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#ThalassaSeaAndSpa

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# Thalassa

SEA & SPA



## SPA & BEAUTY

TREATMENT MENU 2023

QUIBERON



# Thalassa

SEA & SPA

ma pause, mon énergie

## More than 50 years of attentive expertise

Taking care of you is a demanding vocation  
we have been perfecting for over 50 years.  
Our teams are dedicated to your well-being,  
combining personalized advice with expert treatments.

## An essential element: the sea

A stay at Thalassa Sea & Spa is a well-deserved break that  
allows you to be revitalized by an essential element: the sea.  
Experience the awakening of your senses through the draining,  
soothing and relaxing benefits of heated seawater.  
Boost your immune system, fill your lungs with fresh sea air,  
stock up on trace elements and negative ions,  
and leave fully recharged after your stay.

## Thalassa Sea & Skin: positive beauty

Because we believe that nature is the source of all beauty,  
we have combined our seawater spa expertise  
and our knowledge of marine biotechnology to develop  
the expert luxury cosmetic brand, Thalassa Sea & Skin.  
Our products are 100% French made from plant-based  
active marine ingredients, and offer you an innovative  
sensory experience for positive beauty.

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Welcome to the Seawater Spa Institute  
at Sofitel Quiberon.

A world of wellness overlooking the ocean  
is yours for the length of your stay. In a bright  
and airy space of over 5,000 m<sup>2</sup>, enjoy seawater  
spa, slimming and beauty treatments alongside  
fitness activities and personal development  
workshops. With you in mind, we have chosen  
partners that excel at what they do to make  
your stay in Quiberon truly unforgettable.

And because nothing matters more than  
your wellness, our experts are at your side  
to make sure time stands still during  
your stopover in the region.





# Luxury seawater treatments

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Quiberon, the Wellspring of Modern 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 in 1964.

Among the many virtues of seawater treatments, this authentic alternative medicine regenerates your body in minerals, helping to fight against fatigue and stress for long term wellness benefits.

## Seawater massages

### **PURIFYING SEAWATER BATH** ⌚ 20 min / €75

The seawater spa treatment par excellence.

In a seawater bath, relax to the gentle and controlled rhythm of a submerged jet massage, and soak up all the regenerative properties of the water in a single treatment.

### **VICHY SHOWER BODY SCRUB** ⌚ 20 min / €75

Exfoliating and regenerating.

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

### **VICHY SHOWER MASSAGE** ⌚ 20 min / €75

A perfect combination.

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

### **WATERMASS** ⌚ 20 min / €75

Rolling massage technique using seawater.

Relish this deep rolling massage performed by a seawater jet, for complete relaxation.

### **JET SHOWER** ⌚ 10 min / €50

The sea's solution for a boost of energy.

Revive your energy and relieve tension thanks to a jet of seawater that is both precise and encompassing.

# Marine wraps

The regenerative properties of seaweed for your well-being.

**REMINERALIZING LAMINARIA SEAWEED WRAP** ⌚ 20 min / €70  
Immerse yourself in an interlude of deep relaxation, wrapped in a cocoon of seaweed cream. Your skin and your body are replenished with active ingredients, minerals, and trace elements.

**RELAXING MARINE MUD WRAP** ⌚ 20 min / €70  
Experience a treatment that not only brings you complete relaxation, it also relieves painful joints.

**LIGHTER LEGS** ⌚ 20 min / €70  
Soothe tired legs through the application of a refreshing seaweed gel that provides instant relief.

# Seawater spa essentials

**HYDROMASSAGE SEAWATER BATH** ⌚ 20 min / €50  
The quintessential seawater treatment.  
Pamper your body with exquisite heat and the regenerative properties of seawater while massaging jets relax your muscles.

**RELAXING VICHY SHOWER** ⌚ 20 min / €50  
When rain becomes a wellness experience.  
Give in to the soothing effects of a fine mist of seawater as you breathe deeply, inhaling the sea spray.

**HYDROLEGS SESSION TO STIMULATE THE CIRCULATION** ⌚ 20 min / €50  
For lighter legs.  
Immerse your legs in hot and then cold seawater, procuring effective relief for tired legs.

