



THALASSIO

Medical Spa

TALASSIO  *Collection*

ALASSIO SANREMO ELBA



Thalassotherapy

The benefits of the sea on the skin

Thalassotherapy takes advantage of the healing properties of the marine environment: seawater, seaweed, mud, sand and coastal climate, to regenerate body and mind.

Rich in trace elements and minerals, seawater promotes remineralization of the body, stimulates blood and lymphatic circulation, relieves muscle and joint tension and helps combat skin imperfections such as cellulite and water retention.

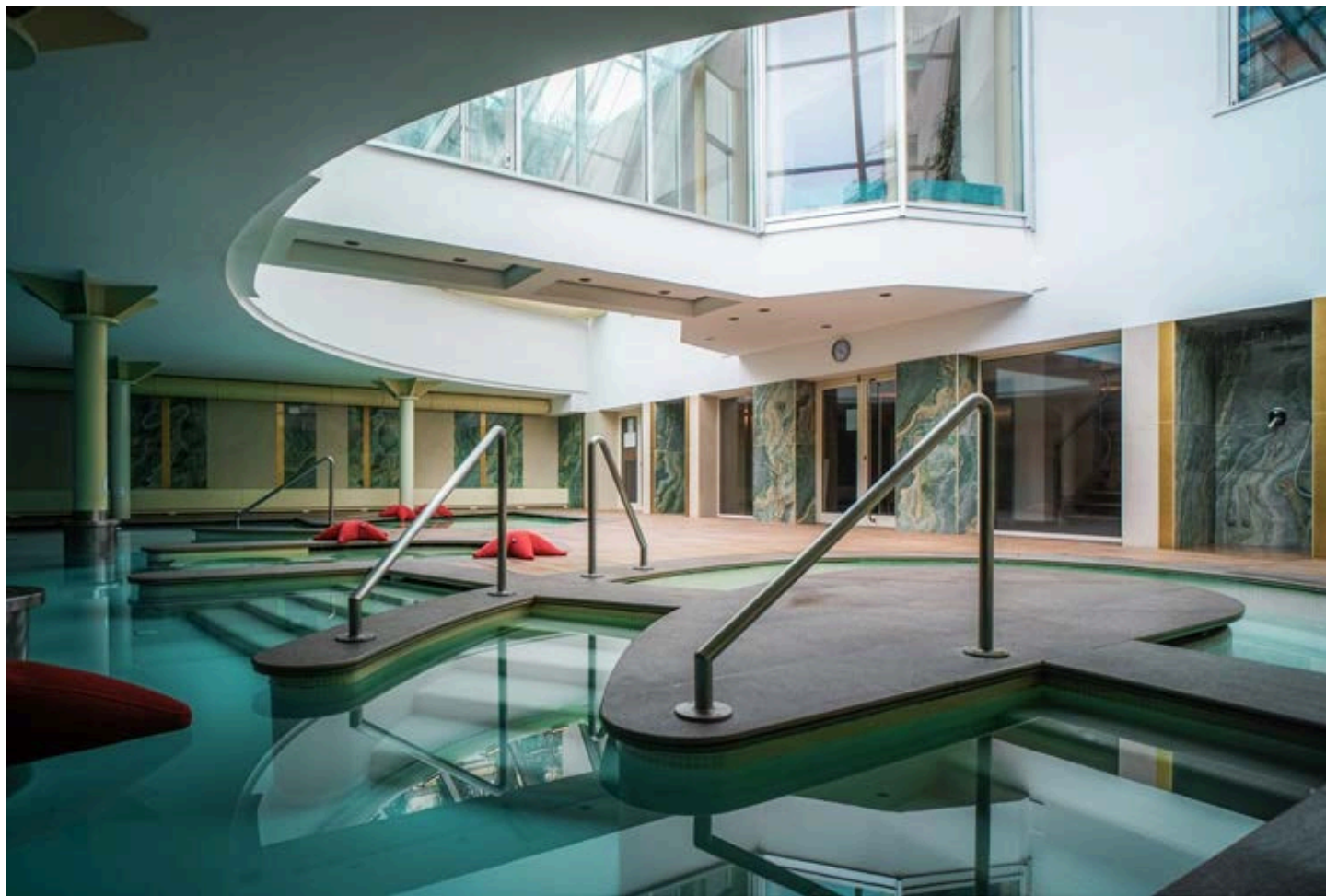
It has a detoxifying and draining action, contributes to deep relaxation due to the presence of magnesium and the beneficial effects of the marine climate, invigorates the immune system and stimulates metabolism. In addition, it is particularly suitable for balancing and soothing sensitive or inflammation-prone skin.

