



Dear guest,

Welcome to the Seaside Hotel Palm Beach****. To ensure that your sense of wellbeing is complete, we invite you to visit our SPA-Circuit, an oasis of calm and tranquillity (free of charge).

"Shape-Up" Circuit:

Thalassotherapy Pool 28°C

- counter current float device provides endless swim time
- massage seats and under water bubble beds
- water-jet massage for shoulders, back, legs and feet & swans neck water-jet massage

Thalassotherapy Pool 32°C

- mineral enriched seawater pool

Relaxation area

- sunny outdoor palm oasis

Saunas

- Finnish Sauna 90°C, gently eliminates toxins & strengthens the immune system.
- Bio sauna 60°C, chromo therapy with soft coloured lighting combined with aroma therapy. The pure plant essences induce total relaxation
- Stone-/ Steam Bath with mint & eucalyptus essence

All saunas are situated in an open-air area which invites you to relax and provides a total sense of well-being.

Fitness-Centre

- Cardio-vascular equipment (running machine, stepper, bikes, etc.)
- Muscle development equipment & gymnastic/ aerobic equipment

Other activities:

- Aqua-Gym (in the saltwater pool), Tai Chi & Yoga

Enjoy our open-air fitness centre with spectacular views of the palm-fringed gardens.

With the following QR code you may find further information about numerous treatments that we offer at our SPA & Wellness Centre.



We are looking forward to welcoming you at our SPA and Wellness Centre!

SPA & Wellness



SPA & WELL NESS

Sport-Deportes-Sports-Sportif

Montag bis Freitag

Monday to Friday

Lunes a Viernes

Lundi à Vendredi

11.30 h

Tai Chi (Hotel Palm Beach)

12.45 h

Aqua-Gym (Thalasso Pool Hotel Palm Beach)

15.00 h

Yoga (Hotel Palm Beach)