**RELAXING UNDERWATER JETS** – Small-group session ⌚ 20 min / €50  
Multiple benefits in a single treatment.  
Enjoy countless benefits with this self-massage session using a jet of seawater and guided by a therapist: muscular relaxation, stimulation of the circulation, easing of the joints... the list goes on!

# New seawater spa treatments

**NIRVANA WRAP** ⌚ 20 min / €90  
A most comprehensive treatment.  
A remineralizing seaweed body wrap with a bio-cellulose face mask, accompanied by an audio Sophrology session.  
Beauty, relaxation and the benefits of seawater, all combined in one complete treatment. The quintessence of wellness.

**AQUASENSORIEL SESSION** ⌚ 40 min / €100  
Abandon your body to the pleasures of water.  
In a heated seawater pool and guided by our therapist, enjoy a series of gentle movements and stretches for true letting go.



## OUR HYDROTHERAPISTS LOVE:

**COOL ATTITUDE HYDROMASSAGE SEAWATER BATH** ⌚ 20 min / €60  
The art of bubble therapy.  
The perfect treatment to unwind and de-stress: a massage by relaxing seawater jets with the application of anti-fatigue eye patches while enjoying music through your headphones.  
Just kick back and chill out.

**COLD AND BOLD TREATMENT** Small-group session ⌚ 10 min / €15  
Take 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!

# Wellness essentials

**MUSICÔRELAX HYDROJET** ⌚ 20 min / €50  
The relaxing powers of music.  
Your body cushioned on a waterbed, experience the relaxing effect of powerful hydrojets enhanced by specially selected music.



# Facial treatments

New in 2023

## By OLIVIER CLAIRE – Major Beauty Treatments

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

Exceptional treatments thanks to the synergy and very high concentrations of rare and precious active ingredients extracted from seaweed and coastal plants.

This synergy exerts a powerful anti-aging effect on the skin.

### DEEP MAJOR BEAUTY TREATMENT ⌚ 90 min / €280

The quintessence of Olivier Claire skin care expertise.

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

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

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

Targeted efficacy.

Highly concentrated in plant extracts and hyaluronic acid, this treatment, applied using expert techniques, stimulates cellular action to reinforce and preserve the skin's youthful appearance. The contours of the face are redefined, the skin is intensely moisturized and plumped.



### OUR BEAUTICIANS LOVE:

#### RADIANCE TREATMENT OLIVIER CLAIRE ⌚ 45 min / €130

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

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

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

#### **FOREVER YOUNG TREATMENT** ⌚ 25 min / €100

An exceptional treatment to erase the signs of fatigue.

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

The gentle lifting effect leaves the skin looking visibly younger.

For a radiant, healthy and glowing complexion.

#### **INTENSE GAZE EYE CONTOUR TREATMENT** ⌚ 25 min / €75

For beautiful, captivating eyes.

An exceptional treatment applied with an expert technique.

Highly effective natural active ingredients to gently treat the delicate area around the eyes, preventing and reducing fine lines, dark circles and puffiness.

For relaxed and refreshed eyes that sparkle with vitality.

*New in 2023*

## 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.

#### **SKIN INSTANT® DIAGNOSIS** ⌚ 30 min / €50

A check-up for your skin.

A professional and comprehensive analysis of your skin, highlighting its specificities in a simple and understandable way to establish the exact treatments necessary to stimulate regeneration.

**This diagnosis is free of charge when followed by the purchase of a treatment or products from the Swissline range.**

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

Swiss precision for your wellness needs.

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

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

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

#### **TARGETED TREATMENT FOR MEN** ⌚ 60 min / €200

The treatment men have been waiting for.

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



#### **OUR BEAUTICIANS LOVE:**

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

The ultimate expression of Swissline's savoir-faire.

This facial completely transforms the skin thanks to the association of pure collagen, pure silk, and plant-based growth factors.

The skin is rejuvenated. Treatment recommended for stressed, dull or aged skin.

#### **SWISS VIRTUAL SURGERY** ⌚ 60 min / €230

Repair and recovery.

