



TH  LASSIO
M E D I C A L S P A

THALASSIO MEDICAL SPA METHOD

“Health means
expressing your age at its best,
whatever it is”.

The aim of Thalassio Medical SPA is to present an innovative project with a unique "method" in an integrated program created for people who want to stay healthy, look good and feel good.

The Thalassio Medical SPA, under the guidance of Medical Director Dr. Augusto Gandolfo, offers its guests an area of 1500 m², extending over three floors, where health and well-being are taken care of in an exclusively distinguished environment.





THALASSOTHERAPY

Thalassotherapy: the benefits of this treatment comes from the sea; a precious resource for overall well-being.

Sea water is collected at a distance of about 200 meters from the shore and this guarantees its purity, which produces extraordinary results for the health of the human body.

Thanks to the multiple properties of seawater, it is a general stimulator for the functions of the body. Not only for treating various illnesses, but also in preventive aesthetics for regaining new energy, beauty and well-being.

It also helps to improve flexibility of the muscles, articulation and spinal cord. This produces the elimination of toxins, it raises the immune system, stimulates the circulation of the blood and lymphatic system as well as improvement of the skin.

The beneficial effects of thalassotherapy are seen in factors connected to stress, insomnia, fatigue and depression, where tranquillity and relaxation are newly discovered.

Thalassotherapy is also beneficial from the aesthetic point of view, being useful for fighting cellulitis and fluid retention, and taking effect on the skin, as well as contrasting skin aging. In diets, this results in an invaluable support to metabolic control.

THALASSOTHERAPY CIRCUIT

Sea water can be considered the most complete mineral water as it contains almost all the elements existing in nature. Combined together with the marine climate, it can treat various disorders and calls for a revitalizing, cleansing antibacterial action. The circuit consists of a pool with mineralized sea water heated at 34°, hot tubs, an aromatic herbal bath, an ice fountain, a Kneipp path, and the herbal teas area with a relaxation area.

It is also accessible to children over 4 years of age, if accompanied by their parents.

We recommend a maximum duration of 3 hours (2 for children) with a break every 20 minutes so as not to lose the beneficial effects of this treatment, which mostly help to counteract circulatory problems thanks to the osmotic effect determined by the salinity and water retention, which confer a relaxing and invigorating action at the same time, thanks to the stimulation of the production of endorphins.

In a state of stress and poor quality of sleep, the thalassotherapy path favours psychological relaxation, which is essential for achieving fundamental well-being for a better quality of life.



THE IDEAL PATH



POOL AREA

MARINE POOL - 1.35 metres deep - TEMPERATURE 34 °

Bathing in this pool allows to better absorb the mineral salts and trace elements contained in the water by osmosis, and this provides great benefits to the body.

Calcium, magnesium and iodine added to water has a relaxing action, it counteracts joint pains and improves circulation problems. This form of treatment also helps to cleanse the body and aims to improve the metabolic and circulatory functions.

WELLNESS AREA

After a long day outdoors or for pleasant breaks there is nothing better than relaxing in our wellness area. Our wellness centre is extended over a large area with:

AROMATIC STEAM BATH:

45° - 90 % HUMIDITY

The body is engulfed in a cloud of steam that dilates the pores and cleans the skin. Besides, steam baths are also a great help in eliminating toxins and is very useful for treating colds because it helps to open up the airways.

The combination of aromas and steam purifies the respiratory tract, it revitalizes the skin and hair, it dissolves muscular tension and frees it from stress.

HERBAL BIO-SAUNA
65° - 50% HUMIDITY

It is a gentle sauna which increases the well-being of the body by freeing the airways and positively influencing the blood pressure and immune system. The use of aromatic herbs improves the benefits of this treatment.

FINNISH SAUNA
90° - 20% HUMIDITY

With a temperature of about 90° as is our custom, the Finnish sauna improves the blood and lymphatic circulation, it keeps the skin tissues young, it accelerates the metabolism and has a relaxing and pain-relieving effect on the muscles.

