

Thalassa

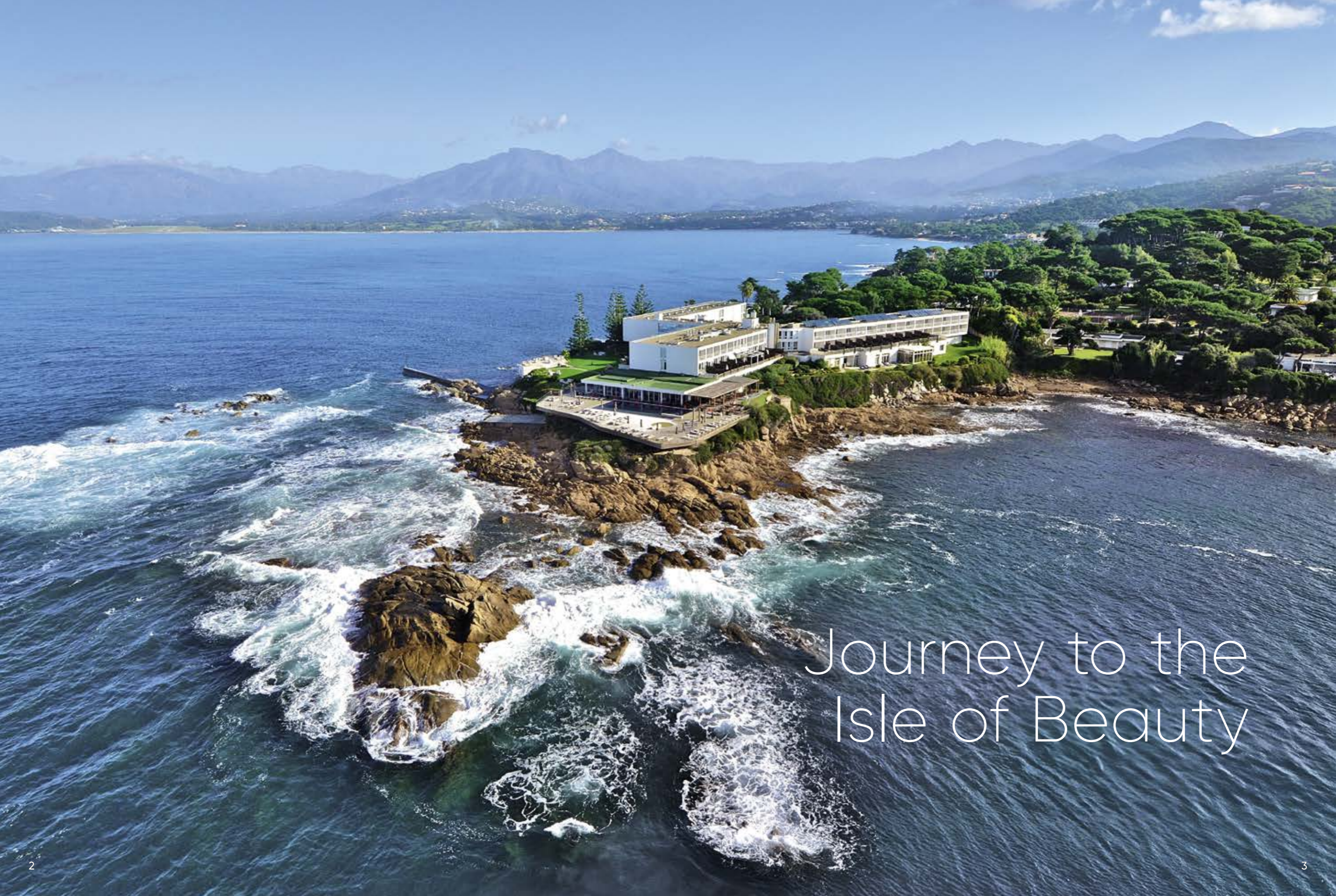
SEA & SPA

GOLFE D'AJACCIO

* * * * *

SEAWATER SPA BREAKS 2019

S O F I T E L
HOTELS & RESORTS

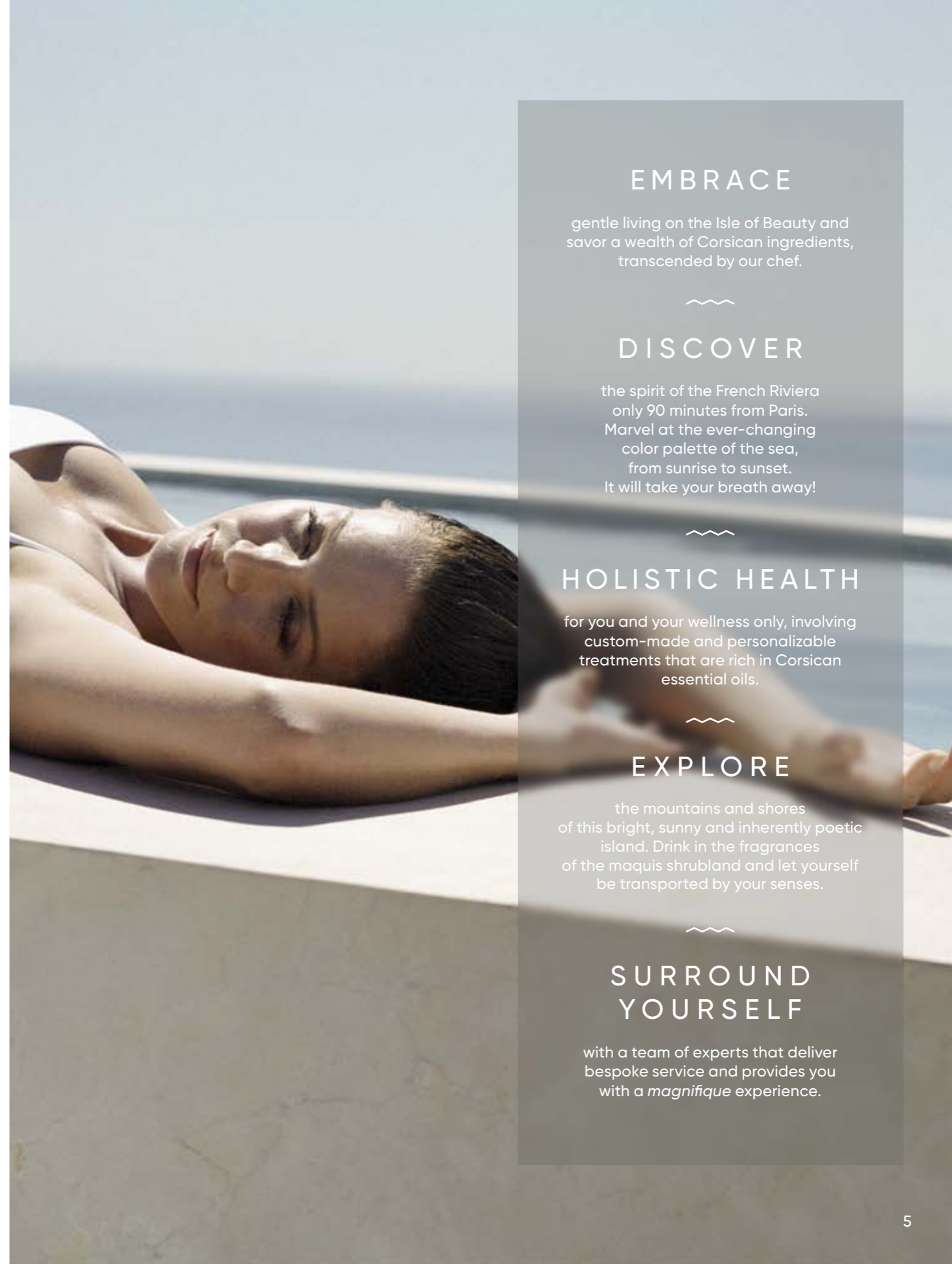


Journey to the Isle of Beauty

Live the Thalassa Ajaccio experience

by **Patrick Bertho**

General Manager — THALASSA GOLFE D'AJACCIO - SOFITEL



EMBRACE

gentle living on the Isle of Beauty and savor a wealth of Corsican ingredients, transcended by our chef.



DISCOVER

the spirit of the French Riviera only 90 minutes from Paris. Marvel at the ever-changing color palette of the sea, from sunrise to sunset. It will take your breath away!



HOLISTIC HEALTH

for you and your wellness only, involving custom-made and personalizable treatments that are rich in Corsican essential oils.



