

# 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!

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

## GET INTO SHAPE

2 treatments/day

**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

**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

With scrub + 10 €

**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 Thalgo facial (50 mins), 1 seaweed wraps, 2 detox wrap, 1 spirulina wrap, 2 watermass, 1 Cryosculpt (40mins), 1 hydromassage bath with essential oils.

# THE SENSORIALS

## 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 massagemassage.

**6 DAYS : 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.



# SLIMMING TREATMENTS

## 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 Bodypalp (palpate-roll).

## SLIMMING TREATMENTS

3 - 4 WEEKS

**CELLULITE - FIRMING - SLIMMING 500 €**

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 €**

