



THALASSO

A LIFE-CHANGING JOURNEY TO REBIRTH,
REVITALISATION, AND RECONNECTION



THALASSOTHERAPY

Rejuvenate with the ocean's healing touch

Discover the restorative power of thalassotherapy, where the sea becomes your wellness sanctuary. Our treatments combine the benefits of jet pools, mineral baths and nourishing wraps to revitalize body and mind.

The experience begins with jet pools that stimulate circulation, followed by detoxifying mineral baths and wraps rich in marine flora, known for their antioxidant and rejuvenating powers.

The multi-sensory environment - the sound of the water; the scent of the sea and the diffused light - dissolves stress and promotes inner peace.

Let yourself be enveloped by the healing embrace of the ocean and renew your vitality.

THALASSOTHERAPY

MARINE *Detox Bath*

50 15 min

Immerse yourself in heated seawater, enriched with water-soluble algae and essential oils. Air jets create intense turbulence that activates and tones the venolymphatic system. This treatment offers a revitalizing sense of well-being, promoting balance and renewal for both body and mind.

JET *Shower*

50 12 min

A therapy in which heated seawater is applied along a directed path on the body, using variable pressure. It provides muscular stimulation, relieves tension, and improves circulation, promoting deep relaxation and revitalization.

AFFUSION *Shower*

55 25 min

A revitalizing water ritual inspired by the healing power of the sea. Warm, mineral-enriched water flows rhythmically over the body, gently massaging the skin and stimulating circulation. This deeply relaxing treatment promotes detoxification, eases muscular tension, and prepares the body to fully absorb the benefits of subsequent thalassotherapy experiences. A moment of pure renewal, guided by water, warmth, and expert care. subsequent thalassotherapy experiences. A moment of pure renewal, guided by water, warmth, and expert care.

OCEAN SOUND *Healing*

70 25 min

A unique sensory experience that combines the therapeutic vibration of Tibetan bowls with the lightness of water. The sound frequencies resonate throughout the body, promoting deep relaxation, energetic balance, and well-being. The water enhances the effects of the therapy, providing an enveloping sensation of harmony and tranquility.

THALASSOTHERAPY

IMMERSIVE JETS *Pool*

55 25 min

Group hydrogymnastics class held in front of water jets, combining aquatic resistance with hydro massage. It stimulates and relaxes the muscles, promoting blood circulation. A dynamic and invigorating activity, ideal for body toning and well-being.

DYNAMIC CARDIO *Pool*

55 25min

A group class held in a heated seawater pool, led by a physiotherapist. It combines aerobic and resistance exercises with the support of sea water. The activity improves cardiovascular capacity, strengthens muscles, increases flexibility and relieves the impact on joints. Ideal for all ages, it provides well-being, body toning and relaxation.

DETOX SEAWEED *Wrap*

80 40 min

A purifying experience that envelops the body in a warm mantle with the synergy of three seaweeds rich in minerals and trace elements. This ritual stimulates natural detoxification, rebalances the skin, and provides deep hydration, leaving it soft and radiant. The gentle thermal action intensifies nutrient absorption, promoting absolute relaxation and a renewing sensation of lightness and well-being.

THALASSOTHERAPY

ANTI-INFLAMMATORY MUD *Wrap* 80 40 min

A purifying treatment of natural mud, rich in minerals and therapeutic properties, envelops the body in a warm mantle of well-being, creating a sublime sensation of serenity and renewal. A true embrace of nature to restore balance and vitality. With anti-inflammatory action, it is ideal for relieving joint pain, rheumatism, arthritis, and arthrosis.

DE-STRESS MAGNESIUM *Wrap* 80 40 min

Application of a delicate layer of heated magnesium, enhanced by the gentle warmth of a thermal sweating blanket. This treatment promotes remineralization, alleviates stress, anxiety, fatigue, irritability, muscle tension, and insomnia, providing a deep sense of balance and relaxation.

REMINERALIZE CALCIUM *Wrap* 80 40 min

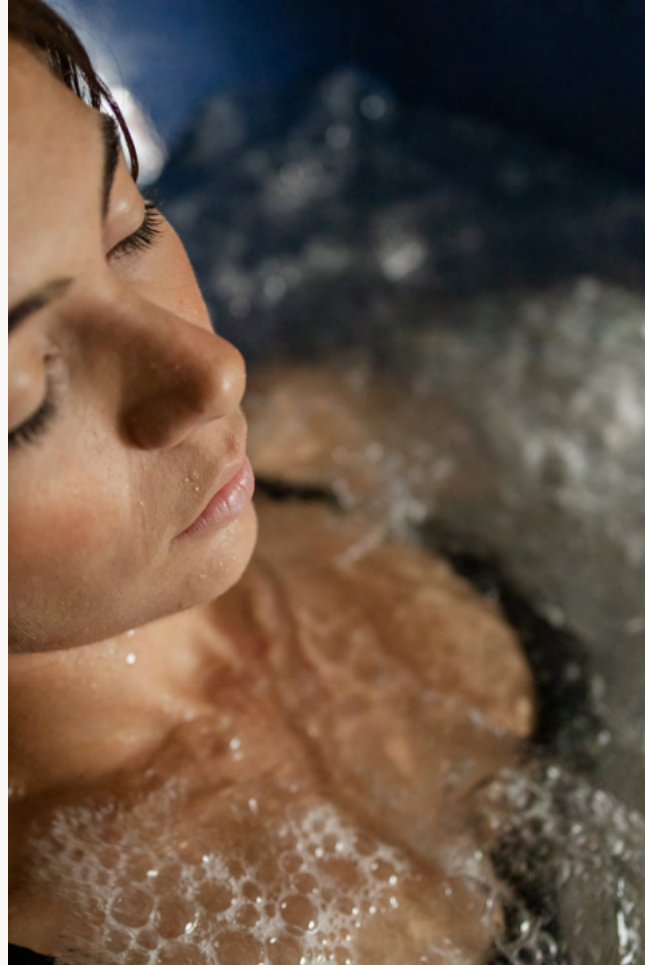
The body mask rich in calcium penetrates deeply through the sweating of a warm blanket, restoring elasticity and promoting intense hydration while softening and toning the skin. This wrap helps combat the signs of aging, providing visibly firmer, more radiant, and rejuvenated skin. A true cure for the skin, revealing renewed softness and vitality.

