

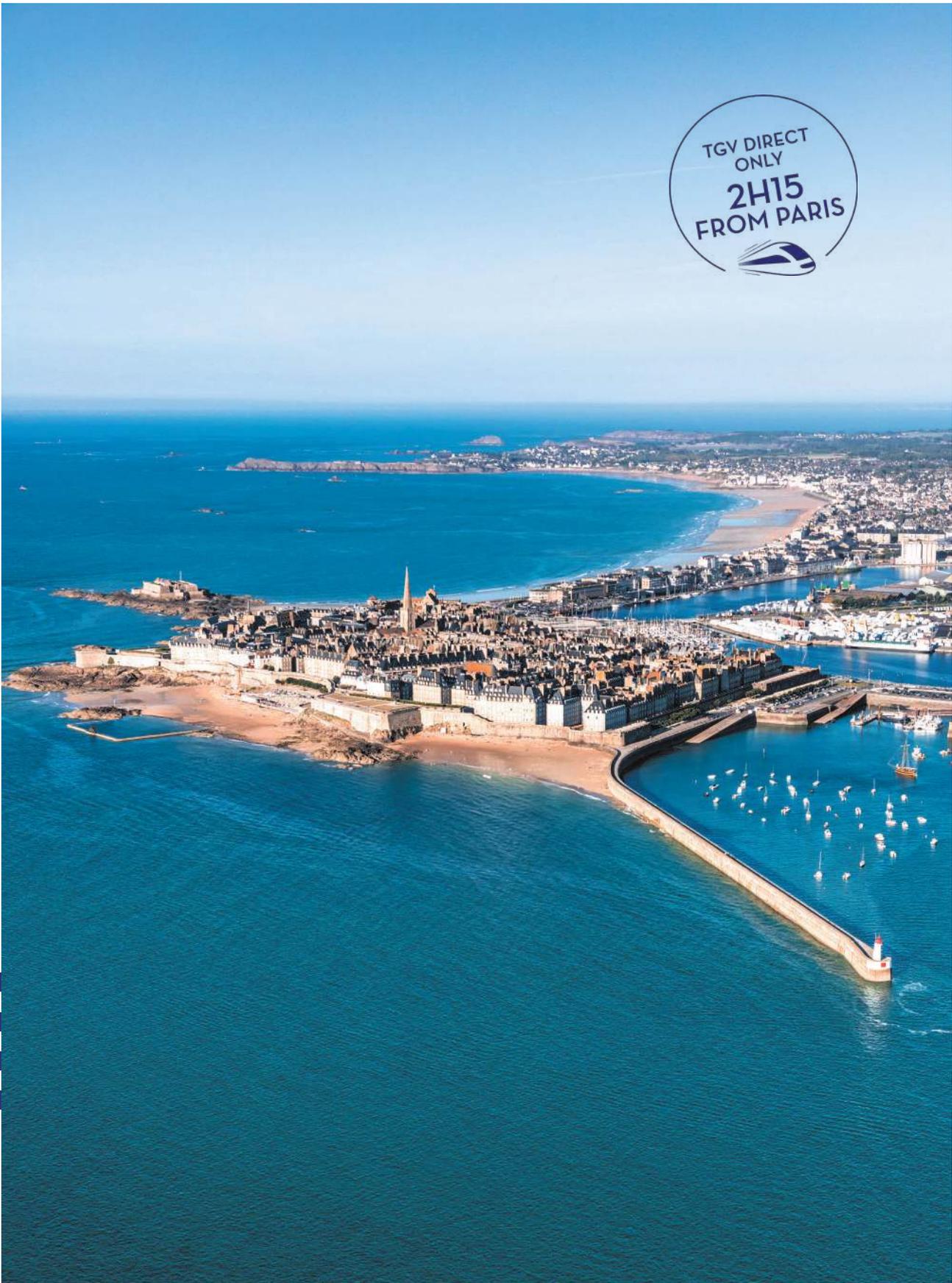
2026 EDITION

SO
THALASSO
TRULY
SAINT-MALO



THALASSOTHERAPY • SPA • AQUATONIC • HOTELS • RESIDENCES • RESTAURANTS

TGV DIRECT
ONLY
2H15
FROM PARIS





SERGE RAULIC
OLIVIER RAULIC
CHARLOTTE RAULIC-BORDRON



THERMES MARINS
DE SAINT-MALO

EXCELLENCE SINCE 1963

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.

