

Thalassa

SEA & SPA

Quiberon


2023

SOFITEL
HOTELS & RESORTS

Journey to the Quiberon Peninsula

Your wellness
address





Take time out for you

Choose a program that suits your mood and desires.
Discover an enriching wellness experience
that respects the environment.

The benefits of 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. Discover the restorative properties of the sea in all its forms: fresh produce, fitness sessions on the beach, seawater treatments and more. Fill your lungs with fresh sea air, replenish trace elements and negative ion levels, and leave feeling fully revitalized after your stay.

More than 50 years of attentive expertise

Our experts' innovations boost your wellness. We offer new techniques for treatments and letting go, online assessments and programs, expert cosmetic brands and much more.

Exceptional destinations

A preserved island or secluded beach. In France, Sardinia or Morocco...

Thalassa
SEA & SPA



Sofitel Quiberon Thalassa Sea & Spa

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Curated treatment programs



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From the sea to your plate

Coastal cuisine...

Chef Patrick Barbin and his team offer a menu filled with flavors of the sea, inspired by Brittany and the resort’s oceanfront setting. From breakfast to dinner, every meal is a moment of pleasure combined with a magnificent ocean view.

... with a short supply chain

At Sofitel Quiberon, we make it a point of honor to prioritize short supply chains and quality products in order to offer our guests an even more sustainable and eco-friendly cuisine. With the exception of salmon, all our fish are local and come from the nearby Morbihan fish auctions. Our meat and poultry are sourced in France, and all our fruits and vegetables are organic and seasonal.

Wellness gastronomy

In addition, our chef takes care of your health by offering a wellness cuisine that is light and revolves around your weight-loss objective. With calibrated meals and our team of dietitians dedicated to helping you accomplish your goal, you will have all the tools for long-lasting results.

S O F I T E L
HOTELS & RESORTS

An ideal setting to relax and revitalize

The experience

Entirely dedicated to your comfort and wellness, our 5-star resort enjoys magnificent views of Belle-Île-en-Mer. Take in the spectacle, breathe in the bracing sea air. You are immediately invigorated and refreshed.

Rooms & Suites

Ocean or inland view? Whichever you choose, your Sofitel MyBed offers restful comfort for a rejuvenating interlude in the calm of our resort.





Long-lasting effects

To make the most of your treatment program and see lasting results, even once you are back at home, this year our experts are offering follow-up sessions by videoconference. Dietitians, yoga instructors, relaxation therapists, fitness trainers... all our experts will be there for you.

"My Seawater Spa Follow-Up at Home" Option
Available for the programs on pages 19, 25, 33 and 37.

Our programs are organized on alternate mornings and afternoons.

Seawater Spa

An ocean of wellness

Seawater possesses numerous well-known and highly recognized virtues for both the body and the mind. It remineralizes the body to strengthen mobility, boosts hydration and regeneration of the epidermis, relaxes muscles and relieves stress, detoxifies thanks to its high iodine content, and significantly improves blood circulation for a beneficial effect on the entire cardiovascular system.
It is a veritable ocean of wellness at your fingertips.





Sea, Sun & Fun

Choose from a whole catalog of outdoor activities

Quiberon Peninsula is a paradise for outdoor activities, with surfing, kite surfing, land yachting, paddleboarding, golf and more. There's something for all tastes and all levels in this exceptional setting. And to fully enjoy your stay and discover this magnificent region with complete freedom, our resort rents out a variety of electric vehicles: cars, scooters and bicycles.

Fitness & Leisure Activities

Breathe in the fresh air

Fill your lungs with fresh sea air as you join us for outdoor activities: respirology, coached sessions on the beach or by mountain bike, Nordic walking, and more. Accompanied by our exercise specialists or relaxation experts, you will enjoy the benefits of sea air while discovering our magnificent region.





Hydrotherapy Pool

A new 400 m² seawater space where everything has been designed for your wellness, with 9 seawater workshops: waterbeds, bubble chairs, sequential multi-toning jets, swan-neck waterspouts, a cold water corridor, and an outdoor heated seawater whirlpool offering magnificent views over the Atlantic and Belle-Ile-en-Mer.



My Quiberon surfing break

I want to combine the pleasure of surfing
with marine wellbeing.



New in 2023

FROM MAY TO SEPTEMBER 2023

YOUR PROGRAM COMPRISING 4 SURFING SESSIONS AND 14 TREATMENTS OVER 6 DAYS

Program takes place from Monday to Saturday.
Treatments and surfing sessions throughout the day.

