



Thalassa

SEA & SPA

PREMIUM
PARTNER



Quiberon

2024

SOFITEL
HOTELS & RESORTS

Journey to the Quiberon Peninsula



1964 - 2024 : 60 years of seawater wellness



A benchmark in the world of wellness treatments since its creation, our seawater spa offers exceptional and renowned expertise.

In celebrating our 60th anniversary this year, we are not only continuing our prestigious legacy but also re-energizing the brand with new programs inspired by sports and fitness. A fitting tribute to our founder Louison Bobet, the famous road racing cyclist of the 1950s.

A little history...

It was following a serious accident and his subsequent rehabilitation that Louison Bobet discovered the incredible powers of seawater, which led him to found our institute in Quiberon in 1964. Dedicating his new life as an entrepreneur to offering the exceptional benefits of seawater to as many people as possible, he even went so far as to fly the taxi plane that brought celebrities and public figures to our little corner of paradise overlooking the Atlantic.

Today, 60 years on, our resort continues to write new pages in the history of wellness and seawater spa treatments, combining experience, expertise and modernity, and making Quiberon THE reference in wellness destinations.



Welcome to the Thalassa seawater spa experience

With our modern, busy lifestyles, which make it increasingly challenging to find serenity of mind and soul, Thalassa stands as a beacon of wellness, guiding those seeking greater personal balance towards the regenerating properties of the sea. Our seawater spas offer much more than a simple invitation to relax; they embody a philosophy of living rooted in the innumerable treasures of the sea.

Thalassa, which means "sea" in Greek, draws its inspiration from the infinite immensity of the oceans, where life takes shape and is continually renewed. Implementing a holistic approach, each of our destinations offers a unique experience dedicated to deeply revitalizing body and mind.

Immerse yourself in the soothing, calming world of Thalassa, where every aspect is curated to bring you a state of utter wellness. Explore with us the mysteries of the sea, discover the priceless benefits of its treasures, and let yourself be carried along by the regenerating flow of Thalassa, your guide in your quest for inner harmony.



Sofitel Quiberon Thalassa Sea & Spa

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Seawater Ultimate Wellness Treatment Programs

Performance Duration — FROM 4 DAYS —

GOAL: LONG-TERM RESULTS

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Relaxation Duration — FROM 1 TO 3 DAYS —

GOAL: RELAX AND UNWIND

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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, boosts regeneration of the epidermis, relaxes the muscles, 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.

Hydrotherapy pool

Nine blissful seawater activities

A 400 m² seawater space where everything has been designed for your wellness, the hydrotherapy pool boasts 9 seawater activities comprising waterbeds, bubble chairs, sequential multi-toning jets, swan-neck waterspouts and water blade, a cold-water corridor, and our exceptional outdoor heated seawater whirlpool offering magnificent views over the Atlantic and Belle-Ile-en-Mer.





S O F I T E L
HOTELS & RESORTS

An ideal setting to relax and revitalize

The experience

Devoted entirely to your comfort and wellness, this 5-star resort is a haven of peace and tranquility set against the beauty of the Breton coastline. 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 and rejuvenating sleep, a truly inspiring interlude in absolute harmony with the ocean.

From the sea to your plate

Coastal and local cuisine

Our Chef Patrick Barbin and his talented team offer a menu bursting with local and seasonal flavors, inspired by Brittany and the ocean, and prioritizing short supply chains. From breakfast to dinner, every meal is a moment of pleasure combined with a magnificent ocean view.

Wellness gastronomy

Our Chef also takes care of your health by offering a wellness cuisine that is light and revolves around your weight-loss objective. With balanced meals and our team of dietitians dedicated to helping you reach your weight-loss goal, you will have all the tools necessary to ensure long-term results.

Inspired cocktails

The sea is also reflected in the Blue Bar's bold and creative cocktails. Here, you can savor creations inspired by the ocean and the Brittany region, before sweeping vistas of the Atlantic.





Welcome to the “end of the world”

Fresh sea air

Take deep, cleansing breaths of fresh sea air as you enjoy numerous outdoor activities organized by our fitness or relaxation experts: Respirology, coached sessions on the beach or by mountain bike, Nordic walking, and more. Breathe in, breathe out, and reenergize.

Exhilarating outdoor activities

The Quiberon peninsula is a paradise for outdoor activities: surfing, kitesurfing, land yachting, paddle boarding, golf, and more. For you to make the most of your stay by discovering this magnificent region, our resort rents out a variety of electric vehicles: cars, scooters and bicycles.

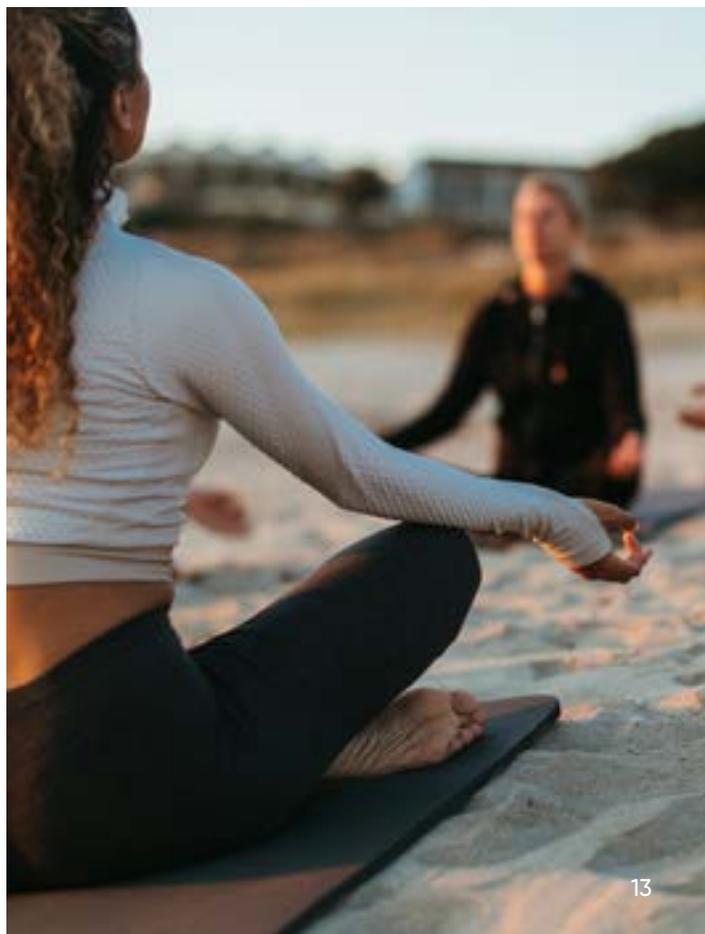
Our commitment

Green Key Global certificate

Because the sea and the treasures it contains are so essential for life, we have a duty to protect it. Awarded the Green Key Global certificate, the leading standard for excellence in the field of sustainable tourism, our resort regularly implements new eco-responsible initiatives with a view to reducing our carbon footprint.

