

THALASSOTHERAPY CENTRE PRICES 2019

COMPLEJO



PALASIET

SALUD · TURISMO · RESTAURACIÓN

CLÍNICA DE TALASOTERAPIA
HOTEL Y RESTAURANTES

BENICÀSSIM · CASTELLÓN

THALASSOTHERAPY CENTER PRICES

MEDICAL SERVICES

Initial medical consultation	60 €
Medical control	33 €
Blood test according to the medical visit	

MASSAGE LIST

Relaxation massage 25 minutes	36 €
(back or legs)	
Relaxation massage 40 minutes	54 €
Relaxation massage 60 minutes	74 €
Therapeutic massage 25 minutes	40 €
Therapeutic massage 40 minutes	60 €
Therapeutic massage 60 minutes	80 €
“Termas Marinas” massage.....	50 €
(under a seawater shower)	
Foot Reflexology	39 €
Partial lymphatic drainage	49 €
Total lymphatic drainage.....	88 €

THERAPEUTIC SEA MUDS

Local sea muds	20 €
Sea muds (entire back or legs)	28 €

ELECTROTHERAPY	19 €
(ultrasounds, laser, microwaves and infrared rays)	

MAGNETOTHERAPY	25 €
(see special bonus)	

TALASOTHERAPY SERVICES

Biomarine circuit	25 €
(thermal swimming pool with seawater at 36 degrees Centigrade, waterbeds, cervical and lumbar water jets, Finnish sauna, vaporarium / Turkish bath and different types of Jacuzzis). 2 h	

Special Bonus 10 sessions	165 €
(biomarine circuit)	

Special Bonus 10 sessions	210 €
(gym+ biomarine circuit+ phlebitic circuit)	

Special Quarterly Bonus “CLUB TERMAS”	300 €
The best way to enjoy your personal Thalassotherapy Centre. It is a quarterly bonus that will allow you to enjoy our thermal pool (active seawater swimming pool with a temperature of 36°C, Jacuzzis, Hamman and Finnish sauna) and the gym.	

Whirlpool bath with algae	30 €
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Pressure jets	27 €
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Phlebitic circuit	10 €
(Legs stimulation walking pool)	

COMBINED TREATMENTS

PROMO pack: biomarine circuit + cocktail + menu	50 €
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Pack 25’: biomarine circuit + massage 25 min...	54 €
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Pack 40’: biomarine circuit + massage 40 min...	70 €
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Pack 60’: biomarine circuit + massage 60 min...	90 €
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Combi 25: biomarine circuit + massage 25 min + restaurant menu (lunch or dinner).....	82 €
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Pack “Runners”: biomarine circuit + massage 25 min. + phlebitic circuit	62 €
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TARIFAS CENTRO DE TALASOTERAPIA

COMPLEMENTARY ACTIVITIES

Group gymnastics	10 €
Group aqua-gym.....	10 €
Fitness session (gym)	8 €
Muscle chain stretching (individual session) (see bonus)	40 €
Muscle chain stretching (group session).....	10 €
Tai Chi (individual session).....	35 €
Tai Chi (group session).....	10 €
Walk with coach	10 €
Yoga (individual session) (see bonus)	55 €
Yoga (group session)	10 €
Physiotherapist assisted therapy	50 € (see bonus)
Pressotherapy.....	30 €

*it will be considered as a group session when there is a minimum of 5 people.

THERAPEUTIC LPG

(rehabilitation, injuries, etc.)

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

Includes medical visit at the beginning and at the end as well as medical control.

PODIATRY CONSULTATIONS

Chiropodology session..... 40 €

Comprehensive treatment of dermatological foot conditions, such as:

- DERMATOMYCOSIS (athlete's foot, fungus, etc.)
- HYPERKERATOSIS (Disorders caused by a keratin excess in the skin, corns, calluses, etc.)
- ONYCOCHRYPTOSIS (ingrown toenails)
- ONYCHOGRYPHOSIS (thickened toenails regardless of the cause).

