



## MARINE JOURNEY

2022  
EDITION



THALASSO







## USEFUL INFORMATION

### 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



### WELL-BEING, SUN & OCEAN

Euronat's thalasso... 1500 m<sup>2</sup> of relaxation and conviviality where: you will benefit from professional and innovative treatments that will bring you wellbeing, energy, happiness...

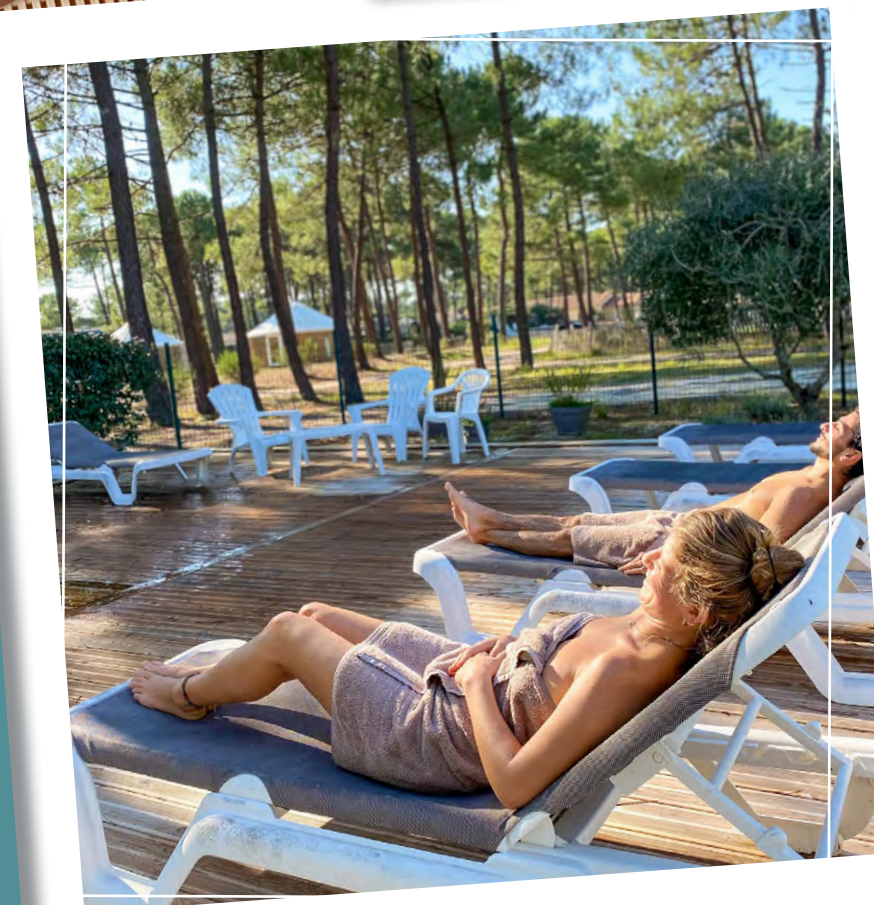
This soothing environment is natural, and is open to the light and pine forest, all on ground level.

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.

### Summary

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# THE MARINE SPACE

*The Marine Space is a place dedicated to relaxation where you can savour a cup of tea in the relaxation garden and enjoy the seawater pool (31°) with its underwater jets, the 2 saunas, the hammam, the jacuzzi. From the swimming pool and the outdoor gardens, enjoy the pine forest and the peaceful surroundings.*

## HALF-DAY ADMISSION

By appointment only, the places are limited

**Don't forget to book!**

- 1 entry 15 €
- 5 entries 70 €
- 10 entries 135 €

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 €	CRYOTHERAPY + PRESSODERMY	
		• 1 SESSION :	70 €
		• 5 SESSIONS :	260 €
SEAWEED AND MARINE MUD WRAP	40 €	WATERMASS	
		• 1 SESSION 20 MINS :	55 €
THE HYDROMASSAGE BATH WITH SEAWEED JELLY OR ESSENTIAL OILS	40 €	• 5 SESSIONS :	250 €
SEAWATER AFFUSION SHOWER	30 €	<b>NEW</b>	
SPECIAL JET SHOWER	30 €	THE THALGO CRYOSCUPT	
		• 1 SESSION	100 €
CRYOTHERAPY OF THE LOWER LIMBS	40 €	New slimming technology with a triple action: localised cryotherapy, electrostimulation on targeted areas and thermotherapy. The slimming and firming effects are rapidly visible.	
PRESSODERMY		THE THALGO BODYSCUPT	
• 1 SESSION :	40 €	• 1 SESSION	55 €
• 5 SESSIONS :	130 €	Instrumental palpating-rolling method to visibly reshape the figure, smooth out dimples and firm the skin.	





