

**Thalassa**

SEA & SPA

**BIARRITZ**

\* \* \* \* \*

SEAWATER SPA BREAKS 2019



**SOFITEL**  
HOTELS & RESORTS

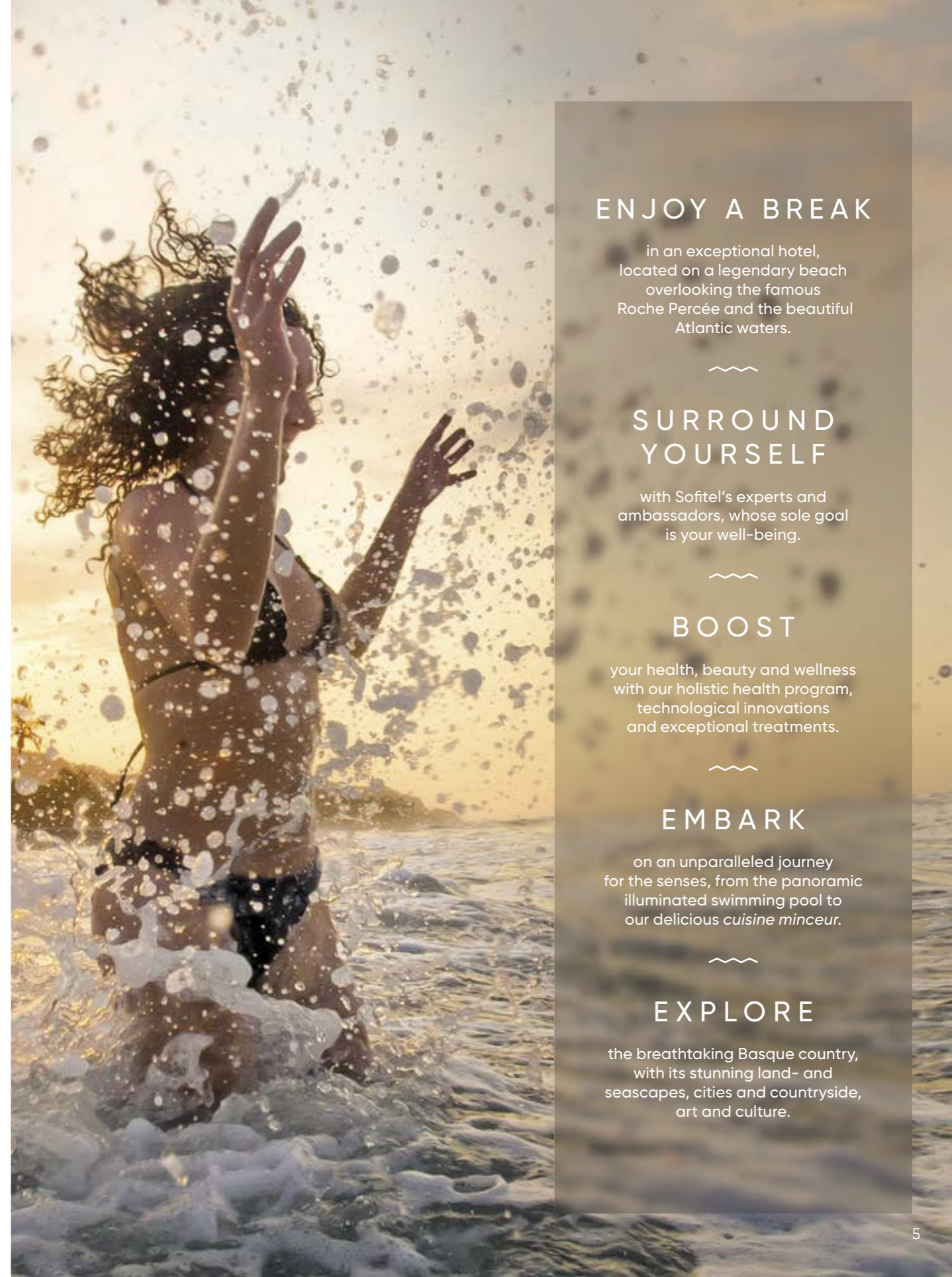
# Journey to the Basque Coast



# Live the Thalassa Biarritz experience

by **Bruno Sagné**

General Manager — **THALASSA BIARRITZ** - SOFITEL LE MIRAMAR



## ENJOY A BREAK

in an exceptional hotel,  
located on a legendary beach  
overlooking the famous  
Roche Percée and the beautiful  
Atlantic waters.



## SURROUND YOURSELF

with Sofitel's experts and  
ambassadors, whose sole goal  
is your well-being.



## BOOST

your health, beauty and wellness  
with our holistic health program,  
technological innovations  
and exceptional treatments.



## EMBARK

on an unparalleled journey  
for the senses, from the panoramic  
illuminated swimming pool to  
our delicious *cuisine minceur*.



## EXPLORE

the breathtaking Basque country,  
with its stunning land- and  
seascapes, cities and countryside,  
art and culture.

# The cutting edge of wellness



## NEW CHECK-UPS AND ASSESSMENTS

| **OLIGOSCAN** | Measures the minerals, trace elements and heavy metals in your body, as well as oxidative stress, in order to correct any deficiencies.

| **SKIN INSTANT® LAB DIAGNOSIS** | Identifies your personal Skin Instant® to bring you the very best solution from Biologique Recherche's wide range of treatments (50 minutes or 80 minutes).

## NEW LETTING-GO TECHNIQUES

| **QUARTZ TABLE** | The heat of the quartz sand promotes deep relaxation and a unique experience of wellness.

| **TERRE ME** | Respiology session in the fitness area, using the Vital Respir™ method to control your breath, cultivate your vitality and feel more grounded.

| **SIGNATURE MASSAGE BY KOS PARIS** | With precious pine oils, developed exclusively for Sofitel Biarritz Le Miramar Thalassa sea & spa.

## NEW NUTRITIONAL AND SLEEP THERAPY TECHNIQUES

| **D-LAB** | Advanced nutri-cosmetic supplements that enhance the impact of your treatments and repair trace element deficiencies.

| **DODOW** | A luminous metronome that helps you to fall asleep naturally.

| **MICRO NAP** | **NEW**

In the fitness area or outdoors, learn the breathing and auto-massage techniques needed to take a micro nap, allowing you to feel refreshed and recharged in just a few minutes.

## NEW TREATMENTS

| **CUBE O2+** | A new, highly effective system combining several skin-oxygenating techniques, such as micro-needling and oxygen jets.

| **SOFTMESOLOGY** | A revolutionary new concept of non-invasive, painless and personalized aesthetic anti-aging treatments.

| **FULL BODY CRYOTHERAPY** | Exposure to a burst of dry cold between -120 and -170°C (-184 and -274°F) in an individual chamber to help relieve pain, improve recovery and increase resistance to stress.

| **CRYOSKIN** | By applying extreme cold (0°C) to a specific area, such as the face, neck, scalp or upper arms, blood circulation increases and pores become tighter.

| **ICEKUB** | Cryolipolysis naturally reshapes the contours of the body through the application of cold to targeted areas. This noninvasive procedure reduces fat deposits for a trimmer figure and astonishing results after only one month.



# Sofitel Biarritz Le Miramar

SOFITEL  
HOTELS & RESORTS

Seawater  
Spa & Baby  
Up to the age of 9  
months, our professional  
nursery team will look  
after your baby during  
your treatments.

## The experience

Overlooking one of the most beautiful  
beaches on the Basque coastline, the hotel  
stretches down to the Atlantic Ocean and  
is just steps from the town center. To help  
you let go, our Sofitel ambassadors extend  
thoughtful attention and personalized service.

## The rooms

Each room has a private terrace, and  
each season its own charm. Havens of  
serenity, the rooms are equipped with  
a Sofitel MyBed™ and enjoy direct access  
to the seawater spa.



