



TALASO ATLÁNTICO



MARINE THERAPY TALASO ATLÁNTICO  
AND MEDICAL SERVICES

[#sientetalasoatlantico](#)

[www.talasoatlantico.com](http://www.talasoatlantico.com)



Our mission is to help people have an optimal health state, according to our own methodology with more than 20 years of experience.

We are specialists in marine therapy and manual techniques. Our physiotherapy and aesthetic medicine services are certified by the Galician Regional Government (Xunta de Galicia). We use the most effective specialized equipment and we guarantee unique treatments.

Talaso Atlántico offers modern thalassotherapy and a highly qualified human staff.





## TALASO ATLÁNTICO RECOMENDS

### Blue therapy 96€ / 60 min.

Your skin breathes, your circulation reactivates and your vitality increases.  
Body scrub with marine salts and hydrotherapy in water from the Atlantic ocean.  
It ends with the lipolitic and draining benefits of our micro seaweed.

### Ocean veil 155€ / 95 min.

Feel the scent of the Atlantic ocean on your body and face with our most exclusive treatment.

Body scrub with magnesium salts allows an exceptional cell renewal and the combination with micro seaweed grown in marine water HTA guarantees a great skin cure, The final touch HTA you deserve is the active massage that provides relaxation and energy.

### Sublime hydration 155€ / 95 min.

Feel the freshness of the Talaso Atlántico coast and the calm of the Cabo Silleiro mountain.

Discover this great sensory experience of regeneration and skin nutrition that will awaken your body and relax your mind through chromotherapy and craniofacial massage.

### Draining slim 79€ / 70 min.

Two of the most draining techniques for some extra benefits on the lymphatic and blood circulation.

The sub aquatic massage is the most powerful hydrotherapy technique used to drain, reduce volume and activate the circulatory system. Presotherapy Ballancer® is a mechanical draining system that offers exceptional quality for a double activation of the lymphatic system.



## TALASO ATLÁNTICO RECOMENDS

### **Slim reducer** 128€ / 90 min.

The combination of the marine hydrotherapy and the equipment surprises and guarantees a great loss of volume.

The lipolytic and draining power of the marine micro seaweed, grown exclusively in HTA and with our own manual methodology through radiofrequency INDIBA®.

### **Marine Vichy HTA** 62€ / 40 min.

Under the rain of sea water, a specialist in hydrotherapy applies manual therapies on the body musculature.

The calming effect is immediate. The body relaxes and the mind chills out.

### **Atlantic essence body and face** 38€ / 30 min.

Exclusive treatment from Talaso Atlántico with microalgae cultivated in HTA that provides great dermatological benefits and a great detox effect.

### **Thalasso for your baby** 22€ / 20 min.

Bubbling bath with pure sea water with benefits for babies' respiratory tract and skin.

### **Bioactif Jet & Massage** 94 € / 60 min.

High precision marine hydrotherapy to tone and provides greater vitality together with a manual therapeutical technique with firm pressure and slow movements on the deep structures of the musculature. It relieves muscle stiffness and activates energy.

### **Back Hydro Relaxation** 56€ / 35 min.

Warm seawater combined with Talaso Atlantico hydrotherapy helps eliminate muscle tension, activate circulation, and reduce accumulated stress. The back massage provides deep well-being.





# FACIAL DERMOCOSMETIC AND AESTHETIC MEDICINE

HTA defends the most effective non invasive techniques.  
Manual techniques and with equipment, German dermocosmetic  
and natural and harmonic aesthetic medicine.

## Hydrating Thalassotherapy treatment 85€ / 50 min

Improves the sensation of skin tightness, dryness, and hydration, providing immediate and lasting relief. Increases tissue flexibility and elasticity, promoting softer, more comfortable, and revitalized skin.

## Detox facial 130€ / 110 min.

It cleans and rejuvenates the skin by removing toxins and impurities accumulated by means of microdermoabrasion adapted to the skin characteristics previously analyzed and diagnosed.

## Beauty calm H2O 138€ / 80 min.

It calms or hydrates the skin according to its typology, characteristics or cutaneous needs. After a facial diagnose we use personalised dermocosmetic formulae.

## Anti Ox and C 138€ / 80 min.

It fights oxydative stress and recovers the skin vitality.  
The appearance of rejuvenation is immediate after the microdermoabrasion adapted to the skin characteristics previously analyzed and diagnosed. The choice of dermocosmetic formulae will recover the young appearance of your complexion.

