

THALASSOTHERAPY CENTRE PRICES 2018

COMPLEJO



PALASIET

SALUD · TURISMO · RESTAURACIÓN

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CLÍNICA DE TALASOTERAPIA  
HOTEL Y RESTAURANTES

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BENICÀSSIM · CASTELLÓN

# THALASSOTHERAPY CENTER

## MEDICAL SERVICES

Initial Medical Consultation.....	60 €
Medical control .....	33 €
Analysis According to the Medical Visit	

## MASSAGE LIST

Relaxation Massage 25 minutes .....	36 €
(abdomen, back or circulatory)	
Relaxation Massage 40 minutes .....	54 €
Relaxation Massage 60 minutes .....	74 €
Therapeutic Massage 40 minutes .....	60 €
Therapeutic Massage 60 minutes .....	80 €
“Termas Marinas” Massage .....	50 €
(under a seawater shower)	
“Dermo-Palasiyet” Massage .....	60 €
Foot Reflexology .....	39 €
Partial Lymphatic Drainage .....	49 €
Complete Lymphatic Drainage .....	88 €

## MARINE MUDDS

Local marine muds.....	20 €
(3 joints)	
Full back marine muds.....	28 €
General marine muds.....	33 €
VOUCHERS 5 sessions .....	216 €
full back + 3 joints	

<b>ELECTROTHERAPY</b> .....	19 €
(Ultrasounds, laser, microwave and infrared)	

## THALASSOTHERAPY SERVICES

<b>Biomarine Circuit</b> .....	25 €
(Indoor 36 degrees Centigrade seawater swimming pool, waterbeds, cervical and lumbar water jets, sauna, vaporarium and different types of whirlpool bath)	
<b>Special Voucher of 10 sessions</b> .....	162 €
(Biomarine Circuit)	
<b>Special Voucher of 10 sessions</b> .....	210 €
(Gym+Biomarine circuit+leg stimulation walking pool)	
<b>“CLUB TERMAS” Special three-month Voucher</b> .....	300 €
The best way to enjoy your personal Thalassotherapy centre. Renewable three-monthly vouchers are a practical way of enjoying our thermal swimming pool (active seawater swimming pool with a temperature of 36°, whirlpool bath, hamman and Finnish sauna) and our cardiovascular and muscle toning gym.	
<b>Whirlpool bath</b> .....	25 €
<b>Whirlpool bath with algae</b> .....	30 €
<b>Pressure jets</b> .....	27 €
<b>Dermo-Palasiyet Shower</b> .....	35 €
<b>Leg stimulation walking pool</b> .....	10 €



# THALASSOTHERAPY CENTER

## SUPPLEMENTARY ACTIVITIES

Group gym.....	10 €
Aqua-gym.....	10 €
Fitness Session (gym).....	8 €
Muscle chain stretching (Individual session).....	35 €
Muscle chain stretching (Group session).....	10 €
Tai Chi (Individual session).....	35 €
Tai Chi (Group session).....	10 €
Hikes with trainer.....	10 €
Yoga (Individual session).....	50 €
Yoga (Group session).....	10 €
Ai Chi (Individual session).....	41 €
Assisted Therapy by physiotherapist.....	50 €
Pressotherapy.....	30 €

## PODIATRY SURGERY

Chiropody - podiatry session ..... 40 €

Comprehensive treatment of foot skin conditions,  
such as:

- DERMATOMYCOSIS (athlete's foot, fungi...)
- HYPERKERATOSIS (condition caused by excessive development of keratin in skin, corns, calluses...)
- ONYCHOCRYPTOSIS (ingrown toenail)
- ONYCHOGRYPHOSIS (nails thickened regardless of the cause).

## PHYSICAL AND SPORTS TRAINING PROGRAMMES

### Physical preparation:

- Strength and Physical Conditioning programmes
- Weight Loss programmes
- Preventing and functional recovering from sports injuries

### Services:

- Individual training.....25 €/ses.
- Training in small groups (Please ask us if there are more users)
  - 2 users..... 40 €
  - 3 users..... 50 €
  - 4 users..... 60 €
  - 5 users..... 70 €

### Vouchers:

- 5 training sessions..... 118 €
- 10 training sessions..... 225 €
- 8 training sessions + 3 sessions with our nutrition specialist ..... 250 €

## THERAPEUTIC LPG

(rehabilitation, injuries, etc...)

