PALASIET
Wellness Clinic & Thalasso

Detox Programme

Adapted to individual needs and implemented by our multidisciplinary team, this programme is designed to favour total well-being via a thoroughly purified and cleansed organism, a rested body, and a general balance.

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 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

Oxidative stress test

Informative consultation on supplementation

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

Possibility of intermittent fasting

Informative consultation on supplementation

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

AESTHETIC DEVICES

1 Pressotherapy

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

6 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

3 Phlebitic circuit (seawater at 24^{O}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 ampoule

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Motivational talk and biorhythms

DAILY SERVICES

1 1.25 litre bottle of water per day

1 Healthy snack (mid-morning and mid-afternoon)

1 Herbal tea (mid-morning and mid-afternoon)

PSYCHO-CORPORAL ACTIVITIES

5 Group aquagym or aquatraining *

2 Group fitness training

5 Supervised 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.

FOLLOW-UP AND RESULTS

Medical report on progress achieved

Body composition report and progress

Post-stay nutritional recommendations

Physical report on activities or exercises to continue after your stay

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Detox									
6 NIGHTS	1140	1140	1326	1194	1194	1398	1272	1272	1506
TREATMENT	985	-	985	985	-	985	985	-	985
TOTAL	2125	1140	2311	2179	1194	2383	2257	1272	2491

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 en régimen de Full board (plan nutricional). 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.
This program is only available with full board.

SUPPLEMENTS

Supplement for Superior Double Room, 35.00 €/night

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