NUTRITION AND SPORT

PHYSICAL AND SPORTS TRAINING PROGRAMS

Physical Preparation:

- Strength and fitness programs
- Weight loss programs
- Programs for the prevention and functional recovery of injuries

Services:

- Personal training 1 hour35 €/ses.
- Personal training in pairs 1 hour60 €/ses.
- Supervised training 1 hour25 €/ses

Bonus:

- 5 personal training sessions..... 165 €
- 10 personal training sessions..... 315 €

Monthly gym bonus:

daily access to the gym 140 €

Monthly gym bonus + nutrition.....275 €

(daily access to the gym and weekly appointment with the personal trainer + 3 consultations with the nutrition specialist)

NUTRITIONAL COUNSELLING

- Would you like to learn how to eat healthily? How to keep a healthy diet and lose weight at the same time? Would you like to know if you are overweight or obese, and what is your ideal weight? What should you eat if you have cholesterol or diabetes?
- We know that the best diet is the one that best adapts to our habits, therefore, in the Palasiet, we offer various possibilities both to make you feel better and reduce your body volume.
- You can choose to attend an individual consultation, or take advantage of the following special programs:
First consultation (file opening)..... 50 € Following consultations (control visits)..... 30 €

WEIGHT AND VOLUME LOSS SPECIAL TREATMENT

Treatment that combines the dietary and the aesthetic department. It includes:

2 medical consultations to adapt the treatment, 3 Consultations with the nutrition specialist to prepare a nutritional dietary plan, 1 appointment and exercises programming with a personal trainer, 10 sessions of muscle toning. **Program Duration: 5 weeks**

Option A: 10 ses. LPG + Gym 549€

Option B: 5 ses. LPG + 5 ses. lipolytic laser + gym..... 481€

TREATMENTS WITHOUT ACCOMMODATION

DISCOVER THE THALASSOTHERAPY (1 day)

Biomarine circuit session, phlebotic circuit session, whirlpool with algae, massage 25min., curative seawater tonic..... 82 €

WHEIGHT LOSS - OVERWEIGHT (10 days)

2 medical consultations (at the beginning and at the end of the treatment), 2 nutritionist consultations (at the beginning and at the end of the treatment), 1 appointment and work-out program with personal trainer, 1 blood test, 10 biomarine circuit sessions, 10 phlebotic circuit sessions, 8 muscle toning sessions, 5 press-therapy sessions, 3 lipolytic laser sessions, 2 hydrothermal whirlpool baths with algae sessions, 2 shower pressure jets sessions (according medical prescription), 1 body shaper session, 1 algae wrap session, Curative seawater tonic.....599 €

CIRCULATORY TREATMENT (5 days)

2 medical visits (at the beginning and at the end of the treatment), 5 phlebotic circuit sessions, 5 cardio vascular activity sessions, 3 cold mud applications on legs, 2 whirlpool baths with algae sessions, 2 pressotherapy sessions, 1 treatment for cosmetic light legs.....299 €

TREATMENT ACCORDING TO MEDICAL VISIT

It will be the doctor after the consultation who will prescribe the most appropriate treatments for the patient. See budget after consultation in the medical department.

Medical services are provided by the company TALATHERM Limited Company with Fiscal Id. B12458253 and health registration number 5091. Services not performed under medical supervision, will be invoiced by Talasoterapia Residence, Limited Company and will be subject to VAT applicable rate.

ORIENTAL TECHNIQUES

SHIATSU

Japanese body therapy that uses touch to influence the internal vital energy flow and improves our health. It is performed on a tatami and wearing comfortable clothes is recommended. 60 minutes..... 71 €

TRADITIONAL THAI MASSAGE

A technique that consists in applying pressure to different energy points along the body lines to balance the energy and stretch the joints in order to eliminate body blockages. It is performed on a tatami and wearing comfortable clothes is recommended.

60 min..... 76 € 90 min 109 €

TUINA

Therapy that influence the Qi flow (vital energy) by means of a vigorous massage and pressure applications on the meridians and specific points, producing deep effects on all aspects of well-being (emotional, spiritual and physical). Wearing comfortable clothes is recommended.

