







# **W E L C O M E** to the Thermes Marins de Saint-Malo

For more than 60 years, the sea has been our essence to design a world entirely dedicated to your well-being. Our range of Thalasso & Spa treatments combines natural marine resources with the excellence of our treatment protocols for a moment of pure and deep relaxation.





## OUR **THALASSO** TREATMENTS

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## THALASSO DISCOVERY

This package includes a preset half-day program of individual treatments and pool treatments among the following:

Jet Bath with Seaweed, Affusion Shower, Bubble Bath, Toning Pool, Underwater Shower, Marine Draining, Jet Pool, Ondorelax.

- 2 TREATMENTS
  From Monday to Friday (except on public holidays.)
- 93 € 89 €

- 2 Individual treatments
- Access to the Swimming Pool, Sauna and Hammam on the same half-day as your treatments
- 4 TREATMENTS (except on Sunday)
  From Monday to Friday (except on public holidays.)
- 195 € 186 €
- 3 Individual treatments including 1 Seaweed Body-Wrap
- 1 Pool Treatment
- Access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam on the same half-day as your treatments

• 3 TREATMENTS

- 149 € 142 €
- From Monday to Friday (except on public holidays.)

   2 Individual treatments
- 1 Pool Treatment
- Access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam on the same half-day as your treatments
- 4 TREATMENTS PRESTIGE (except on Sunday) 235 €
  From Monday to Friday (except on public holidays.) 225 €
- 1 Manual Affusion Shower or 1 Body Massage 30 mn
- 1 Seaweed Body-Wrap
- 1 Seaweed Jet-Bath or Underwater Marine Shower
- 1 Ondorelax or Affusion Shower
- Access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam on the same half-day as your treatments

## À LA CARTE TREATMENTS

<ul> <li>Manual Affusion Shower (25 min)</li> </ul>	95 €	<ul> <li>Ondorelax (18 min)</li> </ul>	53 €
• Seaweed Body Wrap (25 min)	73 €	<ul> <li>Affusion Shower (15 min)</li> </ul>	47 €
• Underwater Marine Shower (15 min)	56 €	<ul> <li>Marine Draining (12 min)</li> </ul>	48 €
• Seaweed Jet-Bath (20 min)	56€	• Foot Bath (15 min)	34 €

## THALASSO & RESTAURANT

### **HEALTH & GASTRONOMY**

A Thalasso Discovery program including access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam on the same half-day as your treatments and an « Émeraude Menu » at Le Cap Horn seaview restaurant.

• 2 TREATMENTS	160 €
From Monday to Friday (except on public holidays)	156 €
• 3 TREATMENTS	201€
From Monday to Friday (except on public holidays)	194 €
• 4 TREATMENTS	247 €
From Monday to Friday (except on public holidays)	238 €
• 4 TREATMENTS PRESTIGE	287 €

From Monday to Friday (except on public holidays) 277 €

### **WELLNESS & FLAVOR**

A Thalasso Discovery program including access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam on the same half-day as your treatments and a « Two-Course Menu » at La Verrière restaurant.

• 2 TREATMENTS From Monday to Friday (except on public holidays)	141 € 137 €
• 3 TREATMENTS From Monday to Friday (except on public holidays)	187 € 180 €
• 4 TREATMENTS From Monday to Friday (except on public holidays)	233 € 224 €









## THE AQUATONIC POOL

Access to the seawater labyrinth with Sauna, Hammam, Ice Fountain and Cardio-Training Room. Included in the Thalasso Discovery packages from 3 treatments and in all the Thalasso & Restaurant packages.

• 1 ENTRY à la carte • 1 ENTRY in addition to a Thalasso or Spa treatment

30€





## COSMETICS

## Thermes Marins de Saint-Malo

Let our experts guide you for an exceptional moment at the Spa des Thermes. Discover our signature treatments and our rituals inspired from across the world for a total relaxation... Designed in Brittany, our creams and oils are enriched with marine active ingredients and plant extracts to offer you a true sensory experience based on textures, fragrances and massage techniques.