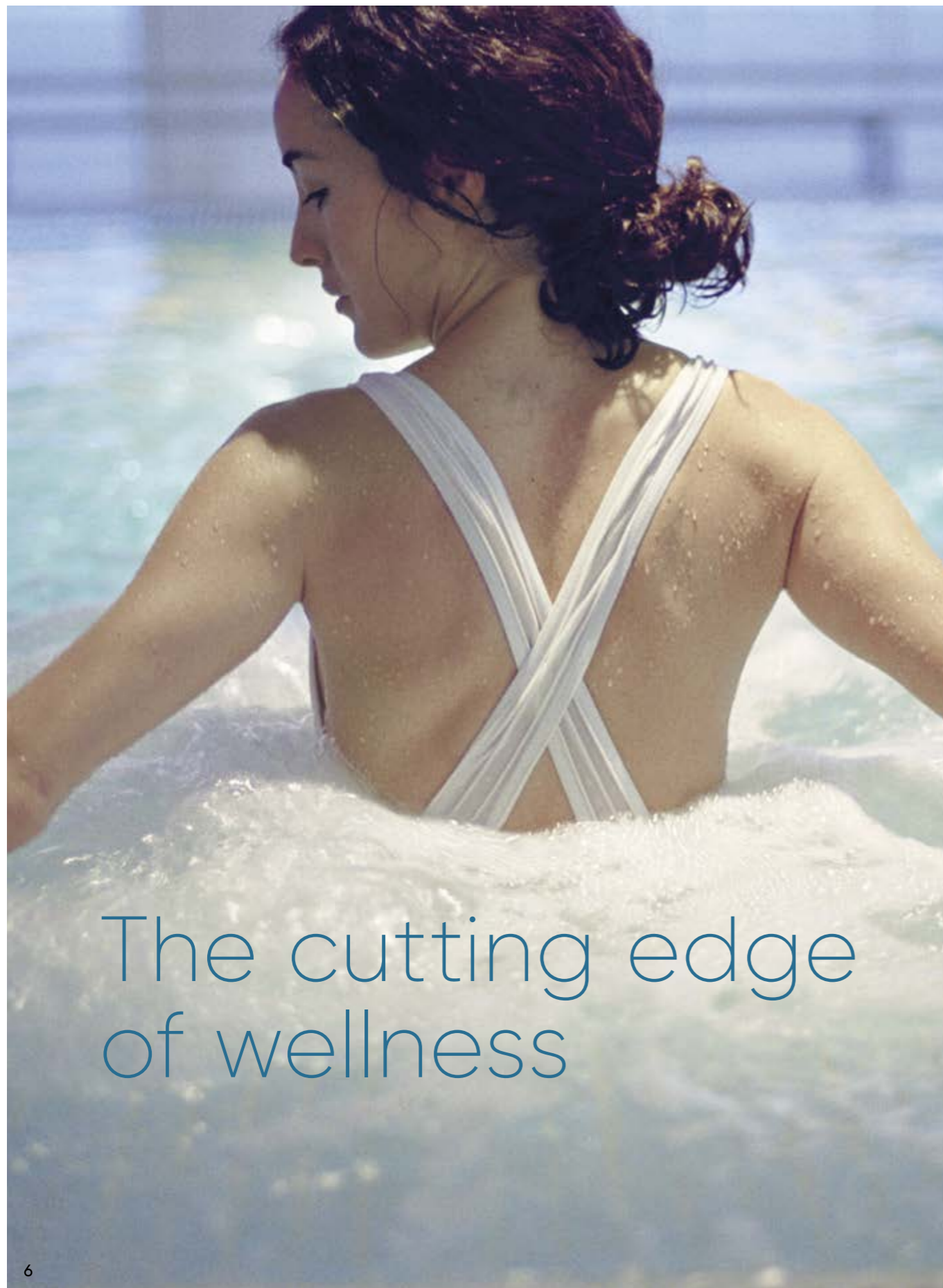
EXPLORE

the mountains and shores of this bright, sunny and inherently poetic island. Drink in the fragrances of the maquis shrubland and let yourself be transported by your senses.



SURROUND YOURSELF

with a team of experts that deliver bespoke service and provides you with a *magnifique* experience.



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. Making you more comfortable and boosting your wellness.

| **DIAGZONE** | A high-tech facial assessment used by professionals, providing instant feedback that allows us to personalize your treatment program.

| **UPULSE HEALTH** | A complete diagnostic program using a sensor that acts as a portable electronic coach to record your movements, heart rate and personal progress.

NEW TREATMENTS

| **AQUATIC OSTEOPATHY** | Private sessions in a seawater pool to stimulate all your body's vital functions.

| **SIGNATURE CORSICA TREATMENT** | Powerful anti-aging properties. An infusion of firming and restorative peptides for skin that is toned and more youthful. Wrinkles and lines begone!

| **CORSICAN "U MONTE E MARE" MASSAGE** | Signature treatment: formulated according to the principle of yin and yang, this creative therapy alternates between a vigorous back massage (the mountains of Corsica) and gentle strokes (the sea). Prepare yourself for a journey across the Isle of Beauty.

NEW NUTRITION AND SLEEP TREATMENTS

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

NEW LETTING-GO TECHNIQUES

| **RESPIROLOGY** | Controlling the breath to cultivate balance and vitality. These sessions (in the fitness area or outdoors) have been developed exclusively for Thalassa sea & spa in partnership with Edouard Stacke, founder of the Vital Respir™ method.

| **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.



Sofitel Golfe d'Ajaccio

SOFITEL
HOTELS & RESORTS

A haven of peace and tranquility

The Big Blue as far as the eyes can see. Deliciously fragrant regional vegetation. Between ocean and mountain, at the tip of a peninsula, with its seawater pool heated year round, private beach and garden that opens out to the sea... your dream has become a reality.

The experience

Surrounded by the crystal waters of the Mediterranean, overlooking the bay of Ajaccio, your peninsula is a garden, cradled by the sea. Our Sofitel ambassadors extend thoughtful attention and personalized service to help you let go.

The rooms

Immediate boarding for an "elegant cruise" in one of 98 sea-view rooms. A heavenly experience. Luxuriate in Sofitel's exclusive MyBed™. Enjoy direct access to the seawater spa institute.



Restaurant & Bar

The sea is the only horizon!

Sofitel Golfe d'Ajaccio is picture-postcard perfect. Soak up the 360° views, in the heart of the Mediterranean, as if aboard a luxury ocean liner.

The restaurant and bar come together in this new area.

The menus

Inspired by the sea, our menus feature fresh local ingredients so that you enjoy a unique dining experience.

An atypical bar

Looking out towards the Sanguinaires Islands, La Carte Postale Bar Lounge is THE place to taste delicious cocktails infused with local flavors and created by our head bar tender and mixologist.

The restaurant

Discover the elegance of a minimalist garden. The view is enhanced by generous bay windows, giving diners the impression of being on the deck of a ship.

Outdoors, the new bioclimatic terrace makes summer last all year long.

Welcome aboard!

The sky is yours!

When the weather is nice, our gardens and terrace "La Cala" have front row seats to an idyllic panorama as the sun sublimely sets over the Golfe d'Ajaccio. The heart of the hotel, they set the stage for exceptional soirées of live music, fashion and more.

