



Thalasso

NATURE, NATURELLE, NATURELLEMENT BIEN

2023
EDITION



MARINE JOURNEY

THALASSO  

WELL-BEING, SUN & OCEAN

Euronat's thalasso... 1500 m² of relaxation and conviviality where:

you will benefit from professional and innovative treatments that will bring you wellbeing, energy, happiness...

This soothing environment is natural, and is open to the light and pine forest, all on ground level.

The team, made up of experienced professionals, offers you quality treatments, with the precision and rigour of selected protocols.

The sea and the ocean are your allies :

The marine elements, the seawater, the seaweed and marine mud are your friends.

The trace elements and minerals are a real anti-stress formula and a boost for the immune system.

OPENING HOURS

09H00 - 12H30
14H30 - 18H00

Weekly closure :

- on Wednesday during the low season
- on Sunday in July and August.

Booking
thalasso@euronat.fr
05 56 73 24 50



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THE MARINE SPACE

A moment of relaxation where you can enjoy the sea water in our aquatic areas.

You can also recharge your batteries in our saunas and hammam, followed by an invigorating jacuzzi before perfecting your tan by basking in the sun in our relaxation gardens.

HALF-DAY ADMISSION

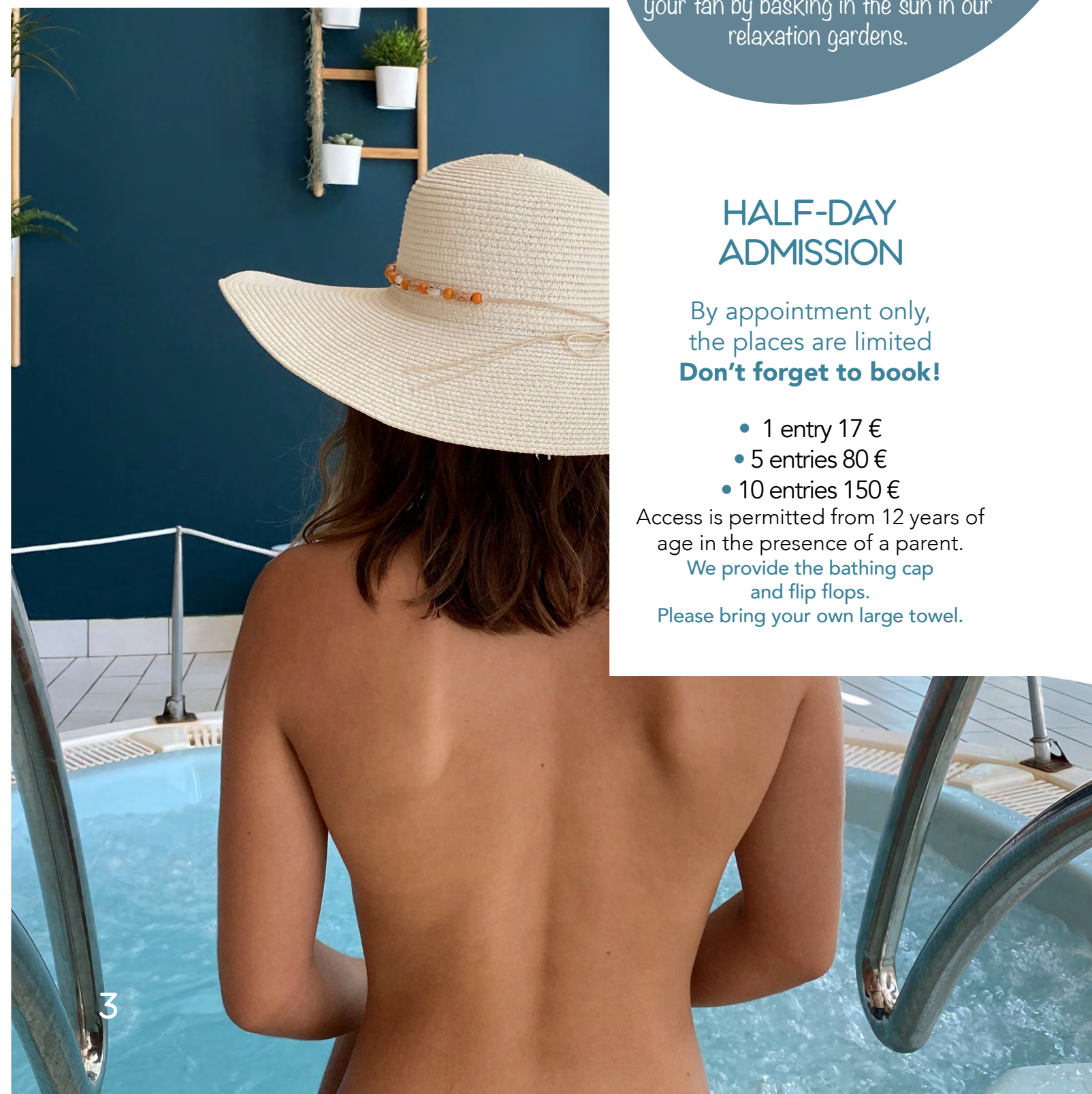
By appointment only,
the places are limited
Don't forget to book!

