



# THALASSA AGADIR

SEAWATER SPA BREAKS 2017

Thalassa  
SEA & SPA



SOFITEL  
HOTELS & RESORTS



JOURNEY  
—  
*to Berber  
Country*

# FIVE REASONS TO CHOOSE THALASSA AGADIR

*by Aladin SALEH*

GENERAL MANAGER - SOFITEL AGADIR THALASSA SEA & SPA & SOFITEL AGADIR ROYAL BAY

## 01 *Revitalize*

along the beaches of the Atlantic Ocean,  
to the gentle sound of the waves  
and enjoying the perpetually  
mild climate.



## 03 *Give in*

to the warmth of Berber  
hospitality with thoughtful  
and bespoke care  
and attention.

## 05 *Discover*

naturopathy and its long-lasting  
benefits for your figure, your  
beauty and your wellness.

## 02 *Experience*

an exceptional seawater spa  
in a spectacular hotel,  
with its magnificent gardens  
and private beach.

## 04 *Discover*

the secrets of Moroccan beauty,  
the moisturizing properties of  
argan oil, the silkiness of rose and  
the skin-renewing virtues of the  
prickly pear.



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## Information & bookings

Sofitel Agadir Royal Bay :

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H5707@sofitel.com

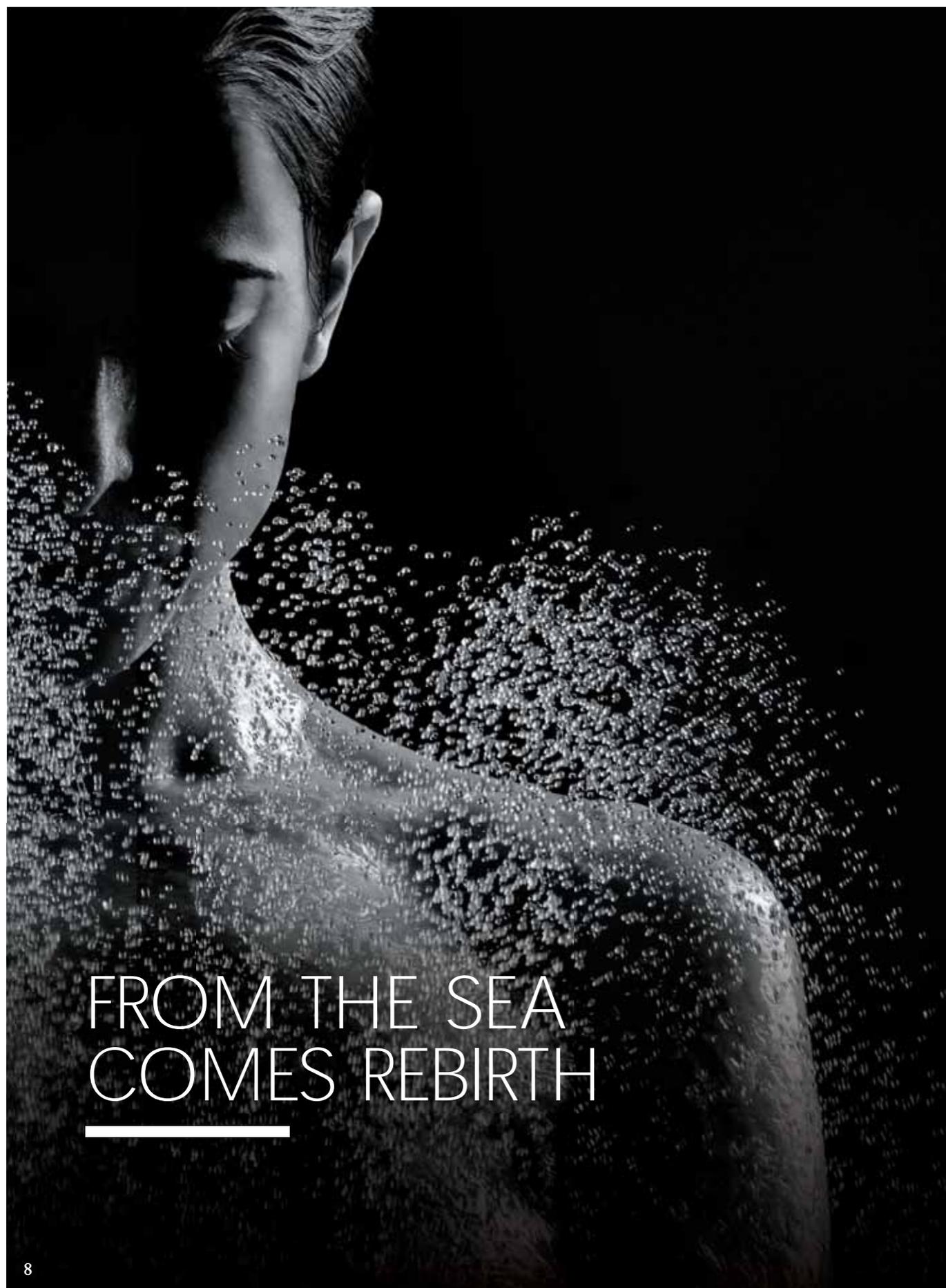
Sofitel Agadir Thalassa sea & spa :

+212 528 38 80 00

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thalassa.com





FROM THE SEA  
COMES REBIRTH



## *Origins*

The Thalassa sea & spa story began in Quiberon in 1964. Here on this Breton peninsula, therapy came to be synonymous with pleasure. Combining health, relaxation and vitality, the modern seawater spa was born and soon caught on, with new institutes opening in Le Touquet, Ajaccio, Biarritz, Dinard and elsewhere.

## *The regenerating powers of the sea*

On all its shorelines, the sea works miracles. It oxygenates. It regenerates. It helps restore the body's mobility, tone and vital energy. How does it do all that? The secret lies in osmosis. Thanks to this phenomenon, when seawater is heated, the skin directly absorbs all the minerals and trace elements that the body needs. Thalassa sea & spa has been perfecting the art of bringing these benefits to the body for 53 years.