SENSORY SHOWERS

The sensory showers are equipped with a nebulizing system that aromatizes the water with various types of aromas and brings about pleasant and fragrant sensations.

It is particularly indicated after heat baths in order to rebalance the body temperature.

ICE FOUNTAIN

The ice fountain immediately offers an unmissable refreshing sensation after having a sauna, a steam bath or any treatment that raises the body temperature.







RELAXING AND HERBAL TEAS AREA

Just relax while sipping a hot herbal tea with multiple benefits and allow yourself to be carried away by a peaceful world of dreams. Recharge your body by enjoying a snack of fresh fruit before proceeding with the wellness circuit... relax, this is the password...



BEAUTY AND TREATMENTS AREA

This is an exclusive place where wellness is achieved through the pleasure of feeling how every form of tension vanishes under the expert hands of our professional staff who know the art of massage.

While you are in your personalized changing booth you can choose the music of your choice, the most welcome aromas, while relying on expert hands to take care of your body and mind.

Another possibility of fine living is linked to aesthetic and therapeutic treatments that exploit the benefits of sea water to tone the body and treat any skin blemishes.

SPA DETOX TREATMENTS

NIAGARA:

This hydro massage with warm water has a relaxing effect and is specifically used to prepare the body for personal treatment with essential oils, which have a draining and detoxing effect.

Duration 25' Euro 40,00

AQUATALAX:

AquaTalax: this is an energetic hydro massage with seawater specifically aimed at regenerating and revitalizing the body; it reactivates the circulation and drains stagnant body fluid.

Duration 25' Euro 50,00

THALASSO OSMOSIS:

A steam bath with seawater. Specific products are applied and the osmotic effect produced allows active ingredients to penetrate deeply into the tissue and achieve effective detoxification.

Duration 25' Euro 40,00

BODY RELAX IN THE RAIN:

(Vichy Shower Treatments)

A massage in the seawater shower. Your body relaxes and stress slips away in this fine warm seawater shower, while able hands envelop the body with deep massaging techniques, and aroma therapy engages the senses into a total state of relaxation.

Duration 40' Euro 80,00

Four hands Euro 140,00

BODY SCRUB IN THE RAIN

An extraordinary exfoliating body scrub with micronized marine salts, enriched with minerals that smoothen, nourish and rejuvenate the skin. The pleasant warmth of the sea water shower pampers your body and produces extreme pleasure.

Duration 50' Euro 90,00



FACIALS

moisturizing treatments that restore the natural radiance and tension of the skin with the active ingredients contained in Biosel and Thalion cosmetic lines.

PURIFYING PEELING TREATMENT:

A deep cleansing procedure making use of natural active ingredients. It removes dead surface cells and normalizes the sebum by bringing oxygen to the cells, which makes your skin glow.

Duration 50' Euro 75,00

RESTORATIVE HYDRATING TREATMENT:

A specific treatment for skin in need of intensive hydration, by making use of cosmetics aimed at restoring the hydro-lipid film and visibly restoring firmness and elasticity.

Duration 50' Euro 85,00



ANTI -AGE TREATMENT:

Extraordinary derma-repair treatment for regenerating, oxygenating and gaining elasticity. The effect of this anti-aging action, combined with specific manual massaging, improves expression lines and produces brightness and firmness of the skin.

Duration 50' Euro 95,00

GENTLEMEN SPECIAL:

Specific treatment for male facial skin, often subject to irritation and redness. It has an intense antioxidant and soothing action that allows for optimal hydration and protection.

Duration 50' Euro 75,00

BODY TREATMENTS

Aesthetic and curative treatments combined with high level expertise and the use of sea water, to gradually rediscover the well-being of your body.

TOTAL BODY SCRUB:

For renewal of the skin, the use of sea salt is perfect with its stimulating and oxygenating effect for smoothening it and making it pleasantly soft and velvety.

