



Thalassa

SEA & SPA

ma pause, mon énergie

SPA & BEAUTY

TREATMENT MENU 2022

QUIBERON



Thalassa

SEA & SPA

ma pause, mon énergie

More than 50 years of attentive expertise

Taking care of you is a demanding vocation we have been perfecting for over 50 years. Our teams are dedicated to your well-being, combining personalized advice with expert treatments.

An essential element: the sea

A stay at Thalassa Sea & Spa is a well-deserved break that allows you to be revitalized by an essential element: the sea. Experience the awakening of your senses through the draining, soothing and relaxing benefits of heated seawater.

Boost your immune system, fill your lungs with fresh sea air, stock up on trace elements and negative ions, and leave fully recharged after your stay.

Discover the restorative properties of the sea in all its forms: fresh produce, fitness sessions on the beach, seawater treatments and more.

Thalassa Sea & Skin: positive beauty

Because we believe that nature is the source of all beauty, we have combined our seawater spa expertise and our knowledge of marine biotechnology to develop the expert luxury cosmetic brand, Thalassa Sea & Skin.

Our products are 100% French made from plant-based active marine ingredients, and offer you an innovative sensory experience for positive beauty.

Choose your wellness goal

Everything is connected. The body and the mind. 360° of beauty, health and wellness.

Our experts offer simple, tangible solutions that guide you toward greater daily well-being.



I want to find my inner and outer glow.

Benefit from the expertise of our therapists combined with our cutting-edge cosmetic brands and state-of-the-art technologies to enhance the radiance of your skin.



I want to breathe and let go.

Treat yourself to an exceptional moment of well-being with a zen, balance, seawater or couples massage.



I want to revitalize and get back in shape.

Combine the benefits of the active marine ingredients in our seawater spa treatments with fitness activities on the beach to fill up on fresh sea air – the ultimate recipe for energy and vitality.



I want to control my weight and find balance.

Choose from our selection of high precision slimming treatments and personalized advice for sculpting your figure.



I want to maintain my health and sleep better.

Relieve tension and strengthen your body through the personalized care of our experts, setting you on the path to lasting wellness.

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Welcome to the Seawater Spa Institute
at Sofitel Quiberon.

A world of wellness overlooking the ocean is
yours for the length of your stay. In a bright and
airy space of over 5,000 m2, enjoy seawater spa,
slimming and beauty treatments alongside fitness
activities and personal development workshops.

With you in mind, we have chosen partners
that excel at what they do to make your stay
in Quiberon truly unforgettable.

And because nothing matters more than your
wellness, our experts are at your side to make sure
time stands still during your stopover in the region.

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Luxury seawater treatments

Quiberon, the Wellspring of Modern Seawater Treatments. No visit to the seaside is complete without experiencing the immeasurable benefits of seawater, especially in Quiberon, where the Thalassa Sea & Spa story began in 1964. Among the many virtues of seawater treatments, this authentic alternative medicine regenerates your body in minerals, helping to fight against fatigue and stress for long term wellness benefits.

Seawater massages

PURIFYING SEAWATER BATH ⌚ 20 min / €75

THE seawater spa treatment par excellence. In a seawater bath, relax to the gentle and controlled rhythm of a submerged jet massage, and soak up all the regenerative properties of the water in a single treatment.

JET SHOWER ⌚ 10 min / €50

THE sea's solution for a boost of energy. Revive your energy and relieve tension with a jet of seawater that is both precise and encompassing.

VICHY SHOWER SCRUB ⌚ 20 min / €75

Exfoliating and regenerating. Enjoy the benefits of a three-salts scrub enhanced by a gentle rhythmic mist of seawater.



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VICHY SHOWER MASSAGE ⌚ 20 min / €75

A perfect combination.

Experience a gentle, relaxing massage enhanced by a soothing mist of seawater.

VICHY SHOWER FOUR-HAND MASSAGE ⌚ 40 min / €165

Limitless relaxation.

Benefit from more time and more hands, for a simply heavenly massage.

WATERMASS ⌚ 20 min / €75

Rolling massage technique using seawater.

Relish this deep rolling massage performed by a seawater jet, for complete relaxation.

Marine body wraps

The regenerative properties of seaweed for your well-being.

REMINERALIZING LAMINARIA SEAWEED ⌚ 20 min / €70

Immerse yourself in an interlude of deep relaxation, wrapped in a cocoon of seaweed cream. Your skin and your body are replenished with active ingredients, minerals, and trace elements.

RELAXING MARINE MUD WRAP ⌚ 20 min / €70

Experience a treatment that not only brings you complete relaxation, it also relieves painful joints.

LIGHTER LEGS WRAP ⌚ 20 min / €70

Soothe tired legs through the application of a refreshing seaweed gel that provides instant relief.