The seawater used in our spa is drawn 200 meters from the coast, in a pristine stretch rich in natural active ingredients, and is heated to 34°C to promote maximum absorption of its benefits.

Let the energy of the sea envelop you and regain your balance natural.

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Thalassotherapy circuit

CIRCUIT WITH ENTRANCE TO THE CENTRE WELLNESS 3h 50 €

From Monday to Thursday.

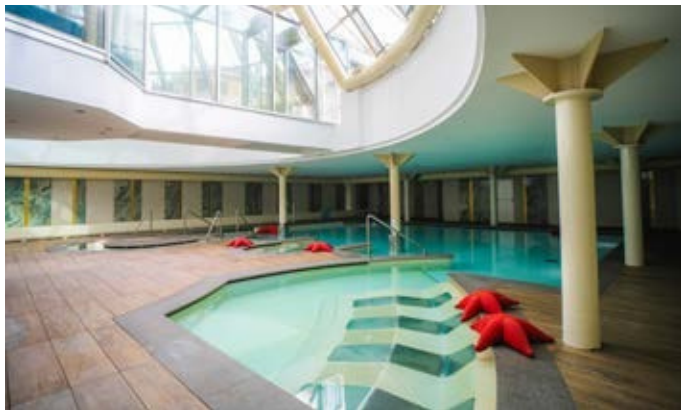
CIRCUIT WITH ENTRANCE TO THE CENTRE WELLNESS 3h 70 €

From Friday to Sunday and holidays.

CHILDREN'S ENTRANCE

From Monday to Thursday 3h 50 €
From Friday to Sunday and holidays. 3h 70 €

Access is permitted for children over the age of 13 when accompanied by their parents. The price includes: bathrobe, slippers, locker and herbal tea in the relaxation area.



Wellbeing formulas

5 ENTRANCES SUBSCRIPTION TO THE CENTRE WELLNESS 3h250 €

10 ENTRANCES SUBSCRIPTION TO THE CENTRE WELLNESS 3h500 €

MORNING OPEN DAY

Entrance to the wellness centre for three hours, 50 minutes of personalised treatment and Lunch. 4h 215 €

TALASSIO & RESTAURANT

Entrance to the wellness centre and lunch. 3h 170 €

WELLNESS LIGHT LUNCH

From Monday to Thursday.
From Friday to Sunday and holidays. 75 €
95 €

APERISPA WELLNESS

Entrance to the wellness centre and aperitif 3h
From Monday to Thursday.

From Friday to Sunday and holidays. 70 €
90 €

Our Pre Sun specials

FRESH GOMMAGE WITH SEA SALTS

25 min 80 €

Marine body scrub par excellence, the salt crystals of this fresh and energising gel gently exfoliate and leave the skin velvety smooth.

DEAD SEA SALT SCRUB

25 min 80 €

A purifying ritual that deeply renews the skin thanks to the exfoliating and detoxifying action of the precious Dead Sea salt, rich in minerals such as magnesium, potassium and calcium.

RITUAL OCEAN MIST

80 min 160 €

A regenerating treatment that begins with a rich blend of Dead Sea salt and soothing oils for gentle but effective exfoliation. Followed by an essential facial treatment with precious minerals from the Dead Sea, giving freshness and radiance to the skin. The experience is completed with a relaxing massage performed with an ultra-moisturising butter made of shea, coconut oil and aloe vera, for velvety skin and total well-being.





Our Post Sun specials

KARITÉ BUTTER BODY WRAP

25 min 80 €

A nourishing and relaxing ritual that envelops the body with shea butter, known for its emollient and regenerating properties. The heat of the waterbed promotes the complete absorption of the active ingredients, while the body experiences a pleasant sensation of floating.

MARINE HYDRATION FACE RITUAL

50 min 140 €

Excellent for all skin types.