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## *Naturally seawater*

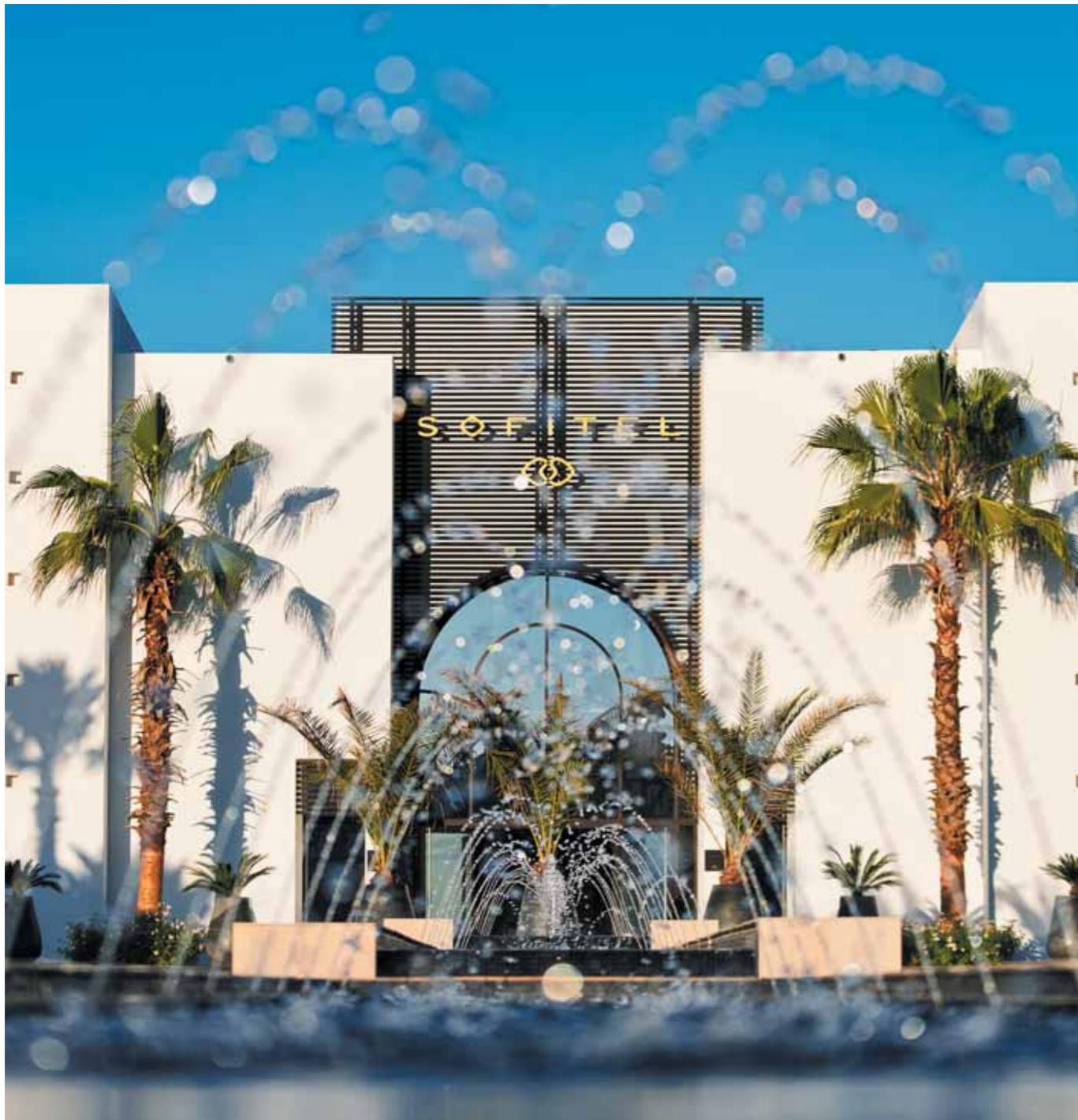
Nature takes care of us. We take care of nature. We owe the sea everything, which is why we strive to protect it.

## *Health, beauty, wellness*

Thalassa sea & spa once again reinvents the future of seawater treatments. Our approach is connected, preventive and personalized, optimized to help you preserve your health, looks and well-being all at once. It is a renaissance for the body and mind. That is the seawater spa of the future.

## *My seawater spa experience*

- + Even more destinations to escape to, from the Atlantic Ocean to the Persian Gulf.
- + Even more dedicated care with attentive, altruistic and expert teams.
- + Even more ways to let go with the very latest in wellness techniques.
- + Even greater results thanks to cutting-edge treatment technologies and methods.
- + Even longer-lasting benefits thanks to thorough check-ups and personalized follow-up.

