



## 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. 50 € per person.**

TALASSIO  *4art*

Inside our Thalassio Spa, our guests will find artworks by the artist **Massimo Catalani** realized in collaboration with **Nuar Gallery**.

A suggestive installation of lights and the evocative and relaxing waves' sound, allow the **Decompression Room** to be the perfect place to detach from the external world, relax and meditate.

The initiative **Talassio 4 Art** is an idea of the Gran Hotel Alassio to allow our internal and external guests to experience a magical atmosphere surrounded by artworks; this is because we believe that art could give an added value both to the stay of the guest but above all to his physical and mental wellbeing.

*All the exhibited works are for sale and part of the proceeds will be donated to Sea Sheppard Italia, an NGO for the protection of marine ecosystems.*



**THALASSIO**  
*Medical Spa*

TALASSIO  *Collection*  
ALASSIO SANREMO ELBA

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THALASSOTHERAPY CIRCUIT

<b>Circuit with spa entrance</b> from Monday to Friday	3h	42 €
<b>Circuit with spa entrance</b> during weekend and holidays	3h	52 €
<b>Children's entrance</b> during the week, weekends and holidays	3h	25 €
<i>Bathrobe, towel, slippers, locker and herbal tea at the relaxation area, are included in the price</i>		

WELLNESS FORMULAS

<b>5 Wellness entrances at the Thalassio Medical Spa</b>	3h	180 €
<b>10 Wellness entrances at the Thalassio Medical Spa</b>	3h	330 €
<b>Wellness break</b> Entrance of 3h and 50' of customized treatment	4h	130 €
<b>Morning Open day</b> Entrance of 3 h and 50' of customized treatment and lunch	4h	170 €
<b>Talassio &amp; Restaurant</b> Entrance and lunch	3h	130 €
<b>Wellness Light lunch</b> from Monday to Friday		65 €
<b>Wellness Light Lunch</b> during weekend and holidays		80 €
<b>Wellness Aperispa</b> Entrance and aperitif, from Monday to Friday	3h	55 €
<b>Wellness Aperispa</b> Entrance and aperitif, during weekend and holidays	3h	65 €

THALASSO TREATMENTS

<b>Aquatalax</b>	30'	60 €
<b>Thalasso Osmosis</b>	30'	60 €
<b>Posturology with stretching and lengthening</b>	50'	90 €
<b>Analgesic Water</b>	50'	125 €
<b>Massage Therapeutic</b>	50'	125 €
<b>Lymphodrainage Vodder</b>	50'	125 €

MARINE AND HOLISTIC TREATMENTS

<b>Seawater Treatment</b>	50'	90 €
Treatment with micronized seaweed from Brittany, minerals for an intense toning		
<b>Holistic Treatment</b>	50'	90 €
Massage promoting muscle tone, improves elasticity and reduces muscle tension		
<b>Bioenergetic Zen Treatment</b>	50'	90 €
Stretching and reactivation of body meridians		
<b>Thalasso Massage</b>	50'	110 €
Thalassotherapy massage to regenerate mind and body		
<b>Aquamaris Ritual</b>	120'	190 €
Draining, detoxifying and reshaping treatment		

DETOXIFYING BODY TREATMENTS

<b>Total Body scrub</b>	50'	90 €
<b>Total Body scrub in osmosis</b>	50'	90 €
<b>Thalasso detox based on seaweed</b>	50/80'	90/150 €
<b>Lipolytic treatment</b>	50'	90 €
<b>Personalized Body wrap</b>	50'	90 €

FACIAL RUTUALS

<b>Purifying Ritual</b>	50'	85 €
<b>Gentleman Purifying face Ritual</b>	50'	85 €
<b>Restorative Hydrating Ritual</b>	50'	95 €
<b>Revitalizing Ritual</b>	50'	105 €
<b>Anti- age</b>	50'	105 €

BODY MASSAGE

<b>Body relax and customized massage</b>	50'	90 €
<b>Draining massage</b>	50'	90 €
<b>Decontracting massage</b>	50'	90 €
<b>Sportive customized massage</b>	50'	90 €
<b>Deep Tissue massage</b>	50'	90 €
<b>Candle massage</b>	50'	105 €

ORIENTAL TECHNIQUES

<b>Snehana Ayurvedic massage</b>	50'	110 €
<b>Tonic Ayurvedic massage</b>	50'	110 €
<b>Plantar reflexology symptomatic approach</b>	50'	110 €
<b>Lomi Lomi Nui</b>	50'	110 €

SENSORIAL RITUALS

<b>Oriental detox itinerary</b>	80'/120'	150/190 €
<b>Relaxing Polynesian escape</b>	80'/120'	150/190 €
<b>Energizing Amazonic escape</b>	80'/120'	150/190 €
<b>Marine Ritual with Calcium and Magnesium</b>	80'/120'	150/190 €
<b>Vitis Elisir ritual protective- oxidant</b>	120'	190 €
<b>Lux Solis Ritual - nourishing and revitalizing</b>	120'	190 €

SPECIAL TEENAGER (11- 16 YEARS OLD)

<b>Sweet Massage</b>	25'	50 €
<b>Face cleansing</b>	40'	60 €

BEAUTY TREATMENTS

<b>Manicure</b>	50'	50 €
<b>Supplement for semi-permanent nail</b>		20 €
<b>Gel nail polish removal</b>		15 €
<b>Pedicure</b>		60 €
<b>Manicure &amp; Pedicure</b>	90'	90 €

EPILATION

<b>Armpits / arms / bikini</b>	20 €
<b>Total bikini</b>	30 €
<b>Face</b>	12 €
<b>Half legs / back</b>	40 €
<b>Full legs waxing</b>	55 €
<b>Full legs and bikini waxing</b>	75 €

**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...*