

**Thalassotherapy** is based on diverse treatments with seawater, heated between 33 and 37 degrees, which allows the skin to absorb elements found in abundance in seawater, such as iodine, sulphur, calcium and magnesium. These elements make up for the lack of salts and minerals caused by stress and fatigue in the human body, helping to bring about a speedy recovery of the nervous system. Apart from being one of the most ancient treatments in the world and benefiting the general wellbeing and skincare, thalassotherapy relieves a variety of ailments such as rheumatism, arthritis, diverse bone and muscle problems and respiratory illnesses.

Did you know that our thalassotherapy centres were pioneers in health tourism in the Canaries and that they are among the largest and most complete in Europe? Both centres sum over 9.000 m2 of modern facilities, equipments of the latest generation and splendid ocean views. Without any doubt they are the most important seawater health and wellbeing centres on the island of Gran Canaria and both are members of the prestigious Association Gran Canaria Spa, Wellness & Health.

The Thalassotherapy centre in Gloria Palace San Agustin Thalasso & Hotel is the largest one in Europe, with its 7.000 m2 dedicated to relaxation and wellbeing. Highlight is its spectacular architecture, designed by the architect Luis Lopez.

The Thalassotherapy centre in Gloria Palace Amadores Thalasso & Hotel is equipped with the same facilities as its sister centre in San Agustin. Its 1.800 m2 of surface offer magnificent ocean views.

**Enter our oasis of relaxation and wellbeing and let us pamper you!** All our therapists, masseurs and beauty personal are fully qualified, with extensive experience and professionalism in a team that is led and supervised by our doctor.

#### IMPORTANT INFORMATION

- Hotel guests get a 10% discount on all treatments (not combinable with other offers).
- We sell 10 sessions of any of our treatments with a special discount of 20% (not combinable with other offers).
- Previous reservation needed for all treatments except for the Pool Get in Shape, sauna, therman bath, hamman and fitness room.
- Prices include 5% tax
- Continue your treatment at home. We sell the products we use for your care.
- Opening hours: daily from 10:00 to 21:00
- We care about your children in a mini-club for the little ones from 4 years upwards while you enjoy our services.
- Use of the services in the centre is allowed for persons over 15 years of age.
- Consult possible contraindications in the reception of the centre.
- Pregnant women are not allowed in treatments with water or heat.
- It is obligatory to wear bathing caps, bathrobe and flip flops in the hydrotherapy zone, sneakers in the gym and a bathrobe in the treatment zone.
- The centre provides you with bathrobes, towels, flip flops and bath caps.
- The company is not responsible for any theft or loss that may occur in our centre. We advise you to leave all valuable items in the lockers.
- Cancellation of a treatment must be 4 hours before without charges.

#### POOL "GET IN SHAPE"

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Star treatment of our centers, without prior appointment (except for groups). The "GET IN SHAPE" swimming-pool is a large aquatic area dedicated to your relaxation. The use of this pool is an ideal way to rest, regain your strength and find new energy. It disposes of multiple hydromassage stations with heated seawater at different temperatures. The use of the circuit is maximum 2 hours.

#### ACTIVITIES IN THE GET IN SHAPE POOL

Swimming upstream | Microbubble seats | Water jets on the shoulders | Water jets on the thighs | Water jets on the legs and the soles of the feet | Water jets on the abdominal | Water jets on the thighs in front and behind | Swan-neck and waterfalls | Beds with microbubbles | Cold-water pool (16° C.) | Hot-water pool (40° C.) | Rest areas

PEELINGS AND BODY WRAPPINGS With previous appointment	INDICATIONS	PRICE
<p><b>Peeling:</b> Eliminates dead skin cells and for an ultra soft skin.  <b>CHOOSE THE PEELING YOU LIKE MOST:</b>            PEELING CRYSTAL WITH FLOWERS - 25 minutes            PEELING WINE - 25 minutes            PEELING CHOCOLATE - 25 minutes            PEELING ALOE VERA - 25 minutes</p>	Detoxification treatment, it helps the penetration of the active ingredients and care products into the skin which are used in other treatments	26,50
<p><b>Body wraps</b>            ALGAETHERAPY - 25 minutes            Application of warm algae on your whole body by thermal body wrapping. The algae possess essential minerals (E,C) and beta carotene.</p>	Activates venous and lymphatic circulation, helps to eliminate the edema. It is a regenerative treatment of the skin: anti-aging, anti-cellulite, anti-stress, hydrating.	30,50
<p>FANGOTHERAPY - 25 minutes            Application of warm mud on your whole body by thermal body wrapping.</p>	Natural. It relieves symptoms of rheumatism and arthritis. Relaxes muscles. Stimulates the metabolism by its richness of trace elements	30,50
<p>LOCAL FANGOTHERAPY - 20 minutes            Local application of warm mud combined with infrared lamps</p>	Produces analgesia, vasodilatation, indicated in sub acute or chronic ailments.	26,00
BODY WRAPPING ALOE VERA		30,50