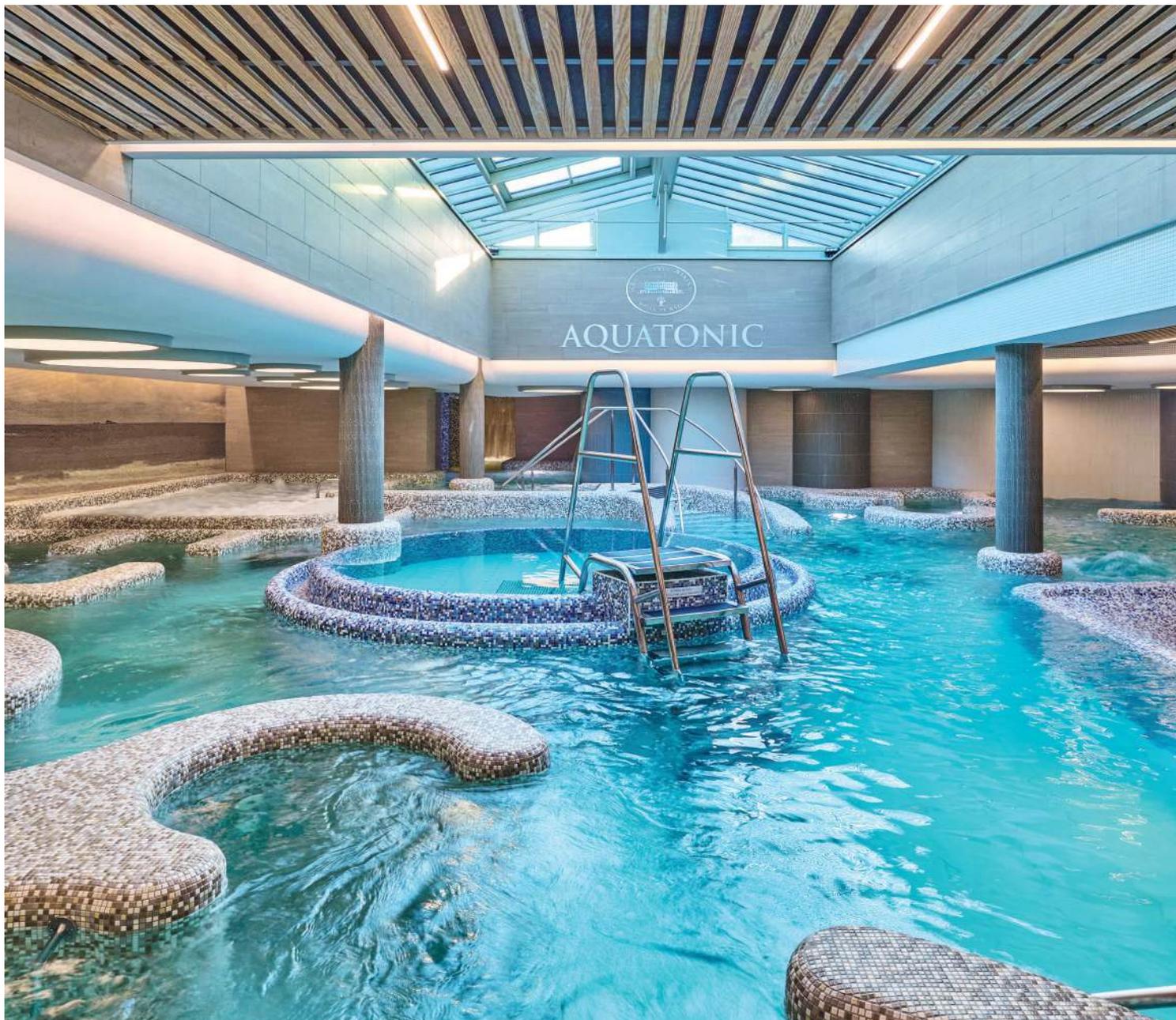
We look forward to welcoming you soon.





