

2025 EDITION

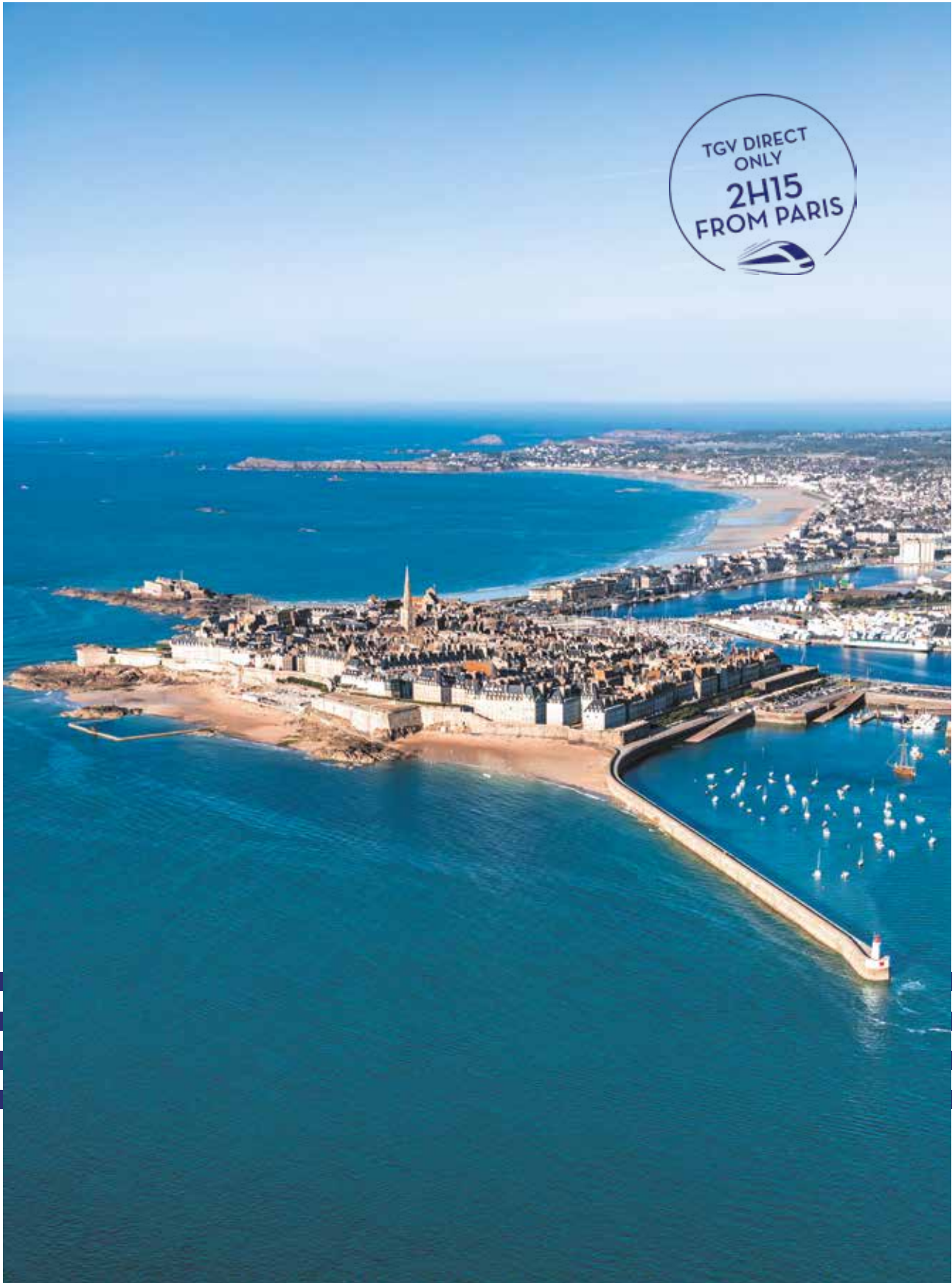
SO  
**THALASSO**  
TRULY  
**SAINT-MALO**



co  
co  
ra



THALASSOTHERAPY • SPA • AQUATONIC • HOTELS • RESIDENCES • RESTAURANTS





SERGE RAULIC  
OLIVIER RAULIC  
CHARLOTTE RAULIC-BORDRON



THERMES MARINS  
DE SAINT-MALO

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## EXCELLENCE

SINCE 1963

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Enter a world where well-being is a way of life, where the grand tradition of hospitality endures, and where every place has a soul.

