PALASIET
Wellness Clinic & Thalasso

Vital Menopause Programme

This program is aimed at women who want to learn about and prepare for menopause, gaining an in-depth understanding of how their bodies work at each stage: premenopause, menopause, and postmenopause.

Through a comprehensive approach, tools are provided to navigate this process with knowledge, well-being, and confidence.

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

OBJECTIVES

Improve the physical and emotional effects of menopause

Treatment of symptoms

Optimize your body's functionality during this stage

Learn to eat and exercise according to the stage

Guidance and conscious work to integrate menopause as a stage

DURATION

7 nights, 6 days of treatments

DIAGNOSIS AND MEDICAL SUPERVISION

General medical consultation at the start and end of the programme

Informative consultation on regenerative gynaecology

Preparation of medical history and general health assessment

Vital signs check

Complete hormonal analysis

Clinical analysis with metabolic markers

Specific consultation on supplementation

AESTHETIC APPOINTMENT AND PLANNING

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

Comprehensive meal plan for menopause

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

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

1 Seaweed wrap (50 minutes)

1 Aromatic massage (50 minutes)

1 Thalasso bath and 1 essential oil

1 Yin Yang seaweed wrap (30 minutes)

1 Body peeling (50 minutes)

1 Revitalization with vitamins (aesthetic treatment)

6 Seawater ampoule

AESTHETIC DEVICES

Complete LPG treatment – Cellulite SWING

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

6 Group aquagym or aquatraining *

6 Supervised training

1 Pilates Reformer. 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.

FOLLOW-UP AND RESULTS

Medical report on progress achieved

Nutritional report on body composition and progress

Post-stay nutritional recommendations

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*
Vital Menopause									
Full board									
7 NIGHTS	1330	1330	1547	1393	1393	1631	1484	1484	1757
TREATMENT	1561	-	1561	1561	-	1561	1561	-	1561
TOTAL	2891	1330	3108	2954	1393	3192	3045	1484	3318
Half board									
7 NIGHTS	1029	1029	1246	1092	1092	1330	1183	1183	1456
TREATMENT	1561	-	1561	1561	-	1561	1561	-	1561
TOTAL	2590	1029	2807	2653	1092	2891	2744	1183	3017

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.

SUPPLEMENTS

Supplement for Superior Double Room, 35.00 €/night

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