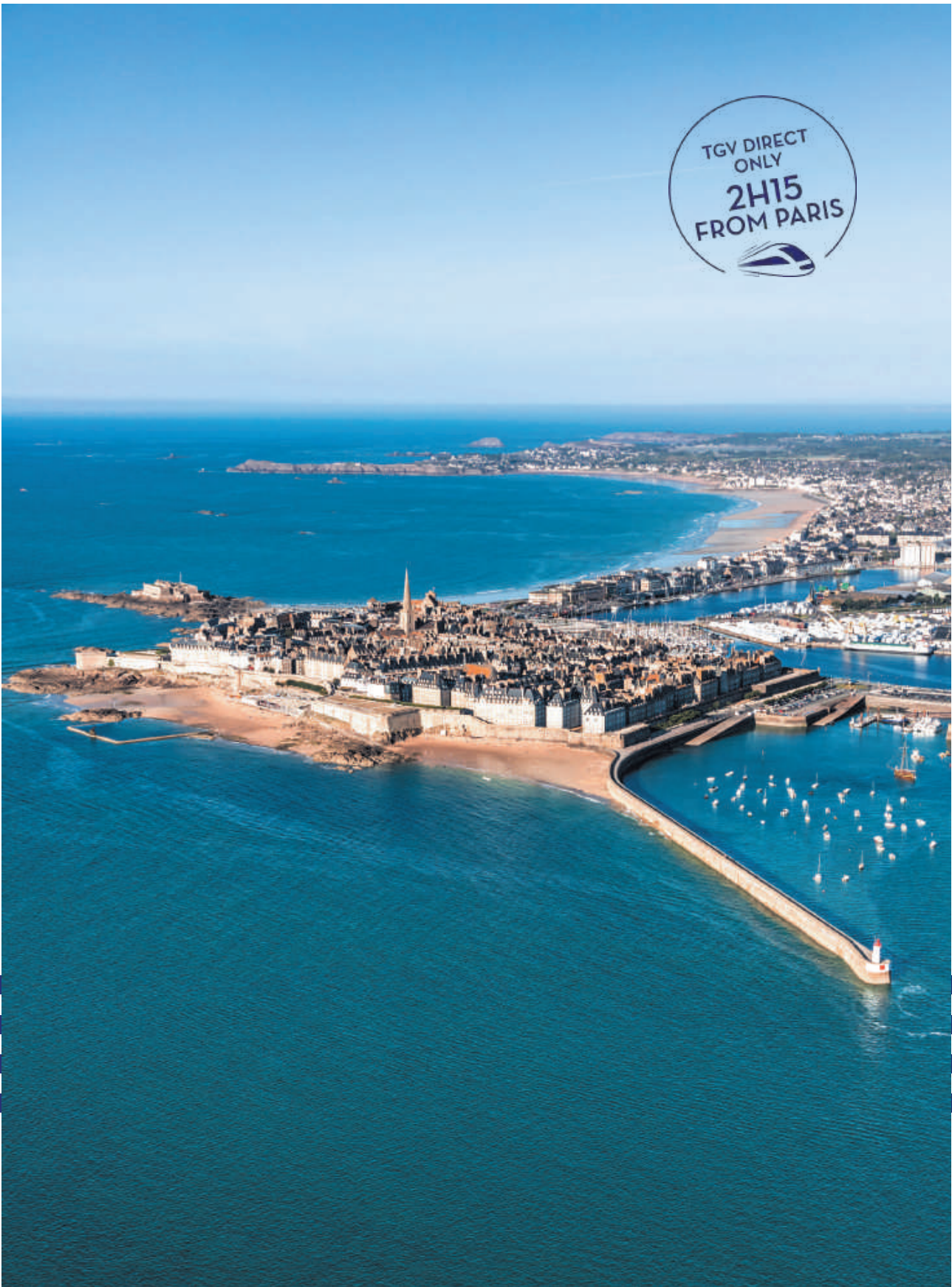


ÉDITION 2024

SO
THALASSO
TRULY
SAINT-MALO



THALASSOTHERAPY • SPA • AQUATONIC • HOTELS • RESIDENCES • RESTAURANTS





SERGE RAULIC
OLIVIER RAULIC
CHARLOTTE RAULIC-BORDRON



THERMES MARINS
DE SAINT-MALO

EXCELLENCE SINCE 1963

Welcome to our haven where the sky meets the sea.

Some places possess a deep soul, where time pauses and stories unfold.

This story, treasured by our team and our family, is one we craft alongside you.

In today's world, prioritizing health for a better life has never been more essential. Our mission is simple yet profound: to enhance your well-being through the healing powers of the sea.

With six decades of experience, pioneering treatment protocols, a team's varied and dedicated expertise, and state-of-the-art facilities, Thermes Marins de Saint-Malo stands out as an exceptional retreat.

Overlooking the magnificent bay of Saint-Malo, a sanctuary where expansive landscapes inspire physical vitality, we invite you to embrace life-enhancing habits. Savor the culinary delights prepared by our skilled chefs, designed for your wellness, and relax, knowing everything is tailored to your needs, nurturing both your body and soul.





W E L C O M E

TO THE THERMES MARINS DE SAINT-MALO





UNIQUE RESOURCES

- 5 000 m² space for this Sea water Spa
- 6 warm seawater pools
- 60 marine hydrotherapy rooms
- 12 therapeutic massage rooms
- 18 Spa rooms including 4 double rooms
- 3 doctors
- 1 nutritionist
- 50 hydrotherapists
- 10 physiotherapists
- 45 beauticians
- 10 sports educators

THERMES MARINS DE SAINT-MALO & IRBA SURVEY SCIENTIFICALLY-PROVEN BENEFITS

- | | |
|--|--|
| +31 % on well-being | -70 % on fatigue |
| -55% on pain | +20 % total sleep time on the first night |
| +106 % improvement in flexibility | -31 % on stress and anxiety |



* IRBA : Institut de Recherche Biomédicale des Armées



THALASSO

THE THALASSO REFERENCE

With more than 60 years of experience,
the Thermes Marins de Saint-Malo
offers you the best in Thalassotherapy.
Especially for you, it has created the perfect combination
of natural resources, tailor-made treatments
and state-of-the-art equipment.

WHY CHOOSE SAINT-MALO FOR YOUR THALASSO ?

AN EXCEPTIONNAL SITE

- Only 2h15 from Paris, direct by TGV
- 3 km of sandy beach
- A warm, temperate climate
- A well preserved natural environment
- A heritage rich in history
- Major cultural and sporting events throughout the seasons

FOR ITS WARM ATMOSPHERE

- The seaside architecture, a place with an heart
- Human relationships, at the very heart of our concerns
- Customer and team loyalty

FOR ITS RENOWNED PROFESSIONAL EXPERTISE

- Exclusive treatment protocols, both in duration and technically
- Unanimously praised marine hydrotherapy and spa treatments
- 140 thalassotherapy professionals competent and committed to giving their best

FOR ITS HIGH QUALITY RESOURCES

- Top-quality seawater brewed by Europe's highest tides
- An exclusive seaweed cream produced in Brittany
- State-of-the-art equipment





LES THERMES MARINS
DE SAINT-MALO

LONGS STAYS

6 DAYS OR MORE



THALASSO

ENERGY STAYS



SEA & FITNESS

6 DAYS • 24 TREATMENTS

A relaxing treatment program, rejuvenating and regenerating, recuperate, reenergize, regain vitality, form and tone.

- 3 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 6 supervised pool sessions (*Jet pool for the Back or Toning in the Pool*)
- 12 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

Also available in a 4 day program

OUR ESSENTIALS

SEA & RELAX

6 DAYS • 24 TREATMENTS

An enriched program to relieve tension and release stress. Total relaxation of body and mind.

- 6 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 3 Supervised pool sessions (*Jet Pool for the Back or Toning in the Pool*)
- 3 Aquarelaxation or relaxation sessions
- 9 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

ACTIVITIES
INCLUDED
IN ALL STAYS

Aquatonic® Pool - Cardio Training Area - Hammam - Sauna - Sea mist room
Gentle Muscle Exercise - Swimming pool



THALASSO

HEALTH STAYS



SEA & HEALTH

6 DAYS • 24 TREATMENTS

A program that combines the benefits of seawater, the techniques of physiotherapy and medical expertise to relieve joint and muscle problems with long-lasting effects.

