PALASIET
Wellness Clinic & Thalasso

# Anti-stress & Relaxation Programme

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.

## OBJECTIVES

Rest and recover from fatigue and stress

Recover your inner balance

Feel calmed and revitalised

Learning to manage stress more effectively

## DURATION

7 nights, 6 days of treatments

## 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 APPOINTMENT AND PLANNING

Aesthetic assessment with a specialist

## HEALTHY NUTRITION

Body composition study using bioimpedance

## GUIDANCE CONSULTATION

Listening, support and guidance during your stay

## THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

7 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35$^{O}$, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

4 Phlebitic circuit (seawater at 24$^{O}$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 ampoule

## 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.*

## FOLLOW-UP AND RESULTS

Medical report on progress achieved

# Prices 2026

| Prices 2026 | Low season | | | Mid season | | | High season | | |
|---|---|---|---|---|---|---|---|---|---|
| Prices per person | Double* | Accomp.* | Single* | Double* | Accomp.* | Single* | Double* | Accomp.* | Single* |
| **Anti-stress & Relaxation** | | | | | | | | | |
| **Full board** | | | | | | | | | |
| 7 NIGHTS | 1330 | 1330 | 1547 | 1393 | 1393 | 1631 | 1484 | 1484 | 1757 |
| TREATMENT | 1013 | - | 1013 | 1013 | - | 1013 | 1013 | - | 1013 |
| TOTAL | 2343 | 1330 | 2560 | 2406 | 1393 | 2644 | 2497 | 1484 | 2770 |
| **Half board** | | | | | | | | | |
| 7 NIGHTS | 1029 | 1029 | 1246 | 1092 | 1092 | 1330 | 1183 | 1183 | 1456 |
| TREATMENT | 1013 | - | 1013 | 1013 | - | 1013 | 1013 | - | 1013 |
| TOTAL | 2042 | 1029 | 2259 | 2105 | 1092 | 2343 | 2196 | 1183 | 2469 |

Price in euro €.

LOW SEASON: from 06-03 to 31-05 and from 14-09 to 31-12
MID SEASON: from 01-06 to 26-07 and from 31-08 to 13-09 and Easter: from 2nd to 5th April (both days inclusive)
HIGH SEASON: from 27-07 to 30-08

Prices per person. 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.
All our menus have different dishes to choose from in our NATURAL restaurant.
In half board programmes, the visit with the nutritionist is not included.

## SUPPLEMENTS

Supplement for Superior Double Room, 35.00 €/night

Supplement for Superior Double Room with Lounge, 58.00 €/night