



Thalassotherapy & Spa Treatments Menu

Thalassotherapy

The thalassotherapy combines the use of seawater, and some substances related to the sea (muds, seaweed and sand) in a marine environment.

The sea water properties are at the service of your well-being and health.

The Thalassotherapy Centre & SPA Vilalara makes available to its guests, a group of doctors, osteopaths, physiotherapists and hydrotherapists formed according to the latest techniques of thalassotherapy.

DAY CURE WELL BEING / ANTI STRESS – 120€

Program of 4 thalassotherapy treatments lasts about 2:30, including a medical consultation where it is determined, for each person, the appropriateness of the treatments and their contraindications.

For greater efficiency, a thalassotherapy cure must have a minimum of six days.

SUPPLEMENT LEGS TONING CURE – 198 €

Program with 6 pressotherapy or thalaxion sessions. Minimum duration of 6 days.

Medical consultation, required is included. For greater efficiency, this cure toned legs should be integrated into the thalassotherapy cure.

SUPPLEMENT ANTI-SMOKING CURE – 313 €

Program with 6 aerosols, treatment of Auricular therapy, 1 acupuncture, 1 breathing exercises and a 1 homeopathic supplement.

Minimum duration of 6 days. For greater efficiency this anti-smoking cure should be integrated into the thalassotherapy cure.

SUPPLEMENT SPECIAL BACK CURE – 350€

Program with 2 sessions of osteopathy or Pilates, 6 mud applications (minimum duration of 6 days). The mandatory medical consultation is included.

For greater efficiency, it should be integrated into the thalassotherapy cure.

SUPPLEMENT MARINE SLIMMING CURE - ANTI-CELLULITE – 427€

Program with 6 sessions of specific techniques personalized.

The medical consultation, advised, is included. Minimum duration of 6 days.

For greater efficiency, this slimming marine cure should be integrated into the thalassotherapy cure and we recommend the full board dietetic.

THALASSOTHERAPY TREATMENTS

Multijet bath 20' – 35€

Whirlpool made in a tub of warm sea water which stimulates circulation by performing multiple alternating massages. The anatomical shape of the tub provides a strong sense of relaxation. Indicated in cases of stress and fatigue.

Bubble bath 15'- 35€

Done in a tub filled with hot seawater enriched with water soluble seaweed and essential oils. The enormous quantity of small bubbles, creates a strong turbulence, that tones up the veno-lymphatic system. Indicated to combat cellulite and relaxes the muscular mass, giving a sense of well-being.

Underwater shower or Marine cellulite drainage 20'- 45€

Through an underwater jet, this hydromassage is done manually in a tub filled with heated seawater. The controlled pressure of this jet causes a turbulent current which follows a defined trajectory. This type of bath is specially indicated for anxiety, muscle tension, circulatory problems and cellulite.

Thalaxion 20' – 35€

Subjected to medical consultation (included). This treatment is done in a semi-closed tub, where by several sea-water injectors apply pressure sequentially on various zones of the body, legs and abdomen, it alternate hot and cold jets. Is indicated for cellulite, tired legs and circulatory (veno-lymphatic) problems.

Jet shower 12' – 35€

A high impact hydromassage done with a jet. The heated seawater is sprayed by the hydro-therapist with a variable pressure at a distance of more or less 3 metres. Is indicated in cases of muscle tension, spondylarthrosis, lumbago and circulatory deficiencies.

Sprinkler shower 12' – 35€

An invigorating hydromassage with a soft jet it can be used by everyone even by elderly or fragile people, with vein or joint problems. The heated sea water is projected at a distance with a variable pressure by hydrotherapists. Indicated for cellulite and muscle relaxation.

Affusion shower 12' – 35€

Comfortably lying down, is submitted to a fine spray of heated sea water. A soft hydromassage that activates the lymphatic system and the superficial circulation. The benefits of this treatment extend themselves to the respiratory system, because of the aerosol effect produced by the marine vapor emitted.

Dynamic Pool 25' – 40€

Collective gymnastics carried out in a heated seawater pool. Directed by a physiotherapist or a qualified monitor, the exercises become easier due to the reduced gravity and the water temperature that strengthens the muscles without causing pain. This exercise works the inferior members mainly.

Underwater jet-stream pool 25' – 35€

The underwater jet is practiced in a collective pool with heated seawater. The therapist indicates the movements to be made against the jet current. This localized massage stimulates and relaxes the muscles and activates the circulation.

Seaweed therapy 20' – 45€

Is characterized by the application of thin layers of heated seaweed on the skin. An electric blanket spreads a low heat, allowing a peripheral dilation of the epidermis as well as the absorption of the seaweed elements. This treatment is an excellent tranquilizer, invigorating and slimming

Marine muds 20' – 45€

Marine mud used through local application, directly to painful areas, has a sedative effect activated by heat emitted by a blanket.