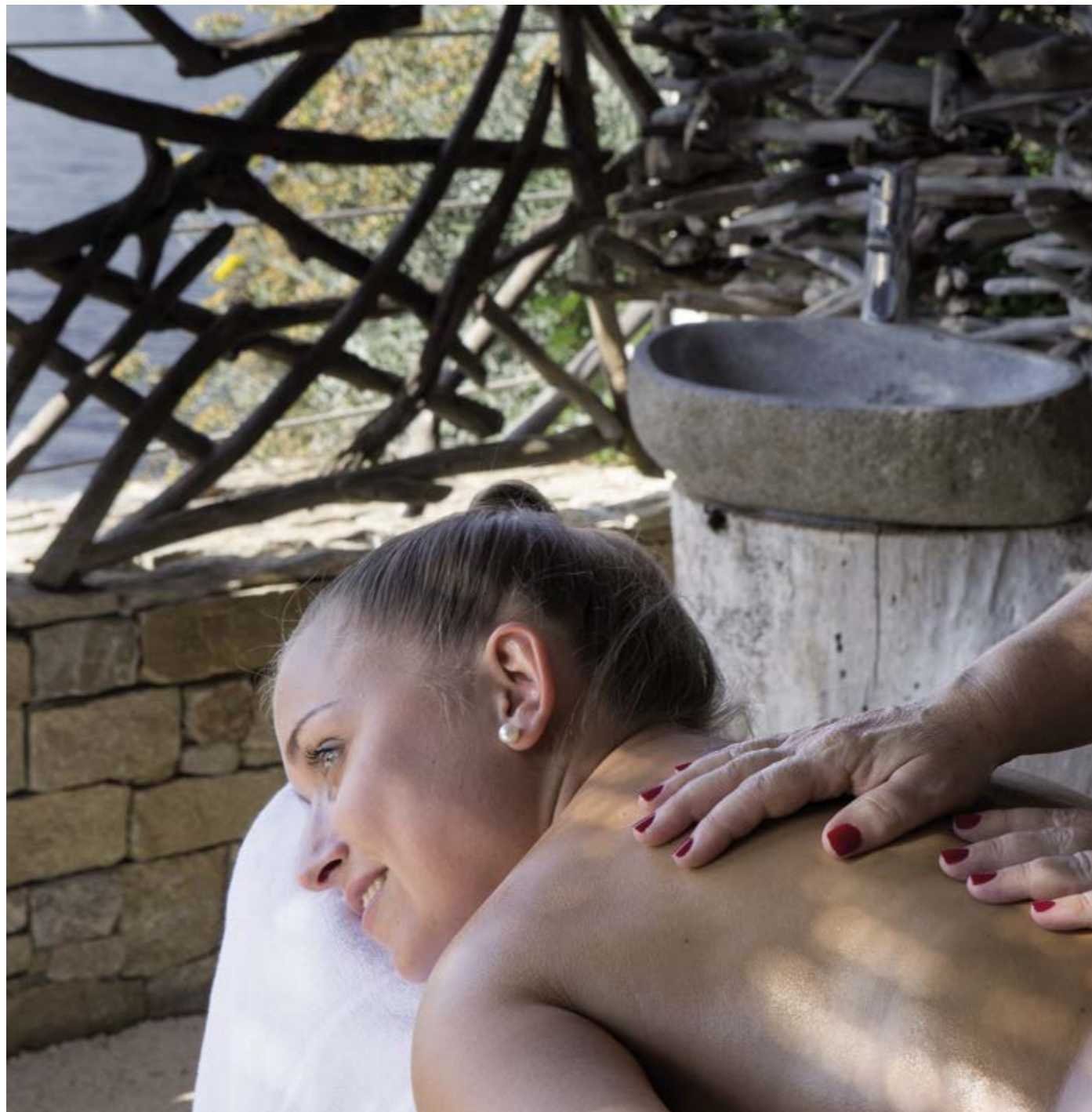


We recommend...

Our Exceptional Dinners

One-of-a-kind settings are transformed into ephemeral dining halls for very special occasions. The horizon as far as the eye can see, gourmet offerings... Don't wait any longer to book this *magnifique* experience.





Seawater Spa

A Paradise for the Senses

A charming and well-kept secret, the hotel's gardens house an exquisite open-air sanctuary for massages.

The atmosphere

Mediterranean inspirations are inscribed on Murano mosaics and expressed through the fragrances of essential oils, cool floral-scented waters and the tempo of gentle music. It is a total sensory experience, for moments of infinitely relaxing spa treatments.

Between treatments...

Relax: Large outdoor seawater pool heated year round, private beach, sauna and hammam with essential oils, relaxing breaks and herbal infusions.

Work out: Personalized coaching, open-air boot camp, aquabiking, Aero Latino, Pilates, muscle toning and BodySculpt.

Let go: Discover our Respirology sessions in the fitness area, the pool or outdoors.



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 (1 to 6 days) and your treatments



Wellness Your Way

I want to design my own treatment program

p.30

Your treatment programs

6 or more days

Weeks



Vital energy

I want a second wind

p.20



Osteo Marine

I want to restore balance and harmony to my body

p.22

4 to 6 days

Getaways



New Mother

I want to be pampered for a few days

p.24



Fitness & Wellness

I want the key benefits of seawater spa treatments

p.25

4 to 6 days

Getaways



Corsica training

I want to awaken and oxygenate my body

p.26



Silhouette

I want to tone and sculpt my body

p.28



Journey for the Senses in Corsica

I want the very best of Corsican treatments

p.29

1 to 3 days

Stopovers



Vitality

I want the key benefits of the seawater spa experience

p.33



Isle of Beauty

I want to relax between land and sea...

p.33



Zen

I want to let go right away

p.33



Sea & Spa

I want a luxuriously pampering break

p.33










6 or more days
Week

Holistic Health

6 or more days

Holistic Health
SIGNATURE AJACCIO



Vital energy

I WANT A SECOND WIND.

6 DAYS / 4 TREATMENTS & ACTIVITIES PER DAY + 3 ASSESSMENTS /
6 NIGHTS INCLUDING 2 MEALS PER DAY

FROM
€1,902
PER PERSON*

Sedentary habits, daily stress... Does the way we live today leave you with a sense of imbalance? To help you rediscover your energy and serenity, we have combined all our best technologies and most effective treatments in one program.

Your program begins with three assessments:

- 1 nutrition and balance assessment comprising two diagnostics: impedance analysis and OligoScan
- 1 UPulse Health assessment & 1 high-tech DiagZone facial assessment

Thanks to these assessments, your treatment program is fully tailored to your specific needs. The five keys of wellness are all covered:

 Energy

- Rediscover your energy and the pleasure of exercise**
- 1 Boot Camp session to release tension
 - 3 individual personalized coaching sessions (30 min)

 Serenity

- Tune into your body and mind**
- 1 Respirology Bulle d'Air session in the pool to relax and let go
 - 1 vichy shower massage
 - 1 foot massage

 Detox

- Nourishing wellness**
- 2 purifying seawater baths
 - 4 hydromassage seawater baths with floral waters
 - 1 regenerating treatment by Thalassa sea & spa (50 min)
 - 3 revitalizing or slimming seaweed wraps
 - + D-LAB advanced nutri-cosmetic supplements (additional fee, please contact us)

 Recovery

- Shake off tension and recover**
- 2 Respirology Terre Mer and Énergie sessions in our fitness area or outdoors
 - 2 sensory-awakening hydrojet sessions
 - 1 micro nap session

 Radiance

- Care for your skin**
- 1 maquis-scented body scrub with salts, oils and Corsican plants
 - 1 Souffle d'Éternité Thalassa sea & skin** treatment (25 min)

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

+ **OUR EXPERTS ON HAND FOR YOU**
You are looked after by one of our experts, responsible for tailoring your seawater treatments and physical activities based on your assessments and to meet your specific needs. At the end of your stay, you receive a personalized roadmap to help you to stay in shape.

