

PALASIET

*The Wellness
Experience*

WELLNESS CLINIC & THALASSO



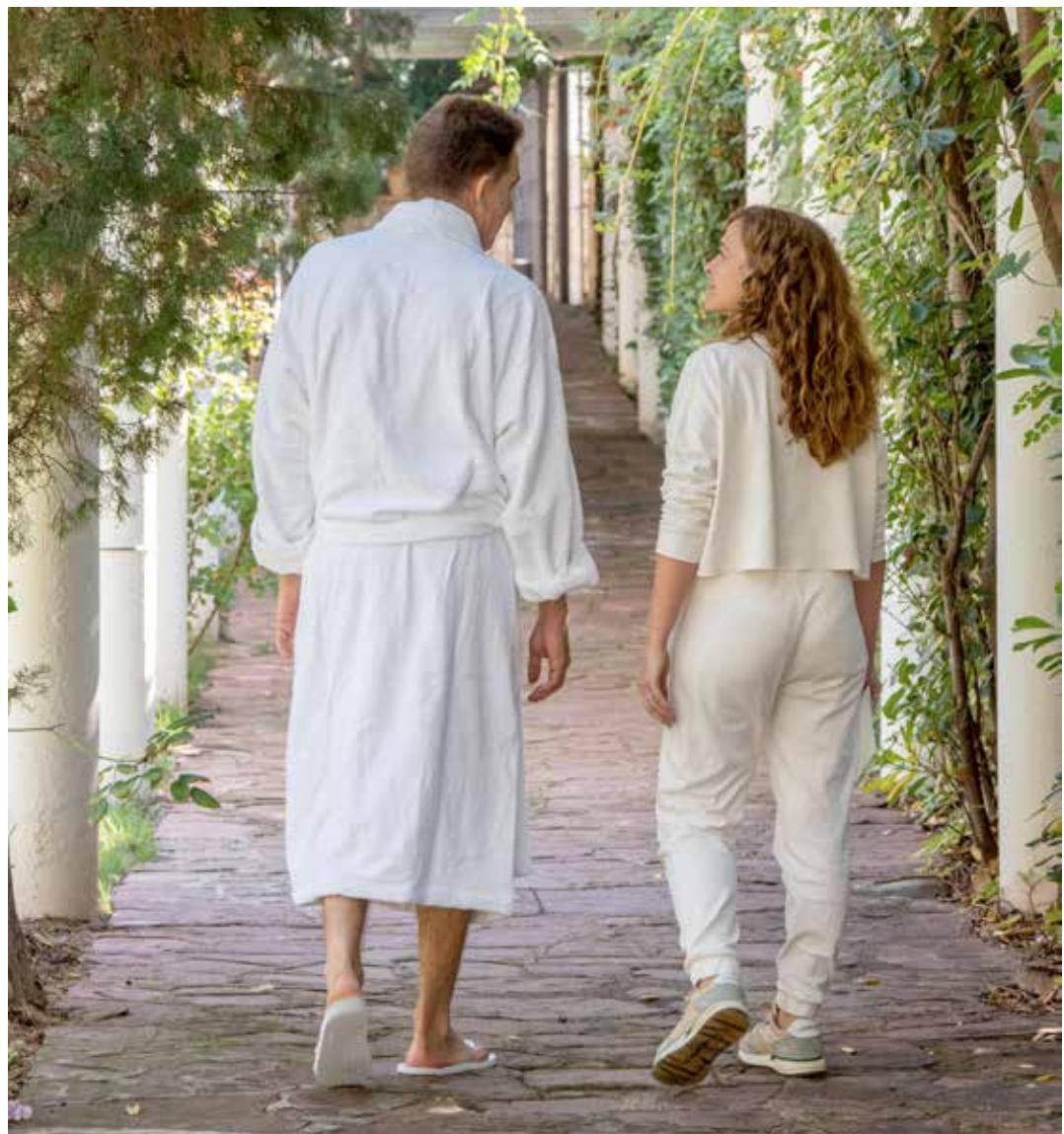
Talassotherapy Pioneers



For more than fifty years, Palasiet Wellness Clinic & Thalasso has been helping its guests to lead healthier lives and achieve greater physical and emotional well-being. Palasiet Wellness Clinic & Thalasso was founded in 1970 by Dr. Joaquín Farnós Gauchía in Benicasim, in a privileged location facing the sea. Today, Palasiet is one of the few thalassotherapy centres in Spain authorised as a health centre and one of the most prestigious in Europe in health tourism.

We have the best facilities and an inspiring environment to achieve physical renewal, mental revitalisation and energy restoration. Our concept of wellbeing is based on the certainty that to achieve a healthier life, all you need is personal commitment, help and inspiration.

Palasiet provides that support through our multidisciplinary team of highly qualified professionals: doctors, counsellors, nutritionists, physiotherapists, beauticians, personal trainers, etc.



A comprehensive concept



THALASSOTHERAPY AND NATURAL TREATMENTS

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



NUTRITION

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



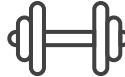
EMOTIONAL BALANCE

Achieve inner balance to reach your goals with the help of stress management techniques, meditation, yoga, etc.



PERSONALISED MEDICAL TREATMENTS

Under medical supervision, we tailor therapies using advanced equipment.



PHYSICAL EXERCISE

Treatments tailored to the individual according to their daily activity.



“The goal is not to live longer, but to live with greater physical, mental and spiritual well-being.”

Joaquín Farnós Gauchía



A haven for both the body And the mind



Palasiet is located in Benicasim, surrounded by unrivalled scenery: 20,000 m² of lush gardens and a Mediterranean forest facing the sea with panoramic views of Benicasim Bay. An idyllic location that invites you to enjoy a complete health and wellness experience. All this is accompanied by the pleasant climate of the Costa Azahar in Castellón, with mild winters and

, moderately warm summers and almost 300 days of sunshine a year.

Located 50 metres from the beach and the long promenade lined with beautiful early 20th-century villas, one of which gave rise to Palasiet. The Greenway, a former railway line that runs along the coast, is also located next to Palasiet, offering a unique space for our guests to enjoy walks, hiking and physical activity. All this is framed by the Desierto de las Palmas Natural Park, a mountain range with peaks over 700 metres high, where the 17th-century Carmelite monastery of Santa Teresa is located.