Revolving around the brand's signature Virtual Mask, this treatment boosts skin cell regeneration and cell turnover.

A good choice for skin that feels aggressed, before or after medical cosmetic procedures.

#### **SWISS EYES SPECIALIST TREATMENT** ⌚ 30 min / €100

Taking eye-care to a new level of excellence.

This exceptional and highly effective treatment instantly erases the tell-tale signs of aging and fatigue around the eyes.

The eye contour area is deeply re-hydrated and redefined.

# By Thalassa Sea & Skin

Signature treatments developed exclusively for Thalassa Sea & Spa, combining highly effective techniques and cosmetics enriched with active marine ingredients. The known benefits of seaweed and marine trace elements revitalize, firm, and moisturize your skin.

**EXPERT ANTI-AGING TREATMENT** ⌚ 50 min / €110

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

**AQUA-NOURISHING SOOTHING TREATMENT** ⌚ 50 min / €110

Radiate calm and serenity.  
For rehydrated, soothed, and silky-soft skin.

**PURIFYING MARINE** ⌚ 50 min / €110

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

**EXPRESS PLUMPING TREATMENT** ⌚ 25 min / €85

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

**IMMEDIATE RADIANCE TREATMENT** ⌚ 25 min / €85

Dazzlingly effective.  
For a burst of radiance.

# Facial massages

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

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



**OUR RELAXATION THERAPISTS LOVE:**

**SOPHRO MASSAGE** ⌚ 50 min / €120

Clear the mind.  
A unique treatment that subtly and harmoniously combines the Sophrology experience with a massage of the head and face, directly inspired by the Ayurvedic "Schirotchampī" massage.

# 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** ⌚ 30 min / €120 **NEW**

In partnership with RESSOURCE Corps-Mental – SOPHRO MASK®  
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

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 one of our multi-session programs:**

3 sessions / €300

6 sessions / €560

**LED FIVE® COSMETIC PHOTOMODULATION\*** ⌚ 25 min\* / €90

Light therapy to soothe and rejuvenate the skin.  
Light therapy stimulates epidermal activity in a non-invasive and painless way.

\* Face or targeted body area.

**CRYOSKIN** ⌚ 25 min / €70

The benefits of cryotherapy for immediate radiance.  
Stimulates the circulation and combats sagging skin through the application of dry, cold air on the face, neck, and neckline.





# Body treatments

New in 2023

## By ORIGINE

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

### “Departure from Quiberon” Rituals

A body scrub and wrap followed by a massage for a sensory journey to enchanting destinations. Precious, magical moments guaranteed.

**JOURNEY TO BALI RITUAL** ⌚ 75 min / €200

Pampering and intoxicating.

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



#### OUR BEAUTICIANS LOVE:

**CRUISE TO HAWAII RITUAL** ⌚ 75 min / €200

Enticingly exotic.

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

# Massages from around the world

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

**HAWAIIAN LOMI LOMI MASSAGE** ⌚ 50 min / € 145 **NEW**

An invitation to travel to exotic lands.

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

**BALINESE MASSAGE** ⌚ 50 min / €145 **NEW**

Harmony of body and mind.

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



**OUR MASSAGE THERAPISTS LOVE:**

**PENINSULA MASSAGE** ⌚ 50 min / €145

Discover our exceptional and exclusive Quiberon massage.

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

**DEEP TISSUE SWEDISH MASSAGE** ⌚ 50 min / €145

To erase tension.

This massage acts on the deep muscles, easing stiffness and bringing true relief.

**NATIVE AMERICAN HOT STONE MASSAGE** ⌚ 50 min / €145

Soothing heat.

This treatment combines a manual massage and the gentle warmth of volcanic Basalt stones.

**ABHYANGA INDIAN MASSAGE** ⌚ 50 min / €145

Where vitality and serenity meet.

Directly derived from Ayurvedic medicine, this stimulating massage helps to rebalance energy.

# By Thalassa Sea & Skin

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

**ESSENTIAL WELLNESS BACK TREATMENT** ⌚ 50 min / €110

Bliss for stiff backs.

This treatment combines a body scrub and deep back massage with the benefits and exquisite sensations of a warming marine mud wrap.

