

RESIDENTIAL STAY PRICES 2018

COMPLEJO 

PALASIET

SALUD › TURISMO › RESTAURACIÓN

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CLÍNICA DE TALASOTERAPIA  
HOTEL Y RESTAURANTES

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BENICÀSSIM • CASTELLÓN

*- The Wellness Experience -*

# BRIEF INTRODUCTION TO THE THALASSOTHERAPY

## **What is Thalassotherapy? How is it applied? Who applies it?**

It is a medically recognized term within the techniques and therapeutic procedures of hydrotherapy, which combines, under medical supervision and for both preventive and curative purposes, the benefits of the marine environment including seawater, mud, seaweeds and sand with other elements taken from the sea, apart from the marine climate. The meaning of Thalassotherapy comes from the Greek: Thalasso=seawater and Therapia=treatment.

Seawater has therapeutic virtues mainly as a result of its composition, and its chemical and physical properties are used to perform individual techniques (baths, jets, showers) and collective ones (pools, vaporarium) which optimize its beneficial effects for the treatment of different ailments through thermal seawater, seaweeds, mud and other elements extracted from the sea. The medical practitioner is essential in order to select the most suitable treatment. Our qualified staff doctors, physiotherapists, assistant nurses, massage therapists, beauty specialists, dieticians and personal trainers are the ones who will help you to carry out the convenient therapies to make your treatment satisfactory, all of them based on making the most of sea water benefits.



# THALASSOTHERAPY TREATMENTS



## **Basic introductory therapies for THALASSOTHERAPY included in all week-long treatments:**

For stays of seven nights including the following basic therapies\*:

- 6 Biomarine circuit sessions
- 6 walking pool sessions
- 6 Aqua gym sessions
- 6 Group gym sessions

\* access to activities subject to a specific time are not replaceable or refundable

## **Access to the activities\*:**

- Healthy Cookery workshop
- Healthy and Nutrition talk
- Hikes with a trainer
- Muscle chain stretching classes
- Unlimited gym use

\* access to activities subject to a specific time are not replaceable or refundable

## **SUBJECT TO MEDICAL VISIT PROGRAM**

is a preliminary medical consultation to prescribe the most appropriate program to be carried out among the following:

# THALASSOTHERAPY TREATMENTS

## RHEUMATOLOGIC

**Specific treatments for customers suffering from osteoarthritis, osteoporosis, rheumatoid arthritis, lumbalgia, fibromyalgia\*, etc**

- 2 Medical consultations (at the beginning and end of treatment)
- 1 Nutritionist visit (Analysis of body composition)
- 1 Appointment and workout program with personal trainer
- 1 Blood test

### **Access to basic therapies and additionally:**

- 6 hydrothermal whirlpool baths with algae
- 3 therapeutic massage 25 minutes
- 3 therapeutic applications of marine mud
- 1 shower pressure jets
- 6 electrotherapy sessions (according prescription)
- 5 fitness sessions
- Curative marine tonic
- Daily tasting of green juice or “green smoothies”

\*Fibromyalgia: customized specific treatments

## CIRCULATORY

**Recommended for those people with circulatory, arterial and phlebitis problems (varicose veins, tired legs, post-thrombosis, edemas...)**

- 2 Medical consultations (at the beginning and end of treatment)
- 2 Nutritionist visits (Analysis of body composition)
- 1 Appointment and workout program with personal trainer
- 1 Blood test

### **Access to basic therapies and additionally:**

- 6 hydrothermal whirlpool baths with algae
- 6 walking pool sessions
- 1 venous or lymphatic drainage massages (partial)
- 3 press therapy sessions
- 2 algae wraps
- 3 cold applications of seawater mud
- 1 shower pressure jet
- 1 light legs treatment
- 5 fitness sessions
- Curative marine tonic
- Daily tasting of green juice or “green smoothies”

# THALASSOTHERAPY TREATMENTS

## REHABILITATION

**Recommended treatments for people who need rheumatic and post-traumatic rehabilitation, sports injuries,...**

- 2 Medical consultations (at the beginning and end of treatment)
- 1 Nutritionist visit (Analysis of body composition)
- 1 Appointment and workout program with personal trainer
- 1 Blood test

