

# 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 m<sup>2</sup>, 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 CONTENTS

Luxury seawater treatments	50
Seawater massages	51
Marine wraps	52
Seawater spa essentials	52
Wellness essentials	52
New seawater spa treatments	53
Facial treatments	54
By OLIVIER CLAIRE	54
By SWISSLINE	56
By ALGOLOGIE	58
Hi-tech facial treatments	60
Body treatments	62
By ORIGINE	63
By SWISSLINE	63
By ALGOLOGIE	63
Hi-tech body treatments	64
Massages	65
Exclusive Quiberon Massages	65
The classics	66
Massages from around the world	66
Beauty treatments & Hair care	67
Balance & Wellness treatments	68
Variations on Relaxation	69
Yoga moments	70
Wellness expertise	71
Fitness training	72
Training in the fitness area	72
Training in our seawater pool	73
Club Quiberon ADDICT	74
Day packages	76
Sports & Spa programs	76
Brunch & Spa	77
Practical information	79



Book a treatment valued at €70 or more on weekdays, or €80 on weekends, and enjoy complimentary access to our Relaxation Area. Indulge in the 25-meter seawater pool, hydrotherapy pool, outdoor whirlpool bath, sauna and hammam, as well as our Fitness Area, for half a day. Small-group sessions and swimming lessons are exclusively offered as part of a treatment program.



# Luxury seawater treatments

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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 with minerals, helping to combat fatigue and stress for long term wellness benefits.

## Seawater massages

**VICHY SHOWER MASSAGE** ⌚ 20 min / ● €85 - ● €95

*A perfect combination*

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

**VICHY SHOWER SCRUB** ⌚ 20 min / ● €85 - ● €95

*Exfoliating and regenerating.*

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

**PURIFYING SEAWATER BATH** ⌚ 20 min / ● €85 - ● €95

*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 / ● €70 - ● €80

*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.



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● : Monday to Friday - ● : weekends, public holidays and school vacations

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## Marine wraps

**MARINE BODY WRAPS** ⌚ 20 min / ● €80 - ● €90

*Le fabuleux pouvoir des algues au service de votre mieux-être.*  
Reminéralisant aux algues laminaires, décontractant aux boues marines, amincissant aux algues fucus, raffermissant aux algues bleues, enveloppement jambes légères ou themosudation détoxifiant.

## Seawater spa essentials

**HYDROMASSAGE SEAWATER BATH** ⌚ 20 min / ● €70 - ● €80

*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 / ● €70 - ● €80

*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 / ● €25 - ● €35 (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 / ● €70 - ● €80

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

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## New seawater spa treatments

*Our hydrotherapists love...*

**NIRVANA WRAP** ⌚ 40 min / ● €100 - ● €110

*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 - ● €110

*Surrender 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.

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

*Brave a dip in cold sea water.*  
A fun and extremely beneficial session. Thanks to appropriate breathing techniques, you will learn to brave the 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!

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# Facial treatments

By OLIVIER CLAIRE  
Natural - Effective - Authentic

French clean beauty brand Olivier Claire is reinventing anti-aging cosmetics on a global scale with its highly concentrated creations. Each formula contains a trove of rare natural active ingredients with scientifically proven efficacy. These treatments have an immediate effect on even the most complex skin, heightened with regular use to attenuate the signs of aging.



**DEEP MAJOR BEAUTY TREATMENT** ⌚ 90 min / ● €280 - ● €290  
*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.

*Our beauticians love...*

**YOUTHFUL MOISTURIZING TREATMENT** ⌚ 60 min / ● €190 - ● €200  
*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.

**REVELATION FACIAL BY OLIVIER CLAIRE** ⌚ 45 min / ● €130 - ● €140  
*The perfect introduction to Olivier Claire's anti-aging 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 - ● €110  
*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.

