

THALASSA & MEDICAL SPA

MENU

Services & Treatments

Vilalara Longevity Thalassa & Medical Spa

V ilalara Longevity Thalassa & Medical Spa is a unique fusion of Thalassa, Spa and state-of-the-art wellness and anti-ageing solutions in an exotic landscape of lush, tranquilising gardens surrounding a secluded Algarve beach. An integrated experience to help you relax, revitalize, reenergize and rejuvenate.

The Thalassa Centre represents the best of the Atlantic marine climate and its use for therapeutic purposes, providing modern equipment and exquisite treatments.

The Longevity Medical Spa is a pioneer in preventive anti-ageing medicine, an integrated approach based on advanced medical and scientific technologies for early detection, diagnosis, prevention and correction of age-related imbalances. Through a synergy of diagnostics and assessments, anti-ageing therapies, postural realignment, fitness monitoring, nutraceutical supplementation, regular detoxification and correct eating habits, Longevity promotes deep comprehension of the causes of imbalances and offers individualised strategies to improve health and wellbeing.

Both concepts are enhanced and enriched by this unique and perfect combination for you to experience the best: cutting-edge anti-ageing medicine and the healing power of marine therapies, to support you on the path to a healthier life with vitality.







Monitoring & Diagnostics

6

Detoxification & Regeneration 8

Nutrition & Supplementation

Thalassa Anti stress & Remineralization 19

Spa, Relax & Pamper

24

Fitness, Sports & Pain Management 29

Mind & Energy 31

Aesthetic Medicine, Reshaping & Beauty 35

Final Touches

38

Terms & Conditions

Prices in Euros inclusive of VAT at the current rate. Prices are subject to change without prior notice. Advance reservation is required, subject to availability. Minimum admission age is 18 years old. The full amount will be charged in case of cancellation with less than 24 hours warning. All information contained in this document may change without prior notice.

MD. Joana Santos Medical Spa Clinical Director

Master in Functional Medicine & Anti-Ageing

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

Because of the rush of everyday life, people end up with a rushed routine, making unhealthy choices -stress, insufficient sleep hours, wrong nutritional choices, physical inactivity - which contributes to a sharp increase in chronic diseases, resulting in premature ageing.

Your health and wellbeing is our primary focus through a modern holistic medicine approach. Taking into account each individual's genetics, we develop specific programmes for improved health and wellness, where underlying causes of disease are analysed and nutrition, diet, detoxification, exercise strategies and regenerative therapies are provided to heal, but essentially to prevent. Programmes vary in intensity and duration.These programmes cover topics such as Relaxation/Spa, Detox, Weight Loss, Re-shaping, 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 & 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 & Smart-Ageing Consultation 40 min. € 210

Preventive, Functional and Personalised 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 optimise the quality of life in all senses.

Medical Consultation - Follow up

25 min. € 100

Biophysical Evaluation

20 min. € 80

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

Evaluation of Minerals and Heavy Metals with Consultation

15 min. + 20 min. € 235 (Without consultation: € 135)

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 personalised, preventive, functional and integrated health and smart ageing plan.

Examples of differentiated profiles:

Neurotransmitters (Brainscreen) Cardiovascular Oxidative Stress Intestinal Dysbiosis Chrono screen Hepatic Detoxification Function Hormonal 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 Booster / Cellular Energising) non-invasive therapy

25 min. 200€ | Pack 10 sessions -20% 50 min. 300€ | Pack 10 sessions -20%

The Papimi devices are among the most powerful IIT (ion induction therapy) devices in the world and belong to the large family of PEMF devices (Pulsed Electromagnetic Field). In contrast to conventional magnetic field therapy, Papimi works with much higher voltages and currents (40 kV & 10kA) as well as the fastest pulse-durations of only 50 μ s, which enable extremely high induction and penetration depth. A healthy cell needs a sufficient cell membrane voltage. Ion-Induction-Therapy raises the cell membrane potential of the cell as well as the mitochondria (Only cells whose membrane potential has decreased react to the ion induction impulses.) A healthy cell membrane voltage enables ion exchange through membrane proteins and supports regulatory biochemical cascades that are responsible for the optimal functionality and energy supply of the cell. With Papimi IIT, the cell can resume its regulatory processes, exchange trace elements and produce corresponding energy molecules.

