



## RELAXING STAY IN FRANCE'S EMERALD LAND

Dinard is an elegant resort town with a distinctly British charm. Our Thalassa Dinard resort is built upon a bed of granite on the Pointe de Saint Enogat headland and faces the famous walled city of Saint Malo. It was fully renovated in 2010, making it the ideal location for a relaxing getaway on the French Atlantic coast.

### FOR AN UNFORGETTABLE STAY

- > A **fully-renovated** hotel and thalassotherapy centre for greater comfort and enjoyment
- > A gorgeous view within walking distance of Saint Malo
- > Less than one hour by car from the extraordinary Mont Saint Michel

### PROGRAMMES AVAILABLE AT DINARD

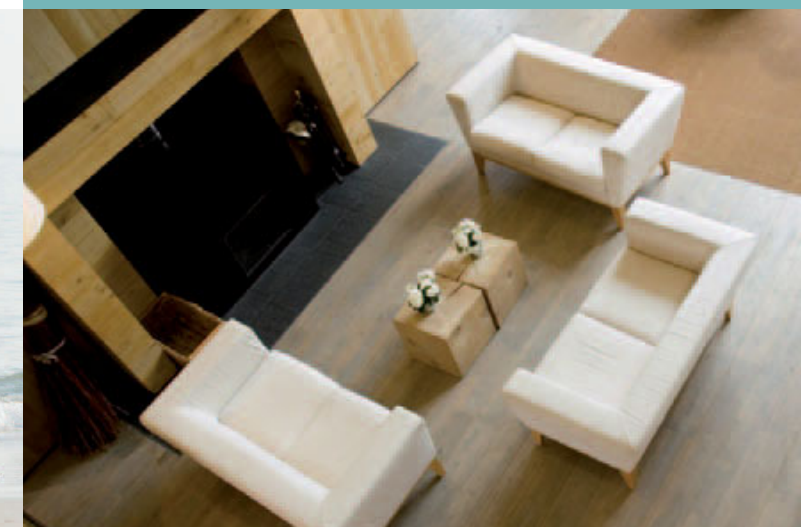
- > PROGRAMMES. Harmony, Vitality, Feminine Serenity, Slimming, Health, and Sea of Sleep
- > MINI-WEEKS. Vitality
- > GETAWAYS. Newcomer Getaway and Condensed Getaway
- > PAMPERING MOMENTS. Fitness, Beauty, Zen, and Makeover



### RENOVATED SITE

> ABSOLUTE TRANQUILITY IN CALMING, PEACEFUL SURROUNDINGS





## THALASSOTHERAPY CENTRE **RENOVATED**

Our thalassotherapy centre has recently been renovated with a soothing decor, ergonomic wet treatment rooms, new multipurpose treatment rooms, and a new herbal tea room with a terrace. Our Beauty Centre offers pampering face and body treatments using Salin de Biosel, René Furterer, and Aquascience products, while our Fitness Centre houses the latest equipment to help you shape and tone your body.

## HOTEL **RENOVATED**

>**The Novotel Thalassa Dinard hotel** was fully renovated in 2010 to reflect the grandiose style of Saint Enogat. Its rooms, reception area, library, hallways, and bar have been remodelled to provide greater comfort and make your stay an unforgettable experience. The hotel has 106 rooms with a sea view, including 45 rooms with private lounge chairs and direct access to a coastal walking trail, and 67 spacious rooms in the Emerald Wing.

## DINING

>**The La Frégate restaurant**, whose open-air balcony offers a panoramic view of Cézembre Island, proposes a selection of savoury, inventive seafood dishes.

>**The La Goélette restaurant** offers delicious low-calorie meals that won't undermine all your weight-loss efforts!

## ACTIVITIES

>**Onsite\***. Lighted tennis courts, bicycles and mountain bikes available for rent.

>**Nearby\***. 18-hole golf course with a sea view, diving centre, windsurfing, catamarans, sea kayaking, go-carts, equestrian centre, walks along a sandy beach, a casino, a night club, and a cinema. Excursions to Saint Malo, Dinan, Cap Frénel, and Mont Saint Michel as well as guided tours of the Palais des Arts et du Festival.

\* Additional fee required.

### A THOUGHT FOR THE PLANET

We recently began using smaller seawater storage containers so as to avoid wasting energy to heat unneeded seawater and store it at high temperatures.