## TRADITIONAL TREATMENTS

### • MARINE OXYGENATION 50 min 92 €

All skin types except mature. Deep skin cleansing for a fresh, clear complexion.

## • HYDRA MARINE 1 h 10 105 €

Dehydrated and/or sensitive skin. A facial treatment accompanied by a relaxing facial modelage, works as a formidable regulator on skin moisture. Your skin is moisturized, soothed and radiant with vitality.

#### • MARINE PURITY

1 h 10 105 €

Combination to oily skin. This treatment will reduce the appearance of imperfections due to excess sebum by tightening the pores and refining the skin texture. The combination of the active ingredients and the relaxing massage will bring a real comfort to the skin, matify, purify and unify the complexion.

## **SPECIFIC** TREATMENTS

## "EYES - RADIANCE - NUTRITION"

#### • EYE RADIANCE TREATMENT 1 h 20 120 €

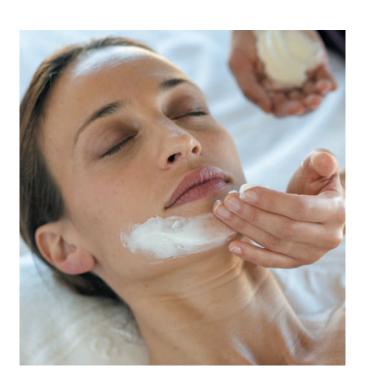
A new three stage treatment: stage 1, skin cleansing, stage 2, intensely moisturizing the face, stage 3, the decongestion of the eye contour for an overall new glow.

## • MARINE RADIANCE 1 h 30 125 €

A facial treatment for tired, dull skin lacking oxygen. The oxygenating massage stimulates cells and eliminates toxins. Your skin is oxygenated with regained luminosity.

## • NUTRI MARINE 1 h 30 125 €

Mature, dry and devitalized skin. Accompanied by an oxygenating massage, this treatment restores the skin's hydrolipidic film. Your skin is nourished, supple and luminous.



## FACIAL MASSAGES **DRAINING - EYE CONTOUR**

#### • RELAXING MASSAGE

30 min 60 €

Gentle enveloping movements chase away muscular tension and improve deep relaxation for reposed facial features.

## • OXYGENATING MASSAGE 40 min 72 €

This stimulating massage helps to eliminate toxins and improve circulation for a luminous complexion.

### • FIRMING MASSAGE 40 min 72 €

By working over facial contours this stimulating massage improves tone and firmness for redefined facial contours.

## • ANTI-WRINKLE MASSAGE

40 min 72 €

Specific movements and in-depth work over wrinkles and fine lines improve cellular stimulation and renewal for reposed, smoothed features.

## • GLOBAL ANTI-AGEING MASSAGE 40 min 83 €

For mature skin presenting a lack of moisture, a loss of radiance and sagging skin with fine lines and wrinkles. The toning and specific movements of the massage work effectively on all the signs of ageing.

## • EYE CONTOUR TREATMENT 50 min 92 €

This new treatment eliminates puffiness, dark circles, wrinkles and fine lines. Decongests, regenerates and moisturizes for younger more relaxed eyes.





## **ANTI-AGEING**

## TREATMENTS

## GLOBAL ANTI-AGEING TREATMENT

1 h 30 175 €

This signature treatment combines a personnalised antiageing massage with our PURE MER premium products by Thermes Marins de Saint-Malo. It acts on all the signs of ageing: dryness, loss of radiance, sagging skin, presence of lines and wrinkles and provides immediate and visible results.

#### • LIFT MARINE 1 h 30 125 €

Does your skin lack firmness? This skin "tensing" treatment combined with a firming facial massage stimulates the skin's tone and elasticity to redefine facial contours.

