

Vilalara 
LONGEVITY

THALASSA & MEDICAL SPA

MENU

Services & Treatments



Vilalara Longevity Thalassa & Medical Spa

Placed in a luxury resort, in a privileged location under the majestic cliffs of Praia das Gaivotas, emerges the Vilalara Thalassa & Medical Spa!

In a unique fusion, the best of the sea provides wellness and anti-ageing solutions.

Our Mission:

We are dedicated to delivering an experience that will help you to

RElax, REvitalise, REenergise and REjuvenate!
Like the SEA, renew yourself!

Concept:

Disconnect to Reconnect!

Disconnect from the world and Reconnect with yourself! Treatments designed with specific formulas to guide you on a journey through the SEA of the senses!

Allied to Longevity's knowledge through a synergy of diagnostics, therapies, nutrition, and detox, we create individualized strategies to improve health.

A perfect combination of preventive anti-ageing medicine, Thalassa, Spa and well-being.



Our Commitment:

We are one of the 5 best Thalasso therapy centers in the world. Acting within the limits of our planet is our way of expressing our gratitude.

The entire resort has been awarded the Biosphere certification, the first certification that meets the 17 sustainable development goals of the United Nations.

Our brands, Thalion and Anne Semonin, are based on the same values of sustainability with true ecological practices.

Thalion, a French brand recognized for its marine ingredients, in the depths of the Ironize Sea. It respects harvest times, always prioritizing the environment and ecosystems. The packaging, made from recyclable and sustainable materials, comes mainly from Brittany. It always prioritizes local partners, limiting the CO2 impact of transport.

Anne Semonin maximizes the use of natural active ingredients. Recyclable and biodegradable packaging. The brand's production processes fully respect the environmental ecosystem.

Our team is committed to adopting sustainable practices in its daily dynamics, both inside and outside the workplace, minimizing waste and excessive consumption of resources, adopting measures such as recycling, reusing materials and conserving energy.

We understand that small actions can make a big difference. By controlling the use of towels and water in the showers, each guest contributes to the preservation of our precious natural resources.

Responsibility for sustainability does not lie with just one individual or organization, but with everyone.

Let's make this commitment together!



Monitoring and Diagnosis

6

Detoxification and Regeneration

7

Nutrition and Supplementation

13

Thalassa Anti-stress and Remineralization

20

Spa, Relax and Pamper

24

Fitness, Sport and Pain Management

29

Mind and Energy

31

Aesthetic Medicine, Remodelling and Beauty

35

Final Touches

38

Terms and Conditions

Prices in Euros including VAT.

Prices subject to change without prior notice.

Advance booking is compulsory and subject to availability.

Minimum age for admission is 18.

The full amount will be charged for cancellations with less than 24 hours' notice.

All information contained in this document is subject to change without prior notice.



Dra. Joana Santos
Clinical Director of the Medical Spa
Master in Functional Medicine and Anti-Ageing

*"For us, it's not just about living later, it's about living better.
Quality of life is what matters most when we look to our
future."*

Because of the hustle and bustle of everyday

life, people end up having a rushed routine, making unhealthy choices - stress, insufficient sleep, the wrong nutritional choices, physical inactivity - which.

unhealthy choices - stress, insufficient sleep, the wrong nutritional choices, physical inactivity - which contributes to a sharp increase in chronic illnesses, resulting in premature ageing.

Your health and well-being are our main focus through a modern approach to holistic medicine. Considering each individual's genetics, we develop specific programs for improved health and wellness, where underlying causes of disease is analyzed and nutrition, diet, detoxification, exercise strategies and regenerative therapies are provided to heal but essentially to prevent.

The programs vary in intensity and duration. They cover topics such as Relaxation/Spa, Detox, Slimming, Reshaping, Stress, Energy Rebalancing, Beauty, Facial and Body Rejuvenation.

We believe that everyone has the right to enjoy a better quality of life, today and tomorrow.

Monitoring and Diagnostics

General Medical Consultation

40 min. € 170

General medical consultation with general clinical examination, to assess the current state of health and detect disease or pre-disease states with the prescription of auxiliary diagnostic methods.

Functional Medicine and Smart-Ageing Consultation

40 min. € 210

Preventive, functional, and personalized medicine consultation aims to identify the causes of an imbalance, whether physiological or chronic inflammation, through an integrative and intelligent approach to provide slower ageing and optimize quality of life in all senses.

Medical consultation - Follow up

25 min. € 100

Biophysical Assessment

20 min. € 80

This diagnosis consists of assessing body composition and identifying the biotype. In the biophysical assessment, we will analyze various parameters: fat mass, including visceral fat, muscle mass, body mass index (BMI), basal metabolism, water, distribution of fat mass and lean mass.

Evaluation of Mineral and Heavy Metal with Consultation

15 min. + 20 min. € 240

(Without consultation: € 140)

This test assesses the bioavailability of minerals, trace elements and heavy metals present in our tissues.

Smart-Ageing Tailor-Made Biochemical Evaluation (variable Price)

A wide range of differentiated blood, urine, and stool analytical profiles
Allows a thorough diagnosis of internal biochemical imbalances and the
implementation of a personalized, preventive, functional and integrated.
health and smart-ageing plan.

Examples of differentiated profiles:

Neurotransmitters (Brainscreen)
Cardiovascular
Oxidative Stress
Intestinal Dysbiosis
Chrono screen
Hormonal
Hepatic Detoxification Function
Fatty acids
Food Intolerances
Total Antioxidant Power
Genetic Tests

Telomere Length Evaluation with Medical Consultation

€ 900

(without consultation: € 800)

Telomeres are protective covers for chromosomes, securing our genetic information (DNA). This test is the most accurate indicator of cellular ageing with a wide range of applications focused on the prevention of age-related diseases.

Detoxification & Regeneration

LONGEVITY THERAPIES FOR DETOXIFICATION,
ANTI-INFLAMMATION, IMMUNE SYSTEM STRENGTHENING AND
CELL REGENERATION

**PAPIMI® (Detoxification/Anti-Inflammation /
Immunity Boosting / Cell Activation)non-invasive
therapy**

25 min. 200€ | Package of 10 sessions -20%

50 min. 300€ | Package of 10 sessions -20%

Papimi devices are among the most powerful IIT (Ion Induction Therapy) devices in the world and belong to the large family of PEMF (Pulsed Electromagnetic Field) devices. In contrast to conventional magnetic field therapy, Papimi works with much higher voltages and currents (40 kV & 10kA), as well as the fastest vibrations of just 50 µs, which allows for extremely high induction and penetration depth. A healthy cell needs an acceptable cell membrane voltage.

Ion induction therapy increases the potential of the cell membrane as well as the mitochondria (only cells whose membrane potential has decreased react to ion induction impulses). A healthy cell membrane voltage allows ion exchange through membrane proteins and supports biochemical regulatory cascades that are responsible for the cell's optimal functionality and energy supply. With Papimi IIT, the cell can resume its regulatory processes, exchange waste elements, and produce corresponding energy molecules. This form of therapy is painless, non-invasive, non-contact and can be carried out with the individual fully clothed. Papimi is very versatile.

