



PALASIET

Thalasso Clinic & Hotel

Prices

RESIDENTIAL STAY PRICES
2021



Table of prices 2021

STAYS WITH ACCOMMODATION, FULL BOARD AND TREATMENT

The Palasiet Philosophy will allow to get to know the benefits of a Mediterranean and balanced diet, to become familiar with the natural therapies offered by thalassotherapy, to find out what daily exercise we must do to feel good about ourselves and the motivation necessary so that, with all this proposal, we can achieve an optimal state of well-being and guidelines of conduct that will last over time.

Season	Low			Mid			High		
	D	A	I	D	A	I	D	A	I
Weight loss									
7 NIGHTS	1674	840	1898	1878	966	2102	2061	1071	2278
14 NIGHTS	3108	1596	3542	3490	1834	3924	3830	2030	4250
21 NIGHTS	4548	2352	5178	5103	2709	5733	5595	3003	6204
Get in shape-detox									
7 NIGHTS	1328	840	1552	1490	966	1714	1631	1071	1848
Thalasso-therapeutic									
7 NIGHTS	1420	840	1644	1562	966	1786	1704	1071	1921
Anti-stress & relaxation									
7 NIGHTS	1191	840	1415	1310	966	1534	1429	1071	1646
Wellness getaways									
6 NIGHTS	904	684	1156	984	744	1260	1060	810	1354
5 NIGHTS	822	570	1032	908	620	1138	971	675	1216
4 NIGHTS	702	516	810	745	556	857	774	576	946
3 NIGHTS	551	387	665	575	411	686	600	432	708
2 NIGHTS	365	280	437	404	300	468	438	320	508

LOW SEASON: From 03-26 to 06-12 and from 09-12 to 12-31 / MID-SEASON: From 06-13 to 07-31 and from 08-29 to 09-11 / HIGH SEASON: From 01-08 to 28-08

Prices per person in full board. VAT included

The companion price is for the person who does not perform treatment accompanying the person who does. It includes daily access to the biomarine circuit.

Prices for half-board stays: reduction of 20 € per person and night not applicable to weight loss and get in shape-detox programs *see first point in remarks.

All the stays in half board or full board have different dishes to choose in the restaurant of the Hotel.

Double "D" / Accomp. guest. no treatm. "A" / Single "I"

Supplements

Deluxe double room supplement: 30€/night / Deluxe junior suite supplement: 50€/night / Prices per night. VAT included

Weight loss



Program aimed to minimize health problems associated with overweight, with the aim of caring for our bodies and improving quality of life, as well as our self-esteem, with an integral system of professionals and adapted to each person.

OBJECTIVES

To lose weight and volume / Make positive lifestyle changes to maintain a healthy weight /
Develop an effective active maintenance routine / Increase physical and mental well-being

DURATION

Programme of 7 nights, 6 days of treatment / Programme of 14 nights, 12 days of treatment /
Programme of 21 nights, 18 days of treatment

DIAGNOSIS AND MEDICAL CONTROL	7 nights	14 nights	21 nights
General medical consultation at the beginning and end of the programme	Yes	Yes	Yes
Preparation of medical history and general health examination	Yes	Yes	Yes
Regularly taking of vital signs	Yes	Yes	Yes
Complete metabolic panel at the beginning of treatment (analysis with metabolic markers)	Yes	Yes	Yes
Complete metabolic panel at the end of treatment (analysis with metabolic markers)	–	–	Yes
Counselling during your stay	Yes	Yes	Yes

HEALTHY NUTRITION AND EATING PLAN

General medical consultation at the beginning and end of the programme	Yes	Yes	Yes
Body composition study by bioelectric impedance	Yes	Yes	Yes
Nutritional monitoring and control during the stay	Yes	Yes	Yes

SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer	Yes	Yes	Yes
Supervised fitness training session	5	10	15

HEALTHY ACTIVITIES

Healthy nutrition talk and nutrition guide	Yes	Yes	Yes
Healthy Cookery workshop	Yes	Yes	Yes
Motivational group session	Yes	Yes	Yes