Each year, the Thermes Marins de Saint-Malo innovate to offer the very best of the sea.

With expert, attentive, and warm teams, as well as modern technology, our stays and getaways allow everyone to savor the moment and experience something unforgettable.

Breathe in the fresh air from the sea, take in the stunning landscapes, explore the iconic sights of Saint-Malo, and let yourself be embraced by the welcoming atmosphere of the Grand Hôtel des Thermes.

Take time to recharge, enjoy the gourmet delights of our restaurants, and experience a timeless moment overlooking the majestic bay of Saint-Malo.

We look forward to welcoming you soon.







# W E L C O M E

TO THE THERMES MARINS DE SAINT-MALO







### UNIQUE RESOURCES

- 5 000 m<sup>2</sup> 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
- 12 sports educators

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

- |  |  |
|--|--|
| <b>+31 %</b> on well-being               | <b>-70 %</b> on fatigue                          |
| <b>-55%</b> on pain                      | <b>+20 %</b> total sleep time on the first night |
| <b>+106 %</b> improvement in flexibility | <b>-31 %</b> 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, 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, 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, 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 Massages
- 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, 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 treatment rooms: Marine Draining, Jet Bath with Seaweed, Affusion Shower, Underwater Shower Ondorelax
- 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, Affusion Shower, 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 or Ondorelax
- 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, Affusion Shower, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

### SEA & WELL-BEING

6 DAYS • 24 TREATMENTS

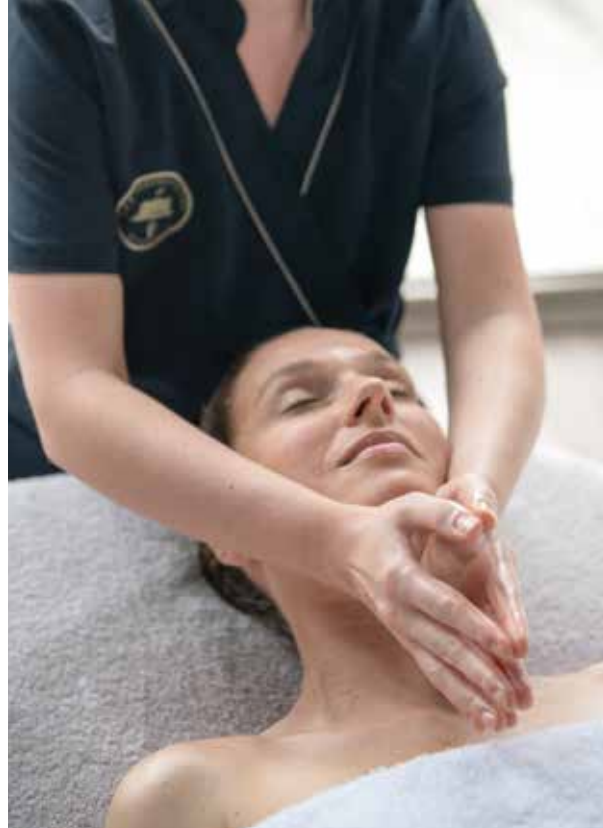
A real wellness break with relaxing spa treatments for deep, lasting relaxation. Regain restful sleep and harmony.

- 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, 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 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.