**INTENSIVE NOURISHING TREATMENT** ⌚ 50 min / €110

A delicious cocoon of softness.

Wrapped in a velvety cocoon, the body is pampered and the skin is perfectly nourished and hydrated.

**BODY SCRUB WITH SEA SALTS** ⌚ 20 min / €80

For purified skin with a smoothed texture.

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

# By Thalassa Sea & Spa Quiberon

## Signature Massages

### **SUPREME FOUR-HAND** ⌚ 25 min / €120

Twice the relaxation.

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

### **REFLEXOLOGY FOOT** ⌚ 50 min / €150

It all begins with the feet.

This Chinese therapy links each area of the foot to an organ of the body, bringing true relief to the whole body through the feet.

### **"INNER BALANCE" MESSAGE** ⌚ 50 min / €140

Strengthen the IQ of your second brain.

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

### **"HEAVENLY LIGHTNESS" LYMPHATIC DRAINAGE SESSION** ⌚ 50 min / €140

More gentleness for a greater sensation of lightness.

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

### **ZEN MESSAGE** ⌚ 50 min / €135

Gentle release.

With expert hands gliding slowly and gently over the body, this massage procures a sensation of intense letting go.

### **VITALITY MESSAGE** ⌚ 50 min / €135

Revitalizing treatment for athletic people.

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



### **EXPERIENCE ALL THE BENEFITS OF SEAWATER MASSAGE**

Take advantage of your seaside stopover to experience exceptional treatment techniques that you would never find at home.

See page 7.

# High-tech body treatments

## By CRYOJET

### **CRYOSKIN - TARGETED ZONE** ⌚ 10 min / €30 - 20 min / €55

Depending on your needs and goals, enjoy the benefits of cryotherapy on the targeted zone of your choice.

Remodels the body, stimulates the circulation, eliminates cellulite, and promotes localized slimming.

### **PARTIAL-BODY CRYOTHERAPY**

A quick and effective solution where health prevention, recovery, overall wellness, and staying young and in shape are concerned, thanks to the diffusion of regenerating dry cold air as low as -150°C (-238°F).

1 session / €59

3 sessions / €160

6 sessions / €285

## By LPG

### **CELLU M6® ALLIANCE "LATEST GENERATION"**

This new, cutting-edge technology acts on eliminating fat cells and enhancing the quality of the skin.

### **À la carte sessions**

LPG Alliance session ⌚ 25 min / €95 - 40 min / €115

### **3 sessions program**

LPG Alliance – ⌚ 25 min / €255

LPG Alliance – ⌚ 40 min / €305



# Beauty treatments

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## **IMAGE COACHING** ⌚ 30 min / €50

Using the “color draping” method, discover the clothing colors, makeup, hairstyle and hair color to enhance your beauty.

## Make-up by Jane Iredale

A beauty treatment using make-up that is good for the skin from Jane Iredale’s range of natural, anti-aging cosmetics.

## **PERSONALIZED** ⌚ 45 min / €50

A more radiant you.

Personalized advice for a complete makeover that reveals your natural beauty.

## **FLASH MAKEOVER** ⌚ 15 min / offert\*

An express makeover to discover the Jane Iredale range.

\* By appointment and subject to availability.

## Hand and nail care

### **SOFT HANDS TREATMENT** ⌚ 30 min / €55

Pamper your hands.

A complete moisturizing hand treatment including the application of a cream, a scrub, a massage, and a paraffin wrap.

### **MANICURE** ⌚ 45 min / €45

Pretty, well-shaped and trimmed nails.

Cutting, shaping, soaking, cuticle care, massage and polish.

### **EXPRESS MANICURE** ⌚ 30 min / €30

Nail care and beauty.

Cutting, shaping, cuticle care and polish.

## Nail Bar

### **STANDARD NAIL POLISH** ⌚ 30 min / €25

### **LONG-LASTING NAIL POLISH** ⌚ 30 min / €30

### **SEMI-PERMANENT NAIL POLISH\*** ⌚ 45 min / €40

\* Nail polish removal not included / Kit sold at the Seawater Spa Boutique.