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS	7 nights	14 nights	21 nights
Biomarine circuit: access to the hydrotherapy circuit as prescribed (Seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Jacuzzi, Finnish sauna*, marine vaporarium*, Turkish bath*) *Due to COVID-19 these services are not operating	Yes	Yes	Yes
Phlebotic circuit	6	12	18
Whirlpool bath with seaweed	3	6	9
Algae wrap	1	3	4
Body shaper	–	1	2
Shower pressure jets	1	2	3
Reductive massage (25 min.)	2	4	6
Body peeling (60 min.)	1	1	1
SVELT massage (manual massage recommended for cellulite) (25 min.)	1	–	2
Curative seawater tonic drink	Yes	Yes	Yes
APPARATOLOGY			
High technology treatment: LPG	1	2	3
Lipolytic laser	1	2	3
Press-therapy session	3	6	9
Electrostimulation-compex	2	4	6
PHYSICAL ACTIVITY			
Aquagym	6	12	18
Aqua training*	1	2	3
Circuit training	1	2	3
Muscle chains stretching	2	4	6
Group exercise classes	6	12	18
Morning walks	3	6	9
Pilates	2	4	6
Yoga	2	4	6
Relaxation	1	2	3
*High intensity pool exercises in outdoor pool from June to September			
FOLLOW-UP AND RESULTS			
Delivery of a medical reporting the progress obtained	Yes	Yes	Yes
Delivery of a nutritional report on body composition and its evolution	Yes	Yes	Yes
Post-stay nutritional recommendation	Yes	Yes	Yes
Delivery of a physical report of the activities or exercises to be continued after the stay	Yes	Yes	Yes

Get in shape-detox



Program designed to obtain the integral well-being, providing a thoroughly purified and cleansed organism, a rested body and a perfect mental balance adapted to the needs of each person and under the direction of our multidisciplinary team.

OBJECTIVES

Eliminate toxins and purify the body / Strengthen the immune system / Slow down the negative effects of aging / Reduce the levels of heavy metals in your body and oxidative stress / Promoting the physiological balance

DURATION

Program of 7 nights, 6 days of treatment

DIAGNOSIS AND MEDICAL CONTROL

General medical consultation at the beginning and end of the programme

Preparation of medical history and general health examination

Regularly taking of vital signs

Complete metabolic panel at the beginning of treatment (analysis with metabolic markers)

HEALTHY NUTRITION AND EATING PLAN

General medical consultation at the beginning and end of the programme

Body composition study by bioelectric impedance

Nutritional monitoring and control during the stay

SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer

Supervised fitness training session (5 sessions)

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

Biomarine circuit: access to the hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Jacuzzi, Finnish sauna*, marine vaporarium*, Turkish bath*) *Due to COVID-19 these services are not operating

Phlebotic circuit (6 sessions)

Whirlpool bath with seaweed (3 sessions)

Shower pressure jets (1 session)

Local massage (25 min.) (3 sessions)

Curative seawater tonic drink

APPARATOLOGY

Press-therapy session (2 sessions)

HEALTHY ACTIVITIES

Healthy nutrition talk and nutrition guide

Healthy cooking class

PHYSICAL ACTIVITY

Aquagym (6 sessions)

Aqua training* (1 session)

Circuit training (1 session)

Muscle chains stretching (2 sessions)

Group exercise classes (6 sessions)

Morning walks (3 sessions)

Pilates (2 sessions)

Yoga (2 sessions)

*Ejercicios en piscina de alta intensidad en piscina exterior de junio a septiembre

FOLLOW-UP AND RESULTS

Delivery of a medical reporting the progress obtained

Delivery of a nutritional report on body composition and its evolution

Post-stay nutritional recommendation

Delivery of a physical report of the activities or exercises to be continued after the stay



Thalasso-therapeutic

Program aimed to improve rheumatic pathologies such as arthrosis, arthritis, osteoporosis, fibromyalgia; traumatological pathologies such as muscle contractions, cervicalgies, dorsalgies, lower back pains and injuries that require rehabilitation; as well as dermatological and circulatory problems. Our medical team will program a series of personalised techniques and therapies.