Seawater spa essentials

HYDROMASSAGE SEAWATER BATH ⌚ 20 min / €50

The quintessential seawater treatment.
Pamper your body with exquisite heat and the regenerative properties of seawater while massaging jets relax your muscles.

RELAXING VICHY SHOWER ⌚ 20 min / €50

When rain becomes a wellness experience.
Give in to the soothing effects of a fine mist of seawater as you breathe deeply, inhaling the sea spray.

HYDROLEGS SESSION TO STIMULATE THE CIRCULATION ⌚ 20 min / €45

For lighter legs.
Immerse your legs in hot and then cold seawater, procuring effective relief for tired legs.

RELAXING UNDERWATER ⌚ 20 min / €55

Multiple benefits in a single treatment.
Enjoy countless benefits with this self-massage session using a jet of seawater and guided by a therapist: muscular relaxation, stimulation of the circulation, easing of the joints... the list goes on!

HYDROTHERAPY POOL ⌚ 20 min / €50 (available by summer 2022)

Regenerative seawater, enchanting heat, and massaging jets.
In a vast seawater pool equipped with many and varied jets, enhance your wellness and vitality with the advice of an expert in the regenerative properties of seawater.

Wellness essentials

MUSICÔRELAX HYDROJET ⌚ 20 min / €55

The relaxing powers of music.
Your body cushioned on a waterbed, experience the relaxing effect of powerful hydrojets enhanced by specially selected music.

Spa facial treatments

By Thalassa Sea & Skin

Signature treatments developed exclusively for Thalassa Sea & Spa, combining highly effective techniques and cosmetics enriched with active marine ingredients. The known benefits of seaweed and marine trace elements revitalize, firm, and moisturize your skin.

EXPERT ANTI-AGING TREATMENT ⌚ 50 min / €110

For smooth, radiant, younger-looking skin.

AQUA-NOURISHING SOOTHING TREATMENT ⌚ 50 min / €110

For rehydrated, soothed, and silky-soft skin.

PURIFYING MARINE TREATMENT ⌚ 50 min / €110

For purified skin with a smoothed texture.

EXPRESS PLUMPING TREATMENT ⌚ 25 min / €85

For skin that is plumped and rejuvenated.

IMMEDIATE RADIANCE TREATMENT ⌚ 25 min / €85

For a burst of radiance.

TOTAL RELAXATION FACE OR SCALP MASSAGE ⌚ 25 min / €80

For a soothing, precision massage of your face or scalp.

By Biologique Recherche

Discover the highly effective formulas of Biologique Recherche, fragrance-free products rich in active ingredients and comprising elements from nature or biotechnology. The tailored skin treatments are based on a personalized dermo-cosmetic diagnosis following a Skin Instant® analysis, for immediate, visible, and long-lasting results. Treatments lasting 60 minutes are purely hands on, leaving your skin silky smooth and radiant thanks to the regenerating virtues of active ingredients and specific toning and lifting massage techniques. Treatments lasting 90 minutes also include the use of the Remodeling Face® machine, a true effectiveness booster. Wrinkles are smoothed and facial contours redefined.

FACIAL BY BIOLOGIQUE RECHERCHE ⌚ 60 min / €150 - 90 min / €193
This treatment is tailored to meet the needs and requirements of your skin in a personalized and effective way.

SECOND SKIN TREATMENT ⌚ 60 min / €325
An effective alternative to injections, this treatment accelerates cellular renewal, for Skin Instants® of a more mature nature.
Looking for optimal results?
Combine this treatment with electroporation.

MICROPUNCTURE TREATMENT ⌚ 60 min / €180
This treatment leaves the skin radiant and energized while activating the production of collagen to combat signs of aging.

CRYOSKIN TREATMENT BY BIOLOGIQUE RECHERCHE ⌚ 70 min / €170
The combination of Cryoskin cold therapy and the technology of a Biologique Recherche treatment for immediate results.

OXYGENATING VIP O2 TREATMENT ⌚ 60 min / €150
A balancing ritual that oxygenates the epidermis for an anti-pollution effect, leaving the complexion radiant and the features relaxed.

OPTIMIZE THE EFFECTS OF YOUR BIOLOGIQUE RECHERCHE TREATMENT

Enhance your treatment by adding one of the following:

ELECTROPORATION* additional 15 min / €50
Even more results thanks to the Remodeling Face® machine, allowing a deeper penetration of the active ingredients.

EYE CONTOUR PATCH* additional 15 min / €40
Rejuvenates the eyes by eliminating puffiness and dark circles.
*Only available when combined with another Biologique Recherche treatment.