- 1 entry 17 €
- 5 entries 80 €
- 10 entries 150 €

Access is permitted from 12 years of age in the presence of a parent.

We provide the bathing cap and flip flops.

Please bring your own large towel.



HYDROTHERAPY TREATMENTS



SEAWATER



SEAWEED



MUD

BODY SCRUB	30 €
SEAWEED AND MARINE MUD WRAP	40 €
THE HYDROMASSAGE BATH WITH SEAWEED JELLY OR ESSENTIAL OILS	40 €
SEAWATER AFFUSION SHOWER	30 €
SPECIAL JET SHOWER	30 €
CROSS WRAP OF THE LOWER LIMBS	40 €
PRESSODERMY	
• 1 SESSION :	40 €
• 5 SESSIONS :	130 €
CRYOTHERAPY + PRESSODERMY	
• 1 SESSION :	70 €
• 5 SESSIONS :	260 €

WATERMASS	
• 1 SESSION 20 MINS :	55 €
• 5 SESSIONS :	250 €

THE THALGO CRYOSCUPT	
• 1 SESSION 40 MINS :	95 €
New slimming technology with a triple action: localised cryotherapy, electrostimulation on targeted areas and thermotherapy. The slimming and firming effects are rapidly visible.	

THE THALGO BODYPALP	
• 1 SESSION 25 MINS :	55 €
Instrumental palpating-rolling method to visibly reshape the figure, smooth out dimples and firm the skin.	
• 1 SESSION 50 MINS :	85 €
Bodysculpt & detox or firming (Spirulina) wrap	

TRAVEL & RELAXATION

Relax by choosing your half day of treatments

OUR THALGO RITUALS

MARINE IMMERSION	65 €
~ The marine space	
~ Body scrub	
~ Application of cream with light massage	

POLYNESIAN JOURNEY	150 €
ESCAPE TO THE PACIFIC ISLANDS WITH A STOPOVER IN BORA-BORA, THE MAGIC ISLAND	
~ Pink sand scrub	
~ Lagoon water sensorial bath	
~ Polynesian massage with hot sand pouches (50 mins)	

ARCTIC WONDER	150 €
SAIL TO THE NORTH POLE AND ENJOY A UNIQUE EXPERIENCE COMBINING RELAXING WARMTH AND INVIGORATING COOLNESS	
~ Salt flake scrub	
~ Bath with effervescent crystals	
~ Swedish massage with relaxing ice bubbles (50 mins)	

INDIAN SEA	150 €
AYURVEDIC-INSPIRED TREATMENT THAT RELIEVES TENSION AND REBALANCES THE BODY AND MIND	
~ Ginger scrub	
~ Sacred lotus milk extract bath	
~ Rebalancing Ayurveda massage (50 mins)	

THE COCKTAILS

OCEAN COCKTAIL	90 €
~ Seaweed and marine mud wrap	
~ Hydromassage bath with essential oils	
~ Affusion massage (seawater mist)	

CIRCULATORY COCKTAIL	110 €
~ Manual lymphatic drainage (25mins)	
~ Pressodermmy	
~ Cryotherapy of the lower limbs	

SPECIAL BACK COCKTAIL	120 €
~ Seaweed and marine mud wrap	
~ Hydromassage bath with essential oils	
~ Relaxing massage or HNS (25 mins)	



5 TREATMENTS CARD VALID FOR 6 MONTHS 170 €

1 RELAXING MASSAGE (25 mins) + A CHOICE OF 4 HYDROTHERAPY TREATMENTS

Treatments offered: Seaweed and marine mud wrap - Hydromassage bath with essential oils - Special jet shower - Affusion shower

ESSENTIAL TREATMENTS

GET INTO SHAPE 2 treatments/day
Basic treatments to which you can add pleasure treatments.