Small initiatives for a great cause

Organic and local products, zero single-use plastics, reduced energy and water consumption, clean-up operations on our beaches, protection of the surrounding biodiversity, support for local associations... We also encourage our guests to take an active part in these initiatives, making small gestures on a daily basis for a greener world and a bluer ocean.



Quiberon Surfing

GOAL:

Revitalize and have fun
while discovering the many benefits of this sport



PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

FROM APRIL TO OCTOBER 2024

YOUR 6-DAY PROGRAM

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

Get into Surf Attitude mode

- 1 conversation with our surfing instructor prior to your arrival
- 1 information meeting on surfing: history of the sport, equipment used, regulatory framework

Find your thrills riding the waves

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

Improve your technique

- 1 individual training session (50 min) in the fitness area, based on the specificities of surfing
- 1 individual water fitness or swimming session (50 min) in our seawater pool

Combine balance of body and mind

- 1 Hatha yoga session
- 1 introduction to meditation session or 1 Sophrology session
- 1 naturopathy consultation

Regenerate with the benefits of seawater

- 1 Cool Attitude hydromassage seawater bath
- 1 jet shower
- 1 remineralizing seaweed wrap
- 1 purifying seawater bath
- 1 vichy shower massage

Improve flexibility and muscle relaxation

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

WITH ACCOMMODATION

From €1,962* per person,
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION

From €1,380* per person
for 6 days

We love...

SURFING SESSION



MEDITATION SESSION



LOMI LOMI MASSAGE



6 days

18 treatments and activities
6 nights including breakfast

* 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.

The Pleasure of Fitness

GOAL:

Get back into fitness or take your performance to the next level



Thalassa

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PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

Treatments throughout the day

RECOVERY AND SUPPORT TREATMENTS

Core treatments common to all program options

Work on the basics

- 1 naturopathy consultation or 1 nutrition consultation with a dietitian (if all-meals-included option from our light meals menu)

Recover after exercise with the benefits of seawater

- 1 remineralizing seaweed wrap and 1 lighter legs wrap
- 2 hydromassage seawater baths
- 1 "Classic Method" jet shower and 1 seated jet shower targeting the back
- 1 purifying seawater bath
- 1 vichy shower massage
- 2 underwater jets sessions: Flexibility and Muscle Relaxation
- 1 Cold and Bold treatment: fun session in cold seawater

Relax your muscles

- 1 Music-relax hydrojet session
- 1 Zen massage (25 min)
- 1 physical therapy massage (25 min) or 1 Shiatsu Ostéo Concept session (25 min)
- 3 partial-body cryotherapy sessions

Perfect your approach to fitness

- 1 yoga session
- 3 stretching sessions
- 1 Respirology session

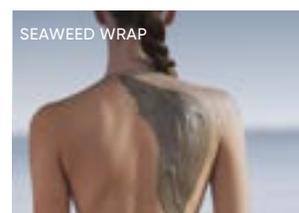
In addition to these treatments, choose the fitness option that best corresponds to your goals:

- "Small-group physical fitness" option
- "Individual physical fitness" option
- "Running" option
- "Swimming" option

"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 via videoconferencing.

We love...



4 to 6 days

31 treatments and activities
6 nights including breakfast



Thalassa
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* 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.



4 to 6 days



OUTDOOR TRAINING

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Small-group physical fitness” option



SMALL-GROUP SESSION

SMALL-GROUP TRAINING PROGRAM

Ideal for a comprehensive workout, suitable for either getting back into exercise or to complete an existing fitness routine.



ANTI-GRAVITY TREADMILL

Improve your fitness potential

- 1 assessment with a fitness trainer
- 6 small-group training sessions (90 min each) in the fitness area or outdoors (maximum 6 people)
- 1 session on the AlterG® anti-gravity treadmill

Option also available over 4 days (21 treatments) or 5 days (26 treatments)

As a bonus:

- ✓ Find the core treatments of this program on page 17.



GARMIN

A complementary GARMIN INSTINCT 2 watch included with the first stay booked for a minimum duration of 6 days.

WITH ACCOMMODATION

From €2,352* per person, double occupancy, standard room with inland view, for 6 nights

* 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.



6 days

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Individual physical fitness” option

PERSONALIZED AND INDIVIDUAL TRAINING PROGRAM

For a workout tailored to your precise level and goal, suitable for anyone who wants to get back into exercise, or who has been working out regularly and wants exclusive and personalized support targeting their fitness needs.

Improve your fitness potential

- 1 assessment with a physical trainer
- 6 individual and personalized training sessions (90 min each) in the fitness area or outdoors
- 1 session on the AlterG® anti-gravity treadmill

As a bonus:

- ✓ Find the core treatments of this program on page 17.



A complementary GARMIN INSTINCT 2 watch included with the first stay booked for a minimum duration of 6 days.

WITH ACCOMMODATION

From €2,622* per person, double occupancy, standard room with inland view, for 6 nights

* 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.



6 days



PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Running” option

PERSONALIZED TRAINING PROGRAM

Ideal for the amateur runner who wants to improve their regular routine with tailored, personalized advice. This program is also recommended when preparing for a race.

Improve your fitness potential

- 1 assessment with a physical trainer and 1 running test
- 1 round-table discussion on managing training loads
- 5 running and physical training sessions (90 min each)
- 1 session on the AlterG® anti-gravity treadmill

As a bonus:

- ✓ Find the core treatments of this program on page 17.



GARMIN

A complementary GARMIN INSTINCT 2 watch included with the first stay booked for a minimum duration of 6 days.

WITH ACCOMMODATION

From €2,622* per person,
double occupancy, standard room with inland view, for 6 nights

* 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.



4 to 6 days

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Swimming” option

PERSONALIZED TRAINING PROGRAM

Ideal for easily getting into this most beneficial of fitness activities or for honing your existing technique. This program is particularly recommended for triathletes wanting to improve their swimming skills.

Improve your fitness potential

- 6 personalized swimming sessions (60 min each) with a swim instructor
- 6 water fitness or physical training sessions (30 min each)
- 1 Ice Biking session

As a bonus:

- ✓ Find the core treatments of this program on page 17.



A complementary GARMIN INSTINCT 2 watch included with the first stay booked for a minimum duration of 6 days.



WITH ACCOMMODATION

From €2,622* per person, double occupancy, standard room with inland view, for 6 nights

* 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.