## Beauty lift 109€ / 50min.

Treatment with equipment without renouncing manual work.  
It recovers firmness and luminosity using non invasive techniques as the manual ones and the radiofrequency INDIBA®.

**Global anti aging** 230€ / 110 min.

It tackles the aging signs of the face, neck and cleavage in an integral way. The appearance of rejuvenation is immediate after the microdermoabrasion adapted to the skin characteristics previously analyzed and diagnosed. The use of the ultrasound technique and collagen veils provide extra comfort and youth cure.

**Facial mesotherapy\*** 175€

If daily routine means an effort, if you are looking for a flash effect for a special occasion, if you want extra luminosity and vitality for your skin, the contribution of minerals, vitamins and non reticulated hyaluronic acid using the micropuncture technique will reach this goal.

Ideal together with facial treatment subject to assessment.

**Collagen inductors Radiesse® HarmonyCa®\*** 300€

Treatment of injectable filler that stimulates the production of natural collagen, restores volume, smoothes wrinkles, lines and folds of the skin.

**Hyaluronic acid\*** 350€

Treatment of injectable filler to recover volume, improve firmness and facial expression.

**Botulinum toxin\*** 150€/zone

Treatment to smooth the wrinkles on the forehead, between the eyebrows and crow's feet. It has a rejuvenating effect of the eye area.

\*MEDICAL SERVICE EXCLUSIVELY. THEY INCLUDE PREVIOUS MEDICAL ASSESSMENT.

AUTHORIZED SANITARY SERVICE C-36-002096. U.48 AESTHETIC MEDICINE





## EQUIPMENT

HTA has succeeded in the perfect fusion among equipment, hydrotherapy and manual therapies to enhance results and revitalise our organism. Few times science and nature manage to work together to transform body and mind.

### Presotherapy BALLANCER® from the 30€

Non-invasive mechanical treatment with intermittent pressures to improve lymphatic and blood circulation. It reduces liquid retention, improves cellulite, activates post-surgery processes and improves sport quality, among other benefits.

### Radiofrequency INDIBA® from the 67€

The capacitive and resistive radiofrequency is used for metabolism stimulation and cell regeneration. It has a great number of uses as skin care, cellulite reduction, stimulation of elastin and collagen fibres which improves tissue sagging, skeletal muscles injuries and post-surgery recovery.

### Microdermoabrasion and ultrasound SKINPEELER® included in facial treatments

Microdermoabrasion is a gentle body scrub procedure used to improve the texture and appearance of the skin. It reduces spots, dilated pores, fine lines and superficial scars. The use of high frequency sound waves is known as ultrasound. They are used to stimulate collagen production in the deepest layers of the skin. It tones, rejuvenates and reduces sagging and wrinkles.



# PHYSIOTHERAPY

AUTHORIZED MEDICAL SERVICE  
C-36-002096.U59

Specialist in aquatic physiotherapy for 20 years and experience in musculo-skeletal, neurological and orthopaedic illnesses since water provides a low-impact environment which facilitates movement and reduces the joint load. It relieves pain and quickly reduces swelling.

Aquatic physiotherapy	62€
Physiotherapy 50'	58€
Decontracting massage 25'	42€
Osteopathy	50€
Manual lymphatic drainage	53€



## MEDICAL SERVICES

Health is not the lack of illness. Being healthy means enjoying the highest degree of welfare, functional ability and autonomy, no matter our age or health condition.

HTA medical services offer a global assessment of your present health condition, analysing the physical and psychological aspects as well as life habits.

Medical consultation 50€

Oncological care programmes



## NUTRITION

Monthly plan 155€

Previous assessment, individualised weekly schedule, tracking and assessment of the goal set, two monthly appointment and doubts resolution.





# TALASO FIT

The combination of physical activity guided by a physical trainer with the aquatic therapy offers a complete and effective approach to improve health and physical and mental wellbeing. HTA offers an exclusive service to enhance physical ability, take care of your health and improve the quality of life in a safe way.

## Individual personal training 47€/session

It includes a previous assessment session and a hydrotherapy session indicated by the physical trainer.

## Weekly group training 115€/month

It includes a previous assessment, one session per week and two hours of Marine circuit per month.

## Group training 190€/month

It includes a previous assessment session, two sessions per week and three techniques of marine hydrotherapy.