Duration 50' Euro 80,00

TOTAL BODY SCRUB IN OSMOSIS:

Extraordinary treatment performed on a special bed that combines body exfoliation with gentle seawater steam, for dual draining and cell renewal of the entire body.

Duration 50' Euro 80,00

THALASSO DETOX TREATMENT:

Detoxifying treatment with micronized seaweed containing high detoxifying and purifying properties. It helps to remove toxins and impurities, improves circulation and reduces water retention.

Duration 50' Euro 90,00
Duration 80' Euro 130,00

LYPOLITIC TREATMENT:

Specific intensive treatment with lipolytic effect. The application of powerful activators stimulates the body to reduce fat and increase metabolism. It reduces skin blemishes by improving tone and elasticity.

Duration 50' Euro 80,00

BODY WRAP TREATMENT:

Customized specific wrapping according to the type of skin and the desired effect: draining, deep moisturizing, cleansing or detoxifying.

Duration 50' Euro 80,00

CELL CONTOUR:

Extraordinary algae body wrapping to improve the harmony of your silhouette, increase firmness and smooth out cellulite.

Duration 50' Euro 90,00
Duration 80' Euro 130,00

MASSAGES

PARTIAL BODY MASSAGE:

specific draining massage. Draining, relaxing and stress relieving massage, concentrated on a specific part of the body.

Duration 25' Euro 50,00

BODY RELAX MASSAGE:

deep massage and wrapping, promotes relaxation by releasing stress and fatigue.

Duration 50' Euro 80,00

DRAINING MASSAGE:

a specific massage to reduce bloating and water retention. Leaves a pleasant sensation of lightness.

Duration 50' Euro 80,00

CANDLE MASSAGE:

a relaxing massage for body and mind. It leaves your skin softer than any oil. Like being cuddled, all your senses are involved.

Duration 50' Euro 90,00

SWEDISH MASSAGE:

a special massage promoting muscle tone with the use of different touch techniques, such as kneading and friction.

Duration 50' Euro 80,00

DECONTRACTING MASSAGE:

designed to target specific muscle groups; it improves elasticity and reduces tension and soreness.

Duration 50' Euro 80,00

THALASSIO MASSAGE:

Our thalassotherapy is combined with a unique massage of its kind, where the entire body is massaged with seawater in a bath tub, by means of delicate passive stretching techniques, alternated with elongations and manipulations in a constant mesmerizing rhythm, which produces an extraordinary sensation of relaxation and well-being.

Duration 45' Euro 90,00



ORIENTAL TECHNIQUES

THAI FOOT REFLEXOLOGY:

This manual technique creates light key point stimulations with a “probe stick” on the soles of the feet. It helps the body to restore its own potential resources.

Duration 50' Euro 90,00

SNEHANA AYURVEDIC MASSAGE:

a total body relaxing massage with hot oil; it tones up the muscles, promotes lymph drainage and reduces physical and mental fatigue.

Duration 50' Euro 90,00

MUKASHIRO:

a special massage used by Ayurvedic medicine, which focuses on the head, neck, shoulders and face; especially useful to relax muscle tension in the upper part of the body.

Duration 50' Euro 90,00

TUINÀ:

a technique related to Traditional Chinese Medicine to stimulate and balance energy (Qi) and the blood (Xue) by using finger pressure on acupuncture points.

Duration 50' Euro 90,00



HAWAIIAN TECHNIQUES

LOMI LOMI NUI:

this ancient Hawaiian massage, is carried out with slow, deep, rhythmic movements of the hands and forearms. It is extremely relaxing and indicated to fight depression, stress and trauma.

Duration 50' Euro 90,00

SENSORY RITUALS

Thalicens Rituals: These rituals last 80' or two hours, and are divided into 3 sequence phases: gommage, wrapping and remodelling massage. A unique technique where every gesture is designed to bring about a moment of pure abandonment before thalassotherapy.