Marine Therapy

GOAL:

Recover, revitalize and recharge
your batteries while replenishing
your store of minerals

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

Program takes place from Monday to Saturday
Treatments throughout the day

Get personalized advice

- 1 naturopathy 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 seaweed wraps
- 1 relaxing and soothing vichy shower

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

- 1 underwater jet session: relaxing and soothing massage in front of a jet operated by a hydrotherapist
- 2 aqua Pilates sessions 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
- 1 Cold and Bold treatment: fun session in cold seawater

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:



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

WITH ACCOMMODATION

From €1,962* per person,
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION

From €1,380*
per person for 6 days

We love...

RELAXING JET SHOWER



AQUASENSORIEL SESSION



NORDIC WALKING



6 days

24 treatments and activities
6 nights including breakfast

* 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.



Sea & Ultimate Wellness

GOAL:

Rest, revitalize,
and take some time for yourself

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

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 seaweed, 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 toning or gentle aqua aerobics 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).

We love...



4 to 6 days

4 treatments per day
6 nights including breakfast

WITH ACCOMMODATION

From €1,542* per person,
double occupancy, standard room with inland view, for 6 nights

WITHOUT ACCOMMODATION

From €960*
per person for 6 days

* 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.

A person is meditating on a beach at sunset. The person is sitting cross-legged on a black mat, wearing a white long-sleeved shirt and dark pants. Their hands are in a mudra position. The background is a blurred beach scene with other people and the warm glow of the setting sun.

Living the Slow Life

GOAL:

Learn to slow down, take time for yourself,
and focus on quality rather than quantity

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 5-DAY PROGRAM

Program takes place from Monday to Friday
Treatments throughout the day

MONDAY

- 1 aturopathy consultation
- 1 early-morning Respiriology session
- 1 Nirvana seaweed wrap
- 1 Cool Attitude hydromassage seawater bath

TUESDAY

- 1 yoga session
- 1 seaside Nordic walk
- 1 vichy shower massage

WEDNESDAY

- 1 Afghan Walking session ("Land & Sea" mindfulness walk)
- 1 Munz Floor® Method or Shiatsu Ostéo Concept session
- 1 "Relearning to Enjoy" tasting session
- 1 AquaSensoriel session

THURSDAY

- 1 fasciatherapy session
- 1 yoga session
- 1 purifying seawater bath

FRIDAY

- 1 sensory fitness session
- 1 meditation session
- 1 relaxing and soothing vichy shower
- 1 Olivier Claire facial (50 min)

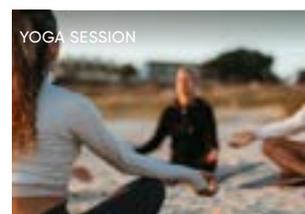
"My Seawater Spa Follow-Up at Home" Option

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

WITH ACCOMMODATION

From €1,692* for 6 nights / 5 days of treatments,
double occupancy, standard room with inland view

We love...

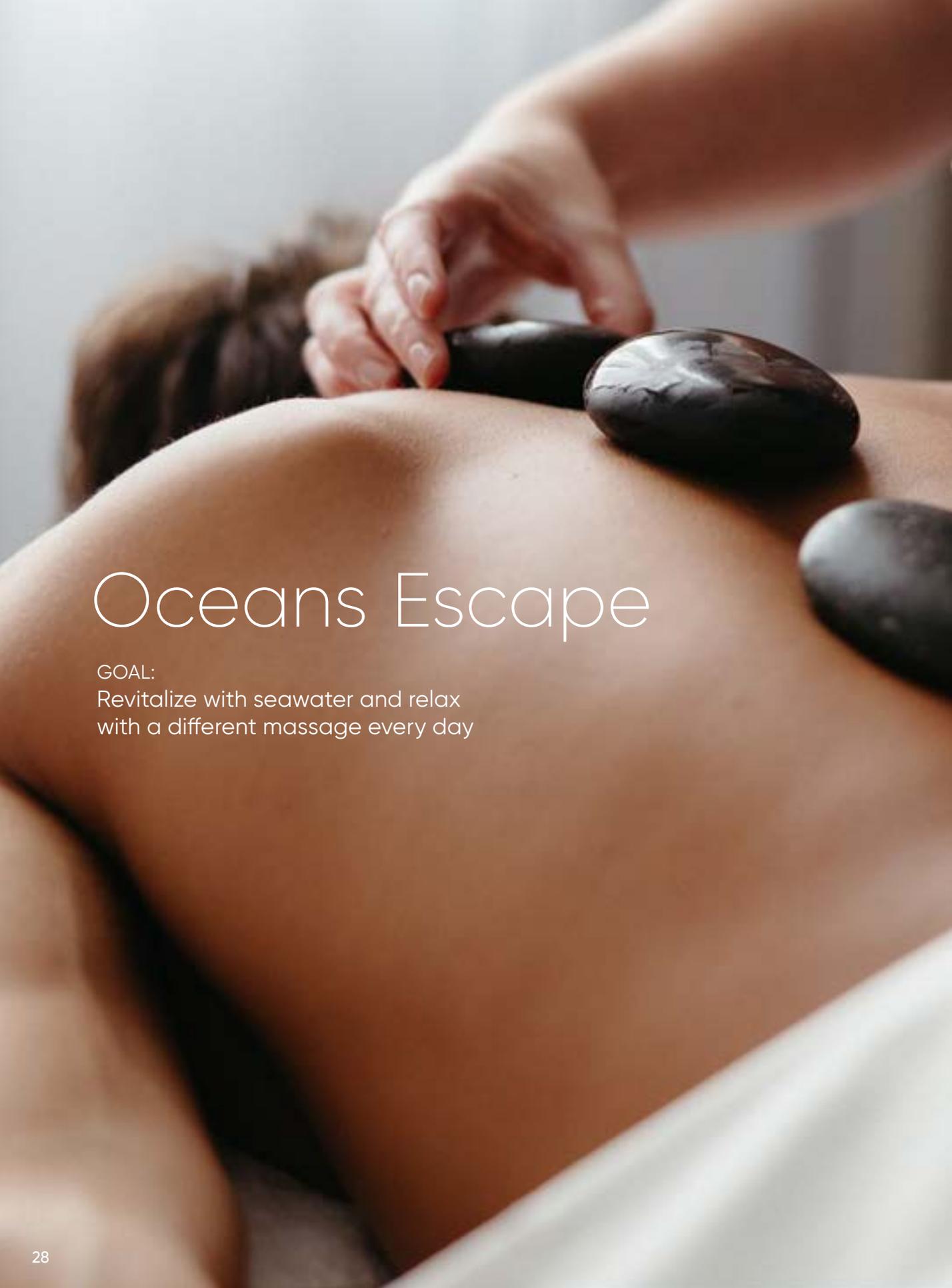


5 days

18 treatments and activities
6 nights including breakfast

* 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.