PROGRAMMES
Palasiet

FROM 4 NIGHTS



Weight Loss

Objectives

Lose weight and volume and make positive lifestyle changes to maintain a healthy weight, as well as develop an effective active maintenance routine and increase 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 supervision

General medical consultation at the start and end of the programme

Informative consultation on supplementation

Preparation of medical history and general health assessment

Vital signs check

Clinical analysis with metabolic markers

Healthy nutrition and meal plan

Consultation with nutrition specialist at the beginning and end of the programme

Body composition study using bioimpedance

Nutritional monitoring and control during your stay

Sports consultation and exercise planning

Functional assessment with personal trainer



Guidance consultation

Listening, support and guidance during your stay

Follow-up and results

Delivery of medical report on progress achieved
Delivery of nutritional report on body composition and progress
Post-stay nutritional recommendations
Delivery of physical report on activities or exercises to continue after your stay

Thalassotherapy treatments and specific treatments

7 Biomarin circuit (seawater at around 35°C)
Phlebic circuit (seawater at 24°C) (L:6, M:5, I:6)
Hydromassage bath with seaweed (L:2, M:3, I:2)
Seaweed wrap (7N:1, 10N:2, 14N:2, 21N:3)
Jet shower or pressure jet (7N:1, 10N:2, 14N:3, 21N:4)
Body shaping massage (50 minutes)
(7N:1, 10N:2, 14N:2, 21N:3)
1 Body peeling (50 minutes)
Seawater treatment (7N:6, 10N:9, 14N:12, 21N:20)

Apparatology

Pressotherapy (L:1, M:2, I:2)
Localised Ideal Form (L:0, M:0, I:1)
Lipolytic laser (7N:1, 10N:1, 14N:2, 21N:3)
Local LPG or CRS (L:0, M:1, I:1)
Adipologie (L:0, M:0, I:1)

Daily services

1.25 litre bottle of water per day
Healthy snack (mid-morning and mid-afternoon)
Herbal tea (mid-morning and mid-afternoon)

Healthy activities

Healthy nutrition talk
Healthy cooking class
Group motivation and biorhythm session

Psycho-corporal activities

6 Group aquagym or aquatraining
(7N:3, 10N:4, 14N:6, 21N:9)**
3 Group gymnastics or group functional training
3 Supervised muscle toning training (60 minutes)
3 Morning walk (L:3, M:2, I:2)
1 Vital Awakening
Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk (L:2, M:2, I:4)

**The number of sessions may vary depending on the type of programme or duration.*

Examples: (L:1, M:2, I:3) (7N:1, 10N:2, 14N:2, 21N:3)

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.



Longevity

Objectives

This programme is designed to improve metabolic and cognitive function, promoting a full, active and healthy life at any age. Through a comprehensive and personalised approach, it seeks to enhance overall well-being and promote vital and sustainable ageing.

Duration

7 nights, 6 days of treatments (7N)
10 nights, 9 days of treatments (10N)

PROGRAMME CONTENT

Diagnosis and medical supervision

Specific medical consultation on longevity at the start and end of the programme

Oxidative stress test

Informative consultation on supplementation

Complete hormonal analysis

Cardiovascular and respiratory capacity assessment

Longevity questionnaire

Clinical analysis with metabolic markers

Medical monitoring and follow-up during your stay

(7N:0, 10N:1)

Medical-aesthetic consultation

Aesthetic assessment with a specialist

Healthy nutrition and meal plan

Consultation with nutrition specialist at the beginning and end of the programme

Body composition study using bioimpedance

Nutritional monitoring and control during your stay

(7N:0, 10N:1)



Sports consultation and exercise planning

Functional assessment with personal trainer
Longevity test (7N:0, 10N:1)

Guidance consultation

Listening, support and guidance during your stay
Mid-treatment check-up (7N:0, 10N:1)

Follow-up and results

Delivery of medical report on progress achieved
Delivery of body composition report and progress
Post-stay nutritional recommendations
Delivery of physical report on activities or exercises to continue after your stay

Thalassotherapy treatments and specific treatments

Biomarin circuit (seawater at around 35°C) (7N:7, 10N:10)
Phlebic circuit (seawater at 24°C) (7N:2, 10N:4)
1 Physiotherapy session
1 Water-assisted therapy
1 Seaweed wrap (50 minutes)
1 Ocean relaxation massage (50 minutes)
Thalasso hydromassage bath with 1 essential oil (20 minutes) (7N:2, 10N:3)
1 Body peeling (50 minutes)
1 Revitalisation/Vitamins (aesthetic medicine)
1 Pure Hydration Facial Treatment (50 minutes)
Seawater treatment (7N:6, 10N:9)

Daily services

1.25 litre bottle of water per day
Herbal teas

Apparatology

1 ION Method (60 minutes)
1 Hydrafacial (50 minutes)
1 Full body Lymphodrainer treatment (90 minutes)

Healthy activities

Healthy nutrition talk
Longevity and biohacking talk
Healthy cooking class

Psycho-corporeal activities

Group aquagym or aquatraining (7N:3, 10N:5)*
Supervised muscle toning training (7N:6, 10N:9)
1 Vital Awakening
Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk (7N:3, 10N:5)

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporeal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.

Thalassotherapy

Objectives

To reduce pain and discomfort associated with various conditions, strengthen the body, exercise comfortably and effectively, and improve physical condition.

Duration

7 nights, 6 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme

Preparation of medical history and general health assessment

Vital signs check

Clinical analysis with metabolic markers

Blood tests

Informative consultation on supplementation





Healthy nutrition

Body composition study using bioimpedance

Sports consultation and exercise planning

Functional assessment with personal trainer

Physiotherapy consultation

Functional assessment with physiotherapist

3 Therapeutic gymnastics supervised by physiotherapist

2 Therapy assisted by physiotherapist

Guidance consultation

Listening, support and guidance during your stay

Follow-up and results

Delivery of medical report on progress achieved

Delivery of physical report on activities or exercises to continue after your stay

Thalassotherapy treatments and specific treatments

5 Biomarin circuit (seawater at around 35°C)

6 Phlebic circuit (seawater at 24°C)

2 Hydromassage bath with seaweed

2 Sea mud (cold or hot, as prescribed)

2 Local therapeutic massage (40 minutes)

6 Seawater treatment

Apparatology

2 Diathermy sessions

Healthy activities

Healthy nutrition talk

Healthy cooking class

Psycho-corporal activities

6 Group aquagym*

3 Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.