By KOS

Noble and precious ingredients from the four corners of the globe, powerful active ingredients curated for their visible effects on the skin, delicate fragrances... KOS PARIS uses natural and refined oils to enhance the skin and awaken the senses.

Products made from plants, organic, 95-100% natural, and paraben- and preservative-free.

LEGENDS TREATMENT ⌚ 75 min / €155

An anti-aging treatment inspired by ancestral Japanese art. Smooths wrinkles, relaxes muscles, and thoroughly rebalances the epidermis.

GENTLE CHAMOMILE TREATMENT ⌚ 60 min / €135

A treatment for the face, for softer skin and a radiant complexion. Delicate, sensitive skins will appreciate this soothing treatment which calms and hydrates.



Hi-tech facial treatments

Discover the latest treatments, techniques, and innovations with proven lasting and effective results against signs of aging.

CRYOSKIN ⌚ 25 min / €70

The benefits of cryotherapy for immediate radiance. Stimulates the circulation and combats sagging skin through the application of dry, cold air on the face, neck, and neckline.

LED FIVE® COSMETIC PHOTOMODULATION* ⌚ 25 min* / €90

Light therapy to soothe and rejuvenate the skin. Light therapy stimulates epidermal activity in a non-invasive and painless way.

*Face or targeted body area.

ISKEEN RADIOFREQUENCY* ⌚ 30 min* / €155

The alternative to a surgical facelift.

Radiofrequency is a powerful tool for combatting sagging skin and cellulite.

*Face or targeted body area.

COSMELED TREATMENT ⌚ 3 sessions / €490

A combination of radiofrequency and photomodulation over several sessions for long-term results.

Stimulates the production of collagen and regenerates the cellular metabolism.

Session 1 (75 min): radiofrequency and photomodulation.

Session 2 (25 min): photomodulation.

Session 3 (75 min): radiofrequency and photomodulation.

ENDERMOLIFT FACIAL TREATMENT BY LPG ⌚ 40 min / €115

LPG's renowned technology for enhancing your natural beauty.

Tones the skin, contours and firms the face.

For more long-term results, we recommend you choose one of our facial programs:

3 sessions / €300

6 sessions / €560

Spa body treatments

By Thalassa Sea & Skin

Through unique fragrances and textures, discover the pleasure and unparalleled virtues of our exclusive treatments, and gently extend the benefits and sensations of your seawater spa experience.

ESSENTIAL WELLNESS BACK TREATMENT ⌚ 50 min / €110

Bliss for stiff backs.

This treatment combines a deep back massage with the benefits and exquisite sensations of a warming marine mud wrap.

INTENSIVE NOURISHING TREATMENT ⌚ 50 min / €110

A delicious cocoon of softness.

Wrapped in a velvety cocoon, the body is pampered and the skin is perfectly nourished and hydrated.

BODY SCRUB WITH SEA SALTS ⌚ 20 min / €80

Purified skin with a smoothed texture.

Manual exfoliation and deep rehydration with all the regenerating properties of sea salts and nourishing oils.

By Ligne Saint Barth

A deeply sensory journey. Let these subtle and exotic aromas carry you away on a fragrant voyage. Rich in vitamins and high in nutritional value, these oils invite you to indulge in a moment of true wellness.

PEACE OF MIND TREATMENT ⌚ 45 min / €105

A deep, relaxing scalp massage and nourishing hair treatment.

HARMONY TREATMENT ⌚ 30 min / €90 - 60 min / €150

A relaxing Caribbean-scented massage.

SOFTNESS TREATMENT ⌚ 45 min / €120

A gentle exfoliating massage using coconut oil and fresh papaya.

ELASTICITY TREATMENT ⌚ 45 min / €120

A luxurious wrap using clay, pineapple, or fresh cucumber.

CHILL OUT TREATMENT ⌚ 75 min / €199

A deeply relaxing massage enhanced by hot seashells.

High-tech body treatments

CRYOSKIN - TARGETED ZONES ⌚ 10 min / €30 - 20 min / €70

Depending on your needs and goals, enjoy the benefits of cryotherapy on the targeted zone of your choice.

Remodels the body, stimulates the circulation, eliminates cellulite, and promotes localized slimming.

PARTIAL-BODY CRYOTHERAPY

A quick and effective solution where health prevention, recovery, overall wellness, and staying young and in shape are concerned, thanks to the diffusion of regenerating dry cold air as low as -150°C (-238°F).

1 session / €59

3 sessions / €160

6 sessions / €285

Beauty treatments

Make-up by Jane Iredale

A beauty treatment using make-up that is good for the skin from Jane Iredale's range of natural, anti-aging cosmetics.

IMAGE COACHING ⌚ 30 min / €50 **NEW**

Using the "color draping" method, discover the clothing colors, makeup, hairstyle and hair color to enhance your beauty.