# Hair styling

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## 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 CULT TREATMENT** ⌚ 75 min / €140

Recommended for fine hair, a customized treatment composed of 100% natural plants to give the hair more volume.

**STOPOVER IN QUIBERON SIGNATURE TREATMENT** ⌚ 75 min / €140

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

**COMPLETE TREATMENT FOR MEN** ⌚ 75 min / €140

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

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

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

**LEONOR GREYL DISCOVERY TREATMENT** ⌚ 30 min / €80

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

## Barbershop

**STANDARD SHAVE** - ⌚ 60 min / €70

**BEARD TRIM & SHAPING - RAZOR** - ⌚ 45 min / €45

**BEARD TRIM & SHAPING - TRIMMER** - ⌚ 30 min / €20

## The Classics

For expert advice from our hairdresser, we invite you to visit the salon. The rates indicated are for informational purposes only as they vary according to hair length.

**MAINTENANCE CUT** - €25

**NEW STYLE** - €45

**NATURAL EFFECT** - €95 - €145

**COLOR** - €80

**DIACOLOR** - €65

**STREAKS** - €115 - €145

**HIGHLIGHTS** - €95 - €145

**HAIR SETTING** - € 45

**WASH + BLOW DRY + STYLE** - €30 - €50

**WASH + BLOW DRY** - €30 - €35



# Enhance your wellness

## Variations on Relaxation Meditation

### INITIATION TO MINDFULNESS MEDITATION

Small-group session ⌚ 50 min / €30 – Personalized session ⌚ 50 min / €85  
Freeing your mind.

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



### OUR WELLNESS THERAPISTS LOVE:

**OCEAN HORIZON MEDITATION** – Personalized session ⌚ 50 min / €85  
Anchoring the positive in you.  
Enjoy an outdoor session focusing your attention on your senses and your environment, combined with indoor relaxation to memorize all your positive sensations.

**SEA MINDFULNESS WALK** – Small-group session ⌚ 50 min / €30

Breathing and letting go.

Find deep inner calm through this meditative walk inspired by the Afghan walking technique, during which you learn to match the rhythm of your steps to your breathing.

**RELAXATION** – Small-group session ⌚ 50 min / €30

Reaching a state of true wellness.

Work on your stresses and blockages by listening to your body to achieve a total release from tension.

**Discover our specific “Harmony & Slimming” sessions for self-acceptance and body positivity.**

# A world of Sophrology

## INTRODUCTION TO SOPHROLOGY – Small-group session ⌚ 50 min / €30

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

## SOPHRO WALK – Small-group session ⌚ 50 min / €30

Experience the soothing beauty of nature. In contact with the marine environment of the idyllic and preserved setting of Quiberon Bay, enjoy a fun, sensitive and sensory walk that fosters calm and serenity.

## SOPHRO MASSAGE ⌚ 50 min / €120

Clear the mind.  
A unique treatment that subtly and harmoniously combines the Sophrology experience with a massage of the head and face, directly inspired by the Ayurvedic “Schirotchampi” massage.

# Yoga moments

## YOGA

Small-group session ⌚ 50 min / €30 – Séance personnalisée ⌚ 50 min / €85

Bringing balance to mind and body.  
Find balance and harmony within yourself and with the surrounding environment through this age-old discipline.

## Our different classes to boost your health:

Hatha Yoga  
Yoga Pranayama  
Yoga Nidra  
Belly yoga

# And much more...

## SENSORY FITNESS – Small-group session ⌚ 50 min / €30

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.

## DO IN – Small-group session ⌚ 50 min / €30

The solution to any stressful situation.  
Learn self-massage techniques that you can easily incorporate into your daily life, bringing inner calm to stressful situations.

## RESPIROLOGY – Small-group session ⌚ 50 min / €30

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

**Terre Mer** – Session in the fitness area.

**Énergie** – Outdoor session.

## MICRO NAP – Small-group session ⌚ 25 min / €15

A pause to recharge the batteries.  
Enjoy this masterfully designed selection of breathing exercises, self-massage, and instruction in micro napping to dissipate fatigue and recover energy in just a few minutes. A daily necessity.