### GETTING THERE

**BY CAR:** Take the A11 or A14-A13 from Paris

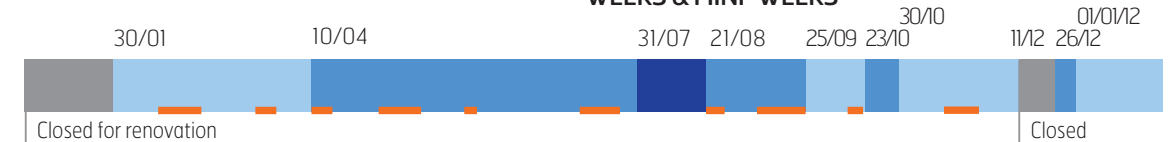
**BY TRAIN:** Paris Montparnasse–Saint Malo (high-speed train, 3h00).

**BY PLANE:** One hour from Paris to Rennes, then 45 mins from the Rennes airport.

### THALASSA DINARD

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E-mail: h1114@accor.com



## WEEK-LONG PROGRAMME - 8 days / 7 nights with half-board accommodation and 6 days of treatments - Prices per person (in euros)

**FROM €1,215**

LOW SEASON
MID SEASON
HIGH SEASON
<b>SPECIAL OFFERS*</b>

### > VITALITY PROGRAMME: 24 treatments (including 18 individual), 4 per day – Prices per person

**VITALITY P.18**

**Boost your energy and vitality**  
> 24 treatments, 4 per day

Half-board accommodation:  
Room categories available

Ground floor – Emerald Wing**
First floor – Emerald Wing**
Junior Suite – Emerald Wing**
Privilege Sea View***
Executive Sea View***
Suite

Double room			Single room		
LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON
1,215	1,285	1,425	1,530	1,600	1,740
1,285	1,450	1,580	1,600	1,765	1,895
1,355	1,520	1,650	1,670	1,835	1,965
1,495	1,660	1,790	1,810	1,975	2,105
1,495	1,835	1,930	1,810	2,150	2,245
2,020	2,360	2,455	2,335	2,675	2,770

Prices for companions with no treatments

LOW SEASON	MID SEASON	HIGH SEASON
630	700	840
700	770	840
770	840	910
875	980	1,050
875	1,120	1,190
1,400	1,645	1,645

Full-board supplement – Per night, per person + €26

Full-board supplement, low-calorie meals – Per night, per person + €40

### > OUR EXCLUSIVE TARGETED PROGRAMMES

Supplement on top of the price of the Vitality programme – Prices per person

HARMONY P.16	FEMININE SERENITY P.20	SLIMMING* P.22	HEALTH P.24	SEA OF SLEEP P.35
<b>Relax &amp; unwind</b> > 30 individual treatments (5 per day), including a daily sculpting massage	<b>Treat yourself and rebalance your body</b> > 24 treatments, 2 wellness appointments <b>NEW!</b>	<b>Slim and sculpt your body</b> > 30 treatments (5 per day), 3 wellness appointments > 3 low-calorie meals daily	<b>Feel young and fit</b> > 24 treatments including 12 given by a physiotherapist	<b>Learn the essentials of a refreshing night's sleep</b> > 19 treatments and 11 "Sleep Better" or "Let Go" sessions"
<b>+ €330</b>	<b>+ €210</b>	<b>+ €520</b>	<b>+ €150</b>	<b>+ €270</b>

\* Includes mandatory full-board accommodation with low-calorie meals. Prices given are for Sunday arrivals; contact us for prices for arrivals on other days of the week.

## VITALITY MINI-WEEK - 6 days / 5 nights with half-board accommodation and 4 days of treatments - Prices per person (in euros)

**FROM €860**

16 treatments (including 12 individual), 4 per day

**MINI-WEEK P.38**

**Focus on feeling great**  
> 16 treatments, 4 per day

Half-board accommodation:  
Room categories available

Ground floor – Emerald Wing**
First floor – Emerald Wing**
Junior Suite – Emerald Wing**
Privilege Sea View***
Executive Sea View***
Suite

Double room			Single room		
LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON
860	925	1,010	1,085	1,150	1,235
910	1,010	1,100	1,135	1,235	1,325
960	1,060	1,155	1,185	1,285	1,380
1,060	1,160	1,250	1,285	1,385	1,475
1,060	1,260	1,320	1,285	1,485	1,545
1,435	1,635	1,695	1,660	1,860	1,920

Prices for companions with no treatments

LOW SEASON	MID SEASON	HIGH SEASON
450	485	585
500	570	635
550	620	635
625	720	770
625	820	835
980	1,145	1,175

Full-board supplement – Per night, per person + €26

Full-board supplement, low-calorie meals – Per night, per person + €40

**\*SPECIAL OFFERS**  
See pages 132 -135

**FOR INFORMATION & RESERVATIONS**

WWW.THALASSA.COM

**+33 (0) 825 00 77 77** (€0.15/min from France)

Monday to Friday, 9am to 7.30pm

Saturday, 9am to 6pm

**GETAWAYS**

LOW SEASON	MID SEASON	HIGH SEASON
30/01 to 07/04/2011	08/04 to 21/04/2011	22/04 to 24/04/2011
23/09 to 20/10/2011	25/04 to 31/05/2011	01/06 to 04/06/2011
01/11 to 09/11/2011	05/06 to 09/06/2011	10/06 to 12/06/2011
13/11 to 10/12/2011	13/06 to 07/07/2011	08/07 to 20/08/2011
01/01/12 to 31/01/2012	21/08 to 22/09/2011	28/10 to 31/10/2011
	21/10 to 27/10/2011	10/11 to 12/11/2011
	26/12 to 31/12/2011	