PERSONALIZED MAKEUP ⌚ 45 min / €50

A complete makeup and personalized advice to reveal your natural beauty.

FLASH MAKEUP ⌚ 15 min / free*

An express makeup to familiarize yourself with the Jane Iredale range.

*By appointment and subject to availability.

The Nail Bar by LCN

An express manicure followed by the application of your choice of nail polish.

CLASSIC – €29

LONG LASTING – €43

SEMI-PERMANENT – €55

Hands, feet and nails

MANICURE OR PEDICURE ⌚ 40 min / €55

Pretty, well-shaped and trimmed nails.

MANICURE OR PEDICURE + NAIL ⌚ 55 min / €70

Nail care and beauty.

Hair styling

Hair treatments by Leonor Greyl

Leonor Greyl is a specialist brand for natural hair products. Effective treatments for hair that is shinier, healthier, and more beautiful than ever before.

WHEAT GERM OIL TREATMENT ⌚ 75 min / €140

Recommended for fine hair, a customized treatment composed of 100% natural plants to give the hair more volume.

STOPOVER IN QUIBERON SIGNATURE TREATMENT ⌚ 75 min / €140

A moisturizing and regenerating elixir of youth for dry, brittle hair.

COMPLETE TREATMENT FOR MEN ⌚ 75 min / €140

A complete treatment that promotes hair growth by stimulating the scalp.

"CRÈME DE FLEURS" DISCOVERY TREATMENT ⌚ 30 min / €80

A repairing treatment for very dry, dehydrated hair (oil, shampoo and blow dry).

SOOTHING TREATMENT ⌚ 30 min / €80 – 75 min / €140

A desensitizing treatment for even the most stressed out of scalps (oil, shampoo and blow dry).

The Classics

For expert advice from our hairdresser, we invite you to visit the salon. The rates indicated are for informational purposes only as they vary according to hair length.

MAINTENANCE CUT – €25

NEW STYLE – €45

NATURAL EFFECT – €95–€145

COLOR – €80

DIACOLOR – €65

STREAKS – €115–€145

HIGHLIGHTS – €95–€145

HAIR SETTING – €45

WASH + BLOW DRY + STYLE – €30–€50

WASH + BLOW DRY – €30–€35



Thalassa
SEA & SPA

Enhance your wellness

Balance & Health Sessions

PERSONALIZED SESSIONS

Become an actor in your own wellness, meeting your exact needs through the personalized and adapted support of our experts.

INITIATION TO MINDFULNESS MEDITATION ⌚ 50 min / €85

Freeing your mind.

Learn to focus on the present moment and free yourself from the constant stream of thoughts invading you.

SENSORY MEDITATION ⌚ 50 min / €85

Anchoring the positive in you.

Enjoy an outdoor session focusing your attention on your senses and your environment, combined with indoor relaxation to memorize all your positive sensations.

LAND & SEA MINDFULNESS WALK ⌚ 50 min / €85

Breathing and letting go.

Find deep inner calm through this meditative walk where you learn to match the rhythm of your steps to your breathing.

RELAXATION ⌚ 50 min / €85

Reaching a state of true wellness.

Work on your stresses and blockages by listening to your body to achieve a total release from tension.

Discover our specific "Harmony & Slimming" sessions for positive acceptance of yourself and your body.

YOGA ⌚ 50 min / €85

Finding spiritual and physical balance.

Find balance and harmony within yourself and with the surrounding environment through this age-old discipline.

Our classes: Hatha Yoga, Yoga Pranayama, Yoga Nidra or Belly Yoga help to improve your health and wellness according to your needs.

AQUASENSORIEL SESSION ⌚ 40 min / €80

Abandoning your body to the pleasures of water.

In a heated seawater pool and guided by our therapist, enjoy a series of gentle movements and stretches for true letting go.

Group sessions

Learn the wellness practices and techniques described above in a group setting.

INITIATION TO MINDFULNESS MEDITATION ⌚ 50 min / €30

SENSORY MEDITATION ⌚ 50 min / €30

LAND & SEA MINDFULNESS WALK ⌚ 50 min / €30

RELAXATION ⌚ 50 min / €30

YOGA ⌚ 50 min / €30

"TAKE TIME TO TASTE" SESSION ⌚ 50 min / €30 **NEW**

The art of eating well.

In this new session, learn through mindfulness to savor and truly appreciate your food.

SENSORY GYMNASTICS ⌚ 50 min / €30 **NEW**

Relaxation through slowness and precision.

Experience simple, precise, and often unusual movements that allow your joints to reach their full potential.

This relaxation and deep stretching session explores the full range of muscle tone and exercises the postural muscles.

