



THALASSO
+SPA

Special packages



ESCAPE

33€

1 DAY PACKAGE

- Aqua Royal • Sauna / Hammam • 1 Yoga or 1 Pilates class

RELAX

80€

1 DAY PACKAGE

- Aqua Royal • Sauna / Hammam • 1 aromatic hydrojet bath
- 1 massage relax • 1 Yoga or 1 Pilates class

NIRVANA

95€

3 DAYS PACKAGE

- 1st day** • Aqua Royal • Sauna / Hammam • 1Yoga or Pilates class
- 2nd day** • Aqua Royal • Sauna / Hammam • 1Yoga or Pilates class
- 3rd day** • Aqua Royal • Sauna / Hammam • aromatic hydro-jet bath

GOLD

295€

6 DAYS PACKAGE

- 1st day** • Aqua Royal • aromatic hydro-jet bath
• 1Yoga or Pilates class
- 2nd day** • Aqua Royal • Thalaxion Bath • 1 relax massage,
• 1 Yoga or Pilates class
- 3rd day** • Aqua Royal • aromatic hydro-jet bath
• 1Yoga or Pilates class
- 4th day** • Aqua Royal • hydro-jet bath
• 1 massage with essential oils • 1 Yoga or Pilates class
- 5th day** • Aqua Royal • Thalaxion Bath • 1 Yoga or Pilates class
- 6th day** • Aqua Royal • hydro-jet bath • 1relax massage
• 1 Yoga or Pilates class

Note:
Free of charge Sauna
and Hammam

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AQUAROYAL®

35 MIN

A magnificent aquatic walkway pool with seawater heated at 32-33° C. It consists of a circuit where geysers, under-water jets, counter-current walkways, umbrella, waterfalls, jacuzzi, massage jets, hydro-massage beds and seats provide your whole body with a mixture of revitalization and relaxation.

Easing of muscles, Improves blood-circulation, Stimulation of tissues.

AROMATIC HYDRO-JET BATH

20 MIN

Overall hydro-massage by means of multiple, adjustable jets, in a tub of sea water enriched with specific essential oils.

Loosening of muscles, Relaxation.

HYDRO-JET BATH

20 MIN

Overall or local hydro-massage by means of multiple, adjustable jets.

THALAXION BATH

20 MIN

Prototype hydrotherapy treatment with a combination of hot and cold seawater and alternating hydro-massage focusing on the stomach area, hips, thighs and legs. Speeds up breakdown of cellulite, aids firming and improves the circulation.

MASSAGE RELAX

25 MIN

Your therapist's hands skim, smooth, knead or palpate the various tissues, thus achieving either general relaxation or a therapeutic effect.

MASSAGE WITH ESSENTIAL OILS

25 MIN

A very soothing body treatment using special essential oils and working with long movements brings total relaxation and wellbeing. It erases the tension and you feel calm and released.

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YOGA CLASS

45 MIN

One of the most celebrated practices of Indian spirituality. Yoga is a combination of physical and spiritual practices aimed at human development at all levels: mental, spiritual and physical.

Advantages: immune system enhancement, stress relief, stimulate memory, physical condition and wellness improvement

PILATES CLASS

45 MIN

A series of exercises that improve flexibility, balance, strength and elasticity of your body. A mind and body workout in perfect harmony that contributes to a good, balanced physical condition.

Advantages: vertebral alignment, strengthening the major muscle groups, firming, stress reduction.

ZUMBA FITNESS CLASS

45 MIN

Forget about all this silent and exhausting training! Just let go and surrender to the exciting...

Zumba Fitness! Aerobic exercise combined with those life-celebrating Latin music rhythms, helps you relax, tone up and have great fun!

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