- Price per session..... 59 €
- Bonus 5 sessions..... 270 €
- Bonus 10 sessions..... 490 €

It includes medical visit at the beginning and end of treatment, medical and physiotherapeutic supervision.

# ORIENTAL TECHNIQUES

## SHIATSU

Japanese body therapy that uses touch to influence the vital energy flow and improve your health. It is carried out on a tatami and it is advisable to wear comfortable clothes. 60 minutes ..... 71 €

## TRADITIONAL THAI MASSAGE

A technique that consists of applying pressure to different energy points along the sen lines to balance the energy and stretch the joints in order to eliminate body blockages. It is carried out on a tatami and it is advisable to wear comfortable clothes.

60 minutes ..... 76 €      90 minutes ..... 109 €

## TUINA

Therapy by means of vigorous massage and applying pressure on the meridians and specific points, influencing the Qi flow (vital energy) producing deep effects on all aspects of wellbeing (emotional, spiritual and physical). It is advisable to wear comfortable clothes.

60 minutes ..... 66 €      30 minutes ..... 38 €

## THAI REFLEXOLOGY

Technique based on the stimulation of the sen energy lines using massage with towels, aromatherapy and foot reflexology. 60 minutes ..... 68 €

## KOREAN RELAXATION

It takes place in a quiet atmosphere, with pleasant temperature and environment according to feng shui, and it consists of a slow mobilization of the joints which produces total relaxation. It is done on a tatami and wearing comfortable clothes is advisable. 60 minutes ..... 63 €

## AMMA

Wise combination of finger-tip and palm pressure and stretching, stimulating the circulation and the nerve endings. In an ergonomic chair wearing comfortable clothes. 30 minutes ..... 36 €

## MARMA

Stimulation of the marma points strengthening the tissue and the vital defensive energy, preventing and helping to fight illnesses, allergies, anxiety and stress. 60 minutes ..... 63 €

## ETERNITY KERALA "AYURVEDA"

Centuries-old Hindu holistic technique. Essential oils, herbs and spices are used to achieve a balance of mind and body, unblocking the whole organism to induce a deep state of inner peace.

- **Prana and Dara massage:** balance and relaxation ..... 64 €
- **Pindasweda massage:** stimulating massage with warm herbs and oils wrapped in a compress. 30 min... 39 €

# THERAPEUTIC TREATMENTS FOR CUSTOMERS WITHOUT ACCOMMODATION

## DISCOVER THALASSOTHERAPY (1 DAY)

Biomarine circuit, Leg stimulation walking pool, Hydro massage bath with algae, Massage 25 min., Curative marine tonic ..... 82 €

## SLIMMING - OBESITY (5 DAYS)

2 Medical Visits (at the beginning and end of treatment), 2 Consultations with Dietician, Appointment and workout program with personal trainer, 1 Blood test, 5 Sessions of the biomarine circuit, 5 Sessions of the leg stimulation walking pool, 4 Sessions of muscular toning, 1 Hydro massage baths with algae, 1 lipolytic laser, 1 Pressotherapy, 1 algae body wrap, 1 body shaper, Curative marine tonic. Dietetic program to follow at home ..... 349 €

## TREATMENT PRESCRIBED ON MEDICAL CONSULTATION

The medical practitioner will prescribe after consultation the most suitable treatments for the patient. Please consult prices after visit at medical secretary office.

## NUTRITIONAL ADVICE

- Would you like to learn to eat well? To keep to a healthy diet and also lose weight? Would you like to know if you are overweight or suffer from obesity, and what your ideal weight is? What should you eat if you have high cholesterol or diabetes?
- We know that the best diet is the one that best suits your habits, therefore at El Palasiet we offer you various possibilities to make you feel better and also reduce body volume.
- You can choose to attend one or more consultations, or take advantage of our special programs:

First consultation ..... 50 €      Follow-up visits ..... 30 €

## SPECIAL TREATMENT VOLUMEN LOSS

Treatment that combines the dietetic and aesthetic departments based on LPG. It includes:

Voucher for 10 sessions of LPG-Endermology, 3 Medical consultations, 3 consultations with the food technician to develop a nutrition plan, 1 appointment and workout programming with personal trainer, 10 sessions of muscle toning. **Diet Plan + LPG + Gymnasium ..... 566 €**