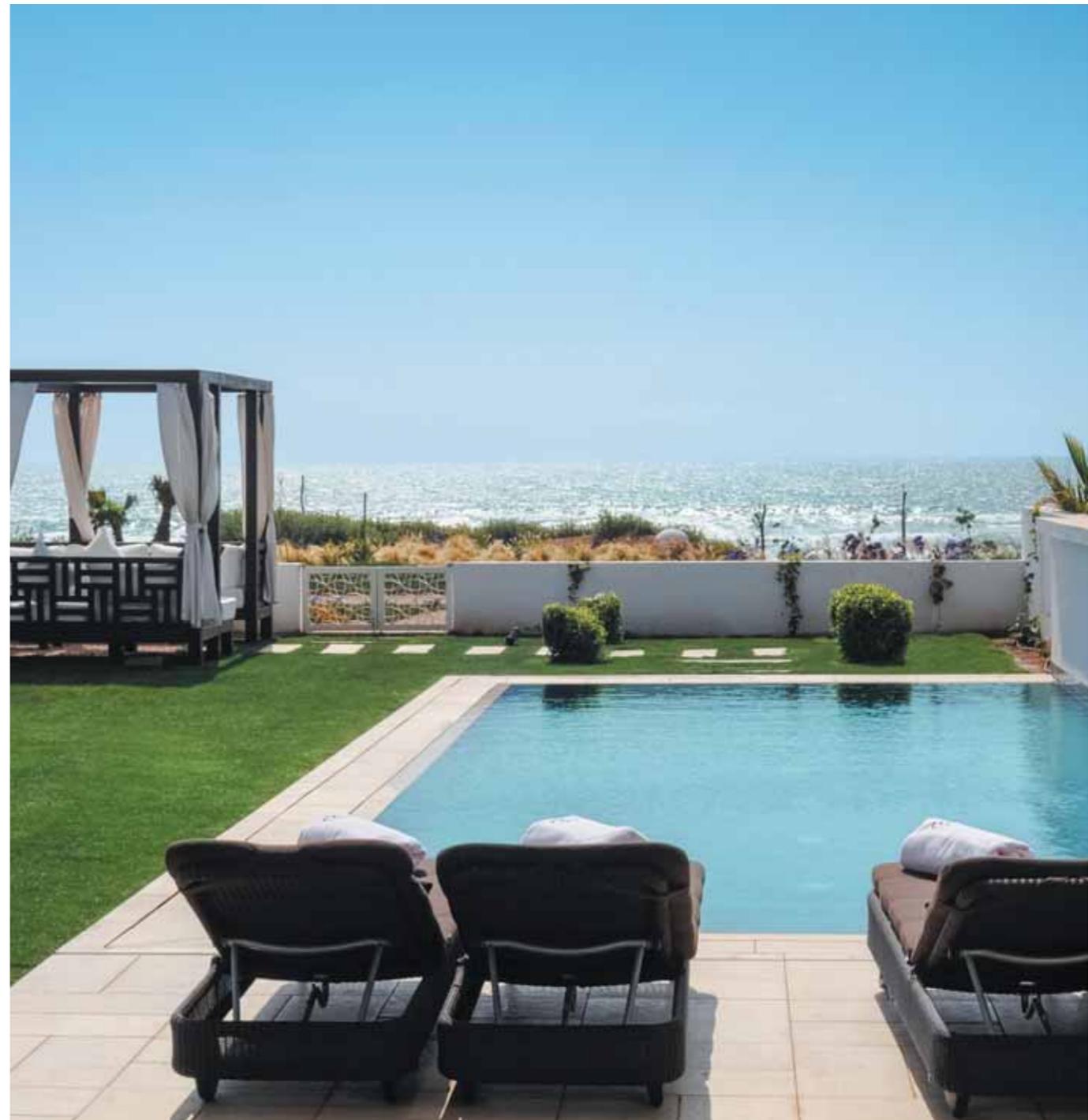


# SOFITEL AGADIR THALASSA SEA & SPA

**SOFITEL**  
HOTELS & RESORTS

## *The art of relaxation*

Canopied gardens, private beach along the Atlantic, massage area, large outdoor heated pool... You could spend all your time outside, in the legendary mild climate of Agadir.



## *The experience*

From the private beach to the Andalusian reflecting pools, surrounded by the gentle babble of water and thoughtful attention, you discover a serene and contemporary retreat devoted to pampering.

## *The suites*

Minimalist design, abundant daylight and the comfort of a bedroom and private lounge. Enjoy wide-open spaces and a panoramic view of the ocean or Atlas Mountains.

## *Rooms*

Featuring minimalist design, colorful fabrics, luxurious comfort and our signature Sofitel MyBed™, every room has a terrace looking onto the gardens or ocean.

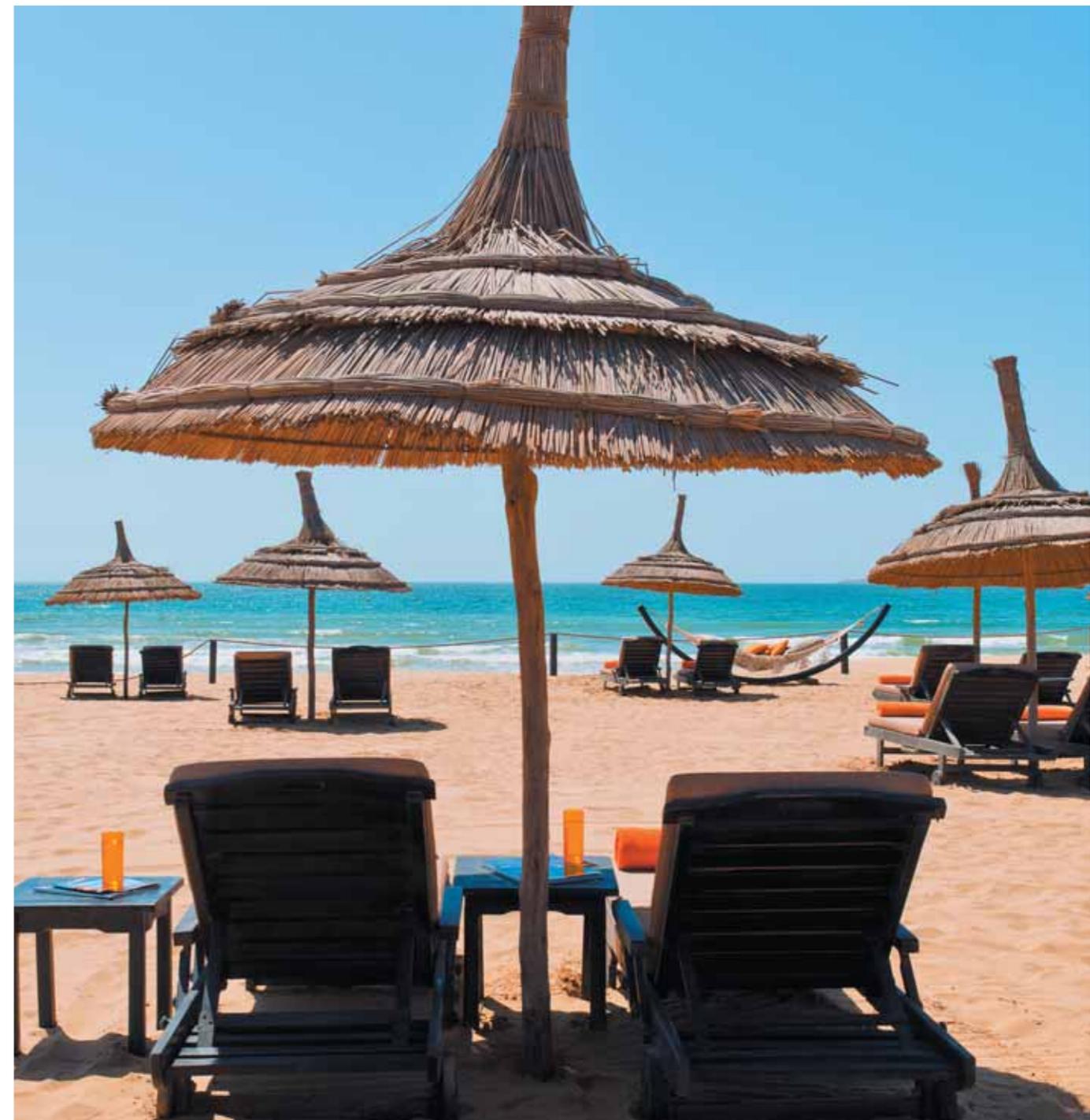


# SOFITEL AGADIR ROYAL BAY

SOFITEL  
HOTELS & RESORTS

## *Festive moments*

Little ones have fun at La Villa des Enfants (from ages 4 to 12). And for adults? Concerts, parties, performances or festive evenings at SO Lounge.



## *The experience*

A kasbah inspired by Arab-Berber art and opening onto a bay of palm trees overlooking the ocean... You are embarking on an authentic and festive journey.

## *Villas*

A private pool, butler service, two bedrooms and a separate living room for exceptional comfort and unparalleled sophistication. Enjoy the villa as a couple, with friends or as a family.

## *Rooms*

Each guest room features traditional Moroccan design, warm colors and our sumptuous signature MyBed™, and has a view of the pool or the gardens.



## RESTAURANTS

**SOFITEL**  
HOTELS & RESORTS

Sofitel Royal Bay is only a few steps away from Sofitel Thalassa sea & spa. Each day you can discover a new menu, a new ambiance and new flavors. A gastronomical journey – but also a musical one, with the sounds of the oud or DJ's turntable, live concerts or SO Lounge parties.

## *Sofitel Agadir Thalassa sea & spa*

Three restaurants, two bars, one philosophy: "Eat well to live well."

Le Market: stalls featuring delicious and colorful cuisine from all over the world – with meats, fish, pastas or pizzas prepared to order right before your eyes. Le Palais du Jardin: the Morocco of yesterday and today brought to life through fragrant and creative dishes.