- 3 Physiotherapy Massages
- 3 Seaweed Body Wraps
- 6 supervised sessions in the pool (*Jet pool for the back, Kine-Balneo or Toning in the pool*)
- 12 Hydrotherapy treatments in treatment rooms: Jet Bath with Seaweed, Pressure Therapy, Affusion Shower, Marine Balls, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

*Also available in a 4 day program
Doctor's appointment recommended*

OUR ESSENTIALS

SEA & OPTIMUM HEALTH

6 DAYS • 24 TREATMENTS

An enhanced program with daily massage therapy for enhanced global health care.

- 6 Physiotherapy sessions in the treatment room
- 3 Seaweed Body Wraps
- 6 supervised pool sessions (*Jet pool for the back, Kine-Balneo or Toning in the Pool*)
- 9 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Big Shower, Marine Balls, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

Doctor's appointment recommended



THALASSO

HEALTH STAYS



SEA & RE-EDUCATION

6 DAYS • 24 TREATMENTS

An ideal program in the domain of osteoarticular illnesses with personalized care to improve posture and balance and restore mobility and suppleness.

- 6 Physiotherapy sessions in the treatment room: Massage or Re-education
- 3 Seaweed Body Wraps
- 6 accompanied sessions in the pool for Re-education
- 9 Hydrotherapy treatments in the treatment room: Jet Bath with Seaweed, Affusion Shower, Marine Draining or Underwater Shower
- Access to the Aquatonic pool

Doctor's appointment included

SEA & BACK TREATMENTS

Based on the sea & re-education package

A program to prevent lumbago and sciatica by reinforcing the extensors of the spine and the abdominal belt

Doctor's appointment included.

SEA & LEGS TREATMENTS

6 DAYS • 24 TREATMENTS

The draining action of hydrotherapy treatments and the leg pool which alternates exercises in warm seawater and walks in cool water passageways improves circulation, stimulates the micro-vascular system and decreases the sensation of "heavy legs"

- 3 Physiotherapy Massages
- 6 supervised sessions in the Pool with Cold Water Corridor for Legs
- 3 Seaweed Body Wraps
- 3 Pressotherapy sessions
- 9 Hydrotherapy treatments in treatment rooms: Marine Draining, Jet Bath with Seaweed, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

*Also available in a 4 day program
Doctor's appointment recommended*

ACTIVITIES INCLUDED

Aquatonic® Pool, Cardio Training Area, Hammam, Sauna, Sea mist room, Gentle Muscle Exercise, Swimming pool



SEA & SLEEP RECOVER

6 DAYS • 24 TREATMENTS

A made to measure treatment program to eliminate tension, fatigue and regain restful sleep.

- 2 Sleep Recovery Spa Massages
- 1 Emotional Cranial Reflexology
- 3 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 3 Aquarelaxation sessions
- 12 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Underwater Shower
- Access to the Aquatonic pool

As a gift: a pillow perfume and a book providing advices for a better sleep.
Benefits at the Grand Hôtel des Thermes in your room : choose your pillow

Doctor's appointment recommended

SEA & BETTER LIVING WITH CANCER

6 DAYS • 18 TREATMENTS

A personalized program of relaxing Thalassotherapy and Spa treatments

- 4 Spa treatments:
 - 2 Cotton Foam Body Beauty Masks
 - 1 Relaxing Body Massage (30mn)
 - 1 Hydra Marine Facial Treatment)
- 2 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 4 Hydrotherapy treatments amongst the following: Jet Baths, Affusion Shower, Marine Draining,
- 5 supervised pool sessions: Aquarelaxation, Aquastretching, or Physiotherapy
- Access to the Aquatonic pool

Doctor's appointment included

NEW



THALASSO & SPA

WELLNESS STAYS



SEA & SERENITY

NEW

6 DAYS • 24 TREATMENTS

Synergy of Thalassotherapy and Spa treatments to rebalance the whole body.

- 3 Spa treatments:
 - 1 Relaxing Facial Massage,
 - 1 Body Beauty Mask
 - 1 Sleep Recovery Beauty Massage
- 2 Affusion Shower Massages
- 2 Seaweed Body Wraps
- 6 supervised pool sessions (Jet Pool)
- 11 hydrotherapy treatments amongst the following: Jet Baths with Seaweed, Marine Draining, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

SEA & WELL-BEING

6 DAYS • 24 TREATMENTS

A real wellness break with relaxing spa treatments for deep, lasting relaxation. Regain restful sleep and harmony.

- 5 Spa treatments:
 - 1 Body Scrub
 - 1 Relaxing Body Massage
 - 1 Hot Stone Body Massage
 - 1 Facial Relaxing Massage
 - 1 Foot Reflexology
- 3 Manual Affusion Shower
- 2 Seaweed Body Wraps
- 6 supervised pool sessions: Jet Pool or Aquarelaxation
- 8 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Underwater Shower, Big Shower or Ondorelax
- Access to the Aquatonic pool

ACTIVITIES
INCLUDED
IN ALL STAYS

Aquatonic® Pool - Cardio Training Area - Hammam - Sauna - Sea mist room
Gentle Muscle Exercise - Swimming pool



SEA & INTENSIVE WELL-BEING

6 DAYS • 24 TREATMENTS
INDIVIDUALS

An odyssey at the very heart of well-being.
An alliance of the benefits of seawater and our
expertise in Spa treatments.
A plan composed of individual Thalasso and Spa
treatments.

- 12 Spa treatments:
 - 1 Relaxing Massage
 - 1 Traditional Chinese Energetic Massage
 - 1 Ayurvedic Indian Massage
 - 1 Four Hands Full Relaxation Massage
 - 1 Relaxing Indian Massage
 - 3 Body Wraps
 - 3 Facial Massages
 - 1 Marine Oxygenation Face treatment
- 3 Seaweed Body Wraps
- 9 Hydrotherapy treatments amongst the following:
Jet Bath with Seaweed, Affusion Shower, Marine
Draining, Underwater Shower, Big Shower or
Ondorelax
- Access to the Aquatonic pool

ESSENTIALLY SPA

12 TREATMENTS

A magical alliance of body and facial treatments
in this Spa Package. The perfect balance for a
deeply relaxing break.

- 1 Body Scrub with Baltic Amber Sparkles
- 1 Marine Radiance Face treatment
- 1 Relaxing Back Massage
- 1 Oxygenating Facial Massage
- 1 Indian Relaxing Body Massage
- 1 Cocooning Polar Algae Body Beauty Mask
- 1 Foot Reflexology
- 1 Papaya & Prickly Pear Body Beauty Mask
- 1 Hot Stone Body Massage
- 1 Relaxing Facial Massage
- 1 Relaxing Body Massage
- 1 Cotton Foam Body Beauty Mask
- Access to the Aquatonic pool

*This package maybe used alone or in addition to
a thalasso package (treatment planned over 6
days minimum)*



THALASSO & SPA

WELLNESS STAYS



SEA & HARMONY

6 DAYS • 19 TREATMENTS

Stress, anxiety, overwork, this program helps you let go, and find inner harmony.

- 6 Relaxation and Personal Development sessions:
 - 3 Aquarelaxation sessions
 - 3 Yoga sessions
- 3 Spa treatments:
 - 1 Ayurvedic Indian Massage
 - 1 Traditional Chinese Energetic Massage
 - 1 Emotional Foot Reflexology
- 10 Hydrotherapy treatments:
 - 1 Seaweed Body Wrap
 - 3 Marine Draining
 - 3 Ondorelax
 - 3 Jet Baths with Seaweed
- Access to the Aquatonic pool

ACTIVITIES INCLUDED

Aquatonic® Pool, Cardio Training Area,
Hammam, Sauna, Sea mist room,
Gentle Muscle Exercise,
Swimming pool

MER & WELLNESS DETOX

6 DAYS • 24 TREATMENTS

Ideal at the start of a new season or after over doing it, this health plan takes a global approach to detox. It works using different methods to deeply detoxify tissues, rebalance the metabolism and durably reboot the organism.