### **Access to basic therapies and additionally:**

- 6 hydrothermal whirlpool baths with algae
- 3 therapeutic massages 25 min.
- 3 assisted water therapies
- 3 therapeutic applications of marine mud
- 1 shower pressure jets
- 6 electrotherapy sessions (according prescription)
- 5 fitness sessions
- 1 Therapeutic LPG
- Curative marine tonic
- Daily tasting of green juice or "green smoothies"

## GET IN SHAPE AND ANTISTRESS

**Specific treatments for people who suffer from stress, anxiety, exhaustion, fatigue...**

- 2 Medical consultations (at the beginning and end of treatment)
- 1 Nutritionist visit (Analysis of body composition)
- 1 Appointment and workout program with personal trainer
- 1 Blood test

### **Access to basic therapies and additionally:**

- 3 hydrothermal whirlpool baths with algae
- 1 shower pressure jets or 1 massage 25 min. (according prescription)
- 1 massage "Termas Marinas" 20 min. (under a seawater shower)
- 1 application of marine mud
- 5 fitness sessions
- Curative marine tonic
- Daily tasting of green juice or "green smoothies"

# THALASSOTHERAPY TREATMENTS

## **WEIGHT LOSS**

**Recommended for overweight people, obesity, cellulite, or all those who want to maintain a healthy appearance**

- 2 Medical consultations (at the beginning and end of treatment)
- 2 Nutritionist visits (Analysis of your body composition and nutritional advice)
- 1 Appointment and workout program with personal trainer
- 1 Blood test

### **Access to basic therapies and additionally:**

- 6 hydrothermal whirlpool baths with algae
- 2 massage 25 min.
- 2 electro-stimulation-complex sessions
- 3 press therapy sessions
- 1 wrap with algae
- 1 peeling
- 1 body-shaping
- 1 lipolytic laser
- 3 shower pressure jets or ultrasound therapy sessions (according to medical prescription)
- 1 LPG (therapeutic, mechanized and sub - epidemic massage - includes outfit)
- 5 fitness sessions
- Dietetic Premium Pack
- Curative marine tonic

Note: personalised assessment at the end of your stay and support for continuing your diet at home (3 months)  
You can check our 10, 14 and 21 day programs.

## **DERMATOLOGICAL**

**Psoriasis, atopic dermatitis, eczema, acne, scars (burns, post-cancer, post-surgery)...**

- 2 Medical consultations (at the beginning and end of treatment)
- 1 Nutritionist visit (analysis of body composition)
- 1 Blood test

### **Access to basic therapies and additionally:**

- 5 hydrothermal whirlpool baths with algae
- 3 massage DERMO-PALASIET (water + marine mud)
- 2 Seaweed wraps or 2 dermatological LPG (according prescription)
- 5 dermatological applications of marine mud
- Curative marine tonic
- Daily tasting of green juice or "green smoothies"

# THALASSOTHERAPY TREATMENTS

In case none of the above mentioned treatments turns out to be suitable for a particular patient or patients, a **PERSONALIZED** one can be applied, whose medical consultation consist of:

- General examination (blood pressure, temperature, oxygen saturation, height, weight, body circumference, BMI, CVRF, glucose, cholesterol...)
- Elaboration of clinical history (medical and personal antecedents and habits or lifestyle)
- Explanation of the thermal Thalassotherapy techniques and complementary ones included in the treatment
- Establishment of guidelines for SEA WATER DRINKING CURE
- Information about possible contraindications and changes or modifications to the techniques if necessary
- Thermal treatment follow-up while staying at the centre
- Medical recommendations according to the parameters obtained during the stay
- Ask for a treatment quote after consultation.

**Nutrition:** Nutrition is fundamental to health, as well as to physical and emotional well being. A large number of diseases are related to our nutritional behaviour, being preventable by making certain changes in our daily diet.

With our menus you can enjoy and savour our food preparations based on Mediterranean and macrobiotic diet with fine selection of raw materials and healthy elaboration, maintaining their gastronomic aspect at all times.

Our weekly programs on full board include a body composition study and a daily tasting of green juice or “green smoothies”.

