



PALASIET

Thalasso Clinic

Prices

THALASSOTHERAPY CLINIC
PRICES 2021



Medical and therapeutic area

THALASSOTHERAPY SOURCE OF HEALTH

MEDICAL SERVICES

Initial medical consultation, price 60€

Medical control, price 33€

Note: service included if treatment is carried out after the medical consultation

MASSAGE

Therapeutic massage - 25 minutes, price 42€

Therapeutic massage - 40 minutes, price 62€

Therapeutic massage - 60 minutes, price 80€

Partial lymphatic drainage, price 49€

Total lymphatic drainage, price 88€

Physiotherapist assisted therapy in pool or cabin (see bonus), price 50€

THERAPEUTIC SEA MUDS

Local sea muds, price 25€

Sea muds entire back or legs, price 32€

ELECTROTHERAPY - Price 19€

Ultrasounds, laser, microwaves and infrared rays.

MAGNETOTHERAPY - Price 25€

THERAPEUTIC LPG - Price 59€

Rehabilitation, injuries, etc. (see bonus).

PODIATRY CONSULTATIONS - Price 40€

Comprehensive treatment of dermatological foot conditions.

THALASSOTHERAPY SERVICES

Biomarine circuit (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), price 25€

Special bonus 10 biomarine circuit sessions, price 180€

Special quarterly bonus "CLUB TERMAS" (biomarine circuit & gym), price 300€

Whirlpool bath with seaweed, price 30€

Underwater massage 'Termas Marinas' - 20 minutes, price 50€

Shower pressure jets, price 27€

Phlebotic circuit, price 10€

COMBINED TREATMENTS

Promo pack: biomarine circuit + cocktail + menu, price 53€

Pack craniofacial: biomarine circuit + craniofacial massage, price 58€

Pack "Runners": biomarine circuit + massage - 25 minutes + phlebotic circuit, price 67€

Pack 25': biomarine circuit + massage - 25 minutes, price 57€

Pack 40': biomarine circuit + massage - 40 minutes, price 75€

Pack 60': biomarine circuit + massage - 60 minutes, price 93€

Combi 25: biomarine circuit + massage 25 minutes + restaurant menu (lunch or dinner) , price 87€

Combi 40: biomarine circuit + massage 40 minutes + restaurant menu (lunch or dinner), price 105€

COMPLEMENTARY ACTIVITIES

Group fitness classes, price 10€

Aqua-gym group classes, price 10€

Fitness session (gym), price 8€

Muscle chains stretching individual session (see bonus), price 40€

Muscle chains stretching (group session), price 10€

Trainer-guided walking, price 10€

Yoga individual session (see bonus), price 65€

Yoga group session - 60 minutes (see bonus), price 10€

Yoga group session - 90 minutes (see bonus), price 12€

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

NUTRITION AND SPORT

PHYSICAL ANDSPORTS TRAINING PROGRAMS

SERVICES

Appointment with the personal training, price 25€

Personal training - 1 hour, price 35€ / session

Personal training in pairs - 1 hour, price 60€ / session

Supervised training - 1 hour, price 25€ / session

BONUS

5 personal training sessions, price 165€

10 personal training sessions, price 315€

MONTHLY GYM BONUS

1 appointment with the personal training + daily access to the gym, price 85€

Monthly gym bonus + nutrition, price 245€ (daily access to the gym and weekly appointment with the personal trainer + 3 consultations with the nutrition specialist)

NUTRITIONAL COUNSELLING

First consultation (file opening), price 50€

Subsequent medical consultations (follow-up visits), price 30€

WEIGHT AND VOLUME LOSS SPECIAL TREATMENT

Treatment that combines the dietary and the aesthetic department.

IT INCLUDES

3 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

Option A: 10 session LPG or radiofrequency + Gym, price 549€

Option B: 5 session LPG or radiofrequency + 5 session Lipolytic laser + gym, price 469€

Option C: 5 session LPG + 5 session Lipolytic laser + gym, price 399€

Program duration: 5 weeks

TREATMENTS WITHOUT ACCOMMODATION

DISCOVER THE THALASSOTHERAPY - 1 day, price 82€

Biomarine circuit session

Phlebotic circuit session

Whirlpool bath with seaweed

Massage - 25 minutes

Curative seawater tonic drink

CIRCULATORY TREATMENT - 6 days, price 299€

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

2 medical visits (at the beginning and at the end of the treatment)

6 biomarine circuit sessions

5 phlebotic circuit sessions

5 cardio vascular activity sessions

3 cold mud applications on legs

2 Whirlpool bath with seaweed sessions

2 pressotherapy sessions

1 treatment for cosmetic light legs

Curative seawater tonic drink

RHEUMATIC TREATMENT - 6 days, price 436€

Specific treatments for customers suffering from osteoarthritis, osteoporosis, rheumatoid arthritis, lumbago or any muscle-skeletal pain.