Duration 80' Euro 130,00
Duration 2 hours Euro 170,00

ORIENTAL DETOX RITUAL:

Gentle exfoliation followed by wrapping, to deeply purify, drain and free the skin from toxins. The process continues with a strong rhythmic reshaping massage to improve circulation and produce a feeling of lightness.

REVITALIZING ATLANTIC DIVE:

The ritual begins with a scrub using seaweed flakes to oxygenate and reload the body with minerals. A wrapping follows by immersing the body into a rejuvenating iodine bubble, before being lulled into a revitalizing and reshaping massage.

RELAXING POLYNESIAN GETAWAY:

It all begins with a coconut pulp exfoliation; after which you will find yourself engulfed in the heart of the lagoon for an inebriating aroma Tiare wrapping. The slow rocking rhythm and pressure of the remodelling massage will finally enhance your skin with golden reflections.

ENERGIZING AMAZONIC ESCAPE:

Deep exfoliation for soft, velvety and oxygenated skin. The warmth of the wrapping brings about a feeling of well-being, the perfect prelude before a remodelling, energizing and invigorating massage.

WELLNESS DELUXE

SUITE SPA RITUALS:

for two; a unique experience in a moment dedicated only to you, where you will be taken into an extraordinary sensory journey. An exfoliating body treatment to restore brightness and smoothness to your skin. Personalized facial treatment. Body Relax massage. Enjoyable break to tickle your taste.

Duration 2 hours Euro 420,00

JUST FOR US:

a pleasant massage for two to share in an extremely pleasant moment of relaxation.

Duration 50' Euro 150,00

SPECIAL TEENAGER 11 TO 16 YEARS OF AGE



SCENTED BODY SCRUB:

light exfoliating treatment for silky scented skin, and to end, a brief body massage and moisturizer.

Duration 25' Euro 45,00

SWEET MASSAGE:

yummy aromatherapy and relaxing massage producing soft firm skin.

Duration 25' Euro 45,00

JUNIOR TONIC:

for boys and girls who love sports, an invigorating massage with a burst of energy.

Duration 25' Euro 65,00

FACIAL CLEANSING:

specific treatment for young skin with impurities to regain brightness and freshness.

Duration 40' Euro 55,00

MEDICAL SPA

Thalassio Medical Spa makes use of the collaboration of numerous professionals in the medical field to meet their customers' needs completely.

In particular, the Spa is able to provide internist advice, which includes counselling on diets and lifestyle, as well as real therapeutic notions on functional and organic diseases, together with a team of coordinated professionals.

Valid advice is available regarding cosmetic medicine and plastic surgery with the widest range of treatments: bio-revitalization, oxygenation treatments for fillers and botulinum toxin, and real cosmetic surgery.

Thalassio Medical SPA also offers the possibility of activating physiotherapeutic treatments, both orthopaedic post-surgical and degenerative arthrosis with sessions of real hydro-kinesis therapy organized by dedicated physiotherapists, but with the advice and supervision of a physiatrist.

Our aim is to provide a reduction and optimization of recovery times with maximum results, also in functional recovery.

REHABILITATION

Sea water for functional and muscular recovery.

Rehabilitation in orthopaedic pathologies and trauma outcomes is also performed by physiotherapists in seawater pools.

Water facilitates the recovery of motility and contrasts joint pains.

To accelerate the recovery of motor activities it is possible to exploit the association of physiotherapy with hydrotherapy, especially in results dealing with trauma and sports accidents.

- . Specialist examinations
- . Physiotherapy
- . Hydrokinesitherapy
- . Functional re-education
- . Passive gymnastics
- . Rehabilitation massage
- . Kinesio Taping rehabilitation massage

Kinesio Tape is used for the realization of bio-mechanical bandaging and is useful in case of problems with the musculoskeletal system, either acute or chronic, pain, tendinitis, bursitis, muscular contractures, oedema, and it offers a valid therapeutic aid. It is also used to support muscle activation while doing sport.