Pool Lounge Thalassa - Restaurant: located between the beach and the pool, fresh and healthy options with a special focus on seafood.

Amane Bar: inventive cocktails, a versatile space and music-filled evenings overflowing onto the panoramic terrace.

Pool Lounge Thalassa - Bar: situated along the pool, featuring salads, a water bar, smoothies and DeLight ice cream.



*Pool  
Lounge Bar*

A gourmet cabana serving ice cream, crêpes, smoothies, champagne and house cocktails.

# RESTAURANTS

SOFITEL  
HOTELS & RESORTS



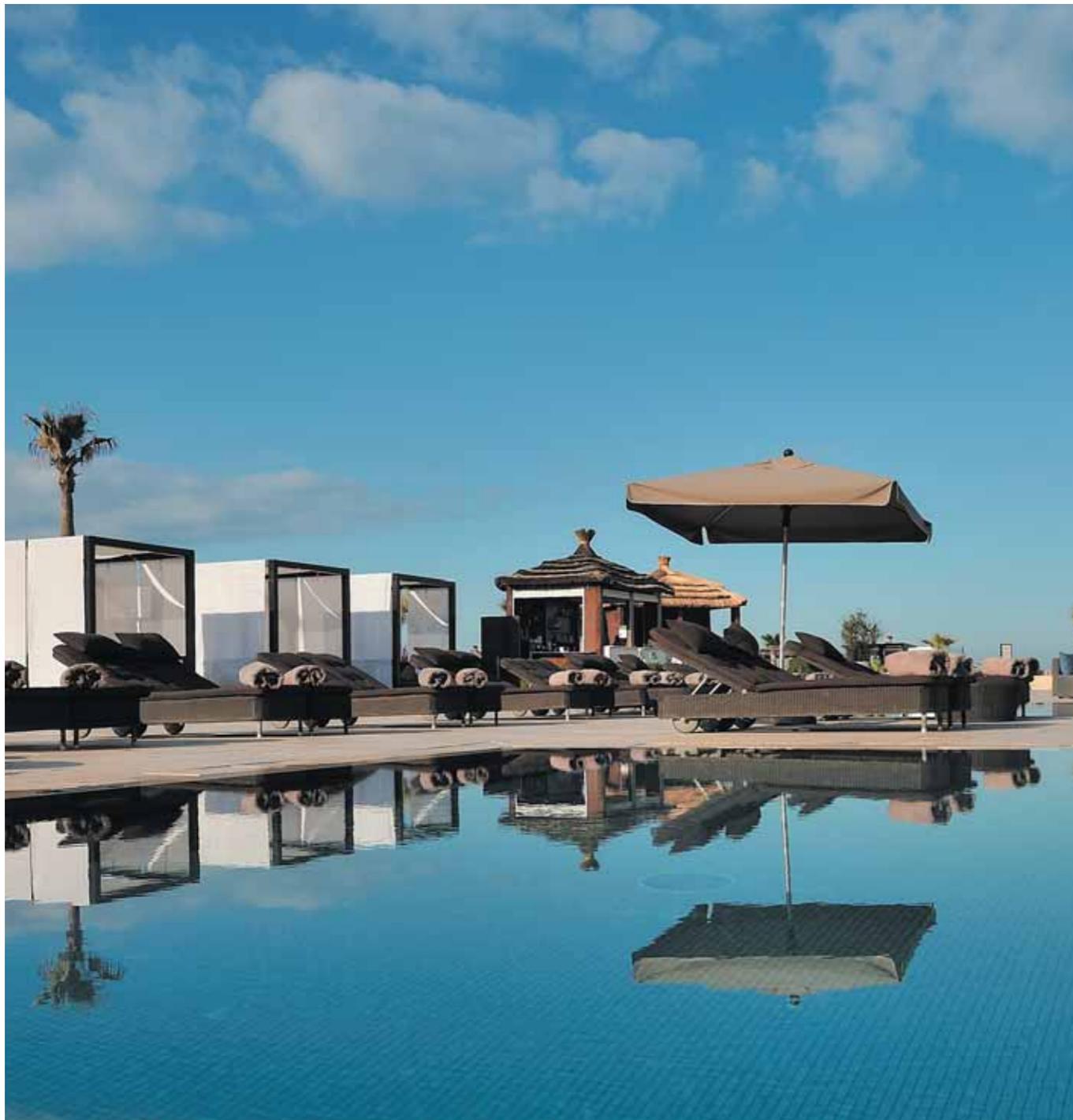
*Sofitel Agadir Royal Bay*

Four restaurants, two bars and one club, SO Lounge, for a festive culinary journey.

La Caravane: each day a new journey to a new gastronomic destination.

Pool Lounge Royal Bay: sushi and maki platters, light lunches, barbecues under the shade of the palm trees.

La Nasse: a cornucopia of seafood, open for lunch and dinner.  
Le So Good: the art of Asian-Moroccan fusion cuisine.



## THE SEAWATER SPA EXPERIENCE

### *Two for Sea, Sea for Two*

To share the experience, reserve a treatment suite or couples spa room.

And why not try an outdoor massage, facing the beach, in one of our Oceanic Salons?



### *The atmosphere*

Surrounded by babbling water, pale marble and gentle music – a space dedicated to design and serenity. Prickly pear, rosewater, honey or argan oil... Here, every spa treatment is a journey.

An additional fee applies for some activities.  
For more information: +212 (0)5 28 38 80 00

### *Between treatments...*

**Relax:** Outdoor pool, indoor heated seawater hydrotherapy pool, nap on a sunbed or under a beach canopy facing the ocean.

**Work out:** Nordic walking, yoga, underwater weight training, fitness, hydrotherapy pool or aqua gym in our heated seawater pool, individual fitness training and more.

# CHOOSE YOUR TREATMENT PROGRAM



## Relaxation & beauty

*Signature program*

BERBER

BEAUTY ESCAPE P.22

*I want an exceptional sensory  
experience.*

JOURNEY FOR

THE SENSES / *new* P.24

*I want a wonderfully relaxing  
massage every day.*

## Back to fitness

FITNESS & WELLNESS:

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*I want the key benefits of seawater spa treatments.*

WELLNESS YOUR WAY P.27

*I want to design my own treatment program.*

## Expert health

BACK ESSENTIALS / *new* P.28

*I want to relieve tension and gain strength.*

## A More Athletic You

GOLF & SEAWATER SPA / *new* P.29

*I want revitalizing moments on  
and off the greens.*

## A Slimmer You

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*I want to kick-start my weight loss.*

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*I want to tone and sculpt my body.*



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## *Informations & bookings*

Sofitel Agadir Royal Bay:

+212 528 84 92 00

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Sofitel Agadir Thalassa sea & spa:

+212 528 38 80 00

H5242@sofitel.com

thalassa.com

*Signature program*

6  
days  
7  
nights

*Relaxation & Beauty*

# BERBER BEAUTY ESCAPE

*“I want an exceptional  
sensory experience.”*

The miraculous properties of active marine ingredients combine with traditional Berber beauty secrets for a deliciously indulging and revitalizing experience. You are in Morocco. You feel wonderful.