60 min..... 66 € 30 min 38 €

THAI REFLEXOLOGY

Technique based on the stimulation of the “sen” energy lines by means of a massage with towels, aromatherapy and foot reflexology. 60 min 68 €

KOREAN RELAXATION

It is performed in a calm atmosphere, with pleasant temperature and environment according to Feng Shui, and it consists in a slow mobilization of the joints which produces total relaxation. It is performed on a tatami and wearing comfortable clothes is recommended. 60 min..... 63 €

AMMA

Wise combination of finger-tip and palm pressure and stretching, which stimulates the blood circulation and the nerve branches. It is performed on an ergonomic chair and wearing comfortable clothes is recommended.

30 min 36 €

MARMA

The stimulation of the marma points strengthens the tissues and the defensive vital energy, preventing and helping to fight against diseases, algias, anxiety and stress. 60 min 63 €

ETERNITY KERALA “AYURVEDA”

Millenary technique of Hindu origin. Essential oils, herbs and spices are used to achieve a balance of mind and body, unblocking the whole organism and inducing a state of immense inner peace.

• **Prana & Dara massage:** balance and relaxation 64 €

• **Pindasweda massage:** stimulating and vitalizing massage with warm herbs and oils. 30 min..... 39 €

BEAUTY TREATMENTS

In our beauty centre, the marine world is very important, therefore, we have created treatments that combine thalassotherapy with high quality and effective cosmetics, with the aim of solving effectively any problem related to aesthetics, and at the same time providing you with the best of the sea.

FACIAL COSMETIC

• FACIAL HYGIENE

Deep cleaning treatment to remove impurities in all skin types 60 €

• FACIAL TREATMENTS

Depending on the type of skin we adapt the treatment 70 €

- Hydration
- Oxygenation
- Nutrition
- Balancing-purifying
- Regeneration
- Reaffirmation
- Anti-wrinkle
- Special for gentlemen

• FACIAL EXPRESS

Peeling with application of specific cream according to the skin type by means of a massage and a mask. 30min..... 39 €

• PEELING

Treatment indicated to improve skin imperfections by applying a hydroxy acid. Skin regeneration is stimulated, providing luminosity and attenuating marks and wrinkles. Rejuvenating effect 60 €

• FACIAL VITALIFT

Global anti-aging treatment for mature skins, with smoothing effect for wrinkles and firming for the oval, your skin recovers all its luminosity and natural firmness 102 €

• TMT SYSTEM “FACIAL MESOTHERAPY WITHOUT PAIN”

Electroporation equipment that consists in reaching the deepest layers of the skin, the latest-generation medical-aesthetic cosmetics. The application of the active principles by means of the “roll-on” system, a cylindrical head that moves smoothly through the skin, applying a light massage and facilitating the penetration of the product.

The swiftness and effectiveness of its results is achieved completely harmlessly and without side effects.

- Anti-aging program 80 €/ses.
- Sensitive skins and skin reddening correction program 80 €/ses.
- Firming program 96 €/ses.
- Intensive depigmentation program..... 96 €/ses.

****See Special Bonuses for these treatments.***

BODY COSMETIC

• PEELING

Removes impurities and roughness, regenerates, softens and provides elasticity to the skin. Indicated to prepare the skin for further treatments, and it is ideal both before and after sunbathing 60 €

- **Back cleaning treatment** 57 €

• WRAPS AND MASSAGE

- ALGAE THERAPY.

Seaweed with slimming and firming effect that provide a great remineralization 73 €

- MARINE MUDS THERAPY.

Sea mud that relaxes and improves joint pains and muscle inflammations 73 €

- CHOCOLATHERAPY.

Delicious cocoa that helps to reduce contours, smooth the “orange peel” by hydrating and eliminating stress. It provides energy and vitality 70 €

- LIGHT LEGS.

The combination of oils and plant extracts with algae make it a perfect treatment for legs heaviness and cellulite. The result is the microcirculation recovery and the reduction of edemas due to its draining effect 60 €

- MARINE BATHS - SENSATIONS WITH BODY HYDRATION.