- 3 Spa Face treatments:
  - 1 Marine Radiance Face treatment
  - 1 Oxygenating Facial Massage
  - 1 Relaxing Facial Massage
- 9 Spa Body treatments:
  - 1 Body Scrub with Baltic Amber Sparkles
  - 1 Cocooning Polar Algae Body Beauty Mask
  - 1 Cotton Foam Body Beauty Mask
  - 1 Papaya & Prickly Pear Body Beauty Mask
  - 1 Indian Relaxing Body Massage
  - 1 Hot Stone Body Massage
  - 1 Relaxing Back Massage
  - 1 Relaxing Body Massage
  - 1 Foot Reflexology
- 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 Drainings
  - 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 Drainings
  - 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](http://www.cosmetique-thermesmarins.com)

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





THALASSO & SPA

## WEIGHT LOSS & SLIMMING STAYS

### NUTRITION CHECK UP AND GUIDED COACHING

A dedicated program with our dietitian and a fitness coach offering personalized advice.

#### NUTRITION CHECK UP

Whatever your goal, our dietitian will guide you with a personalized approach.

- **Nutrition Consultation:** Includes BMI calculation, creation of a weight curve, and a detailed questionnaire to provide tailored advice.
- **Body Composition Analysis:** Using spectroscopic bioelectrical impedance, it determines your muscle mass, total and visceral fat, and the condition of your cell membranes for a personalized diagnosis.
- **VO2max Test:** A gentle pedaling test to assess your aerobic physical capacity.

#### GUIDED E-GYM COACHING

Our fitness coach sets up a connected wristband tailored to each individual's body shape and goals. The circuit training, performed on 8 E-GYM machines, is thus personalized for greater efficiency and safety.

TARIF



NUTRITION CHECK UP 1h20 • €165

GUIDED COACHING 30 min • €35

The nutrition Check up and guided coaching can be offered as an addition to a Thalasso stay or à la carte.

They are included in the Mer & Starter Weight & Shape stay package.

### SEA & STARTER WEIGHT & FITNESS

NEW

6 DAYS • 24 TREATMENTS

A true catalyst for weight loss, this program combines thalassotherapy treatments, personalized physical activities, and a nutrition assessment. It will help you develop the good routines and reflexes for an optimal lifestyle.

- 1 Appointment with a fitness coach, including an introduction E-GYM and setup of the wristband at the start of the treatment program.
- 1 Personalized Nutrition Check up from the Nutritionist
- 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 or Ondorelax
- 3 Fitness coaching sessions (30 min): Circuit training with E-GYM and Stretching / Mobility.
- 3 Pool sessions (30 min): Aquatic Training or Swimming.
- 1 End-of-stay assessment with the fitness coach: Personalized workout program and advice.
- Access to the Aquatonic pool

***Dietetic wellness cuisine recommended***





## 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 or Ondorelax
- 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 Physical activity sessions: 1 Aquatic Training session (30 min) and 2 Outdoor Oxygenation Walk sessions (1 hour).
- 8 hydrotherapy treatments amongst the following: Jet Baths with Seaweed, Affusion Shower, Marine Draining, Underwater Shower or Ondorelax
- 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
- 6 Hydrotherapy treatments amongst the following:  
Jet Bath with Seaweed, Affusion Shower, Marine Draining, Underwater Shower or Ondorelax
- 3 Spa Treatments: 1 Body Scrub, 1 Marine Oxygenation Facial Treatment, 1 Relaxing Facial Massage
- 3 sessions of Aquagym
- 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 Affusion 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 ..... €415

### 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 ..... €620

## LES ÉVASIONS MARINES

### MARINE ESCAPADE

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

3 treatments - 2h20 ..... €250

### TROPICAL ESCAPADE

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

3 treatments - 2h20 ..... €260

## BEAUTY IS BORN OF THE SEA...

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

All our treatments are designed by our experts to meet every expectation and driven by the same objective every day: to offer a unique Spa experience.