6 days / 24 treatments / 7 nights including 2 meals per day  
From 20,225 MAD (€1,970) per person, double occupancy

## PREPARE YOUR SKIN WITH TRADITIONAL ORIENTAL RITUALS

- 1 traditional Moroccan ritual (50 minutes):  
hammam with a black soap exfoliating  
treatment and rhassoul clay wrap

## RELAX AND REVITALIZE

- 12 individual seawater spa treatments,  
including revitalizing seaweed wraps  
and purifying seawater baths
- 2 vichy shower massages

## THE RESTORATIVE PROPERTIES OF ARGAN

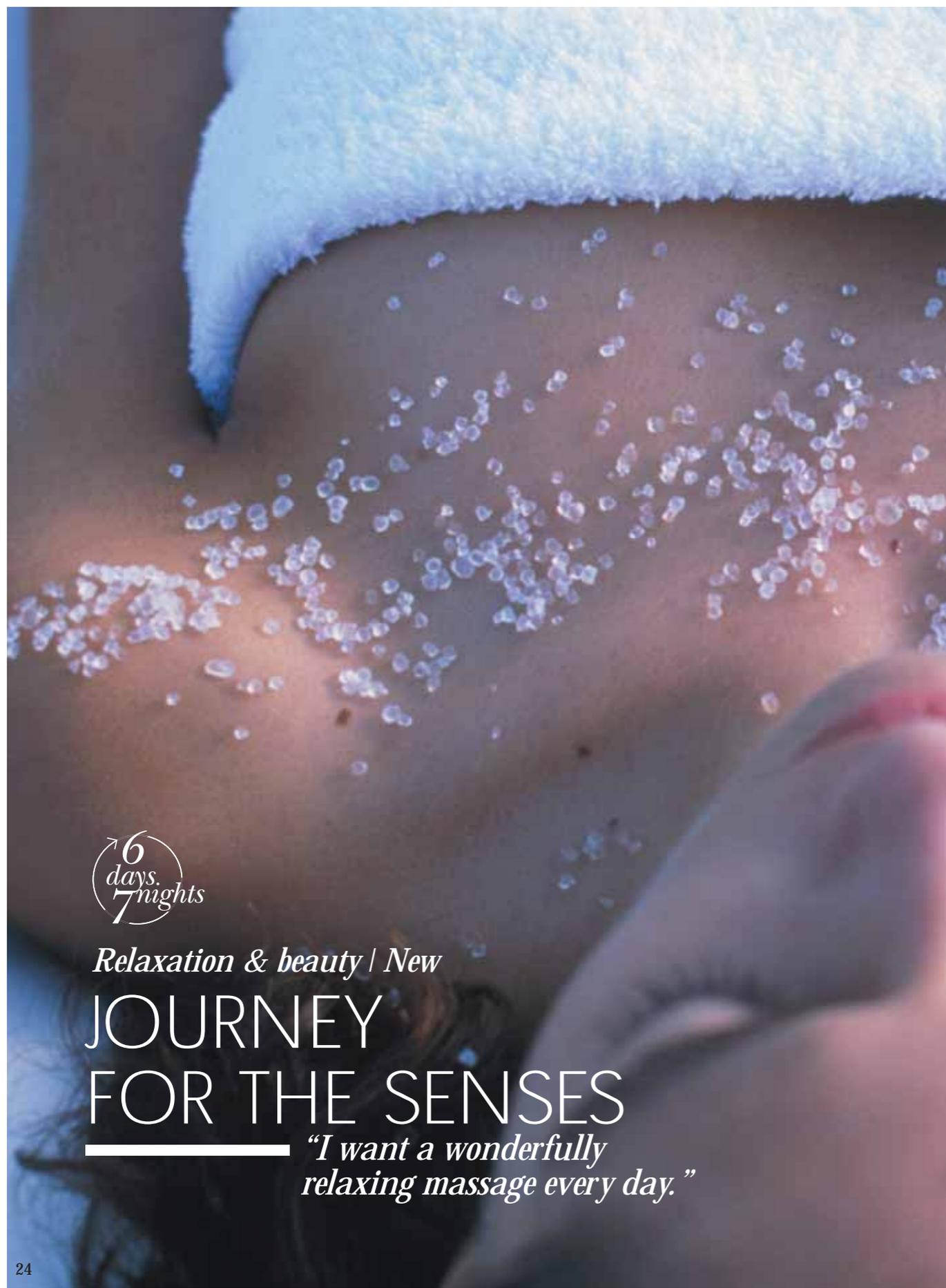
- Widely used in our massages, argan oil  
is renowned for its moisturizing, relaxing,  
healing and anti-oxidant properties.

## REVEAL YOUR BEAUTY WITH BERBER RITUALS

- 1 *Terre d'Agadir* facial treatment
- 1 Moroccan hand and nail care treatment
- 1 Moroccan foot and nail care treatment

*Treatment glossary*  
Page 39

Price of this program excluding accommodation and meals: 1,132 / 12,000 MAD  
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



6  
days.  
7  
nights

*Relaxation & beauty | New*

# JOURNEY FOR THE SENSES

*“I want a wonderfully  
relaxing massage every day.”*

From massages to seawater spa treatments, experience the multisensory gentleness of our techniques and perfumed oils. A remarkable journey awaits your five senses.

6 days / 24 treatments / 7 nights including 2 meals per day  
From 20,225 MAD (€1,908) per person, double occupancy

## PREPARE YOUR SKIN

- 1 vichy shower scrub

## RELAX

- 6 relaxing or energizing massages (50 minutes):  
total relaxation massage with argan oil, hot stone  
massage, oriental hot oil massage, extreme  
energizing massage, sports massage,  
Singaporean massage

## *Letting go*

During your seaweed wrap, your therapist gently  
massages your scalp or face.

## REVITALIZE AND RELAX

- 11 individual seawater spa treatments to choose  
from: hydromassage seawater bath, purifying  
seawater bath, jet shower or relaxing vichy shower
- 6 moisturizing or revitalizing seaweed wraps

*Treatment glossary*  
Page 39

Price of this program excluding accommodation and meals: 1,070 / 11,340 MAD  
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



*Back to fitness*

## FITNESS & WELLNESS

6 days.  
7 nights

*“I want the key benefits of seawater spa treatments.”*

The ideal program to discover the benefits of seawater spa treatments for long-lasting revitalization. Zen or Vitality you have a choice of two options.