Come prepared

- 1 conversation with our surfing instructor prior to your arrival

Get your fill of oceanside pleasure

- 4 surfing sessions (90 minutes each) led by our qualified surfing instructor on the most beautiful spots of the Quiberon peninsula

Improve your surfing technique

- 1 sports coaching session in the fitness area based on the specificities of surfing
- 1 aquatic or swim training session in our seawater pool

Develop a surfing mindset

- 1 yoga session
- 1 introduction to meditation session or 1 Sophrology session

Recover with the benefits of seawater

- 2 Cool Attitude hydromassage seawater baths
- 2 jet showers
- 1 remineralizing wrap
- 1 purifying seawater bath
- 1 vichy shower massage

Unwind and relax

- 1 Hawaiian Lomi Lomi massage, which reproduces the movement of waves over the body
- 1 physical therapy massage (25 min) or 1 Vitality massage (25 min)
- 1 MusicÔrelax hydrojet session

Program also available over 4 days (12 treatments) or 5 days (15 treatments).
The surfing sessions are scheduled on Days 1 through 4, with Days 5 and 6 being dedicated to recovery.

* En chambre double classique côté terre, voir détails et conditions sur spa.accor.com.
Les durées indiquées sont les durées effectives des soins, auxquelles il faut ajouter votre temps d'accueil et d'installation.



WITH ACCOMMODATION

4 to 6 days

18 treatments and activities
6 nights including breakfast

From **€1,950***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€1,380**
for 6 days/ person



INFORMATION
& BOOKINGS

+33 (0)2 97 50 48 88
spa.accor.com

TREATMENT DETAILS
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My Sports Skills Break

I want to get back into sports or to optimize my skills with personalized support.

YOUR PERSONALIZED PROGRAM COMPRISING 32 TREATMENTS OVER 6 DAYS

Treatments throughout the day.

Determine your health and fitness levels

- 1 check-up with a fitness trainer
- 2 nutrition and lifestyle consultations with our dietitians

Breathe and recover

- 1 remineralizing wrap and 1 lighter legs wrap
- 2 hydromassage seawater baths
- 1 MusicÔrelax hydrojet session
- 2 jet showers
- 1 purifying seawater bath
- 1 vichy shower massage
- 1 Vitality massage (50 min)
- 3 partial-body cryotherapy sessions

Tone your body and build muscle

- 6 individual and personalized coaching sessions (90 min each) in the fitness area or outdoors
- 1 session on the AlterG® anti-gravity treadmill

Regain strength thanks to the benefits of seawater

- 2 toning underwater jets sessions
- 2 activities in the pool with a fitness trainer to choose from: aquatraining, aqua Pilates, aquabiking or aqua jogging

Capitalize on your efforts

- 1 yoga session
- 2 stretching sessions
- 1 sensory fitness session to learn how to warm up before sports and cool down afterwards
- 1 micro nap session

Program also available over 4 days (20 treatments) or 5 days (25 treatments).



New **GARMIN**

One GARMIN INSTINCT 2 watch included for the first stay booked and for a duration of 6 days or more.

"My Seawater Spa Follow-Up at Home" Option

When you get back home, continue to benefit from the advice of the experts you met during your stay thanks to videoconferencing.

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com. The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

4 to 6 days

32 treatments and activities
6 nights including breakfast

From **€2,310***
per person
double occupancy
with inland view



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My Marine Therapy Break

I want to recharge and rejuvenate thanks to
the unique wellness benefits of seawater.

YOUR PROGRAM COMPRISING 24 TREATMENTS OVER 6 DAYS

Program takes place from Monday to Saturday.

Half-day treatments, organized on alternate mornings and afternoons.

Get a full check-up

- 1 lifestyle and nutrition consultation

Prepare your skin for the benefits of active marine ingredients

- 1 vichy shower scrub

Replenish your store of minerals, trace elements and vitamins

- 2 hydromassage seawater baths
- 3 remineralizing wraps
- 1 relaxing and soothing vichy shower
- 1 hydrolegs session to stimulate circulation

Relax and unwind with a deep massage using a jet of seawater

- 2 purifying seawater baths
- 1 relaxing jet shower
- 1 seated jet shower targeting the back
- 2 vichy shower massages

Enjoy the benefits of weightlessness in our seawater pool

- 2 underwater jets sessions: relaxing and soothing massage in front of a jet operated by a hydrotherapist
- 1 aqua Pilates session led by a swim instructor trained in the Pilates method

Combine the virtues of seawater with our expertise

- 1 aquatic osteopathy session (a total of two 50-minute sessions: the first in the fitness area and the second in the pool)
- 1 AquaSensoriel session: gentle floating movements, guided by an expert

Fill your lungs with invigorating sea air

- 1 small-group "Land & Sea" mindfulness walk on the beach
- 1 small-group coastal Nordic walking session led by a trainer, along with a discovery tour of the magnificent Pointe de Conguel

Pamper yourself with marine beauty products

- 1 Thalassa Sea & Skin body treatment (50 min)
- 1 Thalassa Sea & Skin facial (50 min)



As a bonus:

Treatment program includes a box of 30 vials of Quinton seawater to stimulate cellular regeneration and remineralize your body.