Anti-stress & Relaxation



Objectives

Programme designed to reduce stress and resume healthy lifestyle habits. Aimed at improving quality of life and achieving complete relaxation, thanks to various techniques and activities established for this purpose.

Duration

7 nights, 6 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme
Preparation of medical history and general health assessment
Vital signs check
Clinical analysis with metabolic markers
Blood tests
Informative consultation on supplementation
Aesthetic assessment with a specialist

Healthy nutrition

Body composition study using bioimpedance

Guidance consultation

Listening, support and guidance during your stay

Follow-up and results

Delivery of medical report on progress achieved

Thalassotherapy treatments and specific treatments

- 7 Biomarin circuit (seawater at around 35°C)
- 4 Phlebic circuit (seawater at 24°C)
- 2 Thalasso bath with seaweed and 1 essential oil
- 1 Aromatic massage (50 minutes)
- 1 Craniofacial massage (20 minutes)
- 1 Pindas Weda massage (40 minutes)
- 1 Acuenergy facial treatment (75 minutes)
- 6 Seawater treatment

Healthy activities

Healthy nutrition talk
Healthy cooking class

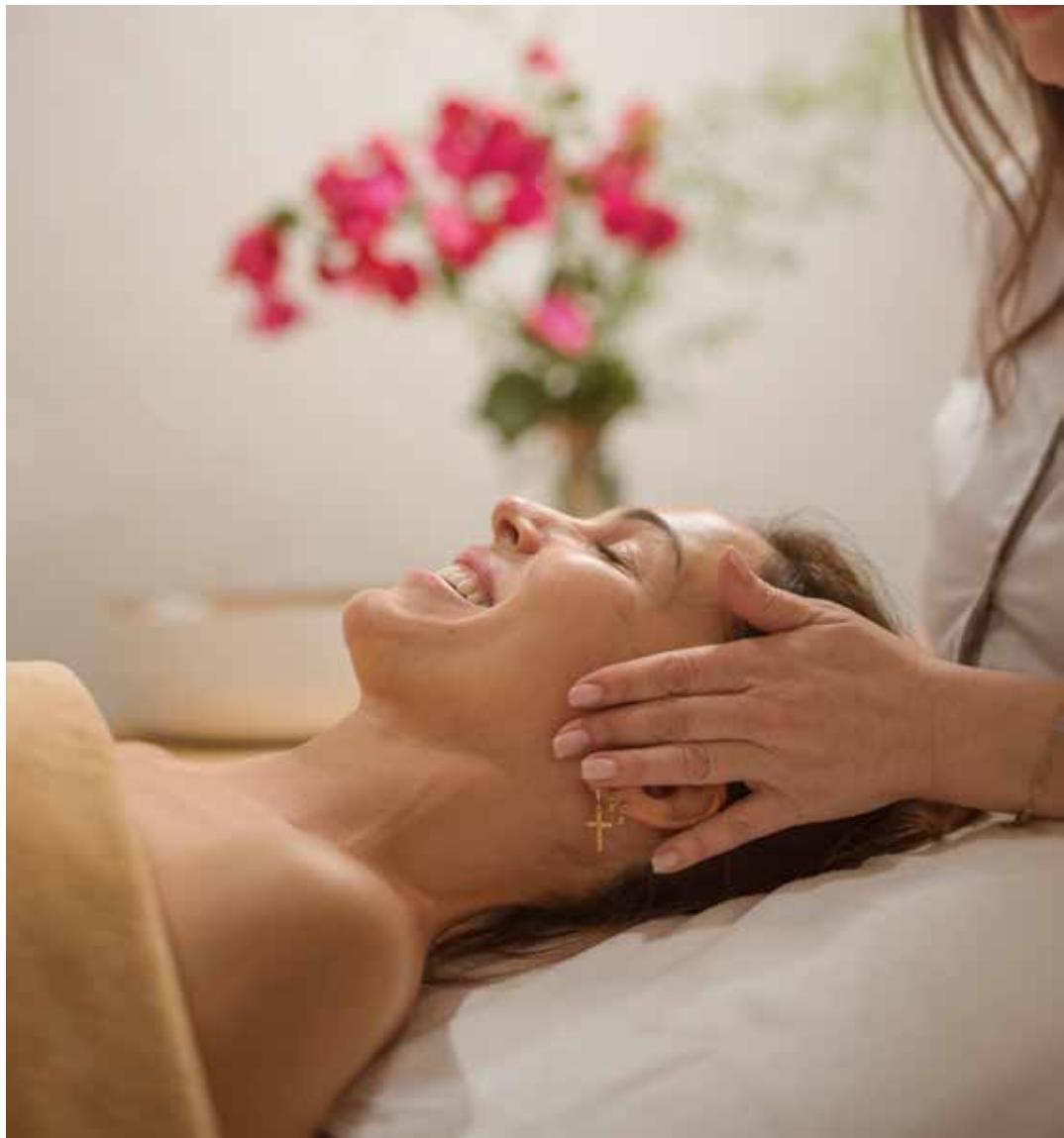
Psycho-corporal activities

- 3 Group aquagym*
- 3 Group fitness training
- 3 Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.





Vital Menopause

Objectives

The objective is to accompany each woman on her journey towards a more conscious, balanced and vital life, promoting self-care and connection with her own body to fully enjoy this new stage.