## Aquagym Consult

The benefits of exercising in the water together with the unique properties of seawater offer an exclusive HTA service to take care of the health. Ask for information about groups and availability.





# MANUAL TECHNIQUES HTA

## Shiatsu 80€ / 60 min.

Technique based on traditional Japanese medicine with specific benefits on relaxation and the balance of the flux of energy increasing vitality.

## Ayurvedic 85€ / 80 min.

Traditional therapy originated in India to balance the body vital energy, known as *dosha*. *Doshas* in Ayurveda are the strength of nature on its own, which is held in each human being in the form of energy. The techniques and oil used are 100% personalised for each type of *dosha*.

## Geo volcanic 70€ / 60 min.

Manual massage with warm stones to recover calmness and general wellbeing.

## Body Biorelax HTA 78€ / 50 min.

Traditional therapy of muscle relaxation based on the Talaso Atlántico's own methodology.

## Circulatory wellbeing HTA 78€ / 50 min.

Traditional therapy of muscle relaxation and invigorating techniques to improve venous return circulation of the legs.

## Craneofacial HTA 42€ / 30 min.

Massage therapy and digitopressure applied on the scalp, facial muscles and cervical spine. It acts on the central nervous system providing an absolutely relaxing sensation.

## Partial biorelax 37€ / 20 min.

If you don't have much time, this is your best choice. Muscular relaxing massage of back and legs.



# MARINE TOUR

The Company can modify terms and timetable in special seasons to meet our customers needs. Check special dates.

	GENERAL FEE				PASS	
	FROM MONDAY TO FRIDAY (except bank holidays)		SATURDAY, SUNDAY AND BANK HOLIDAYS		FROM MONDAY TO FRIDAY (except bank holidays)	
	1 hour	1h30	1 hour	1h30	10 hours	20 hours
Adult	18€	26€	24€	36€	140€	230€
Children	15€	-	21€	-	-	-
Pensionist	10€	-	-	-	95€	183€

The 10-hour and 20-hour passes cannot be divided into individual bonuses.

## MARINE TOUR TIMETABLE (Prior reservation is essential)

### Timetable for adults

		Morning	Afternoon
Winter season	From Monday to Thursday	11h to 14h	17h to 21h
	Friday, Saturday and public holiday eves	10h to 14h	16h to 21:30h
	Sunday and public holidays	9:30h to 14h	16h to 21h
Summer season	Every day	10h to 14h	16:30h to 21:30h

### Pensioner timetable

Mornings from Monday to Friday, except bank holidays and public holiday eve.  
You must show a certificate by the Health Insurance or your ID if you are older than 65.

### Children timetable (from 2 to 12, both included maximum access time: 1 hour)

		Morning	Afternoon
Children timetable	From Monday to Thursday	10:50h to 12h	17h to 19h
	Friday and public holidays eve	10:50h to 12h	16h to 19h
	Saturdays, Sundays and public holidays	10h to 12h	16h to 19h

Under 18 must access the Marine Tour with an adult. In the reception you will be informed of the conditions of use and you will be given a form which must be filled and signed.



TALASO ATLÁNTICO



## RECOMMENDATIONS TO ENJOY THALASSOTHERAPY TO THE FULLEST

We will provide the towel to enter the Marine Tour. The use of swimming suits, swimming caps and flip/flops is compulsory in the premises. You can buy them at our Centre.

Due to the treatment of the water on the Marine Tour, some swimsuits may suffer variations in color.

We advise you to leave mobiles and multimedia devices in the room or locker. Get away from everything and relax completely for a few hours.

Entering the Thalassotherapy with jewellery or any other valuables is not advisable since the Centre won't be responsible for any damage or loss.


Pregnant women or those who think they may be pregnant, must let us know so that we can help them choose the most suitable treatment.

You are advised to arrive ten minutes earlier so that you can enjoy your visit and treatment to the fullest.

Thalassotherapy and family: we have a Miniclub service with a babysitter available for our customers for free. Ask us about the terms of access to the Marine Tour with children,

If you want to continue enjoying Thalassotherapy at home, you can find all our cosmetic products in the reception of the Thalassotherapy Centre so that you can take care of yourself both in the inside and outside.

If you suffer from any pathology you consider important, let us know so that we can offer you suitable recommendations. The Thalassotherapy Centre has a medical service on previous request.

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