# The restaurant

SOFITEL  
HOTELS & RESORTS

## On fine days

Discover our exclusive amenities: *La Suite*, our seasonal bar and restaurant along the pool. A balanced gourmet menu bursting with local ingredients, lounge ambiance, cocktails, and stunning sunset views of the Roche Percée.

## The chef

Having made Biarritz his home, Chef Robert Job draws his inspiration from local Basque specialties to create imaginative, well-balanced meals.



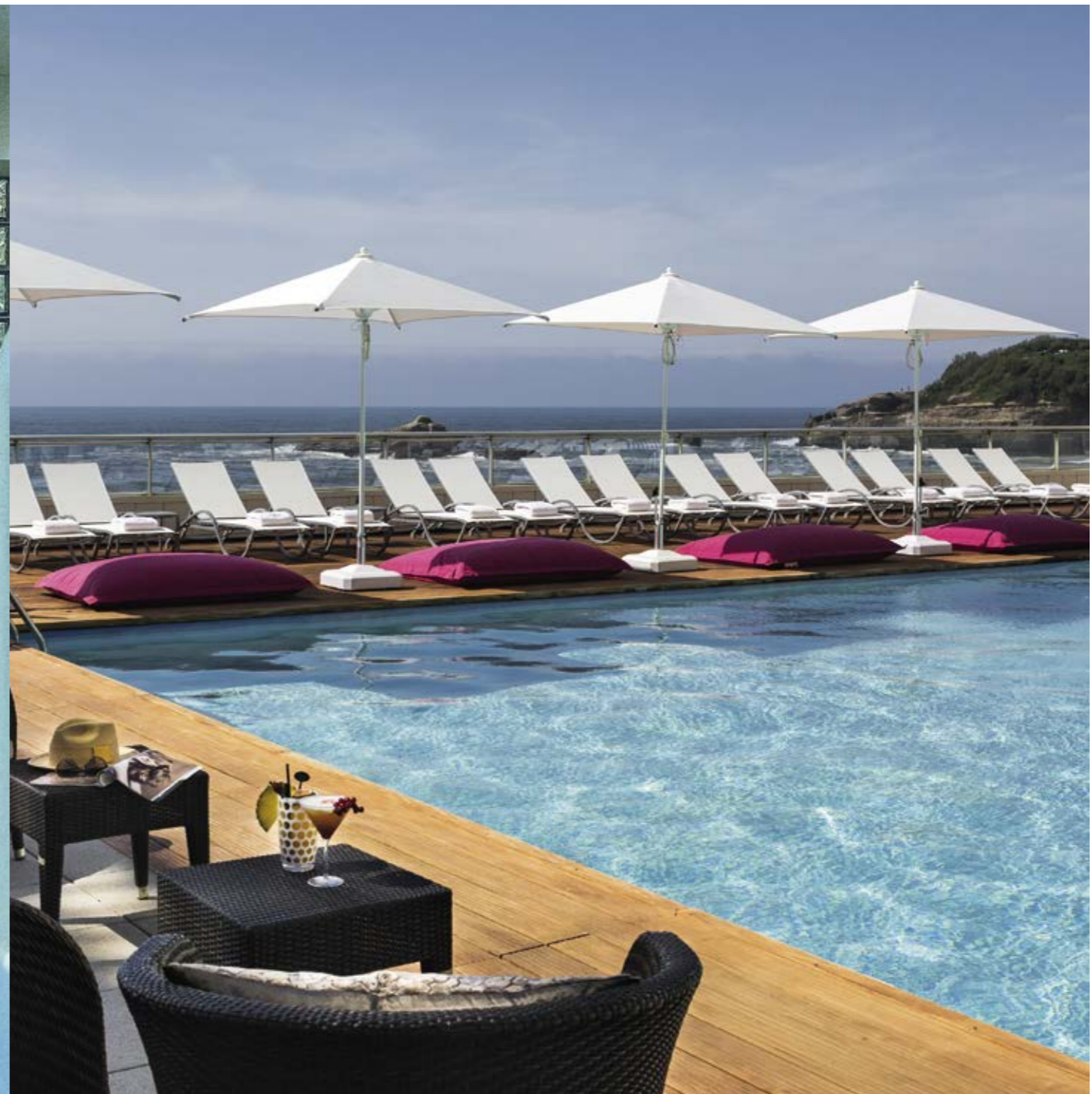
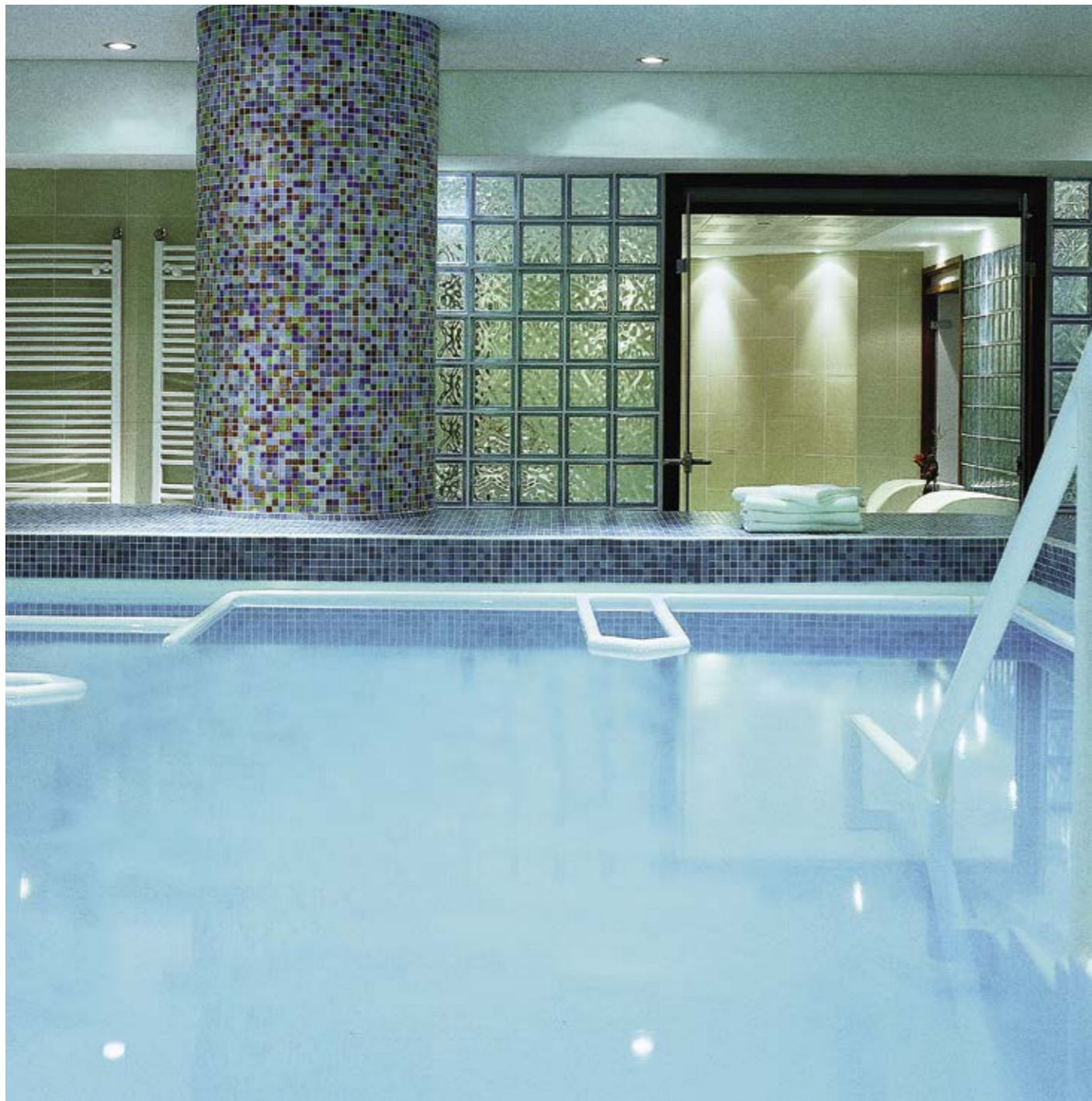
### *Two choices of cuisine*

A menu that changes every month to feature creative dishes inspired by fresh, seasonal produce. Or the De-Light menu, which proposes exquisite daily *cuisine minceur* meals with only 400 calories.