Closed from 11/12 to 25/12/2011

**PAMPERING MOMENTS TO MAKE THE MOST OF YOUR STAY.**

Supplement on top of the price of a week-long programme or mini-week – Prices per person

FI <sup>IT</sup> NESS MOMENT	P. 36	BEAU <sup>T</sup> Y MOMENT	P. 37	MAKEOVER MOMENT	SERENI <sup>T</sup> Y MOMENT
	<b>Get in shape and tone up with a personal trainer</b> > 5 personal exercise sessions and a fitness assessment		<b>Cleanse, moisturize, and nourish your skin for a healthy glow</b> > 1 facial, 1 body scrub, and 1 massage		<b>Expert advice for the perfect look</b> >2 appointments with an image consultant, 1 facial, 1 body scrub
<b>+ €95</b>		<b>+ €140</b>		<b>+ €220</b>	<b>+ €130</b>
					
					<b>Release tension and find peace of mind</b> > 1 Bach flower remedy session, 1 guided relaxation session, 1 Indian foot massage

**GETAWAYS** – From 3 days / 2 nights with half-board accommodation and 2 days of treatments (6 treatments) – Prices per person (in euros)

> **NEWCOMER GETAWAY: 3 days / 2 nights with half-board accommodation and 2 days of treatments (6 treatments)**

A shortened version of the full Vitality programme with 3 hydrotherapy treatments per day

Half-board accommodation: Room categories available	Double room			Single room			Prices for comp. with no tmnts		
	LS	MS	HS	LS	MS	HS	LS	MS	HS
Ground floor – Emerald Wing**	320	370	390	410	460	480	180	200	210
Privilege Sea View***	380	440	470	470	530	560	240	270	290
Executive Sea View***	400	460	490	490	550	580	250	290	300

Full-board supplement – Per night, per person **+ €26**

> **NEWCOMER GETAWAY: 4 days / 3 nights with half-board accommodation and 3 days of treatments (9 treatments)**

A shortened version of the full Vitality programme with 3 hydrotherapy treatments per day


Half-board accommodation: Room categories available	Double room			Single room			Prices for comp. with no tmnts		
	LS	MS	HS	LS	MS	HS	LS	MS	HS
Ground floor – Emerald Wing**	480	555	585	615	690	720	270	300	315
Privilege Sea View***	570	660	705	705	795	840	360	405	435
Executive Sea View***	600	690	735	735	825	870	375	435	450

Full-board supplement – Per night, per person **+ €26**

**FROM €320**

> **ZEN OR BEAUTY CONDENSED GETAWAY: 3 days / 2 nights with half-board accommodation and 2 days of treatments (6 treatments)** – Prices per person (in euros)

ZEN CONDENSED GETAWAY	P.39
	<b>6 zen treatments: Calm your mind and release pent-up stress</b>
	3 relaxing and soothing treatments, 3 hydrotherapy treatments
Supplement on top of the price of the 3 day / 2 night Newcomer Getaway with half-board accommodation and 2 days of treatments: <b>+ €60</b>	

BEAUTY CONDENSED GETAWAY	P.39
	<b>6 beauty treatments: Rejuvenate your body and give your skin a radiant glow</b>
	3 beauty treatments, 3 hydrotherapy treatments
Supplement on top of the price of the 3 day / 2 night Newcomer Getaway with half-board accommodation and 2 days of treatments: <b>+ €90</b>	

**Contact us for the supplement for the 4 day / 3 night Zen or Beauty Condensed Getaway with half-board accommodation and 3 days of treatments (9 treatments total).**

\*\* Rooms in the Emerald Wing facing east with a garden view or facing west with a view of Hébert Chateau.

\*\*\* Privilege rooms have a shower, Executive rooms have a bathtub.

**For you:** Cable TV, Wi-Fi, direct phone line, mini-bar, safe, hairdryer, bathroom with separate toilet (except in rooms for the disabled), dry cleaning service, luggage room, 24-hour room service.

**For your children:** • Children under 16 stay free when sharing a room with their parents • Cots, children's beds, bottle warmers, and changing tables available. Children's menus and child seats available at our restaurants.