This form of therapy is painless, non-invasive, contact-free and can be conducted fully clothed.

Papimi is very versatile.

Integrative medicine:

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

Physical and rehabilitative medicine:

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

Sport medicine:

Increase in regenerative processes Treatment of sport-related strains Ankle and tendon insertion problems, bone marrow oedema, broken bones, torn muscle fibres Avoiding swelling Performance enhancement and prevention

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

Diagnosis and localization Physical therapy / osteopathy: (massages, acupuncture, vibration) Regulatory medicine: Infusion, inhalation and heat therapy: (Ozone, molecular H2, IHHT, hyperthermia, vit. C, etc.) Operations: (pre- and post-operative) Accompanying sport and rehabilitation

Ozone & Oxygen Therapy with Medical Consultation

40 min. + 30 min. € 360 (€ 260 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 processes present in our body.

BASIC Longevity Infusion Therapies with Medical Consultation

40 + 30 min. € 360 (€ 260 per additional session)

Options of Infusions:

BASIC Immune Boost Infusion Therapy BASIC Intensive Detox, Antiox, Cellular Regeneration BASIC Energy Boost Infusion Therapy

PREMIUM Longevity Infusion Therapies with Medical Consultation

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

Personalised Infusion mix to address specific needs of the individual (please consult our doctor for further information) .

Infusion therapies are designed to give the nutrition boosts your body needs as quickly and efficiently as possible, bypassing the digestive process to ensure that supplements are delivered directly to the cells that need them. Your digestive system expends energy metabolising supplements which significantly reduces the number of vitamins, nutrients, and medication that actually ends up entering your bloodstream. Infusion therapies ensure 100% absorption for maximum effect and minimal waste. Because nutrients and supplements are delivered directly to the cells that need them, infusion therapies have the potential to impact and improve the function of a wide variety of body systems. This decades-old technique is used to treat patients who are dehydrated or too sick to eat properly. Today, we use it to quickly manage vitamin, mineral and amino acid deficiencies, rehydrate your body, and optimise health wellbeing.

Longevity is partnered with the most credible suppliers in Europe, delivering highest quality supplements tailored for maximum impact and your needs.

The benefits of Longevity Infusion therapies

Medically formulated and controlled Premium substances High concentration Needs driven formulae Guaranteed absorption Improve metabolism and weight loss Enhance detoxification Improve cell reparation and regeneration Boost immune system and antioxidant capacity Boost energy and combats fatigue Rejuvenate skin Improve mental clarity Accelerate wound and injury healing factor Optimise disease prevention and wellbeing Instantly Rehydrate



Cranio-Sacral Therapy

50 min. 1 session € 185 | 2 sessions € 333

Incorrect structural alignment of the Cranio-Sacral system - pelvis, spine and head - can compress our nerves, causing painful muscle spasms that will impair the body's normal functionality. This manual therapy aims to assess and improve the physiological function of the Cranio-Sacral system that 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 reinforces natural resistance against illness, it is suitable for any age group and has no contraindications. Improves states associated with pain and dysfunction including migraines, chronic pain and neurovascular and immune system coordination.

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 functions of eliminating toxins. 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 whose goal is to stimulate the lymphatic system through gentle movements to eliminate excess fluids and toxins in our body. This technique induces the reduction of liquid retention, activation of blood circulation, treatment of edemas, combating cellulite and even body relaxation.

Colon Hydrotherapy

Our intestines are permanently under stress due to our unbalanced nutrition, high level of processed foods, lack of vegetable fibre, high sugar and salt content, chemical additives and preservative agents. Our reduced chewing activity, fast eating habits and emotional stress cause digestive and intestinal dysfunction. Colon Hydrotherapy is a therapeutic technique that helps to cleanse and eliminate the waste that accumulates in our intestines over the years. Using specialised and certified equipment, filtered water is introduced inside our intestine which aims to achieve balance restoration 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 wellbeing of the body and mind.

