



THE EASY LIFE ON THE MEDITERRANEAN

Port Fréjus is a sunny port town sandwiched between idyllic sandy beaches and the mesmerizing blue water of the Mediterranean. At our Thalassa Port Fréjus resort, take advantage of this excellent location and mild Mediterranean climate to relax and revitalize with our first-class treatments, comfortable accommodation, and friendly staff.

FOR AN UNFORGETTABLE STAY

- >A sunny, cosy resort right on the beach
- >Two swimming pools: an indoor heated seawater pool and an outdoor freshwater pool
- >A nursery with trained staff
(for guests in the Mother & Baby programme)

PROGRAMMES AVAILABLE AT PORT FRÉJUS

- >PROGRAMMES. Harmony, Vitality, Slimming, Mother & Baby, Freedom, and Exotic Massages,
- >MINI-WEEKS. Vitality
- >GETAWAYS. Newcomer Getaway and Condensed Getaway
- >PAMPERING MOMENTS. Beau^oy, Sereni^oy



>AN ESCAPE FOR THE MIND,
A FEAST FOR THE SENSES





THALASSOTHERAPY CENTRE

Our thalassotherapy centre specialises in hydrotherapy treatments and offers a relaxation room and herbal tea room with stunning ocean views. Our Beauty Centre proposes soothing and invigorating massages from all over the world, as well as beauty treatments using Decléor, Aquascience, and René Furterer products. Our Fitness Centre, free of charge for thalassotherapy centre guests, contains everything you need to get—and stay—in shape.

HOTEL

>**The Mercure Thalassa hotel**, with direct access to the beach, has an outdoor freshwater pool surrounded by a beautifully landscaped garden. Its 116 rooms, including two Prestige rooms and four rooms for disabled guests, offer views of the ocean or marina. All have air conditioning and a veranda.

DINING

>**The Mercure Thalassa restaurant** serves delicious Mediterranean dishes made with regional and seasonal products. Calorie-controlled meals designed with the help of our staff physician are also available.

>**The hotel bar** overlooking the Port Fréjus marina proposes a wide variety of drinks, including house cocktails, as well as live music on Friday nights.

ACTIVITIES

>**Onsite.** Rooftop solarium and direct access to a public beach.

>**Nearby.** Fréjus zoo*, leisure centre*, natural coves (calanques), Provençal markets, 29 protected historical monuments, jet skiing*, parasailing*, go-carts*, Aqualand*, Lunapark*, equestrian centre*, underwater diving*, and canyoning.

* Additional fee required.

A THOUGHT FOR THE PLANET

As part of our water conservation efforts, we provide our guests with fresh towels only upon request.

GETTING THERE

BY CAR: Take the A6-A7-A8 from Paris or the A57 from Toulon or Nice.

BY TRAIN: Paris Gare de Lyon Saint Raphaël (4h30).

BY PLANE: Paris–Nice, 60 km from the Nice airport.

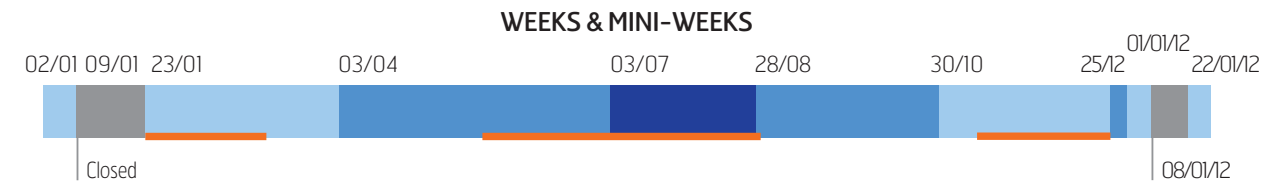
THALASSA PORT FRÉJUS

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

FROM €1,120

LOW SEASON
MID SEASON
HIGH SEASON
SPECIAL OFFERS*

> 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
	Breakaway	1,120	1,230	1,330	1,330	1,440	1,540	640	680	780
	Marina	1,190	1,300	1,400	1,400	1,510	1,610	710	750	850
	Sea View	1,295	1,405	1,575	1,505	1,615	1,785	815	850	950
		Full-board supplement - Per night, per person +€33			Full-board supplement, low-calorie meals - Per night, per person +€33					

> OUR EXCLUSIVE TARGETED PROGRAMMES

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


HARMONY P.16 	SLIMMING* P.22 	MOTHER & BABY P.26 	FREEDOM P.28 	EXOTIC MASSAGES P.32 
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	Bond with your new baby in a unique, unforgettable way > 26 treatments and 4 baby treatments. Includes nursery service	Luxurious treatments of your choosing > 24 individual treatments including 12 exceptional treatments	A sensory journey around the world > 27 treatments and 12 body relaxation workshops
+ €270	+ €471	+ €240	+ €300	+ €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.

FROM €820

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

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
	Breakaway	820	930	1,030	970	1,080	1,180	500	550	650
	Marina	920	1,030	1,130	1,070	1,180	1,280	600	650	750
	Sea View	995	1,110	1,210	1,145	1,260	1,360	675	730	830
		Full-board supplement - Per night, per person +€33			Full-board supplement, low-calorie meals - Per night, per person +€33					

***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	03/04 to 21/04/2011	Du 22/04 to 24/04/2011
23/01 to 02/04/2011	25/04 to 26/05/2011	Du 27/05 to 24/09/2011
01/11 to 10/11/2011	25/09 to 31/10/2011	Du 11/11 to 12/11/2011
13/11 to 24/12/2011	25/12 to 31/12/2011	
01/01 to 07/01/2012		
22/01 to 31/01/2012		

Closed from 09/01 to 22/01/2011 - from 08/01 to 21/01/2012

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

SERENITY MOMENT	BEAUTY MOMENT
 <p>Release tension and find peace of mind > 3 individual relaxation sessions with our staff sophrologist</p> <p>+ €115</p>	 <p>Cleanse, moisturize, and nourish your skin for a healthy glow > 1 facial, 1 body treatment, and 1 scalp treatment or sculpting massage</p> <p>+ €165</p>

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
Breakaway	310	365	385	375	430	450	190	230	250
Marina	350	405	425	415	470	490	210	250	270
Sea View	380	435	455	445	500	520	240	280	300

Full-board supplement – Per night, per person **+ €33**

> 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
Breakaway	465	550	580	565	645	675	285	345	375
Marina	525	610	640	625	705	735	315	375	405
Sea View	570	655	685	670	750	780	360	420	450


Full-board supplement – Per night, per person **+ €33**

FROM €310

> 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
 <p>6 zen treatments: Calm your mind and release pent-up stress</p>	<p>3 relaxing and soothing treatments, 3 hydrotherapy treatments</p>

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
 <p>6 beauty treatments: Rejuvenate your body and give your skin a radiant glow</p>	<p>3 beauty treatments, 3 hydrotherapy treatments</p>

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, room service.

For your children: • Children under 12 stay free when sharing a room with their parents • Nursery available year-round for babies between 3 and 8 months (under the Mother & Baby programme) • Cots, children's beds, bottle warmers, and changing tables available. Children's menus and child seats available at our restaurants