

RESIDENTIAL STAY PRICES 2019

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?**

Thalassotherapy is the treatment by means of seawater and its elements such as muds and marine algae with therapeutic purposes, which combine with the optimal local climate, allow to obtain more efficient results: it improves heart and breathing rate with an additional relaxing effect. All therapies are prescribed and performed by specialized staff (physician, nutritionist, physiotherapists, chiropractors, aestheticians, electrotherapists, clinic assistants). In the Palasiet, hydrotherapy techniques are performed together with many others such as electrotherapy techniques (magnetotherapy, ultrasounds, microwaves, laser, etc.), techniques with physiotherapists, techniques with the aesthetic department, etc. Therefore, all treatments are prescribed by the physician before starting the treatment and performed by medical staff. A medical consultation is performed with opening of medical history, physical exploration and blood analysis.

The seawater swimming pool at 36 degrees centigrade makes the movements easier and relaxes the muscles with an analgesic effect. The treatments with seawater are combined with whirlpool baths, algae wrap and mud applications. We must remember seawater is the same as our blood plasma in different degrees of concentration. In addition to the thalassotherapy treatments, seawater is used in drinks, with Quinton vials.



# THALASSOTHERAPY TREATMENTS



## **Common THERAPIES included in all weekly programs:**

For stays of seven nights includes the following common therapies\*:

- 6 biomarine circuit sessions
- 6 phlebitis circuit sessions
- 6 aqua gym sessions
- 6 group gym sessions

\* access to common therapies is open and they won't be replaceable or refundable

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

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

\* Activities subject to a specific time are not replaceable or refundable. \* Access to activities subject to a specific time are not replaceable or refundable

The **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

## **RHEUMATIC**

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

- 2 Medical consultations (at the beginning and at the end of the treatment)
- 1 Nutritionist visit (analysis of body composition)
- 1 Initial appointment, workout program and follow-up with personal trainer
- 1 Blood test

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

- 6 hydrothermal whirlpool baths with algae sessions
- 3 therapeutic massages 25 minutes
- 3 therapeutic applications of marine muds
- 1 shower pressure jets
- 6 electrotherapy sessions (according to medical prescription)
- 5 muscle toning sessions
- Curative seawater tonic
- Daily tasting of green juice or “green smoothies”

\*Fibromyalgia: customized specific treatments

## **CIRCULATORY**

**Recommended for those people with circulatory, arterial, venous and lymphatic problems (varicose veins, tired legs, post-thrombosis, oedemas, etc.)**

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

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

- 6 hydrothermal whirlpool baths with algae sessions
- 3 cold applications of seawater muds
- 3 press therapy sessions
- 1 venous or lymphatic drainage massages (partial)
- 1 circulatory massage 25 min.
- 1 light legs treatment
- 1 shower pressure jet
- 5 muscle toning sessions
- Curative seawater tonic
- Daily tasting of green juice or “green smoothies”

# THALASSOTHERAPY TREATMENTS

## REHABILITATION

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

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

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

- 6 hydrothermal whirlpool baths with algae sessions
- 3 therapeutic massages 25 min.
- 3 water-assisted therapies
- 3 therapeutic applications of marine muds
- 1 shower pressure jet
- 6 electrotherapy sessions (according prescription)
- 5 muscle toning sessions
- Curative seawater 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, etc.**

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

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

- 3 hydrothermal whirlpool baths with algae sessions
- 1 shower pressure jet
- 1 massage 25min.
- 1 “Termas Marinas” massage 20min. (under a seawater shower)
- 5 muscle toning sessions
- Curative seawater tonic
- Daily tasting of green juice or “green smoothies”

# THALASSOTHERAPY TREATMENTS

## **WEIGHT LOSS**

**Recommended for people with overweight, obesity, cellulite, or all those who want to maintain a good physical condition.**

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

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

- 6 hydrothermal whirlpool baths with algae sessions
- 2 massages 25 min.
- 2 electro-stimulation-complex sessions
- 3 press therapy sessions
- 1 wrap with algae session
- 1 body peeling session
- 1 body-shaping session
- 1 lipolytic laser session
- 3 shower pressure jets
- 1 LPG session (therapeutic, mechanized and sub-epidermal massage -includes outfit-)
- 5 muscle toning sessions
- Dietetic Premium Pack
- Curative seawater 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.