A luxury treatment for the skin and a gift for the senses. The pleasure of a bubbling bath of seawater enriched with plant extracts, followed by a hydrating massage that provides a sensation of well-being and the reduction of accumulated tensions due to stress (1 h) 50 €

• BODY RITUALS

Intensive anti-aging revitalizing treatment based on regenerative properties. It slows down the aging process and activates cellular metabolism. It provides an immediate source of energy throughout the body, fighting the stress or lack of vitality that is evident in the skin. (peeling + wrap + body hydration) 115 €

BODY COSMETIC

• WELLNESS MESSAGES

- **Aromatic Massage.** Anti-stress and sensitive massage, allowing to reach a deep degree of relaxation, relieves mental stress and muscular tension. It is performed with pleasant manoeuvres and wrapped in a warm aromatic environment.

60 min..... 74 €

- **Craniofacial Massage.** Wellness massage on scalp and face, accompanied by relaxation techniques such as stretching and acupressure in the cervical, cranial and facial regions. Indicated for stress, migraines, jaw tension, neck and shoulders loaded.

20 min..... 39 €

- **Sensations Massage.** Experience new sensations with this four-handed technique. An original massage pleasant to receive due to its rhythmic and synchronized manoeuvres.

30 min..... 52 €

- **Obsidian and Onix Stones Massage.** Deeply relaxing therapy that is performed with natural energetic stones of volcanic and sea origin. The temperature exchange and the harmony of the massage manages to stimulate Marma points or the vital flow.

40 min..... 63 €

60 min..... 93 €

- **Bamboos Cane Massage.** Exotic oriental massage that unblocks the bio-energetic disorders. It has a sedative effect on the nerve endings, reduces tensions and muscular fatigue. Eliminates toxins, cellulite, reactivates circulatory and lymphatic disorders.

COMPLETE 50 min..... 65 €

PARTIAL 25 min..... 39 €



SPECIAL SILHOUETTE

• BODY MOLDER

Reduction and firmness together. A double-action treatment formulated with marine extracts and plants that stimulate fats, improving the “orange peel” appearance and the supporting fibers of the skin 70 €

• SVELT TREATMENT

Deep manual massage advised for cellulite. It is performed with draining and lipolytic cosmetics, its purpose is to reactivate the blood circulation in the levels where fat cells and fluid removal are, managing to improve the appearance of orange peel (25 min) 39 €

• VITALITY TREATMENT

Active massage performed with regenerating and tense cosmetics. The revitalizing and energetic movement prevents dryness and skin relaxation, the skin regains a more toned and firmer look (25 min) 39 €

• **TMT SYSTEM “BODY MESOTHERAPY WITHOUT PAIN”** (see description of the treatment in the Facial Cosmetic section).

- **Draining-anticellulite program**..... 92 €/ses.
- **Localised cellulite program**..... 92 €/ses.
- **Firming program**..... 92 €/ses.
- **Anti-stretch program**..... 92 €/ses.
- Bonus 5 sessions..... 435 €
- Bonus 10 sessions..... 830 €

• ENDERMOLOGIE, LPG

Mechanised therapeutic massage perfect as a treatment for cellulite and skin flaccidity.

- Price per session 45 €
- Bonus 5 sessions 210 €
- Bonus 10 sessions..... 405 €
- Includes medical visit at the beginning and at the end of the treatment, medical control.

• COSMETIC ELECTROMEDICINE

Complementary cosmetic treatments with appliances:

- Passive gymnastics through interferential currents (compex) 20 €
- Cosmetic ultrasound..... 26 €
- Lipolytic laser..... 27 €
- Pressotherapy..... 30 €

HANDS AND FEET BEAUTY

- CONVENTIONAL MANICURE OR PEDICURE

(FILE AND CUT) 19 €

- **MANICURE AND NAIL POLISH** 24 €

- **PEDICURE AND NAIL POLISH**..... 45 €

- **FRENCH MANICURE** 10 €

- **SEMIPERMANENT NAIL POLISH**..... 25€

- **SEMIPERMANENT NAIL POLISH REMOVING** 6 €

- **ARTIFICIAL NAILS REMOVING**..... 20€

- HANDS SPECIAL TREATMENT

Treatment that cleans, prepares and repairs hands and nails, leaving a soft, elastic, deeply hydrated and free of imperfections skin 50 €