[www.cosmetique-thermesmarins.com](http://www.cosmetique-thermesmarins.com)



Consult our cosmetic products





## BODY MASSAGES

- **Relaxing Massage**  
Releases tension and improves deep relaxation  
1h ..... **€125**
- **Hot Stone Massage**  
Harmonises energy flows and releases tensions  
1h10 ..... **€138**
- **Relaxing Indian Massage**  
Relaxes and revitalizes  
1h10 ..... **€148**
- **Ayurvedic Massage**  
Relaxes and appeases energy flows  
1h10 ..... **€165**
- **4 Hands Full Relaxation Massage**  
Two therapists perform in-depth relaxing movements  
1h ..... **€185**

- **Deep Tissue Massage**  
Loosens the tension areas and restore energy and vitality.  
1h10 ..... **€165**
- **Relaxing Back Treatment**  
Purifying and relaxing full back treatment  
50 min ..... **€108**
- **Wellness and Sleep Massage**  
Relieves tension and improves sleep  
40 min ..... **€98**
- **Pregnancy Treatment and Massage**  
Between the 4th and 7th month of pregnancy. A complete facial and body treatment specially designed for expectant mothers.  
1h10 ..... **€150**

NEW

## BODY TREATMENTS

- **Emotionnal Cranial Reflexology**  
Improves sleep, releases tension and offers a deep relaxation  
40 min ..... **€90**

- **Beauty masks**  
Our beauty masks are accompanied by a relaxing modelage of the shoulders, nape and scalp  
40 min ..... **€75**
- **Total Balance**  
Stimulates nerve endings and provide well-being and balance.  
1h20 ..... **€142**



## FACIAL TREATMENTS

NEW

- **PURE MER Global Anti-Ageing Treatment**  
This treatment acts on all the signs of ageing  
1h30 ..... **€180**
- **KOBIDO TREATMENT**  
*By Thermes-Marins de Saint-Malo*  
A true manual lifting treatment for plumped skin and a reshaped contour.  
1h ..... **€130**
- **Oxygenating Massage**  
Improves circulation for a luminous complexion.  
40 min ..... **€75**
- **Relaxing Massage**  
Chases away muscular tension for reposed facial Features  
30 min ..... **€65**
- **Eye Contour Treatment**  
Eliminates puffiness, dark circles, wrinkles and fine lines  
50 min ..... **€95**
- **Hydra Marine**  
Dehydrated and/or sensitive skin  
1h10 ..... **€108**
- **Marine Anti-Wrinkle**  
Diminish wrinkles and fine lines  
1h30 ..... **€130**
- **Marine Radiance**  
For tired, dull skin. Eliminates toxins and improve luminosity  
1h30 ..... **€130**
- **Marine Oxygenation**  
Deep skin cleansing for a fresh, clear complexion  
50 min ..... **€95**

## CONTOURING TREATMENTS

- **Active Contouring Treatment**  
Boosts metabolism for a significantly more slim-line silhouette  
1h ..... **€95**
- **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](http://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 ..... **€255**

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

A session that engages a large number of muscle groups for complete strengthening and improved endurance.



### 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 • 30 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.



### GUIDED COACHING • 30 MIN

Circuit training on 8 E-GYM machines. Personalization by a coach based on morphology and goals.







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**\*\*\*\*\*





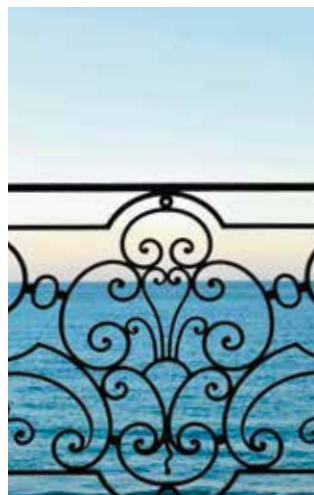


## THE SOUL OF A UNIQUE LOCATION

The Grand Hotel des Thermes was built in the late nineteenth century in the style of the Belle Epoque 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 and Suites
- 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 m<sup>2</sup>