#### • MARINE ANTI-WRINKLE 1 h 30 125 €

Wrinkles and fine lines? This regenerating treatment combined with an Anti-wrinkle facial massage will diminish wrinkles and fine lines leaving your skin visibly smoothed.



 $\bigcirc$  All treatments are available in packages of  $3 \cdot 5 \cdot 10$  sessions



All our face treatments are accessible to pregnant woman.





## **BODY SCRUBS**

### OUR SELECTION OF BODY SCRUBS

30 min 69 €

Revitalize your skin's radiance: we have created a range of the best body scrubs with exotic ingredients from faraway lands for soft, clear, fresh skin. Their exfoliating effect prepares the skin for the penetration of active ingredients.

- · Granita Scrubs Noni & Coconut
- Kiwi Seeds & White Sand Scrub
- Baltic Amber Sparkles Scrub
- · Mineral Lava Powder Scrub
- Marine Salt and Clay Scrub
- · Oyster Shells & Sacred Lotus Scrub

## **BODY BEAUTY MASKS**

### • OUR SELECTION OF BODY BEAUTY MASKS

40 min **75 €** 

Veritable cocoons of warmth, well-being, and gentleness: our Body Beauty Masks are accompanied by a relaxing modelage of the shoulders, nape and scalp.

- Papaya & Prickly Pear Body Beauty Mask
- · Cocooning Polar Algae Body Beauty Mask
- Hibiscus Flower Body Beauty Mask
- Volcanic Earth Body Beauty Mask
- · Algae and Marine Plant Body Beauty
- · Cotton Foam Body Beauty Mask





## **BODY MASSAGES**

#### RELAXING MASSAGE

1 h oo 122 €

A real invitation to well-being, this enveloping massage with gentle fluid movements releases tension and improves deep relaxation over the entire body.

## • WELLNESS AND SLEEP MASSAGE

40 min **95 €** 

A relaxing massage to the back of the body. Finger pressure is applied in alternate movements over the body's energy lines in rhythm with your breathing. This massage helps you relax and let-go, it relieves tension and improves sleep so you can enjoy your day!

#### • RELAXING BACK TREATMENT 50 min 105 €

Full back treatment including purifying cleansing and a deep relaxing massage.

#### • DETOX MASSAGE

50 min 92 €

This draining modelage is ideal after a little overindulgence, it efficiently helps to eliminate toxins. Slow-paced and gentle it offers a veritable moment of relaxation.

## • DEEP TISSUE MASSAGE

1 h 10 160 €

This in-depth massage, with deep and powerful manoeuvres promotes muscle relaxation and loosens mind and body. This combination of passive mobilizations and pressures is particularly appreciated by the athletes. This tonic massage loosens the tension areas in order to restore energy and vitality.

## • 4 HANDS FULL RELAXATION MASSAGE

1h 00 184 €

A true moment to escape, a unique experience. Two therapists work simultaneously and in rhythm performing in-depth relaxing movements over the entire body.



#### • HOT STONE MASSAGE

1 h 10 135 €

Hands and hot stones become one with delicate strokes over the entire body... Through the gentle heat of the volcanic stones, this massage harmonises energy flows, releases tension.

## • RELAXING INDIAN MASSAGE 1 h 10 145 €

This body massage with oils is particularly gentle and soothing. Ideal for people feeling very tired, it relaxes, revitalizes and improves blood and lymphatic circulation.

## • TRADITIONAL CHINESE ENERGETIC MASSAGE 1 h 00 150 €

Improves energy balance through finger pressure along the body's meridian energy lines and releases congestion points which block energy circulation and transports you into deep relaxation.

### • AYURVEDIC MASSAGE

1 h 10 165 €

Escape to the rituals of ancient India through this massage which provides true relaxation by appeasing tension and energy flows. Alternates the different techniques of Abhyanga (movements which stimulate) and Marmatherapy, (in-depth movements over the body's energy points).

