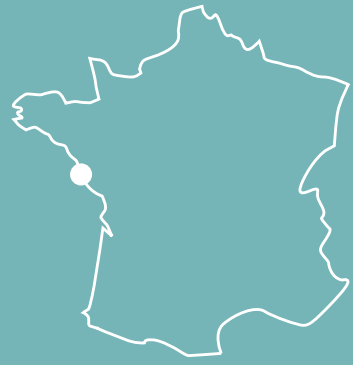


Les Sables d'Olonne



HEALTH & WELL-BEING ON THE ATLANTIC COAST

The town of Sables d'Olonne (Olonne Sands) is nestled between white sandy beaches, gentle dunes, and vibrant pine trees. Its calm, sunny location provides the perfect setting to enjoy state-of-the-art thalassotherapy treatments while marvelling at an endless sea view.

FOR AN UNFORGETTABLE STAY

- >An ideal location alongside quaint towns and unspoilt beaches
- >Reputed physical fitness experts
- >One hour from Puy du Fou, a renowned amusement park
- >Direct high-speed train connection from Paris

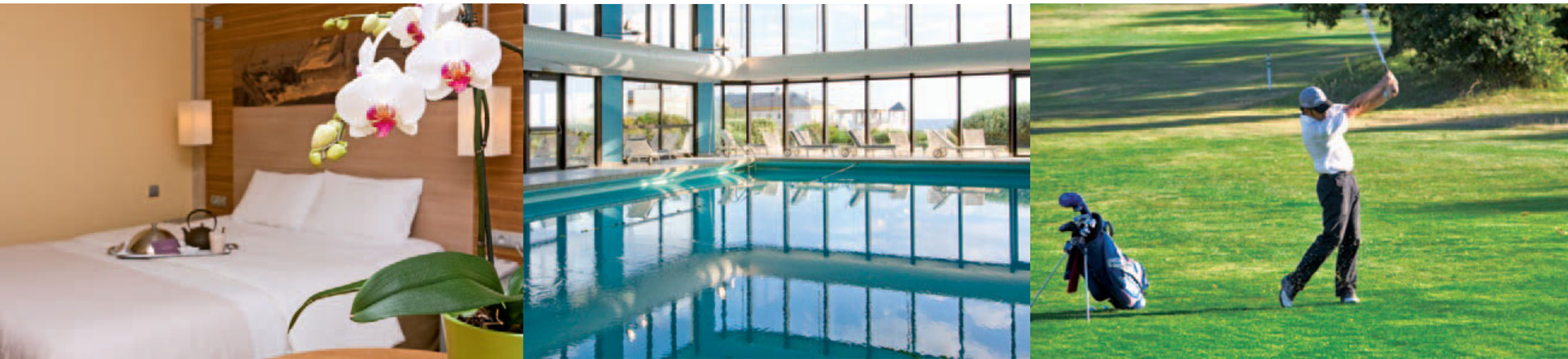
PROGRAMMES AVAILABLE AT LES SABLES D'OLONNE

- >PROGRAMMES. Harmony, Vitality, Slimming, Health, Ocean Fitness, and Silence of the Sand
- >MINI-WEEKS. Vitality
- >GETAWAYS. Newcomer Getaway and Condensed Getaway
- >PAMPERING MOMENTS. Fitness, Beauty



>DEEP RELAXATION BY THE SEA





THALASSOTHERAPY CENTRE

The experienced staff at our luminous thalassotherapy centre will melt away your tension with soothing massages, and restore your well-being with revitalizing treatments. Visit our Beauty Centre for exclusive treatments using Decléor and Aquascience products, and stop at our Fitness Centre to take advantage of the latest high-performance exercise equipment.

New! We now offer Do-In and Pilates classes.

HOTEL

>The Mercure Thalassa Sables d'Olonne hotel, attached directly to the thalassotherapy centre, is situated on one of France's most beautiful coastlines. Its 100 air-conditioned rooms are spread across three floors, and overlook either the sea or the rambling pine forest just behind the hotel. 64 of the rooms are doubles or singles; the remaining 36 have twin beds, including 3 rooms for disabled guests.

DINING

>The Le Grand Large restaurant offers a wide range of sumptuous dishes with a focus on fresh seafood. You can also sign up for a package of three meals daily designed by our staff nutritionist.

>At the Le Péruse bar enjoy sprightly cocktails that are as inventive as they are delicious.

ACTIVITIES

>Onsite*. Gym, aquagym, bicycles, mountain bikes, and live music.

>Nearby*. Two 18-hole golf courses, tennis courts, sea fishing, catamarans, surfing, windsurfing, underwater diving, horseback riding, walks along a supervised natural beach, bowling, go-carts, night club, casinos, and cinema. Excursions to nearby salt marshes and the Salt Road.

* Additional fee required.

A THOUGHT FOR THE PLANET

Our resort has been ISO 14001 certified since 2006 thanks to our reduced water and energy consumption, recycling efforts, seawater waste controls, and measures to increase environmental awareness among our staff and guests.

GETTING THERE

BY CAR: Take the A11 (A87) from Paris.