Oceans Escape

GOAL:

Revitalize with seawater and relax
with a different massage every day

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

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 each) with our partner brand, Origine, and its range of natural treatments that stimulate the senses:

Home port in Quiberon Bay:

- 1 Peninsula 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:

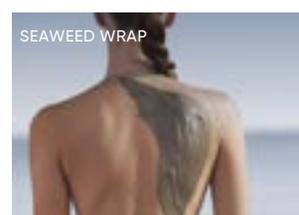
- 1 Native American hot stone massage

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

WITH ACCOMMODATION

From €2,262* per person for 6 nights,
double occupancy, standard room with inland view

We love...



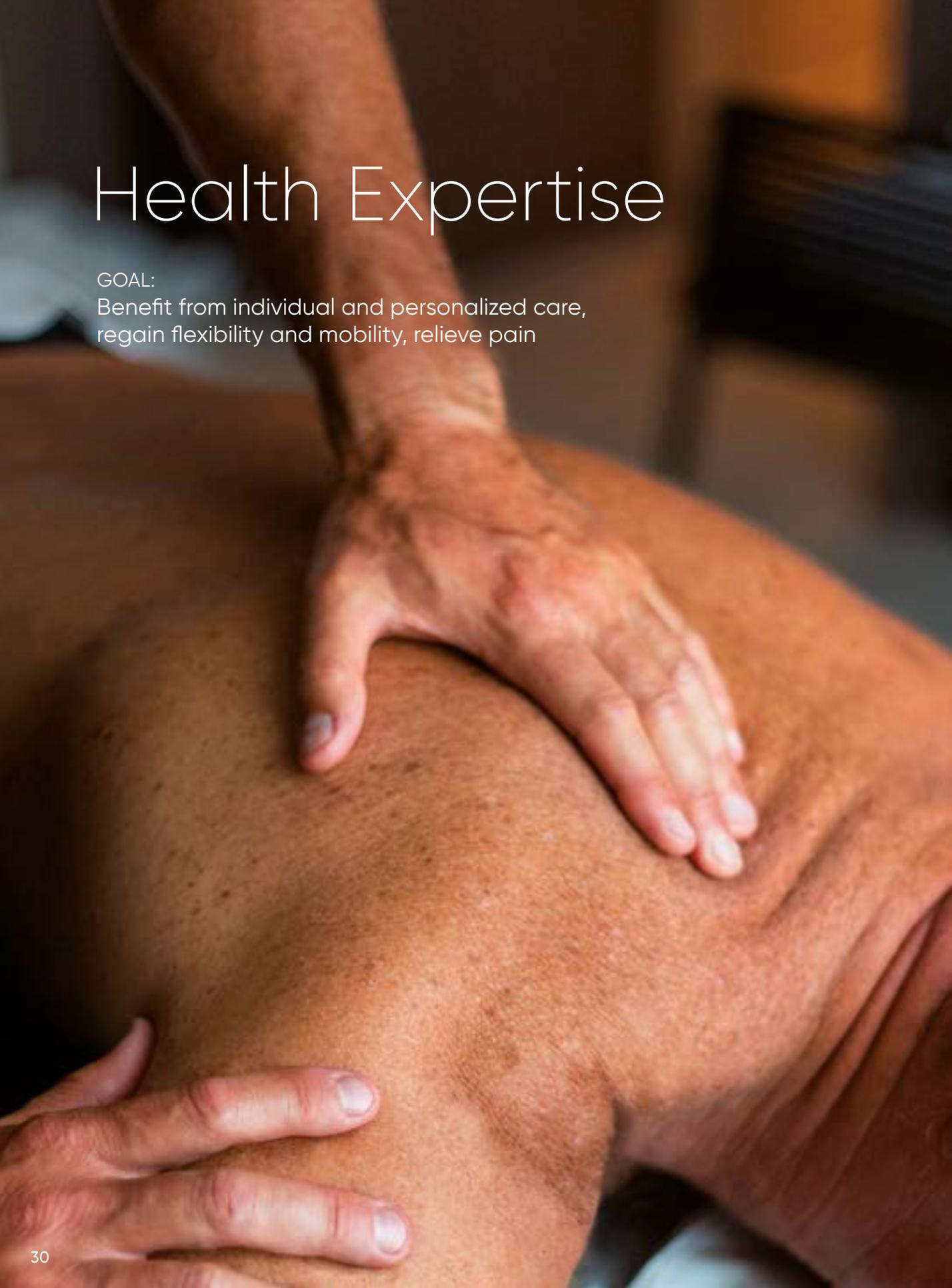
4 to 6 days

4 treatments per day /
6 nights including breakfast

* 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.

Health Expertise



GOAL:

Benefit from individual and personalized care,
regain flexibility and mobility, relieve pain

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

Program takes place from Monday to Saturday
Treatments throughout the day

Get personalized advice

- 1 session with our physical therapist prior to your arrival
- 1 physical therapy assessment on the first day of treatments
- 1 nutrition 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 fasciotherapy session: a manual therapy to gently revive the body's connective tissues

Regain strength, flexibility and coordination

- 3 individual and adapted sessions in the fitness area with a trainer
- 1 individual yoga session or 1 Munz Floor® Method session
- 1 Respiriology session or 1 sensory fitness session

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 via videoconferencing.

WITH ACCOMMODATION

From €2,442* per person,
double occupancy, standard room with inland view

We love...

PHYSICAL THERAPY SESSION



OSTEOPATHY SESSION



YOGA SESSION



6 days

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

* 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.

A close-up, high-speed photograph of a man splashing water on his face in a shower. The water is captured in mid-air, creating a dynamic and energetic scene. The man's face is partially obscured by the water spray, and his eyes are closed. The background is blurred, showing the interior of a shower with light-colored walls and a window.

Flexibility & Mobility

GOAL:

Improve balance and flexibility, relax,
and maintain muscle strength

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

We love...

YOUR 6-DAY PROGRAM

Half-day treatments, organized on alternate mornings and afternoons

Get personalized advice

- 2 nutrition consultations with our dietitians

At your request, the nutrition consultations can be replaced by the following treatments: 1 small-group Pilates mat session (50 min) and 1 purifying seawater bath.