#### • BALINESE MASSAGE

1 h 10 175 €

This massage is the harmonious combination of deep, slow and warm movements, it allies power and sweetness. Real detoxification of the body, this massage improves the deep relaxation, the elimination of the stress, restores vitality and dynamism.

#### • TUMMY MASSAGE

30 min **70 €** 

The circulatory and draining movements improve relaxation, well-being and release tension.









## **REFLEXOLOGIES**

#### FOOT REFLEXOLOGY

50 min 105 €

The foot contains numerous reflex zones which are manipulated with pressure and in-depth movements to eliminate toxins, improve circulations and energy balance.

## • EMOTIONAL CRANIAL REFLEXOLOGY

40 min 85 €

This treatment improves sleep, releases tension and offers a deep relaxation. Ideal for people with difficulties sleeping, feeling very tired and wanting to regain vitality.

## • EMOTIONAL FOOT REFLEXOLOGY

1 h oo 110 €

This treatment releases emotions, restores energy balance and harmonizes body and mind. Ideal for people wanting peace of mind.

#### • TOTAL BALANCE

1 h 20 142 €

A relaxing treatment composed of foot reflexology, a hand massage and a scalp massage to stimulate nerve endings and provide well-being and balance.

## • EMOTIONAL REFLEXOLOGY OF THE HANDS

1 h oo 110€

This care promotes a return to serenity, releases tension. Stimulation of the reflex zones of the hands releases endorphins of happiness. Ideal for people having a permanent stress or living a difficult time.

## • EMOTIONAL REFLEXOLOGIES TOTAL WELL-BEING

2 h oo **230 €** 

A combinaison of three reflexologies on head, hands and feet to escape. Body is balanced and mind is calm.





## CONTOURING AND FIRMING TREATMENTS

#### • CELLU M6® ALLIANCE

50 min **86 €** 

An essential treatment technique for eliminating, re-sculpting and firming. Cellu M6® Body stocking obligatory 28 € (free with the 10 sessions package). This treatment harmonizes body shape.

3 sessions: 245 € . 5 sessions: 387 € . 10 sessions: 731 €

## MARINE CONTOURING TREATMENT

A contouring treatment combining an active body wrap and a specific contouring massage to target bulges and unwanted curves and to kick-start the metabolism.

3 sessions: 262 € • 5 sessions: 414 € • 10 sessions: 782 €

## ACTIVE CONTOURING TREATMENT

1 h 00 92€

2 effects for optimal results: destock fat mass and smooth away the orange peel effect. And combat sagging. A perfect duo of Chinese modelage movements and suction cups to boost metabolism for a significantly more slim-line silhouette.

3 sessions: 262 € . 5 sessions: 414 € . 10 sessions: 782 €

## DETOX CONTOURING TREATMENT

1h 20 140 €

This treatment triggers the contouring process. A global body wrap which helps the perspiration process and a draining massage giving a real sensation of lightness and a contoured silhouette.

3 sessions: 399 € • 5 sessions: 630 € • 10 sessions: 1190 €



## CONTOURING DRAINING AND CIRCULATION TREATMENTS

## • AESTHETIC MANUAL DRAINING

1h 00 105€

This treatment works to efficiently combat water retention, improve blood circulation and refine the silhouette.