## Four atmospheres

At the restaurant or bar, on the terrace or in the comfort of your room, each hour of the day has its own light, its own atmosphere and its own menu. Available during the summer, *Le Magnifique Dîner* is a unique experience of intimate dining while overlooking the ocean.



# The seawater spa

## Le Comptoir Thalassa

The institute's bar prepares aromatic herbal teas and freshly squeezed fruit and vegetable juices.

## The atmosphere

A unique experience awaits you in our intimate treatment pavilions with their subdued lighting, soft background music, babbling waterfalls, mangrove wood, stone-clad walls and Middle Eastern mosaics.

## Between treatments...

**Relax\*:** Large outdoor heated seawater pool all year long. Sauna and hammams with essential oils. Relaxation area overlooking the ocean.

**Work out\*:** Indoor hydrotherapy pool. New high-tech fitness area overlooking the ocean. Individual coaching, aqua aerobics or Pilates.

**Let go:** Respirology, sophrology...

\*Free access. An additional fee applies for some activities. Contact us on +33 (0)5 59 41 35 00.



My  
seaside  
getaway

## ONE ELEMENT: THE SEA

A stay at Thalassa sea & spa is a well-deserved break that allows you to be revitalized by an essential element: the sea.

Experience the awakening of your senses through the draining, soothing and relaxing benefits of heated seawater.

Appreciate the virtues of the marine environment in all its forms: fresh produce, sports sessions on the beach, seawater treatments... Fill your lungs with fresh sea air, replenish trace elements and negative ion levels, and leave feeling fully revitalized.

## 50 YEARS OF ATTENTIVE EXPERTISE

Taking care of you is a demanding vocation that we strive to perfect day after day.

For over fifty years, our experts have been working to serve your every wellness need, through new treatments and letting go techniques, assessments and online programs, exclusive cosmetic brands and more. Throughout your stay, our attentive team is with you every step of the way.

## 13 EXCEPTIONAL DESTINATIONS

At Thalassa sea & spa, each stay is a unique experience.

Choose between destinations of such natural beauty they will take your breath away: a preserved island or a secluded beach, in France, Sardinia or Morocco.

Each stay with us promises a unique experience imbued with local colors, landscapes and exclusive rituals.

**" The Thalassa sea & spa experience is a unique alchemy of the sea's regenerating powers, our teams of caring experts, and a holistic approach to wellness. "**





My wellness,  
my seawater  
spa

## YOUR GOALS, YOUR PROGRAM

To create your personal treatment program, we look to your desires and lifestyle for inspiration. The result is a program that is balanced and varied, bringing you lasting benefits. Whether you want to tone your body, adopt healthy living, recover after having a baby, or simply relax and let go, you are in the perfect place.

## 5 KEYS TO YOUR WELLNESS PROGRAM

Tell us your goals and we will provide you with a tailored offer. All of our treatment programs are based on five essential key elements: Energy, Serenity, Detox, Recovery, Radiance. Listen to your inner voice to find the program that's right for you.



# Your tailor-made seawater spa experience

Choose your duration and your treatments



## Wellness Your Way

p.36

*I want to design my own treatment program*



## Prestige & Freedom Collection

p.38

*I want a personalized pampering program*

# Your treatment programs

## 6 or more days

Weeks



## My Health Challenge

p.20

*I want to strengthen and restore balance to my body*



## Flexibility & Joints

p.22

*I want lasting pain relief*



## Back Essentials

p.23

*I want to relieve tension and gain strength*



## D-Stock

p.24

*I want to kick-start my weight loss*

## 4 to 6 days

Getaways



## Fitness & Wellness

p.25

*I want the key benefits of seawater spa treatments*



## Mother & Baby

p.26

*I want to take care of both of us*



## Silhouette

p.27

*I want to tone and sculpt my body*



## Journey for the Senses

p.28

*I want a wonderfully relaxing massage every day*



## D-Stress

p.30

*I want to stop feeling continually stressed and overworked*



## Ocean Magnificence

p.32

*I want a different beauty and wellness ritual every day*

## 1 to 3 days

Stopovers



## Vitality

p.41

*I want the key benefits of the seawater spa experience*



## Zen

p.41

*I want to let go right away*



## Sea & Spa

p.41

*I want a luxuriously pampering break*

## Seawater Spa for the Family

p.34

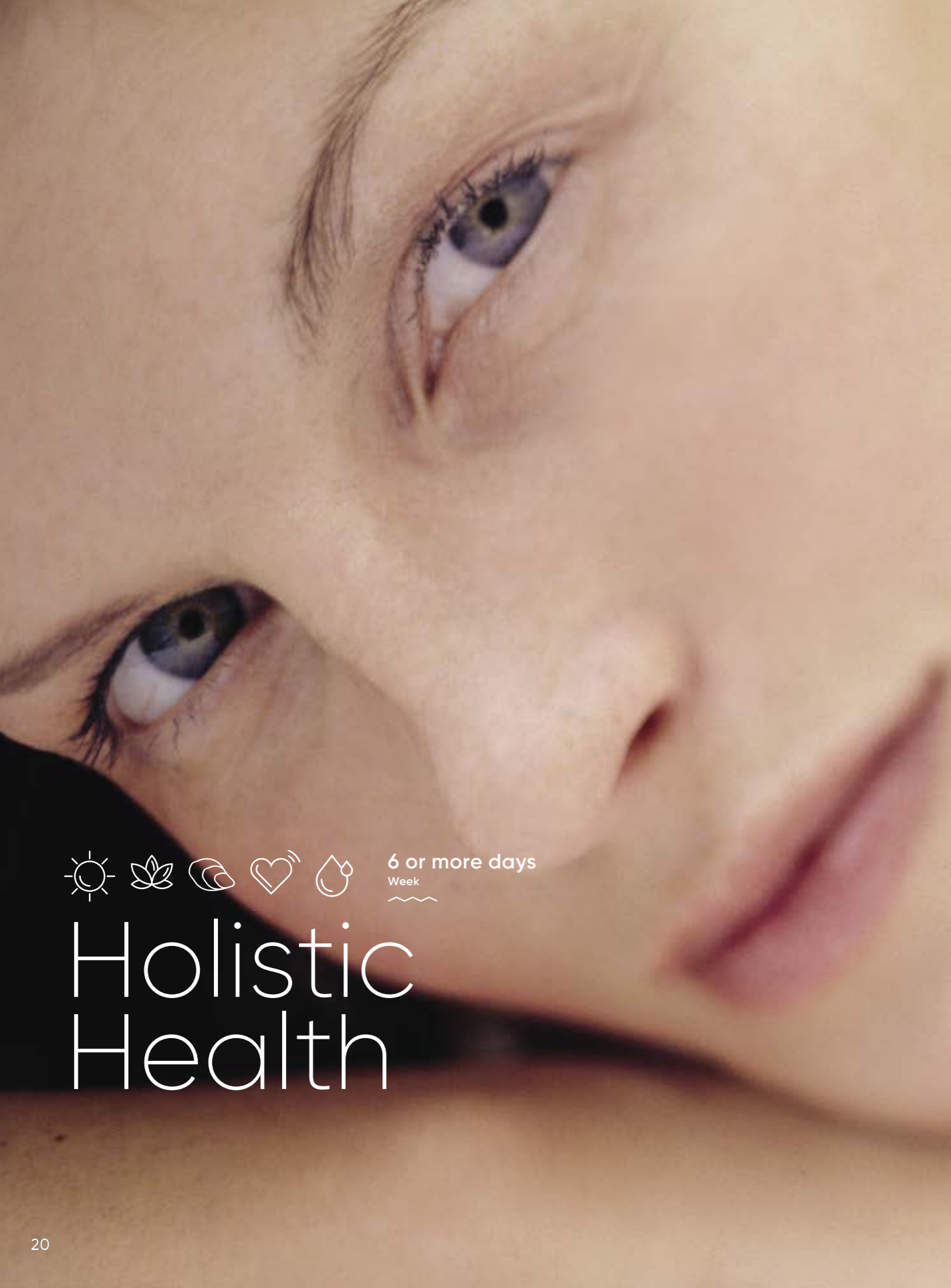
### Ages 14 to 18 Spa Attitude

*I want pampering for my teenager.*

*3 treatments per day + 1 session with our experts*

*Introduce your teenager to wellness treatments.*

*Created especially for teen girls and boys, this program combines fun with pampering to restore skin balance, pamper the body and relax the mind.*