BODY TREATMENTS With previous appointment	FUNCTIONS	PRICE
<p>PEELING AND BODY MOISTURISING - 60 minutes            Peeling • Moisturising lotion</p>	It gets rid of dead cells and skin impurities + moisturising cream.	71,00
<p>ANTICELLULITE - 90 minutes            Peeling • Mud • Anti-cellulite massage</p>	Body wrapping that absorbs fat nodules and revitalizes the skin tissues. It has a slimming effect and firms the skin tissues.	95,00
<p>BODY TONING - 90 minutes            Peeling • Toning body wrapping • Toning massage</p>	Based on an enzyme complex and proteins that support the skin, tissue fibers and plant extracts.	114,00
<p>THALGO RELAX - 90 minutes            Peeling • Mud • Local relaxing massage</p>	Peeling and body wrapping based on mud, together with a relaxing massage based on essential oils that de-stress the body.	99,00
<p>THALGO DRAINING - 90 minutes            Peeling • Draining mud • Pressure therapy</p>	Peeling and body wrapping based on mud with draining oils and pressure therapy. It is helpful for blood circulation and drainage of liquids.	99,00

Wellbeing & Comfort



GLORIA PALACE ROYAL HOTEL & SPA  
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GLORIA PALACE SAN AGUSTIN THALASSO & HOTEL  
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GLORIA PALACE AMADORES THALASSO & HOTEL  
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Rebar & Health



THALASSO SAN AGUSTIN



THALASSO AMADORES



ROYAL SPA & WELLNESS

Cuisine & Chill Out



RESTAURANTE GORBEA



RESTAURANTE RAIÁ



GORBEA CHILL OUT



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Discover our essence

SEAWATER SPAS



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Thalasso & Hotel  
1st floor  
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Gloria Palace Amadores  
Thalasso & Hotel  
4th floor block 4  
Tel. 928 128 522 ext. 870/871

RATES 2012



MASSAGES With previous appointment	INDICATIONS	PRICE
<b>MASSAGE 25 MINUTES</b> Local massage • Relaxing and toning massage	Back or neck massage and/or legs. It can be relaxing, anti-stress or to reduce muscle tension. It improves circulation and eliminates toxins.	34,00
<b>MASSAGE 45 MINUTES</b> Complete massage	Complete massage. It can be relaxing or therapeutic.	47,50
<b>OPEN AIR MASSAGE - 50 MINUTES</b>		64,00
<b>LYMPHATIC DRAINAGE - 45 MINUTES</b>	It helps to eliminate excess fluids. It resolves problems of peripheral circulation, edema. It prevents cellulite. Relaxation.	47,50
<b>FOOT REFLEXOLOGY - 45 MINUTES</b> The systems and structures of the body are related to different points of the surface of the feet through the circulation of energy.	Stimulating reflexology used to balance out the energies of the body. Alleviates back pain and ailments caused by arthritis. Also nervousness, anxiety and insomnia. It reduces constipation.	47,50
<b>SHIATSU MASSAGE - 80 MINUTES</b> Performed on a futon while you wear comfortable clothes. Japanese massage based on acupressure	Balances body energy by relaxing and reducing stress. Stimulates blood and lymph microcirculation. Improves muscle tone and flexibility. Treatment anti-cellulite and anti-aging.	84,50
<b>THAI MASSAGE - 80 MINUTES</b> Performed on a futon while you wear comfortable clothes. Rhythmic maneuvers and swing movement. Pressure along the energy channels without causing pain or stress.	It is particularly suitable for the release of muscular or joint tension. It improves circulation and helps to activate the metabolism.	84,50
<b>AYURVEDA - 90 MINUTES</b> Prana: Opening of chakras in rhythm with breathing Oiling: Application of warm oils to balance the physical and mental energy Pindas wedas: Massage with oriental herbs bags to stimulate circulation and to reduce stress. Relaxing massage-25 minutes	Treatment of channeling the energy to open the customer's aura by treating various points on the head and the body. The massage with pindas wedas and the elixir of aura facilitates tension in the spine and stimulates circulation. Relaxing massage.	105,00
<b>Massage HOT STONES - 90 MINUTES</b> Body peeling • Body massage with hot stones	Treatment for the body's energy balance, it relaxes muscles and soft tissues, removes toxins and relieves pain, improves circulation. Ideal for: painful muscles, fibromyalgia, stress and anxiety, problems of circulation, insomnia and depression.	104,00