If you also seek to reduce volume, but you have not chosen the slimming treatment, we recommend supplementing your weekly treatment with the **DIETARY PREMIUM Pack** which includes a studied medical sport and nutritional program to follow during your stay.



# THALASOTHERAPY – SHORT STAY TREATMENTS

## 6 NIGHTS

Basic therapies: 5 biomarine circuits, 5 walking pool sessions, 5 aqua gym sessions, 5 group gym sessions  
 2 Medical consultations  
 1 massage 25 min.  
 1 massage “Cranio-Facial” 20 min.  
 1 massage “Termas” 20 min.  
 2 hydrothermal whirlpool baths with algae  
 Curative marine tonic

## 5 NIGHTS

Basic therapies: 4 Biomarine circuits, 4 walking pool sessions, 4 aquagym sessions, 4 gym group sessions  
 1 Medical consultation  
 2 hydrothermal whirlpool baths with algae  
 1 massage 25 minutes  
 1 Cranio-Facial massage 20 min.  
 Curative marine tonic

**ALL PROGRAMS WITH MEDICAL OR DIETARY CONSULTATION WILL INCLUDE A PERSONALIZED MEDICAL-NUTRITIONAL DOSSIER ON DEPARTURE**

## 4 NIGHTS

Basic therapies: 3 biomarine circuits, 3 walking pool sessions, 3 aqua gym sessions, 3 group gym sessions  
 1 massage 25 min.  
 1 “Amma” massage 30 min.  
 1 hydrothermal whirlpool bath with algae  
 Curative marine tonic

## 3 NIGHTS

Basic therapies: 2 biomarine circuits, 2 walking pool sessions, 2 aqua gym sessions, 2 group gym sessions  
 1 hydrothermal whirlpool bath with algae  
 1 massage 40 min.  
 Curative marine tonic

## 2 NIGHTS

Basic therapies: 2 biomarine circuits, 1 walking pool session, 1 aqua gym sessions, 1 group gym sessions  
 1 hydrothermal whirlpool bath with algae  
 1 massage 25 min.  
 Curative marine tonic

## 1 NIGHT

Basic therapies: 1 biomarine circuit, 1 walking pool session, 1 aqua gym session, 1 group gym session  
 1 massage 25 min.  
 Curative marine tonic

Soft Mediterranean Climate

	J	F	M	A	M	J	J	A	S	O	N	D
 °C Average temperature	10	11	13	15	18	22	25	26	23	19	14	11
 Average number of sunny days	14	15	17	20	23	25	27	28	20	21	14	13

(\* Source of the information: AEMET. State Meteorological Agency.



# RATES WITH ACCOMMODATION AND TREATMENT

THALASSOTHERAPY TREATMENTS										
RATES 2018		LOW SEASON 16-03 to 30-06 16-09 to 31-12-2018			MID SEASON 01-07 to 04-08 02-09 to 15-09			HIGH SEASON 05-08 to 01-09		
7 NIGHTS' TREATMENTS		Doub.	Accompanying guest No treat.	Single	Doub.	Accompanying guest No treat.	Single	Doub.	Accompanying guest No treat.	Single
<b>GET IN SHAPE AND ANTISTRESS</b>	FB	1120	826	1218	1324	966	1485	1466	1071	1627
<b>RHEUMATOLOGIC</b>	FB	1370		1468	1545		1706	1708		1869
<b>DERMATOLOGICAL</b>	FB	1420		1518	1590		1751	1732		1893
<b>CIRCULATORY</b>	FB	1436		1534	1612		1773	1760		1921
<b>WEIGHT LOSS</b>	FB	1460		1558	1656		1817	1813		1974
<b>REHABILITATION</b>	FB	1535		1633	1719		1880	1857		2018
<b>6 NIGHTS</b>	FB	885	660	1082	964	732	1186	1040	768	1282
<b>5 NIGHTS</b>	FB	805	573	974	888	634	1073	950	675	1151
<b>4 NIGHTS</b>	FB	688	488	765	729	500	810	758	520	897
<b>3 NIGHTS</b>	FB	540	366	627	563	375	650	588	390	671
<b>2 NIGHTS</b>	FB	365	276	422	404	293	453	438	321	492
<b>1 NIGHT</b>	FB	197	120	211	238	138	261	263	153	286

Prices per person VAT included.