Integrative medicine:

Support for regulatory processes (for example, vegetative nervous system, metabolism, lymphatic system, digestion)
Cancer therapies
Various chronic diseases
Immunology (for example autoimmune diseases, wound healing, immune defense)

Physical medicine and rehabilitation:

Degenerative diseases of the musculoskeletal system and spine
Degenerative joint diseases
Pre- and post-operative applications (for example wound healing and implant healing)
Pain treatments and generalized pain syndromes Urological and nephrological diseases

Sports medicine:

Increased regenerative processes.
Treatment of sports-related strains
Ankle and tendon problems, bone marrow oedema, broken bones and torn muscle fibres
bone marrow oedema, broken bones and torn muscle fibres
Prevents swelling.
Improves and prevents prevention.

IIT makes your cells "hungry and thirsty" and ready to receive other therapeutic methods. This is why Papimi is often used in combination with other therapies and in therapeutic concepts:

Diagnosis and localization
Physiotherapy / Osteopathy: (massages, acupuncture, vibration) Regulatory medicine: Infusion, inhalation and thermotherapy: (Ozone, molecular H₂, IHHT, hyperthermia, Vit. C, etc.)
Operations: (pre- and post-operations)
Sports monitoring and rehabilitation

Ozone & Oxygen Therapy with Medical Consultation

40 min + 30 min € 370
(€ 270 per additional session)

Ozone is a powerful antioxidant, analgesic, detoxifier and an important activator of the immune system. Introduced into the bloodstream, it helps to activate and stimulate cells, fighting inflammatory and infectious present in our body.

BASIC Longevity Infusion Therapies with Medical Consultation

40 + 30 min. € 370
(€ 270 per additional session)

Options of Infusions:

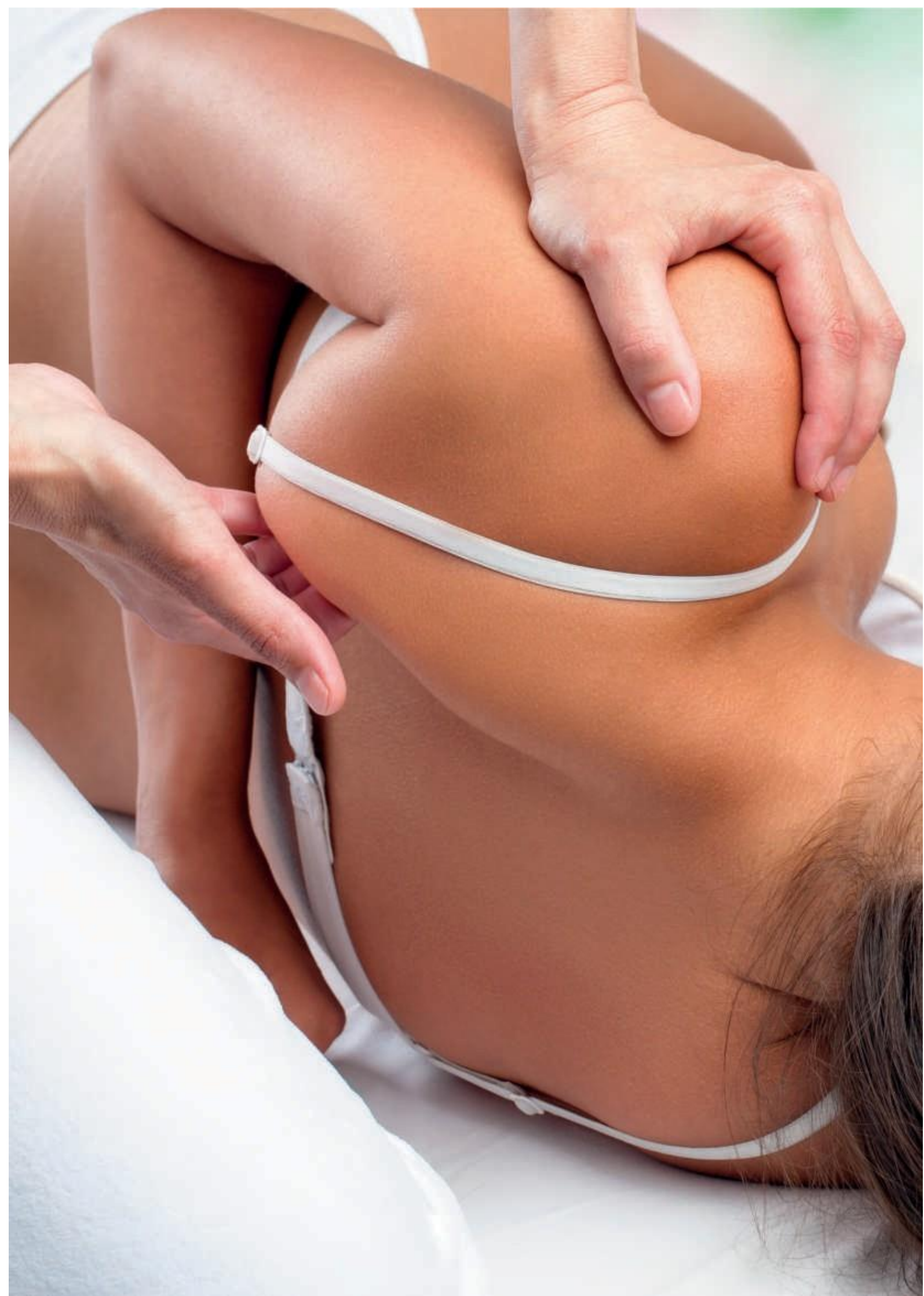
BASIC Immune Boost Perfusion Therapy
Detox, Antiox, Cell Regeneration
BASIC Energetic Boost Infusion Therapy

Longevity PREMIUM Perfusion Therapies with Medical Consultation

40 + 30 min. € 460
(€ 360 per additional session)

Personalized infusion blend for the treatment of an individual's specific needs (please consult our doctor for more information).

Perfusion therapies are designed to provide a nutritional boost to your body's needs quickly and efficiently, bypassing the digestive process to ensure that supplements are delivered directly to the cells that need them. Your digestive system uses up energy metabolizing supplements which significantly reduces the number of vitamins, nutrients and drugs that actually end up in your bloodstream. Infusion therapies ensure 100 per cent absorption for maximum effect and minimum waste. Because nutrients and supplements are delivered directly to the cells that need them, perfusion therapies maximize their impact and improve the functioning of a wide variety of body systems. This decades-old technique is used to treat patients who are dehydrated or too weak to eat properly. Today, we use it to quickly manage vitamin, mineral and amino acid deficiencies, rehydrate the body and optimize health wellbeing. Longevity partners with Europe's most credible suppliers, providing the highest quality supplements, tailored for maximum impact and your needs.



Sacro-Cranial Therapy

50 min.

1 session € 185 | 2 sessions € 333

Incorrect structural alignment of the sacro-cranial system - pelvis, spine, and head - can compress our nerves, causing painful muscle spasms that will impair the body's normal functionality. This manual therapy, whose aim is to assess and improve the physiological function of the cranial sacral system, which surrounds and protects the brain and spinal cord, attenuates, and corrects abnormal tensions and dissipates the negative effects of stress on the central nervous system. It is a beneficial preventive therapy that supports and strengthens natural resistance to disease, suitable for any age group and with no contraindications. It improves conditions associated with pain and dysfunction, including migraines, chronic pain, neurovascular coordination difficulties and the immune system.

Medical Pressotherapy

25 min.

1 session € 65 | 2 sessions € 117 | 3 sessions € 147

Pressotherapy is a detoxifying treatment that uses lymphatic drainage to help promote the body's natural toxin elimination functions. It promotes better blood flow and treats the symptoms of heavy legs and cellulite conditions.