TREATMENTS With previous appointment	INDICATIONS	PRICE
<b>PRESSURE THERAPY - 30 minutes</b> Automatic lymphatic drainage	Eliminates excess liquids and problems with the peripheral circulation, edema and prevents cellulite	26,50
<b>RESPIRATORY THERAPY - 15 minutes</b> Inhalation of sea water	Alleviates bronchitis, asthma and allergies	20,00

MEDICAL SERVICES With previous appointment	INDICATIONS	PRICE
<b>MEDICAL CONSULTATION</b>	If you buy a treatment, you get a 50 % discount on the consultation	49,50
<b>ACUPUNCTURE</b>		75,00

## PROGRAMMES

THALASSO PROGRAMMES With previous appointment INCLUDES : 2 hours Get in shape pool, Saunas, Turkish/Thermal bath	PRICE	AROMATHERAPY With previous appointment If not specified, does not include pool or saunas	PRICE
<b>ANTI-STRESS SPECIAL - 50 minutes</b> Pressure shower • Bubble bath	81,50	<b>LIGHT LEGS SPECIAL - 70 minutes</b> Cryogenic treatment • Pressure therapy • Leg massage	77,00
<b>RELAX SPECIAL - 50 minutes</b> Local massage • Aquagym	81,50	<b>AROMARELAX - 70 minutes</b> Complete massage with essential oils • Bubble bath with essential oils	73,10
<b>GET IN SHAPE SPECIAL - 75 minutes</b> Algae therapy • Underwater shower • Pressure therapy	102,50	<b>ZEN - 70 minutes</b> Peeling crystal with flowers • Lavender mud • Local massage	77,50
<b>VITALITY SPECIAL - 75 minutes</b> Algae therapy • Bubble bath with algae • Local massage	110,50	<b>ESSENTIAL SPECIAL - 70 minutes</b> Peeling or bubble bath • Complete massage • Get in shape pool	79,50
<b>THALASSO SPECIAL - 100 minutes</b> Peeling • Algae therapy • Bubble bath • Local massage	137,00	<b>INDOCEANE - 170 minutes</b> Sweet-salty peeling (Mediterranean peeling) Celestial milk bath (Egyptian peeling) Ayurveda massage (Indian peeling) Sublime wrap (Chinese peeling)	167,00

ANTI AGE PROGRAMS With previous appointment	INDICATIONS	PRICE
<b>PEARL - FACIAL &amp; CORPORAL 90 minutes</b> Peeling • Body wrapping • Removing of make-up and hydrating facial treatment	Adorns your skin with beautiful reflecting highlights and improves its elasticity as well as hydrates and firms	99,00
<b>CHOCOLATE - 50 minutes</b> Peeling with chocolate • Body wrapping with chocolate	Chocolate combats cellulite, delays aging and improves stress	69,50
<b>WINE THERAPY - 100 minutes</b> Peeling with grape pits Body wrapping with grape mousse Bubble bath Local massage with essential oils	Slows the aging of the skin by protecting it from environmental aggression. Detoxifies the tissues. It does not only recover the beauty of the skin, tones and moisturizes in depth but provides muscle consistency and strength as well.	101,00

OUR TOP OFFERS 2012. NO additional discounts can be applied and the treatment has to be done in one day. With previous appointment. YOUR HEALTH AT A STAR PRICE!	PRICE
<b>AROMATHERAPY SPECIAL</b> Peeling crystal with flowers • Bubble bath with essential oils • Local massage with essential oils • Get in shape pool • Sauna	79,50
<b>THALASSO EXPERIENCE</b> Local massage • Get in shape pool	49,00