In case none of the above-mentioned treatments turn out to be suitable for a particular patient or patients, a **PERSONALIZED** one can be applied. \*\* See final budget.

## **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 dishes based on the Mediterranean diet with a fine selection of raw materials and healthy elaboration, maintaining its 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.

# TREATMENTS FOR SHORT STAYS

## 6 NIGHTS

Common therapies: 5 biomarine circuits, 5 phlebitis circuit sessions, 5 aqua gym sessions, 5 group gym sessions

2 Medical consultations (at the beginning and at the end of the treatment)

1 massage 25 min

1 Cranio-facial massage 20 min.

1 "Termas" massage 20 min.

2 hydrothermal whirlpool baths with algae sessions

Includes curative seawater tonic

## 5 NIGHTS- DETOX program-New

Common therapies: 4 biomarine circuits, 4 phlebitis circuit sessions, 4 aqua gym sessions, 4 gym group sessions

2 Medical consultations (at the beginning and at the end of the treatment).

2 Nutritionist visits (Analysis of your body composition and nutritional advice).

1 Initial appointment, workout program and follow-up with personal trainer

4 muscle toning sessions.

1 press therapy session (therapy for tired legs to stimulate blood circulation).

1 back or leg massage (25min.) or Svelt massage (25min.) recommended for cellulite.

1 pressure jet or ultrasound application.

1 seaweed wrap (with slimming and reaffirming effect)

Includes curative tonic

\*Purifying infusions, water, fruit brochettes and daily tasting of "detox" juices.

**Note:** Delivery of a detailed dossier including the medical, nutritional and physical report with all the necessary recommendations and home follow-up

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

## 5 NIGHTS

Common therapies: 4 Biomarine circuits, 4 phlebitis circuit sessions, 4 aqua gym sessions, 4 gym group sessions

1 Medical consultation

2 hydrothermal whirlpool baths with algae sessions

1 massage 25 minutes

1 Cranio-facial massage 20 min.

Includes curative seawater tonic

## 4 NIGHTS

Common therapies\*: 3 biomarine circuits, 3 phlebitis circuit sessions, 3 aqua gym sessions, 3 group gym sessions

1 massage 25 min

1 Cranio-facial massage 20 min

1 hydrothermal whirlpool bath with algae session

Includes curative seawater tonic

## 3 NIGHTS

Common therapies: 2 biomarine circuits, 2 phlebitis circuit sessions, 2 aqua gym sessions, 2 group gym sessions

1 hydrothermal whirlpool bath with algae session

1 massage 40 min.

Includes curative seawater tonic

## 2 NIGHTS

Common therapies: 2 biomarine circuits, 1 phlebitis circuit session, 1 aqua gym session, 1 group gym session

1 hydrothermal whirlpool bath with algae session

1 massage 25 min.

Includes curative seawater tonic

# RATES WITH ACCOMMODATION AND TREATMENT

THALASSOTHERAPY TREATMENTS										
RATES 2019		LOW SEASON 29-03 to 15-06 15-09 to 31-12-2020			MID-SEASON 16-06 to 03-08 01-09 to 14-09			HIGH SEASON 04-08 to 31-08		
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	1142	826	1240	1350	966	1518	1495	1071	1656
<b>RHEUMATIC</b>	FB	1397		1495	1576		1744	1742		1903
<b>CIRCULATORY</b>	FB	1465		1563	1644		1812	1795		1956
<b>WEIGHT LOSS</b>	FB	1504		1602	1705		1873	1867		2028
<b>REHABILITATION</b>	FB	1596		1694	1788		1956	1931		2092
<b>6 Nights</b>	FB	902	684	1106	983	744	1211	1061	810	1307
<b>5 Nights</b>	FB	822	570	992	906	620	1096	969	675	1174
<b>5 Nights-DETOX</b>	FB	935	600	1105	1013	650	1203	1074	700	1279
<b>4 Nights</b>	FB	702	516	780	744	556	824	773	576	913
<b>3 Nights</b>	FB	551	387	641	575	417	662	600	432	684
<b>2 Nights</b>	FB	365	280	422	404	300	453	438	320	492

Price per person VAT included.