6 days / 24 treatments / 7 nights including 2 meals per day  
From MAD 16,675 (€1,573) per person, double occupancy

### CORE PROGRAM FOR REGENERATION

- 1 vichy shower scrub
- 3 revitalizing seaweed wraps
- 1 individual seawater spa treatments to choose from: purifying seawater bath, jet shower, hydromassage seawater bath

### VITALITY TREATMENTS TO FEEL FULL OF ENERGY

- 2 reenergizing massages (50 minutes): sports massage and extreme energizing massage
- 1 foot reflexology session (40 minutes)
- 6 sessions with a fitness trainer in our heated seawater pool to choose from: aqua toning, aqua stretching, hydrotherapy pool session

OR

### ZEN TREATMENTS RELAX AND RELIEVE FATIGUE

- 3 relaxing massages (50 minutes): total relaxation massage, oriental massage, hot stone massage
- 6 sessions with a fitness trainer in our heated seawater pool to choose from: gentle aqua aerobics, aqua stretching or hydrotherapy pool session

Price of this program excluding accommodation and meals: €735 / 7,800 MAD.  
The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.

Treatment glossary

Page 39

*Back to fitness*

## WELLNESS YOUR WAY

6 days.  
7 nights

*“I want to design my own treatment program.”*

Choose your treatments à la carte, and the time of day that suits you best.

6 days / 24 treatments / 7 nights including 2 meals per day  
From 20,755 MAD (€1,958) per person, double occupancy

### Your wish is our command

Create the program of your dreams by booking any treatments you like up to 10 days before your arrival.

#### PREPARE YOUR SKIN

- Vichy shower scrub

#### REVITALIZE

- Individual seawater spa treatments

#### RELAX

- Massages (50 minutes) to choose from: total relaxation massage with argan oil, hot stone massage, oriental hot oil massage, extreme energizing massage, sports massage

#### REVEAL YOUR BEAUTY

- Aquascience facial (50 minutes)
- Hand and nail care treatment or pedicure

#### REGAIN VITALITY

- Sessions with a fitness trainer in our heated seawater to choose from: aqua aerobics, aqua gym, hydrotherapy pool session

Price of this program excluding accommodation and meals: €1,120 / 11,850 MAD.  
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



Expert Health | New

# BACK ESSENTIALS

*“I want lasting pain relief.”*

6  
days.  
7 nights

Relieve pain, improve your posture, unwind and let go the powers of the sea meet the expert skills of our physical therapists.

6 days / 24 treatments / 7 nights including 2 meals per day  
From 19,115 MAD (€1,803) per person, double occupancy

## Personalization

Our physical therapist and fitness trainer customize your sessions according to your specific needs.

### REVITALIZE AND RELAX

- 9 individual seawater spa treatments to choose from: hydromassage seawater bath targeting the back, jet shower, purifying seawater bath and more

- 2 revitalizing seaweed wraps

### ELIMINATE TENSION AND RELIEVE PAIN

- 3 massages with our physical therapist (50 minutes)

- 3 marine mud poultice treatments targeting the neck and back

- 1 Aquascience soothing back treatment

### IMPROVE POSTURE

- 3 coached sessions to restore your posture in our heated seawater pool

- 3 activities in the fitness room to choose from: Pilates, stretching

Treatment glossary

Page 39

Price of this program excluding accommodation and meals: €965 / 10,200 MAD.  
The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.



A More Athletic You | New

# GOLF & SEAWATER SPA

*“I want regenerating moments on and off the greens.”*

4  
days.  
7 nights

Take a well-deserved break to indulge in your passion. We follow up your progress on the greens with regenerating and revitalizing treatments.

4 days / 16 treatments + 4 green fees / 7 nights including 2 meals per day  
From 17,715 MAD (€1,671) per person, double occupancy

## Practice your swing

4 green fees for the Golf de l'Océan, Golf Les Dunes or Golf du Soleil courses

### PURIFY AND SOOTHE

- 6 individual seawater spa treatments including 2 purifying seawater baths
- 2 revitalizing seaweed wraps

### EASE YOUR MUSCLES AND RECOVER

- 2 therapeutic back massages (25 minutes)
- 2 leg massages (25 minutes)
- 2 pressotherapy sessions
- 2 tired legs wraps

Price of this program excluding accommodation and meals: €850 / 9,000 MAD.  
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



## A Slimmer You D-STOCK

6  
days.  
7 nights

*“I want to kick-start my weight loss.”*

Available for men and women, this program has been designed with the ideal combination of treatments to help you eliminate toxins, sculpt and build the confidence you need to start slimming.

6 days / 27 treatments + 2 sessions with our experts / 7 nights including all meals  
From 23,820 MAD (€2,247) per person, double occupancy

### Japanese sauna

Iyashi Dôme, a revolutionary sweating technique using long-wave infrared rays to purify and regenerate the system.

#### REVIEW YOUR HABITS

- 1 nutritional assessment with our dietitian
- 1 fitness checkup with our sports trainer

#### PREPARE YOUR SKIN

- 1 vichy shower scrub

#### DRAIN AND ELIMINATE TOXINS

- 3 toning purifying seawater baths
- 3 toning jet showers
- 3 watermass sessions
- 3 draining massages (50 minutes)
- 2 hydromassage seawater baths

#### TONE AND STRENGTHEN

- 3 aqua fitness sessions
- 3 individual personalized coaching sessions in the fitness area

#### ELIMINATE TOXINS

- 3 Iyashi Dôme sessions
- 3 slimming fucus seaweed wraps



## A Slimmer You SILHOUETTE

6  
days.  
7 nights

*“I want to tone and sculpt my body.”*

Looking slim is not just a question of weight. Smooth skin, slender muscles and a sculpted waist also play an important role.

6 days / 27 treatments + 1 session with our experts / 7 nights including 2 meals per day  
From 22,400 MAD (€2,113) per person, double occupancy

#### ADOPT HEALTHY HABITS

- 1 nutritional assessment with our dietitian

#### PREPARE YOUR SKIN AND RELAX

- 1 vichy shower scrub
- 1 hydromassage seawater bath
- 1 vichy shower massage

#### DRAIN AND ELIMINATE TOXINS

- 3 seaweed wraps to choose from: remineralizing (laminaria) or slimming (fucus)
- 3 toning purifying seawater baths
- 2 toning jet showers
- 2 watermass sessions
- 2 pressotherapy sessions

#### SLIM AND SCULPT

- 2 Cellu M6® sessions
- 2 personalized body sculpting massages (50 minutes)
- 2 Aquascience *Essentiel Silhouette* treatments

#### TONE AND SHAPE YOUR SILHOUETTE

- 3 Aqua aerobics sessions
- 3 individual personalized coaching sessions in the fitness room

# STOPOVERS

1 to 3 days  
1 to 4 nights

## Seawater treatments, spa & beauty, relaxation...

From 1 to 3 days, our Stopovers can be adapted to your pace of life and professional or personal obligations, ideal for a day, a weekend or a short break.

And because variety is the spice of life, you can even try a different Stopover every day.

