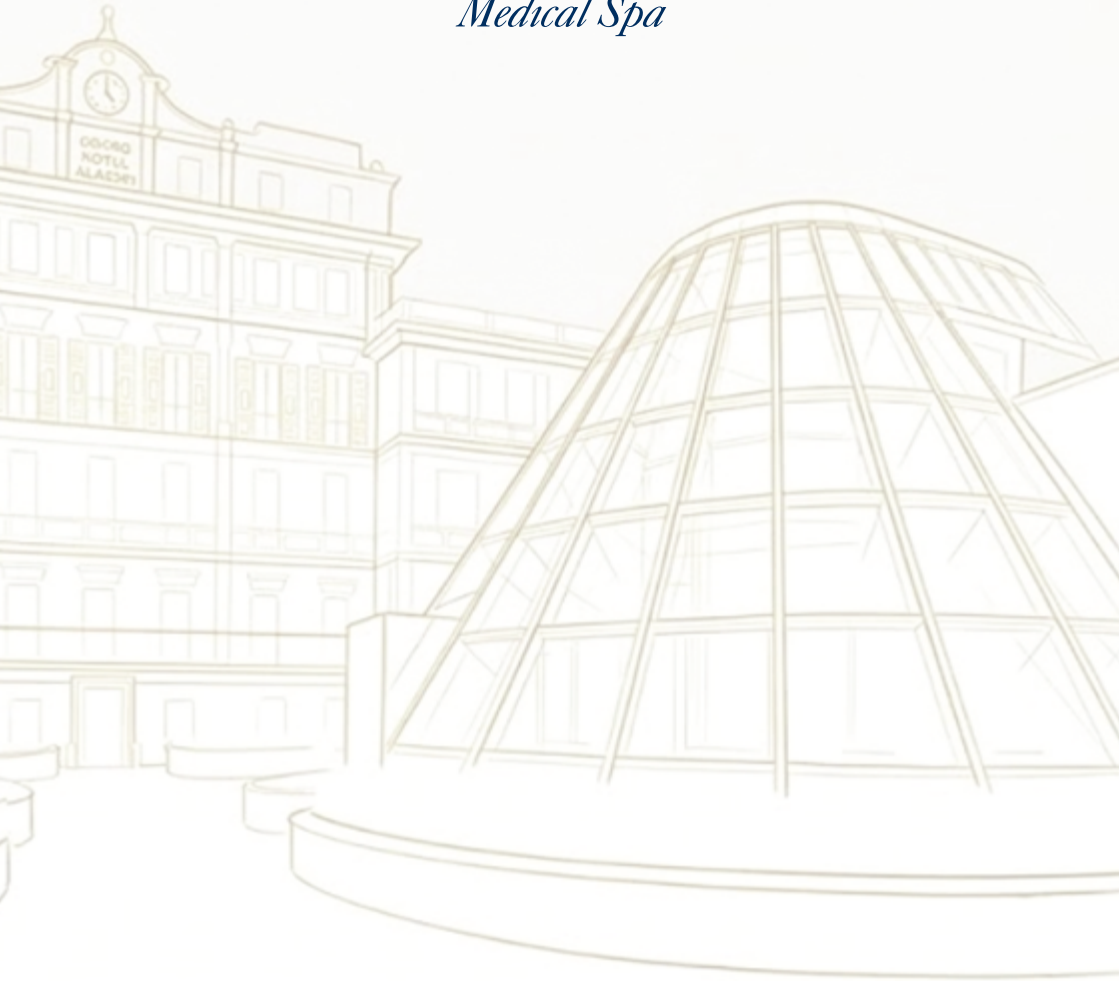
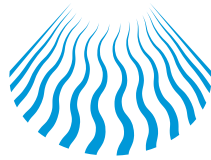




THALASSIO

*Medical Spa*





THALASSIO

*Medical Spa*

# Thalassotherapy

## The Sea's Healing Power for the Skin

Thalassotherapy harnesses the healing properties of the marine environment, seawater, algae, mud, sand and coastal climate, to regenerate body and mind.

Rich in trace elements and minerals, seawater supports the body's remineralisation, stimulates blood and lymphatic circulation, relieves muscular and joint tension, and helps reduce skin imperfections such as cellulite and water retention.

It provides a detoxifying and draining effect, promotes deep relaxation thanks to the presence of magnesium and the benefits of the marine climate, strengthens the immune system and stimulates metabolism.

It is also particularly suitable for soothing and rebalancing sensitive or inflammation-prone skin. The seawater used in our spa is sourced 200 metres from the shore, in an unspoiled area rich in natural active elements, and is heated to 34°C to maximise the absorption of its benefits.

