PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 7 nights Intense

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

7 nights, 6 days of treatments
Possibility of longer stays: 10, 14 and 21 nights

DIAGNOSIS AND MEDICAL SUPERVISION

General medical consultation at the start and end of the programme

Preparation of medical history and general health assessment

Informative consultation on supplementation

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

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°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

6 Phlebitic circuit (seawater at 24°C)

2 Thalasso bath with seaweed

1 Jet shower or pressure jet

1 Seaweed wrap

1 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

6 Seawater ampoule

AESTHETIC DEVICES

2 Pressotherapy

1 Localized Ideal Form

1 Lipolytic laser

1 Local LPG or CRS

1 Adipologie

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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 *

3 Group gymnastics or group functional training

3 Supervised training

2 Morning walk

1 Vital Awakening

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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 7 nights Intense									
7 NIGHTS	1330	1330	1547	1393	1393	1631	1484	1484	1757
TREATMENT	1522	-	1522	1522	-	1522	1522	-	1522
TOTAL	2852	1330	3069	2915	1393	3153	3006	1484	3279

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 10 nights Intense

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

10 nights, 9 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

10 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

8 Phlebitic circuit (seawater at 24°C)

3 Thalasso bath with seaweed

2 Jet shower or pressure jet

2 Seaweed wrap

2 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

9 Seawater ampoule

AESTHETIC DEVICES

4 Pressotherapy

1 Localized Ideal Form

2 Lipolytic laser

2 Local LPG or CRS

1 Adipologie

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

9 Group aquagym or aquatraining *

4 Group gymnastics or group functional training

7 Supervised training

2 Morning walk

1 Vital Awakening

7 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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 10 nights Intense									
10 NIGHTS	1900	1900	2210	1990	1990	2330	2120	2120	2510
TREATMENT	2191	-	2191	2191	-	2191	2191	-	2191
TOTAL	4091	1900	4401	4181	1990	4521	4311	2120	4701

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.
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*SINGLE: price per person with treatment occupying a double room for single use.
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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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 14 nights Intense

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

14 nights, 12 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

13 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

12 Phlebitic circuit (seawater at 24°C)

4 Thalasso bath with seaweed

3 Jet shower or pressure jet

2 Seaweed wrap

2 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

12 Seawater ampoule

AESTHETIC DEVICES

6 Pressotherapy

2 Localized Ideal Form

2 Lipolytic laser

2 Local LPG or CRS

2 Adipologie

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

13 Group aquagym or aquatraining *

6 Group gymnastics or group functional training

7 Supervised training

4 Morning walk

1 Vital Awakening

7 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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 14 nights Intense									
14 NIGHTS	2660	2660	3094	2786	2786	3262	2968	2968	3514
TREATMENT	2751	-	2751	2751	-	2751	2751	-	2751
TOTAL	5411	2660	5845	5537	2786	6013	5719	2968	6265

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 21 nights Intense

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

21 nights, 18 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

21 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

19 Phlebitic circuit (seawater at 24°C)

6 Thalasso bath with seaweed

4 Jet shower or pressure jet

3 Seaweed wrap

3 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

20 Seawater ampoule

AESTHETIC DEVICES

9 Pressotherapy

3 Localized Ideal Form

3 Lipolytic laser

3 Local LPG or CRS

3 Adipologie

HEALTHY ACTIVITIES

1 Healthy nutrition talk

2 Healthy cooking class

1 Group motivation and biorhythm session

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

20 Group aquagym or aquatraining *

9 Group gymnastics or group functional training

10 Supervised training

6 Morning walk

1 Vital Awakening

12 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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 21 nights Intense									
21 NIGHTS	3990	3990	4641	4179	4179	4893	4452	4452	5271
TREATMENT	4004	-	4004	4004	-	4004	4004	-	4004
TOTAL	7994	3990	8645	8183	4179	8897	8456	4452	9275

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.
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SUPPLEMENTS

Supplement for Superior Double Room, 35.00 €/night

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 7 nights Moderate

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

7 nights, 6 days of treatments
Possibility of longer stays: 10, 14 and 21 nights

DIAGNOSIS AND MEDICAL SUPERVISION

General medical consultation at the start and end of the programme

Preparation of medical history and general health assessment

Informative consultation on supplementation

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

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°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

5 Phlebitic circuit (seawater at 24°C)

3 Thalasso bath with seaweed

1 Jet shower or pressure jet

1 Seaweed wrap

1 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

6 Seawater ampoule

AESTHETIC DEVICES

2 Pressotherapy

1 Lipolytic laser

1 Local LPG or CRS

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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 *

3 Group gymnastics or group functional training

3 Supervised training

2 Morning walk

1 Vital Awakening

2 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.*

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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.

