PALASIET
Wellness Clinic & Thalasso

Thalassotherapy Programme

Programme aimed at improving rheumatic pathologies such as arthrosis, arthritis, osteoporosis, fibromyalgia; traumatological conditions such as muscle contractions, cervical pain, back ache, lower back pain, and injuries requiring rehabilitation; and dermatological and circulatory disorders. Customised techniques and therapies are prescribed by our medical team.

OBJECTIVES

Reduce pain and discomfort associated with various conditions

Strengthen the body

Exercise comfortably and effectively

Improve physical condition

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

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

PHYSIOTHERAPY CONSULTATION

Functional assessment with physiotherapist

3 Therapeutic gymnastics supervised by physiotherapist

AESTHETIC DEVICES

2 Diathermy session

THALASSOTHERAPY TREATMENTS AND SPECIFIC TREATMENTS

5 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

6 Phlebitic circuit (seawater at 24^{O}C)

2 Assisted therapy, in water with physiotherapist (40 minutes)

2 Thalasso bath with seaweed

2 Sea mud (cold or hot, as prescribed)

2 Local therapeutic massage (40 minutes)

6 Seawater ampoule

HEALTHY ACTIVITIES

Healthy nutrition talk

Healthy cooking class

PSYCHO-CORPORAL ACTIVITIES

6 Group aquagym *

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

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*
Thalassotherapy									
Full board									
7 NIGHTS	1330	1330	1547	1393	1393	1631	1484	1484	1757
TREATMENT	1211	-	1211	1211	-	1211	1211	-	1211
TOTAL	2541	1330	2758	2604	1393	2842	2695	1484	2968
Half board									
7 NIGHTS	1029	1029	1246	1092	1092	1330	1183	1183	1456
TREATMENT	1211	-	1211	1211	-	1211	1211	-	1211
TOTAL	2240	1029	2457	2303	1092	2541	2394	1183	2667

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