Experience the regenerating power of touch

Massages

REFLEXOLOGY FOOT MASSAGE ⌚ 50 min / €150

It all begins with the feet.

This Chinese therapy links each area of the foot to an organ of the body, bringing true relief to the whole body through the feet.

DISCOVERY MASSAGE ⌚ 50 min / €145

The addictive pleasure of massage.

This massage focuses on the upper body, bringing release from tension in the back and total relaxation of the face and scalp.

ORIENTAL OIL CEREMONY MASSAGE ⌚ 50 min / €145

Exquisite massage oils.

This relaxing massage offers a choice of oils for an energizing and multi-sensory experience.

DEEP TISSUE SWEDISH MASSAGE ⌚ 50 min / €145

To erase tension.

This massage acts on the deep muscles, bringing true relief to tense muscles.

AMERICAN INDIAN HOT STONE MASSAGE ⌚ 50 min / €145

Soothing heat.

This treatment combines a manual massage and the soothing warmth of volcanic Basalt stones.



ABHYANGA INDIAN MASSAGE ⌚ 50 min / €145

Where vitality and serenity meet.

Directly derived from Ayurvedic medicine, this stimulating massage helps to rebalance energy.

HINOKIBŌ TREATMENT ⌚ 50 min / €145

An age-old Japanese art for relaxation.

This deep massage using a stick (Bō) of Japanese cypress wood (Hinoki) provides ultimate relaxation and tranquility.

ZEN CALIFORNIAN MASSAGE ⌚ 50 min / €135

Gentle release.

With expert hands gliding slowly and gently over the body, this massage procures a sensation of intense letting go.

VITALITY MASSAGE ⌚ 50 min / €135

Revitalizing treatment for athletic people.

This deep, invigorating massage stimulates all the muscles and provides immediate relaxation.

EXPERIENCE ALL THE BENEFITS OF SEAWATER MASSAGE

Take advantage of your seaside stopover to experience exceptional treatment techniques that you would never find at home.

See page 9.

Personalized fitness training

Training in the fitness area

FITNESS ASSESSMENT ⌚ 50 min / €85

Awaken the athlete in you.

Your physical condition is assessed through a series of cardiovascular, muscular, flexibility and mobility tests, leading to a 25-minute training session adapted to your goals.

PERSONAL FITNESS TRAINING ⌚ 25 min / €60 – 50 min / €105

Discover or cultivate your love for fitness.

Finding enjoyment in sports, getting back into fitness activities, improving on your abilities, reaching a personal goal... Whatever your motivation, our personal fitness trainers can help you transcend it!

Take your session outdoors if you prefer.

FITNESS TRAINING FOR TWO ⌚ 25 min / €45 per person – ⌚ 50 min / €75 per person

BOXING TRAINING ⌚ 25 min / €60 – For two, €45 per person

Channel your inner Mohammed Ali...

This complete and incredibly exhilarating training session is based on the fundamentals of a boxer's workout.

Personal fitness training in a seawater pool

PERSONAL TRAINING IN WATERSPORTS ⌚ 50 min / €100

Enjoy the benefits of fitness training in seawater.

The virtues of seawater are utilized for a personalized training session with increased effects. Strengthen your muscles and/or enjoy a cardio workout with the use of varied equipment.

INDIVIDUAL SWIMMING LESSON ⌚ 25 min / €30

Improve your skill, overcome your fear of water, or simply learn to swim (for age 6 and above).

Outdoor training

PADDLE BOARDING ⌚ 60 min / €65 (May to September)

Discover this fun activity with expert advice.

Enjoy a sea excursion led by a specially qualified coach in the exquisite setting of Quiberon Bay.

High-tech training

PILATES REFORMER ⌚ 50 min / €95

Experience a complete, varied, and precise workout.

Thanks to this machine, developed by Joseph Pilates, founder of the famous method of the same name, you benefit from a better alignment of the body, greater muscle strength, and a significant gain in flexibility.

ALTERG® SESSION ⌚ 25 min / €60

Train like an astronaut.

The AlterG® anti-gravity treadmill, an innovative technology developed by NASA, can be adapted to all fitness levels, allowing you to enjoy a gentle run without putting any strain on your joints. Ideal for getting back into fitness.

KINESIS® ONE SESSION ⌚ 25 min / €60

Develop balance, strength and flexibility.

Using our Kinesis® One equipment and guided by a fitness trainer, you perform fluid exercises and movements without impact on your joints.

Group fitness activities

Sessions in our heated seawater pool

THE INDISPENSABLES ⌚ 25 min / €25

All the revitalizing properties of seawater for better results. Choose from toning Aqua Vitality, relaxing Aquazen sessions, and Aquabiking in a heated seawater pool.

AQUATRaining ⌚ 40 min / €30

Fun and invigorating.