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

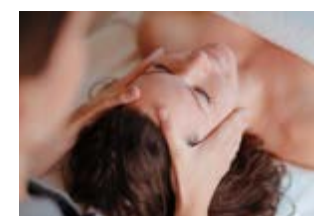
6 days

24 treatments and activities
6 nights including breakfast

From **€1,950***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€1,380**
for 6 days / person



INFORMATION
& BOOKINGS

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WITH ACCOMMODATION

4 to 6 days

4 treatments per day /
6 nights including breakfast

From **€1,500***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€930**
for 6 days / person



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My High-Vitamin Break

I want long-lasting fitness.

YOUR PROGRAM COMPRISING 24 TREATMENTS OVER 6 DAYS
Half-day treatments, organized on alternate mornings and afternoons.

Relax

- 2 massages (25 min): Zen or Vitality
- 1 vichy shower massage

Regenerate

- 3 hydromassage seawater baths
- 2 relaxing and soothing vichy showers
- 3 MusicÔrelax hydrojet sessions
- 1 hydrolegs session to stimulate circulation
- 2 relaxing jet showers
- 3 wraps: remineralizing, lighter legs or marine mud
- 1 purifying seawater bath

Strengthen the body

- 6 small-group activities in the pool to choose from:
 - underwater jets session: relaxing and soothing massage in front of a jet operated by a hydrotherapist
 - aqua vitality: aqua toning session led by a swim instructor
 - aquabiking: a fun and original cardio session
 - aqua Pilates session led by a swim instructor trained in the Pilates method

Program also available over 4 days (16 treatments) or 5 days (20 treatments).

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

1 to 3 days

From 1 day / 3 treatments
and activities per day /
1 night including breakfast

From **€228***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€130**
per day



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My Sea & Wellness Break

I want to discover and enjoy the benefits of marine wellbeing.

YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY
Half-day treatments, organized on alternate mornings and afternoons.

Each day

- 3 seawater spa treatments, including 1 small-group activity in the pool

My 1-day break:

- 1 hydromassage seawater bath
- 1 MusicÔrelax hydrojet session
- 1 small-group activity in the pool to choose from:
underwater jets session, aqua aerobics

My 2-day break:

- 1 hydromassage seawater bath
- 1 remineralizing seaweed wrap
- 1 MusicÔrelax hydrojet session
- 1 jet shower

My 3-day break:

- 2 hydromassage seawater baths
- 1 MusicÔrelax hydrojet session
- 1 remineralizing seaweed wrap
- 1 jet shower
- 1 purifying seawater bath
- 3 small-group activities in the pool to choose from:
underwater jets session, aqua aerobics

* En chambre double classique côté terre, voir détails et conditions sur spa.accor.com.

My Active Unplugged Break

I want a power timeout to restart my wellness journey.

YOUR PERSONALIZED PROGRAM COMPRISING 20 TREATMENTS OVER 6 DAYS

Program takes place from Monday to Saturday.

Half-day treatments, organized on alternate mornings and afternoons.

Adopt healthy habits

- 1 lifestyle and nutrition consultation

Recharge your batteries by replenishing your store of minerals, trace elements and vitamins

- 2 hydromassage seawater baths
- 1 relaxing vichy shower
- 2 remineralizing wraps

Learn how to disconnect on a daily basis

3 individual and personalized sessions:

- 1 micro nap session to learn how to wind down and then re-energize
- 1 Do In self-massage session to learn how to decompress at any time
- 1 fitness coaching session dedicated to stretching

Learn to let go and regain focus

3 individual and personalized sessions:

- 1 yoga nidra or introduction to meditation session
- 1 sensory meditation or sophro-meditation session
- 1 Energy respirology or sophro-respirology session to learn how to breathe better

Release tension and stress

- 1 coastal Nordic walking session

Unwind and relax

- 1 Zen massage (50 minutes)
- 1 Thalassa Sea & Skin soothing back treatment
- 1 purifying seawater bath
- 2 MusicÖrelax hydrojet sessions

Restore radiance

- 1 Thalassa Sea & Skin facial (50 minutes)

Program also available over 4 days (14 treatments) or 5 days (17 treatments).

"My Seawater Spa Follow-Up at Home" Option

When you get back home, continue to benefit from the advice of the experts you met during your stay thanks to videoconferencing.

*Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com. The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



serenity

WITH ACCOMMODATION

4 to 6 days

20 treatments and activities
6 nights including breakfast

From **€1,890***
per person
double occupancy
with inland view



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My Oceans Escape Break

I want to revitalize with seawater
and relax with a different massage every day.

YOUR PROGRAM COMPRISING 24 TREATMENTS OVER 6 DAYS

Half-day treatments, organized on alternate mornings and afternoons.