These are prescribed by the medical doctor (included) for the alleviation of rheumatism, arthritis and arthrosis.

Hand-mud treatments 20' – 45€

To take care of painful and stiff hands resulting from problems with rheumatism, arthritis, and arthrosis. This equipment contains heated marine muds where specific exercises are done. This treatment can also be prescribed in cases of post-operational rehabilitation. The medical consultation is advised (included).

Aerosol 12 ' – 30€.

Fine sea-water spray used to stimulate the respiratory passages and to unblock nasal mucus. Treatment indicated in cases of respiratory infections, asthma, sinusitis and bronchitis or common cold.

Signature Treatments

Lavender Treatment 50' - 90€

Achieve the perfect equilibrium through a relaxing treatment with all the benefits of French lavender.

Welcome ritual with foot exfoliation + personalized relaxing massage with lavender essential oil.

Coffee Treatment 50' - 90€

Let yourself be carried away by the aroma of coffee to far-off African lands and you will feel revitalized from head to foot.

Welcome ritual with foot exfoliation + personalized relaxing massage with coffee essential oil.

Jasmine Treatment 50' - 90€

Begin an exotic journey with the calming power of jasmine and experience a feeling of total non-stress.

Welcome ritual with foot exfoliation + personalized relaxing massage with jasmine essential oil.

THALI(SENS Ritual

Sensory journey in 5 destinations to meet the well-being.

Thali'sens imagined the encounter between knowledge of thalassotherapy and the riches of nature coming from distant lands. The spa well-being treatments has been combined with marine efficiency to give you wonderful skin and ultimate relaxation.

Orient 110' – 165€

Detoxifying itinerary: Welcome reception. Creamy exfoliation with seaweed, argan oil and ghasoul clay. Spices and seaweed body wrap. Detox massage "Ocean de Soleil" based on sesame oil, argan and spirulina. Draining infusion.

Atlantic 110' – 165€

Revitalizing dive: Welcome reception. Seaweed powder exfoliation.

Green seaweed pulp body wrap "Secret d'Algues".

Revitalizing massage. Slimming infusion.

Asia 110' – 165€

The soothing escape: Welcome reflexology reception.
Enzymatic peeling with rice bran and exotic fruits. Tea and seaweed body wrap.
Harmonizing Massage with oil-based on wakame seaweed. Calming infusion.

Polynesia 110' – 165€

The relaxing journey: Welcome reception. Coconut pulp and seaweed exfoliation.
Coco oil and spirulina seaweed body wrap. Relaxation massage.
Final touch with "Perle de Tiaré" cream. Calming infusion.

Amazon 110' – 165€

The energizing escape: Welcome reception. Brazil nut oil and marine crystal salts
exfoliation "Rouge Coral". Stimulating seaweed and cocoa body wrap.
Reinvigorating massage with fluid based in Brazil nut and spirulina.
Slimming infusion.

Asian bath for two in double cab 110' – 370€ :

Welcome reflexology reception, enzymatic peeling with rice bran and exotic fruits.
"Métamorphose de l'eau" wax bath with seaweeds extracts, tea oils and rice which it
transforms into creamy milk .
Relaxing hydromassage bath. Balancing massage. Calming infusion.

Option Double Cab 20' – 40€

Relaxing whirlpool bath for two, can be associated with any ritual.
Supplement not sold separately.

Massages

Blue & Green Massage 25' / 50' - 60€ / 80€

Relaxing massage that produces a feeling of tranquility and general well-being.

Aromatherapy Massage 50' - 85€

Personalized massage with essential oils chosen by you, which produces a state of
harmony.

Therapeutic or Sports Massage 25' / 50' – 65€ / 85€

Refreshing massage aimed at toning the muscle tissue by acting through muscular
decompression. The hands skillfully operate soles of your feet to the neck using a
special cream based on algae.

Alternatively, you can opt for a localized massage (25').

Hot Stones Massage 80'- 110€

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

Oriental Therapies

Thai Massage 75' - 95€

A vigorous whole-body massage carried out on the floor, which includes rhythmic
movements, palm pressure and thumb pressure on specific points of the body along
the energy meridians, gentle stretching and conscious use of breathing. Ideal for
restoring energy and combating stress.

Ayurvedic Massage 75´ - 95€

Deep massage technique that combines vigorous movements on the whole muscular mass with traction and elongation manoeuvres, as well as stimulation of vital points and organs. Produces a feeling of freshness, levity and tranquility.