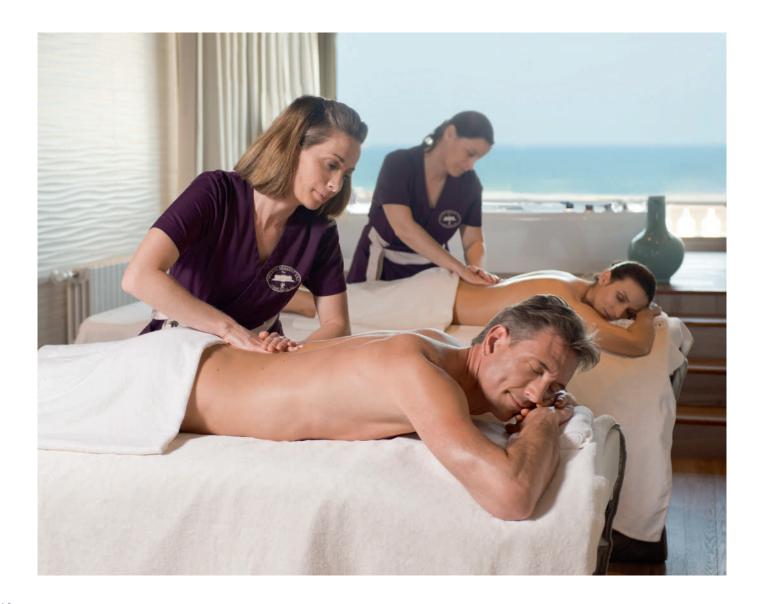
#### • DETOX BODY WRAP 40 min 75 €

A contouring booster treatment, this detox body wrap improves transpiration and detoxification. It is accompanied by a relaxing scalp massage.

#### • LEG TONING TREATMENT WITH AESTHETIC MANUAL DRAINING 1 h 20 140 €

This toning and draining leg treatment gives you the sensation of lighter legs, the draining movements combat water retention and the cryogen wrap tones and reinforces delicate capillaries.





## SPA CABIN **DUO PREMIUM**

• DUO LOVERS	240 € /pers.
• Relaxing Bath	20 min
<ul> <li>Relaxing Body Massage</li> </ul>	1 h 00
Relaxing Facial Massage	30 min
• Glass of champagne or fruit juice and delic	cacies

Present: chocolate box / 2 pers..

• DUO DREAM	299 € /pers.
• Relaxing Bath	20 min
<ul> <li>Kiwi Seeds &amp; White Sand Scrub</li> </ul>	30 min
Body Relaxing Indian Massage	1 h 10
Relaxing Facial Massage	30 min

• DUO WELL-BEING	350 € /pers.
<ul> <li>Relaxing Bath</li> </ul>	20 min
• Cotton Foam Body Beauty Mask	40 min
<ul> <li>Wellness and Sleep Massage</li> </ul>	40 min
<ul> <li>Foot Reflexology</li> </ul>	50 min
Relaxing Facial Massage	30 min

## SPA CABIN **DUO**

• DUU FRIENDS	io5 € /pers.
<ul> <li>Relaxing Facial Massage</li> </ul>	30 min
Relaxing Body Massage	30 min

· Aquatonic Pool

DITO EDIENIDO



## • DUO MOTHER-DAUGHTER 225 € /pers.

• 1 Facial treatment

(Hydra or Marine Purity) 1 h 10

• Relaxing Body Massage 30 min

• Lunch at "La Passerelle" Bar (Club sandwich or pie, gourmet coffee, fresh juice)

• Aquatonic Pool

Tresent: Facial Radiance Pack

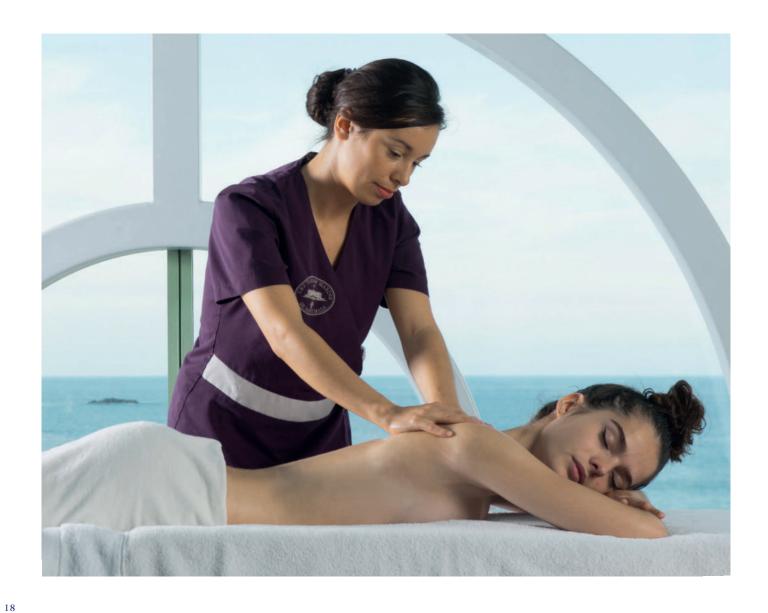
## • CHILD AND PARENT TREATMENTS (8-14 YEARS)