THALASSO FLOWS

Revitalize, renew, reconnect

A day to breathe and reconnect. Take advantage of the holidays to stop, slow down, and take care of yourself.

Programs to freeing yourself from the pressures of urban life and reclaiming your balance. It's the perfect moment to reconnect with your essence and renew your body and mind, in harmony with nature.



THALASSA FLOW

199

Dive into the revitalizing power of the sea. Thalassa Flow is a perfect combination of treatments to relax, detoxify, and restore energy. Design your program and choose four remineralize treatments. Feel light, renewed, and invigorated in just one day!

BENEFITS

Remineralization, detoxification and restored vitality

A deep feeling of lightness and ocean-inspired renewal

CONTENT

3 Hydro Marines + 1 Marine Wrap

ACTIVE FLOW

177

Reignite your energy and awaken the body through movement and water. Active Flow combines the invigorating power of a jet shower and marine bath with a personalized personal training session to stimulate circulation, strengthen muscles, and enhance vitality. Designed for those who thrive on motion, this program leaves you feeling refreshed, energized, and fully reconnected with your physical strength.

BENEFITS

- Stimulated circulation, muscle activation and enhanced energy
- A revitalized body and a renewed sense of physical strength

CONTENT

- | Jet Shower + | Marine Detox Bath + | Personal Training Session

DETOX FLOW

195

A gentle yet effective program designed to cleanse, rebalance, and restore harmony. Detox Flow combines exfoliation, targeted massage, and a detoxifying or anti-inflammatory wrap to stimulate circulation, support natural elimination, and soothe the body. This purifying experience encourages release on both a physical and energetic level, leaving you feeling lighter, refreshed, and deeply renewed.

BENEFITS

- Stimulated elimination and improved body balance
- A purified, lighter and deeply refreshed feeling

CONTENT

- 1 Pure Skin + 1 Marine Wrap (Detox or Anti-inflammatory) + 1 Massage (25 min)

SPA ETIQUETTE

HOURS OF OPERATION

Vilalara Wellness Club is open daily from 9:00 am to 7:00 pm.

RESERVATIONS

To guarantee your preferred time, we suggest making your booking ahead of time. You can reach us at +351 282 320 196, room extension: 17256. Alternatively, feel free to email us at spa@vilalara.com or visit the spa in person, where one of our receptionists will be happy to assist you.

SPA ARRIVAL

You are encouraged to arrive 15 minutes prior to your treatment time. This will allow for a smooth check-in and the opportunity to relax before your treatment. Late arrival will be subject to reduced treatment times.

CANCELLATION POLICY

Should you need to cancel or rebook your treatment, we do require that happens before 6pm the previous day. If you cannot the day before we required a minimum of 5 hours notice to avoid being charged 100% for your treatment time.

SPA ATTIRE AND VALUABLES

For your comfort, we invite you to wear the bathrobe and slippers from your room. If you are experiencing the Sauna, Turkish Bath, or Thalassotherapy treatments, wearing a swimsuit is mandatory.

RECOMMEND

We recommend leaving your valuables in your room, as our lockers are limited in number and we cannot guarantee availability for all our guests. Drink plenty of water to enhance the benefits of the treatments.

POLICIES

Respect all staff members any unwelcome physical conduct is not permitted. Use the facilities, furniture, and available equipment responsibly. Smoking and alcohol consumption are not allowed inside the center. Please keep your phones on silent.

MEDICAL CARE

If you have any health issues, please contact your doctor first to confirm if the treatment is recommended. If you are pregnant or have any pre-existing conditions or allergies, please inform our team.

ADDITIONAL INFORMATION

SPA CARE PROFESSIONAL

Vilalara Wellness Club is proud to have the finest accredited spa professionals on our team. We guarantee that all treatments and product management are supported by a continuous training program.

THE PRODUCTS

Vilalara Wellness Club features a selection of globally recognized brands. Your spa care professional will suggest the product range that best meets your individual needs. Please be aware that all purchased products are non-refundable.

GIFT VOUCHERS

Choose from our available treatment packages or create a custom option that suits your needs. A Gift Voucher makes for the perfect present, not just for spa lovers but also for friends and family who deserve a little extra pampering. Explore our treatment menu to find your ideal selection. Spa Gift Vouchers can be purchased at the Spa Reception and should be presented when booking. Please note that these vouchers are non-refundable and cannot be exchanged for cash.

CHILDREN POLICY

Guests must be at least 18 years old to enter Wellness Club.

WELLNESS CONCIERGE

Our wellness programs include a dedicated wellness concierge, available through a special line to assist you with any needs, whether it's changing appointments, booking treatments, or seeking product recommendations. For more information about this service, please reach out to the spa reception.

The programs do not include accommodation or meals | Values in euros, including VAT