Prepare your skin

- 1 body scrub

Revitalize with the restorative properties of seawater and seaweed

- 6 remineralizing seaweed wraps
- 2 purifying seawater baths
- 1 AquaSensoriel session
- 1 seated jet shower targeting the back
- 2 hydromassage seawater baths
- 2 MusicÔrelax hydrojet sessions
- 2 relaxing and soothing vichy showers

Enjoy some pampering

- 1 Thalassa Sea & Skin Souffle de Fraîcheur facial (25 min)

Embark on a sensory journey around the world

- 6 seas & oceans massages (50 min) with our new partner brand, Origine, and its range of natural treatments that stimulate the senses:

Home port in Quiberon Bay:

- 1 discovery massage

The peaceful Pacific:

- 1 Hawaiian Lomi Lomi massage

Between the Indian and Pacific Oceans:

- 1 Balinese massage

Shores of the Baltic Sea:

- 1 deep tissue Swedish massage

The open Indian Ocean:

- 1 Abhyanga Indian massage

Across the Atlantic:

- 1 Native American hot stone massage

Program also available over 4 days (16 treatments) or 5 days (20 treatments).

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



serenity

WITH ACCOMMODATION

4 to 6 days

4 soins par jour /
6 nuits avec petit déjeuner

From **€2,190***
per person
double occupancy
inland view



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& BOOKINGS

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serenity

WITH ACCOMMODATION

1 to 3 days

From 1 day /
3 treatments per day /
1 night including breakfast

From **€264***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€166**
per day



My Zen Break

I want to feel cozy and pampered.

YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY

Half-day treatments, organized on alternate mornings and afternoons.

Each day

- 2 seawater spa treatments and 1 massage (25 min)

My 1-day break:

- 1 hydromassage seawater bath
- 1 relaxing and soothing vichy shower
- 1 Zen massage (25 min)

My 2-day break:

- 1 hydromassage seawater bath
- 1 relaxing and soothing vichy shower
- 1 seaweed wrap
- 1 MusicÔrelax hydrojet session
- 1 Zen massage (25 min)
- 1 vichy shower massage

My 3-day break:

- 2 hydromassage seawater baths
- 1 MusicÔrelax hydrojet session
- 1 relaxing and soothing vichy shower
- 1 remineralizing seaweed wrap
- 1 purifying seawater bath
- 1 Zen massage (25 min)
- 1 vichy shower massage
- 1 Vitality massage (25 min)

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* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



radiance

WITH ACCOMMODATION

1 to 3 days

From 1 day /
3 treatments per day /
1 night including breakfast

From **€278***
per person
double occupancy
with inland view

WITHOUT
ACCOMMODATION

From **€180**
per day



My Sea & Spa Break

I want to combine the pleasures of seawater and spa treatments.

YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY

Half-day treatments, organized on alternate mornings and afternoons.

Each day

- 1 seawater spa treatment, 1 25-minute spa treatment,
1 50-minute spa treatment

Day 1 treatments:

- 1 hydromassage seawater bath
- 1 body scrub*
- 1 Zen massage (50 min)

Soins jour 2 :

- 1 MusicÔrelax hydrojet session
- 1 Total Relaxation facial massage (25 min)
- 1 Thalassa Sea & Skin body treatment (50 min)

Day 3 treatments:

- 1 purifying seawater bath
- 1 Thalassa Sea & Skin facial* (25 min)
- 1 Vitality massage (50 min)

***If you are into sports, replace the 25-minute spa treatments with activities with a fitness trainer: 1 AlterG® session (Day 1) and 1 personalized coaching session (30 minutes, Day 3)**
– Specify at booking.

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* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

My Beautiful Aging Break

I want to look and feel fabulous at fifty.

YOUR PROGRAM COMPRISING 24 TREATMENTS OVER 6 DAYS

Program takes place from Monday to Saturday.
Treatments throughout the day.

Develop new lifestyle habits

- 1 lifestyle and nutrition consultation

Prepare your skin

- 1 body scrub

Learn to enjoy daily physical activity

- 6 small-group fitness activities (1 activity per day) to choose from:
1 coastal Nordic walking session, 1 mountain biking excursion,
1 yoga session, 1 Pilates session, and 2 personalized coaching
sessions (60 minutes each)

Approach life harmoniously

- 3 small-group activities to choose from:
relaxation, introduction to meditation or Sophrology

Restore balance to the body

- 1 "Inner Balance" massage
- 1 "Heavenly Lightness" lymphatic drainage session

Reveal your radiance and serenity

- 1 Olivier Claire facial (60 min)
- 1 Swissline facial (60 min)

Recharge and rejuvenate with the wellness benefits of seawater

- 6 seawater treatments including 2 wraps, 2 hydromassage seawater
baths, 1 purifying seawater bath and 1 relaxing vichy shower

Relax and unwind

- 1 Zen massage (50 min)
- 2 MusicÔrelax hydrojet sessions

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary
for your arrival and preparation.



WITH ACCOMMODATION

6 days

4 treatments per day /
6 nights including breakfast

From **€2,010***
per person
double occupancy
with inland view



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My Expert Care Break

I want to ease my pain and recover mobility, strength and flexibility with a personalized plan.

YOUR PROGRAM COMPRISING 23 TREATMENTS OVER 6 DAYS

Program takes place from Monday to Saturday.

Treatments throughout the day.