1 Facial Massage
1 Body Massage
30 min
60 € /pers.
73 € /pers.

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







## MALOUIN REGATAS

#### REPOSE REGATA

in
10
in
in

## • REPOSE, WELL-BEING

4 spa treatments

#### • INTENSE REPOSE

355 €

325€

4 spa treatments + 1 entrance to the Aquatonic Pool, the Sauna and the Hammam

#### • REPOSE PRESTIGE\*

399€

4 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 1 entrance to the Aquatonic Pool, the Sauna and the Hammam

## SERENITY REGATA

Mineral Lava Powder Body Scrub	30 min
<ul> <li>Hot Stone Body Massage</li> </ul>	1 h 10
Oxygenating Facial Massage	40 min
<ul> <li>Foot Reflexology</li> </ul>	50 min
Volcanic Earth Body Beauty Mask	40 min

## • SERENITY, WELL-BEING

410 €

5 spa treatments

#### • INTENSE SERENITY

470 €

5 spa treatments + 2 entrances to the Aquatonic Pool, the Sauna and the Hammam

## • SERENITY PRESTIGE\*

514 €

5 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 2 entrances to the Aquatonic Pool, the Sauna and the Hammam

#### **RELAXATION REGATA**

Baltic Amber Sparkles Scrub	30 min
Relaxing Back Massage	50 min
• Hydra Marine Facial Treatment	1 h 10
Total Balance Body Treatment	1 h 20
· 4 Hands full Relaxation Body Massage	1 h 00
• Cocooning Polar Algae Body Beauty Mask	40 min

## • RELAXATION, WELL-BEING

610 €

6 spa treatments

#### INTENSE RELAXATION

700€

6 spa treatments + 3 entrances to the Aquatonic Pool, the Sauna and the Hammam

#### • RELAXATION PRESTIGE\*

744€

6 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 3 entrances to the Aquatonic Pool, the Sauna and the Hammam



<sup>\*</sup> Excluding public holidays. Émeraude 2-course lunch (starter+main course or main course+dessert), drinks not included.

## MARINE ESCAPES

## • SCANDINAVIAN WANDER

Baltic Amber Sparkles Scrub	30 min
· Relaxing Body Massage	1 h 00
· Facial Hydra Marine Massage	1 h 10
3 treatments	265 €
1/2 day	295 €
Day*	339 €

## • MARINE ESCAPADE

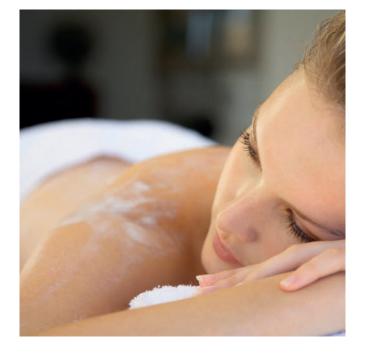
<ul> <li>Marine Oxygenation Facial Treatment</li> </ul>	50 min
Relaxing Back Treatment	50 min
<ul> <li>Algae and Marine Plant Body Beauty Mask</li> </ul>	40 min
3 treatments	240 €
1/2 day	270 €
Day*	314 €

## • JOURNEY TO THE HEART OF VOLCANOES

Mineral Lava Powder Body Scrub	30 min
Hot Stone Body Massage	1 h 10
Volcanic Earth Body Beauty Mask	40 min
3 treatments	250 €
ı/2 day	280 €
Day*	324 €

