

## TALASOTERAPIA CANARIAS

Thalassotherapy is one of the world's most natural and effective anti-stress treatments and is totally compatible with the human organism. Treatment is based on bathing in seawater heated to 33°C, 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 salt and minerals caused by stress and fatigue in the human body, helping to bring about a speedy recovery of the nervous system. Thalassotherapy is highly recommended not only for stress-related problems but also helps to prevent and provides relief from all kinds of pain related to rheumatism, arthritis and bone and muscle conditions. Treatments using thalassotherapy are also advised for respiratory diseases, skin care, relaxation and general well-being.

Our two Talasoterapia Canarias centres, at **Gloria Palace San Agustin Thalasso & Hotel** and **Gloria Palace Amadores Thalasso & Hotel**, both offer a wide range of treatments. In addition to traditional thalassotherapy treatments, they provide a broad range of beauty, relaxation and aesthetic treatments. The centres are equipped with the renowned Get in Shape pools, large relaxation areas, cubicles with bathtubs, massage facilities, aesthetic treatments, saunas, special showers and much more, all within a setting which boasts spaciousness, modern décor and sea views. All our therapists, masseurs and aesthetics staff are qualified and have proven experience and professionalism. The team is led and supervised by our doctor. We offer individual treatments as well as cures ranging from 3 to 12 days.

## TWO COMPLEXES DEVOTED TO YOUR HEALTH AND RELAXATION

The Talasoterapia Canarias center in Gloria Palace San Agustin Thalasso & Hotel with its nearly 7.000m<sup>2</sup> is one of the largest and most modern of its kind in Europe. The treatments provided at the centre are for rheumatic conditions, post-traumatic conditions and stress-related problems such as nervous fatigue, anxiety and weight loss, as well as cellulite. In addition to the large "Get in Shape" pool - one of the centre's main attractions - Talasoterapia Canarias San Agustín is equipped with a sauna, a large gym with modern therapeutic and sports facilities, a beauty salon, 35 cubicles for individual treatments and large relaxation areas.

The center in Gloria Palace Amadores Thalasso & Hotel on the coast of Mogan, with an impressive view over the ocean. It has the same facilities as its twin in San Agustin, with an area of 1.800 m<sup>2</sup> and a capacity for 300 guests per day.

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.

This exceptional area consists of various pools with sea-water heated at different temperatures.

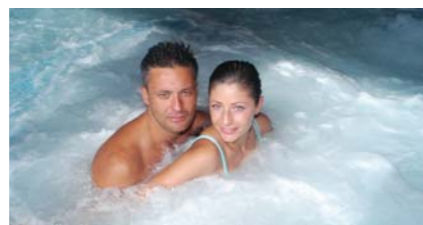
Anybody above the age of 15 years is able to enjoy the marvellous experience of using this pool. Contraindicated to pregnant women.

The swimming-pool "GET IN SHAPE" is open every day from 10.00 to 21.00  
The circuit lasts approximately 2 hours.

### FACILITIES IN THE SWIMMING-POOL "GET IN SHAPE"

- Swimming against the current ·
- Seats with micro-bubbles ·
- Jets for the back (chairs) ·
- Jets for the calves ·
- Jets for the abdomen ·
- Jets for the ankles and soles of feet ·
- Jets for the thighs (front and back) ·
- Jets for the back ·
- Swan-neck and waterfalls ·
- Jets for the ankles ·
- Beds with micro-bubbles ·
- Cold-water pool (16°C) ·
- Hot-water pool (40°C) ·
- Rest areas ·