**Program duration: 5 weeks**

## - COMBINED TREATMENTS

Promo pack: Biomarine circuit + cocktail + menú ..... 50 €  
Pack 25': Biomarine circuit + massage 25 min ..... 54 €  
Pack 40': Biomarine circuit + massage 40 min ..... 70 €  
Pack 60': Biomarine circuit + massage 60 min ..... 90 €  
Combi 25: Biomarine Circuit + massage 25 min + Restaurant Menu (lunch or dinner) ..... 82 €  
Pack "Runners": Biomarine Circuit + massage 25 min + leg stimulation walking pool ..... 62 €

*Medical services are provided by TALATHERM LIMITED COMPANY with Fiscal Id. No B12458253 and health registration number 5091.*

*Services not requiring medical supervision will be invoiced by Residencia de Talasoterapia Limited Company and will be subject to the applicable rate of VAT.*

# BEAUTY TREATMENTS

The marine world plays a major part in our Health and Beauty Suite and we have created a range of treatments combining thalassotherapy with highly effective and high quality cosmetics, designed to efficiently solve any aesthetic problem, and at the same time offering you the best of the sea.

## FACIALS

### • HYGIENE FACIAL

Deep cleansing treatment to remove impurities for all skin types..... 60 €

### • FACIAL TREATMENTS

Treatments tailor-made for your skin type..... 70 €

- Hydrating
- Oxygen
- Nutritional
- Purifying - equilibrium
- Regenerative
- Firming
- Anti-wrinkle
- Men's special

### • FACIAL EXPRESS

Peeling with application of specific cream according to skin type through massage and mask.

30 minutes..... 39 €

### • FACIAL VITALIFT

Global age-defying treatment for mature skins smoothing wrinkles and eliminating puffiness, restoring brightness and natural youthful firmness..... 102 €

### • PEELING

Treatment recommended to improve the look of your skin by application of hydroxy acid to exfoliate and slough off the old and damaged cells promoting the appearance of invigorated skin, smoother looking, reducing marks and wrinkles..... 60 €

### • "TMT SYSTEM" - PAIN-FREE MESOTHERAPY

Electro-photoporation technology equipment penetrates down to the deepest layers of the skin. A state-of-the-art medical aesthetics cosmetic treatment. Active solutions are applied using a roll-on applicator, gently massaged all over the skin enabling a deep penetration of the product. The system is safe, non-invasive, rapid and highly effective, with no side effects.

- Age-defying program ..... 80 €/ses.
- Sensitive skins and correction of skin blotches..... 80 €/ses.
- Anti-flaccidity program..... 96 €/ses.
- Intensive depigmentation programme .96 €/ses.

***\*Check the special bonuses for these treatments.***

# BODY TREATMENTS

## • PEELING

Removes impurities and roughness, regenerates, makes your skin smoother and more elastic. Especially useful to prepare the skin for further treatment, and ideal before and after sunbathing..... 60 €

### - Back cleansing treatment.

Deep cleansing mask eliminating impurities..... 57 €

## • WRAPS WITH MASSAGE

### - Algae Therapy.

Warm algae wrap which slims and firms whilst thoroughly remineralizing your skin ..... 73 €

### - Marine Mud Therapy.

Warm marine mud wrap relaxing and soothing muscle aches and pains..... 73 €

### - Chocotherapy.

Delicious cocoa wrap that helps reduce your figure, smooths 'orange peel' skin, moisturizing and eliminating stress, providing energy and vitality..... 70 €

### - Light Legs.

The blending of oils and vegetable extracts with algae make it a perfect treatment to treat heavy legs and cellulite. Results: reactivates micro-circulation and decreases oedemas due to its draining effect..... 60 €

### - Marine Bath Sensations.

A luxurious treat for the skin and a gift for the senses. The ultimate pleasurable pampering in a bubbling marine water bath, enriched with mineral extracts, soothes, relaxes and stimulates the skin, relieving muscular aches and pains and tension. (1h)..... 50 €

## • CITRIC REVITALIZER

Intensive anti-aging revitalizing treatment that is based on the antioxidant, regenerating and oxygenating properties contained in citrus fruits. It slows down the aging process and activates cell metabolism. It provides an immediate source of energy throughout your body when there is physical and mental fatigue, stress or lack of vitality, all of which is reflected on the skin.