Manual Lymphatic Drainage

50 min. € 105

Manual lymphatic drainage is a technique that aims to stimulate the lymphatic system using gentle movements to eliminate excess fluids and toxins from the body. This technique reduces fluid retention, activates blood circulation, treats oedema, combats cellulite and even relaxes the body.

Colon hydrotherapy

Our intestines are constantly under stress due to our unbalanced nutrition, the high level of processed foods we eat, the lack of plant fibres, high sugar and salt content, chemical additives, and preservatives. Our reduced chewing activity, fast eating habits and emotional stress cause digestive and intestinal dysfunction. Colon hydrotherapy is a therapeutic technique that helps cleanse and eliminate the waste that accumulates in our intestines over the years. Using specialized and certified equipment, filtered water is introduced into our intestines to restore the balance of fluids, matter and gases. The removal of excess waste and exercise for the large intestine benefits absorption, assimilation, and elimination, which are fundamental to maintaining the health and well-being of the body and mind.

Premium Colon Hydrotherapy with Probiotics

75 min. € 300

The high concentration of probiotics introduced will strengthen and reinforce the intestinal flora population, as well as restoring the balance of bacteria, bringing it to a normal, healthy state. Probiotics are especially useful for clients with IBS (irritable bowel syndrome), gas, digestive problems, low immune defense, constipation and/or diarrhea.

Tea, coffee, and other substances can be used in combination with probiotics to meet the client's specific needs.

Longevity Facial Detox & Repair com Hydrafacial®

50 min. € 250

Facial treatment with HYDRAFACIAL® that deeply cleanses and nourishes the skin. It removes dead cells and roughness in the skin's texture, providing greater collagen production, which will leave your skin more moisturized, radiant and rejuvenated.

Nutrition & Supplementation

Integrative Nutrition & Wellbeing Consultation

40 min. € 170

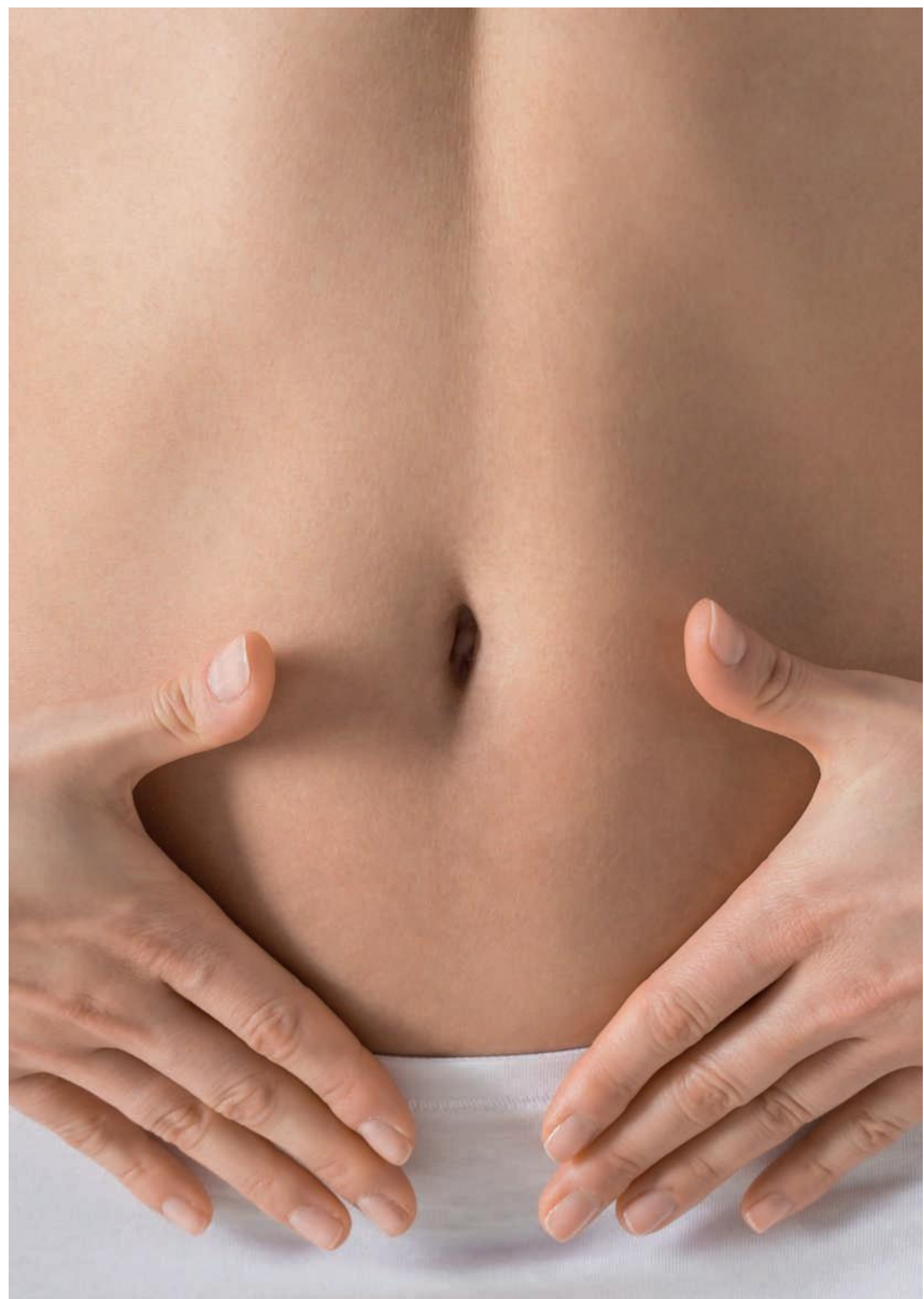
Optional food intolerance: Test € 500

Optional Nutrigenetic: Test € 850

Through an integrative approach focused on the gastrointestinal system, we aim to identify and prevent imbalances that can lead to the occurrence of inflammatory or pathological processes. The aim of the consultation is to provide tools through nutrition in order to mitigate gastrointestinal discomfort and consequently optimize health and quality of life.

Maax Detox * requires medical prescription € 400

MAAX Detox is a highly effective class II medical device made from 100% micronized, pure, mineral lava produced in a unique manufacturing process.



Longevity Supplements (requires medical prescription)

Longevity believes that lifestyle changes towards a wellness-oriented way of life is the most sustainable strategy for optimize health and prevent disease.

Longevity provides educational tools and easy health tips to its customers to support them in their change. However, this requires a level of discipline and self-motivation, and people don't always tackle this challenge in the optimal way. Furthermore, modern life is associated with several daily aggressions, which cause stress to our well-being and immune system, and even good regular exercise and nutrition may not be enough to counteract their negative effects.

Longevity has developed a series of exclusive nutraceutical formulas leveraged on its know-how of the main areas of need of its customers' and on which substances and with what dosages are the most appropriate for a high impact complement to good wellbeing practices.

Unlike most commercial off the shelf supplements (over the counter, without a prescription), all Longevity formulas are characterized by:

- High quality pharmaceutical producer with over 30 years' experience;
- Strict quality control, with state-of-the-art technology;
- Supervised by highly qualified pharmacists;
- Free from sugar, salt, wheat, soya, gluten, dairy products and any vegetable origin;
- Free from preservatives, artificial flavoring and coloring
- Suitable for vegans;
- The right combination of substances and concentrations for maximum effectiveness.