- FEET SPECIAL TREATMENT

Triple-action treatment that improves your feet status, maintains hydration, lubricates and protects particularly dry and neglected areas. You will have a sensation of light, fresh and silky feet 60 €

SPECIALS TREATMENTS

SPECIAL FACIAL ANTI-AGING

Treatment designed to work your visage in depth, decelerating the appearance of marks due to the passage of time.

This treatment includes 5 sessions: 1st Session: Deep Cleaning. 2nd Session: Regeneration. 3rd Session: Oxygenation. 4th Session: Anti-wrinkle. 5th Session: Reaffirmation 280 €

SPECIAL KIT FOR HER

Combination of personalized treatments to be radiant. Facial treatment, body peeling manicure and pedicure 179 €

FACE AND BODY RITUAL

Immerse yourself in a unique atmosphere of absolute relaxation and let yourself be carried away by the perfect harmony of our complete treatment. (Bath, peeling and body and facial wrap). It is impossible to describe !!! Try it!!!

Duration: 2.30 hours 199 €

SPECIAL KIT FOR HIM

Set of treatments with an immediate effect, a set-up to be perfect. Body and facial peeling and manicure 126 €

MICROPIGMENTATION

Also known as semi-permanent make-up, it is a cosmetic specialty whose objective is to correct, modify, beautify and balance semi-permanently certain facial features (lips, eyebrows, eyelids ...) or body features (scalp, breast areola, etc.) by means of the implementation of pigments at the epidermal level 375 €

OTHER TREATMENTS

SOCIAL MAKE -UP	40 €
PARTY MAKE-UP	50 €
BRIDE MAKE-UP	50 €
BRIDE MAKE-UP TEST	75 €

UV RAYS	5 €
EYELASH DYE	15 €
EYEBROW DYE	12 €
EYELASH PERMANENT	25 €

- WAXING - TRADITIONAL METHOD

Female waxing

Full legs	28 €	Brazilian depilation.....	15 €
Thighs	20 €	Genitals	20 €
Half legs	15 €	Arms	13 €
Underarms /groins	11 €	Upper Lip/Eyebrows.....	6 €
Interbuttocks.....	12 €	Eyebrow shaping.....	11 €

Male waxing

Full legs	31 €
Buttocks.....	20 €
Chest.....	15 €
Abdomen.....	15 €
Arms.....	25 €
Underarms	13 €
Back.....	30 €

OTHER TREATMENTS

- HAIRDRESSING PRICES AND SERVICES

LADIES											
Shampoo & Set	Shampoo & Blow-Dry	Shampoo, Blow-Dry & Hair Straightening	Cut fix	Re-Style	Colour (re-growth)	Colour (full head)	Lowlights	Colour & Lowlights	Semi-permanent colour	Bleaching	
20 €	18 €	22 €	14 €	25 €	40 €	50 €	47 €	57 €	32 €	42 €	Short
22 €	20 €	24 €	14 €	25 €	42 €	52 €	54 €	62 €	34 €	44 €	Medium
28 €	26 €	32 €	14 €	25 €	48 €	58 €	62 €	70 €	38 €	***	Long

GENTLEMEN		
Cut	Colour	Lowlights
17 €	32 €	38 €

CHILDREN	
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 the express authorization of the person in charge of the child.
- Pregnant women: they can only access the biomarine circuit during the second trimester of pregnancy.
- Medical attention concerning to specific treatments will be given only during medical consultation hours.
- The thermal techniques of the different packages cannot be changed or refunded.
- Swimming cap and appropriate footwear are compulsory in the hydrotherapy area.
- Sports clothes and training shoes are compulsory for the use of the gym.
- The company is not liable for any robbery or loss that takes place in our facilities.
- We also offer the following services:

Towel rental	2 €
Bathrobe rental	3 €



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