Enjoy a cardio workout and overall muscle strengthening through fun and varied workshops and exercises: Aquabiking, AquaFit, and Aqua Jump.

AQUA PILATES ⌚ 25 min / €30

A recognized method combined with the benefits of seawater.

Realign your body with this session based on strengthening postural muscles.

Activities in the fitness area

LOW IMPACT FITNESS ⌚ 25 min / €25

A gentle workout for anyone and everyone.

Enjoy a set of fun exercises to maintain joint mobility, muscle tone, and balance.

THE CLASSICS ⌚ 25 min / €25

Something for every athlete.

Choose from Thighs-abs-glutes, Pilates, Stretching, and Circuit Training to tone your muscles, increase firmness, and sculpt your figure.



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Outdoor activities

COASTAL NORDIC WALKING ⌚ 45 min / €30

An invigorating walk in the sea air.

Discover the Pointe du Conguel and get your fill of the invigorating air of Brittany through this active walk, equipped with poles, to improve your breathing and to tone all muscles.

BIKE RIDE ⌚ 55 min / €35 **NEW**

A workout for the legs and a treat for the eyes.

Take a bike ride led by a fitness trainer along the coastal paths of the peninsula and the magnificent Côte Sauvage.

PADDLE BOARDING ⌚ 25 min / €35 (May to September)

A fun, pleasurable activity.

Enjoy a sea excursion led by a specially qualified coach in the exquisite setting of Quiberon Bay.

BEACH GYM ⌚ 45 min / €30 (May to September)

All the benefits of fitness training on the beach.

Enjoy a series of fun, stimulating exercises on the beach and in the water.



Thalassa
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I want to control my weight and find balance.

A
healthier you

Expert advice

NUTRITION AND LIFESTYLE ADVICE ⌚ 30 min / €70

Learning to eat well.

Get a complete assessment through a personalized appointment with our dietitian including an impedance analysis and, above all, advice on your diet and lifestyle, adapted to your specific situation and needs.

Slimming treatments

Essential seawater spa slimming treatments

KIB'DREN ⌚ 20 min / €85

Harnessing local knowledge of the benefits of seawater. Immersed in a bath of heated seawater, a precise and stimulating hydromassage of the whole body.

SLIMMING PURIFYING SEAWATER BATH ⌚ 20 min / €80

The sea's answer to cellulite. Immersed in a bath of heated seawater, a massage using a stimulating jet to reduce cellulite.

SLIMMING WATERMASS ⌚ 20 min / €80

Rolling massage technique using seawater. A deep rolling massage, performed by a seawater jet, to target cellulite zones.

SLIMMING FUCUS SEAWEED WRAP ⌚ 20 min / €80

Soothing heat and purification. Enveloped in warmth, the application of fucus seaweed, known for its slimming properties, stimulates perspiration and eliminates toxins.

SLIMMING UNDERWATER JETS ⌚ 20 min / €60

Immersed in a bath of heated seawater, a series of revitalizing and sculpting exercises guided by a professional and against a jet of water, for a unique pampering experience that unites the key benefits of seawater spa treatments.

SLIMMING JET SHOWER ⌚ 10 min / €55

Stimulating hydromassage. A massage using a toning distance jet for a slimming and sculpting effect.

By Biologique Recherche

BUST AND ARMS TONING TREATMENT ⌚ 60 min / €150
WITH REMODELING FACE® ⌚ 75 min / €200

This treatment specifically targets the bust and arms for a lifting effect and to reduce sagging.

The results are enhanced thanks to the Remodeling Face® machine.

SLIMMING BOOSTER TREATMENT WITH GLOVE ⌚ 75 min / €190

This treatment stimulates microcirculation and promotes the elimination of toxins and excess water.

BODY LIFT MATRICIEL TREATMENT ⌚ 75 min / €190

This treatment firms and tones the skin, removes dead cells, and re-sculpts the body.

3 sessions program: 1x75-minute session and 2x60-minute sessions – €475

By LPG

CELLU M6® ALLIANCE "LATEST GENERATION"

This new, cutting-edge technology acts on eliminating fat cells and enhancing the quality of the skin.

À la carte sessions

LPG Alliance session – ⌚ 15 min / €55 – ⌚ 25 min / €95 – ⌚ 40 min / €115

Relax LPG signature treatment – ⌚ 30 min / €65

Detox LPG signature treatment – ⌚ 30 min / €65

3 sessions program

LPG Alliance – ⌚ 15 min / €145

LPG Alliance – ⌚ 25 min / €255

LPG Alliance – ⌚ 40 min / €305



Wellness expertise

BACH FLOWER CONSULTATION ⌚ 50 min / €80 **NEW**

The natural path to emotional health.
Bach flowers are floral elixirs that affect your mood and emotions positively.
Identified by Dr. Bach, these flowers are beneficial for all kinds of emotional issues.