W E L C O M E
TO THE THERMES MARINS DE SAINT-MALO





UNIQUE RESOURCES

- 5 000 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
- 12 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



THALASSO



LONG ENERGY
STAYS

6 DAYS AND MORE



SEA &
FITNESS



6 DAYS • 24 TREATMENTS

A variety of effective treatments to help you recharge and regain vitality, energy, and tone.

- 3 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 6 supervised pool sessions (Lumbar Jet, Cervical Jet, or Tonic Pool)
- 12 hydrotherapy treatments from the following: Jet Bath with Seaweed, Affusion Shower, Marine Drainage, Big Shower, Underwater Shower, Ondorelax
- Access to the Aquatonic pool



SEA &
RELAX

6 DAYS – 24 TREATMENTS

Variation of the Sea & Fitness package.

- 6 Affusion Shower Massages instead of 3 (can alternate with Physiotherapy Massages)
- 3 Seaweed Body Wraps
- 3 supervised pool sessions (Lumbar Jet or Cervical Jet) instead of 6
- 9 hydrotherapy treatments instead of 12
- 3 Aquarelaxation sessions or Indoor Relaxation sessions

ACTIVITIES
INCLUDED IN
ALL STAYS

Aquatonic Pool - Cardio Training Area - Hammam - Sauna - Sea mist room - Gentel Muscle Exercise - Swimming pool.



THALASSO



LONG HEALTH
STAYS

6 DAYS AND MORE



SEA & HEALTH



6 DAYS • 24 TREATMENTS

Combining the benefits of seawater with physiotherapy techniques to provide lasting relief for joint and muscle issues.

- 3 Physiotherapy Massages
- 3 Seaweed Body Wraps
- 6 supervised pool sessions in Kiné-Balneo Pool (Lumbar Jet, Cervical Jet, or Tonic Pool)
- 12 hydrotherapy treatments from the following: Jet Bath with Seaweed, Affusion Shower, Marine Drainage, Underwater Shower, Marine Balls, or Ondorelax
- Access to the Aquatonic pool

Medical consultation recommended



SEA & OPTIMUM HEALTH

Variation of the Sea & Health package

6 DAYS • 24 TREATMENTS

Enhanced support for better care, including a daily physiotherapy massage.

- 6 Physiotherapy Massages instead of 3
- 9 hydrotherapy treatments instead of 12

Medical consultation recommended

SEA & LEGS TREATMENTS

Variation of the Sea & Health package

6 DAYS • 24 TREATMENTS

- 3 Pressotherapy sessions and 9 hydrotherapy treatments instead of 12
- 6 supervised pool sessions in Leg Pool instead of 6 sessions in pools (Kiné-Balneo, Lumbar Jet, Cervical Jet, etc.)

Medical consultation recommended

ACTIVITIES INCLUDED IN ALL STAYS

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



THALASSO & SPA

LONG 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

Medical consultation included

SEA & BACK TREATMENTS

Variation of the Sea & Re-education package

6 DAYS • 24 TREATMENTS

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

Medical consultation included.

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

Medical consultation recommended

ACTIVITIES INCLUDED IN ALL STAYS

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



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

Medical consultation included

SEA & **POSITIVE MENOPAUSE**

6 DAYS • 20 TREATMENTS

A program designed for women during menopause or peri-menopause, combining marine treatments, nutritional coaching, physical activities, and wellness rituals.

- 1 specific consultation with our dietitian
- 4 Spa treatments:
 - 1 Well-being & Sleep Massage
 - 2 Serenity Belly Massages
 - 1 Marine Anti-Wrinkle Facial
- 2 Affusion Shower Massages
- 3 Seaweed Body Wraps
- 6 hydrotherapy treatments from the following: Jet Bath with Seaweed, Affusion Shower, Marine Drainage, Underwater Shower, or Ondorelax
- 1 Aquarelaxation session
- 1 Nordic Walking session (including Strengthening & Stretching)
- 2 Muscle Strengthening sessions, EGYM Guided Coaching
- Access to the Aquatonic pool

NEW



THALASSO & SPA

LONG WELLNESS
STAYS

6 DAYS AND MORE



SEA & SERENITY

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 - Gentel Muscle Exercise - Swimming pool.