- Specify your preferences when booking

Prepare your skin

- 1 body scrub

Get back in shape and enjoy freedom of movement

6 séances partagées et coachées :

- 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 gentle aqua aerobics session
- 1 low-impact fitness session

Replenish your store of minerals and vitamins while relaxing

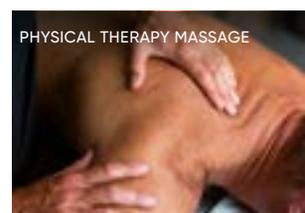
- 3 hydromassage seawater baths
- 3 relaxing marine mud wraps
- 1 relaxing and soothing vichy shower
- 1 hydrolegs session to stimulate circulation or 1 relaxing jet shower

Unwind and relax

- 1 physical therapy massage (50 min)*
- 1 Vitality massage (50 min)*
- 1 Zen massage (50 min)*
- 2 purifying seawater baths
- 2 Music&relax hydrojet sessions

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

* These massages can be replaced by six 25-minute massages. - Specify your preferences when booking



4 to 6 days

4 treatments and/or
sessions per day /
6 nights including breakfast

WITH ACCOMMODATION

From €1,812* per person for 6 nights,
double occupancy, standard 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.

Slimming & Weight-loss

GOAL:
Kick-start your weight loss.



PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

YOUR 6-DAY PROGRAM

Treatments throughout the day

Get personalized advice

- 2 nutrition consultations with our dietitians
- 1 check-up with our fitness trainers

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 1 pressotherapy or 1 Ice Biking session
- 1 seaside Nordic walk

Purify and eliminate toxins with expert beauty products

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

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 toning, aquabiking or aqua jogging

Benefit from advanced technology to slim your body

- 1 LPG body session (40 min)
- 1 LPG body session (25 min)

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 training sessions: 1 x 60 minutes or 2 x 30 minutes

We love...



6 days

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

"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 via videoconferencing.

WITH ACCOMMODATION

From €2,262* per person for 6 nights,
double occupancy, standard 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.



Curated Bliss

GOAL:

Choose your treatments according to your desires,
without any specific program goal

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

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, check-ups and assessments
- 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 by the sea with a fitness 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 scrub
- Thalassa Sea & Skin face and body treatments
- Olivier Claire facial (60 min)
- Swissline facial (60 min)
- Beauty treatment
- Hair care treatment

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.

WITH ACCOMMODATION

From €417* per person and per day,
double occupancy, standard room with inland view

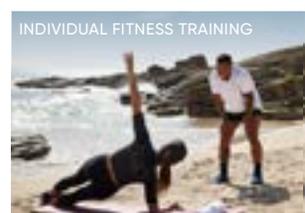
We love...



FACIALS



VICHY SHOWER MASSAGE



INDIVIDUAL FITNESS TRAINING

6 days

From 1 day /
4 treatments per day /
6 nights including breakfast

* 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.



1 to 3 days

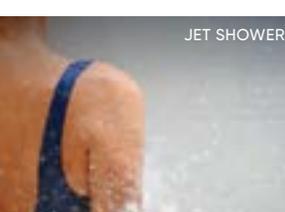
From 1 day / 3 treatments
and activities per day /
1 night including breakfast



HYDROMASSAGE SEAWATER BATH



PURIFYING SEAWATER BATH



JET SHOWER

RELAXATION DURATION

THE PERFECT DURATION TO RELAX AND UNWIND

Sea & Wellness

Goal: Discover the world of seawater wellness

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

Treatments over 1 day:

- 1 hydromassage seawater bath
- 1 MusicÔrelax hydrojet session
- 1 small-group activity in the pool:
underwater jets session or aqua aerobics

Treatments over 2 days:

- 1 hydromassage seawater bath
- 1 remineralizing seaweed wrap
- 1 MusicÔrelax hydrojet session
- 1 jet shower
- 2 small-group activities in the pool:
underwater jets session or aqua aerobics

Treatments over 3 days:

- 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:
underwater jets session or aqua aerobics

WITH ACCOMMODATION

From €345* per person and per day,
double occupancy, standard room with inland view
(maximum 3 days)

WITHOUT ACCOMMODATION

From €135* per person and per day
(maximum 3 days)

* See details and conditions at spa.accor.com.



1 to 3 days

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

RELAXATION DURATION

THE PERFECT DURATION TO RELAX AND UNWIND

Zen Moments

Goal: Enjoy a pampering break

YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY

Half-day treatments, organized on alternate mornings and afternoons

Each day

- 2 seawater treatments and 1 massage (25 min)

Treatments over 1 day:

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

Treatments over 2 days:

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

Treatments over 3 days:

- 2 ydromassage 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)



ZEN MASSAGE



MUSICÔRELAX



RELAXING VICHY SHOWER

WITH ACCOMMODATION

From €380* per person and per day,
double occupancy, standard room with inland view
(maximum 3 days)

WITHOUT ACCOMMODATION

From €170* per person and per day
(maximum 3 days)

* 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.



Sea & Spa

GOAL:

Enjoy a pampering break
with cutting-edge treatments

RELAXATION DURATION

THE PERFECT DURATION TO RELAX AND UNWIND

We love...

YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY

Half-day treatments, organized on alternate mornings and afternoons

Each day

- 1 seawater 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)

Day 2 treatments:

- 1 Music&relax 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 mi)
- 1 Vitality massage (50 min)



1 to 3 days

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

* 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 training session (30 minutes, Day 3). Specify your preferences when booking.

WITH ACCOMMODATION

À From €395* per person and per day, double occupancy, standard room with inland view (maximum 3 days)

WITHOUT ACCOMMODATION

From €185* per person and per day (maximum 3 days)

* 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.

A close-up photograph of water cascading from a showerhead into a bathtub. The water is clear and creates a dynamic, textured pattern of splashes and bubbles. The background is softly blurred, showing the interior of the tub and some structural elements.

À la carte treatments

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.

TREATMENT MENU

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Luxury 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 60 years ago.

Among their many virtues, seawater treatments regenerate your body in minerals, helping to fight against fatigue and stress for long term wellness benefits.

Seawater massages

VICHY SHOWER MASSAGE ⌚ 20 min / €75

A perfect combination.

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

VICHY SHOWER SCRUB ⌚ 20 min / €75

Exfoliating and regenerating.

Enjoy the benefits of a citrus body scrub enhanced by a gentle rhythmic mist of seawater.

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 while soaking up all the regenerative properties of seawater in a single treatment.

JET SHOWER ⌚ 10 min / €50

The sea's solution for a boost of energy.

Restore energy and relieve tension with a jet of seawater that is both precise and encompassing.





Marine wraps

MARINE BODY WRAPS ⌚ 20 min / €70

The regenerative properties of seaweed for your wellness. Remineralize with laminaria, slim down with fucus, detoxify with blue seaweed, relax with marine mud, or enjoy a lighter legs treatment.



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 AND SOOTHING 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.