Note: 20 € OFF per person and night on half board, please see point one in observations.  
(not applicable to Weight Loss treatment & 5 nights DETOX)

*\*Please see point 2 in observations*

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

## SUPPLEMENTS

Double room for single use supplement: 8€ on single price  
Deluxe double room supplement: 30€/night. Deluxe junior suite supplement: 50€/night  
Prices per night. VAT included

\*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 as well as cold to treat weighing legs and cellulite, obtaining a reactivation of microcirculation and a reduction of oedemas due to its draining effect.
- **AQUA-GYM:** Group exercise routine guided 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 over the entire body.
- **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 remineralization.
- **GROUP GYM:** group gym class guided by instructor.
- **LASER LIPOLYSIS:** treatment for the removal of localized body fat by means of 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 or relaxation massage on abdomen, back or circulation. Duration: 25 minutes.
- **MASAJE 40:** body relaxation massage. Duration 40 minutes.
- **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.
- **LYMPHATIC DRAINAGE MASSAGE:** Special massage technique oriented to treat oedemas 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.

# VOCABULARIO TERMAL

- **BODY PEELING:** aesthetic technique that removes dead cells from our body, making our skin look smoother 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 °C 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.
- **PHLEBYTIC CIRCUIT:** Circuit in seawater 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.
- **MUSCLE TONING SESSION:** Gymnasium, fitness and cardio-training room.
- **LIGHTER LEGS AESTHETIC TREATMENT:** it treats leg heaviness and cellulite.
- **ULTRASOUNDS:** Electrotherapy technique that consists in applying a conductive gel with a massage by means of a device with anti-inflammatory and analgesic properties.
- **CURATIVE SEAWATER 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 brochette and herbal tea twice a day.



# GENERAL REMARKS

- 1 The nutritionist visit is NOT included in half-board programs as well as tasting of green juice or “green smoothies”.
- 2 All week-long treatments include a medical consultation at the beginning and at the 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. For that reason, 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 carry out 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, although effectiveness of treatments is proven depending on the stay 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: Discounts may not be accumulated.
  - 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.
- 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 Non-refundable charges due to cancellation or changes in dates: *Low Season*: If your booking is cancelled or modified two days prior to 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 prior to arrival date. *In case of “No Show” we will charge the total amount of the stay.*

# GENERAL REMARKS

- 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 years old, 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 are not subject to previous reservation.
- 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.



## 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.

# “EL PALASIET” HOTEL\*\*\*\*

- **Location:** Pontazgo St. 11. 12560 Benicassim. 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.

## RATES 2019

HOTEL RATES 2019	LOW SEASON 29-03 to 15-06 15-09 to 31-12-2020	MID-SEASON 16-06 to 03-08 01-09 to 14-09	HIGH SEASON 04-08 to 31-08
DOUBLE ROOM FOR SINGLE USE	138 € WE: 144 €	144 € WE: 151 €	183 € WE: 190 €
DOUBLE ROOM	190 € WE: 199 €	199 € WE: 208 €	250 € WE: 274 €
Supplements			
*Supplement TRIPLE ROOM (Adult)	85,50 € WE: 89,55 €	89,55 € WE: 93,60 €	112,50 € WE: 123 €
*Supplement (children from 3 to 10 years inclusive)	66,50 € WE: 69,65 €	69,65 € WE: 72,80 €	87,50 € WE: 95,90 €
Supplement deluxe double room	30€ per night		
Supplement deluxe junior suite	50€ per night		

\*Supplement to add to the total price of the room. WE: week end: Friday Saturday

Prices per night for bed & breakfast. VAT included.

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

Non-refundable charges.

### **Sales Policy:**

Minimum stay for long weekends and bank holidays 2019

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 17 to 22 July 2019 Please ask about special prices in this period.

Minimum stay of 5 nights in high season.

# RESTAURANT

## - HOTEL RESTAURANT “EL PALASIET”

Nutrition is fundamental to health, as well as to physical and emotional wellbeing. Many 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 dishes based on Mediterranean 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, first communion ceremonies, birthdays, etc.).



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