THALASSO & SPA

LONG WELLNESS STAYS



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

SEA & DETOX HARMONY



6 DAYS • 21 TREATMENTS

An ideal program for complete rebalancing: physical, mental, and emotional. Rediscover true inner harmony with this comprehensive stay, combining nutrition, physiotherapy, spa treatments, and hydrotherapy.

- 1 consultation with our dietitian
- 3 Spa treatments:
 - 1 Detox Massage
 - 1 Traditional Chinese Energy Massage
 - 1 Emotional Foot Reflexology
- 2 Affusion Shower Massages
- 2 Seaweed Body Wraps
- 7 hydrotherapy treatments from the following: Jet Bath with Seaweed, Affusion Shower, Marine Drainage, Underwater Shower, or Ondorelax
- 1 Postural Yoga session
- 1 Relaxation session
- 1 Aquarelaxation session
- 3 Aquatic Training sessions
- Access to the Aquatonic pool

ACTIVITIES INCLUDED IN ALL STAYS

Aquatonic Pool - Cardio Training Area - Hammam - Sauna - Sea mist room - Gentel Muscle Exercise - Swimming pool.



ESSENTIALLY SPA

12 TREATMENT

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
 - 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 Aquatic pool

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

SEA & ANTI-AGING

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-Aging treatment
 - 1 Marine Radiance treatment
 - 1 Eye Radiance treatment
 - 3 Firming Anti-Aging 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 Aquatic pool
- * *Cellu M6 Alliance 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-Aging synergy and act against the 5 visible signs of aging: 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

6 DAYS & MORE



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 EGYM COACHING

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

RATES



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

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 EGYM and setup of the wristband at the start of the treatment program.
- 1 Personalized Nutrition Check up from the dietitian
- 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 MaskOPTION 2:
 - 3 Cellu M6® sessions *
 - 3 Active Contouring Treatments
 - 1 Cellu-Smoothing Mask
 - 1 Cryogenic Mask
 - 1 Draining MaskOPTION 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 Tonic 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 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 Tonic Pool
- 3 Physical activity sessions: 1 Aquatic Training session (30 min) and 2 Outdoor Oxygenation Walk sessions (1hour).
- 8 hydrotherapy treatments amongst the following:
JetBaths with Seaweed, Affusion Shower, Marine Draining, Underwater Shower or Ondorelax
- Access to the Aquatonic pool

Dietetic wellness cuisine recommended

ACTIVITIES
INCLUDED IN
ALL STAYS

Aquatonic Pool - Cardio Training Area - Hammam - Sauna - Sea mist room - Gentel Muscle Exercise - Swimming pool.



THALASSO & SPA



LONG FAMILY
STAYS

6 DAYS OR MORE



SEA &
MOTHER BABY



6 DAYS • 20 TREATMENTS

Complete care and a special moment for mother and baby. Treatment is focused 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

For the accompanying person, free access to all the activities listed below.

SEA &
YOUNG MOTHER

Variation of the Sea & Mother & Baby package

6 DAYS • 18 TREATMENTS

Nursery and baby activities not included

SEA &
TEENAGERS

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

**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...

**ACTIVITIES INCLUDED
IN ALL STAYS**

Aquatonic Pool - Cardio Training Area - Hammam
- Sauna - Sea mist room - Gentel Muscle Exercise
- Swimming pool.



SPA

OUR SPA
TREATMENT
« À LA CARTE »





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
 - Hibiscus flowers body beauty mask
- 3 treatments - 2h20 **€260**



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

- Body 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**

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, 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



Consult our cosmetic products





BODY MASSAGES

- **Relaxing Massage**
Releases tension and improves deep relaxation
1h **€130**
- **Hot Stone Massage**
Harmonises energy flows and releases tensions
1h10 **€138**
- **Relaxing Indian Massage**
Relaxes and revitalizes
1h10 **€152**
- **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 **€168**
- **Relaxing Back Treatment**
Purifying and relaxing full back treatment
50 min **€110**
- **Wellness and Sleep Massage**
Relieves tension and improves sleep
40 min **€102**
- **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**

BODY TREATMENTS

- **Emotionnal Cranial Reflexology**
Improves sleep, releases tension and offers a deep relaxation
40 min **€95**
- **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

- **PURE MER Global Anti-v Treatment**
This treatment acts on all the signs of Aging
1h30 **€180**
- **KOBIDO TREATMENT**
By Thermes-Marins de Saint-Malo
A true manual lifting treatment for plumped skin and a reshaped contour.
1h **€135**
- **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 **€110**
- **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

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



ACTIVITIES

INCLUDED
IN YOUR STAY



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 center of well-being.