MICRO NAP ⌚ 50 min / €30

A pause to recharge the batteries.

Enjoy this masterfully designed selection of breathing exercises, self-massage, and instruction in micro napping to dissipate fatigue and recover energy in just a few minutes. A daily necessity.

DO IN ⌚ 50 min / €30

The solution to any stressful situation.

Learn self-massage techniques that you can easily incorporate into your daily life, bringing inner calm to stressful situations.

RESPIROLOGY

Learning to breathe.

Find balance and vitality with this simple method that will revolutionize your wellness.

TERRE MER ⌚ 50 min / €30 - Small group session in the fitness area

ÉNERGIE ⌚ 50 min / €30 - Small group session outdoors

Health expertise

FASCIATHERAPY ⌚ 50 min / €150

Relaxing the fasciae (tiny membranes surrounding the muscles and organs). This therapeutic manual technique solicits the body's self-regulation capacities, taking into account physical and mental unity and the perception of the body.

OSTEOPATHY ⌚ 50 min / €150

A manual therapy.

This alternative medicine is based on musculoskeletal manipulations to treat functional disorders.

AQUATIC OSTEOPATHY ⌚ 50 min / €100 **NEW**

The benefits of seawater combined with osteopathic expertise. Restore mobility to the body through gentle manipulation in a heated seawater pool.

A table session is essential beforehand.

SHIATSU OSTEOPATHIE CONCEPT® ⌚ 25 min / €90

A combination of Eastern and Western alternative medicines.

This manual therapy combines shiatsu and osteopathy to totally rebalance the body.

A few hours for some well-earned me-time...
choosing the marine break adapted to my needs.

My Middle-of-the-Day Break

I LOVE SEAWATER SPA TREATMENTS - €79

- 1 individual treatment to choose from: relaxing vichy shower, hydromassage seawater bath, jet shower, hydrolegs or MusicÔrelax hydrojet session.
- 1 activity in the pool to choose from: underwater jets, hydrotherapy pool session* and more.

Treatments throughout a morning or afternoon.

MY DREAM BREAK - €90

- 1 hydromassage seawater bath.
- 1 Zen or Vitality massage (25 minutes).

Or

- 1 relaxing vichy shower.
- 1 Immediate Radiance or Express Plumping facial (25 minutes).

Treatments throughout a morning or afternoon.

I LOVE WELLNESS GETAWAYS - €199

To experience unique moments of relaxation:

- 4 seawater spa treatments: hydrotherapy pool session*, hydromassage bath, algotherapy, and Zen massage (25 minutes).
- 2-course lunch (starter/main or main/dessert).

Treatments throughout the day.

*Our hydrotherapy seawater pool and outdoor whirlpool bath are currently being renovated. Their transformation will be complete by summer 2022.

Brunchs & Spa

Make Sundays even more enjoyable by combining gourmet pleasures with the benefits of seawater.

I LOVE SEA & SPA WITH BRUNCH - €89

- 1 brunch at La Presqu'île Restaurant.
- 1 individual seawater spa treatment on Sunday afternoon:
 - 1 treatment pre-planned** by our hostesses to choose from: hydromassage seawater bath, MusicÔrelax hydrojet session, relaxing vichy shower or jet shower.

BRUNCH & SPA - €139

- 1 brunch at La Presqu'île Restaurant.
- 2 individual seawater spa treatments on Sunday afternoon:
 - 1 treatment pre-planned** by our hostesses to choose from: hydromassage seawater bath, MusicÔrelax hydrojet session, relaxing vichy shower or jet shower.
 - 1 treatment pre-planned** by our hostesses to choose from: remineralizing seaweed wrap, purifying seawater bath, vichy shower scrub or vichy shower massage.

I LOVE SPA BEAUTY TREATMENTS WITH BRUNCH - €189

- 1 brunch at La Presqu'île Restaurant.
- 2 individual seawater spa treatments on Sunday afternoon:
 - 1 Zen massage (25 minutes).
 - 1 Thalassa Sea & Skin facial (50 minutes).

All of these programs give you access to our relaxation area during your half day of treatment. The relaxation area is open from 9am to 12:30pm and from 2pm to 6pm.

*Our hydrotherapy seawater pool and outdoor whirlpool bath are currently being renovated. Their transformation will be complete by summer 2022.

**Subject to availability.

My marine break from 1 to 3 days

Thalassa
SEA & SPA

A few hours for some well-earned me-time...
choosing the marine break adapted to my goal.