6 or more days

Holistic Health

SIGNATURE BIARRITZ



# My Health Challenge

FROM  
€2,160  
PER PERSON\*

**I WANT** TO STRENGTHEN AND RESTORE BALANCE TO MY BODY.

6 DAYS / 20 TREATMENTS + 3 CHECK-UPS + 1 SESSION WITH OUR EXPERTS /  
6 NIGHTS INCLUDING 2 MEALS PER DAY

To help you regain energy and serenity, we have combined all our best technologies and most effective treatments in one program.

For personalized and lasting results, this program comprises 4 assessments.

**At the beginning of your stay**

1 nutritional assessment with our dietitian comprising two diagnostics: impedance analysis and Wellness OligoScan

1 fitness assessment to evaluate your physical condition and personalize your program

1 session with a physical therapist

**At the end of your stay**

1 assessment with our dietitian to return home with a nutritional roadmap and personalized advice

+ follow-up after your stay and remote coaching with our dietitian and one of our physical therapists

Your treatment program is customized around the 5 keys of wellness outlined on page 17. Your treatments and sessions are selected from this list depending on the season and the results of your assessments.



Energy

### Rediscover your energy and the pleasure of exercise

- 3 essential seawater spa treatments
- 3 activities in the pool, the fitness area or outdoors with a trainer



Serenity

### Tune into your body and mind

- 1 Waterring session or sensory massage (50 min)
- 3 mindfulness activities to choose from: sophrology, gentle reharmonization or Respirology



Detox

### Nourishing wellness

- 4 slimming treatments depending on your needs
- 1 personalized D-Lab nutritional supplement program, based on the results of your Wellness OligoScan assessment



Recovery

### Shake off tension

- 1 relaxing massage (50 min)
- 1 Respirology Bulle d'air session in our heated seawater pool
- 2 full-body cryotherapy sessions<sup>(1)</sup>
- + Dodow, in your room, to help you fall asleep

<sup>(1)</sup> In the case of a medical contraindication for this treatment, a hydromassage seawater bath or an underwater jets session will be proposed.



Radiance

### Care for your skin

- 1 body scrub (25 min, or 1 Thalassa sea & skin\*\* facial (25 min)
- 1 Thalassa sea & skin\*\* facial (25 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



6 or more days

Week

# Holistic Health

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

\*\*The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

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INFORMATION  
& BOOKINGS

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www.thalassa.com



6 or more days

Recovery 

## Flexibility & Joints

**I WANT** LASTING PAIN RELIEF.

6 DAYS / 23 TREATMENTS + 1 SESSION WITH OUR EXPERTS /  
6 NIGHTS INCLUDING 2 MEALS PER DAY

FROM  
€2,160  
PER PERSON\*

Our expert physical therapists are sensitive to your body's therapeutic needs, helping relieve pain and improve your joint mobility.

### Get a full check-up

- 1 consultation with a physical therapist at the beginning of your stay

### Improve joint mobility and relax

- 6 personalized therapeutic massages (25 min)
- 6 physical reeducation sessions in our heated seawater pool or fitness area (25 min)

### Relieve pain and tension, revitalize

- 6 relaxing marine mud wraps
- 5 essential seawater spa treatments, including 1 purifying seawater bath

The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.



### SEAWATER COCOON\*\*

This seawater wrap takes place on a floating bed. Combined with a relaxing head and facial massage, as well as Sound Care music therapy, it guarantees deep relaxation for the body and mind.

\* Double occupancy in a Classic room during low season.  
See details and conditions at [thalassa.com](http://thalassa.com).

\*\* In supplement to your program.  
Please contact us for more information.



6 or more days

Recovery 

## Back Essentials

**I WANT** TO RELIEVE TENSION AND GAIN STRENGTH.

6 DAYS / 23 TREATMENTS + 1 SESSION WITH OUR EXPERTS /  
6 NIGHTS INCLUDING 2 MEALS PER DAY

FROM  
€2,160  
PER PERSON\*

Relieve pain, improve your posture, unwind and let go – the powers of the sea meet the expert skills of our physical therapists.

### Get a full check-up

- 1 consultation with a physical therapist at the beginning of your stay

### Relieve tension and improve posture

- 6 personalized therapeutic massages: back, lower back, neck, shoulders (25 min)
- 6 postural re-education sessions (25 min)

### Revitalize and relax

- 7 personalized essential seawater spa treatments, including 2 purifying seawater baths
- 3 personalized relaxing wraps
- 1 full body cryotherapy session or 1 hydromassage seawater bath

The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.



### SOOTHING BACK TREATMENT\*\*

Relaxing and comforting. Body scrub, back massage, and warm seaweed and clay mask.

\* Double occupancy in a Classic room during low season.  
See details and conditions at [thalassa.com](http://thalassa.com).

\*\* In supplement to your program.  
Please contact us for more information.

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6 or more days

Detox

## D-Stock

**I WANT** TO KICK-START MY WEIGHT LOSS.

6 DAYS / 24 TREATMENTS + 3 SESSIONS WITH OUR EXPERTS /  
6 NIGHTS WITH ALL MEALS INCLUDED

Available for men and women, this program has been designed with the ideal combination of treatments to help you eliminate toxins, kick-start your weight loss and sculpt your body.

### Get a full check-up

- 2 nutritional assessments with our dietitian comprising an impedance analysis and a Wellness OligoScan
- 1 fitness assessment

### Prepare your skin

- 1 vichy shower scrub (25 min)

### Drain and eliminate toxins

- 6 slimming seaweed wraps
- 2 anti-cellulite showers or watermass sessions
- 2 toning jet showers
- 2 toning purifying seawater baths or full-body cryotherapy sessions
- 1 hydromassage seawater bath

### Shape and tone

- 6 revitalizing activities in the pool with a trainer

### Eliminate toxins

- 2 abdominal massages with a physical therapist (25 min)
- 2 Thalassa sea & skin\*\*\* Idéal Silhouette body treatments (50 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

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FROM  
€2,358  
PER PERSON\*



### ICEKUB\*\*

Cryolipolysis naturally reshapes the contours of the body through the application of cold to targeted areas. This noninvasive procedure reduces fat deposits for a trimmer figure.

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

\*\* In supplement to your program. Please contact us for more information.

\*\*\* The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

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4 to 6 days

Energy

## Fitness & Wellness

**I WANT** THE KEY BENEFITS OF SEAWATER SPA TREATMENTS.

FROM 4 DAYS / 4 TREATMENTS PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

A complete seawater spa program for long-lasting revitalization.

You have a choice of two options:  
Zen or Vitality



### VICHY SHOWER SCRUB\*\*

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the three-salts scrub using a marine serum and an exclusive technique.