Get a full check-up

- 1 consultation with our physical therapist prior to your arrival
- 1 physical therapy assessment on the first day of treatments
- 1 nutrition and lifestyle consultation with our dietitians

Improve mobility and relieve pain

- 4 individual physical therapy sessions (80 min)
- 2 individual sessions in the pool led by a physical therapist
- 1 osteopathy session
- 1 fasciatherapy session: a manual therapy to gently revive the body's connective tissues

Regain strength, flexibility and coordination

- 3 individual and adapted activities in the fitness area with a trainer
- 1 individual yoga session
- 1 Energy respirology or sophro-respirology session to learn how to breathe better

Revitalize and remineralize with the restorative properties of seawater

- 2 relaxing marine mud wraps
- 1 relaxing and soothing vichy shower
- 1 hydromassage seawater bath
- 1 hydrolegs session or 1 pressotherapy session to stimulate circulation

Revive and re-energize

- 1 lighter legs wrap
- 1 MusicÔrelax hydrojet session

"My Seawater Spa Follow-Up at Home" Option

When you get back home, continue to benefit from the advice of the experts you met during your stay thanks to videoconferencing.

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

6 days

20 treatments
+ 3 sessions with our experts /
6 nights including breakfast

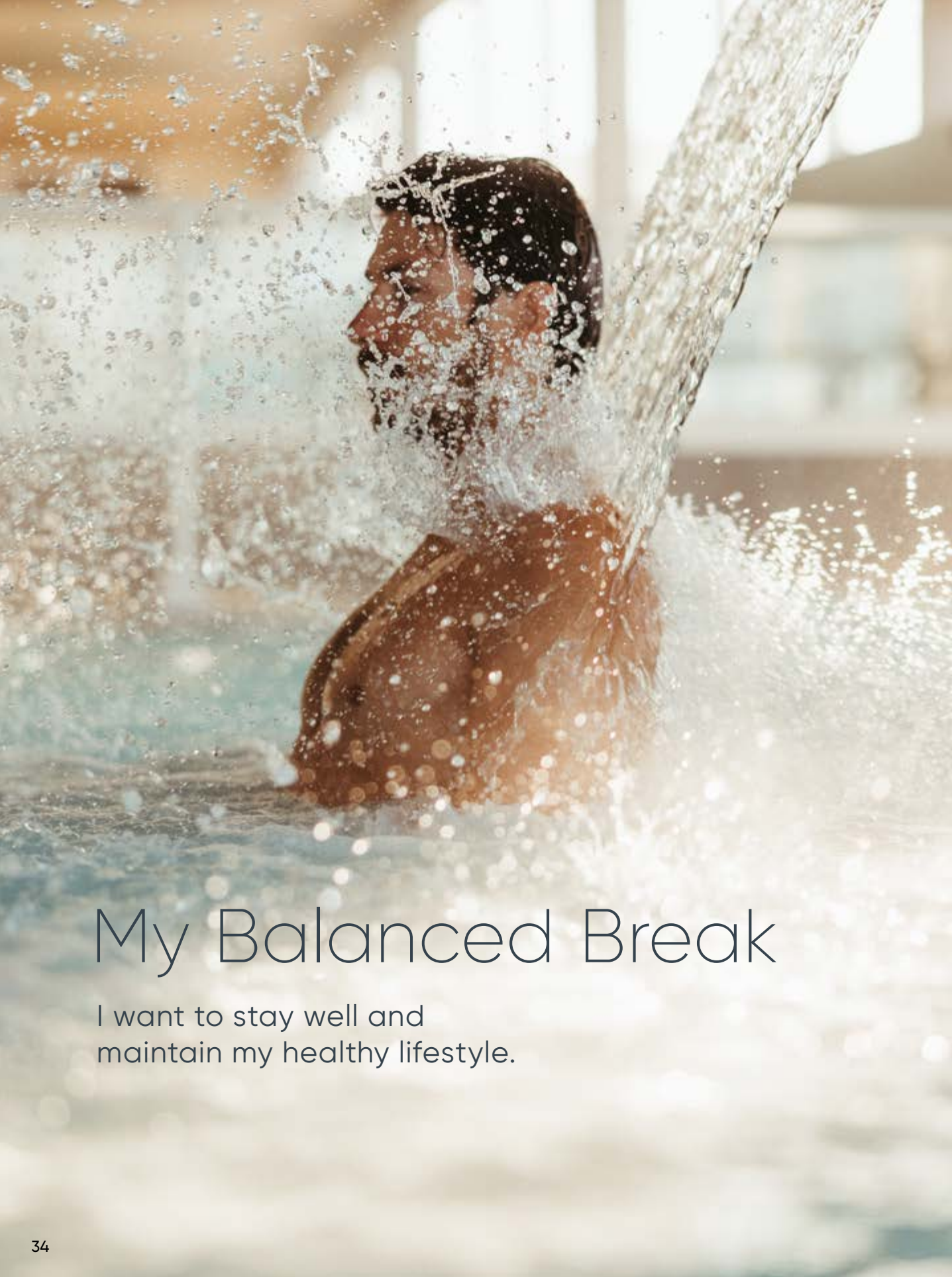
From **€2,430***
per person
double occupancy
with inland view



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My Balanced Break

I want to stay well and maintain my healthy lifestyle.