### VITALITY STOPOVER

1 day (3 treatments)  
1 night from 2,155 MAD (€203)\*

*I want the key benefits of the seawater spa experience with revitalizing treatments.*

- 2 individual seawater spa treatments to choose from: hydromassage bath, purifying seawater bath, jet shower
- 1 fitness session in our heated seawater pool or fitness area

\*Price per person per day / 3 treatments / 1 night including breakfast, double occupancy

Price of this program excluding accommodation and meals: €110 / MAD 1,166

### ZEN STOPOVER

1 day (3 treatments)  
1 night from 2,315 MAD (€218)\*

*I want to let go right away with massages and seawater treatments.*

- 2 individual seawater spa treatments to choose from: hydromassage bath, purifying seawater bath, jet shower
- 1 customized relaxing massage

\* Price per person per day / 3 treatments / 1 night including breakfast, double occupancy

Price of this program excluding accommodation and meals: €125 / MAD 1,300

### TREASURE OF THE DESERT STOPOVER

3 days (5 treatments)  
4 nights from 7,540 MAD (€711)\*\*

*I want a sensory experience with ancestral beauty traditions and relaxation techniques.*

- Stopover 1:
- 1 traditional Moroccan ritual to choose from: hammam, black soap body scrub and traditional rhasoul clay wrap
  - 1 oriental hot oil massage (50 minutes)
- Stopover 2:
- 1 relaxing argan oil massage (50 minutes)
  - 1 *Terre d'Agadir* facial treatment with ingredients chosen according to your skin needs to choose from: argan oil, prickly pear, rosewater, honey or orange flower

- Stopover 3:
- 1 Moroccan foot, hand and nail care treatment

\*\* Price per person for 3 days / 5 treatments / 4 nights including breakfast, double occupancy

Price of this program excluding accommodation and meals: €340 / MAD 3,600

### THALASSA SEA & SPA STOPOVER

1 day (3 treatments)  
1 night from 2,590 MAD (€218)\*

*I want a luxuriously pampering break with seawater and spa treatments.*

- 2 individual seawater spa treatments to choose from: hydromassage seawater bath, purifying seawater bath, jet shower, body wrap
- 1 spa treatment to choose from:
  - facial: radiance, purifying (SkinCeuticals treatments not included)
  - body treatment: moisturizing, relaxing (slimming treatments not included)
  - massage: relaxing with argan oil, hot stone, energizing

\* Price per person per day / 3 treatments / 1 night including breakfast, double occupancy

Price of this program excluding accommodation and meals: €151 / MAD 1,600



## I LOVE...

a few hours

### I LOVE BEING FIT

*A combination of sports and pampering.*

MAD 1,650 / €155

- 1 individual sports coaching session
- 1 revitalizing seaweed wrap
- 1 massage with our physical therapist (50 minutes)

### I LOVE SHARING

*For delicious moments as a couple.*

MAD 2,800 / €265

- 1 private hammam session
- 1 body scrub with sea salts
- 1 massage of your choice for two (50 minutes)

### I LOVE SECRETS OF THE DESERT

*To pamper myself from head to toe.*

MAD 2,030 / €195

- 1 full traditional Moroccan ritual (100 minutes): hammam, black soap body scrub, purifying rhasoul clay wrap and total relaxation massage with argan oil
- 1 Moroccan foot, hand and nail care treatment.

Information & bookings: +212 (0)528 38 80 00 ou +212 (0)528 84 92 00

ALL OUR STOPOVERS ARE PRESENTED IN DETAIL  
ON THALASSA.COM

a few  
hours

## SPA & BEAUTY

Moments of sublimely serene treatments, only steps away from the seawater spa. Hamman rituals, slimming protocols, anti-aging expertise, massages with natural Moroccan oils... Our teams take care of your every need. Each minute of your treatment helps you relax and unwind.

## OUR BEAUTY PARTNERS

### *Exceptional brands*



Signature treatments developed exclusively for Thalassa sea & spa, combining highly effective techniques and cosmetics enriched with active marine ingredients.



A range of cutting-edge treatments and products based on scientific research and used by professionals.



A world of sensations, beauty and pleasure. Exquisite spa treatments to be savored like rare teas from faraway lands.



A 100% natural product line based on the remarkable prickly pear oil.

## OUR TREATMENT MENU HAS EVERYTHING YOU DESIRE...

*All Spa & Beauty treatments are available à la carte, either individually or as a complement to your treatment program.*

### ENERGY & SERENITY

Energizing or relaxing massages  
Berber rituals and getaways

### BALANCE

Individual coaching  
Therapeutic massage  
Lymphatic drainage

### YOUTH & BEAUTY

Facial treatments by SkinCeuticals and Thémae  
Facial and body treatments by Aquascience  
Endermolift

### SILHOUETTE

Watermass  
lyashi Dôme

*Discover, choose, dream...*

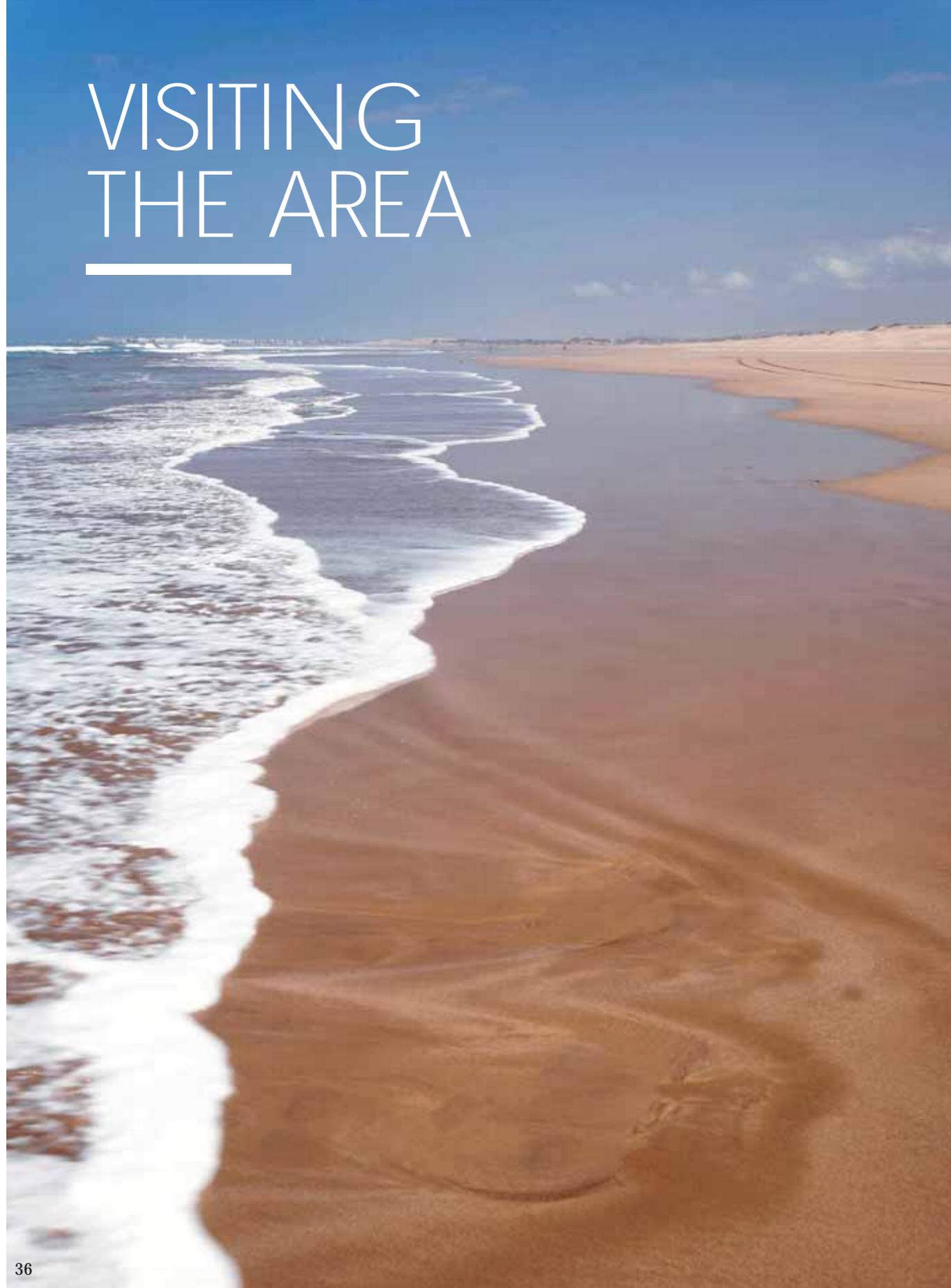
For your Spa and Beauty appointments,  
see the Treatment Menu.