FOR A 16-TREATMENT PROGRAM  
4 DAYS / 4 NIGHTS INCLUDING 2 MEALS PER DAY

### CORE PROGRAM

Revitalize

- 6 essential seawater spa treatments
- 2 purifying seawater baths
- 2 remineralizing seaweed wraps

### VITALITY TREATMENTS

Feel full of energy

- 2 revitalizing massages (25 min)
- 4 energizing activities in the pool or fitness area with a trainer

+

### ZEN TREATMENTS

Relax and relieve fatigue

- 2 Zen massages (25 min) or vichy shower massages (25 min)
- 4 relaxing activities in the pool

or

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM  
€1,140  
PER PERSON\*  
4 DAYS

FROM  
€1,710  
PER PERSON\*  
6 DAYS

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

\*\* In supplement to your program. Please contact us for more information.



4 to 6 days

Recovery 

## Mother & Baby

**I WANT** TO TAKE CARE OF BOTH OF US.

FROM 4 DAYS / 4 TREATMENTS OR ACTIVITIES PER DAY + 1 NUTRITIONAL ASSESSMENT / 4 NIGHTS INCLUDING 2 MEALS PER DAY

Between 3 and 9 months after giving birth is the ideal time to take care of you, body and mind. Strengthen the back and perineum, learn breathing techniques, correct your posture... You will go home revitalized and with the serenity you need for your new life as a mother.

**+** **SEAWATER SPA & BABY**  
Our professional nursery team will look after your baby, up to the age of nine months, during your treatments. We supply all the equipment your baby needs, from crib and bathtub to bottle-warmer.

### Get a full check-up

- 1 nutritional assessment with our dietitian comprising an impedance analysis and a Wellness OligoScan

### Prepare your skin

- 1 vichy shower scrub (25 min)

### Purify and revitalize

- 2 remineralizing seaweed wraps
- 4 essential seawater spa treatments

### Recover and strengthen

- 4 activities in the pool with a trainer

### Enjoy some pampering

- 2 Zen or Vitality massages (25 min)
- 1 Souffle de Fraîcheur facial (25 min)

### Treatments with your baby (companion welcome)

- 1 baby massage workshop with a physical therapist
- 1 mother-baby microbubble seawater bath

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM  
€1,440  
PER PERSON\*

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.



4 to 6 days

Detox 

## Silhouette

**I WANT** TO TONE AND SCULPT MY BODY.

FROM 4 DAYS / 4 TREATMENTS PER DAY + 2 NUTRITIONAL ASSESSMENTS / 4 NIGHTS INCLUDING 2 MEALS PER DAY

Looking slim is not just a question of weight. Smooth skin, slender muscles and a sculpted waist also play an important role.

**+** **CRYOSKIN\*\***  
Targeted cryotherapy treatment. A natural way to fight aging, improve circulation or slim down.

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

\*\* In supplement to your program. Please contact us for more information.

\*\*\* The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

FROM  
€1,320  
PER PERSON\*

### Get a full check-up

- 2 nutritional assessments with our dietitian comprising an impedance analysis and a Wellness OligoScan

### Prepare your skin

- 1 vichy shower scrub (25 min)

### Relax

- 1 hydromassage seawater bath
- 1 MusicOrelax hydrojet session

### Purify and slim

- 3 slimming fucus or cooling wraps
- 1 toning jet shower or full-body cryotherapy session
- 1 purifying seawater bath or watermass session

### Shape and tone

- 4 sessions in the pool or fitness area with a trainer

### Sculpt and firm

- 2 abdominal massages by one of our physical therapists (25 min)
- 2 Thalassa sea & skin\*\*\* Idéal Silhouette body treatments (50 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

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# Serenity

Breathe and let go



4 to 6 days

Serenity



## Journey for the Senses

**I WANT** A WONDERFULLY RELAXING MASSAGE EVERY DAY.

FROM 4 DAYS / 4 TREATMENTS PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

FROM  
€1,440  
PER PERSON\*

Amazonia, Finland, Japan...

Each day, the KOS PARIS brand's techniques and rare oils take you on a journey for the senses.

Let go, enjoy delicious pampering and rediscover the power of your five senses.

### EACH DAY

- 3 essential seawater spa treatments
- 1 massage (50 min)

### Prepare your skin

- 1 body scrub bar (25 min)

### Purify and revitalize

- 11 essential seawater spa treatments, including 2 purifying seawater baths

### Let go and relax

- 1 Oil Ceremony massage by KOS PARIS (50 min)
- 1 Signature pine oil massage by KOS PARIS (50 min) created exclusively for Biarritz
- 1 sensory massage (50 min)
- 1 serenity massage (50 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

### + BIOLOGIQUE RECHERCHE FACIAL TREATMENTS\*\*

These ultra-concentrated, fragrance-free formulas are rich in active ingredients and comprise elements from nature or biotechnology. For instantly visible and lasting results.

\* Double occupancy in a Classic room during low season. See details and conditions at [thalassa.com](http://thalassa.com).

\*\*In supplement to your program. Please contact us for more information.

 **4 to 6 days**  
Getaways

# Serenity

Breathe and let go

4 to 6 days

Serenity   
SIGNATURE BIARRITZ

## D-Stress

**I WANT** TO STOP FEELING CONTINUALLY STRESSED AND OVERWORKED.

FROM 4 DAYS / 4 TREATMENTS PER DAY + 2 SESSIONS WITH OUR EXPERTS /  
4 NIGHTS INCLUDING 2 MEALS PER DAY

FROM  
**€1,440**  
PER PERSON\*

Pressure at work, unbalanced lifestyle, physical and emotional fatigue... Before you hit burnout, we help you listen to your body, better understand its needs and restore balance.

### Get a full check-up

- 1 consultation with a physical therapist at the beginning of your stay
- 1 Wellness OligoScan assessment with our dietitian

### Balance and recover

- 2 Zen massages (25 min)
- 2 sensory massages (50 min)
- 2 full-body cryotherapy sessions<sup>(1)</sup>

(1) In the case of a medical contraindication for this treatment, a hydromassage seawater bath or an underwater jets session will be proposed.

### Revitalize

- 5 essential seawater spa treatments
- 1 marine cocoon treatment

### Soothe, balance, let go

- 1 Waterning session (50 min)
- 2 MusicÔrelax hydrojet sessions or moisturizing wraps on a floating bed
- 1 Respirology or sophrology session

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

**+** **LEGENDS TREATMENT BY KOS PARIS\*\***  
For tired, dull skin. Inspired by the ancestral Japanese art of Kobido, this exceptional treatment relieves stress, boosts facial radiance, and induces a deep state of relaxation.

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

\*\* In supplement to your program. Please contact us for more information.

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& BOOKINGS

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4 to 6 days  
Getaways

# Radiance

Find your inner and outer glow

4 to 6 days

Radiance  
SIGNATURE BIARRITZ

## Ocean Magnificence

**I WANT** A DIFFERENT BEAUTY AND WELLNESS RITUAL EVERY DAY.

FROM 4 DAYS / 1 TREATMENT RITUAL PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

FROM  
€1,440  
PER PERSON\*

You are finally going to take care of you, from head to toe. So you don't have to choose, this program combines the very best massages, seawater spa treatments and exceptional face and body care products.

### Purity & Zen Ritual

#### DAY 1

- 1 hammam session
- 1 vichy shower scrub
- 1 Zenitude wrap (25 min)
- 1 Zen massage (25 min)

### Beauty & Wellness Ritual

#### DAY 2

- 1 personalized or vichy shower massage (25 min)
- 1 personalized facial with OXYPULSE Cube O2+ (50 min)

### Detox Ritual

#### DAY 3

- 1 watermass session or anti-cellulite shower
- 1 detox wrap
- 1 lymphatic drainage or relaxing massage (50 min)

### Beauty Ritual

#### DAY 4

- 1 hydrating body wrap
- 1 personalized Cryoskin facial (50 min)
- 1 hair styling or hand and nail care treatment (30 min)

The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.