INFORMATION
& BOOKINGS

FROM

+33 (0)4 95 29 40 00
www.thalassa.com

* Classic room with a sea view during low season. See details and conditions at thalassa.com
** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.



6 or more days

Recovery 
SIGNATURE AJACCIO

Osteo Marine

I WANT TO RESTORE BALANCE AND HARMONY TO MY BODY.

6 DAYS / 4 TREATMENTS PER DAY + 1 ASSESSMENT /
6 NIGHTS INCLUDING 2 MEALS PER DAY

FROM
€2,322
PER PERSON*

Each person's health has its unique requirements. The combination of osteopathy, fitness activities and seawater treatments helps relieve pain and restore mobility. You learn correct movements and postures to incorporate into your daily life.


Personalize your program

- 1 full osteopathy check-up (30 min)
- 1 osteopathy session on the massage table (25 min)
- 1 osteopathy session in the pool (30 min)
- 1 Respiriology Bulle d'Air session in the pool
- 2 Pilates classes (45 min)
- 1 personalized session with a fitness trainer (30 min)
- 5 aqua aerobics sessions

Revitalize and relax

- 4 seaweed wraps
- 1 micro nap session
- 6 hydromassage seawater baths
- 1 relaxing massage (25 min)
- 1 vichy shower massage

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

Recovery

Maintain your health and sleep better

* Classic room with a sea view during low season.
See details and conditions at thalassa.com

TREATMENT DETAILS
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INFORMATION
& BOOKINGS

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4 to 6 days

Recovery



New Mother

I WANT TO BE PAMPERED FOR A FEW DAYS.

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

Between 2 and 12 months after childbirth is the ideal time to take care of yourself – body and mind. You will go home revitalized and with the serenity you need for your new life as a mother.

Get a full check-up

- 1 nutritional assessment with our dietitian
- 1 DiagZone skin assessment

Prepare your skin

- 1 vichy shower or maquis-scented body scrub

Purify, revitalize and slim

- 6 essential slimming treatments
- 2 slimming fucus seaweed wraps
- 1 slimming massage (25 min)

Relax and enhance your skin's radiance

- 1 personalized Thalassa sea & skin** facial (50 min)
- 1 Thalassa sea & skin** body treatment
- 1 vichy shower massage

Reconnect with your body

- 2 abdominal strengthening sessions in the pool
- 1 muscle strengthening session in the fitness area

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

* Classic room with a sea view during low season. See details and conditions at thalassa.com
**The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

FROM
€1,388
PER PERSON*



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?

FOR A 24-TREATMENT PROGRAM
6 DAYS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

CORE PROGRAM

Revitalize

- 1 vichy shower scrub
- 3 remineralizing seaweed wraps
- 12 essential seawater spa treatments including 2 purifying seawater baths
- 1 vichy shower massage

VITALITY TREATMENTS

To feel full of energy

- 6 Vitality aqua aerobics sessions with a fitness trainer
- 1 Vitality massage

+

ZEN TREATMENTS

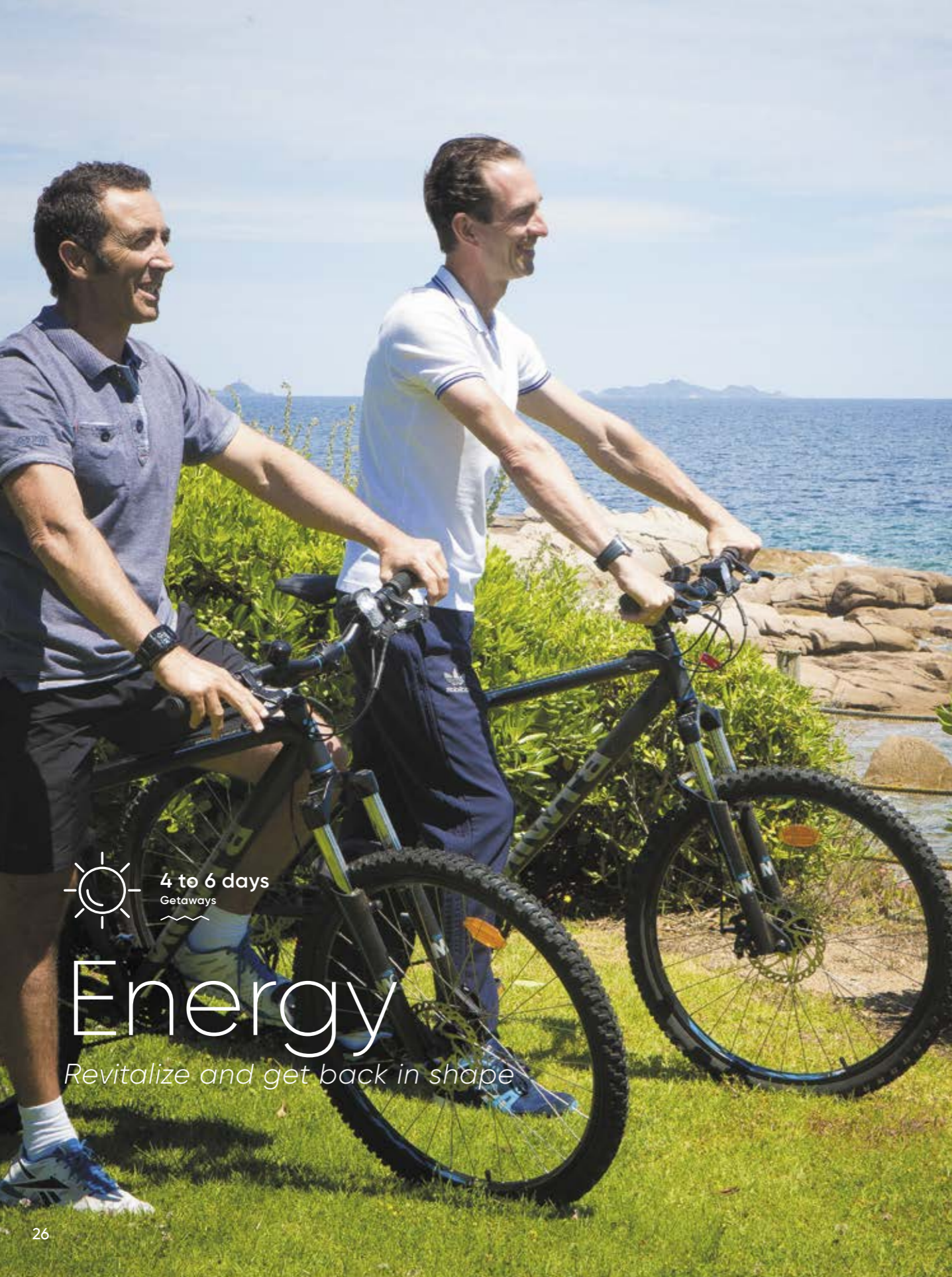
- Relax and relieve fatigue
- 1 Zen massage
 - 6 relaxing hydrotherapy pool sessions