1.40h..... 115 €

# BODY TREATMENTS

## • WELL-BEING MESSAGES

### - Ocean Fragrance Massage.

A 60 minute massage to relieve, stress and sensitivity, allowing a deep level of relaxation and easing muscular cramps, using a variety of strokes and techniques surrounded by a warm atmosphere of ocean aromas ..... 74 €

### - Craniofacial Well-Being Massage.

A 20 minutes well-being massage for scalp and face with relaxation techniques such as stretching, finger tip pressure on the back, head and face, aimed at relieving stress, migraines, muscular tension and stiff neck and shoulders..... 39 €

### - Massage Sensations.

Experience new sensations with the soothing massage by two therapists. The ultimate pleasure experience in rhythmic synchronized movements. 30 minutes ..... 52 €

### - Obsidian and Oynx Stone Massage.

Deeply relaxing therapy with natural energizing volcanic and marine stones. The alternation in temperatures and the harmony of the massage stimulate the marmas points and boost the vital flow of energy and circulation throughout the body.

40 min ..... 63 €    60 min ..... 93 €

### - Bamboo Rods.

Exotic eastern massage which unlocks bio-energetic disorders, with a sedative effect on nerve endings and very effective as a muscle relaxant. It eliminates toxins, reactivates circulatory and lymphatic disorders, fights cellulite and reshapes your figure.

COMPLETE 50 min. MASSAGE..... 65 €    PARTIAL 25 min. MASSAGE ..... 39 €





## FIGURE SHAPING SPECIALS

### • FULL-BODY COCOON

A double-action firming and contour reduction treatment using marine and plant extracts to encourage fat loss, reduce the appearance of 'orange peel' skin and tone muscle fiber .....70 €

### • SVELT TREATMENT

A 25 minute deep hands-on massage recommended to blitz cellulitis. Drainage and lipolytic products are used to boost blood flow and drain away excess fluid leaving your skin smoother to the touch and improving the 'orange peel' effect. 25 min .....39 €

### • "TMT SYSTEM" - PAIN-FREE MESOTHERAPY

(See description about this treatment in facial beauty section).

#### - Anti-cellulite lymphatic Drainage

programme .....92 €/ses.

- Localised cellulite programme .....92 €/ses.

- Firming programme .....92 €/ses.

- Anti-stretch mark programme .....92 €/ses.

Bonus 5 sessions .....435 €

Bonus 10 sessions.....865 €

### • VITALITY TREATMENT

A vigorous 25 minute massage using regenerating and tightening products. The revitalizing, energizing movements counteract dryness and loss of suppleness. Your skin looks and feels toned and youthfully firm. 25 min .....39 €

### • ENDERMOLOGY (LPG)

Mmechanical therapeutic massage, an ideal treatment for cellulite and skin flaccidity. It includes our doctor's consultation on arrival and on departure, and medical and dietetic control.

Price per session.....55 €

Bonus 5 sessions .....250 €

Bonus 10 sessions.....450 €

Check-in and check-out medical consultation, medical and nutritional control.

### • AESTHETIC ELECTRO-MEDICINE

Complementary aesthetic treatments with machines. Passive Gymnastics by interferential current (complex) .....20 €

Aesthetic ultrasounds .....26 €

Lypolitic laser .....27 €

Pressotherapy.....30 €

## HAND AND FEET BEAUTY

- STANDARD MANICURE ..... 19 €

- STANDARD PEDICURE ..... 45 €

- APPLICATION OF COLOURED NAIL POLISH .....5 €

- FRENCH MANICURE ..... 10 €

- SEMI-PERMANENT NAIL POLISH ..... 25€

- REMOVING SEMI-PERMANENT NAIL POLISH .....6 €

- REMOVING ARTIFICIAL NAILS ..... 20€

### - SPECIAL TREATMENT HANDS

Luxury treatment that cleanses, prepares and repairs hands and nails, leaving your skin soft and firm, deeply conditioned and free from imperfections ..... 60 €

### - SPECIAL TREATMENT FEET

Luxury triple action treatment restoring, softening and conditioning even the driest and most neglected areas. Your feet will feel thoroughly refreshed, silky soft and you will feel like you're 'walking on air' ... 70 €