- 1 consultation with a nutritionist for an analysis of body composition
- 4 Spa treatments:
 - 1 Emotional Cranial Reflexology
 - 1 Body Oyster Shell Powder Scrub
 - 1 Detox Body Wrap
 - 1 Aesthetic Manual Draining
- 3 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 3 supervised Jet pool sessions
- 3 sessions of sport activities:
 - Aquarelaxation
 - Dynamic Walk
 - Beach Training
- 8 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

Dietetic wellness cuisine recommended



SEA & ANTI-AGEING

NEW
RANGE

6 DAYS • 24 TREATMENTS

The best anti-aging strategy: A synergy of expertise to prevent the appearance of signs of age.

- 6 Spa Face treatments:
 - 1 PURE MER Global Anti-Ageing treatment
 - 1 Marine Radiance treatment
 - 1 Eye Radiance treatment
 - 3 Firming Anti-Ageing treatments
- 4 Spa Body Treatments Cellu M6® Integral S*
- 14 Hydrotherapie treatments :
 - 2 Manual Affusion Showers
 - 3 Underwater Showers
 - 3 Marine Draining
 - 3 Jet Baths with Seaweed
 - 3 supervised pool sessions
- Access to the Aquatonic pool

** Cellu M6 Alliance new generation tights on sale at the Spa for €28.*



PURE MER

Prodigious source of youth

THE EXCEPTIONAL GLOBAL ANTI-AGE LINE

This new, premium, uncompromising line with proven effectiveness is the fruit of several years of research and development.

Our coasts and seas are full of powerful active ingredients with unimaginable properties. We have developed The Pure Mer Complex [5*], which is 100% Breton in origin and concentrates the best of the sea, plants and minerals of Brittany.

This exceptional blend of 5 precious active ingredients, selected with care and respect to guarantee anti-ageing synergy and act against the 5 visible signs of ageing: fine lines, wrinkles, sagging, dehydration and dullness

www.cosmetique-thermesmarins.com

Dive into
the mysterious
world of the
Breton seabed...





THALASSO & SPA

WEIGHT LOSS & SLIMMING STAYS



DIETARY AND HEALTH PLANS

Preventive health care, weight control, assessment of your nutritional status. Whatever your objective, our nutritionist will offer you personalized care and guide you towards weight loss.

1 DIETARY CONSULTATION

BMI calculation, the creation of a weight curve and an in-depth questionnaire helps our nutritionist create your personalized plan.

2 BODY COMPOSITION ANALYSIS

Using spectroscopic bio-impedancemetry to determine muscle mass (arms, torso, legs), your total body fat, water content, the condition of cell membranes in order to establish your personalized nutritional diagnosis.

TARIF  30 min • 85 €

The Dietary and Health Plan can be added to a Thalasso, package or à la carte stay. It is included in the Sea & Optimal Weight Plan.

SEA & OPTIMAL WEIGHT

OUR ESSENTIALS

6 DAYS • 24 TREATMENTS

This plan is a kick-start to weight loss, it also gives you the techniques for a healthy lifestyle and habits that will help you progressively reach your weight loss goals.

- 1 Personalized Dietary and Health Plan from the nutritionist
- 1 Appointment with the sports coach
- 3 Affusion Shower Massages or Physiotherapy Massages
- 3 Seaweed Body Wraps
- 12 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Underwater Shower, Ondorelax or Big Shower
- 6 adapted and personalized physical activities: Aquatic Training, Swimming or Indoor Rowing.
- Access to the Aquatonic pool

Dietetic wellness cuisine recommended

ACTIVITIES INCLUDED

Aquatonic® Pool, Cardio Training Area, Hammam, Sauna, Sea mist room, Gentle Muscle Exercise, Swimming pool



SEA & CONTOURING FOR WOMEN

6 DAYS • 24 TREATMENTS

Optimal personalisation for visible results and immediate well-being. A team actively partner of your success.

- 1 Appointment with our nutritionist
- 1 measurement diagnosis
- 1 option to choose between:

OPTION 1:

- 6 Aesthetic Manual Draining
- 2 Cryogenic Masks
- 1 Draining Mask

OPTION 2:

- 3 Cellu M6® sessions *
- 3 Active Contouring Treatments
- 1 Cellu-Smoothing Mask
- 1 Cryogenic Mask
- 1 Draining Mask

OPTION 3:

- 3 Cellu M6® sessions *
- 3 Toning Treatments
- 1 Cellu-Smoothing Mask
- 2 Detox Masks

- 3 Seaweed Body Wraps
- 6 supervised pool sessions: Jet Pool or Toning pool
- 6 hydrotherapy treatments amongst the following: Jet Baths with Seaweed, Affusion Shower, Marine Draining, Underwater Shower, Ondorelax or Big Shower.
- Access to the Aquatonic pool

Dietetic wellness cuisine recommended

* Cellu M6 Alliance new generation tights on sale at the Spa for €28.

SEA & CONTOURING FOR MEN

6 DAYS • 24 TREATMENTS

Encouraging results with a loss of several centimetres around the waistline !

- 1 Appointment with our nutritionist
- 1 measurement diagnosis
- 6 Cellu M6® Integral S sessions*
- 2 Seaweed Body Wraps
- 2 Physiotherapy Massages
- 3 supervised pool sessions: Jet Pool and Toning Pool
- 3 sessions of sport activities: 1 Circuit Training, 2 Oxygenating Walks
- 8 hydrotherapy treatments amongst the following: Jet Baths with Seaweed, Affusion Shower, Marine Draining, Underwater Shower, Ondorelax or Big Shower
- Access to the Aquatonic pool

Dietetic wellness cuisine recommended



THALASSO & SPA

FAMILY STAYS

SEA & MOTHER & BABY



6 DAYS • 23 TREATMENTS

Complete care and a special moment for mother and baby. Treatment is focussed on your needs and adapted to reduce fatigue and restore strength and balance: young mother revitalizes and rests. From 2 months after the birth, up to 10 months.

- 3 Physiotherapy Massages or Manual Affusion Showers
- 3 Seaweed Body Wraps
- 3 supervised pool sessions: Jet Bath, Toning or Kine-balneo
- 6 Hydrotherapy treatments amongst the following: Jet Bath with Seaweed, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- 3 Spa Treatments: 1 Body Scrub, 1 Marine Oxygenation Facial Treatment, 1 Relaxing Facial Massage
- 3 sessions of sport activities: Aquagym, Aquatic Training, Dynamic Walk
- 2 sessions of Baby Massage
- Babysitting at the Children's club (up to 5 hours a day)
- Access to the Aquatonic pool

SEA & YOUNG MOTHER

6 DAYS • 21 TREATMENTS

Same program than Sea & Mother & Baby without the baby massage and the baby minding at children's club..

AS PART OF THESE 2 PLANS: **FREE ACCESS FOR YOUT GUEST /PARTNER TO ALL THE BELOW ACTIVITIES.**

ACTIVITIES INCLUDED

Aquatonic® Pool, Cardio Training Area, Hammam, Sauna, Sea mist room, Gentle Muscle Exercise, Swimming pool



NURSERY & CHILDREN'S CLUB



FROM 2 MONTHS TO 6 YEARS OLD APPROVED BY CHILD PROTECTION SERVICES

Babies and toddlers are welcomed by a team of professional child carers at our childcare facility which includes sleeping areas, a special baby area and a playroom... Free baby equipment is available on request: cot, baby chair, bottle warmer, changing mat...

Children Spa Treatments 8-14 years old.
with the cosmetics:

TOOFRUIT
Les soins pour enfants

SEA & TEENAGERS

RELAX • 5 DAYS • 10 TREATMENTS

Relax and de-stress either before or after an examination, or just for the pleasure

- 2 Jet Baths with Seaweed
- 2 Affusion Showers
- 2 Seaweed Body Wraps
- 1 Marine Oxygenation Face treatment
- 1 Relaxing Body Massage (30 min)
- 2 Ondorelax or Marine Drainings
- Access to the Aquatonic pool

BALANCE • 5 DAYS • 10 TREATMENTS

Loose weight, renew with your body and rediscover a balanced diet.

