

Thalassa

SEA & SPA

Quiberon

2025

S O F I T E L

QUIBERON THALASSA SEA & SPA





Your premier
wellness
destination

Escape to the Quiberon Peninsula

Welcome to the world's end. At the tip of the Quiberon peninsula in Southern Brittany, the rugged coastline meets the endless expanse of the invigorating ocean. Relax, recharge and rediscover yourself at our beachfront sanctuary of wellness.

Everything at our 5-star resort is designed with your well-being in mind.

Our Sofitel hotel exudes harmonious serenity,
an invitation to let go, unwind and rejuvenate.

Our seawater spa, a benchmark since it opened 60 years ago, is reputed for its wellness expertise. The powerful virtues of seawater ripple through our selections of seawater spa, beauty, relaxation and fitness treatments to procure natural benefits for the body, mind and soul.

The food at our restaurants and bars is infused with authentic local flavors and goodness straight from the sea. In an ode to the environment, our menus change with the seasons for an ethical epicurean experience.

Breathe in the fresh sea air and embrace total wellness as our attentive experts curate an unforgettable experience, just for you.



Welcome to the Thalassa seawater spa experience

With our modern, busy lifestyles, which make it increasingly challenging to find serenity, 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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Hydrotherapy pool

9 different seawater sensations

Step gently down into the hydrotherapy pool and enter a world of ocean wellness. With nine water features to enjoy, the hydrotherapy pool is the most comprehensive of our seawater spa experiences. Multi-toning jets, gentle bubbles, stimulating geysers, a tension-busting swan neck fountain, a soothing waterfall, a relaxing indoor whirlpool, an invigorating cold-water lane and inviting water beds, as well as the absolute must: an outdoor whirlpool bath overlooking the sea with the island of Belle-Île-en-Mer in the distance. Simply magical, whatever the weather.

Seawater Spa

The best of the ocean

Immerse yourself in the remarkable benefits of seawater for complete rejuvenation of body and mind: replenish essential minerals, release tension, detoxify your system, and enhance circulation for comprehensive cardiovascular health. An ocean of personalized care and expertise awaits.





From the sea to your plate

Delicious dining, straight from the sea

Chef Patrick Barbin and his team cook up a culinary journey that begins right here in Brittany. Showcasing locally sourced and seasonal flavors inspired by the ocean, each meal is a veritable feast for the senses set against a stunning panoramic backdrop.

Wellness cuisine

Our Chef packs all the goodness of the sea into light, healthy dishes designed to help you cut down on calories without compromising on taste or enjoyment. With balanced meals and our team of dietitians on hand to help you reach your weight-loss goal, you will be perfectly positioned for long-term results.

Inspired cocktails

Our Blue Bar cocktails are also inspired by Brittany and the sea. Sip on bold creations with an ocean vibe as you drink up the view of the horizon.



Escape to the coast

The experience

A stay at our 5-star resort is an invitation to let life unfold to the rhythm of the ocean, lulled by the sound of the waves. A haven of well-being, where every awakening is an experience of wonder.

Rooms & Suites

With either inland or sea views, all our rooms and suites entice you to rest and unwind with their 5-star comfort and our signature Sofitel MyBed™. A cocoon of softness for a peaceful, restorative night's sleep.





Our commitment

Green Key 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 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, no single-use plastics, saving energy and water, cleaning up our beaches, protecting the biodiversity around us, supporting local charities... We also encourage our guests to take an active part in these initiatives, doing little things every day for a greener world and a bluer ocean.

Welcome to the “end of the world”

Fill up on 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. Rent our electric bikes or scooters and head out to explore the Quiberon peninsula and the beauty of the Côte Sauvage. Breathe in, breathe out, and reenergize.

Exhilarating outdoor activities

Our resort boasts an exceptional location on the idyllic Quiberon peninsula, with an ocean of adventurous opportunities right on our doorstep. Surfing, kitesurfing, sand yachting, paddle boarding, golf, parachute jumping... What will you do today? An outdoor playground just waiting for memories to be made.