Note: 20 € off per person and night in case of half board (with exception of the weight loss program that must be necessarily in full board). *\*Please see point 1 in observations.*

Different menus are available to choose at Thalasso Hotel El Palasiet Restaurant for our stays on full or half board.

### SUPPLEMENTS *(Prices per person including VAT)*

SDouble room for single use supplement: 8€ on single price

Deluxe double room supplement: 30€/night

Deluxe junior suite supplement: 50€/night

\*The "accompanying guest" rate is for the person without specific treatment, who is only entitled to the Biomarine Circuit.

\*The reduction for half board is applicable to the entire stay.

# THERMAL VOCABULARY

- **MARINE MUD APPLICATION:** Application of hot marine mud on joint areas to reduce pain and improve joint mobility.
- **AQUA-GYM:** Group exercise routine led by an instructor within the thermal pool.
- **HYDROMASSAGE BATH:** Individual seawater hydro massage bathtubs, thermal graduation of the water, water jets and air all over the body.
- **PRESSURE JETS SHOWER:** thermal technique that consists in applying a seawater jet at a certain pressure all over the body.
- **SHOWER DERMO-PALASIET:** Thermal technique of application of sea water jets at a certain pressure, diameter and temperature all over the body carried out by a specialist doctor.
- **ELECTROSTIMULATION-Compex:** adequate muscular preparation technique, with effective action on pain and injuries apart from including specific programs to reduce body fat and tone up muscles.
- **ELECTROTHERAPY:** Different rehabilitation techniques (ultrasound, microwaves) used for injuries affecting muscles and joints.
- **ALGAE WRAP:** algae wrap with slimming and firming effect which induces high remineralisation.
- **GROUP GYM:** group gym class guided by instructor.
- **LASER LIPOLYSIS:** treatment for the removal of localized body fat using diode lasers instead of surgery.
- **LPG:** therapeutic mechanized massage especially indicated for cellulite and skin flaccidity treatment. It is also used therapeutically in physiotherapy.
- **MASSAGE 25:** Therapeutic massage on abdomen, back or circulatory. Duration: 25 minutes.
- **MASSAGE 40:** body relaxation massage. Duration 40 minutes
- **AMMA MASSAGE:** Oriental massage of 30 minutes with stretching to stimulate blood circulation and nervous ramifications through the combination of applying digital pressure using fingers and hand palms together with stretching.
- **CRANIO-FACIAL MASSAGE:** Well-being scalp and face massage combined with relaxation techniques such as stretching and finger pressure in the cervical, cranial and facial area. Duration 20 minutes

# THERMAL VOCABULARY

- **DERMO-PALASIET MASSAGE:** Massage under seawater jets at different temperatures and directed at different parts of the body with marine muds. Duration: 20 min.
- **LYMPHATIC DRAINAGE MASSAGE:** Special massage technique oriented to treat edemas mainly of lymphatic origin.
- **TERMAS MASSAGE:** Massage under jets of seawater at different temperatures and targeting different body parts. Duration 20 minutes
- **BODY SHAPER:** double action treatment that combats cellulite and reaffirms skin.
- **BODY PEELING:** aesthetic technique that removes dead cells from our body, making our skin look smooth and younger.
- **PRESSOTHERAPY:** therapy for tired legs, which uses a kind of boots to stimulate blood circulation through applying controlled pressures on different parts of the body
- **BIOMARINE CIRCUIT:** Circuit in seawater pool at 36 degrees Celsius with waterbeds, cervical and lumbar water jets and different types of whirlpool bath. The Finnish sauna, vaporarium (seawater steam) and Turkish bath (water steam) are also included in this circuit, whose recommended maximum duration is 2 hours.
- **WALKING POOL:** Circuit in sea water pool at 22°C-24°C to activate and improve the blood stream.
- **ASSISTED AQUATIC THERAPY:** Exercises and moves in sea-water pool supervised by physiotherapist.
- **FITNESS SESSION:** Gymnasium, fitness and cardio-training room.
- **LIGHTER LEGS AESTHETIC TREATMENT:** it treats leg heaviness and cellulite
- **ULTRASOUNDS:** Electrotherapy technique that consists of applying a conductive gel with a massage by means of a device with anti-inflammatory and analgesic properties.
- **CURATIVE MARINE TONIC:** for a proper hydration and body remineralization.
- **DIETETIC PREMIUM PACK:** 2 medical and dietary consultations (start and finish) with complete medical examination, body composition analysis with advice and medical-nutritional follow-up, plus appointment and workout program by personal trainer. It includes daily bottle of mineral water in room, fruit skewer and herbal tea twice a day.