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Medical report on progress achieved

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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*
Weight Loss 7 nights Moderate									
7 NIGHTS	1330	1330	1547	1393	1393	1631	1484	1484	1757
TREATMENT	1355	-	1355	1355	-	1355	1355	-	1355
TOTAL	2685	1330	2902	2748	1393	2986	2839	1484	3112

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

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SUPPLEMENTS

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 10 nights Moderate

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

10 nights, 9 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

Informative consultation on supplementation

Vital signs check

Clinical analysis with metabolic markers

HEALTHY NUTRITION AND MEAL PLAN

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THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

10 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

8 Phlebitic circuit (seawater at 24°C)

3 Thalasso bath with seaweed

2 Jet shower or pressure jet

2 Seaweed wrap

2 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

9 Seawater ampoule

AESTHETIC DEVICES

3 Pressotherapy

1 Localized Ideal Form

2 Lipolytic laser

1 Local LPG or CRS

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

9 Group aquagym or aquatraining *

4 Group gymnastics or group functional training

5 Supervised training

3 Morning walk

1 Vital Awakening

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

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FOLLOW-UP AND RESULTS

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Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 10 nights Moderate									
10 NIGHTS	1900	1900	2210	1990	1990	2330	2120	2120	2510
TREATMENT	2036	-	2036	2036	-	2036	2036	-	2036
TOTAL	3936	1900	4246	4026	1990	4366	4156	2120	4546

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.
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SUPPLEMENTS

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 14 nights Moderate

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

14 nights, 12 days of treatments

DIAGNOSIS AND MEDICAL SUPERVISION

General medical consultation at the start and end of the programme

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SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

14 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

12 Phlebitic circuit (seawater at 24°C)

4 Thalasso bath with seaweed

3 Jet shower or pressure jet

2 Seaweed wrap

2 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

12 Seawater ampoule

AESTHETIC DEVICES

4 Pressotherapy

2 Localized Ideal Form

2 Lipolytic laser

2 Local LPG or CRS

1 Adipologie

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

12 Group aquagym or aquatraining *

6 Group gymnastics or group functional training

7 Supervised training

4 Morning walk

1 Vital Awakening

6 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.*

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Medical report on progress achieved

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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*
Weight Loss 14 nights Moderate									
14 NIGHTS	2660	2660	3094	2786	2786	3262	2968	2968	3514
TREATMENT	2608	-	2608	2608	-	2608	2608	-	2608
TOTAL	5268	2660	5702	5394	2786	5870	5576	2968	6122

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 21 nights Moderate

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

21 nights, 18 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

21 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

19 Phlebitic circuit (seawater at 24°C)

6 Thalasso bath with seaweed

4 Jet shower or pressure jet

3 Seaweed wrap

3 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

20 Seawater ampoule

AESTHETIC DEVICES

6 Pressotherapy

3 Localized Ideal Form

3 Lipolytic laser

3 Local LPG or CRS

1 Adipologie

HEALTHY ACTIVITIES

1 Healthy nutrition talk

2 Healthy cooking class

1 Group motivation and biorhythm session

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

20 Group aquagym or aquatraining *

9 Group gymnastics or group functional training

10 Supervised training

6 Morning walk

1 Vital Awakening

10 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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 21 nights Moderate									
21 NIGHTS	3990	3990	4641	4179	4179	4893	4452	4452	5271
TREATMENT	3630	-	3630	3630	-	3630	3630	-	3630
TOTAL	7620	3990	8271	7809	4179	8523	8082	4452	8901

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.
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*SINGLE: price per person with treatment occupying a double room for single use.
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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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 7 nights Light

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

7 nights, 6 days of treatments
Possibility of longer stays: 10, 14 and 21 nights

DIAGNOSIS AND MEDICAL SUPERVISION

General medical consultation at the start and end of the programme

Preparation of medical history and general health assessment

Informative consultation on supplementation

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

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°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