Longevity Multivitamin and Antiox Boost and Protect (3 months plan)
€ 399

Longevity Detox, Repair and Anti-inflammation (3 months plan)
€ 449

Longevity Cellular and Cerebral Health Regeneration (3 months plan)
€ 299

Longevity Cardio Regenerate and Protect (1 month plan)
€ 449

Longevity Slim Kit (1 month plan)
€ 380

Longevity DHEA (3 months plan)
€ 125

Longevity B12 Sublingual (3 months plan)
€ 125

Longevity Omega 3 (3-month plan)
€ 125

Longevity Cholesterol Control (1 month plan)
€ 125

Longevity Memory, Focus and Intelligence Enhancer (1 month plan)
€ 175

Longevity Telomere Cell Health Enhancer (3-month plan)
€ 499

Longevity Magnesium and Calcium Boost (3-month plan)
€ 290

Longevity Probiotics (1-month plan)
€ 149

Longevity Selenium (3-month plan)
€ 125

Longevity B Complex (3-month plan)
€ 125

Longevity Digestive Enzymes (3-month plan)
€ 125

Longevity BCAA Amino Acids (3-month plan)
€ 125

Longevity Glutathione 250 (3-month plan)
€ 175

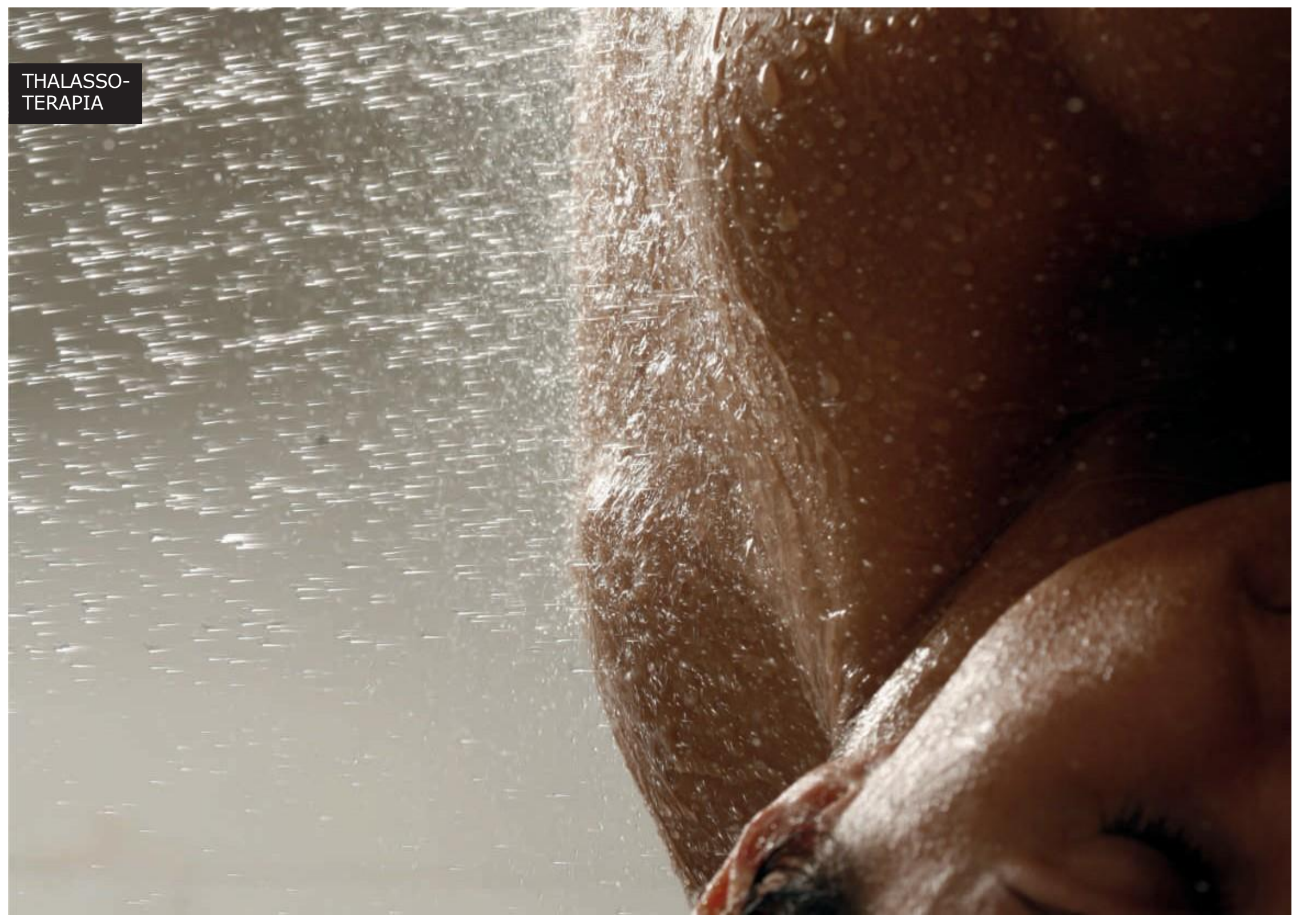
Longevity Glutathione 500 (3-month plan)
€ 200

Longevity COQ10 120mg (3 month plan)
€ 175

Longevity Turmeric (3 month plan)
€ 125

Longevity Magnesium Citrate (3-month plan)
€ 125

THALASSO-
TERAPIA





MD. Inês Galiza Thalassotherapy Technical Director

*“ We would like to welcome you to our
Thalassotherapy center in Vilalara,, the Greek word “
Thalassa” means “Sea”.*

This therapy combines the greatest qualities

of sea water with the region’s unmistakable Mediterranean climate to restore your wellbeing and re-energize your health.

Thalassotherapy comes in different types of treatment, all of which have beneficial properties and physiological characteristics for the human body. Sea water is heated (between 31°C and 35°C) in order to prepare the body and skin and thus maximize the qualities of the treatments.

The trace elements present in seawater allow for a natural remineralization in our bodies.

The circulatory and lymphatic systems, joint and muscular pain, particularly rheumatic disorders, respiratory rehabilitation, sleep habits, and even weight loss might all benefit from this treatment.

With a privileged location in the heart of the Algarve, we will provide you with an unforgettable experience.



Thalassa - Anti-stress - Remineralization

Bubble Bath

15 min. € 45

Hydro-massage in warm sea water enriched with soluble seaweed and essential oils. Thousands of tiny bubbles create strong turbulence which tones up the venous-lymphatic system. This bath helps fight cellulite, invigorates, and gives a deep sense of wellbeing.

Jet Shower

12 min. € 45

Hydro-massage with a strong percussion jet. Heated seawater is projected by the therapist, with variable pressure, from a distance of about 5 meters. Indicated in case of muscular tension and circulatory insufficiency.

Sprinkler Shower

12 min. € 45

Hydro-massage with a gentle percussion jet. The heated seawater is projected by the therapist with a variable pressure at a distance of about 5 meters. Indicated in case of muscle tension and cellulite.

Affusion Shower

20 min. € 45

Lying down it receives a fine rain of heated sea water. It has a sedative action on the central nervous system, activates the lymphatic, circulatory and respiratory systems.

Multijet Bath

20 min. € 45

Hydro-massage in a heated seawater bathtub. The multiple circuit of sequential massages, stimulates circulation and relaxes the muscle mass, reducing stress and fatigue.