**+** **BIOLOGIQUE RECHERCHE HAIR TREATMENTS\*\***  
Restore and repair the scalp.  
For healthy hair that's full of vitality.

\* Double occupancy in a Classic room during low season.  
See details and conditions at thalassa.com.

\*\* In supplement to your program.  
Please contact us for more information.

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1 to 6 days

# For teens



1 to 6 days

Seawater Spa for the Family

## Spa Attitude

**I WANT** PAMPERING FOR MY TEENAGER.

FROM 1 DAY / 3 TREATMENTS PER DAY + 1 SESSION WITH OUR EXPERTS

FROM  
€115  
PER PERSON\*

### Ages 14 to 18

Created especially for teen girls and boys, this program combines fun with pampering to restore skin balance and take care of the body.

### Get advice

- 1 OligoScan to assess mineral and trace element needs

### Relax

- 1 essential seawater spa treatment to choose from:  
MusicÔrelax hydrojet session, hydromassage seawater bath, relaxing vichy shower

### Be pampered

- 1 spa and beauty treatment (25 min) to choose from:  
foot massage, back massage, face-neck-shoulder massage, Souffle de Fraîcheur facial

### Unwind

- 1 activity in the pool with a fitness trainer

The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.

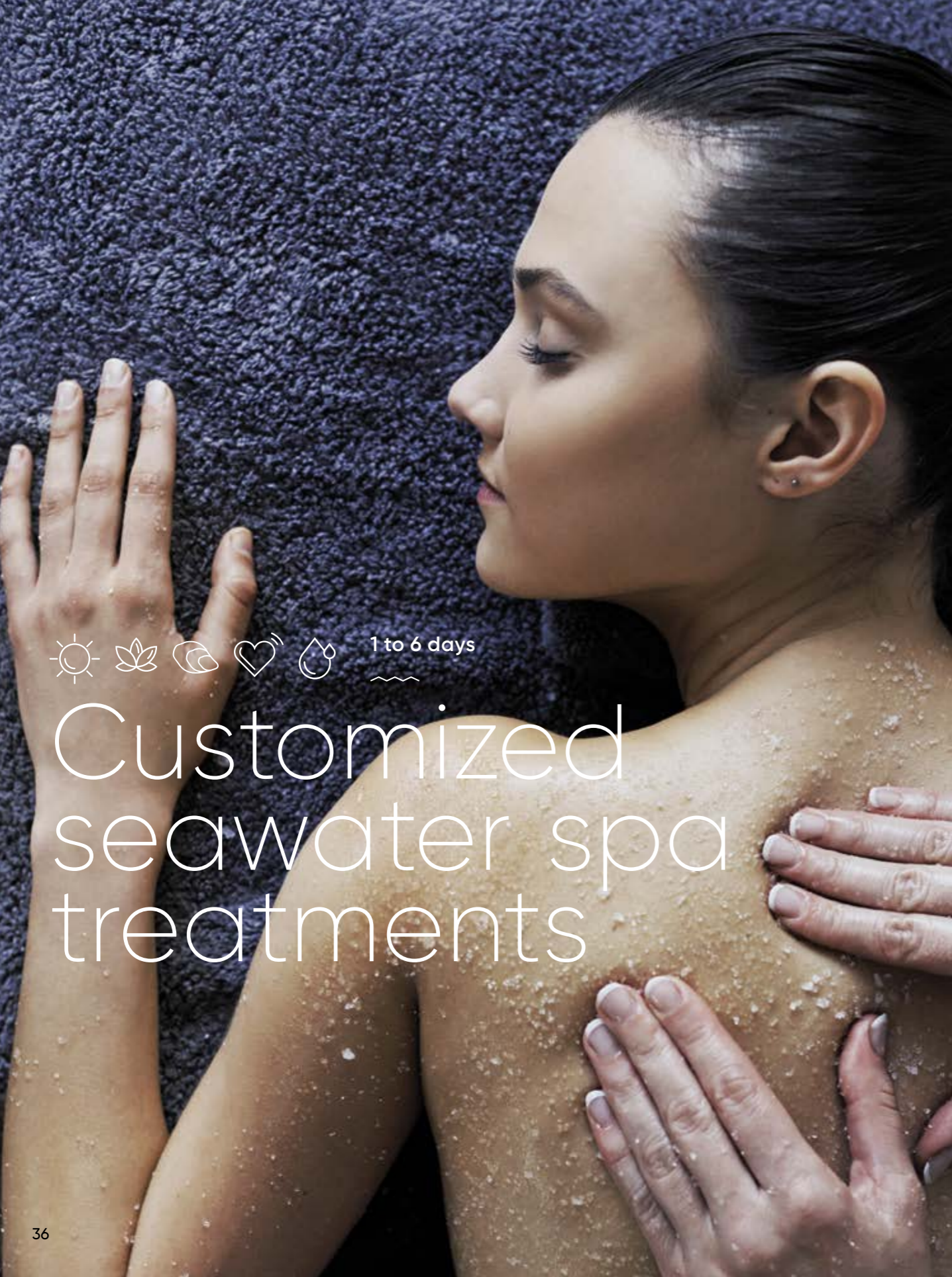
Before your teenager is able to receive any treatments, a responsible adult must fill out and sign a parental authorization form. Please contact us for more information.

\* Special rate for teens aged 14 to 18. Does not include accommodation or meals. See details and conditions at [thalassa.com](http://thalassa.com).

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& BOOKINGS

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[www.thalassa.com](http://www.thalassa.com)



1 to 6 days

Customized seawater  
spa treatments



## Wellness Your Way

**I WANT** TO DESIGN MY OWN TREATMENT PROGRAM.

FROM 1 DAY / 4 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST

You choose the duration of your stay and the keys to your own wellness. Create your personal wellness program from our menu of spa and seawater treatments. Once we receive your wish list and confirmation of your stay\*\*, an expert will help you find that just-right balance between your needs and desires.

FROM  
€370  
PER PERSON\*

1 to 6 days

# Customized seawater spa treatments

### EACH DAY

- 3 seawater spa treatments or activities with a fitness trainer
- 1 facial or body treatment (25 min) or 1 massage (25 min)



#### Energy

- Essential seawater spa treatments
- Activities in the pool or fitness area with a trainer



#### Serenity

- Energy or serenity massages (25 min)
- Evanescence seawater bath
- Respiratory sessions



#### Detox

- Marine body wraps
- Physical therapy massages (25 min)
- Full-body cryotherapy



#### Recovery

- Essential slimming seawater spa treatments
- Watermass
- Zenitude wrap



#### Radiance

- Thalassa sea & skin\*\*\* body scrubs (25 min)
- Thalassa sea & skin\*\*\* facials: Souffle de Fraîcheur or Souffle d'Éternité (25 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

\* Double occupancy in a Classic room during low season. See details and conditions at [thalassa.com](http://thalassa.com).

\*\* At least 10 days prior to your arrival.

\*\*\* The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

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TREATMENT DETAILS  
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4 to 6 days  
Getaways

# Customized seawater spa treatments

4 to 6 days

Customized seawater  
spa treatments

SIGNATURE BIARRITZ



## Prestige & Freedom Collection

FROM  
€1,940  
PER PERSON\*

**I WANT** A PERSONALIZED PAMPERING PROGRAM.

FROM 4 DAYS / 4 TREATMENTS PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

This program is unique to you. Create the program of your dreams by booking any treatments you like up to 10 days before your arrival.

### EACH DAY

- 2 seawater spa treatments or activities with a fitness trainer
- 1 energy, serenity or well-being massage (50 min)
- 1 exceptional beauty treatment (50 min)



Energy

- Essential seawater spa treatments
- Respirology sessions
- Activities in the pool or fitness area with a trainer



Serenity

- Energy & serenity massages (50 min)
- Vichy shower massage
- Zenitude wrap, seawater cocoon
- Sophrology sessions



Detox

- Slimming treatments to choose from: Idéal Silhouette (50 min), watermass
- Essential slimming seawater spa treatments



Recovery

- Marine body wraps
- Full-body cryotherapy
- Physical therapy massages (50 min) to choose from: Thai, foot, head, deep tissue by KOS PARIS...