- Appointment with our doctor, our fitness coach and our nutritionist
- 2 Jet Baths with Seaweed
- 2 Affusions Showers or Marine Drainings
- 2 Seaweed Body Wraps
- 1 Ondorelax
- 3 Aqua-Training sessions
- Access to the workshops and diet cooking demonstrations
- Access to the Aquatonic pool



SPA

OUR SPA
TREATMENT
« À LA CARTE »





MALOUIN REGATAS

SERENITY REGATA

- Mineral Lava Powder Body Scrub
- Hot Stone Body Massage
- Oxygenating Facial Massage
- Foot Reflexology
- Volcanic Earth Body Beauty Mask

5 treatments - 3h50 **410 €**

RELAXATION REGATA

- Baltic Amber Sparkles Scrub
- Relaxing Back Massage
- Hydra Marine Facial treatment
- Total Balance Body treatment
- 4 Hands Full Relaxation Body Massage
- Cocooning Polar Algae Body Beauty Mask

6 treatments - 5h30 **610 €**

LES ÉVASIONS MARINES

MARINE ESCAPADE

- Marine Oxygenation Facial treatment
- Relaxing Back Massage
- Algae and Marine Plant Body Beauty Mask

3 treatments - 2h20 **240 €**

TROPICAL ESCAPADE

- Granita Scrub Noni & Coconut
- Relaxing Indian Massage
- Papaya & Prickly Pear Body Beauty Mask

3 treatments - 2h20 **255 €**

BEAUTY IS BORN OF THE SEA...

A true reflection of the history, know-how and excellence of Thermes Marins de Saint-Malo, our Breton, natural, marine, mineral and plant-based cosmetics are a concentrate of pleasure, effectiveness and sensoriality.

All our treatments are designed by our experts to meet every need and every day with the same objective in mind: to offer a unique Spa experience.

www.cosmetique-thermesmarins.com



Consult our cosmetic products





BODY MASSAGES

- **Relaxing Massage**
Releases tension and improves deep relaxation
1h **122 €**
- **Hot Stone Massage**
Harmonises energy flows and releases tensions
1h10 **135 €**
- **Relaxing Indian Massage**
Relaxes and revitalizes
1h10 **145 €**
- **Ayurvedic Massage**
Relaxes and appeases energy flows
1h10 **165 €**
- **4 Hands**
Full Relaxation Massage
Two therapists perform in-depth relaxing movements
1h **184 €**
- **Deep Tissue Massage**
Loosens the tension areas and restore energy and vitality.
1h10 **160 €**
- **Relaxing Back Treatment**
Purifying and relaxing full back treatment
50 min **105 €**
- **Wellness and Sleep Massage**
Relieves tension and improves sleep
40 min **95 €**

BODY TREATMENTS

- **Emotionnal Cranial Reflexology**
Improves sleep, releases tension and offers a deep relaxation
40 min **85 €**
- **Foot Reflexology**
Eliminates toxins and improve energy balance
50 min **105 €**
- **Total Balance**
Stimulates nerve endings and provide well-being and balance.
1h20 **142 €**





FACIAL TREATMENTS

- **PURE MER** Global Anti-Ageing Treatment
This treatment acts on all the signs of ageing
1h30 **175 €**
- **Oxygenating Massage**
Improves circulation for a luminous complexion.
40 min **72 €**
- **Relaxing Massage**
Chases away muscular tension for reposed facial Features
30 min **60 €**
- **Eye Contour Treatment**
Eliminates puffiness, dark circles, wrinkles and fine lines
50 min **92 €**
- **Hydra Marine**
Dehydrated and/or sensitive skin
1h10 **105 €**
- **Marine Anti-Wrinkle**
Diminish wrinkles and fine lines
1h30 **125 €**
- **Marine Radiance**
For tired, dull skin. Eliminates toxins and improve luminosity
1h30 **125 €**
- **Marine Oxygenation**
Deep skin cleansing for a fresh, clear complexion
50 min **92 €**

NEW

CONTOURING TREATMENTS

- **Active Contouring Treatment**
Boosts metabolism for a significantly more slim-line silhouette
1h **92 €**
- **Detox Contouring Treatment**
Body wrap and draining massage for a contoured silhouette
1h20 **140 €**
- **Aesthetic Manual Draining**
Combat water retention, improve blood circulation and refine the silhouette
1h **105 €**

SPA TREATMENT MENU



*More than 50 Face and Body
Spa Treatments*

Take a look at our range
of cosmetics:

thalasso-saintmalo.com/en/spa

Please book your treatments in advance:
+33 (0) 2 99 40 75 23



AQUATONIC

AQUATONIC POOL



14 WORKSHOPS 194 UNDERWATER JETS

Combining relaxation and fitness, the Aquatonic® Course improves blood circulation and relaxes the muscles. The recommended time in the pool is 45 min, walking and passing in front of the different fountain jets. A true centre of well-being.

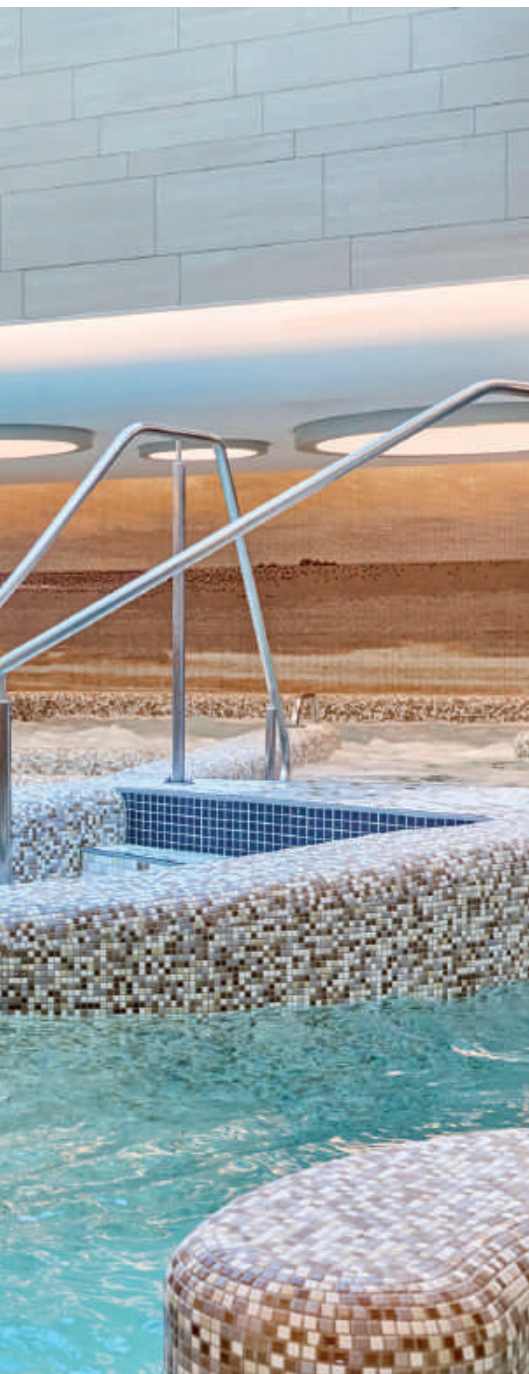
AQUATONIC POOL

1 entry **42 €**

Special rates..... **30 €**

(For the guests staying at Grand Hôtel des Thermes, Villa des Thermes, Neptunia residence, Antinéa & Le Jersey hotel, Le Nouveau Monde hotel, Hôtel des Marins, Reine Marine residence).

Included in every Thalasso & Spa package



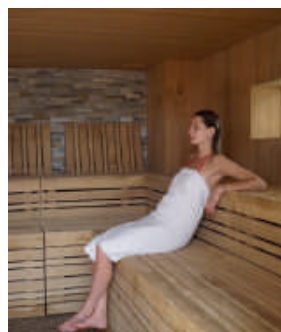
OTHER ACTIVITIES INCLUDED IN YOUR STAY



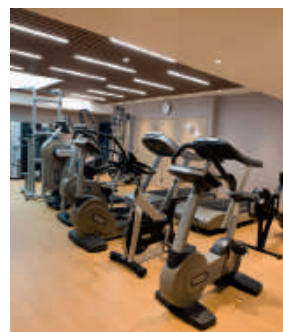
Swimming Pool



Hammam



Sauna



Cardio Training Area



Sea Mist Room



Oxygenating Walk

TOTAL WELL-BEING PACKAGE

6 days **250 €**

More than 100 courses a week
amongst aquastretching, yoga, pilates,
bodybalance...