**EXPERT EYE CARE** ⌚ 25 min / ● €85 - ● €95  
*The best way to brighten your eyes..*

Highly effective natural active ingredients gently treat the delicate area around the eyes, preventing and reducing fine lines, dark circles and puffiness. A lasting effect of soothed and radiant eyes.

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## 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.

*Our beauticians love...*

**LE GRAND SOIN AU COLLAGENE PUR** ⌚ 90 min / ● €350 - ● €360

*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.

**QUIBERON EDITION TARGETED TREATMENT** ⌚ 60 min / ● €200 - ● €210 - 75 min / ● €260 - ● €270

*Swiss precision for your wellness needs.*

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

**QUIBERON EDITION TARGETED TREATMENT WITH OBSERV SKIN ANALYSIS**

⌚ 90 min / ● €260 - ● €270

Observ520x is the most powerful skin consultation tool available for clearly diagnosing and resolving specific skin problems. It reveals more than the eye can see, providing information on the wrinkles, fine lines, spots and loss of volume that emerge deep within the skin.

**TARGETED TREATMENT FOR MEN** ⌚ 60 min / ● €200 - ● €210

*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.

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**SWISS OXYGEN TREATMENT** ⌚ 60 min / ● €230 - ● €240 - **New**

*100% vegan treatment: the ultimate antidote to tired skin.*

This treatment stimulates, strengthens and detoxifies the skin by promoting oxygen consumption at a cellular level. It tackles the damaging effects of an urban lifestyle on the skin, such as pollution, smoking and lack of sleep, by boosting the skin's capacity to absorb nutrients.

**SPECIALIST EYE TREATMENT** ⌚ 30 min / ● €100 - ● €110

*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.

## Finishing touches of perfection

Choose one of the following to add a final flourish of perfection to your Swissline treatment:

**EYE FOCUS** ⌚ + 15 min / + €45

*For a flawless gaze.*

With our 92% pure collagen eye mask, this targeted treatment smoothes the eye contour, widens the eyes, and fills in fine lines and wrinkles.

**FACECULPT MASSAGE** ⌚ + 20 min / + €60

*To stimulate and reshape from the inside out.*

An innovative massage in which the therapist smoothes and reshapes the oval of the face from inside the mouth.

**PERFECT DÉCOLLETÉ** ⌚ + 25 min / + €60

*To firm and lift.*

Designed to give your décolleté a feeling of renewed firmness and vitality, this treatment combines purifying and lifting movements to stimulate blood and lymph circulation, eliminating toxins and accumulated tension.

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**swiss line**  
BY DERMALAB



## By ALGOLOGIE

Algologie, the power of marine biotechnology. Breton skincare brand Algologie's products draw their power from the synergy of marine super-ingredients and the pure Gulf Stream seawater they contain. Like a shot of cellular energy, they revitalize the skin's cell activities with ANTI-POLLUTION | ANTI-OXIDIZING | ANTI-AGING effectiveness.

**PRESQU'ILE PLUMPING TREATMENT** ⌚ 75 min / ● €140 - ● €150

*An ultra effective all-round anti-aging treatment.*

For mature and sensitive skin.

**Firmer skin, plumper features and redefined facial contours.**

**PERFECTEUR DE L'ARCHIPEL PURIFYING TREATMENT** ⌚ 50 min / ● €120 - ● €130

*Purifies and rebalances the skin*

For combination to oily skin prone to imperfections.

**For purified skin with a healthy glow that looks and feels as good as new.**

**RESSOURÇANT DES VAGUES HYDRATION TREATMENT** ⌚ 50 min / ● €120 - ● €130

*Deeply quenches the skin for comfort and radiance.*

For skin lacking moisture.

**Intensely moisturized skin, smoother features and a fresh, rested complexion.**

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

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**PEN LAN ENERGIZING GLOW TREATMENT** ⌚ 50 min / ● €120 - ● €130

*A sensory treatment for rejuvenated skin.*

For any skin type lacking radiance.