Duration

7 nights, 6 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme

Medical-aesthetic consultation

Aesthetic diagnosis appointment

Preparation of medical history and general health assessment

Vital signs check

Clinical analysis with metabolic markers

Complete hormonal analysis

Specific consultation on supplementation

Informative consultation on regenerative gynaecology



Healthy nutrition and meal plan

Consultation with nutrition specialist at the beginning and end of the programme
Body composition study using bioimpedance
Comprehensive meal plan for menopause

Sports consultation and exercise planning

Functional assessment with personal trainer

Guidance consultation

Listening, support and guidance during your stay

Follow-up and results

Delivery of medical report on progress achieved
Delivery of nutritional report on body composition and progress
Post-stay nutritional recommendations
Delivery of physical report on activities or exercises to continue after your stay

Thalassotherapy treatments and specific treatments

7 Biomarin circuit (seawater at around 35°C)
1 Thalasso bath and 1 essential oil
1 Yin Yang seaweed wrap (30 minutes)
1 Seaweed wrap (50 minutes)
1 Aromatic massage (50 minutes)
1 Body peeling (50 minutes)
6 Seawater treatment
1 Vitamin revitalisation

Apparatology

1 Complete LPG treatment – Cellulite SWING

Daily services

1.25 litre bottle of water per day
Healthy snack (mid-morning and mid-afternoon)
Herbal tea (mid-morning and mid-afternoon)

Healthy activities

Healthy nutrition talk
Healthy cooking class
Motivational talk and biorhythms

Psycho-corporal activities

6 Group aquagym or aquatraining*
6 Supervised muscle toning training
1 Pilates machine. Individualized session (50 minutes)
4 Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.

Detox

Objectives

Eliminate toxins and purify the body, strengthen the immune system, slow down the negative effects of ageing and promote physiological balance.

Duration

6 nights, 5 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme
Preparation of medical history and general health assessment
Vital signs check
Oxidative stress test
Informative consultation on supplementation





Healthy nutrition and meal plan

General medical consultation at the start and end of the programme
Body composition study using bioimpedance
Nutritional monitoring and control during your stay
Possibility of intermittent fasting
Informative consultation on supplementation

Sports consultation and exercise planning

Functional assessment with personal trainer

Guidance consultation

Listening, support and guidance during your stay

Thalassotherapy treatments and specific treatments

6 Biomarin circuit (seawater at around 35°C)
3 Phlebic circuit (seawater at 24°C)
1 Thalasso bath and 2 essential oils
1 Body ritual (90 minutes) (express peeling, hydromassage bath with seaweed and essential oils, seaweed wrap)
1 Jet shower or pressure jet
5 Seawater treatment

Follow-up and results

Delivery of medical report on progress achieved
Delivery of body composition report and progress
Post-stay nutritional recommendations
Delivery of physical report on activities or exercises to continue after your stay

Apparatology

1 Pressotherapy

Healthy activities

Healthy nutrition talk
Healthy cooking class
Motivational talk and biorhythms

Daily services

1.25 litre bottle of water per day
Healthy snack (mid-morning and mid-afternoon)
Herbal tea (mid-morning and mid-afternoon)

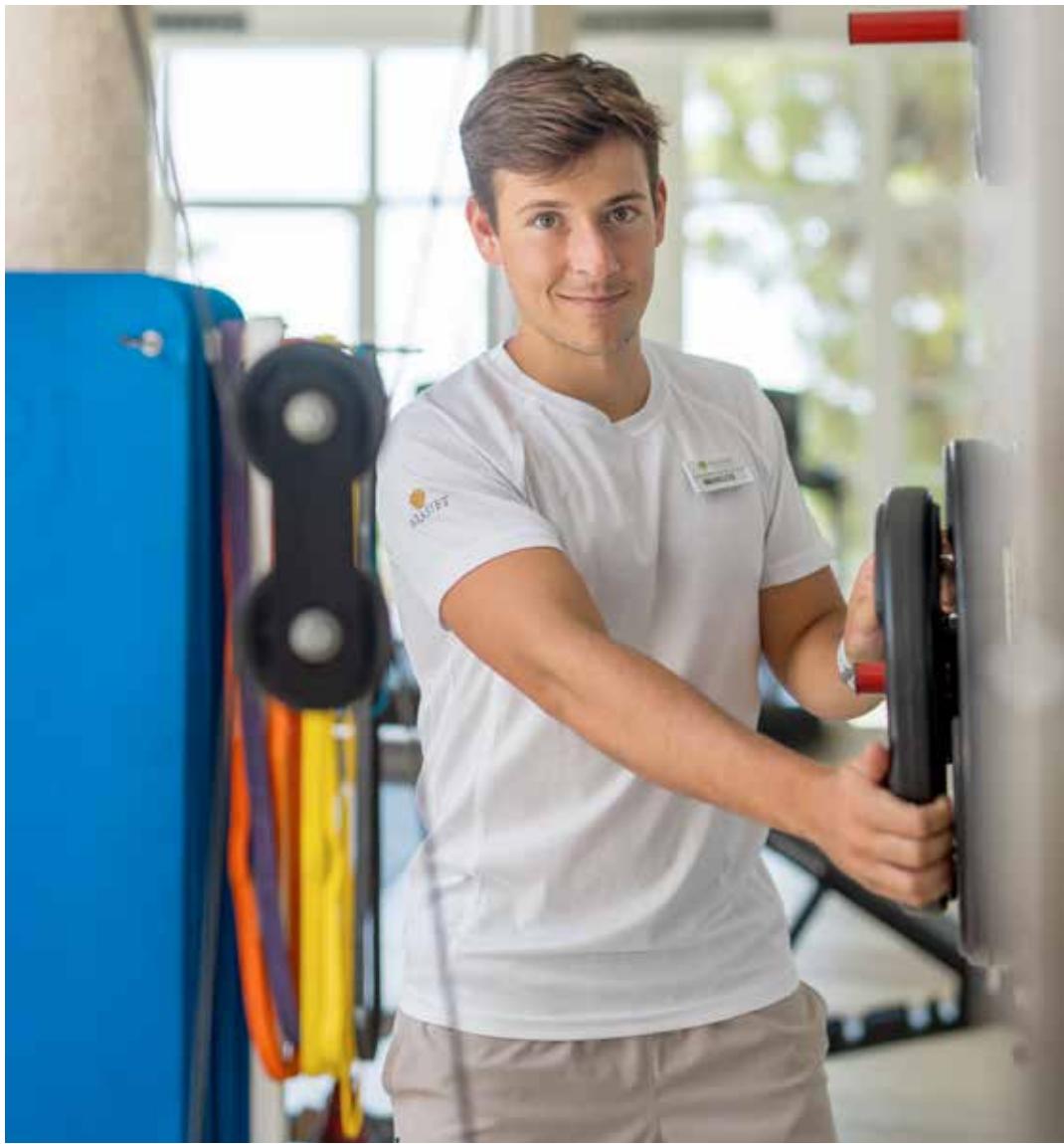
Psycho-corporal activities

5 Group aquagym or aquatraining*
2 Group fitness training
5 Supervised muscle toning training
4 Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.