My Sea & Wellness Break - 3 treatments per day / €120 **I want to immerse myself in wellness.**

- 1 hydromassage seawater bath.
 - 1 MusicÔrelax hydrojet session.
 - 1 activity in the pool with a fitness trainer.
- (Day 1: ask for information on the following days)



My Zen Break - 3 treatments per day / €160 **I want to feel cozy and pampered.**

- 1 hydromassage seawater bath.
 - 1 relaxing and soothing vichy shower.
 - 1 Zen massage (25 minutes).
- (Day 1: ask for information on the following days)



My Sea & Spa Break for women - 3 treatments per day / €180 **I want to combine the pleasures of seawater and spa treatments.**

- 1 hydromassage seawater bath.
 - 1 body scrub.
 - 1 Zen massage (50 minutes).
- (Day 1: ask for information on the following days)

My Sea & Spa Break for men - 3 treatments per day / €180 **I want to take better care of myself.**

- 1 hydromassage seawater bath.
 - 1 AlterG® session.
 - 1 Vitality massage (50 minutes).
- (Day 1: ask for information on the following days)

*All of these programs give you access to our relaxation area during your half day of treatment.
The relaxation area is open from 9am to 12:30pm and from 2pm to 6pm.
Our hydrotherapy seawater pool and outdoor whirlpool bath are currently being renovated. Their transformation will be complete by summer 2022.*

The range of seawater cosmetics Thalassa Sea & Skin

Discover a range of specially developed skin care products rich in naturally processed active marine ingredients. With their hydrating, purifying, energizing and regenerating properties, this highly effective range is adapted to all skin types and needs.



MOISTURIZING FOAM

A soft and gentle pause for maximum protection and comfort.



PURIFYING SEA BREEZE

A daily, invigorating and refreshing pause for the face.



REVITALIZING WAVE

A pause in time for effective anti-aging and anti-stress.



ENERGIZING SEA SPRAY

A stimulating, revitalizing pause for body and mind.

Thalassa

SEA & SKIN

ma beauté positive



Practical information

The time to take your time: Order to enjoy your treatments in complete serenity, we recommend that you arrive 30 minutes before your session begins.

Bookings: To make an appointment, call us on +33 (0)2 97 50 48 29, push the "thalassothérapie" button on your in-room telephone, or visit us at our welcome desk. A 30% deposit will be required to confirm your booking. Prices are indicative and are subject to change without notice.

Methods of payment accepted: Visa, MasterCard, American Express, Eurocard, Diners Club, French holiday vouchers (ANCV), Thalassa Sea & Spa gift vouchers, French bank checks, cash.

Cancellation / late policy: If you need to cancel your reservation, we kindly ask that you do so at least 24 hours before your session. After this period, deposits cannot be refunded. Should you arrive late, we will unfortunately have to reduce the length of your treatment accordingly.

Treatment times: The duration specified is the actual duration of the treatment.

Availability of treatments: Treatments indicated at the institute's reception area are subject to availability. For optimal comfort, we advise you to reserve your treatments in advance.

Access to treatments and the institute:

Sandals must be worn in all wet areas. To access the fitness area, appropriate sports clothing and shoes are required. Our rates include the loan of a robe and towels.

Disposable underwear is available for use in your treatment room.

Some of our treatments and treatment programs are not suitable for pregnant women. A selection of beauty treatments is nonetheless available.

For one or more days of treatments, pregnant women must provide a recent medical certificate stating that they are fit for seawater spa and hammam treatments.

A release form must be signed upon arrival at the institute.

Our seawater spa and beauty treatments are intended for persons aged 18 years and over. A selection of seawater spa treatments, beauty treatments, massages and physical activities is available to minors upon provision of a medical certificate and a parental release form. These can be sent to you upon request.

We ask that you kindly complete and return all documents to us before your arrival.

The sauna, hammam, whirlpool bath and relaxation area are strictly off-limits to minors.

For seawater spa programs of less than four days, you will be required to sign a release form before starting your treatments. In order to provide you with the very best advice, please inform us of all relevant information related to your health, such as whether you are pregnant or have any allergies or injuries.

Neither medical nor therapeutic, our massages are purely for your comfort.

Information and bookings: The institute welcomes you daily from 8:30am to 6:30pm.

Call us on +33 (0)2 97 50 48 29 for information on the closing dates of the seawater spa institute, or check out our brochure and website at **www.thalassa.com**.

Non-binding document. For more details, refer to the General Terms and Conditions.

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A gift card that does you good

One-day seawater treatment programs, spa rituals or à la carte treatments... a wonderful gift for your friends and loved ones. Choose from our treatments or define how much you wish to give, from €25.

(Gift cards valid 1 year.)

For more information or to make a purchase, call us at +33 (0)2 97 50 48 88 or visit the institute's welcome desk.

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#ThalassaSeaAndSpa

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