Radiance

- Skin Instant diagnosis
- Body scrubs
- Thalassa sea & skin\*\* face and body treatments (50 min)
- Innovative anti-aging treatments (50 min)
- High-tech treatments (50 min) to choose from: Endermolift, Cryoskin, Softmesology and Cube O2+
- Beauty treatments (50 min): manicure, medical pedicure or hair treatment

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

INFORMATION  
& BOOKINGS

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www.thalassa.com

\* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

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1 to 3 days



# Stopovers

Seawater treatments, spa & beauty, relaxation... Lasting 1 to 3 days, our Stopovers can be adapted to your pace of life and professional or personal obligations – ideal for a day, a weekend or a short break.

FROM  
€208  
PER PERSON\*

**And because variety is the spice of life,**  
you can even try a different Stopover every day.

FROM  
€208  
PER PERSON\*  
AND PER DAY

## Energy Vitality

FROM 1 DAY / 3 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST

**I WANT** the key benefits of the seawater spa experience.

- 2 essential seawater spa treatments
- 1 activity in the pool with a fitness trainer

FROM  
€265  
PER PERSON\*  
AND PER DAY

## Serenity Zen

FROM 1 DAY / 3 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST

**I WANT** to let go right away  
with massages and seawater treatments.

- 2 essential seawater spa treatments
- 1 Zen, Vitality or vichy shower massage (25 min)  
or 1 massage with a physical therapist (25 min)

FROM  
€305  
PER PERSON\*  
AND PER DAY

## Serenity Sea & Spa

FROM 1 DAY / 3 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST

**I WANT** a luxuriously pampering break  
that combines spa and seawater treatments... and the freedom to choose my program.

- 2 essential seawater spa treatments
- 1 Thalassa sea & skin\*\* face or body treatment  
or 1 energy or serenity massage (50 min)

The durations given are the actual durations of the treatments.  
Please remember to include the time necessary for your arrival and preparation.



# Only have a few days?

\* For 1 day with 3 treatments, 1 night including breakfast,  
double occupancy in a Classic room during low season.

\*\* The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

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INFORMATION  
& BOOKINGS

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www.thalassa.com

A few hours



# Spa & Beauty

Massages, slimming protocols, skin care, anti-aging expertise and more, conveniently close to your seawater spa appointments. Our teams take care of your every need.



## Exceptional brands



**Thalassa**  
SEA & SKIN

Signature treatments developed exclusively for Thalassa sea & spa, combining highly effective gestures and cosmetics enriched with active marine ingredients.



Places the unique techniques and ultra-concentrated formulas of its products at the service of a comprehensive and sustainable approach to cell regeneration.



A passion for rare plants and beautiful fragrances makes for an invitation to experience truly precious moments.

*jane iredale*  
THE SKIN CARE MAKEUP®

With natural ingredients and a mineral base, this hypoallergenic cosmetics line also offers superior sun protection.

## Our à la carte treatments for your every desire



All Spa & Beauty treatments are available à la carte, either individually or as a complement to your treatment program. For the greatest choice, book your treatments in advance. Our treatment menu and experts are there to guide you in your selections.

In selecting our treatments, we have thought of everything you could possibly want.

### SEAWATER TREATMENTS

Enjoy the soothing powers of the sea with the very best seawater treatments.

### SPA TREATMENTS FOR THE FACE & BODY

Let us pamper you with a facial or body treatment.

### MASSAGES

Try all, or almost all, our massages.

### HI-TECH TREATMENTS

Aim for even more effective results by trying our latest high-tech treatments.

### ACTIVITIES WITH A FITNESS TRAINER

Move your body whenever and wherever you want, on the beach, in the water, or in the fitness area.

### THE LATEST WAYS TO LET GO

Breathe deeply thanks to cutting-edge innovations.

DEMANDEZ NOTRE  
CARTE DE SOINS

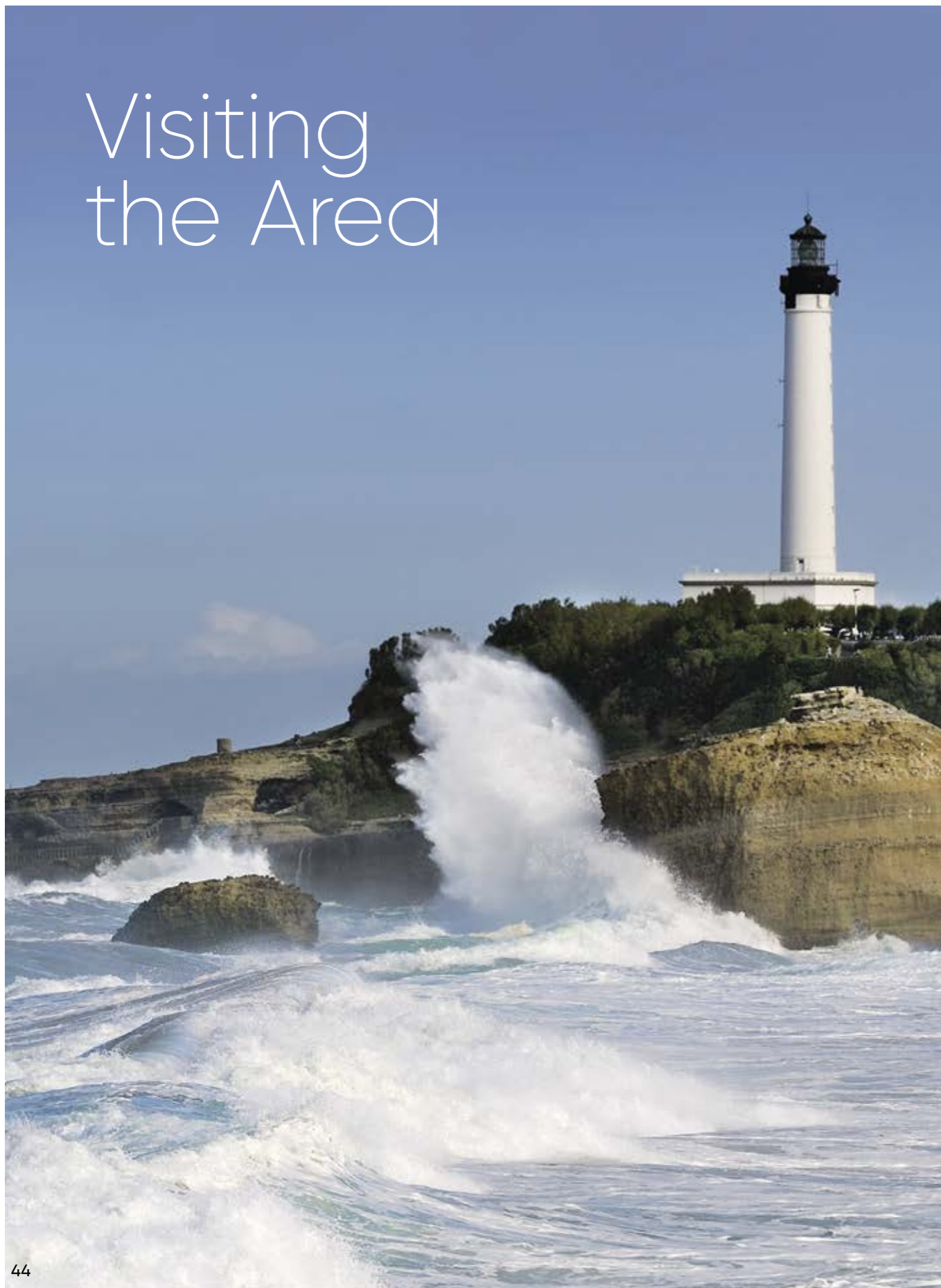


Et réservez sur  
[spa.thalassa.com](http://spa.thalassa.com)  
ou

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TREATMENT DETAILS  
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# Visiting the Area



Biarritz is a city of a thousand lives, with a rich past and an exciting future – a city of artists and athletes, nature and culture, exclusive boutiques and top museums. Ask our head Golden Key Concierge for more information about the region. He will be happy to reveal its little-known areas, secret locations and most beautiful walks.