Price: 20,00 €  
per person/session



## CURE PROGRAM

Program	Duration	Indications	Price
<b>Anti-stress</b>	2 Days	<p><b>Day 1:</b> Circuit "Get in Shape" (2 hours) Sauna/ Turkish Bath/ Thermal Bath Massage (25 min.)</p> <p><b>Day 2:</b> Pressure Shower ( kneipp ) Sauna/ Turkish Bath/ Thermal Bath Circuit " Get in Shape " (2 hours)</p>	107,00
<b>Anti-stress</b>	3 Days	<p><b>Day 1:</b> Sauna / Turkish Bath / Thermal Bath Massage (25 min.) Circuit "Get in Shape" (2 hours)</p> <p><b>Day 2:</b> Sauna/ Turkish Bath/ Thermal Bath Algae- Therapy (30 min.) Bubbling Bath with seaweeds (25 min.) Circuit "Get in Shape" (2 hours)</p> <p><b>Day 3:</b> Sauna/ Turkish Bath/ Thermal Bath Pressure shower (Kneipp). Gymnastics - in pool Circuit " Get in Shape " ( 2 hours )</p>	204,00
<b>Classic Cure</b>	6 Days	<p><b>Day 1:</b> Medical consultation prior to treatment in order to personalize the program. 5 treatments per day (2 individual treatments + 3 group treatments)</p> <p><b>Days 1/3/5:</b> Sauna/ Turkish Bath/ Thermal Bath Massage (25 min.) Bubbling Bath with Seaweeds ( 25 min.) Gymnastics - in Pool Circuit "Get in Shape" ( 2 hours )</p> <p><b>Days 2/4/6:</b> Sauna/Turkish Bath/ Thermal Bath Algae-Therapy (30 min.) Massage underwater "Niagara" Bath Gymnastics - in Pool Circuit "Get in Shape" (2 hours)</p>	670,50
<b>Anti-Rheumatism</b>	6 Days	<p>Medical consultation prior to Treatment in order to personalize the program <b>See program for Classic Cure.</b></p>	670,50
<b>Anti-Tobacco Cure</b>	6 Days	<p><b>Day 1:</b> Medical consultation (treatment with nicotine patches)</p> <p><b>Days 1/3/5:</b> Hamman (30 min.) Respiratory physiotherapy (30 min.) Algae-Therapy (30 min. )</p> <p><b>Days 2/4/6:</b> Respiratory therapy (15 min.) Hydrotherapy (30 min. ) Rehabilitation in water (30 min.)</p> <p><b>Days 2/5:</b> Sessions of acupuncture During the period of the cure, free entrance to the "Get in Shape" pool, sauna, Turkish bath, Thermal bath and fitness room.</p>	670,50



## 1 DAY TREATMENTS

- I. SPECIAL "VITALITY" - 1 DAY** 107,00 €  
- Sauna/Turkish Bath/Thermal Bath  
- Massage (25 min.)  
- Bubbling bath with sea weeds (25 min)  
- Algae - Therapy (30 min.)  
- Pool "Get in Shape" ( max. 2 hours)
- II. SPECIAL "GET IN SHAPE" - 1 DAY** 99,50 €  
- Sauna/Turkish Bath/Thermal Bath  
- Algae - Therapy (30 min.)  
- Underwater shower (30 min.)  
- Pressure Therapy (25 min.)  
- Pool "Get in Shape" (max. 2 hours)
- III. SPECIAL "RELAX" - 1 DAY** 79,00 €  
- Sauna/Turkish Bath/ Thermal Bath  
- Massage (25 min.)  
- Water Gymnastics  
- Pool "Get in Shape" (max. 2 hours)
- IV. SPECIAL "THALASSO" - 1 DAY** 133,00 €  
- Sauna/Turkish Bath/ Thermal Bath  
- Body peeling (15 min.)  
- Algae-Therapy (30 min.)  
- Special water massage "Niagara"  
- Massage (25 min.)  
- Pool "Get in Shape" (max. 2 hours)
- V. SPECIAL "ANTI-STRESS" - 1 DAY** 71,00 €  
- Sauna/Turkish Bath/ Thermal Bath  
- Pool "Get in Shape" (max. 2 hours)  
- Pressure Shower (kneipp)  
- Bubbling Bath (25 min.)
- VI. AROMATHERAPIE - 90 MIN.** 62,00 €  
- Massage with aromatic oil  
- Peeling crystall of flowers  
- Oil-Bubbling Bath-Peribad
- VII. AROMARELAX - 90 MIN.** 64,00 €  
- Relax massage (45 min.)  
- Bubbling Bath with essential oil
- VIII. SPECIAL LIGHT LEGS - 90 MIN.** 69,00 €  
- Cryogenic treatment  
- Pressure Therapy  
- Leg Massage (25 min)
- IX. AYURVEDA - 90 MIN** 90,00 €  
- Prana  
- Personalized oiling  
- Wedas  
- Massage  
Also available: AYURVEDA SPECIAL BACK & AYURVEDA SPA
- X. ZEN - 90 MIN.** 71,50 €  
- Peeling crystall of flowers  
- Lavender mud  
- Massage (25 min)
- XI. INDOCEANE - 170 MIN.** 157,50 €  
A sea voyage through the senses where, at each port of call, the fragrances and colours of the East mingle with the riches of the sea.  
- Sweet-salty peeling (Mediterranean peeling)  
- Celestial milk bath (Egyptian peeling)  
- Ayurveda massage (Indian peeling)  
- Sublime wrap (Chinese peeling)
- XII. ORIENTAL EVASION - 180 MIN.** 157,50 €  
- Peeling with Oriental spices  
- Vanilla Bubbling Bath  
- Snail massage  
- Silk scarf stretch massage  
- Silk wrap  
- Pindas of rice