or

FROM
€1,028
PER PERSON*
4 DAYS

FROM
€1,542
PER PERSON*
6 DAYS

*Classic room with sea view during low season. See details and conditions at thalassa.com




4 to 6 days
 Getaways

Energy
 Revitalize and get back in shape

4 to 6 days

Energy 
 SIGNATURE AJACCIO

Corsica training

I WANT TO AWAKEN AND OXYGENATE MY BODY.

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

FROM
€1,348
 PER PERSON*

In a kayak or by bike, along the coast or in heated seawater, the natural wonders of Corsica come together to help you rediscover inspiration, performance and endurance. Let yourself be guided by one of our expert trainers, who will work with you to create a personalized and meaningful exercise program.

Review your habits and performance

- 1 UPulse Health assessment with a fitness trainer
- 1 nutritional assessment with an impedance analysis

Purify and relax

- 1 purifying seawater bath
- 1 pressotherapy session

Revitalize

- 1 remineralizing seaweed wrap
- 6 essential seawater spa treatments

Get back in shape, energize and have fun

- 4 physical activities determined by the fitness trainer to choose from: Boot Camp, aquabiking, aqua toning, power walking, Coastering, biking, kayaking
- 1 Respiriology Énergie session outdoors to control and manage your breathing and to release your energy (50 min)

Stimulate and relax

- 1 Californian massage with maquis essential oils (50 min)
- 1 vichy shower massage (20 min)

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

*Classic room with a sea view during low season.
See details and conditions at thalassa.com

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INFORMATION
& BOOKINGS


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4 to 6 days

Detox 

Silhouette

I WANT TO TONE AND SCULPT MY BODY.

FROM 4 DAYS / 4 TREATMENTS PER DAY + 2 SESSIONS WITH OUR EXPERTS / 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.

Review your habits

- 1 nutritional assessment with our dietitian including an impedance analysis and OligoScan
- 1 UPulse Health assessment

Prepare your skin

- 1 maquis-scented body scrub

Drain and eliminate toxins

- 1 toning and purifying seawater bath
- 2 toning jet showers
- 2 slimming fucus seaweed wraps
- 2 hydromassage seawater baths

Tone and strengthen

- 2 aqua aerobics sessions
- 2 toning exercise sessions

Slim and sculpt

- 1 Cellu M6® session
- 1 slimming massage (25 min)
- 2 pressotherapy sessions

FROM
€1,208
PER PERSON*

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

* Classic room with a sea view during low season. See details and conditions at thalassa.com



4 to 6 days

Serenity 

Journey for the Senses in Corsica

I WANT THE VERY BEST OF CORSICAN TREATMENTS.

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

Come on board! A sensory experience awaits you amid the mountains, sea and wonders of the Isle of Beauty. Give in to the sumptuous pampering of our therapists' expert hands.

U MONTE E MARE
This Signature massage applies Yin and Yang principles, alternating an invigorating back massage and gentle facial and stomach massages. Rest and relaxation guaranteed.

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

* Classic room with a sea view during low season. See details and conditions at thalassa.com