Underwater Jet-Stream Pool

25 min. € 50

Group class carried out in a pool with heated seawater. The therapist indicates the movements to be performed against the jet current. This localized massage stimulates and relaxes the muscles and activates circulation.

Dynamic Pool

25 min. € 50

Gymnastics group class carried out in a heated seawater pool led by a physiotherapist. Exercises become easier due to water temperature and because the seawater density alleviates the mechanical stress of movement.

Seaweed Therapy

20 min. € 65

Involving seaweed in a sweating blanket, where heat is diffused, allowing vasodilation and increased uptake of trace elements. It promotes a calming, remineralizing and detoxifying effect.

Magnesium Therapy

20 min. € 65

Application of a thin layer of heated magnesium. An electric blanket diffuses heat and boosts remineralization. Decreased stress, anxiety, fatigue, irritability, muscle contraction and insomnia.

Calcium Therapy

20 min. € 65

Application of a thin layer of heated calcium. An electric blanket diffuses heat and boosts remineralization. Sedative decreases joint stiffness and wear traits of time.

Marine Mud Therapy

20 min. € 65

Local application of mud with anti-inflammatory and sedative effects activated by heat. Compulsory medical consultation included. Joint pain, rheumatism, arthritis and arthrosis.

Thalassa Sound Healing

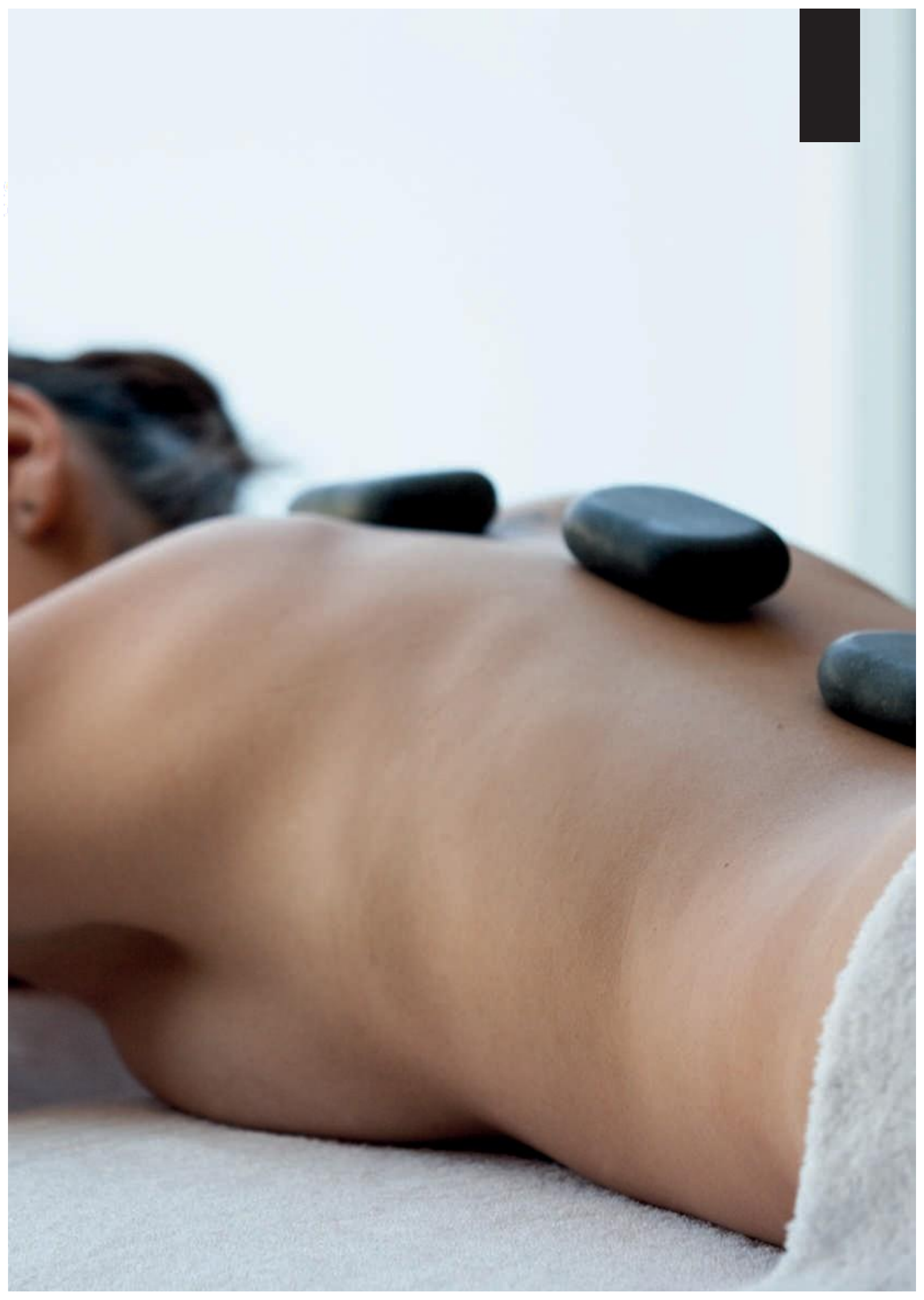
20 min. € 75

Let yourself be rocked by the gentle movements of sea water, combined with the sound of Tibetan bowls. Promotes a sense of freedom and a return to Origin.

Thalassa Silence Meditation

20 min. € 70

The comfort and lightness of sea water allows silent meditation to give us the opportunity to refresh, reset, and reframe how we are showing up in the world around us.



Spa, Relax & Pamper

SIGNATURE THALASSA TREATMENTS

Absolute Lavender

80 min. € 140

Moment of pure indulgence. Soothe the skin with a mixture of sea salt and lavender harvested from our gardens, followed by an engaging massage with relaxing techniques.

Sublime Gold Radiance

80 min. € 140

Feel the nourishing elements of “liquid gold” in this treatment inspired by the hot Algarve sun. This body, face and scalp massage creates a feeling of comfort and uplifts the spirit.

VILALARA RITUALS

Ritual Ocean

110 min. € 210

A unique ritual! Let yourself be carried away by the waves of the ocean in a revitalizing body massage combined with an innovative facial, restoring the natural lines of your face.

Detox Ritual

110 min. € 210

A detoxifying ritual that combines face and body care, nourishes the skin with ultra-concentrated active ingredients for a perfect balance.

Marine Ritual

110 min. € 210

Dive into the sea and remineralize body and mind. Body scrub of calcium and magnesium minerals and a wrap. This followed by a massage with techniques of joint decompression, focused on the body extremities.

Vilalara Ritual for Two

110 min. € 380

Embark on a sensory journey for two. Experience the harmony and fullness of a guided meditation in the Resort's gardens, followed by an ultra-relaxing massage.

SPA MASSAGES

Blue & Green Massage

50 min. € 95

Relaxing massage with gentle massage techniques provides a feeling of tranquility and general wellbeing.

Therapeutic Massage

50 min. € 105

Deep and invigorating massage that aims to tone muscle tissues, relieve muscular decompression and activate circulation.

Joint Mobility Therapy

80 min. € 130

Treatment that promotes joint decompression, pain relief, increased joint mobility and flexibility, prevents muscle injuries, releases tension in joint structures and improves posture.

Performed on the lower limbs, upper limbs, and spine, in a gentle and progressive manual manner.