# INDIAN SEA



## TRAVEL & RELAXATION

Relax by choosing your half day of treatments

**NEW**

### OUR THALGO RITUALS

**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 & 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 SCENT BAR** 60 €  
~ The marine space  
~ Selection of Sea and Spa scents from the bar  
~ Shea butter application with light massage

### THE COCKTAILS

**COCKTAIL OCEAN** 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 & 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 massage



# THE ESSENTIALS

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!

## GET INTO SHAPE

2 treatments/day

Basic treatments to which you can add pleasure treatments.

### 3 DAYS :

1 scrub, 3 seaweed wraps, 1 hydromassage bath, 1 relaxing massage.

240 €

### 6 DAYS :

1 scrub, 6 seaweed wraps, 3 hydromassage baths, 1 affusion shower, 1 relaxing massage.

410 €

## FITNESS & RELAXATION

3 treatments/day

Daily massages and marine treatments.  
Travel in happiness!

### 3 DAYS :

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

325 €

### 6 DAYS :

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.

590 €

## THE ESSENTIAL MARINE

3 treatments/day

With scrub + 10 €

### 3 DAYS : 350 €

Seaweed wrap, hydromassage bath with essential oils, relaxing massage.

### 6 DAYS : 630 €

## MARINE RELAXATION

2 treatments/day

With scrub + 10 €

### 6 DAYS

6 seaweed wraps, 6 hydromassage baths with essential oils or 6 relaxing massages.

435 €

## FORM & COMPLETENESS

3 treatments/day

### 3 DAYS :

1 scrub, 3 seaweed wraps, 1 hydromassage bath, 1 affusion shower, 1 relaxing massage, 1 wellbeing massage, 1 shiatsu 50 mins.

340 €

### 6 DAYS :

1 scrub, 6 seaweed wraps, 3 hydromassage baths, 1 affusion shower, 3 relaxing massages, 2 wellbeing massages, 1 shiatsu, 1 Organic Gentle Discovery facial treatment (25 mins).

640 €

## ANTI-AGEING MARINE TREATMENT

3-4 treatments/day

### 3 DAYS

1 hyaluronic facial (50 mins), 1 body scrub, 2 hydromassage baths with essential oils, 1 seaweed and marine mud wrap, 2 specific showers, 1 watermass, 1 Polynesian massage (50mins), 1 manual lymphatic draining treatment or 1 wellbeing massage, 1 affusion massage.

455 €

### 6 JOURS

1 hyaluronic facial (50 mins), 1 body scrub, 3 hydromassage baths with essential oils, 2 seaweed and marine mud wraps, 1 magnesium marine wrap, 3 specific showers, 2 watermass, 1 Polynesian massage (50 mins), 2 manual lymphatic draining treatments, 1 deep tissue massage, 1 wellbeing massage, 1 affusion massage.

740 €

# THE SENSORIALS

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

NEW

## 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 targeted body sculpting treatment, 1 cryosculpt (60 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 bamboo massage 50 mins, 1 relaxing massage 25 mins, 2 watermass, 3 cryosculpt (thermotherapy, electrostimulation, cryotherapy) 60 mins, 1 targeted body sculpting treatment (palpate-roll).

## FITNESS & DETOX

3-4 treatments/day

### 4 DAYS :

580 €

1 bodyscrub, 1 shiatsu (50 mins), 1 "Indian Sea" massage (50 mins), 1 Thalga facial (50 mins), 2 seaweed wraps, 1 detox wrap, 1 marine magnesium wrap, 2 watermass, 1 Thalgaosculpt (40mins), 1 hydromassage bath with essential oils.

NEW

## 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.

-10% discount on your treatment for any reservation made one month in advance, accompanied by a deposit of 100 € per treatment.





ARCTIC WONDER

# THE MESSAGES

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.

## RELAXING MASSAGE 25 MINS : 50 €

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

## WELL-BEING MASSAGE 25 MINS : 50 €

Relaxing fullbody massage.

## AFFUSION MASSAGE 25 MINS : 60 €

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

## 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.

## 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.

## BAMBOO MASSAGE 50 MINS : 90 €

Relaxing massage complemented by the invigorating action of the bamboo.

## DEEP TISSUE MASSAGE 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.

**NEW**

## 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 marine environment and its benefits

## THE EXPERTISE

### OSTEOPATHY

1 SESSION :

65 €

### CHIROPRACTIC

25 MINS : 45 €

50 MINS : 75 €

### MANUAL LYMPHATIC DRAINING

25 MINS :

50 €

### REFLEXOTHERAPY

50 MINS :

70 €

### THE BODY OF MEMORY

50 MINS :

A massage to free the body and mind.

90 €

### CHI NEI TSANG

50 MINS :

Ancestral massage of the stomach, the body's emotional centre.

90 €

### HUMANIST HYPNOSIS

1 SESSION :

80 €

### REIKI

75 MN :

Energy treatment.

70 €

### PEDICURE - PODIATRY

1 SESSION :

60 €

### THE NAILS

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

~ Hands or feet

30 €

~ Hands and feet

50 €



### 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 reception desk



Our gift vouchers are valid for 1 year  
from the date of purchase.