**Intensive regeneration, replenished skin and a radiant complexion.**

**DÉSSENSIBILISANT DES DUNES SOOTHING TREATMENT** ⌚ 50 min / ● €120 - ● €130

*Intensive repair and protection.*

For sensitive skin weakened by external aggressions.

**Soothed, comforted skin for unrivaled softness.**

**RIVAGE LIFTING TREATMENT** ⌚ 50 min / ● €120 - ● €130

*Complete treatment for younger-looking skin.*

For marked skin lacking firmness and radiance.

**Smoother lines, firmer skin and a radiant, luminous complexion.**

**RADIANCE DISCOVERY FACIAL** ⌚ 25 min / ● €85 - ● €95

*Fast-acting revitalizing treatment for beautifully radiant skin.*

**Revitalized skin with an even, luminous complexion.**

*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.

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

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## Hi-tech facial treatments

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

**PLEINE LUMIÈRE SIGNATURE TREATMENT** ⌚ 50 min / ● €120 - ● €130

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 - ● €125

With an optional 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.**



**LPG**<sup>®</sup>  
endermologie

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# Body treatments

## By ORIGINE

### "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 - ● €210

*Exquisite plant-based pampering.* 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 - ● €210

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

## By SWISSLINE

**SWISS SILHOUETTE** ⌚ 50 min / ● €200 - ● €210 - **New**

A bespoke approach to shaping and lifting, for all body types and all needs. This treatment is a synergy of lymphatic drainage and maderotherapy (a massage technique using wooden tools), that procures an immediate sensation of lightness.

### Exclusive Quiberon treatments

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

**"NOURISH & RELEASE" BACK TREATMENT** ⌚ 50 min / ● €120 - ● €130

*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.

**"NOURISH & GLOW" SKIN TREATMENT** ⌚ 50 min / ● €120 - ● €130

*A delicious cocoon of softness.* Wrapped in a velvety cocoon, the body is pampered and the skin is perfectly nourished and hydrated.

## By ALGOLOGIE

**ALGOLOGIE REVITALIZING BODY SCRUB** ⌚ 20 min / ● €85 - ● €95

*For skin that looks and feels as good as new..* An ultra-sensorial body scrub with salt crystals for energizing skin exfoliation. Freed of impurities, the skin is silky soft, revitalized and toned.







## Hi-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 / ● €40 - ● €50

3 sessions / €110

6 sessions / €195

### 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

⌚ 20 min / ● €95 - ● €105

⌚ 40 min / ● €115 - ● €125

#### 3 sessions program

LPG Alliance - ⌚ 20 min / ● €255 - ● €265

LPG Alliance - ⌚ 40 min / ● €305 - ● €315

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## Massages

### Exclusive Quiberon Massages

**"INNER BALANCE" ABDOMINAL MASSAGE** ⌚ 50 min / ● €145 - ● €155

*Strengthening 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 SESSION** ⌚ 50 min / ● €145 - ● €155

*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 - ● €155

*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.

**FOUR-HANDED SUPREME MASSAGE** ⌚ 25 min / €135 Available only on weekdays

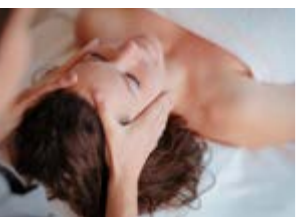
*Twice the relaxation.*

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

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## The classics

**ZEN MESSAGE** ⌚ 50 min / ● €135 - ● €145

*Gentle release.*

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

**VITALITY MESSAGE** ⌚ 50 min / ● €135 - ● €145

*Revitalizing treatment for athletic people.*

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

**TOTAL RELAXATION FACE OR SCALP MESSAGE** ⌚ 25 min / ● €85 - ● €95

*Calming the mind.*

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

## Massages from around the world

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

**HAWAIIAN LOMI LOMI MESSAGE** ⌚ 50 min / ● €145 - ● €155

*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 MESSAGE** ⌚ 50 min / ● €145 - ● €155

*Harmony of body and mind.*

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

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## Beauty treatments & Hair care

### Hand and nail care

**MANICURE** ⌚ 45 min / €45

Pretty, well-shaped 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 and more at the Reception Desk or at the Cosmetic' Bar.**

### Hair care – Hair treatments by Leonor Greyl

Leonor Greyl is a specialist brand for natural hair products.