**Thalassa**

SEA & SPA

# Wellness expertise

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## Expert advice

### **NUTRITION AND LIFESTYLE CONSULTATION** ⌚ 30 min / €70

Learning to eat well.

Get a complete assessment through a personalized appointment with our dietitian including an impedance analysis and, above all, advice on your diet and lifestyle, adapted to your specific situation and needs.

### **BACH FLOWER CONSULTATION** ⌚ 50 min / €60

The natural path to emotional health.

Bach flowers are floral elixirs that affect your mood and emotions positively. Identified by Dr. Bach, these flowers are beneficial for all kinds of emotional issues.





## Health expertise



### OUR HEALTH EXPERTS LOVE:

#### **FASCIATHERAPY** ⌚ 50 min / €150

Relaxing the fasciae (tiny membranes surrounding the muscles and organs). This therapeutic manual technique solicits the body's self-regulation capacities, taking into account physical and mental unity and the perception of the body.

#### **OSTEOPATHY** ⌚ 50 min / €150

A manual therapy.

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

#### **AQUATIC OSTEOPATHY** ⌚ 50 min / €100

The benefits of seawater combined with osteopathic expertise. Restore mobility to the body through gentle manipulation in a heated seawater pool.

**A table session is essential beforehand.**



### OUR RECEPTION TEAM LOVE:

#### **SHIATSU OSTEOPATHY** ⌚ 25 min / €90

A combination of Eastern and Western alternative medicines. This manual therapy combines shiatsu and osteopathy to totally rebalance the body.



# Fitness training

## Training in the fitness area

### **FITNESS ASSESSMENT** ⌚ 55 min / €85

Awaken the athlete in you.

Your physiological age is estimated through a series of cardiovascular, muscular, flexibility and mobility tests, leading to a 25-minute training session adapted to your goals.

### **PERSONALIZED COACHING** ⌚ 25 min / €60 - 50 min / €105

Discover or cultivate your love for fitness.

Finding enjoyment in sports, getting back into fitness activities, improving on your abilities, reaching a personal goal... Whatever your motivation, our personal fitness trainers can help you transcend it!

Take your session outdoors if you prefer.

### **FITNESS TRAINING FOR TWO** ⌚ 25 min / €45 per person - ⌚ 50 min / €75 per person

### **BOXING TRAINING** ⌚ 25 min / €60 - For two, €45 per person

Channel your inner Mohammed Ali.

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



#### **OUR FITNESS TRAINERS LOVE:**

### **MAT PILATES** ⌚ 50 min / €95

A recognized and proven method.

A gentle and effective method for strengthening the deep muscles responsible for posture. For beginner and intermediate levels.

### **PILATES REFORMER** ⌚ 50 min / €95

Experience a complete, varied, and precise workout.

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 strength, and a significant gain in flexibility.

**ALTERG® SESSION** ⌚ 25 min / €60

Train like an astronaut.

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

**LOW-IMPACT FITNESS** – Small-group session ⌚ 25 min / €25

A gentle workout for anyone and everyone.

Enjoy a set of fun exercises to maintain joint mobility, muscle tone, and balance.

**FITNESS FAVORITES** – Small-group session ⌚ 25 min / €25

Something for every athlete.

Choose from thighs-abs-glutes, Pilates, stretching, and circuit training to tone your muscles, increase firmness, and sculpt your figure.

## Training in our seawater pool

**PERSONALIZED WATER FITNESS** ⌚ 25 min / €60 – ⌚ 50 min / €105

Enjoy the benefits of fitness training in seawater.

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

**INDIVIDUAL SWIMMING LESSON** ⌚ 25 min / €30

Improve your skill, overcome your fear of water, or simply learn to swim (for age 6 and above).

**THE INDISPENSABLES** – Small-group session ⌚ 25 min / €25

All the revitalizing properties of seawater for better results.

Toning aqua vitality, relaxing aquazen, and aquabiking in our heated seawater pool.

**AQUATRaining** – Small-group session ⌚ 40 min / €30

Fun and invigorating.

Enjoy a cardio workout and overall muscle strengthening through fun and varied workshops and exercises: aquabiking, aquafit, and aqua jump.