Hot Stones Massage

80 min. € 130

Relaxing massage using volcanic stones, producing total relief from stress and a profound equilibrium between the body and mind.

Relaxing Facial Massage

20 min. € 55

Facial Lymphatic Drainage

20 min. € 55

ORIENTAL THERAPIES

Ayurvedic Massage

80 min. € 130

Deep massage technique combining vigorous movements on the whole muscular mass with traction and stretching manipulation. Produces a feeling of freshness, lightness, and tranquility.

Shiatsu

80 min. € 120

Japanese therapeutic method that uses pressure on the meridians, promoting a state of energetic and physical balance.

Reflexology

50 min. € 90

Through digit pressure this therapy works the reflex points of the organs of the human body on the sole of the foot, providing wellbeing and balance.

FACE CARE by Anne Semonin

L'Expérience Anne Semonin

70 min. € 140

Personalized treatment. Let us assess the needs of your skin and restore your natural balance. Corrective solutions that combine active ingredients of neurocosmetic (indigo plant extract) with classic techniques. Awaken the splendor of the face, neckline and eye contour.

Facial Ultra-lift

80 min. € 220

Youth radiance elixir. It combines the anti-ageing cryotherapy effects and a new generation of high cosmetics with a lift massage technique. Revolutionary alternative to invasive anti-ageing techniques.

Facial Gold-Infused

80 min. € 220

Glamorous regenerating and firming facial with a powerful 24K gold mask. Moisturizes the face and neck region. Instant lifting effect combined with the luminosity that only gold can provide.

Illuminating Facial

80 min. € 155

A combination of peeling with advanced ingredients rich in fruit acids, combined with drainage and lifting techniques with Gua Sha stones, radically renew the texture of the skin's surface and combat the effects of aging caused by pollution and stress.

Men 's Special

70 min. € 120

Specific treatment for man. It begins with exfoliation on the back, followed by a facial with essential oils, trace elements and a "made to measure" massage. (does not include extraction).

Mother to be Treatment

50 min. € 95

Rejuvenating Facial treatment with a foot and leg massage to help drain and deplete all the swelling and fatigue.

You can add : steam and extraction

25 min. € 55

BODY CARE By Thalion

Body Exfoliation

25 min. € 70

Marine – Coconut – Citrus – Lavender

Modeling Treatment

70 min. € 105

Localized anti-cellulite treatment on the abdomen, hips, thighs and knees with specific massage techniques to act on the localized cellulite and redefine contours from the first treatment.

Firming Perfection

70 min. € 105

Active treatment that combines massage techniques with marine active ingredients restoring the natural skin tone.

Sliming Treatment

70 min. € 105

Draining treatment that combines draining massage techniques with active marine principles, promoting detoxification of the skin and thinning of the silhouette.

Ventre Plât

40 min. € 75

The stomach is our second brain. It plays a key role in our mental figure and more widely, in our health. Several studies have shown that chronic stress leads to weight gain. An innovative answer to fight against localized body fat and its cause, through:

Organism relaxation
Firming & slimming action

FITNESS



Fitness, Sports & Pain Management

FITNESS

HIIT Personal Training Session
LIIT Personal Training Session
Body Shape Personal Training Session
Bootcamp Personal Training Session
Assisted Stretching Personalized Session
Fat Burner Personal Training Session
Slimming Personal Training Session
Personalized Training Session

55 min. € 95

Personalized Training Session (Pack 3 sessions)

55 min. € 242

SPORTS PERFORMANCE, PAIN & INJURY MANAGEMENT

Ultrasound Guided Physiotherapy

30min. € 125

INVASIVE AND NON-INVASIVE THERAPIES FOR TREATMENT OF:

Orthopedic Pain
Chronic Pain (from inflammatory and/or autoimmune disorders)
Sports Injury
Athletic/Sports Performance
Regulation of the Autonomous Nervous System

Peripheral Subcutaneous Neuromodulation

50 min. €200

This is a technique in which we perform electrical stimulation with a puncture needle on richly innervated neuro-musculoskeletal tissues (such as the motor plate, tendons, ligaments, capsules, etc.), increasing or decreasing the excitability of the neuron, always in an echo guided manner.

This type of technique often results in an immediate improvement in the patient's symptoms. This is the moment chosen by the physiotherapist to send exercises in order to improve motor control and maintain the improvement of the subject with active exercise.

Its benefits are:

Decrease in neuropathic pain.

Improvement of neuromotor control.

Improved tissue trophism.

Regulation of motor control, muscle recruitment and circulation in the affected area.

Pathologies of muscular origin, recurrent contractures, myofascial trigger points due to excess or lack of tone, pathologies of nervous origin such as sciatica, radiculopathy, carpal tunnel syndrome and tarsus, pathology of the ulnar, median and radial nerves, neuralgia (Arnold and trigeminal), cervicogenic syndrome, etc.

Furthermore, by reducing nerve sensitization, it improves muscle recruitment, improving motor control and facilitating active work, which is of interest in scapulohumeral instability, facet syndromes, inhibition after surgery, chondromalacia patella, and bruxism, among others.

Neuromodulation is an ultrasound-guided technique used by our physiotherapists with high-end, high-resolution ultrasound scanners.

Traditional Chinese Medicine Consultation with Acupuncture Session

55 min. € 290

(€ 185 per additional session))

The treatment based on Traditional Chinese Medicine consists in the diagnosis and application of needles in specific points of the body ("Acupoints"), stimulating and generating positive responses in different therapeutic cases, also helping in pain relief.

Osteopathy

50 min. € 170

Holistic and natural therapy combines a series of manipulative techniques focused on the causes of problems and complaints, rather than on the symptoms, to reduce pain and promote health and well-being by rebalancing the body and stimulating its healing mechanisms. Osteopathic manipulative treatment improves the body's ability to regain normal function, restores balance, produces no side effects and generates a rapid and safe therapeutic response, providing relief or elimination of pain and allows the restoration of an optimal level of homeostasis.

Mind & Energy

Stress & Lifestyle Evaluation

50 min. € 185

This consultation is primarily aimed at identifying and understanding the type of stressful agents that contribute to upsetting and unbalancing your general, emotional, mental and social wellbeing.

Mind-Body Therapy Techniques for Stress Management

50 min.

1 session € 185 | 2 sessions € 333

This consultation is tailored to design personalized tools to help build the best way to deal with stress. Personalized exercises for regular mind training is included. If you don't feel able to change your source of stress, you can certainly change yourself and the way you deal with stress. Learn simple tools that you can integrate into your daily life. The result is a much healthier and happier way of life.

Energetic Healing Therapy

50 min.

1 session € 185 | 2 sessions € 333

Energy medicine focuses on the body's energy fields that organize and control the growth and repair of cells, tissues and organs. The flow, balance and harmony of the energy system can be restored and maintained non-invasively. Energy medicine techniques correct imbalances and awaken energies that give us resilience and improve the vitality of the body, cells and mind.