3 DAYS : 240 €
1 scrub, 3 seaweed wraps, 1 hydromassage bath, 1 relaxing massage.

6 DAYS : 420 €
1 scrub, 6 seaweed wraps, 3 hydromassage baths, 1 affusion shower, 1 relaxing massage.

FITNESS & RELAXATION

3 treatments/day
Daily massages and marine treatments.
Travel in happiness!

3 DAYS : 330 €
1 scrub, 3 seaweed wraps, 1 hydromassage bath, 1 relaxing massage, 1 affusion massage, 1 wellbeing massage, 1 affusion or jet shower.

6 DAYS : 605 €
1 scrub, 6 seaweed wraps, 3 hydromassage baths, 2 relaxing massages, 1 affusion massage, 2 wellbeing massages, 1 head neck shoulders massage, 2 affusion or jet showers.

THE ESSENTIAL MARINE

3 treatments/day With scrub + 10 €
3 DAYS : 360 € **6 DAYS : 650 €**
Seaweed wrap, hydromassage bath with essential oils, relaxing massage.

MARINE RELAXATION 2 treatments/day

6 DAYS : 450 €
6 seaweed wraps, 6 hydromassage baths with essential oils or 6 relaxing massages.

FITNESS & DETOX 3-4 treatments/day

4 DAYS : 580 €
1 bodyscrub, 1 deep tissue massage (50 mins), 1 «Indian Sea» massage (50 mins), 1 Thalga facial (50 mins), 1 seaweed wraps, 2 detox wrap, 1 spirulina wrap, 2 watermass, 1 Cryosculpt (40mins), 1 hydromassage bath with essential oils.

SENSORIAL TREATMENTS

The programmes are adapted to your wishes and needs. All packages give free access to the Marine Space throughout the duration of the treatment.

Don't forget to book!

The linen package (bathrobe, towels, bathing cap & flip-flops) is included in the price.

FORM & COMPLETENESS

3 treatments/day
3 DAYS : 340 €
1 scrub, 3 seaweed wraps, 1 hydromassage bath, 1 affusion shower, 1 relaxing massage, 1 wellbeing massage, 1 ayurvedique massage 50 mins.

6 DAYS : 640 €
1 scrub, 6 seaweed wraps, 3 hydromassage baths, 1 affusion shower, 3 relaxing massages, 2 wellbeing massages, 1 ayurvedique massage (50 mins), 1 organic pleasure facial (50 mins).

ANTI-AGEING MARINE TREATMENT 3-4 treatments/day

3 DAYS : 460 €
1 hyaluronic facial (50 mins), 1 body scrub, 2 seaweed and marine mud wrap, 1 hydromassage bath with essential oils, 2 specific showers, 1 watermass, 1 Polynesian massage (50mins), 1 wellbeing massage, 1 affusion massage.

6 JOURS : 750 €
1 hyaluronic facial (50 mins), 1 body scrub, 3 hydromassage baths with essential oils, 3 seaweed and marine mud wraps, 3 specific showers, 2 watermass, 1 Polynesian massage (50 mins), 1 relaxing massage, 1 HNS massage, 1 deep tissue massage, 1 wellbeing massage, 1 affusion massage.

JOURNEY TO THE 4 CORNERS OF THE WORLD

4 DAYS : 580 €

• «Polynesian Escape» day
Pink sand scrub, «lagoon water» bath, massage with Polynesian traditional hot sand pouches

• «Arctic Wonder» day
Magnesium marine body wrap, effervescent crystals bath, Swedish-inspired massage with azure ice bubbles.

• «Atlantic Escape» day
Magnesium marine wrap, 1 affusion massage, 1 sea basics facial.

• «Dive into the Indian Sea» day
Sublime cotton wrap, hydromassage bath or seawater affusion, Ayurvedic and Marmatherapy inspired massage.

THE MESSAGES

SLIMMING TREATMENTS

Our massages are for well-being and relaxation. They are not therapeutic massages. They are carried out by beauticians and hydrotherapists, specially trained in comfort massages.

EXPRESS SLIMMING 3 treatments/day 3 DAYS : 435 €

1 body scrub, 1 seaweed wrap, 1 detox wrap, 1 spiruline wrap, 1 hydromassage bath, 1 relaxing massage, 1 jet shower, 1 watermass, 1 bodypalp/ targeted body sculpting treatment, 1 cryosculpt (40 mins).