Effective treatments for hair that is shinier, healthier, and more beautiful than ever before.

**WHEAT GERM OIL TREATMENT** ⌚ 75 min / ● €140 - ● €150

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 - ● €150

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

**COMPLETE TREATMENT FOR MEN** ⌚ 75 min / ● €140 - ● €150

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

**LEONOR GREYL DISCOVERY TREATMENT** ⌚ 30 min / ● €85 - ● €95

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.**

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Leonor Greyl  
PARIS



# Balance & Wellness treatments

## Variations on Relaxation

Available Monday to Friday

**MUNZ FLOOR® SESSION** - ⌚ 50 min / €30 (small-group session)  
Discover an innovative, somatic method to release tension and promote flexibility of the spine. Performed on the floor with slow, spiral movements, this method is suitable for people of all ages, except pregnant women or anyone who has undergone surgery in the last three months.

**INITIATION TO MINDFULNESS MEDITATION**  
⌚ 50 min / €30 (small-group session) - ⌚ 50 min / €85 (personalized session)  
*Free your mind.*  
Learn to focus on the present moment and to free yourself from the constant stream of thoughts invading you.

*Our beauticians 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.

**MINDFULNESS WALK (INSPIRED BY THE AFGHAN 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.





## Yoga moments

### YOGA

🕒 50 min / €30 (small-group session)

Personalized session 🕒 50 min / ● €85 - ● €95

*Finding spiritual and physical balance.*

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

#### Our different classes to boost your health:

**Hatha Yoga** – posture

**Pranayama yoga** – breath

**Yoga nidra** – sleep

**Belly yoga** – digestion

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## Wellness expertise

*Our health experts love*

**FASCIATHERAPY** 🕒 50 min / €150

*Relaxing your fasciae.*

This therapeutic manual technique solicits the body's self-regulation capacities, taking into account physical and mental unity and the perception of the body.

Available Thursday to Friday

**OSTEOPATHY** 🕒 50 min / €150

*Hands-on therapy.*

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

Available Monday to Wednesday

*Our reception teams love*

**SHIATSU OSTEO CONCEPT®** 🕒 25 min / €95

*A combination of Eastern and Western alternative medicines.*

A manual therapy combining shiatsu and osteopathy to totally rebalance the body.

Available Monday to Wednesday

**NATUROPATHY CONSULTATION** 🕒 50 min / €70

Natural health guidance based on a holistic approach: physical, physiological and emotional. Advice is tailored to the unique needs of each individual.

Naturopathy is not a medical consultation, and no diagnosis is made during the interview.

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## Fitness training

### Training in the fitness area

**FITNESS ASSESSMENT** ⌚ 55 min / ● €85 - ● €95

**PERSONALIZED TRAINING** ⌚ 25 min / ● 55 € - ● €65 - 50 min / ● €95 - ● €105

**FOR TWO** ⌚ 25 min / ● €40 per person - ● €50 per person  
⌚ 50 min / ● €70 per person - ● €80 per person

**TRIATHLON IMMERSIVE ROOM** ⌚ 25 min / ● €45 - ● €55 - 50 min / ● €80 - ● €90

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 per person (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 € par pers. - 50 min / €70 par pers.

*Channel your inner Mohammed Ali.*

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

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

- **FLOOR EXERCISES:** 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.

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*Our fitness trainers love*

**ALTERG® SESSION** ⌚ 25 min / ● €60 - ● €70

*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 - 50 min / €40

*Something for every athlete.*

Cross Training, Boxing Training, 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 virtues of a cold bath with exercising in seawater.*

This coached aquabiking session for two takes place in a pool of cold water. Invigorating and stimulating, it promotes a lighter legs effect and helps burn a maximum of calories.

