PALASIET
Wellness Clinic & Thalasso

Get in shape Programme

This Get in shape Programme is 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

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

Informative consultation on supplementation

HEALTHY NUTRITION

Body composition study using bioimpedance

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

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)

2 Thalasso bath with seaweed

1 Underwater massage “Termas Marinas” (20 minutes)

1 Craniofacial massage (20 minutes)

1 Local relaxing massage (25 minutes)

5 Seawater ampoule

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 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.

FOLLOW-UP AND RESULTS

Medical report on progress achieved

Physical report on activities or exercises to continue after your stay

Prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Get in shape									
Full board									
6 NIGHTS	1140	1140	1326	1194	1194	1398	1272	1272	1506
TREATMENT	919	-	919	919	-	919	919	-	919
TOTAL	2059	1140	2245	2113	1194	2317	2191	1272	2425
Half board									
6 NIGHTS	882	882	1068	936	936	1140	1014	1014	1248
TREATMENT	919	-	919	919	-	919	919	-	919
TOTAL	1801	882	1987	1855	936	2059	1933	1014	2167

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