

**THALASSO EURONAT**

**2024 EDITION** 



**NATURIST HOLIDAYS**

**MARINE JOURNEY**  



## WELLBEING, SUN & OCEAN

The Euronat thalasso invites you to a friendly, relaxing setting where the natural environment takes pride of place. Its team of professionals is always ready to listen and offer you a whole range of quality treatments.

Sea water remineralization is essential for a healthy body, to promote nervous balance, good bone mass and restore a healthy immune system.

The seawater is heated to a temperature of 35-38° and, by osmosis, all the active elements it contains are absorbed into your skin, giving you a new lease of life.

### SUMMARY

The marine space	p 3
Hydrotherapy treatments	p 4
Travel & relaxation	p 5
Essential treatments	p 6
Sensorial treatments	p 7
Slimming treatments	p 8
The massages	p 9
The expertise	p 11
Beauty treatments	p 13
Zen Advice	p 15

# THE MARINE SPACE

## 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



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  
**By reservation only !**

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

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

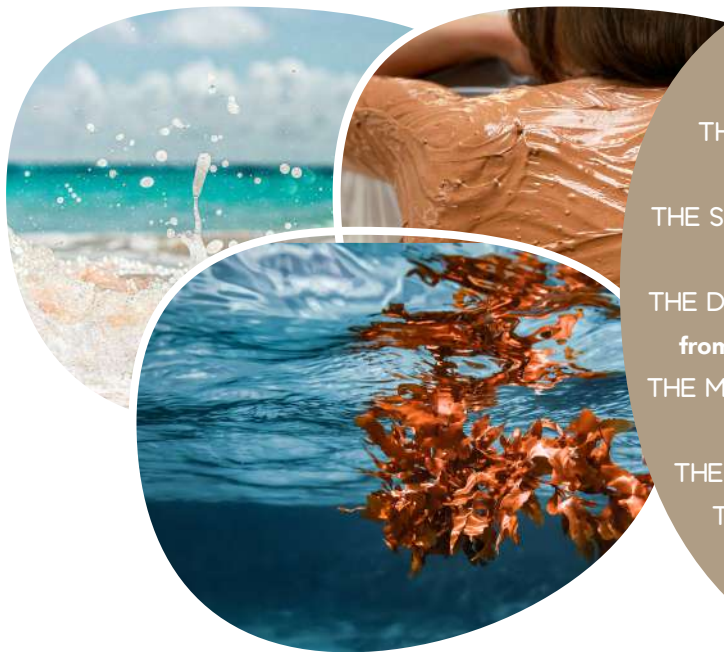
We provide the bathing cap and flip flops.

Please bring your own large towel.





# HYDROTHERAPY TREATMENTS



SEAWEED WRAPS remain the thalasso's flagship treatment, with each wrap accompanied by sea mud or carried out on a floatation bed.

THE SEAWEED WRAP is remineralising, relaxing and has a boosting effect on the immune system.

THE SPIRULINA WRAP softens the skin and protects it with vitamins A, E and silicium.

THE DETOX BODY WRAP (Wakame, Goji and Green Tea) eliminates impurities from the skin's surface and has an anti-oxidant effect, revitalising the skin.

THE MARINE MAGNESIUM and KAOLIN BODY WRAP is anti-stress and helps eliminate toxins.

THE COTTON AND ALOE VERA WRAP is soothing and moisturising.

THE PRECIOUS BODY WRAP followed by a bath has a highly nourishing effect on the skin thanks to Shea Butter and beeswax, while brown algae stimulate and energise the skin.

BODY SCRUB	30 €
YOUR CHOICE OF BODY WRAP	40 €
THE HYDROMASSAGE BATH SEAWEED OR ESSENTIAL OILS	40 €
PRECIOUS BODY WRAP + BATH	75 €
SEAWATER AFFUSION SHOWER	30 €
SPECIAL JET SHOWER	30 €
COLD WRAP OF THE LOWER LIMBS	40 €

PRESSODERMY	
• 1 SESSION :	40 €
• 5 SESSIONS :	130 €

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

NEW	
THALASSAMINCEUR TREATMENT	
1 SESSION (1 H 50) :	165 €
1 targeted slimming treatment, 1 slimming massage, 1 Thalassamineur body wrap.	
5 SESSIONS :	700 €

# TRAVEL & RELAXTION

Enjoy your sensory experience

## NEW BAIJA RITUAL

FRAGRANCE BAR	70 €
Your choice in the Baija collection	
~ Hamman or sauna (30 mins)	
~ Body scrub	
~ Application of cream with massage	

## 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 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 seaweed	
~ Affusion massage (seawater mist)	
CIRCULATORY COCKTAIL	110 €
~ Foot massage	
~ 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 foot massage, 2 wellbeing massages, 1 head neck shoulders massage, 2 showers (jet or affusion).

## ANTI-STRESS & RELAXATION

4 treatments/day

**3 DAYS :** 415 €

1 body scrub, 3 wraps (seaweed, detox, precious), 3 hydromassage baths, 1 relaxing massage, 1 well-being massage, 1 affusion massage, 2 showers (jet or affusion).

**6 DAYS :** 750 €

1 body scrub, 6 body wraps (2 seaweed, 2 detox, 1 cocoa pepper, 1 precious), 6 hydromassage baths, 6 massages (2 well-being, 1 relaxing, 1 HNS, 1 affusion massage, 1 foot massage), 1 jet shower, 1 affusion shower, 2 pressodermies, 1 cold wrap for the lower limbs.

## 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.

## NEW

## OCEAN ESCAPE

4 treatments/day

**2 DAYS :** 265 €

Day 1: Body scrub, body wrap & precious bath, affusion or jet shower

Day 2: Seaweed wrap, hydromassage bath with essential oils, wellness massage, affusion or jet shower.