#### • TROPICAL ESCAPADE

Kiwi Seeds & White Sand Scrub	30 min
Relaxing Indian Massage	1 h 10
• Papaya & Prickly Pear Body Beauty Mask	40 min
3 treatments	255 €
1/2 day	285 €
Day*	329 €





## The 1/2 day includes:

- 3 treatments at the Thermes Spa
- •1 entrance to the Aquatonic Pool, the Sauna and the Hammam

## The day includes:

- 3 treatments at the Thermes Spa
- 1 entrance to the Aquatonic Pool, the Sauna and the Hammam
- 1 "Émeraude" 2-course lunch at the Cap Horn restaurant (drinks not included)

<sup>\*</sup> Excluding public holidays.



## HAND AND FOOT CARE

<ul> <li>Foot Beauty Treatment</li> </ul>	40 min	55 €	<ul> <li>Nail Varnish application Hands or Feet 20 min</li> </ul>	20 €
<ul> <li>Foot Beauty Treatment with</li> </ul>			<ul> <li>Nail Varnish application Hands and Feet 40 min</li> </ul>	30 €
application of Nail Varnish	1 h 00	65 €	• Semi-permanent Nail Varnish application 50 min	40€
<ul> <li>Manicure Treatment</li> </ul>	40 min	55 €	• Removal of semi-permanent nail varnish 30 min	20 €
<ul> <li>Manicure Treatment with application of Nail Varnish</li> </ul>	1 h 00	65 €	·	

## **WAXING**

• 1/2 leg	30 min	25 €	• Full bikini	40 min	35 €
• 3/4 leg	40 min	30 €	• Arms	30 min	20 €
• Full leg	1 h 00	40€	• Eyebrows, Lip or Chin	10 min	15 €
• Underarms	20 min	20 €	• Face	30 min	25 €
<ul> <li>Regular or brazilian bikini</li> </ul>	20 min	25 €	Back or Chest	30 min	30 €



All our beauty care treatments are accessible to pregnant woman.

We highly recommend that you do not make appointments for hair removal just after water activities such as Thalasso treatments, Aquatonic, swimming.

## PRACTICAL INFORMATION

#### PLEASE BOOK YOUR TREATMENTS IN ADVANCE

#### BATHROBE AND BATH TOWEL

A bathrobe and a bath towel are at your disposal in the changing room. Please bring plastic sandals, your bathing cap and bathing suit.

#### WARNING

Some treatments are **not recommended**, especially for **pregnant women**. Ask our team for any advice.

#### **CANCELLATION**

All cancellations must be made at least 24 hours before the start of the treatment. Otherwise, payment will be due.

## **THALASSOTHERAPY**

#### **OPENING HOURS**

- Monday to Saturday from 8am to 6:45pm
- Sunday from 8am to 12:15pm. Open on public holidays

(except December 25 and January 1).

#### **BOOKING**

- From your room, dial 7000
- From outside, dial +33 (0)2 99 40 75 00

#### UPON ARRIVAL

Please arrive 30 minutes before your appointment.

#### LATE ARRIVAL

Rescheduling of treatments will not be accepted for late arrivals.

## THERMES SPA

#### **OPENING HOURS**

- Monday to Saturday from 9am to 7pm
- Sunday from 9am to 1pm. Open on public holidays (except December 25 and January 1).

#### **BOOKING**

- From your room, dial 7523
- From outside, dial +33 (0)2 99 40 75 23

#### UPON ARRIVAL

Please arrive 15 minutes before your appointment.

#### LATE ARRIVAL

Late arrival will not enable treatment prolongation.

#### TREATMENT DURATION

Treatment duration includes welcoming, undressing and dressing time and with certain treatments the necessary relaxation time.

# SPA COSMETIC

THERMES MARINS DE SAINT-MALO

The Thermes Marins de Saint-Malo Cosmetics combine efficiency and sensoriality through a line of products Global Anti-Ageing, Face and Body.