Get in Shape



Objectives

Designed to help you get back into physical activity and exercise, resume healthy habits and recharge your batteries with positive energy and vitality.

Duration

6 nights, 5 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme

Preparation of medical history and general health assessment

Vital signs check periódica

Informative consultation on supplementation

Healthy nutrition

Body composition study using bioimpedance

Sports consultation and exercise planning

Functional assessment with personal trainer

Guidance consultation

Listening, support and guidance during your stay

Follow-up and results

Delivery of medical report on progress achieved

Delivery of physical report on activities or exercises to continue after your stay

Thalassotherapy treatments and specific treatments

6 Biomarin circuit (seawater at around 35°C)

3 Phlebic circuit (seawater at 24°C)

2 Hydromassage bath with seaweed

1 Underwater massage "Termas Marinas" (20 minutes)

1 Craniofacial massage (20 minutes)

1 Local relaxing massage (25 minutes)

5 Seawater treatment

Healthy activities

Healthy nutrition talk

Healthy cooking class

Psycho-corporal activities

5 Group aquagym or aquatraining*

5 Group gymnastics or group functional training

5 Supervised muscle toning training

1 Morning walk

4 Group activities to choose from: Relaxation

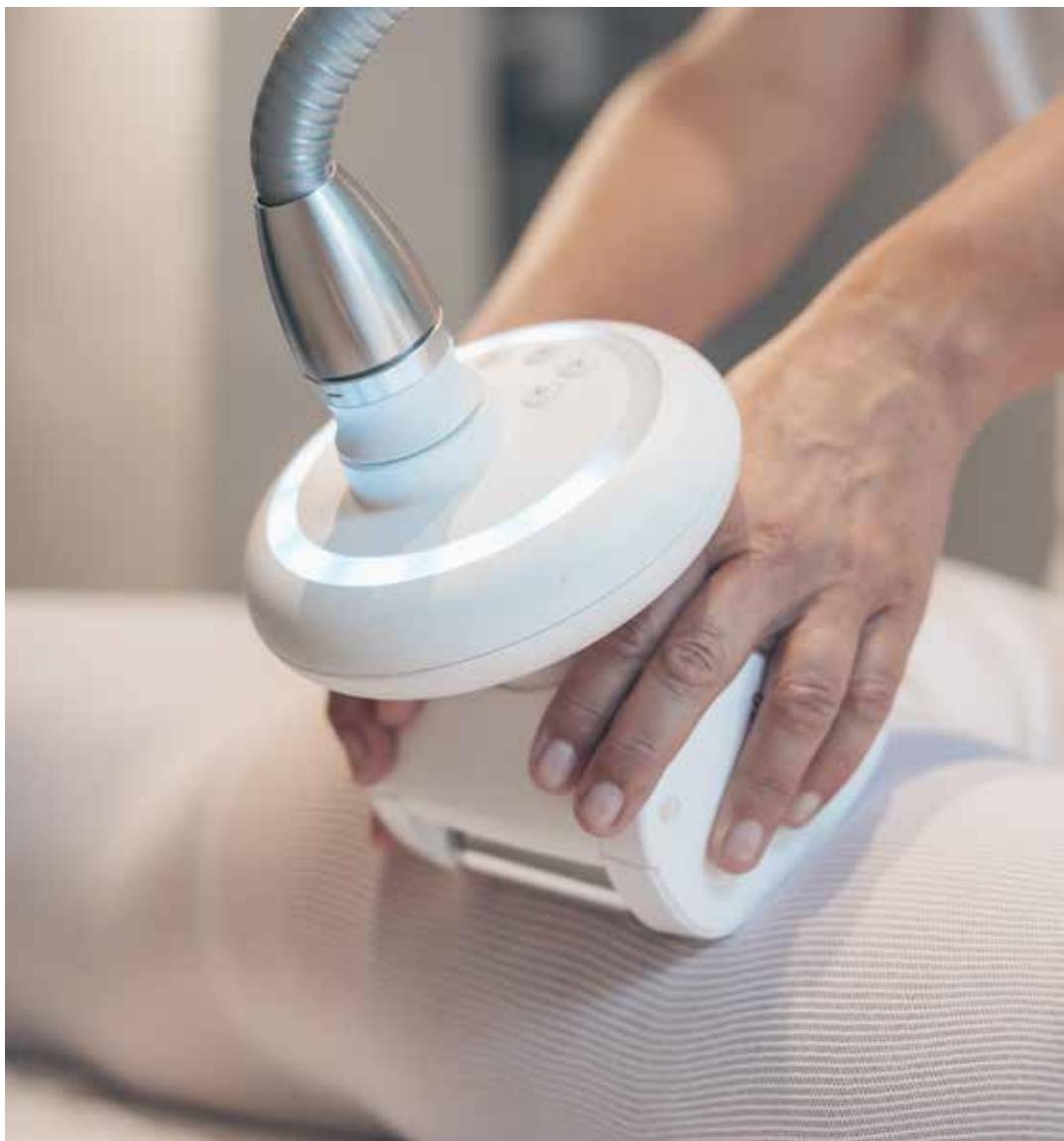
Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital

Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.



Silhouette & Beauty



Objectives

A completely tailor-made experience to maximise real results and turn your stay into a true process of personal transformation. Designed for those seeking comprehensive, flexible care tailored to their health, weight management, aesthetic and body shape goals.

Duration

7 nights, 6 days of treatments

PROGRAMME CONTENT

Diagnosis and medical supervision

General medical consultation at the start and end of the programme
Clinical analysis with metabolic markers
Informative consultation on supplementation
Medical-aesthetic consultation
Aesthetic assessment with a specialist

Healthy nutrition and meal plan

Consultation with nutrition specialist at the beginning and end of the programme

Sports consultation and exercise planning

Functional assessment with personal trainer

Guidance consultation

Listening, support and guidance during your stay

Thalassotherapy treatments and specific treatments

4 Biomarin circuit (seawater at around 35°C)
3 Phlebic circuit (seawater at 24°C)
2 Thalasso bath and 1 essential oil
1 Seaweed wrap (50 minutes)
1 Peeling Express
6 Seawater treatment

Apparatology

2 Pressotherapy

Complementary pack

Personalised weight loss programme for €595
Includes treatments to choose from: Complete Body Detox, Adipologie, LPG Swing, Ideal Form...

