



RELAX & UNWIND ON THE LUMINOUS ISLAND

Île d'Oléron (Oléron Island) is famous for its gorgeous sandy beaches and pristine natural habitats. Our Thalassa Île d'Oléron resort is located on the southern tip of the island with one side overlooking the exquisite Gatseau beach and the other bordered by the Saint Trojan-les-Bains forest. This off-the-beaten-path resort provides a calm, relaxing environment to enjoy the full benefits of your thalassotherapy treatments.

FOR AN UNFORGETTABLE STAY

- >An exceptional beachfront location isolated from the stress of city life
- >Magical, authentic, and well-preserved natural surroundings
- >A soothing decor comprised of natural wood, driftwood, and sienna, designed to put your mind and body at ease.

PROGRAMMES AVAILABLE AT OLERON

- >PROGRAMMES. Harmony, Vitality, Feminine Serenity, Slimming, Health, Detox, and Back to Back
- >MINI-WEEKS. Vitality
- >GETAWAYS. Newcomer Getaway and Condensed Getaway
- > PAMPERING MOMENTS. Beau^{ty} and Connec^t



>AN OASIS OF PEACE AND TRANQUILITY





THALASSOTHERAPY CENTRE

At our thalassotherapy centre, our friendly, expert staff will pamper you with relaxing, rejuvenating, and personalized treatments throughout your stay. Our Beauty Centre uses luxurious Dermalogica and Aquascience products and offers treatments to be savoured alone or as a couple. Our Fitness Centre is packed with the latest exercise equipment to keep you fit and trim. **New!** We now offer endermologie treatments and Pilates classes.

HOTEL

>**The Novotel Thalassa hotel**, close to downtown Saint Trojan-les-Bains, faces the sea and sits in front of a 2,000-hectare forest. Its 109 rooms all come with a balcony overlooking the sea or pine forest, a large double bed (or two single beds), and a large shower. Four of the rooms are equipped with facilities for disabled guests. The hotel is connected to the thalassotherapy centre and a heated seawater pool. Pets are allowed in rooms only.

DINING

>Dine on the terrace of our **Le Pertuis restaurant** and savour tasty local specialties in front of a stunning sea view. The restaurant's many choices include a sumptuous seafood buffet and a specially-designed low-fat menu. We also offer calorie-controlled meals as part of a full-board package for guests following the Slimming programme or anyone wishing to eat lightly.

ACTIVITIES

>**Onsite.** Aquagym, muscle toning on the beach, speed walking in the forest, bike rides*, badminton, tennis half-courts, mini-golf for children, and bicycle rentals*. We also offer seminars on healthy eating and low-fat cooking workshops, and the opportunity to meet with an oyster farmer.

>**Nearby.** Tennis courts*, equestrian centre*, 9-hole golf course*, swimming centre*, and numerous bike paths.

* Additional fee required

A THOUGHT FOR THE PLANET

Our thalassotherapy centre is ISO 14001 certified and uses solar panels to generate some of its hot water.

GETTING THERE

BY CAR: Take the A6-E15-E5 from Paris or the A10-E5 from Bordeaux.

BY TRAIN: Paris–La Rochelle (high-speed train, 3h00), then a 1-hour taxi ride to the hotel.

BY PLANE: 1h15 from the La Rochelle airport.