OTHER ACTIVITIES



Swimming Pool

GUEST ACCESS

AQUATONIC POOL ACCESS

1 entry **42 €**
Special rate for accommodated guests **30 €**

(Grand Hôtel des Thermes, Villa des Thermes, Résidence Neptunia, Hôtels Antinéa & Le Jersey, Hôtel Le Nouveau Monde, Hôtel des Marins, Résidence Reine Marine)

TOTAL WELLNESS PACKAGE

6 days **255 €**

Unlimited access to the Aquatonic pool and over 100 classes per week, including aquagym, aquacycling, yoga, pilates, bodybalance, and more.



Hammam



Sauna



Cardio Training Area



Sea Mist Room



Oxygenating Walk



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.



EGYM GUIDED COACHING • 30 MIN

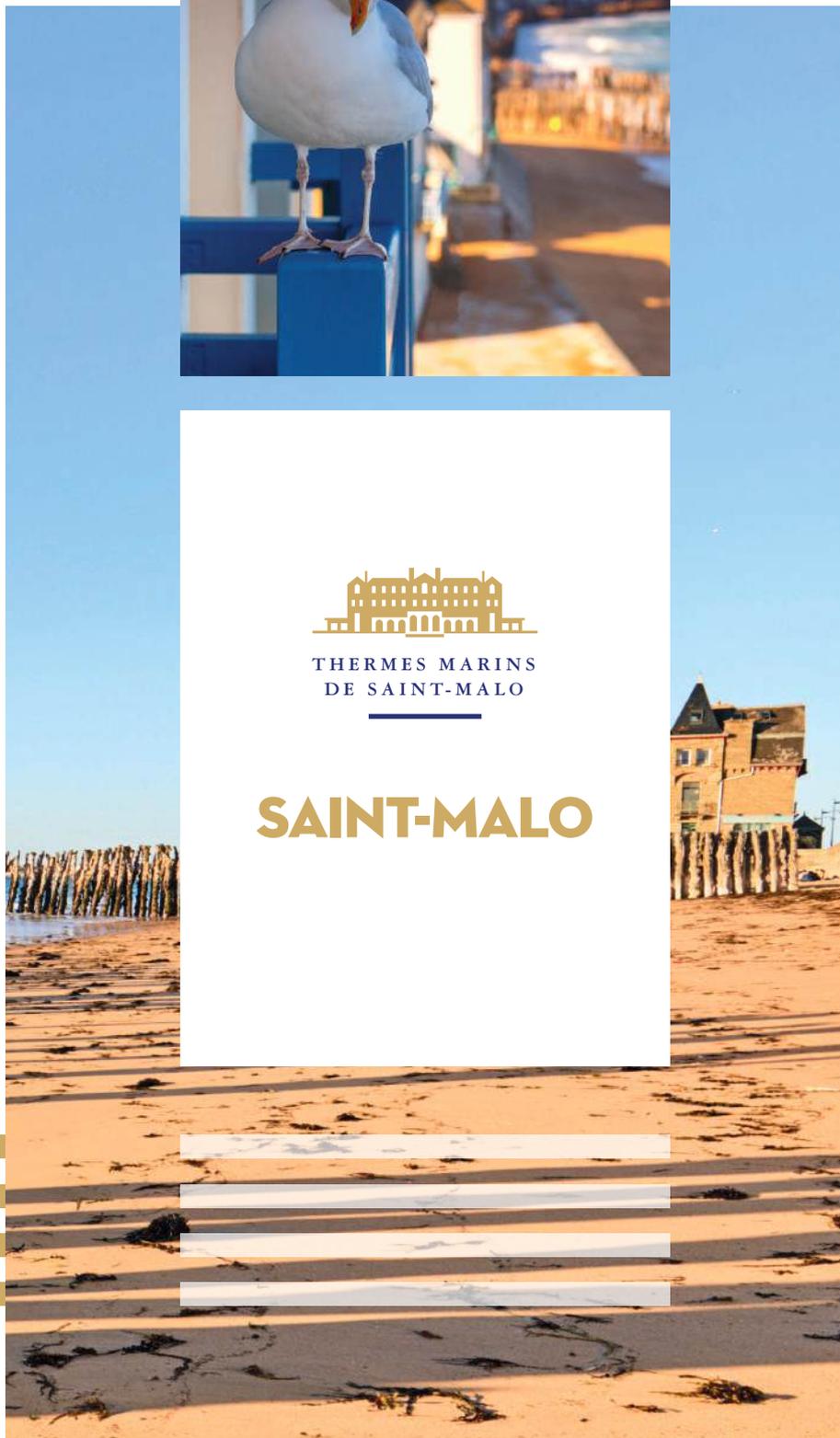
Circuit-based strength training on 8 EGYM machines, supervised by a fitness coach.