Premium Hydrocolon Therapy with Probiotics

75 min. € 300

The high concentration of probiotics introduced will strengthen and reinforce the population of the intestinal flora, as well as restore 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 defence, constipation and/or diarrhea. Tea, coffee and other substances may be used in combination with probiotics, to address specific needs of the client.

Longevity Detox & Repair Facial with Hydrafacial®

50 min. € 250

A facial treatment with HYDRAFACIAL® that provides deep Cleaning and Nutrition to the skin. It removes dead cells and roughness in the skin's texture, boosting collagen production, which will leave your skin more hydrated, 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 optimise health and quality of life.

Maax Detox * requires medical prescription € 400

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



Longevity Supplements (requires medical prescription)

Longevity believes that lifestyle changes towards a wellness driven way of life is the most sustainable strategy to optimise health and prevent disease.

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

Longevity has developed a series of exclusive nutraceuticals' formulae 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 of good wellness practices.

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

High quality pharmaceutical producer, with over 30 years of experience; Rigorous quality control, with state of the art technology; Supervised by highly qualified pharmacists; Free from sugar, salt, wheat, soya, gluten, dairy products and of any animal source; Free from preservatives, artificial flavouring and colouring; Vegan Friendly;

The right combination of substances and concentrations for maximum effectiveness.

Longevity Multivitamin and Antiox Boost and Protect (3 months plan) $\label{eq:source} \in \mathbf{399}$

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

Longevity Cellular and Cerebral Health Regeneration (3 months plan) ${} {\displaystyle \substack{ { { { f} \ } 299 } } } }$

> Longevity Slim Kit (1 month plan) € 380

Longevity DHEA (3 months plan) € 125

Longevity B12 Sublingual (3 months plan) € 125 Longevity Omega 3 (3 months plan) € 125

Longevity Cholesterol Control (1 month plan) € 125

Longevity Memory, Focus and Intelligence Enhancer (1 month plan) $\label{eq:interm} \notin 175$

Longevity Telomere Cell Health Enhancer (3 months plan) € 499

Longevity Magnesium and Calcium Boost (3 months plan) € 290

> Longevity Probiotics (1 month plan) € 149

Longevity Selenium (3 months plan) € 125

Longevity B Complex (3 months plan) € 125

Longevity Digestive Enzymes (3 months plan) € 125

Longevity BCAA Aminoacids (3 months plan) € 125

Longevity Gluthatione 250 (3 months plan) € 175

Longevity Gluthatione 500 (3 months plan) € 200

Longevity COQ10 120mg (3 months plan) € 175

Longevity Turmeric (3 months plan) € 125

Longevity Magnesium Citrate (3 months plan) € 125



MD. Inês Galiza **Thalassotherapy Technical Director**

"We would like to welcome you to our Thalassotherapy center in Vilalara, The Greek word "Thalassa" means "sea".

L his 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 a variety of forms, each with physiological features and characteristics that benefit the human body. To prepare the body and skin and maximize the quality of the treatments, the sea water is heated to between 31 and 35 degrees Celsius.

The oligoelements present in the sea water 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.

Thalaxion

20 min. € 45 Subject to medical consultation (included)

A combination of sequential hydromassage with the principles of pressotherapy and cryotherapy. The cold and warm seawater jets apply alternating pressure to the legs and abdomen. This therapy is indicated for venous lymphatic circulatory problems, heavy legs relief and cellulite treatments.

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 metres. 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 metres. 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 localised 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 decrease joint stiffness and wear traits of time.

Marine Mud Therapy

20 min. € 60

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. € 70

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.

Cure Day & Wellbeing /Anti-Stress

€150

Programme of 4 thalassotherapy treatments, includes a medical consultation where it is determined, for each person, the appropriateness of the treatments and their contraindications.