THERMES MARINS
DE SAINT-MALO

THALASSO & SPA VOCABULARY

The effectiveness of thalassotherapy can be summed up in four points: its power, its richness, its diversity and its duration. Its richness is that of marine resources while its power lies in the treatment protocols conceived for their profound effectiveness.

The duration of Thermes Marins treatment is determined according to several elements:

- The immediate effect generated by the treatment.
- The increased benefits of these effects thanks to a succession of different treatments.

Starting from the principle that “movement is life”, one treatment per day should be an “active” treatment, mainly in the pool. The relaxation gained during the “passive” treatment will allow broader joint movements.

The durations specified are the actual duration times of the treatment.

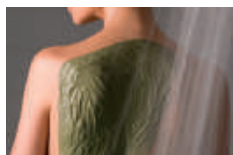
MARINE HYDROTHERAPY



MANUAL AFFUSION SHOWER

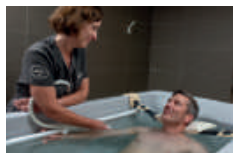
25 MIN

A full body massage under a rain of warm seawater.



SEAWEED BODY-WRAP • 25 MIN

BIOCÉALGUES : Exclusive protocol of a warm seaweed cream is applied over the entire body and maintained at body temperature, then rinsed with warm seawater.



UNDERWATER MARINE-SHOWER 15 MIN

Underwater hydro-massage in warm seawater (35°C to 36°C), performed by a therapist with a showerhead (1-3 bars).



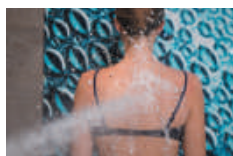
MARINE DRAINING • 12 MIN

Massage using showerhead and varying water temperatures.



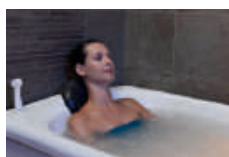
AFFUSION SHOWER • 15 MIN

Cet hydromassage aérien se compose de plusieurs rideaux de jets d'eau de mer chaude qui se croisent et s'entrecroisent sans cesse. Soin sédatif et relaxant.



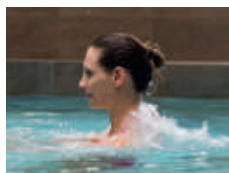
JET SHOWER • 12 MIN

Un jet diffus et puissant, distant de 3 mètres, hydromasse l'ensemble du corps. Soin stimulant.



JET-BATH WITH SEAWEED • 20 MIN

Underwater micro-showers alternate along the body from the arch of the feet to the nape of the neck, air bubbles and seaweed cream or essential oils.



POOL WITH UNDERWATER JETS 15 MIN

Underwater hydro-massage in seawater pool at 35°C with adjustable showerheads (Spinal dorsal-lumbar gymnastics with hydromassage or Spinal cervical gymnastics with hydro-massage).



PRESSURE THERAPY • 20 MIN

Inflatable boots are applied to the lower limbs, compartments are filled with air to apply pressure for a draining effect.



ONDORELAX • 18 MIN

A soft bed and circulating wave for a complete body modelage in a soft, soothing atmosphere.



FOOT BATH • 15 MIN

Alternating hot and cold water which improves blood circulation in the lower limbs.



MARINE GLOBES • 20 MIN

The fingers and wrists are massaged in a warm algae cream. Remineralizing and sedative.

PHYSIOTHERAPY



MASSAGE OR PHYSIOTHERAPY (PERFORMED IN A TREATMENT ROOM) • 20 TO 25 MIN

Massage to ease pain, spasms and improve blood circulation. Physiotherapy to improve joints or reinforce muscle.



POOL THERAPY • 25 MIN

The physiotherapist works with you in the pool for a personalized treatment where heat and the lift of seawater help to reinforce and improve joint amplitude.



GYMNASTIC BALL • 25 MIN

The physiotherapist teaches you the Klein method using the ball for back gymnastics and posture.



POSTURAL YOGA • 50 MIN

Reprogramming the right gestures: movements and postures in coherence with the breath, while respecting physical possibilities.



BACK GYMNASTICS • 50 MIN

For support, reinforcement and ease.



LEG POOL • 25 MIN

Gymnastics for the lower limbs in warm seawater followed by walking through a stream of cold seawater. Stimulates vasomotor mechanisms.



PHYSIO BALNEO POOL • 25 MIN

Gymnastic therapy in a pool with a physiotherapist. Maintains the locomotor system especially the spine.



EXERCICE POOL • 25 MIN

Aquatic gymnastics for joint and muscle maintenance.



AQUARELAXATION • 25 MIN

Aquatic relaxation in a lying position supported by floats, the physiotherapist teaches you relaxation techniques in the pool.



AQUASTRETCHING • 25 MIN

Muscle stretching in warm seawater. Improves joint mobility.



RELAXATION • 50 MIN

Session based on Schultz Autogenic Training. A relaxation method aimed at relaxing the mind and the body.



BALANCE WORKSHOP • 50 MIN

A fun obstacle course. This workshop is a series of exercises, on chair, floor or high bar, to improve flexibility, strength and balance.

PHYSICAL ACTIVITIES



OXYGENATING WALK 45 MIN • FREE

On the beach, learn how to relax and breath, tone and oxygenate (with a trainer).



YOGA • 1 H

Activity aimed at harmonising a person's three fundamental dimensions: the physical, the psychic and the spiritual.



DYNAMIC WALK • 1 H

Seaside walks to the rhythm of the tide under the supervision of a coach. Enjoy the benefits of the marine climate and discover the must-see sites along the coast.



INDOOR ROWING CHALLENGE • 40 MIN

Participants put themselves to the challenge on an ergo rowing machine and can analyse their movements, heart rate and effort on a screen.



BEACH TRAINING • 45 MIN

Coach supervised muscle building courses on the seawall and the beach.



AQUACYCLING • 25 MIN

An activity that uses water intensity to work all muscle groups and improve fitness, strengthen the lower body and increase endurance.



AQUAGYM • 25 MIN

Gymnastics in the pool working on weight loss and muscle tone.



PILATES • 30 OU 45 MIN

Physical exercise to improve and correct posture and tone muscle.



AQUATIC TRAINING • 45 MIN

This activity is performed in seawater heated at 30°C whilst continually surveying cardiac frequency. It reinforces endurance and has an effect on weight loss, slimming and blood circulation.



COACHING • 45 MIN

Supervised individual muscle-building in a cardio-musculature room. Learn how to use sports equipment during personalized sessions.





THERMES MARINS
DE SAINT-MALO

SAINT-MALO



FORT
NATIONAL
VISIT

SHOPPING
INTRA-MUROS

A WALK
ALONG
THE CÔTE
SAUVAGE

VISIT OF AN
OLD PRIVATEER
SHIP

PRIVATEERS'
HOUSE VISIT

WATERSPORT
ACTIVITIES

VISIT OF
THE RAMPARTS





SAINT-MALO

DISCOVER SAINT-MALO

A HERITAGE

Saint-Malo has some of the most beautiful pages of maritime history written across its ramparts. A myth embodied by figures such as the navigator Jacques Cartier, the corsairs René Duguay-Trouin and Robert Surcouf or the writer François-René de Chateaubriand. Explore the old town and the other locations in and around Saint-Malo: the Solidor tower, Fort National... Discover the riches of this heritage, the pride of Saint-Malo.



MANY RICHES

Generous by its very essence, the corsair town delivers its treasures: secret streets, shipowners' residences, lively cafes and small shops... Throughout the year, the town comes to life with its literary and musical festivals, or its maritime events such as the renowned Route du Rhum. An exceptional heritage to discover or rediscover without hesitation.

TOURISM AROUND SAINT-MALO



LE MONT SAINT-MICHEL

55 km from Saint-Malo, France's most remarkable tourist site in France.