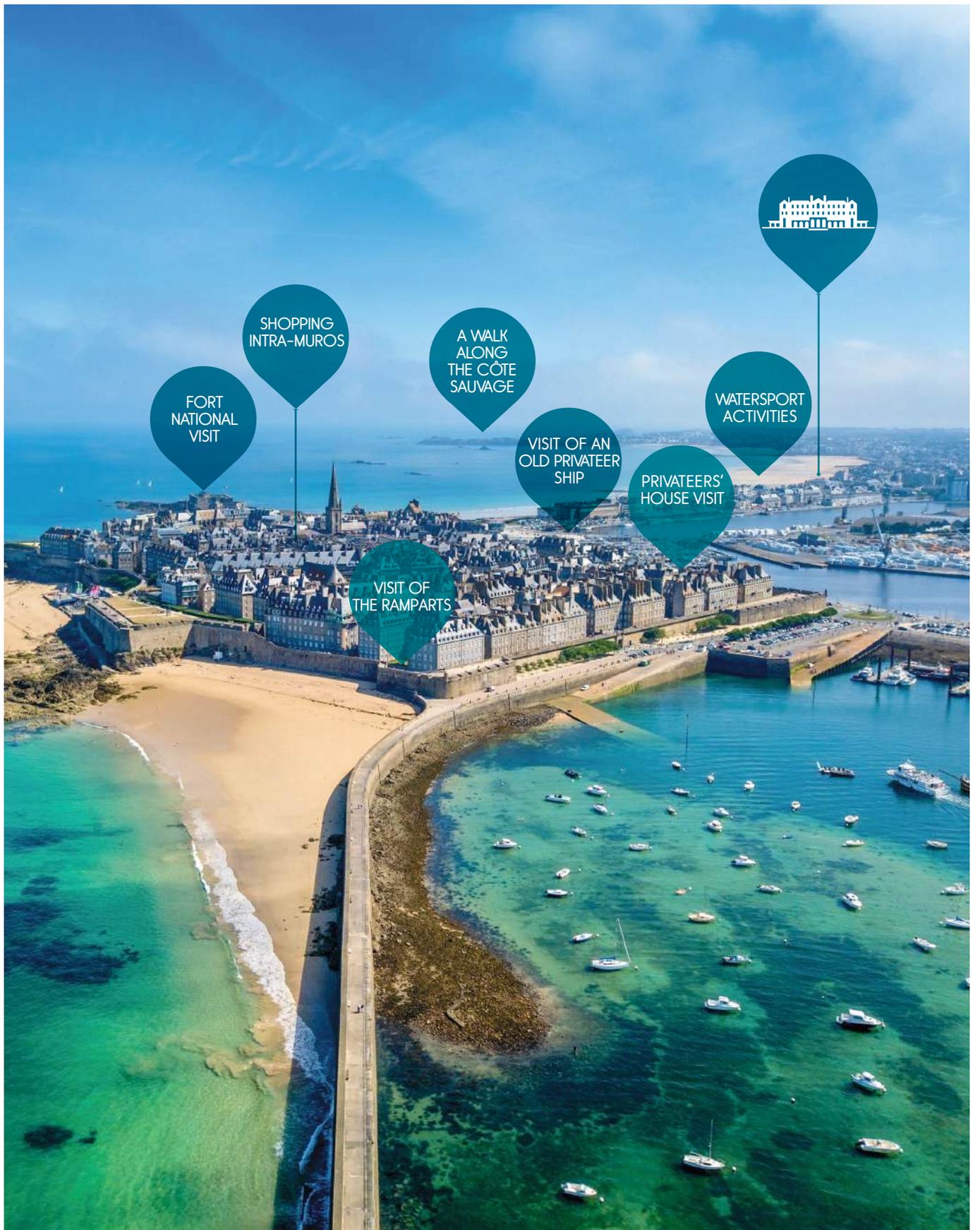




THERMES MARINS
DE SAINT-MALO

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





Croisière Grand Large - sea view - 32 m²



Suite - sea view - 66 m²



Croisière Prestige - sea view - 38 m²



Transat Émeraude - south facing - 24 m²



Croisière Nouvelle - sea view - 32 m²



Escale Classique - sea view or south facing - 30 m²



Transat Nouvelle - sea view or south facing - 24 m²



Transat Classique - south facing - 24 m²



Régate Nouvelle - sea view - 16 m²



Régate individuelle - south facing - 16 m²



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 Guéan** and **Sylvain Dahirel** compete in creativity to provide you with an unforgettable experience.