- 2 medical visits (at the beginning and at the end of the treatment)
- 6 biomarine circuit sessions
- 6 phlebotic circuit sessions
- 6 aqua gym sessions
- 2 electrotherapy sessions (according prescription)
- 3 cold mud applications
- 3 therapeutic massages - 25 minutes

WEIGHT LOSS - OVERWEIGHT - 10 days, price 599€

- 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 Whirlpool bath with seaweed sessions
- 2 shower pressure jets sessions
- 1 body shaper session
- 1 algae wrap session
- curative seawater tonic drink

*Supervised sessions with the trainer, not individual

Fresh seasonal fruit and infusion are included

Note: it is possible to have lunch in our restaurant according to the dietetics recommendations that the nutritionist make for 25€/menu

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.



Wellness area

THALASSOTHERAPY SOURCE OF HEALTH

MASSAGE

MASSAGE

Relaxation local massage - 25 minutes, price 38€

Relaxation body massage - 40 minutes, price 56€

AROMATIC MASSAGE - 60 minutes, price 74€

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.

CRANIOFACIAL MASSAGE - 20 minutes, price 39€

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.

SENSATIONS MASSAGE - 30 minutes, price 52€

Technique made with four hands.

OBSIDIAN AND ONIX STONES MASSAGE - 40 minutes, price 63€ / 60 minutes, price 93€

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.

BAMBOOS CANE MASSAGE - BODY 50 minutes, price 65€ / LOCAL 25 minutes, price 39€

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.

ORIENTAL TECHNIQUES

SHIATSU - 60 minutes, price 71€

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.

TRADITIONAL THAI MASSAGE - 60 minutes, price 76€ / 90 minutes, price 109€

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.

AMMA - 30 minutes, price 36€

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.

KOBIDO - 50 minutes, price 60€

Facial massage that combines quick and slow movements improving the skin aspect and the health. A Japanese technique knew as "facial natural lifting".

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) - 60 minutes, price 64€

PINDASWEDA MASSAGE (stimulating and vitalizing massage with warm herbs and oils) - 30 minutes, price 39€

FOOT REFLEXOLOGY - 30 minutes, price 39€

BEAUTY TREATMENTS. FACIAL COSMETIC

FACIAL HYGIEN - 60 minutes, price 60€

Deep cleaning treatment to remove impurities in all skin types.

FACIAL TREATMENTS - 60 minutes, price 70€

Depending on the type of skin we adapt the treatment.

FACIAL EXPRESS - 30 minutes, price 39€

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

CHEMICAL PEELING - 40 minutes, price 60€

Treatment indicated to improve skin imperfections by applying a hydroxy acid.

FACIAL VITALIFT - 1 hour 30 minutes, price 102€

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.

TMT SYSTEM "FACIAL MESOTHERAPY WITHOUT PAIN"

Electroporation equipment that consists in reaching the deepest layers of the skin, the latest-generation medical-aesthetic cosmetics.

Anti-aging program, price 80€ / session

Sensitive skins and skin reddening correction program, price 80€ / session

Firming program, price 96€ / session

*See Special Bonuses for these treatments

BEAUTY TREATMENTS. BODY COSMETIC

PEELING - 60 minutes, price 60€

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.

ALGAE WRAP - 50 minutes, price 73€

Seaweed with slimming and firming effect that provide a great remineralization.

MARINE MUDDS WRAP - 50 minutes, price 73€

Sea mud that relaxes and improves joint pains and muscle inflammations.

CHOCOLATHERAPY - 50 minutes, price 70€

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

LIGHT LEGS - 50 minutes, price 60€

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.

MARINE BATHS - SENSATIONS WITH BODY HYDRATION - 50 minutes, price 50€

The pleasure of a bubbling bath of seawater enriched with plant extracts, followed by a hydrating body massage.