OBJECTIVES

Reduce pain and discomfort / Strengthen the body / Exercise comfortably and effectively /
Regain the best physical condition

DURATION

Program of 7 nights, 6 days of treatment

DIAGNOSIS AND MEDICAL CONTROL

General medical consultation at the beginning and end of the programme

Preparation of medical history and general health examination

Regularly taking of vital signs

Complete metabolic panel at the beginning of treatment (analysis with metabolic markers)

HEALTHY NUTRITION

Consultation with a nutrition specialist at the beginning of treatment

Body composition study by bioelectric impedance

SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer

Supervised fitness training session (5 sessions)

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

Biomarine circuit: access to the hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Jacuzzi, Finnish sauna*, marine vaporarium*, Turkish bath*) *Due to COVID-19 these services are not operating

Phlebotic circuit (6 sessions)

Whirlpool bath with seaweed (6 sessions)

Marine sludge (cold or hot according to prescription) (3 sessions)

Local therapeutic massage (25 min.) (3 sessions)

Curative seawater tonic drink

APPARATOLOGY

Election therapy (radar, ultrasound or laser according to medical prescription) (6 sessions)

HEALTHY ACTIVITIES

Healthy nutrition talk and nutrition guide

Healthy cooking class

PHYSICAL ACTIVITY

Aquagym (6 sessions)

Muscle chains stretching (2 sessions)

Group exercise classes (6 sessions)

Morning walks (3 sessions)

FOLLOW-UP AND RESULTS

Delivery of a medical reporting the progress obtained

Delivery of a physical report of the activities or exercises to be continued after the stay

Anti-stress & relaxation



Program designed to reduce stress and bad habits of life, getting a better quality of life and complete relaxation thanks to different techniques and activities established for this purpose.

OBJECTIVES

Rest and recover from fatigue and stress / Recover your inner balance / Feel calm and revitalised /
Learning to manage stress more effectively

DURATION

Program of 7 nights, 6 days of treatment

DIAGNOSIS AND MEDICAL CONTROL

General medical consultation at the beginning and end of the programme

Preparation of medical history and general health examination

Regularly taking of vital signs

Complete metabolic panel at the beginning of treatment (analysis with metabolic markers)

HEALTHY NUTRITION

Consultation with a nutrition specialist at the beginning of treatment

Body composition study by bioelectric impedance

SPORTS CONSULTATION AND PLANNING

Functional assessment with personal trainer

Supervised fitness training session (5 sessions)

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

Biomarine circuit: access to the hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Jacuzzi, Finnish sauna*, marine vaporarium*, Turkish bath*) *Due to COVID-19 these services are not operating

Phlebotic circuit (6 sessions)

Whirlpool bath with seaweed (3 sessions)

Local massage (25 min.) (2 sessions)

Cranio-facial massage (20 min.) (1 session)

Curative seawater tonic drink

HEALTHY ACTIVITIES

Healthy nutrition talk and nutrition guide

Healthy cooking class

PHYSICAL ACTIVITY

Aquagym (6 sessions)

Muscle chains stretching (2 sessions)

Group exercise classes (6 sessions)

Morning walks (3 sessions)

Pilates (2 sessions)

Yoga (2 sessions)

Relaxation (1 session)

FOLLOW-UP AND RESULTS

Delivery of a medical reporting the progress obtained

Delivery of a physical report of the activities or exercises to be continued after the stay

Wellness getaways



Wellness programs are designed to get away from the everyday life and recharge with positive energy and vitality.

DURATION

Program of 6 nights, 5 days of treatment / Program of 5 nights, 4 days of treatment /
Program of 4 nights, 3 days of treatment / Program of 3 nights, 2 days of treatment / Program of 2 nights, 1 day treatment

DIAGNOSIS AND MEDICAL CONTROL	6 nights	5 nights	4 nights	3 nights	2 nights
General medical consultation at the beginning of the programme	Yes	Yes	–	–	–
General medical consultation at the end of the programme	Yes	–	–	–	–
Preparation of medical history and general health examination	Yes	Yes	–	–	–
Regularly taking of vital signs	Yes	–	–	–	–