ACCOMMODATION

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





Premium sea view - 26 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





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





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.



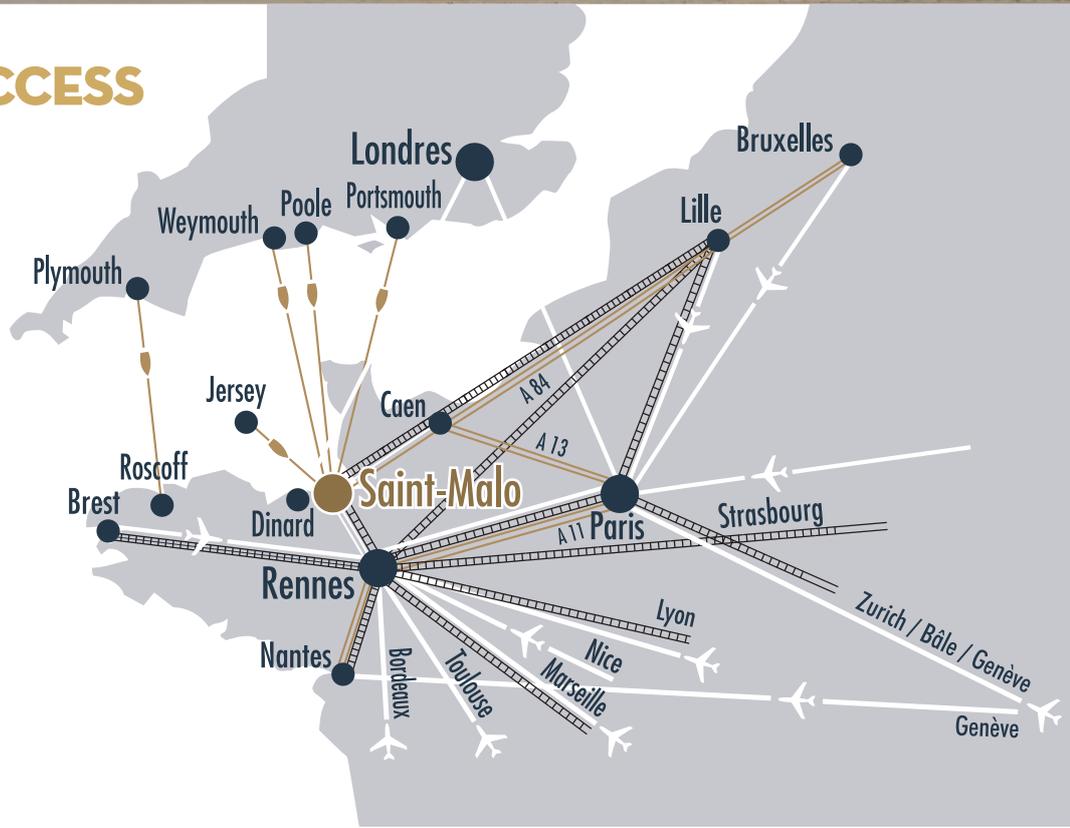
- **Sea view**
- Direct access to the beach
- 66 apartments from 2 to 3 bedrooms, seaview or South facing, and up to 6 people
- Sea view bar
- Indoor heated pool with seaview
- Spa treatment room
- Sea view solarium terrace
- Hammam

reinemarine.com



ACCESS

TGV DIRECT
ONLY
2H15
FROM PARIS

- 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.