## BEAUTY TREATMENTS

### THE BRANDS

#### I BEAUTY THALGO

First professional equipment combining 4 advanced technologies: Sono-vibration, sequential ultrasound, tripolar radio-frequency and fibrolysis, with proven effectiveness, non-aggressive and totally safe.

#### THALGO COSMETICS

In the depths of the sea, marine plants contain a greater amount of active ingredients, minerals and oligo-elements than ordinary plants.

Thanks to their biomimicry, these marine molecules are absorbable and have a bio-affinity with the skin.

NEW

#### SIMPLE BEAUTY BIO & SLOW

This new Bio & Slow brand of cosmetics favours natural, organic products that are gentle on your face and body. These treatments respect you and are also respectful for our environment !

NEW

#### SOTHYS

A world of excellence and prestige for innovative skincare, for sustainable beauty, respectful of the skin and the environment.

### 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.

#### I BEAUTY THALGO

NEW

**PURITY RESTORER** 30 MINS : 40 €

**HYDRATION CORRECTOR** 45 MINS : 65 €

**YOUTH ACTIVATOR** 45 MINS : 65 €

**WRINKLE REDUCER** 45 MINS : 65 €

#### THALGO COSMETICS

**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 €

#### EXPRESS ANTI-FATIGUE TREATMENT

**FOR MEN** 25 MINS : 30 €

**MEN'S MARINE TREATMENT** 50 MINS : 60 €

#### SIMPLE BEAUTY

**SOFTNESS DISCOVERY** 25 MINS : 30 €

**PLEASURE** 50 MINS : 60 €

**WELL-BEING** 1 HOUR 15 MINS : 90 €

#### SOTHYS

**INTENSIVE YOUTH** 1 HOUR 15 MINS : 90 €

**INTENSIVE MOISTURIZING** 1 HOUR 15 MINS : 90 €

**HEALTHY GLOW** 50 MINS : 60 €

**PROTECTION EYE TREATMENT** 50 MINS : 55 €

3 TREATMENTS 140 € OF 6 TREATMENTS 260 €

#### JAPANESE FACIAL MASSAGE (KOBIDO)

50 MINS : 70 €

5 SESSIONS 300 € - 10 SESSIONS 500 €

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

**TEENAGE FACE CARE** 40 MINS : 40 €

(RESERVED FOR 12-18 YEARS OLD)



## THE BODY TREATMENTS SOTHYS

**BODY SCRUB AND MASSAGE** 50 MINS : 90 €  
Choose between the different brands and a relaxing massage.

### THALGO NEW

**OCEAN PRODIGY** 1 H 50 MINS : 180 €  
(body and face)  
A long facial massage using ancient Japanese facial techniques, followed by a body massage with luxurious oil.

**BODY SCULPTING TREATMENT** 55 €  
Exclusive Thalgo method of palpating and rolling on targeted areas.

**CRYOSCULPT THALGO TREATMENT** 40 - 60 MINS : 100 €

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

ALSO AVAILABLE AS A PACKAGE SEE PAGE 8 - 9 & PAGE 17

**SUBLIMESSENCE** 1 H 50 MINS : 135 €  
(body & face)  
A body scrub, a body wrap, a relaxing massage followed by a brightening facial.

**HANAKASUMI** 1 H 50 MINS : 105 €  
Body scrub followed by a foot and body massage with notes of cherry blossom and lotus flowers.

## OTHER TREATMENTS

**CALLUSPEELING FOOT CARE** SESSION 40 €  
+ 10 € for cutting and filing. (without varnish)  
The results are immediate. Feet become incredibly beautiful, soft and velvety.

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

**DYEING & DEPILATION**  
ASK FOR OUR PRICES  
Women and men

# SLIMMING

**NEW**

## EXPRESS TREATMENT

DURATION 4 WEEKS - 2 TREATMENTS PER WEEK  
**CELLULITE** 500 €  
**FIRMING** 500 €  
**SLIMMING** 500 €

They are targeted to your problem.

They begin with a personalised diagnosis and a detox starter (marine scrub, 3 seaweeds body wrap) and continue with an innovative, effective technology: the thalgosculpt (cryotherapy, electrostimulation).

## THE PACKAGES 360°

DURATION 6 WEEKS - 2 TREATMENTS PER WEEK  
**CELLULITE** 849 €  
**FIRMING** 899 €  
**SLIMMING** 1 100 €

Personalized diagnosis, focused on your problem, the treatments begin with the detox starter (marine scrub, algae wrap) and combine several technologies:

thagosculpt (cryotherapy, electrostimulation) alternated with bodysculpt (palpating and rolling). The cellulite and firming programmes are completed by personalised products (creams and food supplements).

In the slimming programme, there are also 4 video consultations with a dietician for a global and effective slimming treatment.



AND DON'T FORGET OUR COMBINED  
THALASSO & SLIMMING PACKAGES PAGES 8- 9





# 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 & 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 SEABED