RELAXING UNDERWATER JETS ⌚ 20 min / €50 (small-group session)

Multiple benefits in a single treatment. Guided by a therapist, enjoy a self-massage session using a jet of seawater that offers countless benefits: muscle relaxation, stimulation of the circulation, easing of the joints... the list goes on!



Wellness essentials

MUSICÔRELAX HYDROJET ⌚ 20 min / €50

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



Made in Quiberon seawater spa treatments

NIRVANA WRAP ⌚ 40 min / €95

A most comprehensive treatment.

Relax deeply with a remineralizing seaweed body wrap and bio-cellulose face mask, accompanied by an audio Sophrology session.

Beauty, relaxation and the benefits of seawater, all combined in one complete treatment. The quintessence of wellness.

AQUASENSORIEL SESSION ⌚ 40 min / €100

Abandon 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.

Our hydrotherapists love...

COOL ATTITUDE HYDROMASSAGE SEAWATER BATH ⌚ 20 min / €60

The art of bubble therapy.

The perfect treatment to unwind and de-stress: a massage by relaxing seawater jets with the application of anti-fatigue eye patches while enjoying music through your headphones. Just kick back and chill out.

COLD AND BOLD TREATMENT ⌚ 10 min / €15 (small-group session)

Take a dip in cold sea water.

A fun and extremely beneficial session. Thanks to appropriate breathing techniques, you will learn to brave cold water to experience its stimulating effect on blood circulation, its strengthening of the immune system, and above all its psychological and euphoric benefits. You will love it!





Facial treatments

By OLIVIER CLAIRE - Major Beauty Treatments

OLIVIER CLAIRE, pioneer in clean beauty, 100% made in France.

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.

DEEP MAJOR BEAUTY TREATMENT ⌚ 90 min / €280

The quintessence of Olivier Claire skin care expertise.

A holistic, plant-based treatment specially created to restore the skin's firmness and vitality. The synergy of rare and precious active ingredients of natural origin reinforces cellular activity.

A moment of absolute relaxation to firm and revitalize the face, with remodeled contours and radiant, glowing skin.

ANTI-WRINKLES MAJOR BEAUTY TREATMENT ⌚ 60 min / €190

Targeted efficacy.

Highly concentrated in plant extracts and hyaluronic acid, this treatment, applied using expert techniques, stimulates cellular action to reinforce and preserve the skin's youthful appearance.

The contours of the face are redefined, the skin is intensely moisturized and plumped.

Our beauticians love...

REVELATION FACIAL BY OLIVIER CLAIRE ⌚ 45 min / €130

The perfect introduction to Olivier Claire's anti-ageing expertise.

An indulgent, highly effective and natural treatment using exclusive formulas enriched with rare plant-based active ingredients.

For firmed and revitalized skin and an enhanced, radiant complexion.

FOREVER YOUNG TREATMENT ⌚ 25 min / €100

An exceptional treatment to erase the signs of fatigue.

A highly concentrated cocktail of active plant ingredients to smooth wrinkles and fine lines, and to moisturize, tone and revitalize the skin.

The gentle lifting effect leaves the skin looking visibly younger.

For a radiant, healthy and glowing complexion.




OLIVIER CLAIRE
PARIS



swiss line
BY DERMALAB

By SWISSLINE

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.

QUIBERON EDITION TARGETED TREATMENT ⌚ 60 min / €200 – 75 min / €260

Swiss precision for your wellness needs.

Fast, precise, and above all highly effective, this completely personalized treatment uses the Age of Intelligence Exclusive Boosters collection.

Inspired by the Thalassa Sea & Spa Quiberon Wellness Instants, four versions of this customized treatment are available: Energy, Serenity, Detox and Radiance.

The 75-minute treatment includes the exclusive **Swiss Eyes Specialist treatment** by Swissline.

TARGETED TREATMENT FOR MEN ⌚ 60 min / €200

The treatment men have been waiting for.

Designed especially for men and for the specific requirements of their skin, this treatment uses pharmaceutical grade ingredients to improve skin resilience and combat the signs of aging.

Our beauticians love...

LE GRAND SOIN AU COLLAGÈNE PUR ⌚ 90 min / €350

The ultimate expression of Swissline's savoir-faire.

This facial completely transforms the skin thanks to the association of pure collagen, pure silk, and plant-based growth factors. The skin is rejuvenated. Treatment recommended for stressed, dull or aged skin.

SWISS VIRTUAL SURGERY TREATMENT ⌚ 60 min / €230

Repair and recovery.

Revolving around the brand's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover. A good choice for skin that feels aggressed, before or after medical cosmetic procedures.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



SWISS EYES SPECIALIST TREATMENT ⌚ 30 min / €100

Taking eye-care to a new level of excellence. This exceptional and highly effective treatment instantly erases the tell-tale signs of aging and fatigue around the eyes. The eye contour area is deeply re-hydrated and redefined.

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

Dazzlingly effective. For smooth, radiant, younger-looking skin.

AQUA-NOURISHING SOOTHING TREATMENT ⌚ 50 min / €110

A complexion that radiates calm and serenity. For rehydrated, soothed, and silky-soft skin.

PURIFYING MARINE TREATMENT ⌚ 50 min / €110

The treatment that makes all the difference. For purified skin with a smoothed texture.

EXPRESS PLUMPING TREATMENT ⌚ 25 min / €85

Time stands still. For skin that is plumped and rejuvenated.

IMMEDIATE RADIANCE TREATMENT ⌚ 25 min / €85

Dazzlingly effective. For a burst of radiance.

Depending on your skin type, the choice of facial may be decided by your beautician.



Thalassa
SEA & SKIN

Take your facial to the next level

LED PHOTOMODULATION MODULE ⌚ 25 min / + €50

Complete your facial with the cosmetic LED photomodulation module for even better results.



Hi-tech facial treatments

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

"PLEINE LUMIÈRE" SIGNATURE TREATMENT ⌚ 50 min / €120

In partnership with RESSOURCE Corps-Mental – SOPHRO MASQUE®

The treatment that combines beauty and deep relaxation.

An association of light therapy, the application of a beauty mask, and an audio Sophrology session.

ENDERMOLIFT FACIAL TREATMENT BY LPG ⌚ 40 min / €115

With optional application of an anti-aging cellulose mask 15 minutes / + €15

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 our 3-session program at €300.

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.



LPG[®]
endermologie



Body treatments

By ORIGINE

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.

“Departure from Quiberon” Rituals

A body scrub or a wrap followed by a massage for an exceptional journey for the senses. Precious, magical moments guaranteed.

JOURNEY TO BALI RITUAL ⌚ 75 min / €200

Pampering and intoxicating.

Immerse yourself in the beneficial properties of flowers as the exhilarating scent of frangipani transports you to a world of voluptuous beauty.