6 Phlebitic circuit (seawater at 24°C)

2 Thalasso bath with seaweed

1 Jet shower or pressure jet

1 Seaweed wrap

1 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

6 Seawater ampoule

AESTHETIC DEVICES

1 Pressotherapy

1 Lipolytic laser

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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 *

3 Group gymnastics or group functional training

3 Supervised training

3 Morning walk

1 Vital Awakening

2 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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 7 nights Light									
7 NIGHTS	1330	1330	1547	1393	1393	1631	1484	1484	1757
TREATMENT	1264	-	1264	1264	-	1264	1264	-	1264
TOTAL	2594	1330	2811	2657	1393	2895	2748	1484	3021

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.
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*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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 10 nights Light

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

10 nights, 9 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

10 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

9 Phlebitic circuit (seawater at 24°C)

3 Thalasso bath with seaweed

2 Jet shower or pressure jet

2 Seaweed wrap

2 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

9 Seawater ampoule

AESTHETIC DEVICES

2 Pressotherapy

1 Lipolytic laser

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

9 Group aquagym or aquatraining *

4 Group gymnastics or group functional training

5 Supervised training

3 Morning walk

1 Vital Awakening

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

Nutritional report on body composition 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*
Weight Loss 10 nights Light									
10 NIGHTS	1900	1900	2210	1990	1990	2330	2120	2120	2510
TREATMENT	1826	-	1826	1826	-	1826	1826	-	1826
TOTAL	3726	1900	4036	3816	1990	4156	3946	2120	4336

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.
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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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 14 nights Light

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

14 nights, 12 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

Informative consultation on supplementation

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

GUIDANCE CONSULTATION

Listening, support and guidance during your stay

SPORTS CONSULTATION AND EXERCISE PLANNING

Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

14 Biomarine circuit: access to hydrotherapy circuit in seawater thermal pool at 35°, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, jacuzzi, salt sauna, marine vaporarium and contrast pool

12 Phlebitic circuit (seawater at 24°C)

4 Thalasso bath with seaweed

3 Jet shower or pressure jet

2 Seaweed wrap

1 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

12 Seawater ampoule

AESTHETIC DEVICES

2 Pressotherapy

2 Lipolytic laser

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

12 Group aquagym or aquatraining *

6 Group gymnastics or group functional training

7 Supervised training

4 Morning walk

1 Vital Awakening

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

Nutritional report on body composition 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*
Weight Loss 14 nights Light									
14 NIGHTS	2660	2660	3094	2786	2786	3262	2968	2968	3514
TREATMENT	2209	-	2209	2209	-	2209	2209	-	2209
TOTAL	4869	2660	5303	4995	2786	5471	5177	2968	5723

Price in euro €.

LOW SEASON: from 06-03 to 31-05 and from 14-09 to 31-12
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SUPPLEMENTS

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

PALASIET
Wellness Clinic & Thalasso

Weight Loss Programme 21 nights Light

Programme intended to minimize health problems associated to overweight, with the aim of caring for our bodies and improving our life quality and self-esteem. With a comprehensive system of professionals, this program is adapted to each person.

OBJECTIVES

Lose weight and volume

Make positive lifestyle changes to maintain a healthy weight

Develop an effective active maintenance routine

Increase physical and mental well-being

DURATION

21 nights, 18 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

Informative consultation on supplementation

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

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Functional assessment with personal trainer

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

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6 Thalasso bath with seaweed

4 Jet shower or pressure jet

3 Seaweed wrap

3 Body shaping massage (50 minutes)

1 Body peeling (50 minutes)

20 Seawater ampoule

AESTHETIC DEVICES

4 Pressotherapy

3 Lipolytic laser

1 Adipologie

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

Group motivation and biorhythm session

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

20 Group aquagym or aquatraining *

9 Group gymnastics or group functional training

10 Supervised training

6 Morning walk

1 Vital Awakening

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

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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

Full board prices 2026

Prices 2026	Low season			Mid season			High season		
Prices per person	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*	Double*	Accomp.*	Single*
Weight Loss 21 nights Light									
21 NIGHTS	3990	3990	4641	4179	4179	4893	4452	4452	5271
TREATMENT	3227	-	3227	3227	-	3227	3227	-	3227
TOTAL	7217	3990	7868	7406	4179	8120	7679	4452	8498

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)
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SUPPLEMENTS

Supplement for Superior Double Room, 35.00 €/night

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