SILHOUETTE & BODY SCULPTING 3 treatments/day 6 DAYS : 850 €

1 body scrub, 2 seaweed wraps, 2 detox wraps, 2 spiruline wraps, 2 hydromassage baths with essential oils, 1 relaxing massage, 1 deep tissue massage (50 mins), 1 wellbeing massage, 2 watermass, 3 cryosculpt (thermotherapy, electrostimulation, cryotherapy) (40 mins), 1 targeted body sculpting treatment (palpate-roll).

SLIMMING TREATMENTS 3-4 WEEKS : 500 €

Acts on cellulite, firming and slimming. After a personalised consultation, the treatment begins with a Detox Starter (scrub and detox wrap), followed by 6 Cryosculpt treatments spread over 3-4 weeks : 4 pads (40 mins, cryotherapy, electro-stimulation, thermotherapy and electroporation)

To these basic treatments, you can add :

Watermass			
• 1 SESSION	55 €	• 2 SESSIONS	105 €
Bodypalp			
• 1 SESSION	55 €	• 2 SESSIONS	105 €

SLIMMING PACKAGE (pads & probes) 12 SESSIONS : 850 €

RELAXING MASSAGE 25 MINS : 50 €

Relaxes the back and legs, well-being and relaxation.

WELL-BEING MASSAGE 25 MINS : 50 €

Relaxing fullbody massage.

H-N-S MASSAGE 25 MINS : 50 €

(Head-Neck-Shoulders) Detailed massage of the shoulders, neck, scalp and arms. Brings deep relaxation and relieves nervous tension.

AFFUSION MASSAGE 25 MINS : 60 €

Under a fine spray of warm sea water, this massage brings you complete relaxation.

AYURVEDIC MASSAGE 50 MINS : 90 €

A soothing massage that aids the circulation of energy and muscle relaxation, giving a sensation of calm and serenity.

HARMONY MASSAGE 50 MINS : 90 €

This massage was created for Euronat and is based on the soothing surf of the sea.

DEEP TISSUE 50 MINS : 90 €

Back and legs massage, combining kneading movements, pressure and smoothing strokes.

SHIATSU 50 MINS : 90 €

A digito-puncture technique performed on the energetic meridians.

POLYNESIAN MASSAGE 50 MINS : 90 €

Sublime massage with hot sand pouches.

ARCTIC MASSAGE 50 MINS : 90 €

Swedish-inspired massage: relaxing warmth and invigorating freshness thanks to azure ice bubbles.

INDIAN SEA MASSAGE 50 MINS : 90 €

Ayurvedic tradition and marmatherapy rebalancing massage.

THE EXPERTISE

THALASSO GIFT VOUCHER

OFFER A WONDERFUL
MOMENT TO THE
ONES YOU LOVE

THALASSO GIFT VOUCHER



By choosing a treatment, a cure,
a ritual or an amount for an
exceptional moment...



Do not hesitate to ask for advice
by telephone, e-mail or at the thalasso



Our gift vouchers are valid
from the date of purchase

OSTEOPATHY

1 SESSION :

65 €

CHIROPRACTIC

1 SESSION :

75 €

MANUAL LYMPHATIC DRAINING

25 MINS :

50 €

REFLEXOTHERAPY

50 MINS :

75 €

THE BODY OF MEMORY

50 MINS :

A massage to free the body and mind.

90 €

CHI NEI TSANG

50 MINS :

Ancestral massage of the belly, the centre of emotions

90 €

HYPNOSIS

1 SESSION :

80 €

PEDICURE - PODIATRY

1 SESSION :

60 €

THE NAILS

Application of semi-permanent varnish, the colour of
your choice

~ Hands or feet

35 €

~ Hands and feet

55 €

~ Removal

15 €



BEAUTY TREATMENTS

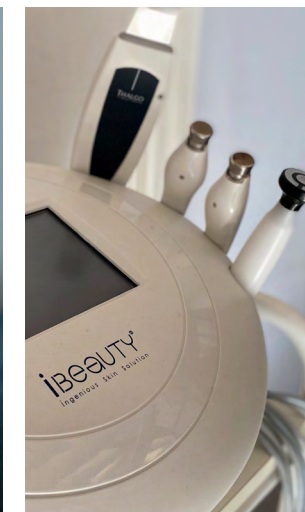
THE BRANDS

3 brands are available to you in our institute :

~ THALGO
Marine excellence

~ BEAUTY SIMPLE
The organic and slow cosmetics brand

~ SOTHYS
Prestigious brand



FACIAL TREATMENTS

3 FACIALS PACKAGE 250 €
6 FACIALS PACKAGE 450 €
To be chosen from the range of 1hour 15mins treatments
Valid for the current year.