Golfin' Quiberon

GOAL:
Learn to play or improve your game pitch & putt style,
then optimize your recovery

PERFORMANCE DURATION
THE OPTIMAL DURATION FOR LONG-TERM RESULTS

FROM MARCH TO SEPTEMBER 2025

YOUR 3-DAY PROGRAM
Treatments and pitch & putt sessions throughout the day

Play
• 3 introductory or advanced golf sessions each morning (from 9am).
Session supervised by Pitch & Putt champion Yann Le Tallec, member of the French national team and owner of Quiberon Golf Club opposite the resort.

Recover
Wellness treatments and activities every afternoon (from 3pm).
• 1 individual sports coaching session: golf-specific muscle strengthening (50 min)
• 1 "Nourish and Release" back treatment (50 min)
• 1 seated jet shower targeting the back
• 1 hydromassage seawater bath or 1 MusicÔrelax hydrojet session
• 1 remineralizing seaweed wrap
• 1 purifying seawater bath

We love...



3 days

9 treatments and activities
4 nights including breakfast

WITH ACCOMMODATION
From €1,108* per person,
double occupancy, standard room with inland view for 4 nights

WITHOUT ACCOMMODATION
From €690* per person
for 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.

Surfin' Quiberon

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 2025

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 minutes each) led by our qualified surfing instructor in the most beautiful spots of the Quiberon peninsula

Improve your technique

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

Combine balance of body and mind

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

Regenerate with the benefits of seawater

- 1 hydromassage 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 €2,154* per person,
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION

From €1,380* 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.

We love...

SURFING SESSION



MEDITATION SESSION



LOMI LOMI MASSAGE



6 days

18 treatments and activities
6 nights including breakfast

The Pleasure of Fitness

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



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

Understand what works for you

- 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 body wrap or energizing blue seaweed wrap
(2 for the Swimming option)
- 1 lighter legs wrap
- 2 hydromassage seawater baths
- 1 "Classic" Method" jet shower (2 for the Swimming option)
- 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
or 1 Ice Biking session: toning workout in a cold seawater pool

Relax your muscles

- 1 MusicÔrelax hydrojet session (2 for the Swimming option)
- 1 Zen massage (25 min)
- 2 physical therapy massages (25 min) or 1 physical therapy massage (25 min)
and 1 Shiatsu Ostéo Concept® session
- 3 partial-body cryotherapy sessions (not included in the Swimming option)

Perfect your approach to fitness

- 1 session to choose from: Hatha Yoga (postural work), Respirology,
Pilates or Munz Floor®
- 3 stretching sessions

✓ 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

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

Treatment details are non-contractual, provided for information only, and are subject to change.

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

We love...

YOGA SESSION



CRYOTHERAPY SESSION



SEAWEED WRAP

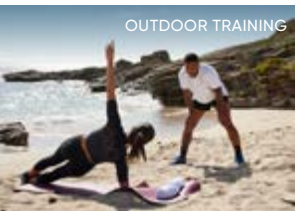


4 to 6 days

31 treatments and activities
6 nights including breakfast



4 to 6 days



OUTDOOR TRAINING



SMALL-GROUP SESSION



ANTI-GRAVITY TREADMILL

PERFORMANCE DURATION
THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Small-group physical fitness” option

SMALL-GROUP TRAINING PROGRAM

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

Improve your fitness potential

- 1 assessment with a fitness trainer (30 min)
- 6 small-group training sessions (90 min each) in the fitness area or outdoors (maximum 6 people) including 1 session in the Triathlon Immersive Room
- 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 19.



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

WITH ACCOMMODATION

From €2,454* 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 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 (30 min)
- 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 19.