FROM
€1,468
PER PERSON*

Prepare your skin

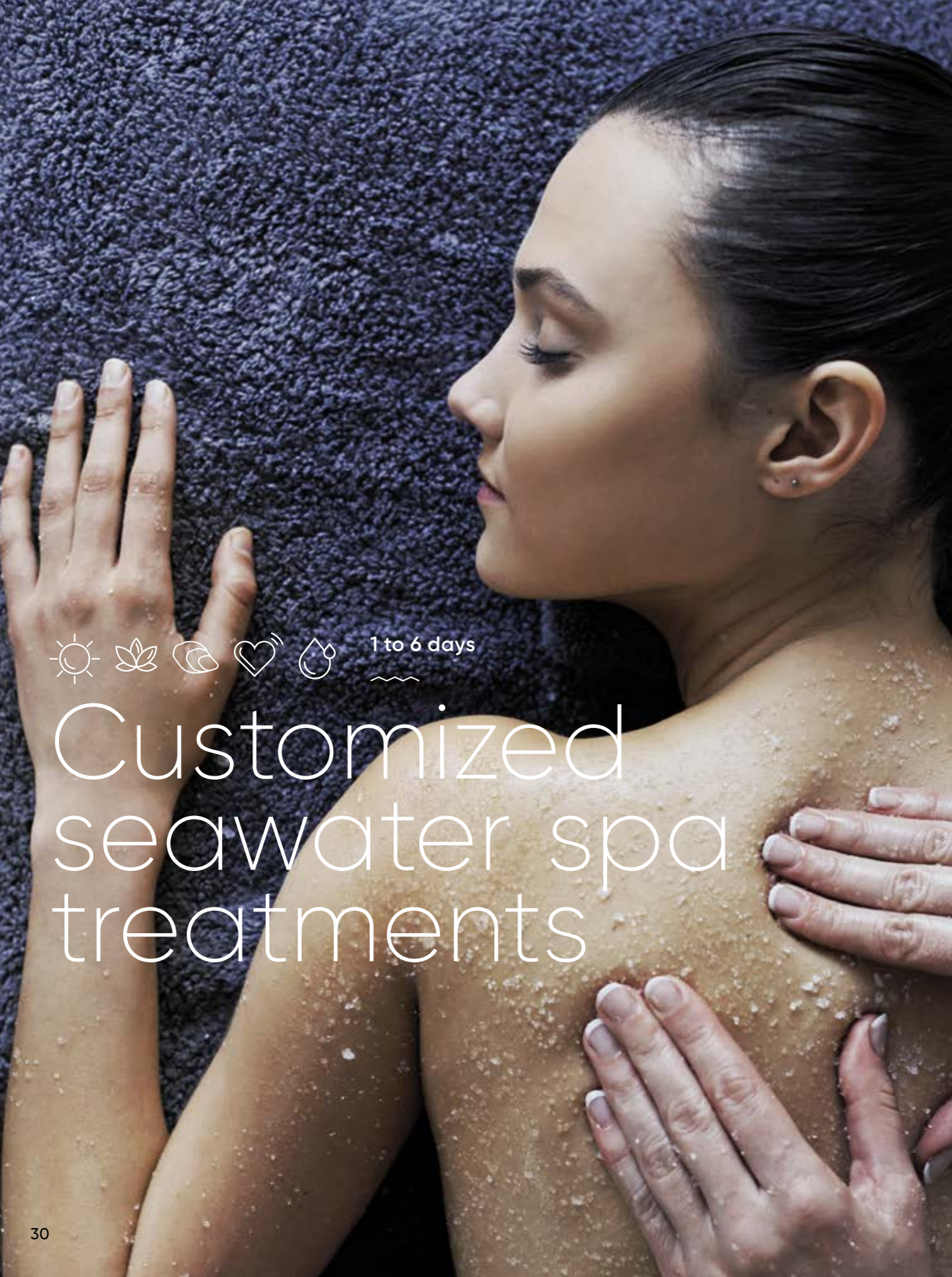
- 1 maquis-scented body scrub with salts, oils and Corsican plants

Purify and relax

- 4 hydromassage seawater baths with floral waters
- 1 purifying seawater bath with floral waters
- 2 sensory-awakening hydrojet sessions
- 4 remineralizing seaweed wraps with Corsican essential oils

Let go and awaken the senses

- 2 massages with Corsican essential oils (50 min)
- 1 U Monte e Mare Signature massage (50 min)
- 1 Aroma Lift facial massage for her (25 min)
- 1 invigorating scalp massage or foot massage for him (25 min)



☀️ 🌸 🌀 📖 💧 1 to 6 days

Customized seawater spa treatments

1 to 6 days

Customized seawater spa treatments



Wellness Your Way

I WANT TO DESIGN MY OWN PROGRAM.

FROM 1 DAY / 4 TREATMENTS PER DAY / 1 NIGHT INCLUDING 2 MEALS PER DAY

FROM
€310
PER PERSON*

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 (1), an expert will help you find that just-right balance between your needs and desires.

EACH DAY

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



Serenity

- Energy & serenity massages (25 min)
- Sensory-awakening hydrojet session



Detox

- Essential slimming seawater spa treatments



Recovery

- Marine body wraps



Radiance

- Thalassa sea & skin** body scrubs
- Thalassa sea & skin** facials: Souffle de Fraîcheur and Souffle d'Éternité

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

(1) At least 10 days prior to your arrival.

* Classic room with a sea view 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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1 to 3 days



Stopovers

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

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

FROM
€200
PER PERSON*

FROM
€200
PER PERSON*
AND PER DAY

Energy Vitality

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

I WANT the key benefits of the seawater spa experience...
with revitalizing treatments.

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

Radiance

Isle of Beauty

FROM 1 DAY / 1 BEAUTY RITUAL / 1 NIGHT INCLUDING BREAKFAST

I WANT to relax between land and sea...
through the benefits of the sea and plants from the maquis.

- Each day:
- essential seawater spa treatments
 - 1 Spa or Beauty treatment (50 min) to choose from:
Signature U Monte e Mare massage or facial with essential oils

Serenity

Zen

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

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

- Each day:
- 2 essential seawater spa treatments
 - 1 vichy shower massage or sculpting massage

Serenity

Sea & Spa

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

I WANT a luxuriously pampering break...
with seawater and spa treatments.

- Each day:
- essential seawater spa treatments
 - 1 beauty treatment or 1 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.

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   1 to 3 days
Stopovers

Only have a few days?

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 techniques and cosmetics enriched with active marine ingredients.