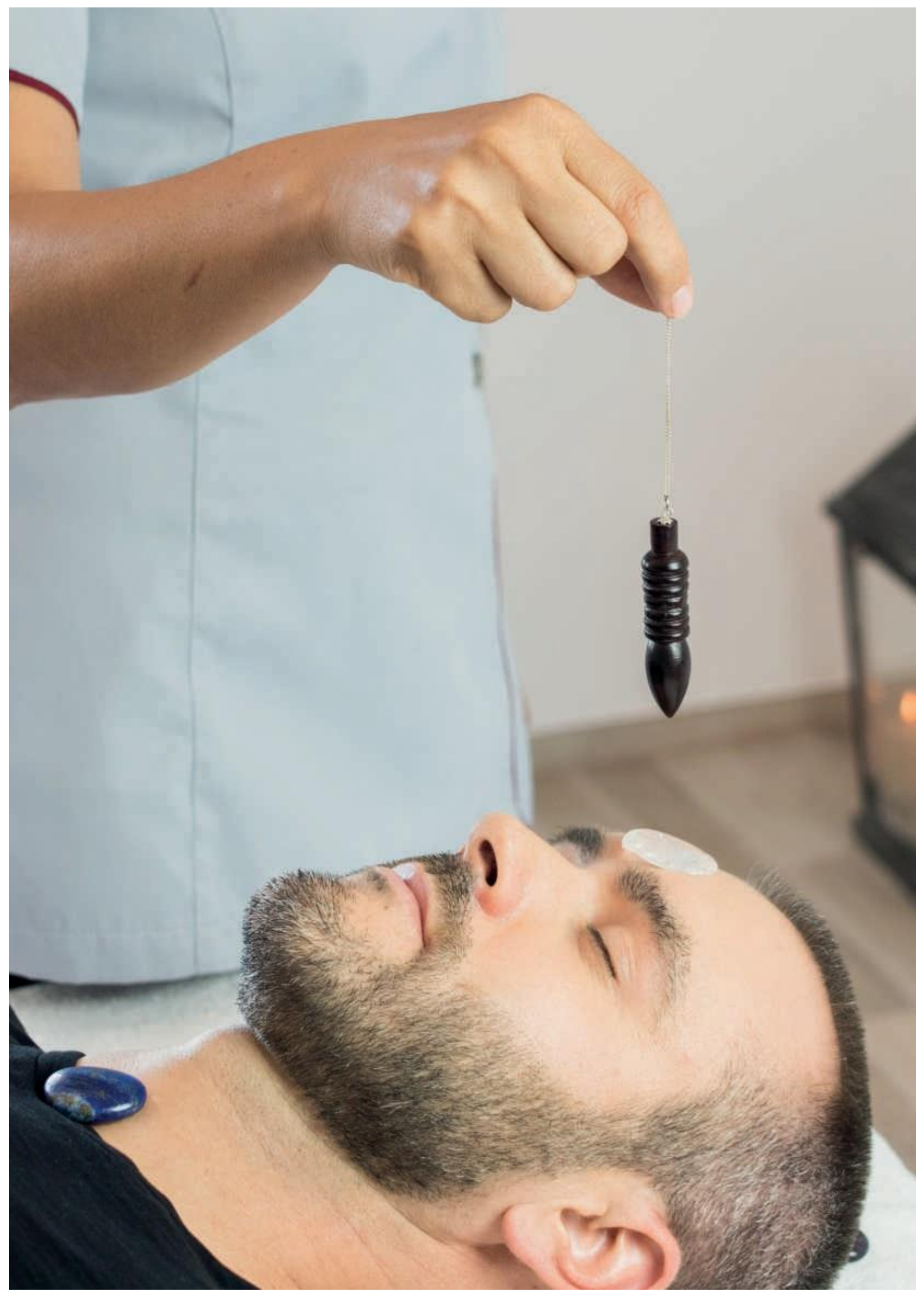
Psychology Consultation

(stress, phobias, anxiety, depressions)

50 min.

1 session € 185 | 2 sessions € 333

Clinical psychology helps in the diagnostic of factors causing stress, phobias, anxieties, depressions, and other states of psychologic unbalance, and provides techniques to effectively control and correct such dysfunctions.



Body and Mind Personal Training

50 min. € 95

Individual and personalized training, designed to help achieve a balanced sense of SELF.

Premium Body and Mind Personal Training

50 min. € 110

Yoga Terapêutico – Yin Yoga – Float Yoga.

4 Senses Walk

110 min. € 180

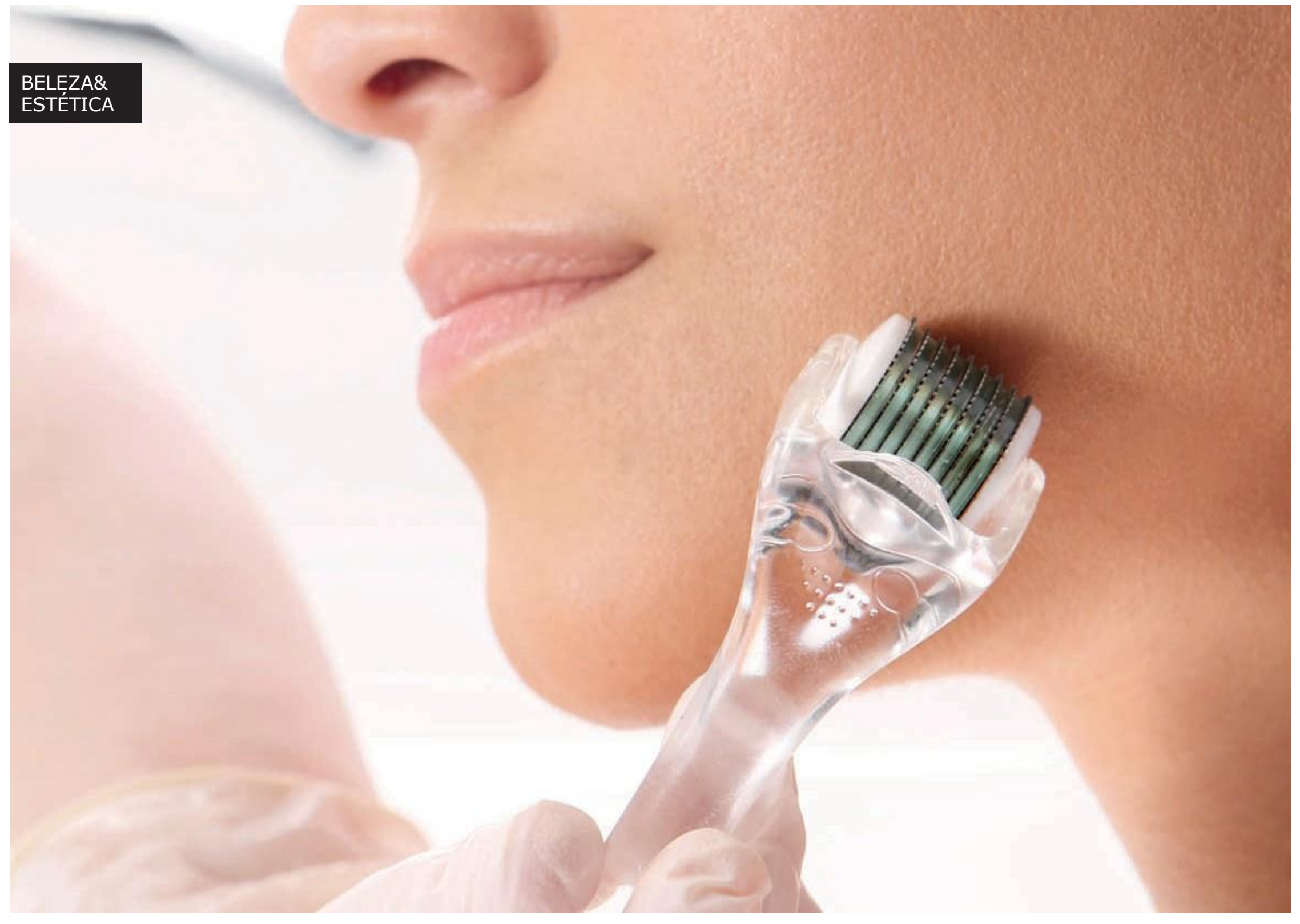
Experience the harmony and fullness of a guided walk that awakens the senses.