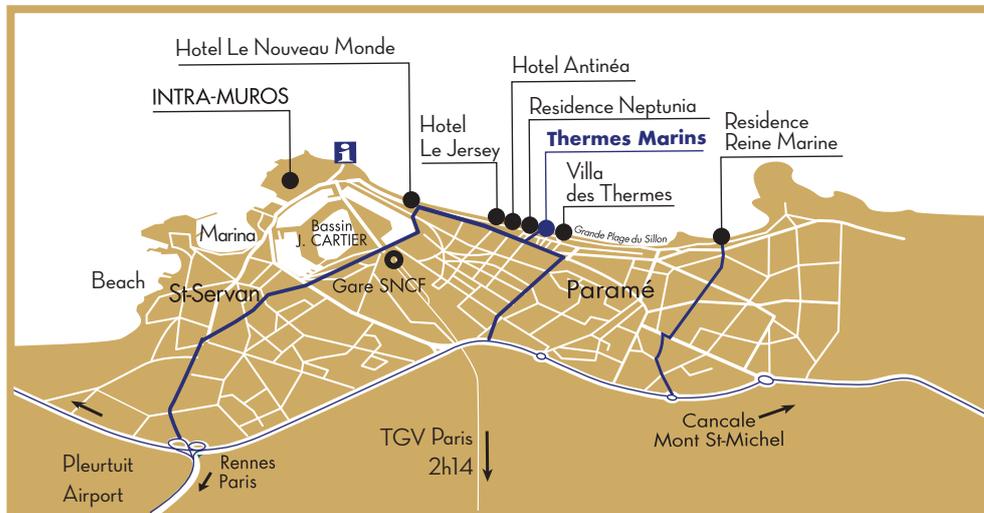
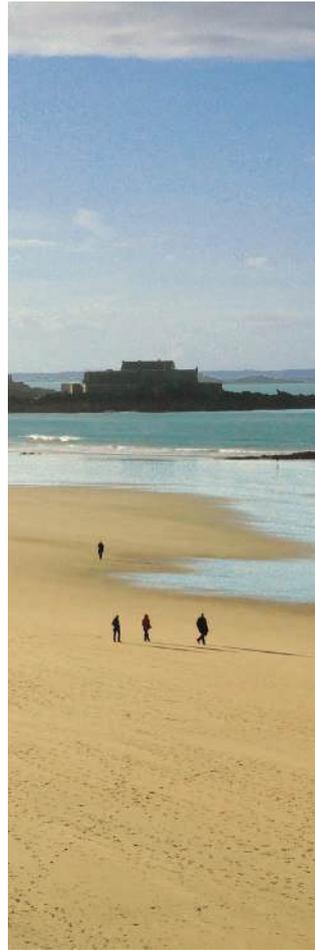
BY CAR

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



CO
CO
ra

Agence why - Crédit illustration couverture et dds : Coralie Cloupeaux, studio Cocora - Crédits photos : Philippe Meunier Photographie - Axel Ferry - E. Margarita - C. Macé - C. Madamour - Francesca Mantovani@Gallimard - Grand Aquarium Raphael Auvray - C. Langlois - Etoile Marine - Gyromalo - Iris L. - J.C. Vallemme - JM. Collet - Le Studio - M. Clauzier - Pascal Ito @Flammarion - S. Bourcier - Philippe Matas - Gwern images - Corentin Marais - Surfscod - Y. Werdeffroy - Agence Captivate - EGYM - 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: serviceclient@thalasso-saintmalo.com

Online store: www.boutique-thalassotheapie.com

customer service: Phone: +33 2.99.40.75.00

FOLLOW US   

IMPRIM'VERT®



10-31-1154



LE TRI FACILE

CATALOGUE



THALASSOTHERAPY • SPA • AQUATONIC • HOTELS • RESIDENCES • RESTAURANTS