# GENERAL REMARKS

- 1 The nutritionist visit is NOT included in half-board programs as well as green juice tasting or green smoothies.
- 2 All week-long treatments include a medical consultation at the beginning and end of the treatment, one consultation with our nutrition expert and with our personal trainer and a basic blood test except the slimming treatment which will be more exhaustive with a medical examination. For stays of five and six nights you will have one or two medical consultations included respectively and for the remaining treatments you will fill in a medical questionnaire which will be evaluated by the doctor.
- 3 Medical visits are scheduled from Monday to Saturday morning. Arrivals from Sunday to Friday are recommended.
- 4 The price for any medical consultation will be the one advertised in our catalogue, both for customers with NO preliminary medical visit and for the ones who, after choosing the "Subject to medical visit" program, decide not to take any treatment prescribed by the doctor.
- 5 The treatment therapies are not subject to changes or refundable.
- 6 It is possible to extend your stay by previously asking at the hotel reception. It is not possible to reduce the number of days.
- 7 In order to obtain the greatest benefit from the treatments, a minimum stay of 7 nights is recommended. 1st week: your body responds; 2nd week: your body adapts; 3rd week: your body makes the most of the treatment. Check our programs and prices for stays of 14 and 21 nights.
- 8 Discounts:
  - Free cot for up to 2-year-olds included.
  - 30% discount on the accompanying guest price for 3-10 year old children.
  - 10% discount on accompanying guest rate (only hotel) for the third adult person sharing the same room.Discounts may not be accumulated.
- 9 A credit card number is required for booking.
- 10 Payment Policy: the hotel reserves the right to charge the full or partial amount of the stay two days before arrival, on the card number provided on booking.
- 11 On the date of arrival, the room can be occupied from 3:00 p.m.
- 12 Check-out time before 12:00 noon. If you like a late check-out (upon availability) please contact the front desk.
- 13 Charges due to cancellation or changes in dates: *Low Season*: If your booking is cancelled or modified two days before arrival date we will charge the price of one night. *Mid-Season*: if your booking is cancelled or modified 3 days prior to arrival date, we will charge the price of one night. *High Season*: the first night will be charged 5 days before arrival date. In case of No Show we will charge the total amount of the stay. These charges will not be refundable.
- 14 In case of special dates such as bank holidays or long weekends, the Palasiet complex may establish a minimum required stay.
- 15 The minimum age for children to enter the Biomarine Circuit is five, with the specific authorization of the person in charge of the child.
- 16 The use of bathing cap and flip-flops is compulsory in the hydrotherapy area as well as the use of sneakers in the gym.
- 17 Car parking spaces are limited in number and not free of charge. They cannot be pre-booked.
- 18 The Palasiet complex can provide transport service but previous reservation is required. Please check out prices.
- 19 Pets are not allowed.
- 20 Special services: bathrobe available throughout the stay.

# “EL PALASIET” HOTEL

- **Location:** Pontazgo St. 11. 12560 Benicasim. Castellón.  
The Thalasso hotel “El Palasiet” is set in front of the Mediterranean sea on the slope of a mountain surrounded by a natural landscape full of pine trees. From its panoramic sea water swimming pool you can enjoy a magnificent view of the Benicassim bay whose access to the beach is just a 2 minute walk away.  
The hotel is located 13,8 km. away from Castellón between Valencia (86 km.) and Barcelona (264 Km.)
- **Climate:** mild Mediterranean with temperatures between 10-14 degrees Celsius in Winter and between 22-25 degrees on average the rest of the year.
- **Hotel Rooms features:** outdoor balcony overlooking the sea distributed in four floors and different room types. Fully equipped with hairdryer, magnifying glass mirror, amenities, ceiling fan, air conditioning and heating, piped music and plasma TV. Free mini bar with juices and water, safe box and WIFI.
- **Restaurant:** Buffet breakfast, lunch and dinner menu. Water included. Mediterranean cuisine, diet food, macrobiotic and vegetarian dishes, Celiac friendly.