Daily services

1.25 litre bottle of water per day
Healthy snack (mid-morning and mid-afternoon)

Psycho-corporal activities

6 Supervised muscle toning training

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.

Yoga



Objectives

A programme designed to connect body and spirit through yoga. Tailored to each person's needs and led by our multidisciplinary team. This programme offers a transformative experience that will help you care for and maintain optimal health and wellbeing.

Duration

7 nights, 6 days of treatments
4 nights, 3 days of treatments

In some group activities, the predominant language is Spanish, but we always offer an alternative activity in case the language is a barrier for the customer. The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.

PROGRAMME CONTENTS 7 NIGHTS

Thalassotherapy treatments and specific treatments

7 Biomarin circuit (seawater at around 35°C)
1 Phlebic circuit (seawater at 24°C)
1 Thalasso bath and 2 essential oils
Kerala Ayurveda (techniques of Indian origin) includes:
1 Prana and Dara massage (50 minutes)
1 Pindas Weda massage (25 minutes)
1 Aromatic massage (50 minutes)

Healthy activities

Welcome talk on the five principles of yoga

Psycho-corporal activities

6 Yoga (60 minutes) and meditation (30 minutes),
mornings or afternoons

PROGRAMME CONTENTS 4 NIGHTS

Thalassotherapy treatments and specific treatments

4 Biomarin circuit (seawater at around 35°C)
1 Thalasso bath and 1 essential oil
Kerala Ayurveda (techniques of Indian origin) includes:
1 Prana and Dara massage (50 minutes)
1 Aromatic massage (50 minutes)

Healthy activities

Welcome talk on the five principles of yoga

Psycho-corporal activities

3 Yoga (60 minutes) and meditation (30 minutes),
mornings or afternoons







WELLNESS RETREATS
Palasiet

FROM 2 NIGHTS

Wellness Retreats

Objectives

Designed to disconnect from everyday life and recharge with positive energy and vitality.

Duration

5 nights, 4 days of treatments
4 nights, 3 days of treatments
3 nights, 2 days of treatments
2 nights, 1 day of treatments

PROGRAMME CONTENTS 5 NIGHTS

Thalassotherapy treatments and specific treatments

5 Biomarin circuit (seawater at around 35°C)
5 Phlebic circuit (seawater at 24°C)
2 Hydromassage bath with seaweed
1 Craniofacial massage (20 minutes)
1 (25 minutes)

Healthy activities

Healthy nutrition talk
Healthy cooking class

Psycho-corporal activities

2 Group aquagym or aquatraining*
2 Group fitness training
4 Group activities to choose from: Relaxation
Workshop, Introduction to Meditation, Yoga, Pilates,
Barre Dance, Muscle Hip Stretching, Tai Chi, Vital
Awakening, Morning Walk

PROGRAMME CONTENTS 4 NIGHTS

Thalassotherapy treatments and specific treatments

4 Biomarin circuit (seawater at around 35°C)
4 Phlebic circuit (seawater at 24°C)
1 Hydromassage bath with seaweed
1 Craniofacial massage (20 minutes)
1 Local massage (25 minutes)

Psycho-corporal activities

2 Group aquagym or aquatraining*
2 Group fitness training
3 Group activities to choose from: Relaxation
Workshop, Introduction to Meditation, Yoga, Pilates,
Barre Dance, Muscle Hip Stretching, Tai Chi, Vital
Awakening, Morning Walk

PROGRAMME CONTENTS 3 NIGHTS

Thalassotherapy treatments and specific treatments

3 Biomarin circuit (seawater at around 35°C)
3 Phlebic circuit (seawater at 24°C)
1 Hydromassage bath with seaweed
1 Local massage (40 minutes)

Psycho-corporal activities

1 Group aquagym or aquatraining*
1 Group fitness training
2 Group activities to choose from: Relaxation
Workshop, Introduction to Meditation, Yoga, Pilates,
Barre Dance, Muscle Hip Stretching, Tai Chi, Vital
Awakening, Morning Walk



PROGRAMME CONTENTS 2 NIGHTS

Thalassotherapy treatments and specific treatments

- 1 Biomarin circuit (seawater at around 35°C)
- 1 Phlebic circuit (seawater at 24°C)
- 1 Hydromassage bath with seaweed
- 1 Local massage (25 minutes)

Psycho-corporal activities

- 1 Group aquagym or aquatraining*
- 1 Group fitness training
- 1 Group activities to choose from: Relaxation Workshop, Introduction to Meditation, Yoga, Pilates, Barre Dance, Muscle Hip Stretching, Tai Chi, Vital Awakening, Morning Walk

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

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

The times and days of the healthy activities, as well as the number of sessions of the Psycho-corporal activities, may vary depending on the week and nights of stay. To access or participate in these activities, prior reservation at the clinic reception desk is required.





Tradition and modernity Facilities



HOTEL

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

Our hotel has 74 very cosy rooms with large terraces that invite you to relax and unwind.

From most of the rooms, you can admire the magnificent views of the sea and Benicasim Bay, all surrounded by lush vegetation. Guests can choose from four types of rooms, all equipped with a full bathroom, air conditioning, heating, ceiling fan, minibar, safe, TV and Wi-Fi.