Shiatsu 75´- 95€

Japanese therapeutic method that uses pressure on the meridians in order to re-establish energy flow and correct the organism's internal dysfunctions, producing a state of physical and energy equilibrium.

Watsu 75´- 95€

Is a new underwater technique with large therapeutic potential. It is performed in an indoor swimming pool at 35°C.

During the session are carried out a series of movements and gentle stretching in order to combat the daily stress, relax the body and all muscles.

Reiki 50´- 85€

Japanese therapeutic technique based on channeling universal energy by means of the hands in order to re-establish the vital energy equilibrium of the recipient.

Reflexology 50´- 70€

It is a Therapy based on the principle of the existence of reflex points in the feet that are connected to other organs in the body.

Through the stimulation of the feet is produced an equilibrium in the body.

Facial Treatments with Thal'ion

Expert Anti-Age 70´- 110€

Anti-ageing expert is a Treatment that reduces the fine lines and wrinkles. A specific massage technique combined with a personalized mask, maximizing the penetration of marine assets. Immediate results in the fight against time. This treatment do not includes blackheads extraction.

Facial Cleansing 70´- 100€

Treatment that regulates the functions of the skin and includes blackheads extraction. The mask impregnated with active marine elements, together with the special massage, helps absorb excess fat, soothes cutaneous irritation and closes the pores, leaving the skin purified and clean.

Men's Special 70´- 95€

Combat premature aging of the skin.
Soothes irritations, hydrates and reduces signs of ageing.
The latest in treatments for men.
This treatment do not includes blackheads extraction.

Personalized Facial 55´- 85€

Let us evaluate the needs of your skin and restore its brightness, hydration or balance necessary. This treatment do not includes blackheads extraction.

Massage Facial Relaxant 20'- 45€

Relaxing face massage that provides a sense of tranquility and well-being.

Facial Lymphatic Drainage 20'- 45€

Treatment with a gentle and subtle massage, which stimulates the lymphatic system to work at a faster rhythm, involving the lymph to the lymph nodes, eliminating excess of fluid and toxins.

Body Treatments with Thal'ion

Exfoliation in the "Tepidarium" 25' - 55€

The sea salt crystal eliminates impurities and dead cells. Enriches the skin with essential minerals and trace elements, return it shine and look healthy and increases the efficacy of the thalassotherapy treatments.

The warm and humid "Tepidarium" facilitates and potentiates the action of the scrub.

Body Wraps Under "Lydo" 50' - 70€

The Lydo is a water bed, where the body floats and is surrounded by hot water.

The wrapping products action is optimized by the diffused heat.

Chromatherapy make this treatment an experience of absolute relaxation.

Five proposals of body wraps at your choice:

Seaweed therapy, Chocolate therapy, Hydration, Three-tea or Wine therapy.

All of these treatments combines the exfoliation to is own specific action:

Toning, Slimming, Moisturizing, Draining or Anti-ageing.

Body Drainage 55' - 80€

Localized treatment on the abdomen, hips, thighs, knees.

Several techniques to slim the silhouette drain and eliminate toxins.

Cellu-Contour 55' - 90€

Localized treatment on the abdomen, hips, thighs, knees.

Massage with specific techniques to act in the localized cellulite.

Firming Perfection 55' - 80€

Localized treatment on the abdomen, hips, thighs, knees.

Several techniques to reshape the silhouette, firming and smoothing the skin.

Face and Body Treatment with Arômes-Natur

Treatment "Anti-Ageing" With Citrins 85'- 125€

Exfoliation and antioxidant sweet orange body wrap.

Facial moisturizing based on neroli and grape seeds.

Gentle massage with citrus fruit aromatic oil.

Specific Treatments

Osteopathy 45'- 85€

Manual therapy based on the biomechanics of the body which can deal effectively and quickly several problems: back pain, sciatica, pain and stiffness and dorsal neck, headache and sequelae of sprains. Restores mobility and provides balance to the musculoskeletal system, cranio-sacral and visceral.

Lymphatic Drainage 25'/50'–55€/85€

Treatment with a soft, subtle massage technique that stimulates the lymphatic system to work at a faster rate, moving the lymph to the lymph glands and eliminating excess liquid and toxins.

It can also be localized according with symptoms and the doctor prescription.

Pressotherapy 20' – 35€

These are leg sleeves where air circulates at controllable pressure. Improves blood and lymph flow, reduce the edema and restores the lightness sensation. Indicated for tired legs, cellulite and circulatory problems. Medical consultation required (included).

Hydro-Jets Massage 12' - 35€

A dry mechanical massage of the entire dorsal region, held by a jet water mattress heated at the body temperature. Connection between the essential elements of classical dorsal massage, hydromassage and thermotherapy.