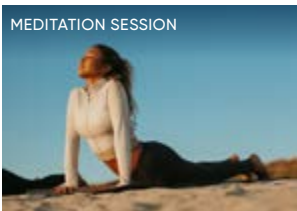


A complementary GARMIN VivoActive watch included with the first stay booked for a minimum duration of 6 days.

WITH ACCOMMODATION

From €2,730* per person, double occupancy, standard room with inland view, for 6 nights

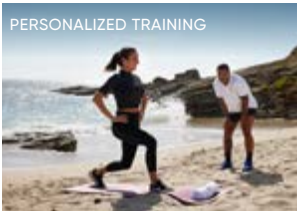
* See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



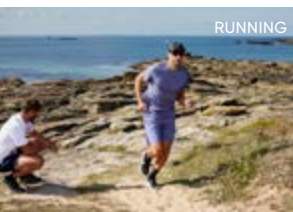
MEDITATION SESSION



TRAINING IN THE FITNESS AREA



PERSONALIZED TRAINING



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 (50 min)
- 5 running and physical training sessions (90 min each)
- 2 sessions on the AlterG® anti-gravity treadmill

As a bonus:

- ✓ Find the core treatments of this program on page 19.



GARMIN

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

WITH ACCOMMODATION

From €2,730* 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.

PERFORMANCE DURATION
THE OPTIMAL DURATION FOR LONG-TERM RESULTS

The Pleasure of Fitness

“Swimming” option

PERSONALIZED TRAINING PROGRAM

Program takes place from Monday to Saturday.

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
- 3 training sessions in the fitness area (30 min each)
- 1 Ice Biking session

As a bonus:

- ✓ Find the core treatments of this program on page 19.



Includes a complementary Swim Kit comprising a mesh bag, cap, goggles, hand paddles, pull buoy, snorkel, board, water bottle and nose clip

WITH ACCOMMODATION

From €2,730* 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

- 3 seawater spa treatments to choose from: hydromassage seawater bath or relaxing vichy shower
- 3 remineralizing seaweed wraps or 1 blue seaweed wrap and 1 Nirvana body wrap

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

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

- 1 signature body treatment: "Nourish & Release" back treatment or "Nourish & Glow" skin treatment (50 min)
- 1 Algologie 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 €2,034* per person,
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION

From €1,380*
per person for 6 days

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

Treatment details are non-contractual, provided for information only, and are subject to change.

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

We love...

RELAXING JET SHOWER



AQUASENSORIEL SESSION



NORDIC WALKING



6 days

24 treatments and activities
6 nights including breakfast



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

- Stimulate and regenerate**
- 3 hydromassage seawater baths
 - 2 relaxing and soothing vichy showers
 - 3 MusicÔrelax hydrojet sessions
 - 1 pressotherapy 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 or the fitness area to choose from: underwater jets, aqua toning or gentle aqua aerobics, aquabiking, aqua Pilates, Munz Floor®, sensory fitness or low-impact fitness

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 €1,602* 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.
Treatment details are non-contractual, provided for information only, and are subject to change.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

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 naturopathy consultation
- 1 early-morning Respiriology session
- 1 Nirvana seaweed wrap
- 1 hydromassage seawater bath

TUESDAY

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

WEDNESDAY

- 1 Mindfulness Walk (inspired by the Afghan Walk)
- 1 Munz Floor® session
- 1 "Relearning to Enjoy" session
- 1 AquaSensoriel or Shiatsu Ostéo Concept® 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 Revelation facial by Olivier Claire (45 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.

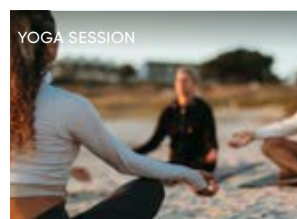
WITH ACCOMMODATION

From €1,754* per person for 6 nights / 5 days of treatments,
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.

We love...