Croisière Salon sea view - 38 m<sup>2</sup>



Escale Émeraude south facing - 30 m<sup>2</sup>





Croisière Grand Large sea view - 32 m<sup>2</sup>



Escale Supérieure sea view or south facing - 30 m<sup>2</sup>



Croisière Prestige sea view - 38 m<sup>2</sup>



Transat Émeraude south facing - 24 m<sup>2</sup>



Régate individuelle south facing - 16 m<sup>2</sup>



Transat Classique south facing - 24 m<sup>2</sup>



Régate single sea view - 16 m<sup>2</sup>





RESTAURATION

## LE CAP HORN RESTAURANT



### GOURMET CUISINE

Come and discover dishes carefully prepared and enjoy a delightful menu that will please your palate.

On the menu, you'll find dishes full of sea flavors: wild sea bass, turbot, scallops, as well as delicious meats like Breton beef fillet and foie gras. The chef designs the menus according to the seasons, giving a prominent place to plant-based ingredients.

The desserts revisit classic favorites with a touch of modernity and lightness, often gluten-free. The wine cellar, with its classified vintages, also adds to your delight.



### RESTAURANT 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.





RESTAURATION

## LA VERRIERE RESTAURANT



### TWO CUISINES TRADITION AND DIETETICS

A winter garden at the heart of the Grand Hôtel des Thermes... The restaurant La Verrière offers a menu that combines traditional cuisine and wellness cuisine, both indulgent choices for your enjoyment.

**Traditional cuisine** highlights the treasures of the sea and the land. You will find fish and shellfish to replenish your iodine levels, as well as locally sourced products, beautifully prepared, alongside vegetarian options.

**Wellness and dietetic cuisine** is your best ally for health. Colorful and inventive, the dishes reflect our chefs' desire to combine taste, weight control, and pleasure, even in the desserts.



For solo guests, we offer a communal dining table to share your meal.

### TO THE SERVICE OF TASTE AND PLEASURES OF THE TABLE

Chefs **Daniel Le Guénan** and **Sylvain Dahirel** compete in creativity to provide you with an unforgettable experience.







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](http://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**\*\*\*



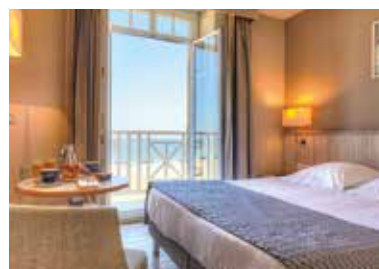
## WARM ATMOSPHERE

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](http://antineahotel.com/en)



Antinéa - Sea Balcony - 15 m2



Antinéa - South - 14 m<sup>2</sup>





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](http://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](http://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](http://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.