Our beauticians love...

CRUISE TO HAWAII RITUAL ⌚ 75 min / €200

Enticingly exotic.

Escape to the luxuriant paradise of the Hawaiian Archipelago through this Ritual associating the delicious fragrance of mango.



By Thalassa Sea & Skin

Through unique fragrances and textures, discover the pleasure and unparalleled virtues of our exclusive seawater spa treatments.

ESSENTIAL WELLNESS BACK TREATMENT ⌚ 50 min / €110

Bliss for stiff backs.

This treatment combines a body scrub and 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

For purified skin with a smoothed texture.

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



High-tech body treatments

By CRYOJET

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



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 ⌚ 25 min / €95 – 40 min / €115

3 sessions program

LPG Alliance – ⌚ 25 min / €255
LPG Alliance – ⌚ 40 min / €305



Massages

Exclusive Quiberon Massages

SUPREME FOUR-HAND MASSAGE ⌚ 25 min / €120

Twice the relaxation.

The ultimate in relaxing massages thanks to harmoniously synchronized gliding movements performed by two massage therapists.

"INNER BALANCE" MASSAGE ⌚ 50 min / €140

Strengthen the IQ of your second brain.

The stomach reflects our psychological state. Massaging the abdominal reflex zones dissolves the tension points responsible for numerous disorders and restores harmony to the body's internal energies.

"HEAVENLY LIGHTNESS" LYMPHATIC DRAINAGE ⌚ 50 min / €140

More gentleness for a greater sensation of lightness.

This gentle manual technique effectively eliminates toxins and boosts the immune system. Unbeatable for problems associated with tired legs, water retention, and cellulite.



Our massage therapists love...

PENINSULA MASSAGE ⌚ 50 min / €145

Discover our exceptional and exclusive Quiberon massage.

This massage focuses on the upper body, releasing tension in the back and stimulating total relaxation of the face and scalp.



The classics

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

Calming the mind.

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

ZEN MASSAGE ⌚ 50 min / 135 €

Gentle release.

Expert hands gliding slowly and gently over the body to procure a sensation of intense letting go.

VITALITY MASSAGE ⌚ 50 min / €135

Revitalizing treatment for athletic people.

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

Massages from around the world

Before your massage, choose your massage oil from the three selected scents in the ORIGINE range.

HAWAIIAN LOMI LOMI MASSAGE ⌚ 50 min / €145

An invitation to travel to exotic lands.

An authentic treatment imbued with spiritual wisdom to rebalance the energy flowing through the body, inspired by the movement of the waves.

BALINESE MASSAGE ⌚ 50 min / €145

Harmony of body and mind.

Inspired by both Ayurvedic philosophy and traditional Chinese medicine, this massage restores balance to the body and mind.



Beauty treatments & Hair care

Hand and nail care

MANICURE ⌚ 45 min / €45

Pretty, well-shaped and trimmed nails. Cutting, shaping, soaking, cuticle care, massage and polish.

EXPRESS MANICURE ⌚ 30 min / €30

Nail care and beauty. Cutting, shaping, cuticle care and polish.

Consult our beauty treatment menu comprising makeovers, manicures, pedicures and more at the Reception Desk or at the Cosmetic' Bar.



Leonor Greyl
PARIS

Hair care – Hair treatments 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.

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

Desensitizing treatment for even the most stressed out of scalps (oil, wash and blow dry).

LEONOR GREYL DISCOVERY TREATMENT ⌚ 30 min / €80

Repairing treatment adapted to your hair type (oil, treatment and blow dry).

For more information about our hair styling and barber treatments, ask at the Reception Desk.



Balance & Wellness treatments



Variations on Relaxation or Meditation

MUNZ FLOOR® METHOD SESSION ⌚ 50 min / €30 (small-group session) New

The revolutionary new wellness method.

Discover a new and innovative method developed by a former principal dancer of the Berlin Opera Ballet, performed lying on the floor for a deep and long-lasting self-massage of the fasciae.

Guaranteed pain relief, particularly for chronic back pain.

INITIATION TO MINDFULNESS MEDITATION

⌚ 50 min / €30 (small-group session) - ⌚ 50 min / €85 (personalized session)

Freeing the mind.

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

Our wellness therapists love...

OCEAN HORIZON MEDITATION ⌚ 50 min / €85

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

AFGHAN WALKING (OR "LAND & SEA" MINDFULNESS WALK) ⌚ 50 min / €30 (small-group session)

Breathing and letting go.

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

SENSORY FITNESS ⌚ 50 min / €30 (small-group session)

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.

RESPIROLOGY ⌚ 50 min / €30 (small-group session)

Learning to breathe.

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



A world of Sophrology

INTRODUCTION TO SOPHROLOGY ⌚ 50 min / €30 (small-group session)

Learning to connect mind and body.

Discover Sophrology and develop a deeper awareness of your perceptions and your feelings. Become more attentive to your needs and learn how to cultivate relaxation in the body and serenity in the mind.

SOPHRO MASSAGE ⌚ 50 min / €120

Clearing the mind.

Experience a unique treatment that subtly and harmoniously combines the practice of Sophrology with a massage of the head and face, directly inspired by the Ayurvedic "Shirochampi" massage.

Yoga moments

YOGA ⌚ 50 min / €30 (small-group session) - ⌚ 50 min / €85 (personalized session)

Finding spiritual and physical balance.

An age-old discipline to find balance and harmony within and with the surrounding environment.

Our different classes to boost your health:

Hatha yoga – posture

Pranayama Yoga – breath

Nidra Yoga – sleep

Belly yoga – digestion



Wellness expertise

Our health experts love...

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.

Our reception teams love...

SHIATSU OSTEO CONCEPT® ⌚ 25 min / €90

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





Fitness training

Training in the fitness area

FITNESS ASSESSMENT ⌚ 55 min / €85

PERSONALIZED TRAINING ⌚ 25 min / €55 - 50 min / €95

FOR TWO ⌚ 25 min / €40 per person. - ⌚ 50 min / €70 per person

TRIATHLON IMMERSIVE ROOM ⌚ 25 min / €45 - 50 min / €80 New

Small-group or individual session. Virtually real.

A connected indoor training session, on a treadmill (not connected) or bike equipped with a home trainer, reproducing real triathlon competitions on a giant screen.

CROSS TRAINING ⌚ 50 min / €45 (1 to 2 people) New

An intensely comprehensive workout.

An intensive session based on ultra-cardio muscle-strengthening exercises (fitness, weightlifting and athletic strength training) to improve endurance, power and mobility.

BOXE TRAINING ⌚ 25 min / €55 - 50 min / €95

FOR TWO ⌚ 25 min / €40 per person - 50 min / €70 per person

Channel your inner Mohammed Ali.

