



## ESSENTIAL TREATMENTS

### 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 : 630 €**

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).

### MARINE RELAXATION

**2 treatments/day**

**6 DAYS : 450 €**

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

### 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 pressodermie, 1 cold wrap for the lower limbs.

### 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.

**NEW**

### OCEAN ESCAPEDE

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.*



## SENSORIAL TREATMENTS

### FORM & COMPLETENESS

#### 3 treatments/day

3 DAYS : 350 €

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

6 DAYS : 650 €

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

#### 3-4 treatments/day

3 DAYS : 460 €

1 hyaluronic facial (50 mins), 1 body scrub,  
2 seaweed and marine mud wrap,  
1 hydromassage bath, 2 specific showers,  
1 watermass, 1 Polynesian massage (50mins),  
1 wellbeing massage, 1 affusion massage.

6 DAYS : 760 €

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 mns).

#### • "Arctic Wonder" day

Magnesium marine body wrap, effervescent  
crystals bath, Swedish-inspired massage with  
azure ice bubbles (50 mns).

#### • "Atlantic Escape" day

Magnesium marine wrap, 1 affusion massage  
(25 mns), 1 sea basics facial.

#### • "Dive into the Indian Sea" day

Sublime cotton wrap, hydromassage bath or  
seawater affusion, Ayurvedic and  
Marmatherapy inspired massage (50 mns).

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.



## 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, 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 105 €

#### TARGETED SLIMMING TREATMENT

• 1 SESSION 55 € • 2 SESSIONS 105 €

#### SLIMMING PACKAGE

(pads & probes)

12 SESSIONS : 850 €

**NEW**

#### THALASSAMINCEUR TREATMENT

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

1 SESSION 1H50 : 165 €

5 SESSIONS : 700 €