YOUR PROGRAM COMPRISING 24 TREATMENTS OVER 6 DAYS
Half-day treatments, organized on alternate mornings and afternoons.

Get a full check-up
• 2 nutrition and lifestyle consultations with our dietitians

At your request, the nutrition consultations can be replaced by the following treatments: 1 Pilates session and 1 purifying seawater bath
– Specify at booking.

Prepare your skin
• 1 body scrub

Get back in shape and enjoy freedom of movement
6 small-group sessions with a fitness trainer:
• 2 underwater jets sessions: relaxing and soothing massage in front of a jet operated by a hydrotherapist
• 2 reharmonization sessions in the pool led by a physical therapist
• 1 aqua Pilates session led by a swim instructor trained in the Pilates method
• 1 low-impact fitness session

Replenish your store of minerals and vitamins while relaxing
• 3 hydromassage seawater baths
• 3 relaxing marine mud wraps
• 1 relaxing and soothing vichy shower
• 1 hydrolegs session to stimulate circulation

Unwind and relax
• 1 physical therapy massage (50 min)*
• 1 Vitality massage (50 min)*
• 1 Zen massage (50 min)*
• 2 purifying seawater baths
• 2 MusicÔrelax hydrojet sessions

Program also available over 4 days (16 treatments) or 5 days (20 treatments).
*** These massages can be replaced by 6 25-minute massages**
– Specify at booking.

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The duration given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

4 to 6 days

4 treatments per day /
6 nights including breakfast

From **€1,770***
per person
double occupancy
with inland view



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& BOOKINGS

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My Perfect Harmony & Slimming Break

I want to kickstart my weight loss and feel good about my body.

YOUR PROGRAM COMPRISING 34 TREATMENTS OVER 6 DAYS

Treatments throughout the day.

Get a full check-up

- 2 nutrition and lifestyle consultations with our dietitians
- 1 check-up with our fitness trainers
- 1 LPG assessment and diagnosis by our beauticians

Prepare your skin

- 1 body scrub

Eliminate toxins

- 1 detoxifying and slimming fucus seaweed wrap
- 1 detoxifying blue seaweed wrap
- 1 thermosudation wrap

Purify and eliminate toxins thanks to the physical properties of seawater

- 3 slimming purifying seawater baths
- 3 slimming jet showers
- 3 slimming underwater jets sessions
- 1 slimming watermass session

Stimulate circulation

- 1 hydrolegs or pressotherapy session
- 1 coastal Nordic walking session

Purify and eliminate toxins with expert beauty products

- 1 "Heavenly Lightness" lymphatic drainage session or 1 "Inner Balance" massage or 1 Swissline slimming treatment

Exercise and tone to boost the metabolism

- 3 small-group cardio training sessions with a fitness trainer
- 3 small-group activities in the pool to choose from aqua vitality and aquabiking

Benefit from advanced technology to slim your body

- 1 LPG body session (40 min) depending on your beautician's diagnosis
- 1 Cryoskin body treatment targeted according to your diagnosis

Bring harmony to both body and mind

3 small-group "Wellness" sessions to choose from:

- 1 relaxation or Sophrology session for self-acceptance and body positivity
- 1 "Relearning to Enjoy" tasting session
- 1 belly yoga session for boosting relaxation and improving digestion

My "Taking Care of Myself" bonus for women

- 1 LPG facial (40 min)
- 1 Thalassa Sea & Skin Idéal Silhouette treatment (50 min)

My "Taking Care of Myself" bonus for men

- 2 partial-body cryotherapy sessions (equivalent to 1 treatment)
- Personalized coaching sessions: 1 x 60 minutes or 2 x 30 minutes

"My Seawater Spa Follow-Up at Home" Option

When you get back home, continue to benefit from the advice of the experts you met during your stay thanks to videoconferencing.

* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



WITH ACCOMMODATION

6 days

30 treatments
+ 4 sessions with our experts /
6 nights including breakfast

From **€2,220***
per person
double occupancy
with inland view



INFORMATION
& BOOKINGS

+33 (0)2 97 50 48 88
spa.accor.com

TREATMENT DETAILS
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My Wellness Break, My Way

I want a personalized pampering program.

I plan each day according to my goals and preferences.
Book your treatments at least 15 days prior to arrival.
Treatments throughout the day.