**XIII. PLACID SILK - 90 MIN.** 94,50 €  
- Peeling with Oriental spices  
- Silk wrap  
- Pindas of rice

**XIV. MISTERIOUS TURKEY- 90 MIN.** 94,50 €  
- Peeling with Oriental spices  
- Application delight of saffron  
- Silk scarf stretch massage

**XV. SPA MARINE - 90 MIN.** 79,00 €  
- Peeling Spa Marine  
- Bath of Milk  
- Massage with spa oil

**XVI. FULL BODY HOT STONE MASSAGE-120 MIN.** 98,00 €  
OUTDOOR or in MASSAGE CUBICLE  
- Green tea peeling  
- Hot stone body massage  
- Hot stone facial

## Relax after Golf

GOALS:

- a) Sporting recuperation for Golfers, adding a cure for any affliction caused by practising golf during their stay in the Canary Island
- b) Working out on the areas and muscles most affected in Golfer.
- c) A combination of sport (golf) and a healthy and relaxing stay

**Relax after Golf - 3 days/** 293,00 €

**Day 1:** Sauna/ Turkish Bath/ Thermal Bath  
Body Peeling, Gymnastics-indoor, Massage-25 min. (energetic or therapeutic), Pool "Get in Shape" (2 hours)

**Day 2:** Sauna/ Turkish Bath/ Thermal Bath  
Algae-Therapy (25 min.), Gymnastics-indoor  
Pressure-therapy-15 min., Pool "Get in Shape" (2 hours)

**Day 3:** Sauna/ Turkish Bath/ Thermal Bath  
Relax massage (25 min.), Gymnastics-indoor,  
Bubbling Bath with algae, Pool "Get in Shape" (2 hours)

**Relax after Golf - 6 days/** 612,00 €

**1st Day:** Personalized medical consultation.  
4 treatments, (2 individual and 2 group treatments).

**Day 1/3/5:** Sauna/ Turkish Bath/ Thermal Bath  
Massage - 25 min. (sport/therapeutic/relaxing)  
Niagara Bath - 20 min. (therapeutic massage )  
Gymnastics-indoor, Pool "Get in Shape" (2 hours)

**Day 2/4/6:** Sauna/ Turkish Bath/ Thermal Bath  
Fango therapy + infrared-25 min.  
Underwater shower, Gymnastics-indoor  
Pool "Get in Shape" (2 hours).

## AESTHETIC TREATMENTS

FACIAL Treatments	Duration	Indications	Euros
Facial cleaning	90 Min.	In-depth skin hygiene with specific products, depending on the kind of skin	52,50
Facial cleaning with personalized treatment	120 Min.	In-depth skin hygiene + personalised skin treatment	114,00
Around the eyes	60 Min.	Bags, dark shadows, etc	71,00
Neck treatment	60 Min.	Double chin , flaccidness	71,00
Intensive moisturising treatment (marine collagen)	90 Min.	Dry skins (localised roughness), feeling of tightness	81,00
Toning tensor (marine elastine)	90 Min.	Firmness treatment customised to your facial silhouette	81,00
Remodelling (lifting effect)	90 Min.	Your features blend in, your skin lights up. Your face is visibly younger	81,00
Oxygenating	90 Min.	Deep tissue purification	71,00
Sensitive skins	90 Min.	Calms and prepares sensitive skins. Improves coopera skins.	67,00
Anti-wrinkles masc	60 Min.	Facial anti-wrinkles with hyaluronic acid	70,00
Anti-acne	90 Min.	Designed to control the production of grease/oil.	71,00
Anti-stress	60 Min.	Skin moisturising and relaxation	62,00
Caviar	60 Min.	Completely renovate your skin with caviar, marine collagen, marine glycogen and tamarinds.	55,00
Pearl	60 Min.	All the true beauty of a black pearl, covering your face with delightful, ever-changing reflections. Dehydration, cutaneous fatigue	60,00
Ocean Caballero	90 Min.	Your skin recovers energy and balance. Healthy, relaxed look.	61,00
<b>BODY Treatments</b>			
Peeling and body moisturising	60 Min.	It gets rid of dead cells and skin impurities + moisturising cream	67,00
Marine Prelude (peeling)	60 Min.	Peeling with mud and salts from Brittany and nourishing cream	82,00
Anticellulite	90 Min.	Wrap based treatment with powerful marine active agents to treat different kinds of cellulite in a personalised way	81,00
Body toning	90 Min.	Treatment with slimning product wraps	107,00
Body toning	60 Min.	Thermal treatment to preserve a firm bust	71,00
Thalgo Relax	90 Min.	Thermal treatment with mud. To relax your skin	94,00
Thalgo drainage	90 Min.	Draining treatment. Helps to eliminate liquids, feeling of tired, swollen legs	94,00
Thalgo Vitalite	90 Min.	Thermal mud treatment + essential oils	94,00
Thalgo essences	3 Days	It includes Thalgo Relax, Drenate and Vitalite	233,00
Slim Cacao	90 Min.	Personalised treatment for roundness, fat nodules and skin relaxation	104,50
Chocolate Special	60 Min.	True temptation for your senses	65,50
Ocean memories	120 Min.	Ayurvedic treatment with sea-salts	150,00
Beeswax Moisturising Treatment	60 Min.	Extreme moisturising	65,50
Pearl	60 Min.	Adorns your skin with mother of pearl highlights, encouraging suppleness while moisturising and firming	84,00
Gold	60 Min.	Beautifies while fighting ageing of the skin with a touch of sophistication and glamour	73,50
<b>APPARATUS</b>			
Hydreclat		Ionization and ultrasound as a complement to the facial treatments	12,00