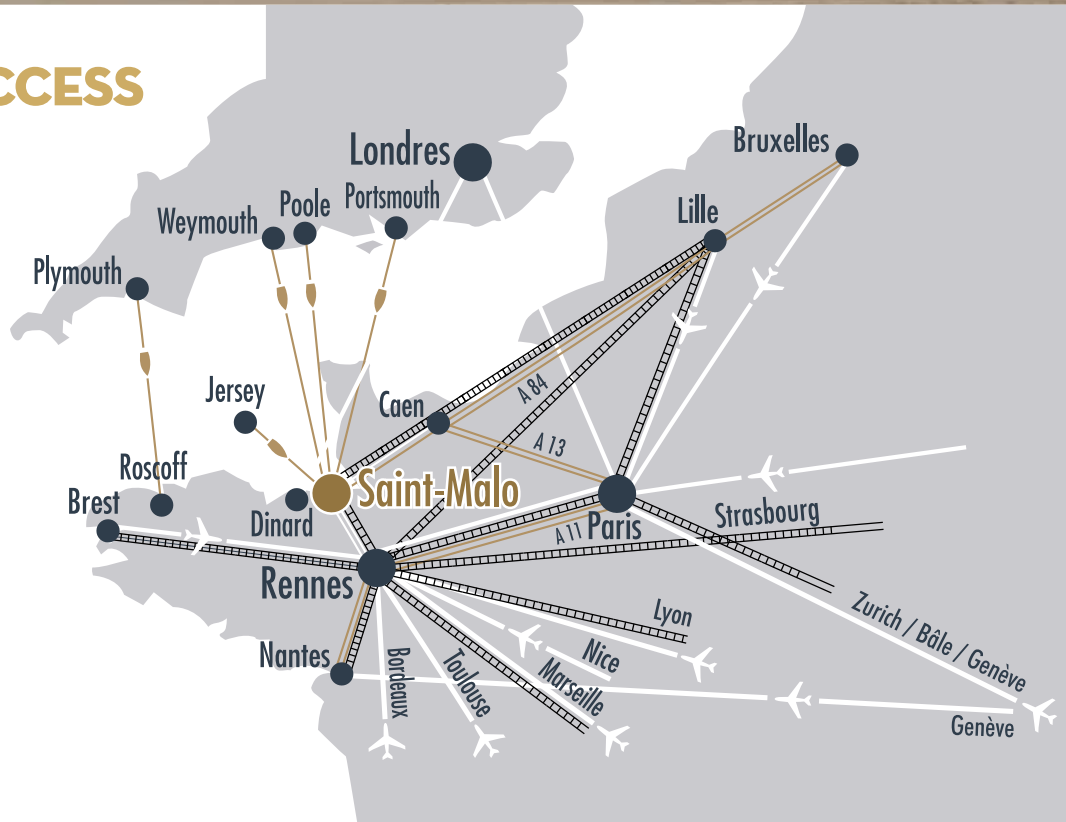


- **Sea view**
- Direct access to the beach
- 66 apartments from 2 to 3 bedrooms, seaview or South facing, and up to 6 people
- Sea view bar
- Indoor heated pool with seaview
- Spa treatment room
- Sea view solarium terrace
- Hammam

[reinemarine.com](http://reinemarine.com)



## ACCESS



**TRAIN CONNECTIONS**
**AIR CONNECTIONS**
**MARINE 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.



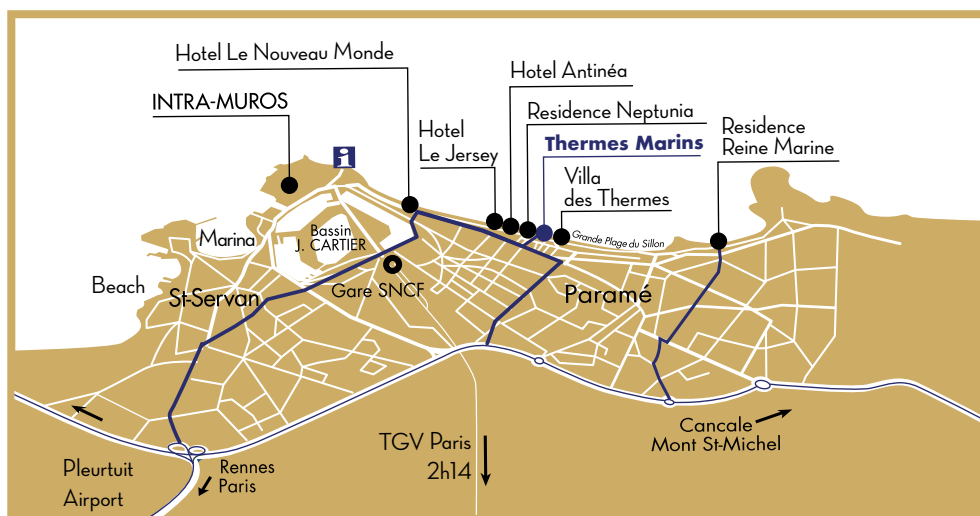
## BY CAR

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



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