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

PILATES ⌚ 50 min / €95 - Beginner and intermediate levels.

MAT: A gentle and effective method for strengthening the deep muscles responsible for posture.

REFORMER: 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 tone, and a significant gain in flexibility.





Our fitness trainers love...

ALTERG® SESSION ⌚ 25 min / €60

Training like an astronaut.

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



SMALL-GROUP SESSIONS ⌚ 25 min / €25

Something for every athlete.

Introduction to Pilates, stretching, and circuit training to firm and tone the muscles, and sculpt the figure. Or a low-impact fitness session for a more gentle workout.

Training in our seawater pool

ICE BIKING ⌚ 20 min / €30 New

An ingenious combination of the benefits of a cold bath and a fitness activity in seawater. This coached aquabiking session for two takes place in a pool of cold water (13°C/55°F). Invigorating and stimulating, it promotes a lighter legs effect and helps burn a maximum of calories.

PERSONALIZED WATER FITNESS ⌚ 25 min / €55 - ⌚ 50 min / €95

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).

SMALL-GROUP SESSIONS ⌚ 25 min / €25

All the revitalizing properties of seawater for better results.

Aqua Pilates, aqua training, aqua jogging, aqua toning or gentle aqua aerobics, relaxing Aquazen, aquabiking or aqua boxing in a heated seawater pool.





Club Quiberon ADDICT

Sofitel Quiberon Thalassa Sea & Spa has created this exclusive Club granting ADDICT Members year-round access to our expertise and premium facilities, with a choice of two membership options.

UNLIMITED ACCESS TO OUR RELAXATION AREA: seawater pool, hydrotherapy pool, outdoor whirlpool, sauna and hammam, and to our Fitness Area (weights room). Open 7 days a week – 9:00am to 12:30pm and 2:00pm to 6:00pm

FITNESS ADDICT & WELLNESS ADDICT: 2 OPTIONS

FITNESS ADDICT

- One fitness assessment with our trainer at the start of your membership
- Access to the small-group training sessions (25 min*) in the fitness area or the pool (1 session per day excluding Sundays)
- One complementary AlterG® anti-gravity treadmill session or Cold and Bold treatment per month

WELLNESS ADDICT

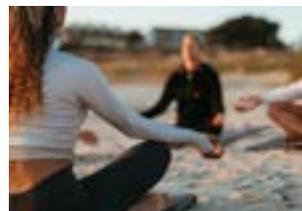
- One individual relaxation session with our relaxation therapist at the start of your membership
- Access to the small-group "Balance & Wellness" sessions (50 min*) (1 session per day excluding Sundays)
- One complementary Cold and Bold treatment or Cool Attitude hydromassage seawater bath per month

ADVANTAGES FOR ADDICT MEMBERS

- One complementary discovery treatment from among the seawater spa essentials range with the first membership subscription
- Bathrobe and towel available every day
- Exclusive discounts on our à la carte treatments and our restaurants

MEMBERSHIPS:

- 3 months: €690 (€230 per month)
- 6 months: €1,230 (€205 per month)
- 12 months: €2,280 (€190 per month)



Terms and conditions: Access to the sessions subject to booking and valid from the date of purchase.

* Registration for small-group sessions subject to booking and availability.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



Day packages

I LOVE SEAWATER SPA TREATMENTS - €79

- 1 individual treatment to choose from: relaxing vichy shower, hydromassage seawater bath, jet shower, hydrolegs or Music&relax hydrojet session
- 1 small-group activity in the pool to choose from: underwater jets session, aqua aerobics

Treatments throughout a morning or afternoon.

- Access to the Relaxation Area

MY DREAM BREAK - €99

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

Treatments throughout a morning or afternoon.

- Access to the Relaxation Area

I LOVE WELLNESS GETAWAYS - €210

To experience unique moments of relaxation:

- 4 seawater spa treatments: hydromassage seawater bath, seaweed wrap, underwater jets session, and Zen massage (25 min)

Two-course lunch (starter/main or main/dessert)

Treatments throughout the day.

- Access to the Relaxation Area

Sports & Spa programs

YOU ARE THE CHAMPIONS - half day – 2 activities – €120

Be treated like a champion: after an intense and exhilarating Boxing Training session, recover with a massage (25 min) performed by a physical therapist, just like a top-level athlete.

SPORT & BUBBLES - half day – 2 activities – €90

One fitness activity of your choice with a trainer, whether the precision of Pilates or the cardio of Boxing Training, followed by a hydromassage seawater bath for effective recovery thanks to the benefits of seawater.

Brunch & Spa

(April to September)

Brunch also available on Sundays 7 January, 18 February and 31 March

Make Sundays even more enjoyable by combining gourmet pleasures with the benefits of seawater. As a bonus: These three programs grant you access to our Relaxation Area on Sunday afternoon.

BRUNCH & SEA & SPA - €95

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

BRUNCH & SEAWATER SPA - €145

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

BRUNCH & BEAUTY SPA - €195

- 1 brunch at La Presqu'île Restaurant
- 2 individual Spa & Beauty treatments on Sunday afternoon:
 - 1 Zen massage (25 min)
 - 1 Thalassa Sea & Skin facial (50 min)

Keep an eye out throughout the year for our special offers for Valentine's Day, Mother's Day, Father's Day, World Maritime Day, and many more.

The Relaxation Area is open Monday to Saturday 9:00am to 12:30pm and 2:00pm to 6:00pm, and Sunday 9:30am to 12:15pm and 1:30pm to 6:00pm.

* Subject to availability.



Gift Card

Thalassa

SEA & SPA

OFFER YOUR LOVED ONES
AN UNFORGETTABLE
WELLNESS EXPERIENCE

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.)

INFORMATION AND BOOKINGS at spa.accor.com
[@Thalassaseaspa](https://www.instagram.com/Thalassaseaspa)

Book all your wellness experiences at

SPA.ACCOR.COM

Seawater spa breaks

À la carte treatments

Gift cards



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.accor.com

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

Practical information

The time to take your time: In 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 at +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. Certain treatments or 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 Zen relaxation lounge 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 is open Monday to Saturday 9:00am to 6:30pm, and Sunday 9:00am to 6:00pm.

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.spa.accor.com.

(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.

Thalassa

SEA & SPA

THALASSA QUIBERON
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#ThalassaSeaAndSpa

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spa.accor.com

OUR DESTINATIONS
IN FRANCE
AND AROUND THE WORLD

QUIBERON

LE TOUQUET

ILE D'OLÉRON

BIARRITZ

HYÈRES

GOLFE D'AJACCIO

ESSAOUIRA

AGADIR



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