**PERSONALIZED AQUA FITNESS SESSION\*** ⌚ 25 min / ● €55 - ● €65 - 50 min / ● €95 - ● €105

*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.

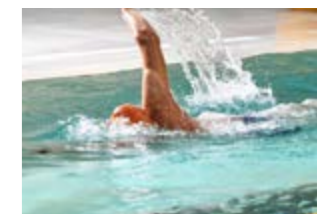
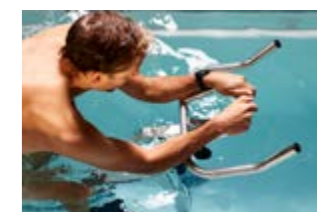
**INDIVIDUAL SWIMMING LESSON\*** ⌚ 25 min / €30 (age 6 and upwards)

Improve your skill, overcome your fear of water, or simply learn to swim.

**SMALL-GROUP SESSIONS\*** ⌚ starting from 25 min / €25

*All the revitalizing properties of seawater for better results.* Aqua Pilates, aqua training, aqua jogging, aqua toning or gentle aqua aerobics, aquabiking or aqua boxing in a heated seawater pool.

● : Monday to Friday - ● : weekends, public holidays and school vacations  
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.





# 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).  
7 days a week - Monday to Saturday 9am - 12:30pm and 2pm - 6pm  
Sunday 9:30am - 12:30pm and 1:30pm - 6pm



### FITNESS ADDICT & WELLNESS ADDICT: 2 OPTIONS

#### FITNESS ADDICT

- A 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® session (anti-gravity treadmill) or one Cold and Bold treatment (fun session in cold seawater) 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 (fun session in cold seawater) or one hydromassage seawater bath (massaging water jets) 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 - €85

- 1 individual treatment to choose from: relaxing vichy shower, hydromassage seawater bath, jet shower, pressotherapy or MusicÔrelax 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 - €110

- 1 hydromassage seawater bath or 1 relaxing vichy shower or 1 MusicÔrelax hydrojet session
- 1 Zen or Vitality massage (25 min) or 1 vichy shower massage (20 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

From April 13 to September 28, 2025\*

Brunch also available on Sundays January 5, February 16 and March 16.

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 - €100

- 1 brunch at La Presqu'île Restaurant
- 1 individual treatment pre-booked\* by our reception team for Sunday afternoon: hydromassage seawater bath, MusicÔrelax hydrojet session, relaxing vichy shower or jet shower

### BRUNCH & SEAWATER SPA - €150

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

### BRUNCH & BEAUTY SPA - €200

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



# 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](https://spa.accor.com)  
[@Thalassaseaspa](https://www.instagram.com/Thalassaseaspa)

\* See our Brunch schedule on [sofitel-quiberon-thalassa.com](https://sofitel-quiberon-thalassa.com)  
The Relaxation Area is open Monday to Saturday 9am to 12:30pm and 2pm to 6pm, and Sunday 9:30am to 12:30pm and 1:30pm to 6pm.  
\* Subject to availability.

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 [www.spa.accor.com](http://www.spa.accor.com)**

**By email at [h0557-th12@sofitel.com](mailto:h0557-th12@sofitel.com) with your contact details**

**By phone on +33 (0)2 97 50 48 29, from 9:30am to 12:30pm and from 3pm to 6pm**

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:** Make an appointment online at [spa.accor.com](http://spa.accor.com), by email at [h0557-th12@sofitel.com](mailto:h0557-th12@sofitel.com), call us from your room by pressing the "thalassothérapie" button on your in-room telephone, or visit us at reception. 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 (on sale in our boutique). 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:** Our seawater spa is open Monday to Saturday 9am to 6:30pm, and Sunday 9:15am to 5:30pm.

Call us on +33 (0)2 97 50 48 29 for information on the closing dates of the seawater spa institute, or check out our brochure and website at [spa.accor.com](http://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.

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