**AQUA PILATES** – Small-group session ⌚ 25 min / €30

A recognized method combined with the benefits of seawater.

Realign your body with this session based on strengthening postural muscles.



**OUR SWIM INSTRUCTORS LOVE:**

**AQUAJOGGING** – Small-group session ⌚ 25 min / €30

Floating aqua aerobics.

This session takes place in the deep end of our seawater pool.

Equipped with a buoyancy belt, you perform a running motion and other aqua aerobics movements without touching the bottom. For confirmed swimmers only.

## Training outdoors

**COASTAL NORDIC WALKING** – Small-group ⌚ 45 min / €25

An invigorating walk in the sea air.

Discover the Pointe du Conguel and get your fill of the invigorating air of Brittany. Equipped with poles, this active walk improves breathing and tones the muscles.

**BIKE RIDE** – Small-group session ⌚ 55 min / €30

A workout for the legs and a treat for the eyes.

Take a bike ride led by a fitness trainer along the coastal paths of the peninsula and the magnificent Côte Sauvage.

**PADDLE BOARDING** ⌚ 60 min / €35 (de mai à septembre)

A fun, pleasurable activity.

Enjoy a sea excursion led by a specially qualified coach in the exquisite setting of Quiberon Bay.

**BEACH GYM** – Small-group session ⌚ 45 min / €30 (May to September)

All the benefits of fitness training on the beach.

Enjoy a series of fun, stimulating exercises on the beach and in the water.

# Marines breaks

A few hours for some me-time.

## My Middle-of-the-Day Break

### **I LOVE SEAWATER SPA TREATMENTS** - €79

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

Treatments throughout a morning or afternoon.

- Access to the Relaxation Area

### **MY DREAM BREAK** - €95

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

Treatments throughout a morning or afternoon.

- Access to the Relaxation Area

### **I LOVE WELLNESS GETAWAYS** - €210

Pour vivre des moments uniques de détente :

- 4 seawater spa treatments: hydromassage seawater bath, seaweed wrap, underwater jets session, and Zen massage (25 minutes)
- Lunch (2 courses: 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

Enjoy being treated like a champion:

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

### **SPORT & BUBBLES** - half day - 2 activities - €90

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





## Brunch & Spa (April to October)

Make Sundays even more enjoyable by combining gourmet pleasures with the benefits of seawater.

**Bonus These three programs grant you access to our Relaxation Area on Sunday afternoon.**

### **BRUNCH & SEA & SPA - €95**

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

### **BRUNCH & SEAWATER SPA - €145**

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

### **BRUNCH & BEAUTY SPA - €195**

- 1 brunch at La Presqu'île Restaurant.
- 2 individual seawater spa treatments on Sunday afternoon:
  - 1 Zen massage (25 minutes).
  - 1 Thalassa Sea & Skin facial (50 minutes)

**Look out for our special offers throughout the year:**

**St. Valentine's Day, Mother's Day, Father's Day, World Maritime Day, and many more.**

*The relaxation area is open from 9am to 12:30pm and from 2pm to 6pm.*

*\* Subject to availability.*

# Marine Breaks From 1 to 3 days

A few hours for some well-earned me-time...  
choosing the marine break adapted to my goal.



**My Sea & Wellness Break** - 3 treatments per half day / €130  
**I want to immerse myself in wellness.**

- 1 hydromassage seawater bath.
  - 1 MusicÔrelax hydrojet session.
  - 1 activity in the pool with a fitness trainer.
- + Access to the Relaxation Area  
(Day 1: ask for information on the following days)



**My sea & spa Break** - 3 treatments per half day / €180  
**I want to combine the pleasures of seawater and spa treatments.**

- 1 hydromassage seawater bath.
  - 1 body scrub.
  - 1 Zen massage (50 minutes).
- + Access to the Relaxation Area  
(Day 1: ask for information on the following days)



**My zen Break** - 3 treatments per half day / €166  
**I want to feel cozy and pampered.**

- 1 hydromassage seawater bath.
  - 1 relaxing and soothing vichy shower.
  - 1 Zen massage (25 minutes).
- + Access to the Relaxation Area  
(Day 1: ask for information on the following days)

*All of these programs grant you access to our Relaxation Area during your half day of treatments.  
The relaxation area is open from 9am to 12:30pm and from 2pm to 6pm.*



# The Thalassa Sea & Skin range of seawater cosmetics

Discover a range of specially developed skin care products rich in naturally processed active marine ingredients. With their hydrating, purifying, energizing and regenerating properties, this highly effective range is adapted to all skin types and needs.