## HOTEL RATES 2018

HOTEL RATES 2018	LOW SEASON	MID. SEASON	HIGH SEASON
DOUBLE ROOM FOR SINGLE USE	135 €	Sunday to Thursday: 141 € Weekend: 148 €	Sunday to Thursday: 179 € Weekend: 186 €
DOUBLE ROOM	186 €	Sunday to Thursday: 195 € Weekend: 204 €	Sunday to Thursday: 245 € Weekend: 269 €
Supplements			
*Supplement TRIPLE ROOM (Adult)	83,70 €	Sunday to Thursday: 87,75 € Weekend: 91,80 €	Sunday to Thursday: 110,25 € Weekend: 121,05 €
*Supplement (children from 3 to 10 years inclusive)	65,10 €	Sunday to Thursday: 68,25 € Weekend: 71,40 €	Sunday to Thursday: 85,75 € Weekend: 94,15 €
Supplement deluxe double room	30 € per night		
Supplement deluxe junior suite	50 € per night		

\*Supplement to add to the total price of the room.

Prices per night for bed & breakfast. VAT included.

Additional costs: Cost of lunch or dinner (adult): 30€ / service

Cost of lunch or dinner (child from 3 to 10 years inclusive) 20€ / service

# “EL PALASIET” HOTEL

## REMARKS

The price includes the **BIOMARINE CIRCUIT**: Circuit in seawater swimming pool at 36 degrees Celsius, underwater hydromassage beds, neck jets, lumbar jets, Finnish sauna, Turkish bath, steam room and different types of Jacuzzi. Maximum time duration 2 hours. (access permitted for children who are 5 or over).

Official check-in time: from 15:00 PM.

Official check-out time: 12:00 AM.

### **Payment Policy:**

The property reserves the right to charge on the credit card number provided by the customer the total amount of the stay 48h before arrival day.

### **Cancellation Policy:**

*Low season:* in case of reservations cancelled or modified 2 days prior to arrival date, the amount of 1 night will be charged.

*Mid season:* in case of reservations cancelled or modified 3 days prior to arrival date, the amount of 1 night will be charged. *\* Please ask about conditons on special dates*

*High Season:* the first night will be charged 5 days prior to arrival date.

*In case of “No Show”, we will charge the total amount of the stay.*

### **Sales Policy:**

Closed sale for weekends and holidays 2018.

Minimum stay of 2 nights for weekends from the second fortnight of June until the first fortnight of September with the exception of the high season.

Minimum stay of 4 nights from 19 to 22 July 2018 (Please ask about special prices in this period).

Minimum stay of 5 nights in high season.

# RESTAURANTS

## - HOTEL RESTAURANT “EL PALASIET”

Nutrition is fundamental to health, as well as to physical and emotional wellbeing. A large number of diseases are related to our nutritional behaviour, being preventable by making certain changes in our daily diet. With our menus you can enjoy and savour our food preparations based on Mediterranean and macrobiotic diet with fine selection of raw materials and healthy elaboration, maintaining their gastronomic aspect at all times.

## - TERRACE CAFÉ

Our guests can also indulge themselves on our terrace with panoramic views of the Mediterranean Sea, for a snack or a drink, lunch or dinner, to turn that moment into an unforgettable one.

## - RESTAURANT “CLUB EL PALASIET”

Another option is to discover the new restaurant in front of the hotel: the “Club Palasiet” with magnificent views of the Benicasim bay and gastronomy which is based on local and avant-garde products.

# EVENTS PALASIET



The celebration of any kind of event is always considered an important day. Trust our experience and enjoy our different venues for your celebrations.:

Company meetings

Presentations

Congresses

Seminars

Company lunches

Company dinners

And social events: Weddings, baptism and first communion ceremonies



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