We recommend that you book in advance.

**Information & bookings:** +212 (0)528 84 92 00.

# VISITING THE AREA

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Sun-kissed Agadir, Morocco's "Pearl of the South," boasts a very mild climate and stunning location between the ocean and the desert.

## *The sweeping beach of the bay of Agadir is one of the most beautiful in the world.*

You have a choice between luxuriously relaxing moments in the shade of a gazebo or trying something more adventurous, such as surfing, sailing, kite surfing or jet skiing. The marina, with its Moorish architecture, shops and restaurants, is just a short stroll away along the beautiful coastal road.

## *The dazzling city of Agadir,*

with its eclectic architecture and flowered streets, is the symbol of an era. Spend a few hours exploring its bustling souk and discovering the wealth of handmade Moroccan crafts.

## *The land of the Berbers,*

or the Amazigh, has long attracted lovers of ancient cultures and unspoiled nature, traveling the ancient honey and argan oil trade routes to the lush wadis of the Imouzzer valley or the arid mountains.

## *A premier golf destination,*

Agadir boasts no fewer than five prestigious courses. And for tennis lovers, a clay court and lessons with a pro are at your disposal (reservation required).

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## *With arts and sports, traditions and innovations,*

AGADIR WELCOMES LARGE-SCALE INTERNATIONAL EVENTS EVERY YEAR.

- Spring:** Spring Collection fashion show
- Summer:** Timitar Festival: featuring Berber and international music – Music festival by Sofitel
- Autumn:** Concert for Tolerance
- Winter:** SO CUP Golf Tournament – New Year dinner gala



# TREATMENT GLOSSARY

## *The best seawater spa treatments*

### FITNESS ACTIVITIES / Relaxation and toning

Hydrotherapy pool, aqua aerobics, aqua gym, aqua stretching. We offer a range of activities to improve your flexibility, strength and stamina. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

### HYDROMASSAGE SEAWATER BATH / Relaxation in technicolor

Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Your muscles relax and your mind wanders to the rhythm of the chromotherapy colors.

### VICHY SHOWER / Soothe your senses

Lying face-down on the treatment table, a fine mist of heated seawater is sprayed over your body. This treatment is designed to soothe nerve endings in your skin and to induce relaxation. It is particularly recommended for those suffering from extreme fatigue.

### JET SHOWER / Targeted muscle relief

The hydrotherapist shapes and tones your body using a jet of seawater. Temperature and pressure are adjusted depending on whether you want this precise and toning treatment to stimulate circulation or sculpt and tone your body.

### PURIFYING SEAWATER BATH / A sculpting seawater massage

You relax in a bath of heated seawater while a hydrotherapist massages your body with a jet shower. The focus can be on loosening up your muscles and joints, or on targeting specific areas for a draining effect and to get rid of cellulite.

### SEAWEED WRAP / A cocktail of active ingredients and minerals

Laminaria to revitalize or fucus to detoxify and slim. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

### VICHY SHOWER MASSAGE OR BODY SCRUB / A multisensory experience

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the manual massage.

### WATERMASS / Rolling massage technique using seawater

The therapist uses a suction head to gently massage your skin with heated seawater. Depending on the intensity chosen, this treatment can have either a relaxing effect or a draining anti-cellulite action.

## *Key treatments at Agadir*

### IYASHI DÔME / Deep cleansing

Lying on a dome-covered bed, long-wave infrared rays purify, regenerate and restore balance to the body while sculpting the figure.

# DISCOVERY WEEKS

Whether you are immersed in the Zen ambiance of Sofitel Agadir Thalassa sea & spa, or the lively atmosphere of Sofitel Agadir Royal Bay, there is always something going on here... Please contact us to find out more about the events and activities taking place during your stay.

## HERE AND HERE ONLY

### *Culture, fitness and music*

#### EACH DAY

Nordic walking on the beach, yoga, abs-and-glutes workouts. Each day features an array of sports activities held outdoors, in the seawater pool or in the fitness area.

24-hour Concierge Service: Our Golden Key concierges are on hand to reserve tee times, arrange surfing lessons, organize outings on horseback, camel or quad bike, and plan excursions to the wilds of Souss Massa National Park.

#### EACH WEEK

Activities and events for all ages and all levels of energy. A quiet evening or a night on the town, classical or pop music, sounds of the oud or a DJ... Whatever you are in the mood for, both resorts – Sofitel Thalassa sea & spa and Sofitel Royal Bay – offer exceptional musical programming to enliven your stay.

#### EACH SEASON

Fashion shows, vernissages, exhibitions, special occasions and events... A world of cultural events and gatherings takes place within our walls. .

Therapists, artists and designers come together throughout the year to share their passion in workshops, during conferences and on stage. For an even more unforgettable stay, combine your seawater spa experience with laughter yoga, revitalizing treatments and classes on cooking, massage and stress management.



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**AGADIR (MOROCCO)**

TIMI AMA (SARDINIA)

CAPOVATICANO (SOUTHERN ITALY)

ZALLAQ (BAHRAIN)

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SOFITEL AGADIR THALASSA SEA & SPA

SOFITEL AGADIR ROYAL BAY

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