## MOISTURIZING FOAM

A soft and gentle pause for maximum protection and comfort.



## PURIFYING SEA BREEZE

A daily, invigorating and refreshing pause for the face.



## REVITALIZING WAVE

A pause in time for effective anti-aging and anti-stress.



## ENERGIZING SEA SPRAY

A stimulating, revitalizing pause for body and mind.

Our products are paraben-free, without mineral oils or active ingredients of animal origin – good for both your body and the environment. They contain trace elements and mineral salts, which enhance the skin. All products are 100% made in Brittany.



# Practical information

**The time to take your time:** In order to enjoy your treatments in complete serenity, we recommend that you arrive 30 minutes before your session begins.

**Bookings:** To make an appointment, call us at +33 (0)2 97 50 48 29, push the "thalassothérapie" button on your in-room telephone, or visit us at our welcome desk. A 30% deposit will be required to confirm your booking. Prices are indicative and are subject to change without notice.

**Methods of payment accepted:** Visa, MasterCard, American Express, Eurocard, Diners Club, French holiday vouchers (ANCV), Thalassa Sea & Spa gift vouchers, French bank checks, cash.

**Cancellation / late policy:** If you need to cancel your reservation, we kindly ask that you do so at least 24 hours before your session. After this period, deposits cannot be refunded. Should you arrive late, we will unfortunately have to reduce the length of your treatment accordingly.

**Treatment times:** The duration specified is the actual duration of the treatment.

**Availability of treatments:** Treatments indicated at the institute's reception area are subject to availability. For optimal comfort, we advise you to reserve your treatments in advance.

**Access to treatments and the institute:**

Sandals must be worn in all wet areas. To access the fitness area, appropriate sports clothing and shoes are required. Our rates include the loan of a robe and towels.

Disposable underwear is available for use in your treatment room.

Certain treatments or treatment programs are not suitable for pregnant women. A selection of beauty treatments is nonetheless available.

For one or more days of treatments, pregnant women must provide a recent medical certificate stating that they are fit for seawater spa and hammam treatments.

A release form must be signed upon arrival at the institute.

Our seawater spa and beauty treatments are intended for persons aged 18 years and over. A selection of seawater spa treatments, beauty treatments, massages and physical activities is available to minors upon provision of a medical certificate and a parental release form. These can be sent to you upon request.

We ask that you kindly complete and return all documents to us before your arrival. The sauna, hammam, whirlpool bath and Zen relaxation lounge are strictly off-limits to minors.

For seawater spa programs of less than four days, you will be required to sign a release form before starting your treatments. In order to provide you with the very best advice, please inform us of all relevant information related to your health, such as whether you are pregnant or have any allergies or injuries.

Neither medical nor therapeutic, our massages are purely for your comfort.

**Information and bookings:** The institute is open Monday to Saturday from 8:30am to 6:30pm, and Sunday from 8:30am to 6:00pm. Call us on +33 (0)2 97 50 48 29 for information on the closing dates of the seawater spa institute, or check out our brochure and website at [www.thalassa.com](http://www.thalassa.com).

Non-binding document. For more details, refer to the General Terms and Conditions.

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## A gift card that does you good

One-day seawater treatment programs, spa rituals or à la carte treatments... a wonderful gift for your friends and loved ones. Choose from our treatments or define how much you wish to give, from €25.

(Gift cards valid 1 year.)

Order directly at [sofitel-quiberon-thalassa.secretbox.fr](http://sofitel-quiberon-thalassa.secretbox.fr)

For more information or to make a purchase, call us at +33 (0)2 97 50 20 00 or visit the institute's welcome desk.