DINAN

Ancient medieval city of the Dukes of Brittany, with its medieval streets.

DINARD

Seaside resort with authentic charm and late 19th-century architecture.

CANCALE

Scenic fishing port well-known for its oysters.



ACCOMMODATION

THE GRAND HÔTEL DES THERMES*****



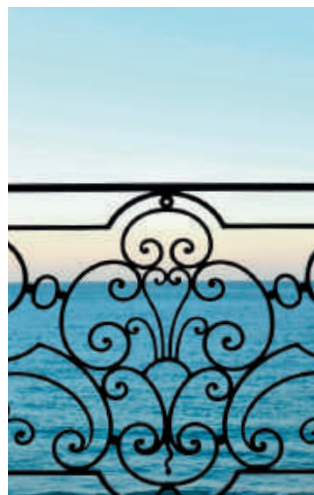


THE SOUL OF A UNIQUE LOCATION

The Grand Hotel des Thermes was built in the late nineteenth century in the style of the Belle Époque to welcome the increasing number of amateurs of the seaside. A holiday spent at the Grand Hotel des Thermes opens prospects of delight and unforgettable memories.

• Sea view

- Direct access to the beach
- 177 seaview or South facing rooms
- Le Cap Horn seaview Restaurant
- La Verrière restaurant
- La Terrasse seaview restaurant
- Sea view Bar La Passerelle: tea room and piano bar
- Children's Club
- Thalasso and Spa
- Aquatonic Pool
- Heated seawater relaxing pool
- Sauna, Hammam
- Cardio-Training Area
- Sea view solarium terrace

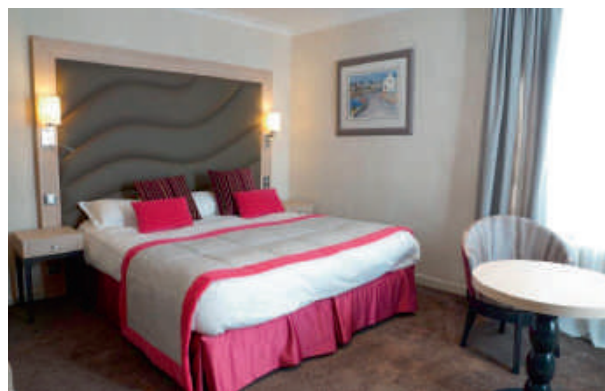




Suite sea view - 66 m²



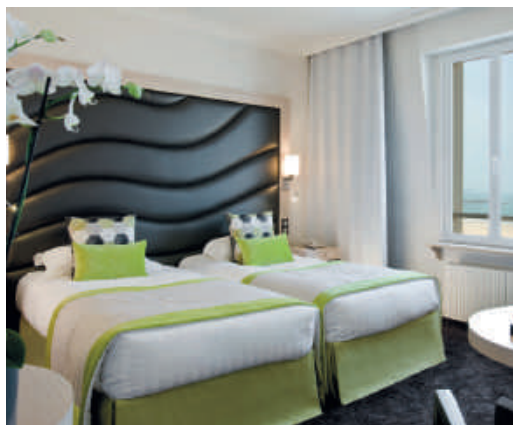
Croisière Salon sea view - 38 m²



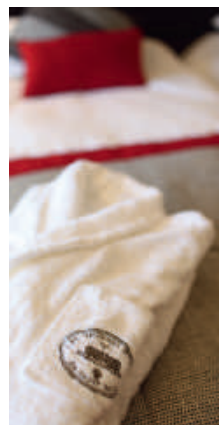
Escale Émeraude south facing - 30 m²



Croisière Grand Large sea view - 32 m²



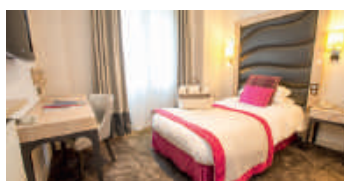
Escale Supérieure sea view or south facing - 30 m²



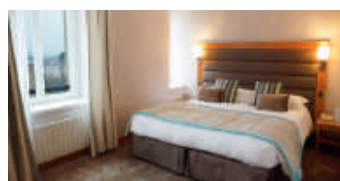
Croisière Prestige sea view - 38 m²



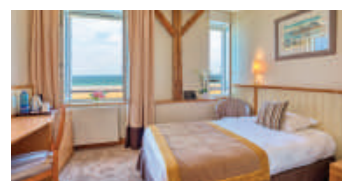
Transat Émeraude south facing - 24 m²



Régate individuelle south facing - 16 m²



Transat Classique south facing - 24 m²



Régate single sea view - 16 m²



RESTAURATION

LE CAP HORN RESTAURANT



GOURMET CUISINE

Come and taste carefully prepared dishes from our deliciously tasty menu.

Fresh from the sea: wild sea bass, John Dory, oysters from Cancale, scallops from Erquy but also deliciously tender meats. Our side dishes are generous and inventive including vegetables, seeds and seaweed.

And for dessert, an explosion of flavours awaits you. You'll be impressed by our wine cellar and its "crus classés".

LA TERRASSE

La Terrasse, set in its seaside surroundings opens with the fine weather. Salads, grilled fish and meat skewers, ice creams and desserts...

Enjoy the magnificent view of the beach and the Saint-Malo bay at any time during the day.

TO THE SERVICE OF TASTE AND PLEASURES OF THE TABLE



Chefs Daniel Le Guénan and Sylvain Dahirel compete with each other to offer you an unforgettable experience.

Daniel Le Guénan associates the taste of spices with products he loves to work with. On the menu, you'll find local products and fish from sustainable fishing for a more responsible cuisine.

Sylvain Dahirel, Pastry chef, combines local products and seasonal fruit. He also uses his talent to create calorie controlled desserts.

Consult the menu of our
3 restaurants





RESTAURATION

LA VERRIERE RESTAURANT



LOCAL AND AUTHENTIC CUISINE

We favour local produce in our earth and sea menu. Oysters, fish and shellfish, produce from Brittany including a vegetarian dish. Cod, salmon skewer, beef steak or a buddha bowl are all on offer and served by our friendly and efficient staff. To finish on a sweet note, our pastry chefs have a modern take on old-fashioned comforting puddings. For people staying alone, why not share a table with other guests at our mixed guest table.

NUTRITIONAL FOOD FOR WELL-BEING

Food designed to combine well-being and delicious taste: nutrition is an expertise that our chefs have been working on for more than 30 years in collaboration with our nutritionist, Frédéric Derat-Carrière. A varied menu, with more than 20 dishes, all less than 350 calories. Enjoy healthy, delicious, nutritious food. Produce from the coasts of Brittany: turbot supreme, langoustines, locally sourced vegetables are cooked with super foods such as citrus fruits, spices, beans and lentils... Colourful and inventive, the dishes served by our chefs are a combination of delicious taste and healthy food.





ACCOMMODATION

HOTEL
**LE NOUVEAU
MONDE******





Premium sea view - 32 m²



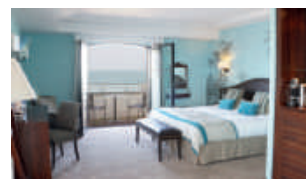
EMBARK FOR NEW HORIZONS

Just 5 minutes from the train station and the old walled town, the Nouveau Monde immerses you in naval history and the great discoveries... This 4-star hotel offers direct access to the beach, a wellness area (swimming pool, spa, steam room, ...), a restaurant, a bar and sea view rooms. The Thermes Marins Thalassotherapy centre is located 800m from the hotel.