Leonor Greyl
PARIS

Uncontested specialist brand for natural hair products.

jane iredale
THE SKIN CARE MAKEUP®

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

HydroPeptide®
CLINICAL RESULTS + LUXURY EXPERIENCES

EXCLUSIVE

HydroPeptide has revolutionized skin care through the power of peptides. These messenger molecules work on a cellular level to increase hydration, visibly reduce lines and wrinkles, and enhance the skin's natural glow and radiance.

Corsica Pam

Produces organic essential oils and floral waters from the local wildflowers and aromatic plants of the Corsican maquis at their distillery near Ajaccio.

Our treatment menu has everything you 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.

SERENITY TREATMENTS

Experience the latest techniques to help you unwind.

INFORMATION
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For the greatest choice, book your treatments in advance.

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Visiting the Area

At Sofitel Golfe d'Ajaccio Thalassa sea & spa, all the wonders of Corsica are at your doorstep. Discover the beauty of its forests, mountains, vineyards and crystal-clear turquoise waters. Our Concierge Service is on hand to let you in on the island's hidden treasures and share insider knowledge on the best things to see and places to explore.

Downtown Ajaccio

Just 30 minutes away, with its museums, monuments, theaters, shops, exhibitions, crafts and so much more. The birthplace of Napoleon Bonaparte, Ajaccio regularly plays host to traditional, sporting and cultural events.

Sea or mountains?

Whatever you are in the mood for, and depending on the season, you can go snowshoeing, kayaking, scuba diving or water skiing. Facing the hotel are the Sanguinaires Islands, easily reached by boat for a breathtaking day out. Venturing further inland, the maquis opens up and unveils more treasures, such as the Coti forest and Prunelli valley.

From the air,

Corsica reveals its wildest beauty. Take to the sky from our private heliport and enjoy the most magical of outings.

The contrast between the sea and mountains, the color palettes of the water and the beauty of the maquis... These are some of the wonders that await you. The start of a journey.

From the sea,

Embark on an exceptional excursion on a Sea Water 25 (rigid inflatable boat) or jet ski. Set out to discover the Gulf of Ajaccio's most beautiful beaches, the Scandola Nature Reserve or the Calanches of Piana. The treasures of the Isle of Beauty are yours to behold.

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.

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.

VICHY SHOWER / Soothe your senses

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. It is particularly recommended for those suffering from extreme fatigue.

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 the desired effect. This precise treatment relaxes your muscles, stimulates circulation and tones your body.

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 purifying effect and to get rid of cellulite.

SEAWEED WRAP / A cocktail of active ingredients and minerals

Laminaria to revitalize or fucus to detoxify and slim. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

SENSORY AWAKENING HYDROJET / A sensory waterbed massage

Lying on a waterbed, your entire body is massaged by two powerful jets of water, from your neck to your ankles. The Wellsystem Spa creates a new world of multi-sensory relaxation using ionized air, relaxing music and collagen-light therapy.

VICHY SHOWER MASSAGE / A multisensory experience

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the manual massage.

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.

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.

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 aerobics, hydrotherapy pool session and more. Toning or relaxing sessions to improve your flexibility, stamina or muscle strength. 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

Pilates, Aero Latino, BodySculpt and more. These targeted sessions, either gentle or toning, greatly increase flexibility and muscle strength.

OUTDOOR ACTIVITIES / A breath of fresh air

Power walking along the beach. These invigorating walks along the seashore offer a gentle, holistic workout that uses all your major muscle groups while reoxygenating your system.

RESPIROLOGY / Breath control

"Bulle d'Air" in the pool, for intense letting go, "Terre Mer" in the fitness area, to learn about the benefits of controlled breathing, and "Énergie" in the open air, to control your emotions and drive. Three exclusive sessions to improve your equilibrium, vitality and serenity.

Innovative treatments

A new treatment, the latest-generation equipment... Little things can make a huge difference.

EXCLUSIVE AQUATIC OSTEOPATHY /

Exclusive to Corsica

This treatment draws on the buoyancy of seawater, heated to 33°C, which allows the osteopath to quickly and gently target problem areas while you float weightlessly in this warm pool. This innovative therapy is highly effective for chronic pain.

BOOT CAMP / Intense physical training

Boot Camp is the latest trend in outdoor sports. Take the challenge and test your limits during a personal training or group session. The goal: muscle strengthening, slimming and detox.

Golfe d'Ajaccio Signature treatments

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

EXCLUSIVE HYDROPEPTIDE SIGNATURE / anti-aging treatment

The HydroPeptide signature anti-wrinkle treatment offers a luxurious and relaxing experience that is clinically effective with no post-treatment downtime. Peptides ensure a restorative and lifting action on the skin thanks to their growth promoting and protein activating properties. Starting with a two-step facial peel incorporating Vitamin C-infused microdermabrasion crystals and an active plumping ingredient, the skin is left refreshed and more radiant. A hybrid mask treatment follows to purify and firm your skin and erase tell-tale signs of aging. Lines and wrinkles don't stand a chance with this anti-aging treatment!

CORSICAN MASSAGE / "U Monte E Mare"

This massage will take you on a journey across the Isle of Beauty. It alternates between an invigorating back massage (the Corsican mountains) and a gentle massage of the face and stomach (the Mediterranean Sea) for a unique, deeply relaxing experience.

DOLCE PIACERE / A gently moisturizing treatment

An ideal treatment for dry, dehydrated skin and for stimulating the senses. Using donkey milk and Corsican honey, this treatment will leave your skin soft, silky and perfectly moisturized.



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To make a purchase, go to www.bon-cadeau.thalassa.com

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THALASSA
GOLFE D'AJACCIO
SOFITEL

Golfe d'Ajaccio
Domaine de la Pointe
20166 Porticcio - Corse

Information and bookings
+33 (0)4 95 29 40 00

H0587-re@sofitel.com



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