



Spa Night Experience

Wellness under the stars

Every Friday 8 pm - 11 pm

- ◆ Aufguss rituals in Bio-sauna with aromatic herbal and Finnish sauna
- ◆ Healthy aperitif accompanied with sparkling wine on the terrace
- ◆ Peaceful moments in our relax area
- ◆ Sound bath in the pool (with Tibetan bells or Celtic harp or gong or hang) to conclude

Upon reservation. 65 € per person.

TALASSIO  *Art*

Inside our Thalassio SPA guests can find the exclusive art exhibition: **Talassio4Art.**

Back in 2021 the Grand Hotel Alassio designed this magical experience; we strongly believe that art can give a great added value to physical and mental well-being.

This year the Thalassio Medical SPA is excited to welcome **Binny Dobelli's** artworks.

A universe that is in constant change, day and night, it's never the same; a prey difficult to capture, even if only with the gaze.

All the exhibited artworks are for sale.



THALASSIO
Medical Spa

TALASSIO  *Collection*
ALASSIO SANREMO ELBA

Grand Hotel Alassio Beach & Spa Resort – Thalassio Medical Spa

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www.ghalassio.com

THALASSOTHERAPY CIRCUIT

| | | |
|--|----|------|
| Circuit with spa entrance from Monday to Friday | 3h | 46 € |
| Circuit with spa entrance during weekend and holidays | 3h | 56 € |
| Children's entrance during the week, weekends and holidays | 3h | 28 € |

Bathrobe, towel, slippers, locker and herbal tea at the relaxation area, are included in the price

WELLNESS FORMULAS

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|---|----|-------|
| 5 Wellness entrances at the Thalassio Medical Spa | 3h | 195 € |
| 10 Wellness entrances at the Thalassio Medical Spa | 3h | 360 € |
| Wellness break Entrance of 3h and 50' of customized treatment | 4h | 160 € |
| Morning Open day Entrance of 3h and 50' of customized treatment and lunch | 4h | 205 € |
| Talassio & Restaurant Entrance and lunch | 3h | 155 € |
| Wellness Light lunch from Monday to Friday | | 70 € |
| Wellness Light Lunch during weekend and holidays | | 85 € |
| Wellness Aperispa Entrance and aperitif, from Monday to Friday | 3h | 65 € |
| Wellness Aperispa Entrance and aperitif, during weekend and holidays | 3h | 75 € |

THALASSO TREATMENTS

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| Aquatalax | 25' | 65 € |
| Thalasso Osmosis | 25' | 65 € |
| Analgesic Water | 50' | 150 € |
| Massage Therapeutic | 50' | 150 € |
| Lymphodrainage Vodder | 50' | 150 € |
| Thalasso Massage | 50' | 120 € |
| Seawater Treatment | 50' | 120 € |
| Posturology with stretching and lengthening | 50' | 120 € |

HOLISTIC TREATMENTS

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|--|-----|-------|
| Holistic Treatment Massage promoting muscle tone, improves elasticity and reduces muscle tension | 50' | 120 € |
| Bioenergetic Zen Treatment Stretching and reactivation of body meridians | 50' | 120 € |
| "Just us" in SPA Suite Wellness treatment for couples | 50' | 240 € |

DETOXIFYING BODY TREATMENTS

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|--|---------|-----------|
| Total Body scrub | 50' | 120 € |
| Total Body scrub in osmosis | 50' | 120 € |
| Thalasso detox based on seaweed | 50'/80' | 120/180 € |
| Lipolytic treatment | 50' | 120 € |
| Personalized body wrap | 50' | 120 € |

FACIAL RUTUALS

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|--|-----|-------|
| Purifying ritual | 50' | 110 € |
| Restorative hydrating ritual | 50' | 125 € |
| Revitalizing ritual | 50' | 135 € |
| Anti- age | 50' | 135 € |
| Gentleman purifying face ritual | 50' | 110 € |

BODY MASSAGE

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|--|-----|-------|
| Body relax and customized massage | 50' | 120 € |
| Draining massage | 50' | 120 € |
| Decontracting massage | 50' | 120 € |
| Sportive customized massage | 50' | 120 € |
| Deep Tissue massage | 50' | 120 € |
| Swedish massage | 50' | 120 € |
| Candle massage | 50' | 135 € |
| Partial body massage | 25' | 85 € |

ORIENTAL TECHNIQUES

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|---|-----|-------|
| Snehana Ayurvedic massage | 50' | 140 € |
| Tonic Ayurvedic massage | 50' | 140 € |
| Plantar reflexology symptomatic approach | 50' | 140 € |
| Lomi Lomi Nui | 80' | 170 € |
| Hot stone therapy | 80' | 170 € |

SENSORIAL RITUALS

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|---|----------|-----------|
| Oriental detox itinerary | 80'/120' | 190/240 € |
| Relaxing escape | 80'/120' | 190/240 € |
| Energizing escape | 80'/120' | 190/240 € |
| Marine Ritual with Calcium & Magnesium | 80'/120' | 190/240 € |
| Protective- oxidant ritual | 120' | 235 € |
| Nourishing and revitalizing ritual | 120' | 235 € |

SPECIAL TEENAGER (11- 16 YEARS OLD)

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|-----------------------|-----|------|
| Sweet Massage | 25' | 65 € |
| Face cleansing | 40' | 80 € |

BEAUTY TREATMENTS

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| Manicure | 50' | 65 € |
| Supplement for semi-permanent nail | | 20 € |
| Gel nail polish removal | | 15 € |
| Pedicure | 50' | 80 € |
| Manicure & Pedicure | 90' | 120 € |

EPILATION

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|------------------------------------|------|
| Armpits / arms / bikini | 20 € |
| Total bikini | 35 € |
| Face | 15 € |
| Half legs / back | 50 € |
| Full legs waxing | 70 € |
| Full legs and bikini waxing | 95 € |

Talassio Gym

is open everyday from 7 AM to 8 PM

On request. Please do not hesitate to contact the Grand Hotel Alassio's Reception Staff.

Thalassio Medical Spa

is open everyday from 10 AM to 8 PM

Children up to 12 years old are allowed to access the SPA in the morning from 10 until 1 pm on request and by reservation. Upon reservation, we kindly ask you to inform us regarding your allergies, intolerances, recent surgical interventions etc...