Medical Pedicure 70' - 68€

Treatment of the feet. Preparation, treatment of corns, ingrown toenails, calluses, cuticles and massage. Finish with polish if desired.

Advanced Beauty Treatments

Electrocelulolipolise 45' - 70€

A low voltage current will eliminate fat cells in subcutaneous tissues, leading to a painless, easy to destroy and absorb them. It is applied in areas with cellulite (abdomen, hips, inner and outer thighs, knees, arms).

Top Derm Pro 65'- 115€

The cell renewal of collagen and elastin fibers of the dermis level, intended to fight aging, applying low voltage currents.

Treatment includes: Face Moisturizing and "Top Derm Pro" session.

Anti- wrinkle "Top Derm Pro" program 5 days – 490€

Rejuvenating the face skin with "Top Derm Pro".

1st Day: Facial Moisturizing and "Top Derm Pro" session.

From 2nd to the 5th Day: "Top Derm Pro" sessions.

Final Touches

Manicure Spa 70' - 40€

Hand treatment with exfoliation and hydrating cream. Includes hand massage. Ends with nail varnishing if wished.

Pedicure Spa 70' - 68€

Foot treatment, with exfoliation and hydrating cream. Includes foot massage. Ends with nail varnishing if wished.

This treatment do not includes: treatment of corns, ingrown toenails, and calluses (we advise to book a medical pedicure).

Pose Nail Varnish - 20€

Eyebrows Tinting - 30€

Eyelashes Tinting - 30€

Waxing

Whole legs – 50€

Half legs – 30€

Bikini – 20€

Full Bikini – 30€

Armpits – 20€

Upper lip - 15€

Eyebrows –20€

Activities

TAI-CHI CHUAN Chinese therapeutic gymnastics 60´ - 80€.

Tai-Chi Chuan = well-being through movement. Its practice is characterized by the chain of combat acts, similar to a dance, executed with extreme slowness.

This gymnastic develops strength and flexibility, concentration and inner calm.

Collective Session from 2 to 4 people, per person – 40€

Collective Session from 5 to 8 people, per person – 30€

"PILATES" METHOD initiation 60´ 80€

Created by Joseph Pilates, the Pilates are an exercise system that "develops the body uniformly, corrects wrong postures, restores physical vitality, invigorates the mind and elevates the spirit." With Pilates you will learn simple and effective exercises that you may repeat daily.

Collective Session from 2 to 4 people, per person – 40€

Collective Session from 5 to 8 people, per person – 30€

YOGA initiation 60´ - 80€

Yoga is a philosophy of life. The term "yoga" means to unite, connect.

Yoga seeks the balance between body and mind through physical exercise and breathing that respected the biological rhythm of the practitioner, for that human can live better.

Collective Session from 2 to 4 people, per person – 40€

Collective Session from 5 to 8 people, per person – 30€

PERSONAL TRAINER "FITNESS" 60´ – 60€

Personal training is a personalized class with professional instructor using the equipment of the fitness. Enjoy the opportunity to know the "Kinesis", an innovative technique of weight lifting with the support of a set of cables that allow you to combine strength, stability and flexibility in one machine and improve your posture.

Collective Session from 2 to 4 people, per person – 30€

Collective Session from 5 to 8 people, per person – 20€

Hair Center

Shampooing Blow Dry on Short Hair – 37€
Shampooing Blow Dry on Long Hair - 42€
Shampooing Cut Blow Dry – 62€
Shampooing Men's Cut – 26€
Shampooing Children Cut Blow Dry - 24€
Dyeing Short Hair - 42€
Dyeing Long Hair - 55€
Highlights Short Hair - 66€
Highlights Long Hair - 105€
Perm on Short Hair - 50€
Perm on Long Hair - 62€
Styling Short Hair - 17€
Styling Long Hair - 20€
Scalp Massage - 10€

Hair Beauty Package - 65€

Health and beauty for the hair in 4 days with the special package "René Furterer": 1 hair analysis using the "capillscope", 2 applications of vial, 1 scalp massage, 1 hair mask, 1 shampoo and blow dry.

Day Spa

Choose a personalised Spa Programme for your stay.
Price per programme per person.

Facial 50´

Personalized Facial

Massages 50´

Blue & Green Massage
Aromatherapy Massage

Exfoliation 25´

Exfoliation at the "tepidarium"

Thalassotherapy 20´

Multijet bath

Day Spa 1 – 2 treatments – 140€

Day Spa 2 – 3 treatments – 200€

Day Spa 3 – 4 treatments – 250€

Medical Consultation

General Clinical Consultation – 70€

Made in the doctor's office of the thalassotherapy center.