BODY RITUALS - 1 hour 40 minutes, price 140€

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).

SPECIAL SILHOUETTE**SVELT TREATMENT - 25 minutes, price 39€**

Deep manual massage advised for cellulite. It is performed with draining and lipolytic cosmetics.

VITALITY TREATMENT - 25 minutes, price 39€

Active massage performed with regenerating and tense cosmetics.

TMT SYSTEM "BODY MESOTHERAPY WITHOUT PAIN"

Electroporation equipment that consists in reaching the deepest layers of the skin, the latest-generation medical-aesthetic cosmetics.

Draining-anticellulite program, price 82€ / session

Firming program, price 82€ / session

See bonus

ENDERMOLOGIE, LPG

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

Price per session, price 45€

Localised LPG, price 30€

Bonus 5 sessions, price 210€

Bonus 10 sessions, price 405€

Medical consultation at the beginning and end of the treatment. Medical follow-up

BODY SHAPER SESSION - 60 minutes, price 70€

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.

COSMETIC ELECTROMEDICINE

Complementary cosmetic treatments with appliances:

Passive gymnastics through interferential currents (compex), price 20€

Lipolytic laser, price 27€

Press-therapy, price 30€

Lipolytic laser + localised LPG, price 51€ (see bonus)

HANDS AND FEET BEAUTY

CONVENTIONAL MANICURE, price 24€

CONVENTIONAL PEDICURE, price 45€

FRENCH MANICURE, price 10€

SEMIPERMANENT NAIL POLISH, price 25€

SEMIPERMANENT NAIL POLISH REMOVING, price 6€

ARTIFICIAL NAILS REMOVING, price 20€

SPECIAL TREATMENT FOR HANDS - 1 hour 30 minutes, price 50€

Treatment that cleans, prepares and repairs hands and nails, leaving a soft, elastic, deeply hydrated and free of imperfections skin (nail polish included).

SPECIAL TREATMENT FOR FEET - 1 hour 30 minutes, price 60€

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. (nail polish included).

OTHER TREATMENTS

SOCIAL MAKE, price 40€

PARTY MAKE-UP, price 50€

BRIDE MAKE-UP, price 50€

BRIDE MAKE-UP TEST, price 75€

EYELASH DYE, price 15€

EYEBROW DYE, price 12€

EYELASH PERMANENT, price 25€

WAXING - TRADITIONAL METHOD

FEMALE WAXING: Full legs 28€ / Thighs 20€ / Half legs 15€ / Underarms - groins 11€ / Interbuttocks 12€ /

Brazilian depilation 15€ / Genitals 20€ / Arms 13€ / Upper Lip - Eyebrows 6€ / Eyebrow shaping 11€

MALE WAXING: Full legs 31€ / Buttocks 20€ / Chest 15€ / Abdomen 15€ / Arms 25€ / Underarms 13€ / Back 30€



Benefits of seawater

THALASSOTHERAPY SOURCE OF HEALTH

THALASSOTHERAPY

Therapeutic method using the marine environment (seawater, mud and algae, and the marine climate).

Natural therapy that has been used since Greek times. Its key are the chemical elements in the sea and related products, substances which are in human plasma, such as sodium, magnesium, potassium or iodine, which, when absorbed by the body by osmosis, favour health recovery.

Seawater is used at body temperature, which has multiple benefits:

It improves locomotor system conditions, speeding up bony, muscular, tendinous and ligamentous recovery processes.

It enhances recovery from rheumatological diseases, such as arthritis, fibromyalgia or osteoarthritis.

By performing exercises in the sea water, we can gain mobility and recover from injuries faster.

It relaxes the musculature, has an analgesic and anti-inflammatory effect.

It improves the vascular system, both at venous and lymphatic level.

It accelerates the process of reducing body fat, therefore has positive effects on cellulite and obesity.

It promotes psychic activity and improves physical strength, contributing to perfect mental rest against insomnia, depression and anxiety.

It also improves breathing problems such as asthma, chronic skin conditions like chronic dermatitis, atopy, and psoriasis.

In the field of aesthetics, thalassotherapy will improve tissues, combat sagging, and cellulite and slows the aging of the skin.

OBSERVATIONS

All our treatments have vouchers of 10 sessions with 10% discount.

Access to our thermal facilities is restricted to customers receiving treatment after the completion of a medical questionnaire.

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€.



PALASIET

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