This treatment offers the skin an intense hydration bath. A succession of specific manoeuvres releases powerful marine extracts through divine textures.

CANDLE EXPERIENCE

50 min 130 €

Ideal for two

Massage with warm oil based on shea butter, which, from the lighting of the candle, releases unique fragrances and essences for a unique well-being and deep hydration.

Well-being massages

PROFUMI DI LIGURIA Relaxing massage with slow manoeuvres and enveloping oil with scents of the Riviera. *50 min* 110 €

SWEDISH CLASSIC Traditional Swedish massage to relax and balance slowly performed with kneading, strokes and frictions. *50 min* 120 €

DRAINING This massage stimulates the lymphatic circulation, helping to reduce swelling and water retention. *50 min* 120 €

DECONTRACTURING Intensive treatment to release muscle tension and relieve contractures. *50 min* 120 €

PLANTAR REFLEXOLOGY A plantar treatment with regenerating and purifying properties, it stimulates specific points on the foot acting by reflex on the organs. *50 min* 110 €

CANDLE EXPERIENCE
Ideal for two
Massage with warm oil based on shea butter, which is obtained by lighting a candle, releases unique fragrances and precious essences for a unique well-being and deep hydration. *50 min* 130 €

Oriental Massage

YOGA TRADITIONAL MASSAGE Technique combining the principles of yoga with the art of traditional Ayurvedic massage from India. Slow, flowing movements, targeted pressure and passive yoga stretches improve flexibility, release muscle tension and give greater mobility to the joints. The treatment is performed on a futon on the floor and can be received with comfortable clothing. *50 min* 140 €
80 min 170 €

AYURVEDIC Nourishment for mind and body. Massage that works on the entire body with extensive manual techniques giving balance, energetic vigour and preserving the joints. *50 min* 140 €
80 min 170 €

ALMORA MASSAGE A treatment that skilfully blends eastern techniques with western physiotherapy. Through the stimulation of specific acupressure points (trigger points) and work on the energy meridians, this massage acts in depth on both the muscular and energetic levels. *50 min* 140 €
80 min 170 €

HOT STONES MASSAGE

Ancient ritual that uses the energetic heat given off by volcanic stones. Rebalances the body and relaxes the mind.

50 min 140 €

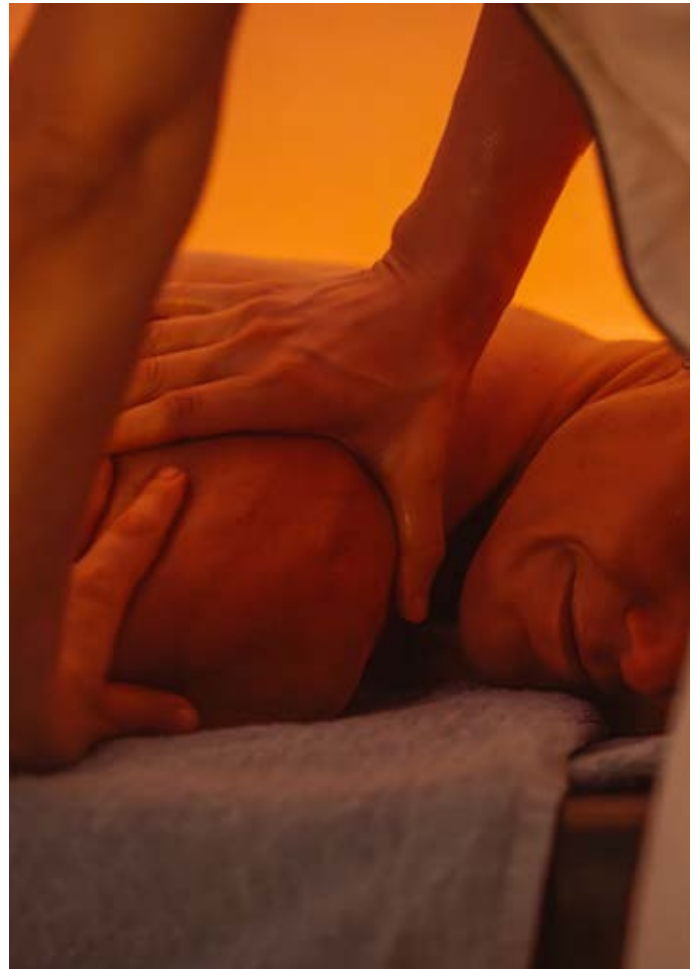
80 min 170 €

LOMI LOMI

A massage reminiscent of a sea wave. Performed with the forearms on the muscle strips, following the flow of energy, loosens contractures and restores energy.