Let yourself be enveloped by the energy of the sea and rediscover your natural balance.



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# Thalassotherapy Circuit

**THALASSOTHERAPY CIRCUIT SPA ACCESS** 3h 50 €  
Monday to Thursday

**THALASSOTHERAPY CIRCUIT SPA ACCESS** 3h 70 €  
Friday to Sunday and public holidays

**CHILDREN'S ENTRANCE FROM 13 YEARS OLD**  
Monday to Thursday 3h 50 €  
Dal venerdì alla domenica e festivi 3h 70 €

*Access is permitted only for children aged 13 and above, accompanied by their parents. The price includes: bathrobe, towel, slippers, locker and herbal tea selection in the relaxation area*

# Wellness Experiences

<b>5-ENTRY SPA MEMBERSHIP</b>	3h	250 €
<b>10-ENTRY SPA MEMBERSHIP</b>	3h	500 €
<b>MORNING OPEN DAY</b> 3-hour spa access, 50-minute personalised treatment and lunch	4h	215 €
<b>TALASSIO &amp; RESTAURANT</b> Spa access and lunch	3h	170 €
<b>WELLNESS LIGHT LUNCH</b> Entrance to the wellness center and light lunch with big salad of the day		
Monday to Thursday		75 €
Friday to Sunday and public holidays		95 €
<b>APERISPA WELLNESS</b> Entrance to the wellness center and aperitif at the Piano Mare Lounge Bar		
Monday to Thursday	3h	70 €
Friday to Sunday and public holidays	3h	90 €



# Wellness Massages

## SCENTS OF LIGURIA

50 min 110 €

*A sensory journey between the sea and Mediterranean nature.*

Fragrances inspired by the Ligurian coast blend with slow, deep movements that cradle the body like the rhythm of the waves.

## SWEDISH MASSAGE

50 min 120 €

*A timeless classic to release muscle tension.*

Deep kneading and friction techniques stimulate circulation and restore a feeling of lightness throughout the body.

## DRAINING MASSAGE

50 min 120 €

*Detoxifying and regenerating.*

Specific techniques support natural fluid drainage, improving circulation and skin tone.

## DEEP TISSUE MASSAGE

50 min 120 €

*Power and precision to restore tired muscles.*

Relieves tension and releases muscle fibres, restoring freedom of movement and deep wellbeing.

## CANDLE MASSAGE

50 min 130 €

*A ritual of warmth and light.*

Melted vegetable butter glides over the skin like a warm, fragrant oil, easing tension in a multisensory embrace.

## HOT STONE MASSAGE

50 min 140 €

An ancient wellness ritual using heated stones to relax the body and rebalance energy, improving circulation and providing total harmony

80 min 180 €

## LOMI LOMI

50 min 140 €

*The embrace of Hawaii.*

A rhythmic and deep massage performed with fluid forearm movements, echoing the motion of ocean waves.

80 min 180 €

## INDIAN HEAD MASSAGE

25 min 80 €

*An ancient healing ritual to clear the mind.*

Targeted pressure on the head, neck and shoulders releases tension and mental stress, restoring clarity and a sense of lightness.

## SPECIAL RELAX BACK

25 min 80 €

*A wellness ritual dedicated to your back.*

Deep, enveloping movements release tension, easing daily knots and restoring energy throughout the body.



# High-Performance Treatments

## **THERAPEUTIC TREATMENT**

50 min 150 €

*A targeted and effective treatment designed to restore physical wellbeing.*

Through specific manual techniques, it works on critical areas to release chronic tension, improve mobility and restore the body's natural harmony.

## **SPORTS TREATMENT**

50 min 130 €

*A ritual dedicated to muscle recovery.*

Ideal for relieving tension after physical activity, it helps release lactic acid and relax muscle fibres, restoring freedom of movement and a feeling of lightness.

## **WATSU WATER THERAPY**

45 min 150 €

*The soothing embrace of warm water.*

A deeply relaxing, weightless experience where gentle stretching and pressure techniques cradle the body and regenerate it. A return to the origins, restoring a sense of absolute peace.

## **To be combined with the therapeutic massage**

### **VISCERAL MASSAGE**

25 min 80 €

*Relief and freedom for the body's core.*

An abdominal decontracting massage that helps release blockages, improves digestive wellbeing and brings a pleasant sensation of lightness and mental calm.

### **CUPPING**

25 min 80 €

Through the vacuum effect of suction cups, this treatment lifts the tissues and releases adhesions, stimulating natural oxygenation and providing an immediate sensation of lightness and vitality.