Spa, Relax & Pamper

SIGNATURE THALASSA TREATMENTS

Lavender Treatment 80 min. € 130

Coconut Treatment

80 min. € 130

Citrus Treatment

80 min. € 130

VILALARA RITUALS

Ritual Ocean

115 min. € 200

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

Beauty Detox Ritual

115 min. € 200

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

Marine Ritual

115 min. € 200

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

25 min. € 65 50 min. € 85

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

Therapeutic or Sports Massage

25 min. € 70 50 min. € 95

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

Hot Stones Massage

80 min. € 120

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

ORIENTAL THERAPIES

Ayurvedic Massage

80 min. € 120

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

Shiatsu

80 min. € 120

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

Reflexology

50 min. € 80

Through digitopressure 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

L'Expérience Anne Semonin

70 min. € 130

Personalised 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 splendour of the face, neckline and eye contour.

Facial Ultra-lift

80 min. € 210

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.

Iluminating Facial

70 min. € 140

Cellular renewal treatment. Specific for devitalized and dull skins. An active and gentle formula that combines the power of micronized peeling with a deep exfoliation. Reduces visible imperfections such as spots and wrinkles.

Men's Special

70 min. € 110

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. € 90

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

Face Care

50 min. € 90

Hydration - Nourishing - Brightness

Relaxing Facial Massage

20 min. € 50

Facial Lymphatic Drainage

20 min. € 50

You can add : steam and extraction

25 min. € 50

BODY CARE

Body Exfoliation

25 min. € 60

Marine - Coconut - Citrus - Lavender

Cellu-Contour

70 min. € 100

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

Firming Perfection

70 min. € 100

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

Sliming Treatment

70 min. € 100

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

Ventre Plat

40 min. € 70

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 localised body fat and its cause, through:

> Organism relaxation Firming & slimming action



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 Personalised Training Session

55 min. € 95

Personalised 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 sensitisation, 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.

Ultrasound Guided Percutaneous Electrolysis

50 min. € 200

Echo Guided Percutaneous Muscle Electrolysis, also known as EPI®, is an invasive physiotherapy technique in which a current is applied to the exact site of the injury through a very fine needle (acupuncture type) introduced in an echo guided manner.

The current activates a physiological anti-inflammatory process in the damaged tissue, leading to regeneration of the affected area. EPI is performed under high-end ultrasound guidance to target the precise point of need and enhance the safety and success of the treatment, with a recovery rate of up to 80%.

Echo Guided Percutaneous Electrolysis is a technique that achieves excellent results on soft tissue, whether tendon, muscle, ligament, or even the capsule or nerve. Its effectiveness will be high as long as it is applied properly. In tendinopathies and muscle ruptures, it often avoids surgery.

Its benefits are numerous: it stimulates a much more effective recovery, reducing the risk of relapses; it achieves an analgesic and vascular effect in the treated area that reduces pain and improves microcirculation. In most cases, it also considerably shortens recovery time.

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 personalised tools to help build the best way to deal with stress. Personalised exercises for regular mind training are 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 organise 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

Yoga – Pilates – Sense Walk – Breathwork – Dance Healing – Meditation - Mindfulness

Premium Body and Mind Personal Training

50 min. € 110

Therapy Yoga - 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.



Aesthetic Medicine, Reshaping & Beauty

Face Evaluation

25 min. € 90

A personalised 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 microstimulations 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 energising 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 Mamoplasty, arthroplasty, rhinoplasty, blepharoplasty recovery/rehabilitation Recovery from burns Pain relief and muscle decontraction

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

From € 650

Coolsculpting® is a non-invasive cryolipolysis treatment that eliminates up to 30% of localised 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 moisturises, 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)

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 minimise 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.

PDO Threads LIFT

30 min. Variable price

A simple and safe procedure that uses dissolving PDO threads (Polydioxanone Threads - a medical grade thread used for suturing for over 20 years) to rejuvenate the face without the need for surgery.

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. € 70

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 € 20

Full Bikini € 30

Underarms € 20

Upper Lip € 10

Eyebrows €15



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