THALASSOTHERAPY TECHNIQUES AND SPECIFIC TREATMENTS

Biomarine circuit: access to the hydrotherapy circuit as prescribed (seawater thermal pool, underwater whirlpool beds, jet seats, cervical jets, lumbar jets, Jacuzzi, Finnish sauna*, marine vaporarium*, Turkish bath*) *Due to COVID-19 these services are not operating	5	4	3	2	1
Phlebotic circuit	5	4	3	2	1
Whirlpool bath with seaweed	2	2	1	1	1
Underwater massage 'Termas Marinas' (20 min.)	1	–	–	–	–
Cranio-facial massage (20 min.)	1	1	1	–	–
Local massage (25 min.)	1	1	1	–	1
Body massage (40 min.)	–	–	–	1	–
Curative seawater tonic drink	Yes	Yes	Yes	Yes	Yes

HEALTHY ACTIVITIES

Healthy nutrition talk and nutrition guide	Yes	Yes	–	–	–
Healthy cooking class	Yes	Yes	–	–	–

PHYSICAL ACTIVITY

Aquagym	5	4	*	*	*
Muscle chains stretching	1	1	*	*	*
Group exercise classes	5	4	*	*	*
Morning walks	3	2	*	*	*
Pilates	1	1	*	*	*
Yoga	1	1	*	*	*

*Note: physical activities: the schedules and days of the physical activities may vary according to the week and nights of stay. In order to access or carry out these activities it will be necessary to book in advance at the reception desk of the thermal centre. Consult weekly programmed activity.

Thermal vocabulary



ALGAE WRAP: Algae wrap with slimming and firming effect which induces high remineralization.

BIOMARINE CIRCUIT: 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. Maximum recommended duration 2 h.

BODY PEELING: Aesthetic technique that removes dead cells from our body, making our skin look smoother and younger.

BODY SHAPER: Double action treatment that combats cellulite and reaffirms skin.

CRANIO-FACIAL MASSAGE: Anti stress scalp and face massage that relieves muscle tension. Duration 20 minutes.

CURATIVE SEAWATER TONIC: For a proper hydration and body remineralization.

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.

HYDROMASSAGE BATH: Individual seawater hydro massage bathtubs, thermal graduation of the water, water jets and air all over the body.

LASER LIPOLYTIC: Treatment for the removal of localized body fat by means of diode lasers instead of surgery.

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

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.

MASSAGE 25: Therapeutic, relaxation or circulatory massage according program or prescription. Duration: 25 minutes.

MASSAGE 40: Body relaxation massage. Duration 40 minutes.

MUSCLE TONING: Gym, fitness room, cardiovascular room.

PHLEBITIC CIRCUIT: Circuit in seawater pool at 22°C-24°C to activate and improve the blood stream.

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.

PRESSURE JETS SHOWER: Thermal technique that consists in applying a seawater jet at a certain pressure over the entire body.

SVELT MASSAGE: Deep manual massage advised for cellulite. It's done with draining and lipolytic cosmetics. Duration 25 minutes.

"TERMAS MARINAS" UNDERWATER MASSAGE: Massage under jets of seawater at different temperatures and targeting different body parts. Duration 20 minutes.

General remarks



The nutritionist visit is NOT included in half-board programs.

All week-long treatments except for the beauty and the antistress programs 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 weight loss 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.

Medical visits are scheduled from Monday to Saturday morning. For that reason, arrivals from Sunday to Friday are recommended.

Any customer that hadn't booked any thermal programme and wants to carry out a medical visit will need to pay the cost of that visit.

The treatment therapies are not subject to changes or refundable.

It is possible to extend your stay by previously asking at the hotel reception.

There is a cancellation policy for the reduction of number of days. Ask at the hotel reception.

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.

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.

A credit card number is required for booking.

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.

On the date of arrival, the room can be occupied from 4:00 p.m.

Check-out time before 11:00 noon. If you like a late check-out (upon availability) please contact the front desk.

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 and the entire reservation will be cancelled.

In case of special dates such as bank holidays or long weekends, the hotel may establish a minimum required stay.

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.

The use of bathing cap and flip-flops is compulsory in the hydrotherapy area as well as the use of sneakers in the gym.

Car parking spaces are limited in number and not free of charge. They are not subject to previous reservation.

The hotel can provide transport service but previous reservation is required. Please check out prices.

Pets are not allowed.

Special services: bathrobe available throughout the stay.



PALASIET

Thalasso Clinic & Hotel

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