## SPECIALS PROGRAMS

### SPECIAL FACIAL "ANTI-AGEING" PACKAGE

Treatment designed to give your FACE a thorough workout, holding back the signs of age. This treatment involves 5 sessions: 1st session: Deep cleansing. 2nd session: Regeneration. 3rd session: Oxygenation. 4th session: Anti wrinkles. 5th session: Firming ..... 280 €

### FACE AND BODY RITUAL

Immerse yourself in a unique atmosphere of complete relaxation and let yourself be carried away by the perfect harmony of our treatment. (Bath, peeling and body and face wrap) It's impossible to describe!! Try it!!  
Duration: 2,30 hours ..... 209 €

### BRIDES

A combo of personalized treatments to be radiant on your wedding day. Facial, body peeling, manicure and pedicure ..... 179 €

### BRIDEGROOMS

A set of treatments of immediate effect, a real tune-up to look perfect on that very special day. Body peeling, facial and manicure ..... 126 €

## MICROPIGMENTATION

Also known as semi-permanent makeup, this is an aesthetic specialty whose purpose is to correct and modify, beautify and balance in a semi-specific facial feature (lips, eyebrows, eyelids ...) or body (scalp, breast areola ...) to through the implementation of epidermal pigment level ..... 375 €

## OTHER TREATMENTS

**DAY MAKE-UP** ..... 40 €  
**PARTY MAKE-UP** ..... 50 €  
**BRIDES MAKE-UP** ..... 50 €  
**BRIDES MAKE-UP + TEST** ..... 75 €

**UV RAYS** ..... 5 €  
**EYELASH TINT** ..... 15 €  
**EYEBROW TINT** ..... 12 €  
**PERMANENT EYELASH COLOUR** ..... 25 €

### - Hair Removal

#### Traditional Method

#### Female Waxing

Full Leg ..... 28 €  
 Thighs ..... 20 €  
 Half Leg ..... 15 €  
 Underarm/Bikini Line ..... 11 €  
 Inner buttocks ..... 12 €

Brazilian Bikini ..... 15 €  
 Genitals ..... 20 €  
 Arms ..... 13 €  
 Upper Lip/Eyebrows ..... 6 €  
 Eyebrow shaping ..... 11 €

#### Male Waxing

Full Leg ..... 31 €  
 Buttocks ..... 20 €  
 Chest ..... 15 €  
 Abdomen ..... 15 €  
 Arms ..... 25 €  
 Underarm ..... 13 €  
 Back ..... 30 €

## OTHER TREATMENTS

### - HAIRDRESSING SERVICE

LADIES' PRICES											
Shampoo & Set	Shampoo & Blow Dry	Shampoo, Blow Dry & Hair Straightening	Cut	Re-Style	Regrowth Root Retouch	Full Head Tint	Highlights	Colour & Highlights	Semi-permanent Colour	Bleaching	
20 €	18 €	22 €	14 €	25 €	40 €	50 €	47 €	57 €	32 €	42 €	<b>Short</b>
22 €	20 €	24 €	14 €	25 €	42 €	52 €	54 €	62 €	34 €	44 €	<b>Medium</b>
28 €	26 €	32 €	14 €	25 €	48 €	58 €	62 €	70 €	38 €	***	<b>Long</b>

GENTS' PRICES		
Cut	Colour	Highlights
17 €	32 €	38 €

CHILD PRICES	
Cut	Shampoo, Cut & Blow Dry
10 €	17 €

## OBSERVATIONS

- All our treatments have vouchers of 10 sessions with 10% discount.
- Access to our thermal facilities is restricted to customers receiving treatment.
- The minimum age required for access to the Biomarine Circuit is five years, with specific authorization of the person in charge of the child.
- Medical attention concerning specific treatments will be given only during medical consultation hours.
- The thermal techniques of the different packages cannot be changed or refunded.
- The group sessions are considered to be minimum of 5 people.
- Swimming cap and appropriate footwear are compulsory in the hydrotherapy area.
- Sports clothes and training shoes are compulsory for use of the gym.
- The company is not responsible for any robbery or loss that takes place on the premises.
- We also offer the following services:

Towel rental .....	2 €
Bathrobe rental .....	3 €



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