THALASSA ILE D'OLÉRON

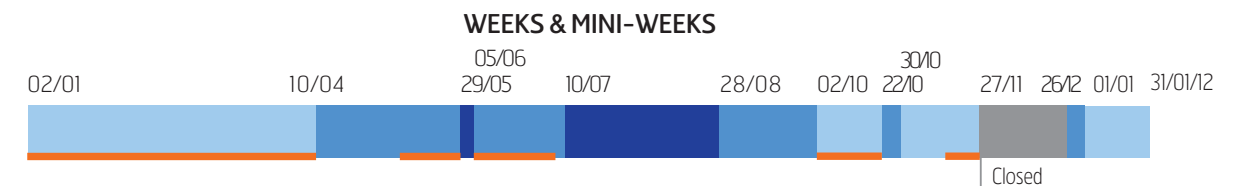
+33 (0)5 46 76 02 46

Plage de Gatseau

17370 St-Trojan-Les-Bains

E-mail: h0417@accor.com

Webcam: www.thalasso-oleron.info



FROM
€1,115

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

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

VITALITY P.18	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			
 Boost your energy and vitality > 24 treatments, 4 per day	Superior	1,115	1,250	1,380	1,290	1,425	1,555	560	665	735			
	Superior Forest View	1,185	1,320	1,450	1,360	1,495	1,625	630	735	805			
	Executive Forest View	1,255	1,390	1,520	1,430	1,565	1,695	700	805	875			
	Superior Sea View	1,290	1,530	1,660	1,465	1,705	1,835	735	945	1,015			
	Executive Sea View	1,395	1,600	1,730	1,570	1,775	1,905	840	1,015	1,085			
		Full-board supplement - Per night, per person			+ €29			Full-board supplement, low-calorie meals - Per night, per person			+ €29		

> 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	DETOX* P.35	BACK TO BACK P.35
Relax & unwind > 30 individual treatments (5 per day), including a different daily sculpting massage	Treat yourself and rebalance your body > 24 treatments, 2 wellness appointments NEW!	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	Purify your body > 24 treatments and 5 healthy living appointments > 3 detox or low-calorie meals daily	Soothe aching backs and relieve back pain > 24 treatments and 2 health and back assessments NEW!
+ €270	+ €210	+ €443	+ €150	+ €473	+ €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)

16 treatments (including 12 individual), 4 per day

FROM
€885

MINI-WEEK P.38	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			
 Focus on feeling great > 16 treatments, 4 per day	Superior	885	1,000	1,145	985	1,100	1,245	505	540	665			
	Superior Forest View	920	1,030	1,170	1,020	1,130	1,270	540	570	690			
	Executive Forest View	945	1,080	1,220	1,045	1,180	1,320	565	620	740			
	Superior Sea View	970	1,155	1,245	1,070	1,255	1,345	590	695	765			
	Executive Sea View	1,020	1,205	1,295	1,120	1,305	1,395	640	745	815			
		Full-board supplement - Per night, per person			+ €29			Full-board supplement, low-calorie meals - Per night, per person			+ €29		

***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 07/04/2011	08/04 to 01/06/2011	02/06 to 04/06/2011
02/10 to 21/10/2011	05/06 to 09/06/2011	10/06 to 12/06/2011
03/11 to 10/11/2011	13/06 to 07/07/2011	08/07 to 27/08/2011
13/11 to 26/11/2011	28/08 to 01/10/2011	22/10 to 02/11/2011
01/01 to 31/01/2012	26/12 to 31/12/2011	11/11 to 12/11/2011

Closed from 26/11 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

BEAUTY MOMENT	P. 37	CONNECTION MOMENT
	Cleanse, moisturize, and nourish your skin for a healthy glow > 2 facials and a 1-hour massage of your choosing	
+ €175		Enjoy a relaxing massage with your partner in our Spa Suite Duo > 1 duo relaxing massage and a tender moments ritual treatment
		Supplement for two people: + €345

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
Superior Forest View	310	340	420	350	380	460	190	210	260
Executive Forest View	320	350	440	360	390	480	200	220	280
Superior Sea View	340	390	450	380	430	490	220	260	290
Executive Sea View	360	420	470	400	460	510	240	290	310

Full-board supplement – Per night, per person **+ €29**

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
Superior Forest View	320	350	430	360	390	470	200	220	270
Executive Forest View	330	360	450	370	400	490	210	230	270
Superior Sea View	350	400	460	390	440	500	230	270	280
Executive Sea View	370	430	480	410	470	520	250	300	300


Full-board supplement – Per night, per person **+ €29**

*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: Cable TV, Wi-Fi, direct phone line, mini-bar, safe, hairdryer, bathroom with separate toilet, dry cleaning service, luggage room.

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.

See pages 136-137 for our General Terms and Conditions of Sale.