## AESTHETIC TREATMENTS

FACIAL TREATMENTS With previous appointment	INDICATIONS	PRICE
<b>FACIAL CLEANING - 90 minutes</b>	In-depth skin hygiene. The skin is free of impurities and is illuminated and revitalized.	69,00
<b>INTENSE MOISTURISING - 90 minutes</b>	For dehydrated skin that shows signs of early aging. A peeling that brings flexibility, softness and freshness to the skin.	86,00
<b>CAVIAR - 60 minutes</b>	Firming treatment based on extracts of caviar, marine collagen and tamarind. The skin regains tone and elasticity	69,00
<b>REMODELLING TREATMENT - 90 minutes</b>	Treatment for women who want to reduce wrinkles. They will disappear. The skin regains strength and lightness.	86,00
<b>ANTI WRINKLE TREATMENT WITH HYDRECLAT - 60 minutes</b>	Treatment based on hyaluronic acid with electrotherapy apparatus: ionization and ultrasound. Combats wrinkles.	84,50
<b>ANTI STRESS TREATMENT - 60 minutes</b>	Hydrates and relaxes the skin	66,00
<b>OXYGENATING TREATMENT - 90 minutes</b>	For stressed skin, choked by urban life with signs of premature aging. The skin is oxygenated, illuminated and regains its freshness.	76,00
<b>SENSITIVE SKIN - 90 minutes</b>	Relaxes, smoothes and decongests sensitive skin	72,00
<b>ANTI-ACNÉ TREATMENT - 90 minutes</b>	Imperfect skin and excess sebum. Provides a calming effect, decongestant, fighting blemishes.	76,00
<b>EYE CONTOUR - 60 minutes</b>	Collagen-based hydration, combats liquid retention within the skin and the appearance of fine lines	76,00
<b>NECK TREATMENT - 60 minutes</b>	Firming treatment. The skin gains elasticity and will be recovered.	76,00
<b>OCEAN TREATMENT FOR MEN 60 minutes</b>	Combats signs of fatigue, daily aggressions caused by shaving, pollution and stress. The skin recovers energy and balance	65,00

HANDS AND FEET With previous appointment	PRICE
<b>MANICURE - 30 minutes</b>	19,00
<b>PEDICURE - 60 minutes</b>	35,00

WAXING With previous appointment	PRICE
<b>WAXING</b>	from 9,50

## CURES PROGRAMMES

CURES With previous appointment		PROGRAMME: All include: Get in shape pool • Saunas • Gym	PRICE
<b>ANTI-STRESS</b>	2 DAYS	<b>Day 1</b> Local massage <b>Day 2</b> Pressure shower	110,00
<b>ANTI-STRESS</b>	3 DAYS	<b>Day 1</b> Local massage <b>Day 2</b> Algae therapy • Bubble bath <b>Day 3</b> Pressure shower • Aquagym from 13:00 until 16:00	210,00
<b>CLASSIC CURE / ANTI-RHEUMA CURE</b>	6 DAYS	<b>Day 1</b> Medical consultation to personalize your cure. Includes 2 daily individual treatments determined by the doctor and every day aquagym.	691,00
<b>ANTI-TOBACCO CURE (Detoxification)</b>	6 DAYS	<b>Day 1</b> Medical consult <b>Days 1 / 3 / 5</b> Respiratory physiotherapy • Algae therapy <b>Days 2 / 4 / 6</b> Respiratory therapy • Hydrotherapy • Rehabilitation in water <b>Days 2 / 5</b> Acupuncture session	691,00

PROGRAMMES NO extra discounts can be applied on these treatments With previous appointment	PRICE
<b>ANTI CELLULITE CURE 3 DAYS</b> <b>DAY 1</b> <b>DAY 2</b> <b>DAY 3</b>	Saunas and gym every day - Peeling and chocolate body wrapping • anti cellulite massage - Draining mud • pressure shower • pressure therapy - Bubble bath • pressure shower • anti cellulite massage
<b>FOLLOW UP YOUR TREATMENT AT HOME. WE SELL SPECIAL PRODUCTS FOR YOUR SKINCARE</b>	

COLLECTIVE TREATMENTS Without previous appointment	INDICATIONS	PRICE
<b>SAUNAS</b> Sauna, Turkish bath (100% humidity), Thermal bath (70-80% humidity)		11,00
<b>GYM</b>		8,00

THALASSOTHERAPY SERVICES With previous appointment	INDICATIONS	PRICE
<b>BUBBLING BATH - 25 minutes</b> With algae gel	Relaxation	22,00
<b>AUTOMATIC UNDERWATER SHOWER - 25 minutes</b> Bath with jets	Circulatory, drainage, relieving.	22,00
<b>MIXED UNDERWATER SHOWER - 25 minutes</b> Bath with jets – manual application of jets during 10 minutes		22,00
<b>NIAGARA - 20 minutes</b> Automatic bubble bath with automatic multi jets	Relaxes muscles and anti-stress.	25,00
<b>SHOWER JET - 15 minutes</b> Circulating shower that stimulates toning of the body. Adapted temperature and pressure.	Draining - relaxing - calming	25,00