50 min 140 €

80 min 170 €



Highly effective treatments

THERAPEUTIC

Customised treatment that restores joint, muscle and structural well-being.

50 min 150 €

SPORTIVE

Vigorous and dynamic massage that acts intensively on the muscles. Performed before sporting activity increases performance, performed after sport it has a defatiguing action

50 min 130 €

INTENSIVE BACK TREATMENT

Intense treatment dedicated to the well-being of the back.

50 min 130 €

WATSU WATER

The Watsu treatment is a technique of relaxation in warm water that combines gentle movements, stretching and acupressure to release deep tension in body and mind.

45 min 150 €

In combination with the therapeutic massage:

VISCERAL MASSAGE

Restores visceral mobility, reduces chronic muscle and joint pain and improves the digestion process by relieving bloating.

25 min 70 €

CUPPING

Cupping practice that releases soft and connective tissues and improves blood flow.

25 min 70 €

MOXA

Artemisia stick effective in joint pain, muscle contractures, blockages digestion.

25 min 70 €

Facial Treatments and Rituals

DEEP FACE CLEANSING

50 min 130 €

A beauty treatment that cleanses, exfoliates and deeply purifies the skin, giving it freshness and radiance.

MARINE HYDRATION RITUAL

50 min 140 €

Excellent for all skin types.

This treatment offers the skin an intense hydration bath. A succession of specific manoeuvres releases powerful marine extracts through divine textures.

RITUAL GLOW

50 min 140 €

A true concentrate of marine minerals, trace elements and vitamins. This energising treatment is the booster to erase the signs of tiredness.

GENTLEMAN FACE RITUAL

50 min 140 €

High-tech treatment that combines relaxation and powerful marine active ingredients, leaving your skin purified and your complexion radiant.

GUA SPA TREATMENT

75 min 160 €

The Japanese facial ritual

A seven-step ritual inspired by ancient Japanese skincare. An anti-ageing and plumping facial treatment combining expert manual skills and an illuminating cosmetic line inspired by Japan. An experience combining modern science and oriental tradition, for visibly firmer, brighter and regenerated skin.

Thalasso Treatments

FRESH GOMMAGE WITH SEA SALTS

25 min 80 €

Marine body scrub par excellence, the salt crystals of this fresh and energising gel gently exfoliate and leave the skin velvety

ENERGIZING GOMMAGE WITH MAGNESIUM MARINE

25 min 90 €

This scrub, boosted by marine magnesium, exfoliates the skin, remineralising it. Ideal to free the muscles from their tensions and recharge the body.

THALASSIO MASSAGE

A detox massage with marine friction, a real Fucus concentrate that initiates the process of drainage and detoxification of the body.

50 min 130 €

RITUAL DETOX

A treatment that combines a purifying exfoliation with a full-body detox massage. A relaxation and wrapping phase with algae on the cloud bed will further stimulate the detoxification process of the body.

80 min 160 €

OCEAN MIST RITUAL

80 min 160 €

Excellent as preparation for the sun

A regenerating treatment that begins with a rich blend of Dead Sea salt and soothing oils for gentle but effective exfoliation. Followed by an essential facial treatment with precious minerals from the Dead Sea, giving freshness and radiance to the skin. The experience is completed with a relaxing massage performed with an ultra-moisturising butter made from shea, coconut oil and aloe vera, for velvety skin and a total well-being.



Sensory Rituals

LA DOLCE VITA

80 min 160 €

Ideal for two

A pure wellness experience combining a relaxing body massage and a gentle facial massage with crystals to harmonise energy and beauty.

THALISENS TIARÈ

80 min 190 €

A true journey of the senses, the ritual begins with a body exfoliation with tiare oil, whose melting texture will leave your skin silky and scented. The soothing and enveloping massage, will leave you with a deep sense of peace.