4 treatments per day:

- 2 treatments to choose from essential seawater spa treatments, activities with a fitness trainer, and check-ups
- 1 facial or body treatment or massage (20 to 25 minutes)
- 1 treatment or activity (40 to 50 minutes)



energy treatments

- Essential seawater spa treatments
- Small-group activities in the pool, the fitness area or outdoors with a trainer
- Individual fitness training sessions
- Sessions on the AlterG® anti-gravity treadmill



serenity treatments

- Serenity and energy massages
- Vichy shower massage
- Balancing treatments: respiration walk, yoga, introduction to meditation, Do In session
- AquaSensoriel session



detox treatments

- nutrition and lifestyle consultation with our dietitians
- LPG detox treatment



radiance treatments

- Swissline beauty assessment
- Vichy shower body scrub
- Thalassa Sea & Skin face and body treatments
- Cryoskin
- Olivier Claire facial (60 minutes)
- Swissline facial (60 minutes)
- Beauty treatment
- Hair care



recovery treatments

- Wraps
- Back massage
- Micro nap
- expert treatments: partial-body cryotherapy, relaxing LPG

To ensure the availability of treatments, your dream program is designed with you at least 15 days prior to your arrival.
* Double occupancy in a Classic room with inland view. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



tailor-made

WITH ACCOMMODATION

1 to 6 days

From 1 day /
4 treatments per day /
1 night including breakfast

From **€418***
per person
double occupancy
with inland view



INFORMATION
& BOOKINGS

+33 (0)2 97 50 48 88
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TREATMENT DETAILS
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Thalassa

SEA & SKIN



Discover our range of 100% French natural cosmetics and care products made from plant-based active marine ingredients.

With their hydrating, purifying, energizing or regenerating properties, our products are adapted to all skin types and needs.

These paraben-free products contain no mineral oils or animal-based ingredients.

Discover the complete Thalassa Sea & Skin range at the Seawater Spa boutique or at boutique.thalassa.com.



MOISTURIZING FOAM

A soft and gentle pause for maximum comfort and moisturization.

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.



Our partner brands



New in 2023

Exceptional treatments thanks to the synergy and very high concentrations of rare and precious active ingredients extracted from seaweed and coastal plants. This synergy exerts a powerful anti-aging effect on the skin.

swiss line
BY DERMALAB

New in 2023

Experts in cosmetic care for over 30 years, with personalized treatment protocols that respect and protect the skin. These award-winning skincare products comprise natural ingredients with proven effectiveness for truly visible results.

ORIGINE
L'art cosmétique

New in 2023

The art of natural cosmetics that stimulate the senses. A harmonious alliance of research and cosmetic craftsmanship, Origine products come together in a symphony of fragrances.

jane iredale
THE SKIN CARE MAKEUP

A natural makeup and skincare line that is gentle on your skin.

Leonor Grey
PARIS

For hair that is shinier, healthier and more beautiful than ever before.

À la carte treatments

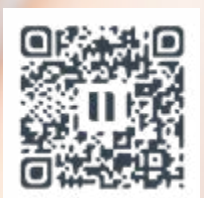
All Spa & Beauty treatments

are available à la carte, either individually or as a complement to your treatment program: spa facials and body treatments, massages, activities with a fitness trainer, the latest ways to let go...

We offer an experience that combines efficiency and pleasure, a moment of beauty and exceptional wellness. You will be the focus of all our attention.

For the greatest choice, book your Spa & Beauty treatments in advance at +33 (0)2 97 50 48 29 www.spa.thalassa.com

Our treatment menu and experts are there to guide you in your selections.





Gift card

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.)

Order directly at
sofitel-quiberon-thalassa.secretbox.fr
or call us at +33 (0)2 97 50 48 88.

Treatment Glossary

Seawater spa essentials

Breathe in. Breathe out. That is the essence of the seawater spa. Let the sea take care of you and reveal its astounding regenerative properties.

Seawater spa essentials

HYDROLEGS / Lighter legs

Immersing the legs successively in warm and cold seawater, making them feel as light as a feather.

HYDROMASSAGE SEAWATER BATH / Waves of wellness

Immersed in a deliciously warm seawater bath, massaging underwater jets relax the body from head to toe.

RELAXING VICHY SHOWER / Relaxing sea spray

The soothing effects of a fine mist of seawater sprayed over the body, topping up the trace elements so essential to wellness.

Wellness essentials

MUSICÔRELAX HYDROJET SESSION / Relaxing waterbed massage

The body and mind let go as two powerful jets massage your body from the ankles to the shoulders.

PRESSOTHERAPY / Anti-gravity boots

Tones the legs and promotes the elimination of toxins in the body thanks to boots that alternate compression and release.

Seawater massages and marine wraps

Each massage is a magical moment, made just for you!

SEAWEED WRAP / A cocktail of active ingredients and minerals

Boost the skin's levels of vitamins, minerals and trace elements thanks to a cocoon of hot seaweed cream. Laminaria seaweed to revitalize, fucus to slim down, marine mud to relax... to each goal its solution.

PURIFYING SEAWATER BATH / Underwater massage

Entrusting your body to expert hands to fully feel the benefits of an underwater massage with a jet of seawater on your muscles, joints and cellulite areas.

JET SHOWER / MASSAGING JET

Feel tension melt away as the practitioner guides a massaging jet of seawater over the body. Reboot energy levels, sculpt the figure or relax during a special back session... Everything can be adapted to your needs.