The tape is made of cotton, and it contains no drug. The thickness and weight are similar to the consistency of the skin and is water resistant. It is made of a special elastic weft that guarantees constant action at the level of the subcutaneous layers for up to 3/4 days.

HYDRO-KINESI AREA

. *Individual hydro-kinesi in the pool - 25-minute treatment*

. *Individual hydro-kinesi in the pool - 55-minute treatment*

It is a complete rehabilitation treatment that involves immersing the “patient” and the therapist in the tub. It allows to synergistically associate traditional mobilization techniques to the particular relaxing and analgesic properties of the sea water, and guarantees a faster, safer and more stable recovery.

HYDRO PATH

vascular path of 25 minutes

The rehabilitative treatment of venous and lymphatic circulatory disorders, especially if located in the lower limbs, is performed by using a particular walkway inside the pool, consisting of two contrast pools of varying depth, where the water is kept at a variable temperature and can be dynamized with hydro-jets.

Treatable diseases:

- . Orthopaedic rehabilitation, interventions and injuries
- . Musculoskeletal interventions
- . Hip, knee and shoulder arthroplasty
- . Reconstruction of the tendons of the foot, the hand or the knee
- . Spine surgery
- . Osteoarthritis
- . Osteoporosis
- . Periarthritis of the shoulder
- . Muscle-tendon injuries
- . Bone fractures

REHABILITATION FOR LYMPHATIC VASCULAR DISEASES

Arterial and venous vasculopathies
Lymphedema

POSTURAL REHABILITATION

Postural low back pain
Lumbago, neck pain, back pain from postural related defects
Walking disorders

RESPIRATORY REHABILITATION

Water and customized gym exercises are extraordinary therapeutic tools for all respiratory diseases:
Chronic bronchitis
Pulmonary emphysema
Chronic respiratory failure

SPORTS REHABILITATION

One of the goals of professional athletes is to keep the body in shape, even when taking a break from competitive activities, both at the beginning of the season to get ready for competitions and at the end, to recover from the fatigue of an intense period of activities.
Today keeping fit is possible by making use of a correct and safe recovery program, which is customized to your needs. Young and old athletes with muscle injuries, knee injuries, shoulders or ankles, with an initial degenerative process of the cartilage, or after surgery, may recover athletic gesture and sports activities by means of functional recovery in water.

THERAPEUTIC SESSIONS

MASSOTHERAPY TREATMENT:

This therapy promotes general recovery of the entire musculoskeletal system. By making use of specific manoeuvres, it promotes movement of the joints, relieves cervical and low back pains by bringing postural balance back to the correct position.

Duration 55' Euro 110,00

ANALGESIC WATER:

An educational form of gymnastics in warm seawater that promotes the release of endorphins, which makes it easier to sleep and rest. It is suitable for persons suffering from chronic bone and joint diseases or suffering from back pain. Exercising in the water relaxes the muscular chains due to reduced force of gravity.

Duration 55' Euro 110,00

LYMPHATIC DRAINAGE:

Manual Lymphatic Drainage promotes the mechanical removal of stagnant body fluid from the tissues, directing them to the correct conveyance routes. It is effective for fighting water retention and leg swelling.

Duration 55' Euro 110,00

DIETICIAN

The dietician is the healthcare professional responsible for all activities aimed at the proper implementation of diet and nutrition, including training.

The European Federation Association of Dieticians (EFAD) has defined the dietician to be “A person with a legally recognized nutrition and dietary qualification who applies nutrition science to diet and to the education of groups of people and individuals, both healthy and ill.”

It is very important to have a balanced diet. What we eat is used to build our body, and our physical well-being depends on the quality of food we eat.

Correct eating habits are essential to the achievement of goals including:

- . Losing or gaining weight,
- . Body toning,
- . Achieving a better state of health and well-being,
- . Reducing the risk of developing chronic and cardiovascular illnesses,
- . Fighting signs of ageing.

