



PALASIET

*Massages and  
Oriental therapies*

WELLNESS CLINIC & THALASSO



# MASSAGES

## Massages

Local relaxing massage - Duration 25 minutes, price 50 €

Body relaxing massage - Duration 40 minutes, price 73 €

## Aromatic massage

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

Duration 50 minutes, price 92 €

## Craniofacial massage

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.

Duration 20 minutes, price 52 €

## Sensations Massage

Four-hand massage for deep relaxation.

Duration 30 minutes, price 86 €

## Thalasso-Sensations Massage

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

Duration 30 minutes, price 93 €

## Obsidian and onix massage

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).

Duration 50 minutes, price 98 €

## Svelt treatment

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

Duration 25 minutes, price 60 €



## ORIENTAL THERAPIES

### **Wood massage**

A natural technique of oriental origin that consists of performing a vigorous massage using various wooden instruments of different shapes and sizes, with the aim of firming the skin and reducing cellulite, as well as stimulating the lymphatic system, thus achieving a slimmer figure.

Duration 50 minutes, price 112 €

### **Tui Na Massage**

It is a technique of restorative massage of the being, where we return to the origin, through different physical methods such as: auricular puncture, Shiatsu points (facial, cranial and arms), moxa, Tui Na massage on the back, neurological hammer and a tea in our wellness garden Palasiet, to get in touch with our being and nature.

Duration 75 minutes, importe 160 €

### **Auricular puncture**

A technique used in Traditional Chinese Medicine in which the outer surface of the ear is stimulated to relieve the body of imbalances.

Duration 25 minutes, price 60 €

### **Bamboo massage - body**

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

Duration 50 minutes, price 86 €



#### **Traditional Thai massage**

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.

Duration 60 minutes, price 109 €

#### **Kobido**

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

Duration 50 minutes, price 86 €

#### **Eternity Kerala Ayurveda**

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 - Duration 50 minutes, price 86 €

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

PINDASWEDA MASSAGE - Duration 25 minutes, price 55 €

Stimulating and vitalising technique with warm herbs and oils.

#### **Foot reflexology**

Foot massage technique with gentle pressure on the feet in which our whole body is reflected.

This method allows us to rebalance unbalanced points, thus relieving tension and providing a physical and mental relaxation effect.

Duration 40 minutes, price 77 €



## 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 €

### Menu Pack 25

Restaurant menu\* (lunch or dinner) +  
massage 25 minutes  
Price 90 €

### Menu Pack 40

Restaurant menu (lunch or dinner) +  
massage 40 minutes  
Price 110 €

### Menu Pack 50

Restaurant menu (lunch or dinner) +  
massage 50 minutes  
Price 128 €

### 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 at Palasiet Pack

Biomarine circuit + massage 25 minutes +  
whirlpool bath + restaurant menu  
(lunch or dinner)  
Price 167 €

\*Packs with menu with 2 drinks and 1 coffee,  
10 € supplement



### 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

Pontazgo, 11 · 12560 Benicasim (Castellón) · +34 964 300 250  
info@palasiet.com / www.palasiet.com

Amb la col.laboració de / In collaboration with



GENERALITAT  
VALENCIANA



TURISME  
COMUNITAT VALENCIANA