### **MOXA**

25 min 80 €

*Warmth and regeneration.*

The skilful application of Artemisia sticks releases targeted heat that relaxes the muscles and rebalances internal flows, leaving a lasting feeling of deep peace and renewed energy.



# Facial Treatments & Rituals

## **DEEP CLEANSING**

50 min 130 €

*Deep regeneration for a flawless complexion.*

A thorough cleansing treatment that refines skin texture and stimulates cell renewal, leaving the face visibly firmer, silky and deeply hydrated.

## **MARINE SOURCE THALISOURCE**

50 min 140 €

*The remineralising power of the sea on your skin.*

An exclusive treatment using targeted products that release a concentrate of algae and seawater to soothe, hydrate and illuminate the face, leaving a sensation of absolute freshness. Ideal for all skin types.

## **ANTI-AGE RITUAL**

50 min 140 €

*A tailor-made anti-ageing treatment.*

Thanks to the combination of three specific Thalion lines, this ritual adapts perfectly to every need: from prevention for younger skin, to support for more mature skin, through to intensive care for advanced concerns. A precise treatment that redefines the contours, smooths the features and restores the skin's natural density and youthful appearance.

## **GENTLEMAN FACIAL RITUAL**

50 min 140 €

*Absolute freshness and protection.*

A targeted ritual that soothes shaving irritation and provides deep hydration, refining the skin texture. Ideal for those seeking a healthy, mattified and visibly smoother complexion.

## **INSTANT DE BEAUTÉ**

25 min 80 €

*A concentrated beauty boost in a short time.*

This express treatment smooths the features and instantly erases signs of fatigue, restoring radiant freshness and visibly refined skin. The perfect secret to glow in an instant.

## **OCEAN SECRETS RITUAL**

80 min 180 €

*The pinnacle of Thalion excellence in an exceptional ritual.*

Eighty minutes of pure regeneration combining sculpting manual techniques with ultra-concentrated marine active ingredients. A global anti-ageing treatment that redefines contours, fills wrinkles and smooths the features, delivering a visible transformation and a deep sense of relaxation and wellbeing.



# Thalasso Treatments

## **FRESH MARINE SALT SCRUB**

*A sea breeze on the skin.*

A fresh exfoliation with salt crystals that smooths, regenerates and leaves the skin silky soft.

25 min 80 €

50 min 110 €

## **MARINE DETOX RITUAL**

*Deep purification and mineral recharge.*

The treatment begins with an active exfoliation to stimulate the tissues, followed by a draining marine wrap that releases toxins. A true reset that restores lightness, tone and visibly smoother skin.

50 min 130 €

80 min 160 €

## **GREEN ALGAE RITUAL**

*The ultimate reshaping treatment.*

An occlusive mineral mud which, thanks to its thermal action, stimulates cell metabolism and deeply drains excess fluids, leaving the skin incredibly toned, firm and smooth.

80 min 160 €

## **JAMBES TONIQUES**

*Immediate relief and lightness.*

A refreshing treatment with a cooling effect that stimulates microcirculation and drains excess fluids. Ideal for restoring light, energised legs and a lasting sensation of freshness.

25 min 80 €

## **MINERAL RITUAL**

*A pure anti-stress recharge.*

An intensive treatment that harnesses the power of marine minerals to release muscle tension and revitalise the body. A deeply relaxing experience that restores balance, vitality and an immediate sense of physical and mental wellbeing.

25 min 80 €

50 min 120 €

# Sensory Rituals

## **THALISENS WITH TIARÉ SCRUB AND MASSAGE**

*The essence of tropical relaxation.*

A delicate exfoliation with tiare flowers prepares the skin to receive an enveloping and deeply relaxing massage, enriched with a targeted facial treatment. A dual beauty ritual that regenerates the body, nourishes deeply and releases all tension in a fragrant exotic embrace.

80 min 190 €

120 min 240 €

## **THALISENS CITRUS SCRUB AND MASSAGE**

*A pure boost of vitality.*

The citrus crystal exfoliation smooths the skin, preparing it for a dynamic and refreshing massage that includes relaxing facial techniques. A vitamin-rich blend that awakens the senses, oxygenates the tissues and gives the body an immediate feeling of energy and radiance.