Facilities

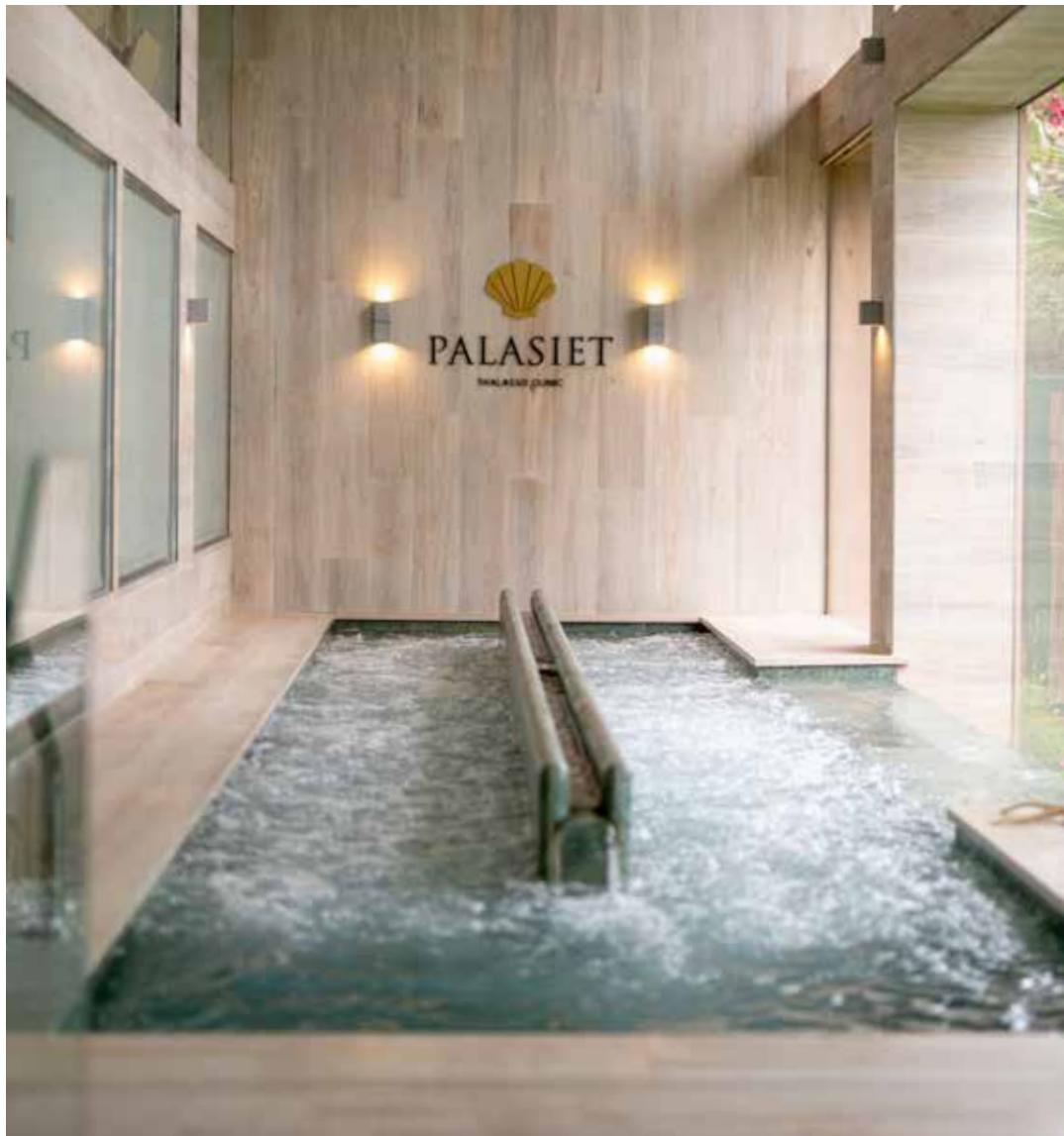


THALASSO-CLINIC

The Thalasso-Clínica Palasiet has recently undergone a complete refurbishment of all its facilities, offering the same high quality as always, but with a new look and updated services.

With more than 2,700 m² of floor space, our clinic has its own specialised professional departments for medical hydrology, physiotherapy, aesthetic and hair medicine, beauty, nutrition and sports training.

Its facilities include: a large seawater pool, heated to around 35°C, with air and water jets, a salt sauna, a contrast pool, a steam room, a hydromassage area, pressure jets, and more. It also has a phlebotic circuit, a thalassotherapy area with cabins for massages, mud and seaweed wraps, beauty treatments, electrotherapy and physiotherapy, as well as a large gym. In addition, there are two outdoor swimming pools, one of which offers panoramic views.