Thalassa & Medical Spa Vitality Plan - Group Activities

45 min. € 20 / Day Pass € 40

Please contact the Thalassa & Medical Spa for more information.

BELEZA &
ESTÉTICA



Aesthetic Medicine, Reshaping & Beauty

Face Evaluation

25 min. € 90

A personalized evaluation that allows the skin type to be assessed taking into consideration the characteristics of the hydrolipidic film, resistance, phototype and age of the skin, where can be evaluated through a visual or tactile examination or using specific devices.

iCOONE® - LaserMed

Basic Facial Session 25 min. € 100

Basic Body Session 50 min. € 170

Premium: length of time and price is variable and subject to doctor tailor made

prescription of package (a 20% discount is applied for any minimum combination of 10 sessions)

Icoone® is the innovative 100% natural and non-invasive equipment for face and body treatments that delivers amazing, effective and fast results. Based on several scientific studies, the Icoone® has the most innovative patented technology in the world for skin treatments called Roboderm®. Roboderm® represents a new concept of technology for the treatment of body and face, which acts differently from any other technology or equipment currently on the market, thanks to its deep Multi Micro Alveolar Stimulations (M.M.A.S.).

Icoone® emits up to 21,600 macrostimulation's per minute on the skin with its movements and allows it to offer the best and most efficient action on all skin types.

Face, eyes, neck, arms, body: there are no application limits to treat your beauty and wellbeing.

Icoone® is the perfect solution for all skin types, which can be applied every day and at any time of the year!

TREATMENTS

BODY:

Cellulite
Cellulite and Remodeling
Stretch Marks
Waist Remodeling
Abdomen Remodeling
Firming and toning Abdomen
Silhouette Remodeling
Improvement of liquid retention
Improvement of the Lymphatic Drainage and reactivation of the Blood Flow
Improvement of Cutaneous Elasticity and significant reduction of flaccidity
Muscle boost for physical activity / pre-competition
Muscle recovery
Deep energizing and relaxing action

Face:

Anti-Ageing
Skin rejuvenation
Skin oxygenation
Skin Firming
Facial Contouring
Eye Contouring
Firming and lifting of double chin / neck and cleavage.

Post-Surgery:

Post Caesarean section
Post-Surgical / Post-Fibrosis
Scar treatment
Mammoplasty, arthroplasty, rhinoplasty, blepharoplasty
recovery/rehabilitation
Recovery from burns
Pain relief and muscle deconstruction

COOLSCULPTING® - (Cryolipolysis) - Fat Freezing and Tone Reduction Session

From € 650

Coolsculpting® is a non-invasive cryolipolysis treatment that eliminates up to 30% of localized fat in the treated area. It is a medical treatment, developed by scientists at Harvard Medical School and is the only cryolipolysis treatment approved by the FDA (Food and Drug Administration) regarding safety and effectiveness. It is a non-surgical procedure that allows you to achieve definite results without resorting to liposuction. The results of Coolsculpting® are definitive since the treated fat cells die, are eliminated, and the body does not renew them. However, as in any other non-invasive treatment for localized fat or liposuction, it is essential to have a healthy diet and exercise in order not to compromise the results.

Mesolift – Facial Rejuvenation

40 min. € 350

It is an aesthetic treatment, done through intradermal micro injections of active biological substances, selected according to the needs of the facial skin. This method moisturizes, stimulates cell renewal and collagen production, slowing down the ageing process. The skin is smoothed of superficial wrinkles and has a younger appearance.

Medical Chemical Peelings

30 min. From € 200

A facial treatment that stimulates the renewal of skin cells through controlled peeling using chemical or physical substances. The procedure can be used to lighten spots and acne scars, as well as to treat wrinkles and expression lines.

Facial Biostimulation with Platelet Rich Plasma (PRP)(PRP)

From € 500

Advanced medical treatment to provide Skin Rejuvenation for the treatment of wrinkles, sagging and increased skin tone.

Facial Harmonization - Facial Dermal Fillers

€ 450 per Ampoule

Dermal fillers can help minimize the signs of ageing to help smooth out skin and wrinkles.

Botox

€ 400 per Ampoule

Cosmetic "Botox" is a medically administered, purified protein that reduces muscle activity causing frown lines for a smoother, more youthful appearance.

Sculptra Bioestimulation Face or Body

From € 450

Sculptra® is a biostimulator that stimulates the body's own natural production of collagen, which will help reduce flaccidity and increase the firmness, structure and support of the skin, whether face or body.

Radiesse Biostimulation

From € 450

Radiesse is an injectable product that stimulates the production of collagen in the skin. In addition to providing volume to the face, it increases its firmness and contour. There is a significant improvement in skin elasticity and tone.

Skin Booster

From € 350

The Skin Booster is an injectable moisture booster that deeply treats the skin. The benefits of this treatment are visible as it provides elasticity, improves texture and gives a healthy look to the face.

Belkyra – fat reduction

From € 450

As we get older, we notice fat accumulation in the area under the chin, commonly called "jowls" or "double chin". However, this fat accumulation may not be directly related to weight or lifestyle and may run in families as a genetic trait. Treatment performed with Belkyra will decrease the fat accumulation in this area and will also help with jaw definition.

Final Touches

Spa Manicure

60 min. € 45

Hand and nail treatment with exfoliation, application of a regenerating mask and hydrating cream, with special attention to cuticles. If you wish, finish with the application of nail polish.

Spa Pedicure

70 min. € 75

Foot and nail treatment with exfoliation and application of a regenerating mask and hydrating cream, with special attention to cuticles. If you wish, finish with the application of nail polish.

Epilation

Whole Leg

€ 50

Half Leg

€ 30

Bikini

€ 30

Underarms

€ 20

Eyebrows

€ 15

Hair Spa

The Thalasso&Medical Spa team is available for further information.

Booking

We suggest that you book with 48 hours in advance for any treatment, so that we can guarantee availability and meet your needs. You can do this in person, by telephone or by email.

Check-in

Please arrive at the spa 15 minutes before your reservation and inform us of any medical conditions or allergies before any treatment.

Cancellation Policy

In case of a delay, the treatment will be shortened and will end at the time originally scheduled, so that the next customer is not also delayed. We would like to thank you in advance for your understanding. So that 50% of the treatment is not charged you should cancel before 18hr00 the day before the treatment.

Behavior

Respect all staff, and no verbal, non-verbal or physical misbehavior is permitted.

Treat equipment, furniture and facilities gently. Avoid unnecessary roughness or misuse that could lead to damage.

Smoking and alcoholic beverages are not allowed inside the center.

Radiation-free zone

To maintain a calm and peaceful environment, the spa team ask for your contribution by not using laptop and telephone.

Conditions

Minimum age for access to the Spa (including Sauna and Turkish Bath) – 18 years.

We recommend that you leave your valuables in your room. Our lockers are limited in number and therefore we cannot guarantee their availability to all our guests.



UNIÃO EUROPEIA
Fundo Europeu
de Desenvolvimento Regional

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