THALGO

SEA BASICS TREATMENT 50 MINS : 60 €
~ Nourishing cold cream marine treatment
~ Hydrating marine treatment

EXPERT ANTI-AGEING TREATMENT
~ Hyaluronic treatment 50 MINS : 70 €
~ Silicium lift treatment 1 HOUR 15 MINS : 90 €

MEN'S MARINE TREATMENT 50 MINS : 60 €

i BEAUTY THALGO

PURITY RESTORER 30 MINS : 40 €

HYDRATION CORRECTOR 45 MINS : 65 €

YOUTH ACTIVATOR 45 MINS : 65 €

WRINKLE REDUCER 45 MINS : 65 €

SIMPLE BEAUTY

PLEASURE 50 MN : 60 €

WELL-BEING 1 H 15 : 90 €

SOTHYS

INTENSIVE YOUTH 1 HOUR 15 MINS : 90 €

INTENSIVE MOISTURIZING 1 HOUR 15 MINS : 90 €

SEASONAL TREATMENT 50 MINS : 60 €

PROTECTION EYE TREATMENT 50 MINS : 60 €
3 TREATMENTS : 150 €

OTHER TREATMENTS

TEENAGE FACE CARE 40 MINS : 40 €
(RESERVED FOR 12-18 YEARS OLD)

JAPANESE FACIAL MASSAGE (KOBIDO)
50 MINS : 70 €

Facial lifting treatment with quick and vigorous movements to restore volume and reduce wrinkles.

THE BODY TREATMENTS

BODY SCRUB AND MASSAGE 50 MINS : 90 €

SLIMMING TREATMENTS

BODYPALP TREATMENT 55 €
Exclusive Thalgo method of palpating and rolling on targeted areas.

CRYOSCULPT THALGO TREATMENT 95 €
The tailor-made slimming solution (slimming, cellulite, firmness). Combines cryotherapy, electrostimulation and thermotherapy. Cleanses, burns fat, smoothes cellulite and tones tissues.

OUR EXCEPTIONAL TREATMENTS

HANAKASUMI 1 H 15 : 105 €
Body scrub followed by a foot and body massage with notes of cherry blossom and lotus flowers.

SUBLIMESSENCE 1 H 50 : 150 €
(body and face)
A body scrub, a body wrap, a relaxing massage followed by a brightening facial.

OCEAN PRODIGY 1 H 50 : 180 €
(Face and body)
Facial treatment inspired by ancient Japanese techniques completed by a body massage with prodigious oil.

OTHER TREATMENTS

CALLUSPEELING
FOOT CARE SESSION : 40 €
+ 10 € for cutting and filing. (without varnish)

BEAUTY
OF THE HANDS OR FEET 30 MN : 40 €
(without varnish)
Classic care (nail trimming, filing, cuticle regrowth).

DYEING & DEPILATION
ASK FOR OUR PRICES Women and men

TIPS FOR A ZEN STAY!

What to EXPECT ...

- ~ Remember to book for the Marine Space, places are limited.
- ~ Bring your large towel for the Marine Space.

What is INCLUDED ...

- ~ We provide the bathing cap and flipflops.
- ~ Herbal tea at your disposal

What you need to KNOW ...

- ~ Access authorised from the age of 12 in the presence of a parent.
- ~ Calm is de rigueur all over the thalasso. The saunas and hammam facilities are to be used in silence.
- ~ It is recommended not to bring valuables.
- ~ In the case of loss or theft, the thalasso cannot be held responsible..
- ~ Medical discharge to be signed or medical visit by appointment.

SPECIFIC CARE INFORMATION

- ~ Please inform us of any particular medical problems (allergies, breastfeeding, undergoing serious medical treatment, etc.) when you make your reservation. On arrival, you will be given a health questionnaire. The management reserves the right to request a medical certificate if necessary.
- ~ Our massages are non-therapeutic wellness and relaxation massages.
- ~ For optimal comfort, we recommend that you book your treatments in advance and before your arrival and in the case of an impediment to cancel them 24 hours in advance..
- ~ It is requested that you arrive at the reception desk 15 minutes before the beginning of the treatments..
- ~ In the case of delay, the duration of the treatment may be shortened.
- ~ We reserve the right to exclude a client in the event of behaviour that could cause harm to our staff or customers.



BEAUTIFUL DISCOVERY OF THE MARINE WORLD



THALASSO
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