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.

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

# SENSORIAL TREATMENTS

## 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 "sea & sand" organic facial treatment (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 (50 mins), 1 wellbeing massage, 1 affusion massage.

**6 DAYS :** 750 €

1 hyaluronic facial (50 mins), 1 body scrub, 3 hydromassage baths with essential oils, your choice of 3 body 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 (50 mins).

• «Arctic Wonder» day  
Magnesium marine body wrap, effervescent crystals bath, Swedish-inspired massage with azure ice bubbles (50 mins).

• «Atlantic Escape» day  
Magnesium marine wrap, 1 affusion massage (25 mins), 1 sea basics facial (50 mins).

• «Dive into the Indian Sea» day  
Sublime cotton wrap, hydromassage bath or seawater affusion, Ayurvedic and Marmatherapy inspired massage (50 mins).



# 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 targeted slimming treatment, 1 cryosculpt (40 mins).

## MARINE SLIMMING 3 treatments/day 6 DAYS : 850 €

1 body scrub, 2 seaweed wraps, 1 detox wraps, 1 spiruline wraps, 1 cocoa pepper wrap, 1 targeted slimming treatment, 1 slimming massage followed by one Thalassamineur body wrap, 2 hydromassage baths with essential oils, 1 relaxing massage, 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
Targeted slimming treatment	
• 1 SESSION	55 € • 2 SESSIONS

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

## NEW THALASSAMINCEUR TREATMENT

1 SESSION (1H50) :	165 €
1 targeted slimming treatment, 1 slimming massage, 1 Thalassamineur body wrap.	
5 SESSIONS :	700 €

# 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.

**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.

**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.

**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.

## NEW

**FOOT MASSAGE** 25 MINS : 50 €

**SCALP MASSAGE** 25 MINS : 50 €

**AFFUSION MASSAGE** 25 MINS : 60 €

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





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.

# THE EXPERTISE

## OSTEOPATHY

1 SESSION : 65 €

### NEW CHINESE ENERGY

Acupuncture, digito-pressure: with a thin, single-use, sterile, needle or pressure on a point to activate it.

1 SESSION 45 MINS : 65 €

1 SESSIONS 50 MINS : (with auriculotherapy) 90 €

Giving up smoking, addiction, insomnia

## CRANIOFACIAL REFLEXOLOGY

50 MINS : 90 €

## MANUAL LYMPHATIC DRAINING

25 MINS : 50 €

## REFLEXOTHERAPY

50 MINS : 75 €

## THE BODY OF MEMORY

50 MINS : 90 €

A massage to free the body and mind..

## CHI NEI TSANG

50 MINS : 90 €

Ancestral massage of the belly, the centre of emotions.

### NEW RENATA MASSAGE

1 H 15 : 135 €

Activates the blood and lymphatic circulation and promotes weight loss.

## SOUND RELAXATION

GROUP SESSION 15 €

Sound relaxation using Tibetan bowls.

## PEDICURE - PODIATRY

1 SESSION : 60 €





## THE BRANDS

3 brands are available to you  
in our institute :

~ THALGO  
Marine excellence

~ BEAUTE SIMPLE  
The organic and slow cosmetics brand

~ SOTHYS  
Prestigious brand

# BEAUTY TREATMENTS

## FACIAL TREATMENTS

3 FACIALS PACKAGE 250 €  
6 FACIALS PACKAGE 450 €

To be chosen from the range of 1h15 treatments  
Valid for the current year.

## THALGO NEW

3 SEAWEED MARINE TREATMENT 60 €  
50 MINS :

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 H 15 : 90 €

## i BEAUTY THALGO

HYDRATION CORRECTOR 45 MINS : 65 €

YOUTH ACTIVATOR 45 MINS : 65 €

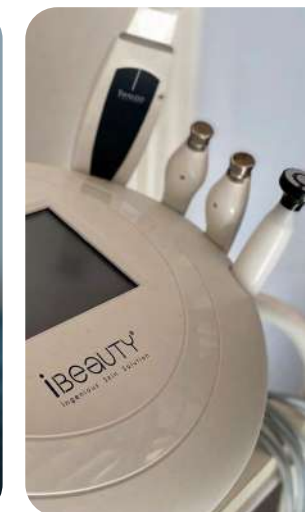
4 TREATMENT PACKAGE 240 €

## BEAUTE SIMPLE

NEW  
SEA & SAND 50 MINS : 60 €

PLEASURE 50 MINS : 60 €

WELL-BEING 1 H 15 : 90 €



## SOTHYS

NEW ANTI-DARK SPOT  
TREATMENT 1 H 15 : 90 €

INTENSIVE YOUTH 1 H 15 : 90 €

INTENSIVE MOISTURIZING 1 H 15 : 90 €

SEASONAL TREATMENT 50 MINS : 60 €

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

## OTHER TREATMENTS

MARINE SKIN CARE FOR MEN  
(THALGO OU SOTHYS) 50 MINS : 60 €

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

JAPANESE FACIAL MASSAGE (KOBIDO)  
50 MINS : 70 €

5 TREATMENT PACKAGE 350 €  
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

**NEW** Exclusive Beauté Simple

**TARGETED SLIMMING TREATMENT** 55 €

An instrumental method for breaking down fat molecules and draining, all painlessly.

**THALASSAMINCEUR TREATMENT**

1 SESSION (1 H 50) : 165 €

1 targeted slimming treatment, 1 slimming massage,  
1 Thalassamineur body wrap.

5 SESSIONS : 700 €

**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** (without varnish)

30 MINS : 40 €

**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 required 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





THALASSOTHERAPIE  
05 56 73 24 50  
[thalasso@euronat.fr](mailto:thalasso@euronat.fr)

NATURIST HOLIDAYS

