/>	
Hotel	P. 27
Thalasso Clinic	P. 28
EASY ACCESS	P. 30
<hr/>	
GENERAL REMARKS	P. 32
<hr/>	





PALASIET

Wellness Clinic & Thalasso

Pontazgo, 11 · 12560 Benicasim (Castellón) · Tel. +34 964 300 250

talasoterapia@palasiet.com / serviciosmedicos@palasiet.com / alimentacion@palasiet.com

estetica@palasiet.com / reservas@palasiet.com / info@palasiet.com / www.palasiet.com

Amb la col.laboració de / In collaboration with



GENERALITAT
VALENCIANA