HANDS AND FEET	Duration	Euros
Manicure	30 Min.	15,50
Manicure with Paraffin	90 Min.	43,00
Pedicure	60 Min.	28,50
Pedicure with Paraffin	120 Min.	62,00
Perfect Hands and Feet Special Care	120 Min.	85,00
<b>WAXING</b>		
Half leg	30 Min.	14,50
Full leg	60 Min.	24,50
Back	30 Min.	12,00
Chest	30 Min.	12,00
Arms	30 Min.	10,00
Bikini line	30 Min.	10,00
Full bikini line	30 Min.	12,50
Underarm	30 Min.	10,00
Upper lip	30 Min.	8,00
Eyebrows	30 Min.	8,00
Optional afterwax ampoule	-----	10,00



## PROGRAMA DE TRATAMIENTOS

TREATMENT	TECHNIQUE	EFFECTS & INDICATIONS	PRICE
Pool "Get in shape" until 2 hours	The best way to get in shape. Large whirl-pool.	Relaxation-pool, underwater showers	20,00
Massage (25 min.)			32,00
Massage (45min.)			45,00
Open-air massage (50 min)			60,00
Massage Shiatsu (90 min.)			79,50
Thai massage			79,50
Algae-Therapy (30 min.)	Application of sea-weeds	Sedative effect on pain. Relaxes muscular contractions.	28,50
Mud-Bath (30 min.)	Warm mud application to obtain an anti-rheumatism and Anti-contradiction effect	Anti-contractions	28,50
Mud-Bath (25 min.) + infrared	Warm mud local application to obtain an anti-rheumatism and anti-contradiction effect	Anti-contractions	24,50
"NIAGARA" bath	Automatic bubble-bath, Abdominal Shower and Multi-jet shower	Muscle relaxation and anti-stress	35,50
Bubbling Bath (25 min.)	With sea-weeds	Relaxes due to the vibrations produced by the constant movement of the Warm water	24,50
Underwater Shower (30 min.)	Massage under hot water. For sore and fragile areas.	Circulatory drainage and cellulite.	24,50
Ultrasonic Bath	Ultrasonic frequencies under Water.	Local pains. Tendinitis (Under medical prescription)	19,00
Jet Showers (Kneipp) 15 min.	Prolongation of the massage	Revitalizes the muscles. Invigorates the blood circulation. Stimulates the nervous system.	23,00
Pressure-Therapy (25 min.)	Lymphatic drainage Varicose veins	Peripheral circulatory deficiencies. Heaviness of the limbs. Cramps.	24,50
Respiratory-Therapy (15 min.)	Inhalation of steam from warm sea-water.	Bronchitis, asthma and allergies	18,00
Sauna (30min.)	Chromium-therapy		10,00
Turkish Bad (Hamman)	Steam-bath - 100% humidity		10,00
Thermal Bath	Steam-bath 70 - 80% humidity		10,00
Gym			7,00
Gymnastics - in pool			22,00
Acupuncture (30 min)			70,00
Medical check-up			46,50

Observations: All prices include 5% tax. The hotel guests get 10% discount. A previous reservation is needed for all the treatments except for the pool "Get in Shape", Sauna, Hamman, Thermal bath and Fitness room. It is compulsory to wear the bathrobe, slippers and towel provided by the Centre. Ask the reception about possible contraindications. Cancellation of treatment more than 4 hours in advance, without charge.

# relaxation in blue

RATES 2009



  
**TALASOTERAPIA  
CANARIAS**  
SAN AGUSTÍN · AMADORES

Talasoterapia Canarias SAN AGUSTÍN Talasoterapia Canarias AMADORES

Tel.: +34 928 765 689 Tel.: +34 928 128 522

talasoterapia.sanagustin@gloriapalaceth.com talasoterapia.amadores@gloriapalaceth.com

www.gloriapalaceth.com