VICHY SHOWER MASSAGE OR BODY SCRUB / A MULTISENSORY EXPERIENCE ⁽¹⁾

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the three-salts scrub or manual massage using a marine serum and an exclusive technique.

WATERMASS / Rolling massage technique using seawater

Feel the benefits of a draining massage performed using a suction head that sprays seawater. Revive the skin and feel deeply relaxed, or target and sculpt problem zones... everything can be adapted to your needs.

Activities with a fitness trainer

Exercise, let off steam, breathe deeply... On the beach, in the fitness area or in the seawater pool.

IN THE SEAWATER POOL / Gentle muscle strengthening

Aqua vitality, aquatraining, aquazen, aquabiking, aqua Pilates, underwater jets session, hydrotherapy pool... Small-group toning or relaxing sessions to improve your flexibility, stamina or muscle strength. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

ACTIVITIES IN THE FITNESS AREA / Strength and flexibility

Stretching, muscle strengthening, yoga... Targeted small-group sessions, either gentle or toning, to greatly increase flexibility and muscle strength.

OUTDOOR ACTIVITIES / A breath of fresh air

Nordic or meditative walking... These small-group hikes along the seashore offer a gentle, holistic workout that uses all your major muscle groups while reoxygenating your system.

RESPIROLOGY / Breath control in 3 steps

"Bulle d'air" in the pool, for intense letting go, "Terre Mer" in the fitness area, to learn about the benefits of controlled breathing, and "Énergie" in the open air, to control your emotions and drive. Three exclusive sessions to improve your balance, vitality and serenity.

Innovative treatments at Quiberon

A new treatment, the latest-generation equipment... Little things can make a huge difference.

PARTIAL-BODY CRYOTHERAPY / the benefits of cold

Exposure to a burst of dry cold between -120 and -150°C (-184 and -238°F) helps relieve pain, improve recovery and increase resistance to stress.

CRYOSKIN / The benefits of cold

By applying extreme cold (-185°C / -301°F) to a specific area such as the face, neck, arms or scalp, your blood circulation increases, your pores become tighter, and your skin is better able to combat sagging.

ALTERG® / Anti-gravity treadmill

Allows you to build muscle in weightlessness, without putting stress on your joints.

AQUATIC OSTEOPATHY / Expertise and wellness

This two-part session, in the fitness area then in the pool, combines the expertise of osteopathy and the benefits of seawater to relieve pain and release stress.

MICRO NAP / The secret to vitality

In the fitness area or outdoors, learn the breathing and self-massage techniques needed to take a micro nap, allowing you to feel refreshed and recharged in just a few minutes.

Quiberon signature treatments

SENSORY MEDITATION / Intense letting go

A signature session based on letting go and stimulating the flow of energy through relaxation and meditation.

SIGNATURE TREATMENT / Unique moments

This signature massage promises deep relaxation and privileged moments of wellness for both body and mind.

AQUASENSORIEL SESSION / An aquatic journey ⁽¹⁾

During a one-on-one with a coach, you feel your body and mind relax and move freely thanks to a series of gentle stretches.

(1) As a precaution during the COVID-19 pandemic and depending on the health measures in force, certain treatments may be subject to changes or substitutions. For example: seated jet shower, vichy shower massage or scrub, AquaSensoriel session.

Business operated by the company Multimarques SIM, a French limited liability company with a capital of €106,348,909 - Registered office: 6-8 rue du Bois Briard, 91080 Evry-Courcouronnes. NAF code: 5510 Z - Intracommunity VAT number: FR 77 402 069 710 - Photo credits: Photothèque Accor-DR - ©Emmanuel Berthier, ©by WILLIAMK/LA CLEF, ©Olivier Baron, ©Jean-Charles Gigonnet, Goodluz/Graphic Obsession, ©ammentorp/123RF, ©Baptiste Le Port, ©Nykola Bulavsky/iStock, ©gbh007/Jacek Chabaszewski/iStock, Imgorhand/Getty Images, Olivier Cadeaux/Fancy/GraphicObsession, Sofitel Quiberon Nikon, Pixland, ©LaClefProduction, Guido Mieth/GettyImages, George Doyle/Stockbyte/GettyImages, ©Sébastien Tiphagne, Shutterstock, ©Fabrice Rambert, Stock4B/GraphicObsession, WIN- Initiative/GettyImages, ©Jacques-Yves GUCIA, Stigur Karlsson/GettyImages, ©Studio-end, Quentin Lagache/Unsplash - Noncontractual photos - Information subject to change without notice. Design by: DH.C. - Printed in France.

INFORMATION
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spa.accor.com

Thalassa

SEA & SPA

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on the Thalassa Sea & Spa
network and programs:
+33 (0)1 72 95 01 12



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OUR DESTINATIONS IN FRANCE AND AROUND THE WORLD

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TROUVILLE

ÎLE D'OLÉRON

BIARRITZ

HYÈRES

GOLFE D'AJACCIO

ESSAOUIRA (MAROC)

AGADIR (MAROC)

TIMI AMA (SARDAIGNE)

ZALLAQ (BAHREÏN)