5 days

18 treatments and activities
6 nights including breakfast

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 wraps with laminaria seaweed or energizing blue seaweed
- 2 purifying seawater baths
- 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 Algologie Radiance Discovery facial (25 mins)
- 1 AquaSensoriel or Shiatsu Ostéo Concept® or fasciatherapy session

Embark on a sensory journey around the world

- 6 seas & oceans massages (50 min) 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).

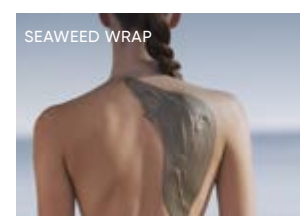
WITH ACCOMMODATION

From €2,358* 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.

We love...



4 to 6 days

4 treatments per day /
6 nights including breakfast

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 treatment
- 1 nutrition consultation with our dietitians

Improve mobility and relieve pain

- A daily session with our health experts (80 min)
- 4 individual physical therapy sessions (80 min)
 - 2 individual sessions in the pool led by a physical therapist (30 min)
 - 1 osteopathy session
 - 1 fasciatherapy session: a manual therapy to gently revive the body's connective tissues

Regain strength, flexibility and coordination

- 3 individual and adapted fitness sessions in the fitness area with a trainer
- 1 individual yoga session or 1 individual Munz Floor® session
- 1 Respirology 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 pressotherapy session to stimulate circulation

Revive and re-energize

- 1 lighter legs wrap
- 1 MusicÔrelax hydrojet session

WITH ACCOMMODATION

From €2,550* per person,
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.

We love...

PHYSICAL THERAPY SESSION



OSTEOPATHY SESSION



YOGA SESSION



6 days

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



Flexibility & Mobility

GOAL:
Improve balance and flexibility,
relax, and maintain muscle strength

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

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 small-group sessions with a fitness trainer to choose from:
underwater jets, reharmonization in the pool, gentle aqua aerobics,
low-impact fitness, Munz Floor® or sensory fitness

Replenish your store of minerals and vitamins while relaxing

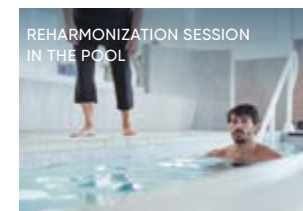
- 3 hydromassage seawater baths
- 3 relaxing marine mud wraps
- 1 relaxing and soothing vichy shower
- 1 pressotherapy session to stimulate circulation or 1 relaxing jet shower

Unwind and relax

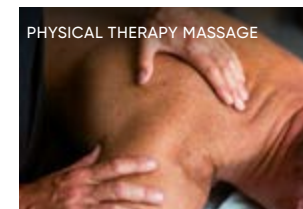
- 3 x 50-minute massages or 6 x 25-minute massages to choose from:
physical therapy massage, Vitality massage, Zen massage or fasciatherapy
- 2 purifying seawater baths
- 2 MusicÔrelax hydrojet sessions

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

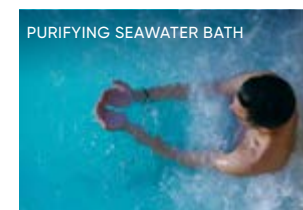
We love...



REHARMONIZATION SESSION
IN THE POOL



PHYSICAL THERAPY MASSAGE



PURIFYING SEAWATER BATH

4 to 6 days

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

WITH ACCOMMODATION

From €1,878* per person for 6 nights,
double occupancy, standard room with inland view

* See details and conditions at spa.accor.com.
Treatment details are non-contractual, provided for information only, and are subject to change.
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

Prepare your skin

- 1 body scrub

Eliminate toxins

- 1 slimming fucus seaweed wrap
- 1 thermosudation detox wrap
- 1 firming blue seaweed wrap

Purify and eliminate toxins thanks to the physical properties of seawater

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

Stimulate circulation

- 1 pressotherapy or 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" abdominal massage

Me dépenser & me tonifier pour activer mon métabolisme

- 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

- 2 LPG body sessions (40 min)*

Bring harmony to both body and mind

3 small-group "Wellness" sessions:

- 1 relaxation 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 Swiss Silhouette slimming treatment by Swissline

My "Taking Care of Myself" bonus for men

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

* As LPG technology has contraindications, our experts may decide to adapt or replace the treatment.