120 min 240 €

THALISENS AGRUMES

Let yourself be carried away by this energizing ritual. An exfoliation with prickly pear oil will be followed by a massage with an ultra-sensuous balm, for a deeply moisturised skin.

80 min 190 €

120 min 240 €



La Vita Lenta

An exclusive wellness moment for one or two guests in the “La Vita Lenta” suite, a private space designed to envelop you in a multisensory journey of deep relaxation, where warmth, water, and weightlessness come together to regenerate body and mind.

LA VITA LENTA ESSENZIALE 1H30

2 people 200 €

The experience begins with a rejuvenating pause in the private sauna, continues on the Zero Gravity bed for a moment of deep surrender, and concludes in the bath enriched with precious relaxing salts



LA VITA LENTA DELUXE 2H30 The journey *2 people* 350 €

starts with a restorative break in our private sauna, where enveloping warmth helps release tension. It continues on the Zero Gravity bed, offering a sensation of total surrender and weightlessness that soothes the body and calms the mind.

A 50 minute couple's massage follows, a shared moment of intimacy and relaxation, designed to regenerate body and spirit together.

The experience ends with an immersion in the bath with premium relaxing salts, followed by a celebratory toast with sparkling wine and fresh fruit, a final touch of pleasure and freshness to honor your renewed sense of well-being.

Special Kids & Teenager

(4/16years)

SWEET MASSAGE (4-10 YEARS)

Gentle massage with chocolate oil.

25 min 60 €

SWEET MASSAGE (11-16 YEARS)

Gentle massage with chocolate oil.

50 min 110 €

FACE CLEANSING

Mini-cleansing treatment, mask and facial massage with gentle products.

40 min 90 €

HAND & FOOT CARE

Filing, scrub, mini-massage, application of nail varnish.

50 min 110 €

Beauty Treatments

MANICURE

68 €

PEDICURE

from 68 to 78 €

MANICURE WITH SEMIPERMANENT

88 €

PEDICURE WITH SEMIPERMANENT

88 €

EYEBROW CORRECTION

20 €

HOT WAX EPILATION

from 15 to 95 €



TALASSIO *4art*

Inside our Thalassio Medical SPA, guests will find the exclusive art itinerary: Talassio4Art.

The initiative is an idea of the Grand Hotel Alassio, created in 2021, to give its guests a magical experience surrounded by great works of art; this is because we believe that art can give a precious added value to physical and mental well-being.

This year, the Thalassio Medical SPA is pleased to welcome the exhibition of works of art by the talented artists: Giorgio Tentolini and Marcello Ballardini.

All exhibited works are on sale.

TALASSIO GYM

Open daily from
7:00 AM to 8:00 PM

Available upon request at the
Reception of Grand Hotel Alassio.



Spa information

We are at your disposal for personalised consultations **every day from 9:00 to 20:00**.

For reservations or further information please contact the spa reception or call directly on **extension number 607**.

Hotel guests' children up to 12 years old may access the SPA **in the morning, from 9:00 am to 3:00 pm, upon reservation**.

Tips for choosing treatments

If you are unsure which treatment to choose, please let us know your needs and preferences. We will be happy to guide you in choosing the most suitable options for you. We would also ask you to inform us in advance of any medical conditions or contraindications, such as high blood pressure, allergies, heart problems, pregnancy or other particularities.

Jewellery and personal items

To ensure a pleasant and safe experience, we recommend that you do not wear jewellery during treatment. It is preferable to leave valuables in the room.

Relaxation and preparation

Please arrive at least 10 minutes before the scheduled time, wearing a bathrobe and slippers. You can calmly enjoy an herbal tea, and our operator will join you when it is time to start the treatment.

Changes and Cancellations

We kindly ask that you inform us of any schedule changes or cancellations at least 12 hours before your appointment. In case of late cancellation, the full cost of the treatment will be charged.

Use of mobile phones

In order to preserve an atmosphere of total relaxation and respect for other guests, we kindly ask you to keep your mobile phones switched off during your stay in the spa.

Delays

Should you arrive late, we will be forced to reduce the duration of the booked treatment to ensure compliance with subsequent appointments.



THALASSIO

Medical Spa

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