80 min 190 €

120 min 240 €

# The Marine Trilogy, Thalion's Essence

## A Three-Step Renewal Journey

€380

**Recommended duration: 3 consecutive days to maximise mineral absorption.**

### **DAY 1 – DETOX TREATMENT: PURIFYING**

*Release the body, prepare the spirit.*

A deep reset based on marine osmosis. The combined action of marine salts and micronised algae eliminates toxins, drains excess fluids and purifies the tissues, restoring the skin's natural vitality. The 80-minute detox ritual is recommended.

### **DAY 2 – ENERGY TREATMENT: REGENERATING**

An ultra-energising ritual that blends the remineralising power of the ocean with the sunny vitality of citrus fruits. The ideal wellness shock to dispel fatigue and dull skin tone. A massage with deep and dynamic movements that release tension and restore muscular energy. The 50-minute Thalissens citrus ritual is recommended.

### **DAY 3 – RELAXING MASSAGE: SOOTHING**

*The final harmony, the quiet of the senses.*

The concluding ritual for complete mental release, thanks to the "Sensation Zen" protocol. Nervous tension melts away in an embrace of silky textures, leaving you in a state of lightness and absolute peace. A 50-minute magnesium recharge is recommended.



# “La Vita Lenta” Suite

An exclusive wellness moment for two guests.

A private space where you can be enveloped in a multisensory journey of deep relaxation, where warmth, water and lightness blend to regenerate body and mind.

## **LA VITA LENTA ESSENTIAL**

*1h30 200 €*

The experience begins with a regenerating moment in the private sauna, continues on the Zero Gravity bed for a deep state of relaxation, and concludes in the hot tub.

## **LA VITA LENTA DELUXE**

*2h30 350 €*

The experience begins with a regenerating moment in our private sauna, where enveloping warmth helps release tension. It continues on the Zero Gravity bed, offering a sensation of complete lightness and deep relaxation for both body and mind.

A 50-minute couple's massage follows, a moment of intimacy and shared wellbeing designed to regenerate body and spirit together. To conclude, an immersion in the hot tub, followed by a toast with sparkling wine and fresh fruit, celebrating renewed wellbeing with a touch of pleasure and freshness.

# Beauty Treatments

<b>MANICURE</b>	68 €
<b>PEDICURE</b>	from 68 to 78 €
<b>SILK GLOVE FOR HANDS OR FEET</b>	25 min. 60 €
A treatment combining exfoliation with the enveloping warmth of paraffin, delivering intense hydration and deep repair for skin that feels instantly velvety, supple and visibly rejuvenated.	
<b>MANICURE WITH GEL POLISH</b>	88 €
<b>PEDICURE WITH GEL POLISH</b>	from 88 to 98 €
<b>EYEBROW SHAPING</b>	20 €
<b>WARM WAX HAIR REMOVAL</b>	from 20 to 95 €



Inside our Thalassio Medical SPA, guests can discover the exclusive art journey: Talassio4Art.

This initiative, created by the Grand Hotel Alassio in 2021, was designed to offer guests a truly unique experience surrounded by remarkable works of art, as we believe that art adds a precious dimension to both physical and mental wellbeing.

This year, the Thalassio Medical SPA is delighted to present an exclusive exhibition of artworks created specifically for the spa by the talented Italian artist Giorgio Tentolini.

All artworks on display are available for purchase.

Giorgio Tentolini



# TALASSIO GYM

Open daily  
from 7:00 am to 8:00 pm

For Hotel guests, available upon  
request at the Grand Hotel Alassio  
Reception.



# Spa Information

We are at your complete disposal for personalized consultations every day **from 9:00 am to 8:00 pm**.

For bookings or further information, we invite you to contact the spa reception or **call extension 607 directly**.

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** and accompanied by a parent.

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## Treatment Selection Advice

If you are unsure which treatment to choose, please let us know your needs and preferences. We will be delighted to guide you towards the most suitable options. We kindly ask you to inform us in advance of any medical conditions or contraindications, such as high blood pressure, allergies, heart conditions, pregnancy or any other relevant circumstances.

## Jewellery and Personal Belongings

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

## Relaxation and Preparation

We kindly invite you to arrive at least 10 minutes before your scheduled time, wearing a bathrobe and slippers. You may enjoy a herbal tea at your leisure, and our therapist will come to meet you when it is time to begin your treatment.

## Changes and Cancellations

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

## Use of Mobile Phones

To preserve an atmosphere of complete relaxation and respect for other guests, we kindly ask you to keep mobile phones switched off during your time in the spa.

## Delays

Should you arrive late, we will be obliged to reduce the duration of your scheduled treatment in order to respect subsequent appointments.



THALASSIO  
*Medical Spa*

Grand Hotel Alassio Beach & Spa Resort - Thalassio Medical Spa

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