## Sea or mountains?

Situated between the Pyrenees and the Atlantic, France and Spain, Bayonne and Bilbao, this is Basque Country. Discover its exceptional heritage, medieval citadels and quaint fishing harbors.

## Ballet or bodegas?

Our streets still ring with the echo of Empress Eugenie’s balls. A vibrant blend of culture thrives here, from the city’s architecture to ballet, cinema and the visual arts, not forgetting its buzzing nightlife and creative cuisine.

## Surfing or golf?

Golfers can enjoy an exceptional choice of courses and a climate so mild you can play all year round. As for surfers, many cross the entire globe to ride the famous breakers of the Grande Plage. Other popular sports include rugby, horseback riding, polo, tennis and Basque pelota.

### BIARRITZ EVENTS CALENDAR

<b>Spring</b>	Biarritz Années Folles (Roaring Twenties) music festival Surfing competitions: Les Casetas and Quiksilver Maïder Arosteguy
<b>Summer</b>	Bayonne Festival Biarritz Cup international golf competition
<b>Fall</b>	Le Temps d’Aimer dance festival – Biarritz Festival of Latin American Cinema and Cultures Txiki children’s festival ENGIE Open women’s tennis tournament
<b>Winter</b>	FIPA International Festival of Audiovisual Programs Biarritz en Lumières Christmas event

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# TREATMENT DETAILS

## Seawater spa essentials

Replenish your store of trace elements, mineral salts and negatively charged ions, while indulging your senses through immersion in heated seawater.

### AQUAROLL® / Thousands of massaging beads

Your feet are immersed in a foot massager filled with seawater and 30,000 small beads that knead and massage your feet to relax them and stimulate circulation.

### HYDROMASSAGE SEAWATER BATH / Waves of wellness

Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Your muscles relax and your mind wanders to the rhythm of the chromotherapy colors.

### RELAXING VICHY SHOWER / Relaxing sea spray

Lying face-down on the treatment table, a fine mist of heated seawater is sprayed over your body. This treatment is designed to soothe nerve endings in your skin and induce relaxation.

### JET SHOWER / A stream of seawater

The hydrotherapist shapes and tones your body using a jet of seawater. Temperature and pressure are adjusted depending on whether you want this precise and toning treatment to stimulate circulation or sculpt and tone your body.

## Massages and marine body wraps

Every massage is a unique moment... just for you.

### PURIFYING SEAWATER BATH / Underwater massage

You relax in a bath of heated seawater while a hydrotherapist massages your body with a jet shower. The focus is on loosening up your muscles and joints, or on targeting specific problem areas for a draining effect and to get rid of cellulite.

### VICHY SHOWER MASSAGE OR BODY SCRUB / A multisensory experience

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the three-salts scrub or manual massage using a marine serum and an exclusive technique.

### ZEN OR VITALITY MASSAGE / Expert technique

Using an oil infused with seaweed extracts, the gentle or vigorous actions of these massages relax your entire body and mind while leaving your skin silky soft and smooth.

### MUSICÔRELAX HYDROJET / Relaxing waterbed massage, to music

Lying on a waterbed, your entire body is massaged by two powerful jets of water, from your neck to your ankles. This treatment includes a personalized musical ambiance to complete the relaxation experience.

### HORIZONTAL HYDROMASSAGE / Targeted relief

A hydromassage of the legs and back with a variable-pressure jet of warm water controlled by a hydrotherapist. This treatment relieves tension in the back and improves circulation.

### PRESSOTHERAPY / Anti-gravity boots

Your legs are wrapped in boots and alternatively compressed and released to boost circulation. This helps reduce cellulite and orange peel by promoting the elimination of toxins.

### WATERMASS / Rolling massage technique using seawater

The therapist uses a suction head to gently massage your skin with heated seawater. Depending on the intensity chosen, this treatment can have either a relaxing effect or a draining anti-cellulite action.

### MARINE WRAPS / A cocktail of active ingredients and minerals

Remineralize with laminaria, slim down with fucus, detoxify with a sweat-inducing seaweed concoction, or relax and cool your legs with sea mud. A warm seaweed cream is applied all over your body to stimulate the absorption of vitamins, mineral salts and trace elements.

## Activities with a fitness trainer

Work out, unwind and breathe: on the beach, in the fitness area or in the seawater pool.

### POOL ACTIVITIES / Relaxation and toning

Aqua vitality, underwater jets... We offer a range of activities to improve your flexibility, strength and stamina. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

### FITNESS AREA ACTIVITIES / Strength and flexibility

Targeted small-group sessions, either gentle or toning, that greatly increase flexibility and muscle strength.

### OUTDOOR ACTIVITIES / A breath of fresh air

A sea walk, along the beach with a small group, offering a gentle, holistic workout that uses all your major muscle groups while reoxygenating your system.

## Innovative treatments at Thalassa Biarritz

Always in search of modern breakthroughs, Thalassa Biarritz seeks to surprise our guests and meet their individual needs with the latest spa and beauty treatments.

### HYDRATING WARM SAND BATH / Exquisite heat

Experience intense relaxation with a hydrating shea butter body wrap while lying on a bed of warm sand, your head massaged by a therapist.

### FULL-BODY CRYOTHERAPY / The benefits of cold

Treatment carried out in an individual chamber where the whole body is exposed to a burst of dry cold between -120 and -170°C (-184 and -274°F) for a few minutes. It is particularly effective in reducing pain and inflammation, and is ideal during recovery following fractures or intense effort, or to help treat sleep disorders.

### CRYOSKIN / The benefits of cold

By applying extreme cold (0°C / 32°F) to a specific area such as the face, neck, arms or scalp, your blood circulation increases and your pores become tighter.

### ICEKUB / A concentrated version of Cryolipolysis

Cryolipolysis naturally reshapes the contours of the body through the application of cold to targeted areas. This noninvasive procedure reduces fat deposits for a trimmer figure and astonishing results after only one month.

## Biarritz Signature treatments

The signature treatments available at Thalassa Biarritz are available nowhere else in the world. To experience them all yourself, you'll have to become a regular guest.

### SEAWATER COCOON / Relaxing wrap

This seawater wrap takes place on a floating bed. Combined with a relaxing head and facial massage, as well as Sound Care music therapy, it guarantees deep relaxation for the body and mind.

### ZENITUDE WRAP / A scented ritual

A hot moisturizing wrap with a subtle citrus fragrance, combined with a relaxing facial massage, refreshing mask and foot massage.

### WATERNING / Physical therapy expertise

While you are immersed in heated seawater, gently rocked by the water's movements, a physical therapist combines relaxation techniques with gentle but stimulating strokes to help you let go.



**THALASSA BIARRITZ**  
SOFITEL LE MIRAMAR

13 rue Louison Bobet  
64200 Biarritz

Information and bookings  
+33 (0)5 59 41 30 01

H2049-re@sofitel.com



#ThalassaSeaAndSpa

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

**13 DESTINATIONS  
IN FRANCE AND  
AROUND THE WORLD**

LE TOUQUET

TROUVILLE

DINARD

QUIBERON

ÎLE D'OLÉRON

**BIARRITZ**

HYÈRES

FRÉJUS

GOLFE D'AJACCIO

ESSAOUIRA (MOROCCO)

AGADIR (MOROCCO)

TIMI AMA (SARDINIA)

ZALLAQ (BAHRAIN)