"My Seawater Spa Follow-Up at Home" Option

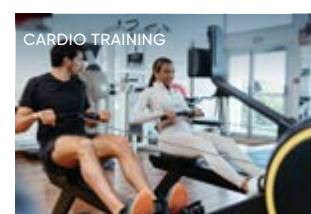
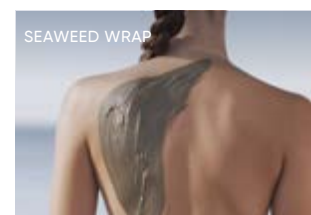
When you get back home, continue to benefit from the advice of the experts you met during your stay via videoconferencing.

WITH ACCOMMODATION

From €2,358* per person for 6 nights, double occupancy, standard room with inland view

* See details and conditions at spa.accor.com.
Treatment details are non-contractual, provided for information only, and are subject to change.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

We love...



6 days

30 treatments
+ 2 sessions with our experts /
6 nights including breakfast



Curated Bliss

GOAL:
Choose your treatments according to your desires

PERFORMANCE DURATION

THE OPTIMAL DURATION FOR LONG-TERM RESULTS

Plan each day according to your 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 min)
- 1 treatment or activity (40 to 50 min)

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
- Algologie facial
- 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 €438* per person and per day,
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.

We love...



1 to 6 days

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

SEASONAL INSPIRATION

Summer serenity

GOAL:
Enjoy your summer vacation by seeking out serenity

PERFORMANCE DURATION
THE OPTIMAL DURATION FOR LONG-TERM RESULTS

JUNE TO AUGUST 2025

YOUR 4-DAY PROGRAM
Treatments in the morning only, from 10am to 1pm

- Pamper yourself and your skin**
- 1 Origine scrub to prep your skin for summer
 - 1 "Nourish & Glow" skin treatment (50 min)
 - 1 Algologie facial (50 min)

- Relieve tension**
- 1 vichy shower massage
 - 1 Balinese or Lomi Lomi massage

- Wind down while topping up on vitamins and minerals**
- 1 hydromassage seawater bath
 - 1 relaxing and soothing vichy shower
 - 1 relaxing jet shower
 - 1 purifying seawater bath

- Breathe deeply and gently energize your body**
- 1 outdoor yoga session
or sensory fitness session (muscular toning and flexibility)

Bonus | **ORIGINE**
— L'art cosmétique —
An Origine product from the "Un Beau Matin d'Été" range

WITH ACCOMMODATION
From €1,036* per person for 4 days
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION
From €560*
per person for 4 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.

We love...



4 days
10 treatments
4 nights including breakfast

SEASONAL INSPIRATION

Winter vitality

GOAL:
Embrace positivity and prepare for spring



PERFORMANCE DURATION
THE OPTIMAL DURATION FOR LONG-TERM RESULTS

JANUARY TO MARCH 2025 - NOVEMBER TO DECEMBER 2025

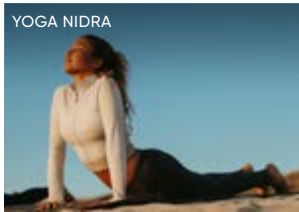
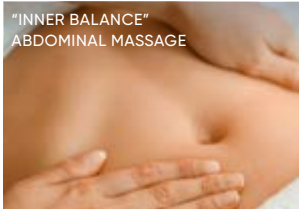
YOUR 4-DAY PROGRAM
Half-day treatments on alternate mornings and afternoons

- Embrace positivity**
- 1 nutrition consultation to eat well in winter
 - 1 yoga Nidra or meditation session

- Enjoy some pampering**
- 1 Algologie facial (50 min)
 - 1 "Inner Balance" abdominal massage
 - 1 vichy shower massage

- Recharge your batteries by replenishing your store of minerals and vitamins**
- 1 hydromassage seawater bath
 - 1 relaxing and soothing vichy shower
 - 2 remineralizing seaweed wraps
 - 1 relaxing underwater jets session (small-group session)
 - 1 relaxing jet shower
 - 1 purifying seawater bath
 - 1 MusicÔrelax hydrojet session

We love...