Correction of wrong habits can ensure a better future and the establishment of personalized dietary plans it is useful for:

- . Pathologies such as diabetes, hypercholesterolemia, cardiovascular diseases, gastrointestinal disorders (ex. irritable colon syndrome, constipation, gastritis),
- . Overweight and obesity,
- . Allergies and food intolerances,
- . Pregnancy and lactation,
- . Menopause,
- . Physical activity



AESTHETIC SURGERY CONSULTANCY



FACE

. *Eyelid surgery:*

Upper and lower blepharoplasty, eyebrow lifting, lipofilling, laser CO2

. *Face rejuvenation:*

complete and district lifting (medium facial, cervical) associated with volumizing and bio-restorative lipofilling techniques

. *Min-invasive otoplasty with ear fold*

. *Surgical and medical treatment of baldness*

. *Aesthetic and / or functional rhinoplasty*

BODY

. *Body contouring:*

abdominoplastia, dermolipsectomia

. *Traditional liposurgery, ultrasonic liposurgery and/or district laser*

. *lipofilling*

. *Lower and upper limb lifting*

. *Gluteoplasty*

BREAST

. *additivemastoplastic* (implants, lipofilling)

. *suspensivemastoplastic* (with or without implants)

. *reductivemastoplastic*

. *pseudo and gynecomastia*

DERMATOSURGERY

BEAUTY SALON

Manicure **Euro 50,00**

Supplement for semi-permanent nail polish **Euro 20,00**

Removal semi-permanent nail **Euro 15,00**

Pedicure **Euro 60,00**

Basic Manicure and Pedicure Combo **Euro 90,00**

HAIR REMOVAL

Armpits **Euro 15,00**

Arms **Euro 20,00**

Bikini **Euro 20,00**

Total Bikini **Euro 30,00**

Facial **Euro 10,00**

Half legs /Back **Euro 40,00**

Whole legs **Euro 55,00**

Whole legs and groin **Euro 75,00**

WELLNESS FORMULAS

MORNING OPEN DAY

- . ThAlassio Circuit
- . 1 Customized Swedish Massage 50 minutes
- . Lunch at our restaurant

Euro 110,00 per person

THALASSIO & LIGHT LUNCH

- . ThAlassio Circuit
- . Wellness salad and water

Euro 35,00 per person, weekdays

Euro 50,00 per person, on Saturday, Sunday and bank holidays

THALASSIO & RESTAURANT

- . ThAlassio Circuit
- . Lunch at our restaurant

Euro 80,00 per person

APERIWELLNESS

- . ThAlassio Circuit
- . Glass of Prosecco wine with chef's appetizers

Euro 30,00 per person, weekdays

Euro 45,00 per person, on Saturday, Sunday and bank holidays

APERIWELLNESS on Friday night Euro 25,00

SUBSCRIPTIONS

10 admissions *Euro 200,00*

5 admissions *Euro 100,00*

Private Spa Night:

a special evening at the SPA, exclusive use, up to 20 people *Euro 500,00*

Fitness

For those who wish to continue their daily training or those who wish to take advantage of their holidays to tone up, Thalassio Medical SPA make the following services available to their customers.

Fitness Corner

Our fitness corner is fully equipped with last generation Technogym inside the wellness centre, with kinesi, exercise bike, weights and mats for floor routine activities.

Personal trainer

Personalized individual sittings with an expert to shortly reach ideal physical condition.

Duration 60' per session.

www.thalassiospa.com

Rates:

Monday to Friday Euro 25,00
Saturday to Sunday and Bank Holidays Euro 40,00
Children 4 to 12, Euro 15,00
Formula SPA + MASSAGE Euro 95,00

Timetable:

Every day from 10:00 am to 08:00 pm
On Friday from 10:00 am to 11:00 pm

Contacts:

Via Gramsci, 3 - 17021 Alassio (SV) Italy
Tel:+39 0182 662051
spa@ghalassio.com

Cancellations must be notified within 24 hours of booking, Delayed cancellations will be charged with a penalty equal to 40% of the total of treatment.