Easy Access

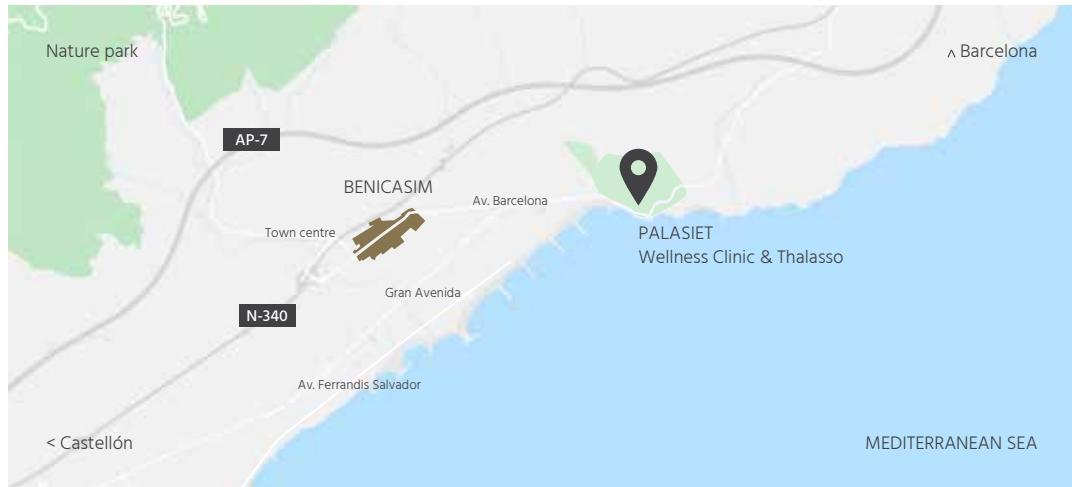
Castellón airport, 34 km

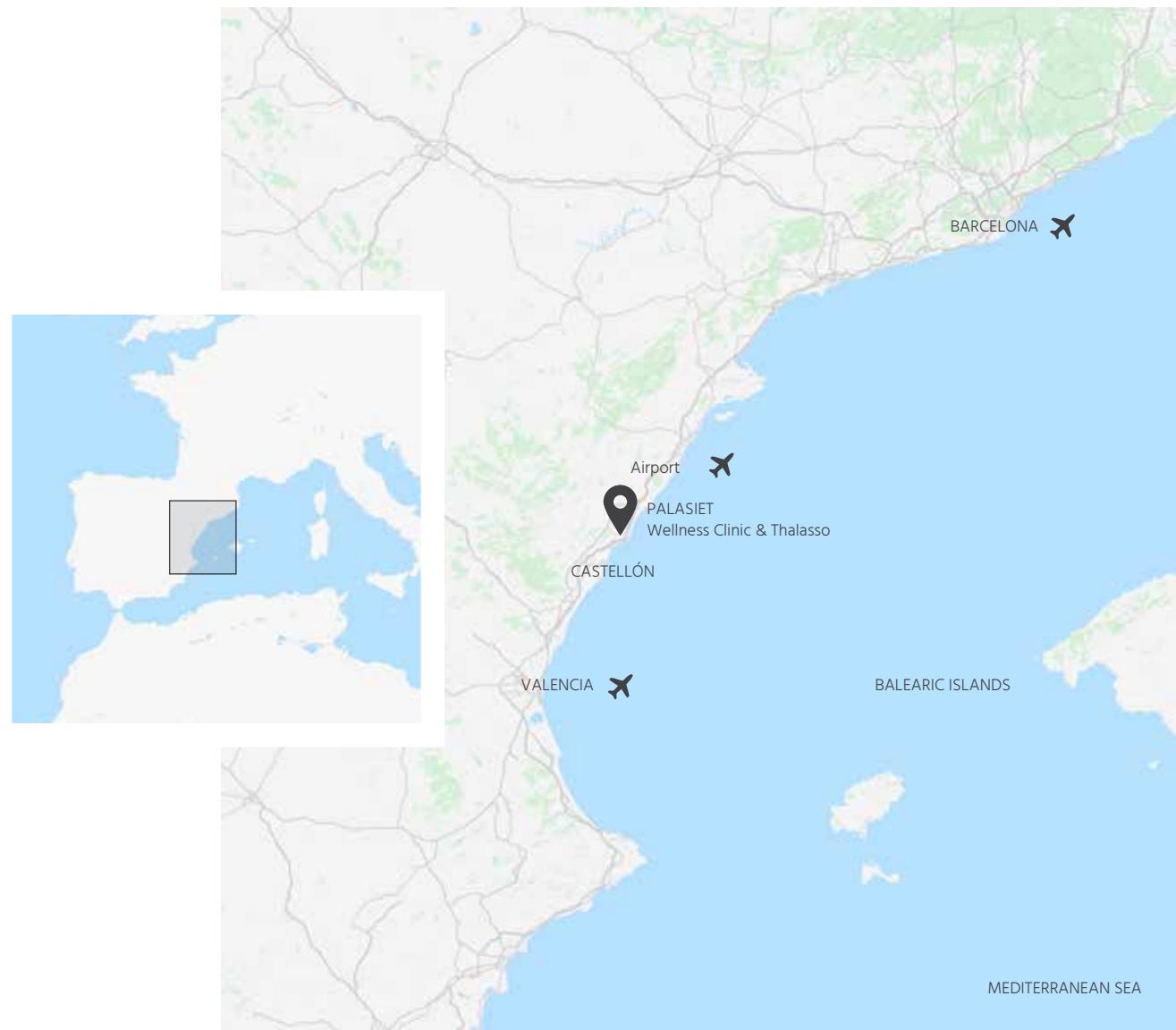
Valencia airport, 90 km

Barcelona airport, 250 km

Castellón, 13.8 km

Bus stop, 50 metres from hotel





General remarks



1. In half-board programmes, the visit with the nutritionist is NOT included.
2. All weekly treatments include a medical consultation at the start and end of the programme; a consultation with a nutritionist, counsellor and personal trainer, plus a basic clinical analysis, except for the weight loss treatment, which will be more comprehensive according to the doctor's prescription. For
3. All other breaks, a medical questionnaire will be completed and assessed by the doctor. Treatment therapies are not subject to change or refunds.
4. Medical appointments are available Monday to Saturday in the mornings. Arrivals from Sunday to Friday are recommended.
5. For any MEDICAL CONSULTATION for clients who have NOT chosen a programme, the consultation cost advertised in our catalogue will apply.
6. It is possible to extend the number of nights of your stay. There is a penalty for shortening your stay.
7. For optimal treatment, we recommend a minimum stay of 7 nights, although the effectiveness of the treatments has been proven depending on the length of stay: in the first week, the body reacts; in the second week, the body adapts; and in the third week, the body benefits. See our programmes and prices for stays of 14 and 21 nights.
8. Discounts:
Discount for children sharing a room with two adults:
Children aged 0 to 3 inclusive: cot at no extra cost.
Children aged 4 to 10 inclusive: 30% discount on the accompanying adult rate.
10% discount on the accompanying adult rate for a third adult. Discounts cannot be combined.
9. The minimum age allowed to access the biomarine tour is 10 years old with the express authorisation of the person responsible for the child.
10. Reservations must be made with a credit card number and expiry date.
11. Payment policy: Palasiet reserves the right to charge the partial or total amount of the stay to the card number provided in the booking two days prior to the guest's arrival date.

12. Arrival day: Official check-in time is from 3 p.m.
13. Departure day: Check-out is before 12 noon. Late check-out is possible (subject to availability).
14. The establishment can arrange transport services upon prior reservation. Please enquire about prices.
15. Cancellation or date change fees are non-refundable.
Low season: for reservations cancelled or modified within 2 days prior to the date of arrival, the amount of 1 night will be charged.
Mid season: for reservations cancelled or modified during the 3 days prior to the day of arrival, the amount of 1 night will be charged.
High season: for reservations cancelled or modified during the 5 days prior to the day of arrival, the amount of 1 night will be charged.
For no-shows, the amount will be 100% of the stay.
16. For special dates such as long weekends and public holidays, the establishment may determine or modify the minimum stay required.
17. Pets are not permitted.
18. Parking spaces are limited, subject to a charge, and cannot be reserved in advance.
19. Bicycles, scooters or any other heavy objects that could damage the facilities are not permitted in the rooms.
20. Swimming caps, flip-flops for the hydrotherapy area and trainers for the gym are compulsory.
21. Photography and filming are not permitted in the biomarine circuit.
22. Special services: bathrobes are available throughout your stay.

THE COMPANY RESERVES THE RIGHT TO BLOCK ANY OF THE PROGRAMMES PUBLISHED IN EXCEPTIONAL CIRCUMSTANCES.



PALASIET

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