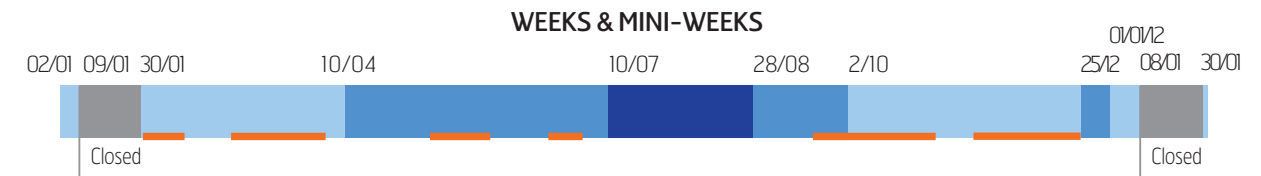
BY TRAIN: Paris–Les Sables d'Olonne (high-speed train, 3h18).

BY PLANE: 1h15 from Nantes International Airport.

THALASSA LES SABLES D'OLONNE

+33 (0)2 51 21 77 77


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 CS 20 339 - 85 109 Les Sables d'Olonne Cedex
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 E-mail: h1078@accor.com



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

FROM €1,100

> **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	Double room			Single room			Prices for companions with no treatments					
		LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON			
	Standard	1,100	1,220	1,320	1,310	1,430	1,530	630	700	770			
	Rising View	1,135	1,255	1,355	1,345	1,465	1,565	665	735	805			
	Sea View	1,275	1,360	1,530	1,485	1,570	1,740	805	840	980			
	Superior Sea View	1,310	1,395	1,565	1,520	1,605	1,775	840	875	1,015			
		Full-board supplement – Per night, per person			+ €32			Full-board supplement, low-calorie meals – Per night, per person			+ €35		

> OUR EXCLUSIVE TARGETED PROGRAMMES

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


HARMONY P.16 	SLIMMING* P.22 	HEALTH P.24 	OCEAN FITNESS P.34 	SILENCE OF THE SAND P.35 
Relax & unwind > 30 individual treatments (5 per day), including a daily sculpting massage	Slim and sculpt your body > 30 treatments (5 per day), 3 wellness appointments > 3 low-calorie meals daily	Feel young and fit > 24 treatments including 12 given by a physiotherapist	Physical fitness by the ocean > 16 treatments, 3 health assessments, 6 supervised exercise sessions, 1 osteopathy session	Quiet and tranquillity to soothe your spirit > 24 treatments and 6 individual relaxation sessions
+ €270	+ €515	+ €210	+ €270	+ €270

* 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 €815

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	Double room			Single room			Prices for companions with no treatments					
		LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON	LOW SEASON	MID SEASON	HIGH SEASON			
	Standard	815	920	1,000	965	1,070	1,150	495	560	620			
	Rising View	845	950	1,025	995	1,100	1,175	525	590	645			
	Sea View	915	1,005	1,075	1,065	1,155	1,225	595	645	695			
	Superior Sea View	940	1,030	1,100	1,090	1,180	1,250	620	670	720			
		Full-board supplement – Per night, per person			+ €32			Full-board supplement, low-calorie meals – Per night, per person			+ €35		

***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
02/01 to 08/01/2011	08/04 to 21/04/2011	22/04 to 24/04/2011
30/01 to 07/04/2011	25/04 to 28/04/2011	29/04 to 30/04/2011
02/10 to 20/10/2011	01/05 to 05/05/2011	06/05 to 07/05/2011
01/11 to 10/11/2011	08/05 to 01/06/2011	02/06 to 04/06/2011
13/11 to 22/12/2011	05/06 to 09/06/2011	10/06 to 12/06/2011
01/01/12 to 07/01/2012	13/06 to 7/07/2011	08/07 to 27/08/2011
	28/08 to 01/10/2011	
	21/10 to 31/10/2011	
	11/11 to 12/11/2011	
	23/12 to 31/12/2011	

Closed from 09/01 to 29/01/2011 inclus

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 TNESS MOMENT	P. 36	BEAU TY MOMENT	P. 37
	Get in shape and tone up with a personal trainer > 5 personal exercise sessions and a fitness assessment		Cleanse, moisturize, and nourish your skin for a healthy glow > 1 facial, 1 back treatment, and a reflexology foot massage
+ €65		+ €165	

FROM €310

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
Standard	310	340	370	370	400	430	180	200	230
Rising View	320	350	380	380	410	440	190	210	240
Sea View	340	370	400	400	430	460	210	230	260
Superior Sea View	350	380	410	410	440	470	220	240	270

Full-board supplement – Per night, per person **+ €32**

Contact us for prices for the 4 day / 3 night Newcomer Getaway with half-board accommodation and 3 days of treatments (9 treatments total)

> WEEKEND*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
Standard	340	370	400	400	430	460	200	220	250
Rising View	350	380	410	410	440	470	210	230	260
Sea View	370	400	430	430	460	490	230	250	280
Superior Sea View	380	410	440	440	470	500	240	260	290


Full-board supplement – Per night, per person **+ €32**

*Valid Friday nights, Saturday nights, eves of public holidays, and on public holidays

> 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
	6 zen treatments: Calm your mind and release pent-up stress 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: **+ €60**

BEAUTY CONDENSED GETAWAY	P.39
	6 beauty treatments: Rejuvenate your body and give your skin a radiant glow 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: **+ €90**

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).

For you: Satellite TV, Wi-Fi, mini-bar, safe, hairdryer, bathroom with separate toilet, dry cleaning service, luggage room, 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.