4 days

13 treatments and activities
4 nights including breakfast

WITH ACCOMMODATION
From €1,036* per person for 4 days
double occupancy, standard room with inland view

WITHOUT ACCOMMODATION
From €640*
per person for 4 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.

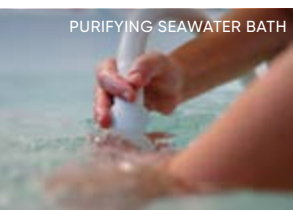


1 to 3 days

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 €242* 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



ZEN MESSAGE



MUSICÔRELAX



RELAXING VICHY SHOWER

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

WITH ACCOMMODATION

From €280* 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

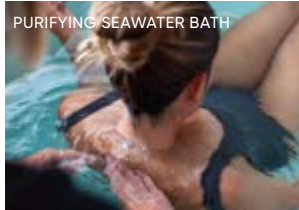
YOUR PROGRAM COMPRISING 3 TREATMENTS PER DAY
Half-day treatments, organized on alternate mornings and afternoons

Each day
• 1 seawater treatment, 1 x 25-min spa treatment, 1 x 50-min spa treatment

- Day 1 treatments:**
- 1 hydromassage seawater bath
 - 1 body scrub
 - 1 Zen massage (50 min)
- Day 2 treatments:**
- 1 MusicÔrelax hydrojet session
 - 1 Total Relaxation facial massage (25 min)
 - 1 "Nourish & Release" back treatment or "Nourish & Glow" skin treatment (50 min)

- Day 3 treatments:**
- 1 purifying seawater bath
 - 1 Algologie facial (25 min)
 - 1 Vitality massage (50 min)

We love...



1 to 3 days

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

WITH ACCOMMODATION
From €296* 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.

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.

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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

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.





Marine wraps

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

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 or thermosudation detox wrap.

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.

● : 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.

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!

● : 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.





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.

● : 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.





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.

Our beauticians love...

LE GRAND SOIN AU COLLAGÈNE 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.

● : 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.



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.

● : 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.





algologie
LABORATOIRES

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.

● : 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.



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.

● : 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.





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 - ● €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
endermologie

● : 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.



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.

● : 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.



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

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

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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.

● : 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.





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.

● : 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.

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.



Leonor Greyl
PARIS

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.

● : 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.



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

● : 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.



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 OSTEOPATHY 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.

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





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.

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

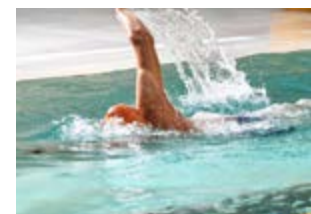
The benefits of fitness training in seawater. The virtues of seawater are utilized for a personalized training session with increased effects. Strengthen your muscles and/or enjoy a cardio workout with the use of varied equipment.

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.

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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
@Thalassaseaspa

* See our Brunch schedule on 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

By email at 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, by email at 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.

(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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Thalassa

SEA & SPA

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sofitel-quiberon-thalassa.com



#sofitelquiberon

spa.accor.com

OUR DESTINATIONS IN FRANCE AND AROUND THE WORLD

QUIBERON

LE TOUQUET

BIARRITZ

HYÈRES

GOLFE D'AJACCIO

ESSAOUIRA

AGADIR



ACCOR · LIVE LIMITLESS