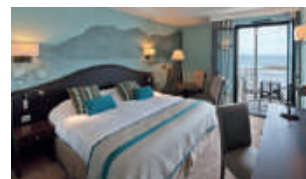
• Sea view

- Direct access to the beach
- 83 rooms, from the south standard room to the sea view Junior Suite
- Right on the Sillon Beach, in a refined and warm atmosphere, overlooking the bay of Saint-Malo, the 7 Mers Restaurant offers a unique gourmet experience through world cuisine
- Sea view bar
- Sea view Terrace
- Underwater Jet Pool
- Individual or duo Spa treatment rooms
- Hammam
- Solarium

lenouveaumonde.fr/en



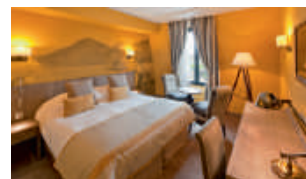
Suite Junior Sea view - 46 m²



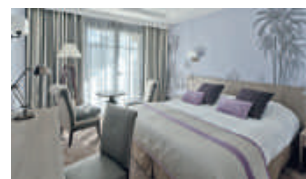
Supérieure Sea view - 27 m²



Échappée - 26 m² - Side sea view



Supérieure South - 27 m²



Standard South - 22 m²



ACCOMMODATION

HOTEL
ANTINÉA***



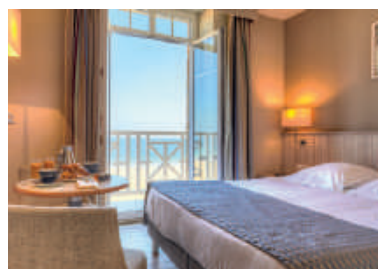
WARM ATMOSPHERE

300 m from the Thermes Marins de Saint-Malo and close to the city center, The hotel welcome you in a warm and relaxing atmosphere.

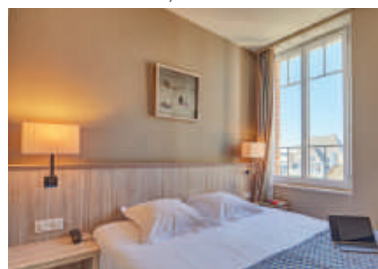
- **Sea view**

- Direct access to the beach
- 20 sea view or South facing view rooms
- Widely open on the sea, the Antinéa Restaurant welcomes you in a unique setting and a friendly atmosphere.
- Covered and heated sea view terrace
- Lounge space

antineahotel.com/en



Antinéa - Sea Balcony - 15 m²



Antinéa - South - 14 m²



ACCOMMODATION

HOTEL LE JERSEY***



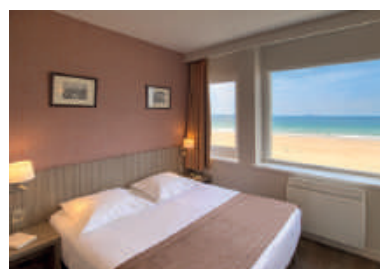
AUTHENTIC CHARM

Adjacent to the Antinéa, The Jersey is a charming sea view hotel that combines charm and warmth.

- **Sea view**

- Direct access to the beach
- 18 seaview of South facing rooms
- Acces to the Antinea Restaurant

antineahotel.com/en



Le Jersey - Sea view - 12 à 18 m²



ACCOMMODATION

RESIDENCES

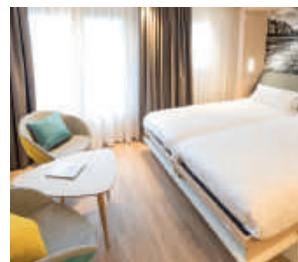
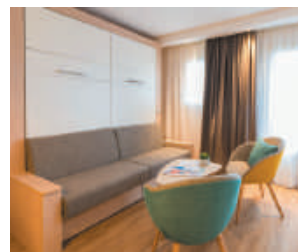


RÉSIDENCE NEPTUNIA

The Neptunia residence offers 28 south facing studio apartments. By the beach with indoor, direct access to the thalassotherapy centre, as well as other Thermes Marins services.

- Direct access to the beach
- 23 south facing apartments
- Heated seawater relaxing pool
- Cardio Training Area
- Sauna, Hammam
- Solarium

residence-neptunia.com





VILLA DES THERMES

150 m from The Thermes Marins. This luxurious villa offers a direct access to the wide Sillon beach.



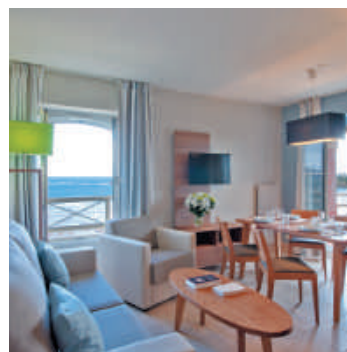
- Direct access to the beach
- 7 apartments and 1 house
- Free access to the heated seawater pool, sauna, hammam of Thermes Marins de Saint-Malo (except on Sunday afternoon).

villa-des-thermes.com



RESIDENCE REINE MARINE****

This residence is located 1.5 km from the Thermes Marins Thalassotherapy centre. This luxury residence offers apartments all fully equipped and functional.

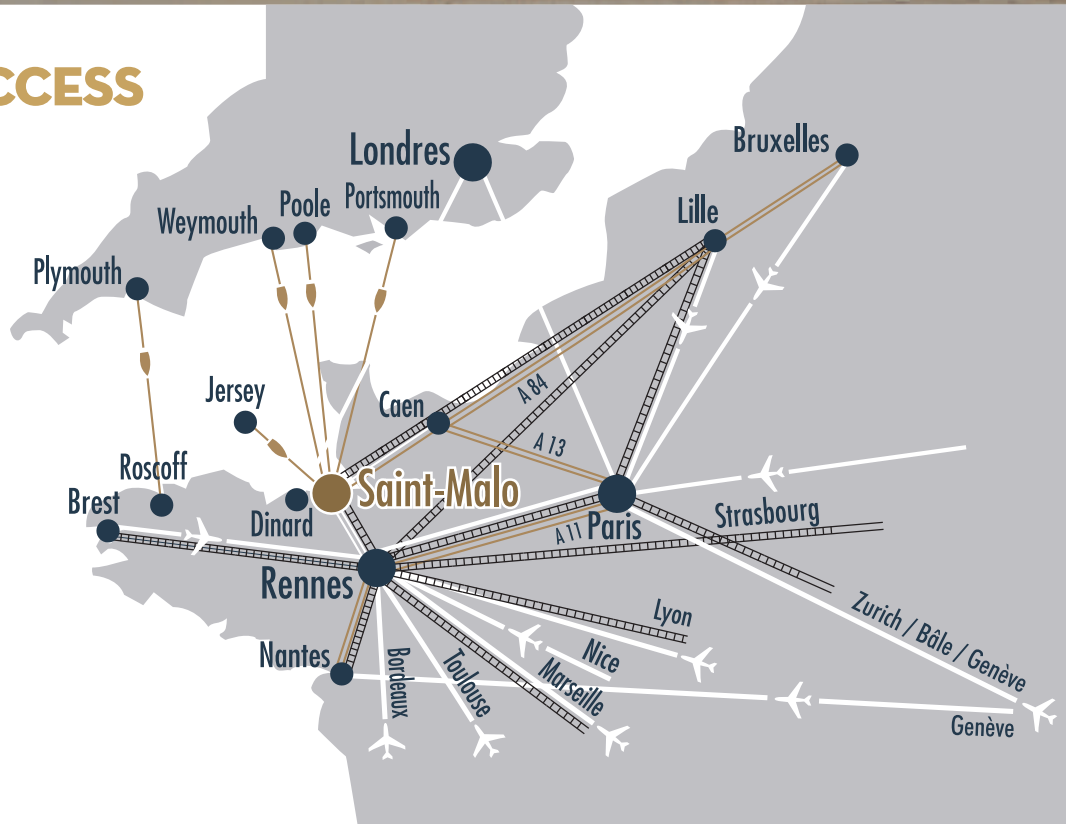


- **Sea view**
- Direct access to the beach
- 66 apartments from 2 to 3 bedrooms, seaview or South facing, and up to 6 people
- Sea view bar
- Indoor heated pool with seaview
- Spa treatment room
- Sea view solarium terrace
- Hammam

reinemarine.com



ACCESS



TRAIN CONNECTIONS
MARINE CONNECTIONS
AIR CONNECTIONS
MOTORWAYS & EXPRESSWAYS

PARIS 🚆 2h15
BORDEAUX 🚆 5h14
BREST 🚆 2h35
LILLE 🚆 4h30
LYON ✈️ 1h15 → RENNES then 🚆 45 min
MARSEILLE ✈️ 1h35 → RENNES then 🚆 45 min
NANTES 🚆 2h
NICE ✈️ 1h40 → RENNES then 🚆 45 min
RENNES 🚆 45 min
STRASBOURG 🚆 5h17

TOULOUSE ✈️ 1h10 → RENNES then 🚆 45 min
BRUXELLES 🚆 4h47
GENÈVE ✈️ 1h23 → RENNES then 🚆 45 min
JERSEY 🚆 1h20
LIÈGE 🚆 5h39
LUXEMBOURG 🚆 6h41



BY TRAIN

The high speed train now travels to Saint-Malo. A comfortable ride between Paris and Saint-Malo in just 2h15! High speed train to Rennes from Lille, Lyon, Marseille and Strasbourg then standard train to Saint-Malo.



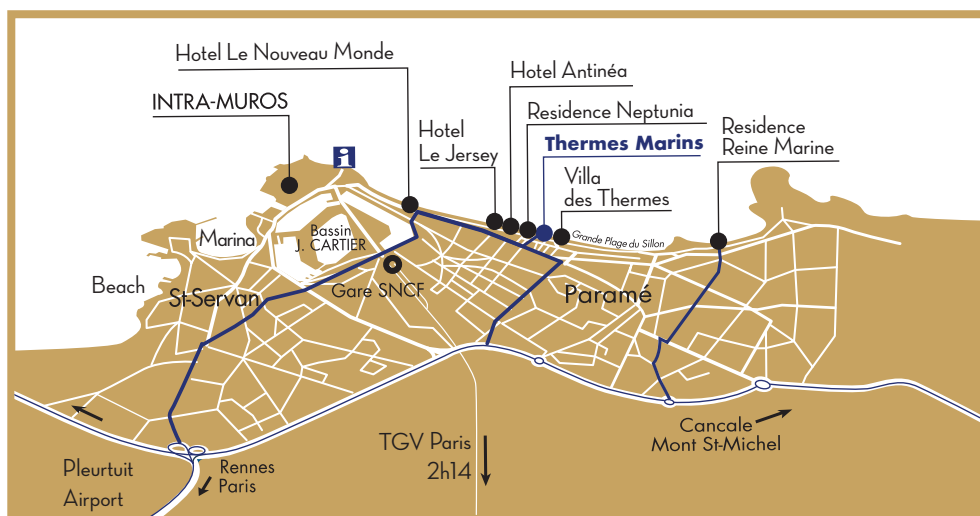
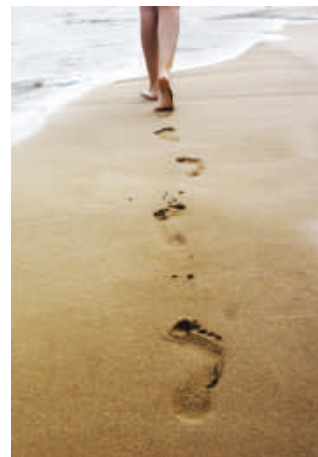
BY CAR

Saint-Malo is at 4 hours drive from Paris, either through Rennes (A11) or Caen (A13 and A84).

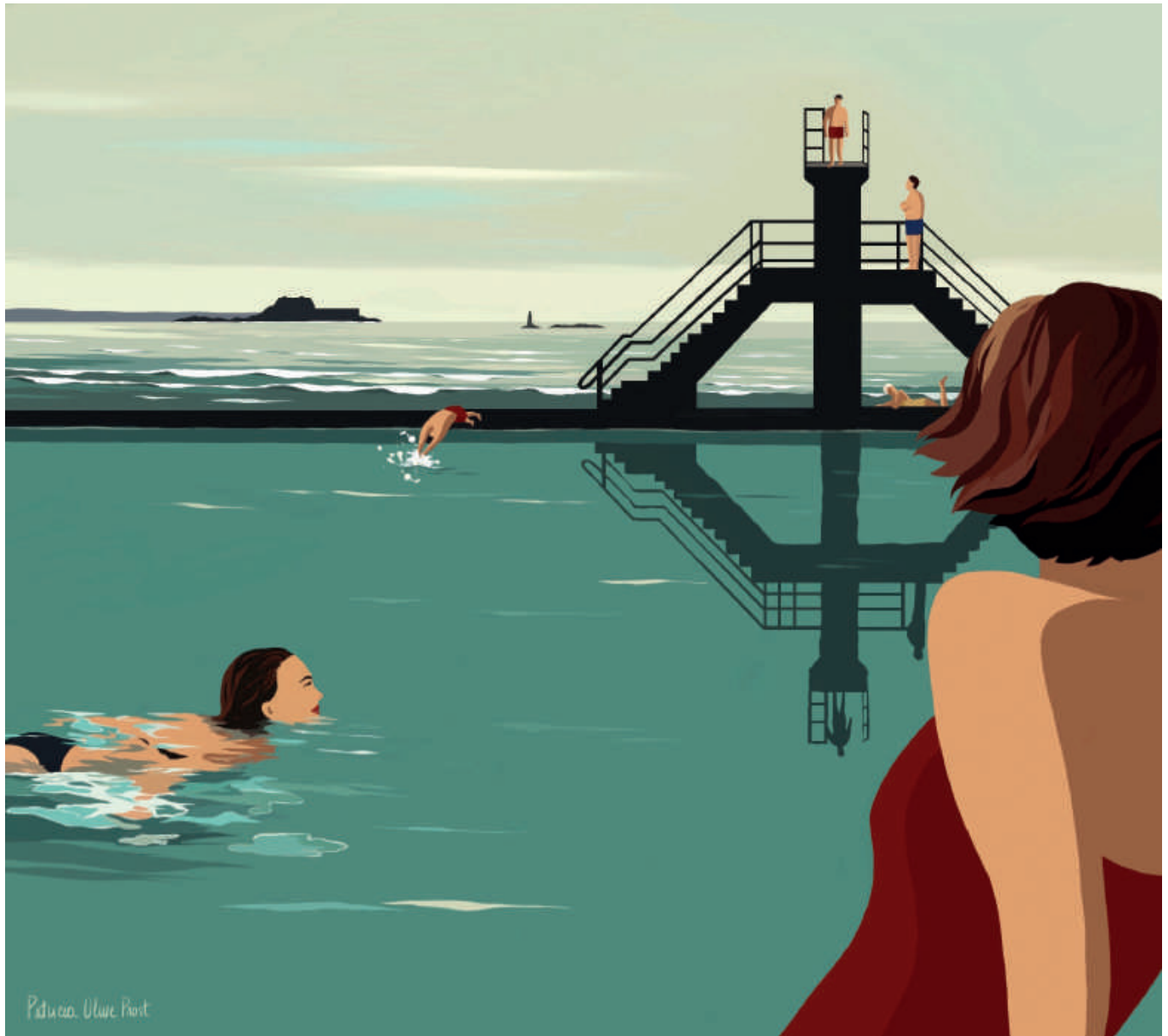


BY PLANE

Rennes airport has flights to and from most major towns. Nantes Airport has daily flights to Switzerland.



SINCE 1963



Agence why - Crédit illustration couverture et dos: Patricia Olive Prost - Crédits photos: Philippe Meunier Photographie - E. Margaria - C. Macé - C. Madamour - F. Rambert - Francaisa Mantovani - Grand Aquarium Raphael Aury - C. Langlois - École Marine - Gyromalo - Helstar - Iris L. - J.C. Valienne - J.M. Collu - Le Studio - M. Clauzier - M. Clauzier - Pascal Ito - S. Bourcier - Surfschool - Y. Werdery - Bruno Levy - Agence Captivate - Adobe Stock - iStock - Shutterstock - Thinkstock - Noun Project - Photothèque TMSM.

LES THERMES MARINS DE SAINT MALO • CS 11745 • 35417 SAINT MALO - FRANCE

Phone (reception): +33 2.99.40.75.75

Visit our website: www.thalasso-saintmalo.com/en • e-mail: resa@thalasso-saintmalo.com

Online store: www.boutique-thalassotherapie.com

customer service: Phone: +33 2.99.40.75.00

FOLLOW US



THALASSOTHERAPY • SPA • AQUATONIC • HOTELS • RESIDENCES • RESTAURANTS