



# Thalassotherapy & Spa QUIBERON



SOFITEL THALASSA



[www.thalassa.com](http://www.thalassa.com)



## ESCAPE TO SOFITEL THALASSA

A brand new Thalassa Quiberon awaits you in 2011.

Throughout your invigorating or relaxing spa treatment, you will stay at the newly remodelled Sofitel Thalassa hotel equipped with plush, modern amenities. Its lounges, bar, terrace, and sea view rooms have all been revamped for greater comfort and serenity. Our two restaurants offer delicious, refined meals inspired by local seafood and regional specialities. Best of all, you won't have to worry about a thing—our entire staff and on-site wellness experts will do everything possible to make your stay as enjoyable and stress-free as possible.



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### Thalassa sea & spa Wellness Experts

Trust in our friendly experts for personalized health and fitness advice

> All of our employees—from our hotel reception staff and restaurant chefs to our skilled massage therapists, hydrotherapists, physiotherapists, and personal trainers—are on hand to cater to your every need. Schedule an appointment with any of our wellness experts to get professional tips on how to reach your personal goals. Or book a treatment with one of our talented therapists to melt away tension and listen to your body. Our attentive care will ensure that you get the very best that thalassotherapy has to offer.

### Protecting our coastal ecosystems

Our Thalassa Quiberon site is ISO 14001 certified, reflecting our numerous efforts to reduce water and energy consumption and our commitment to protecting the site's natural surroundings.

Thalassotherapy programmes

# THE ULTIMATE IN THALASSOTHERAPY

### Our luminous Quiberon thalassotherapy centre

Bright and spacious with an ideal seafront location, our Quiberon thalassotherapy centre has been designed to provide unparalleled comfort. Its soothing decor will put your mind at ease while our talented massage therapists, hydrotherapists, physiotherapists, aestheticians, and personal trainers will relax and tone your body. Unwind in our heated seawater pool or enjoy a treatment in one of our individual treatment rooms. Relaxation areas are also available where you can refresh and revitalize between treatments.

### Marine extracts

Crisp, invigorating **sea air** is reputed for its energising and stress-relieving properties. **Seawater** offers three lasting health benefits. First, it contains almost a hundred minerals (like magnesium, calcium, and potassium) and trace elements (like zinc, iron, fluorine, and iodine) essential for our bodies. Second, when used during spa treatments it improves flexibility and soothes painful joints. Finally, heated seawater regulates blood circulation and helps loosen muscles.

**Seaweed** is highly concentrated in minerals and trace elements. Warm seaweed wraps can revitalize your body and melt away built-up tension.





## THE RIGHT PROGRAMME FOR YOU

### Short stays

Get away from the daily grind and treat yourself to one, two, or three days of relaxing thalassotherapy and spa treatments at a gorgeous seaside location. Our professional staff will pamper you from head to toe with a programme tailored to your needs. Simply heaven for the body and soul.

### À la carte treatments

Our thalassotherapy and beauty centres offer a broad slate of treatments to supplement and personalize your stay—and target every problem area. Choose from a wide range of relaxing massages, curative marine treatments, moisturizing wraps, rejuvenating facials, and much more.

### Week-long programmes

Six days is the ideal length of time for a thalassotherapy treatment in order to ensure that the benefits will last four to six months. The first couple of days of your stay will be devoted to melting away stress and freeing your body of toxins, so that it is ready to absorb the marine extracts and benefit fully from your treatments the rest of the week. Our various thalassotherapy programmes are specially designed to satisfy all your needs and indulge your every whim. You'll be spoiled for choice!

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**>A WEEK OF HARMONY AND INNER PEACE**

Our Harmony programme lets you pick and choose from our large palette of hydrotherapy treatments, so that you can tailor the programme to your individual needs. It also offers you the opportunity to enjoy a relaxing massage every day. This programme will leave you feeling:

- >Calm and relaxed
- >Free of built-up tension
- >Regenerated and rejuvenated in the weeks following your stay

**>TO GET THE MOST OUT OF YOUR TREATMENTS**

Apply a moisturizer to your face and body every day to restore your skin's moisture levels and keep it glowing after the treatments.



- >FREEDOM OF CHOICE
- >INDIVIDUAL TREATMENTS
- >DAILY MESSAGES



**30 INDIVIDUAL TREATMENTS**

**5 per day for 6 days**

Alternating half-day treatments (morning and afternoon)

**Melt away tension**

- 6 relaxing massages (60 minutes)
- 3 underwater showers

**Rejuvenate your mind and body**

- 6 revitalizing seaweed wraps
- 12 individual hydrotherapy treatments, including: whirlpool baths, hydrojets, Vichy showers, jet showers, and pressotherapy treatments

**Replenish your skin**

- 1 body scrub\* on the first day to soften your skin and facilitate the absorption of marine extracts
- 2 nourishing face and body treatments\* for smooth, supple skin

The treatments provided are subject to availability. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.

\*Treatments last 30 minutes

## >A WEEK FOR RECHARGING YOUR BATTERIES

Our Vitality programme is designed to help you boost your long-term energy and overall well-being through the use of classic thalassotherapy treatments. Enjoy the benefits of a toned, revitalized body—even several months after your stay is over. This programme will leave you feeling:

- >Relaxed with an appeased mind and body
- >Healthy and fit
- >Relieved of fatigue for several months after your stay

## >TO GET THE MOST OUT OF YOUR TREATMENTS

Personalize your stay with one of our Pampering Moment<sup>o</sup>s, designed to meet every need and accommodate every desire. Our beauty Moment<sup>o</sup> will give you radiant, healthy-looking skin, our fitness Moment<sup>o</sup> will get you back in the gym with a personal trainer, and our expert Moment<sup>o</sup> will provide you with a complete wellness assessment as well as personalized advice for a healthier lifestyle. See page 11 for more information.



>VITALITY  
>RELAXATION  
>WELL-BEING



## 24 TREATMENTS

4 per day for 6 days

Alternating half-day treatments (morning and afternoon)

### Revitalize and rejuvenate your body

- 11 individual hydrotherapy treatments, including: whirlpool baths, Vichy showers, jet showers, hydrojets, and pressotherapy treatments
- 3 revitalizing seaweed wraps

### Unwind and release stress

- 3 relaxing or Vichy shower massages
- 1 underwater shower for sculpting and relaxing your muscles

### Tone and energize your body

- 6 water fitness sessions including: underwater jets, aquagym activities, and a hydrotherapy pool

The treatments provided are subject to availability. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.

## >A WEEK FOR IMPROVING YOUR LONG-TERM HEALTH AND WELL-BEING

Our Health programme combines hydrotherapy and physical therapy treatments that have been specially designed to soothe tired bodies. Our trained staff will customize the treatments to address your specific needs, whether related to back pain, sore muscles, or aching joints. This programme, which includes two therapeutic massages daily by a physiotherapist, will leave you feeling:

- >Stronger and more flexible
- >Equipped with the right stretches and exercises to help you feel younger longer

### >TO GET THE MOST OUT OF YOUR TREATMENTS

Enhance the effectiveness of our treatments with stretching and deep breathing exercises to keep your body in tip-top shape.



- >RELIEF FOR BACK PAIN  
& ACHING JOINTS
- >PERSONALIZED TREATMENTS
- >MASSEURS AND  
PHYSIOTHERAPISTS



## 24 TREATMENTS

4 per day for 6 days

Alternating half-day treatments  
(morning and afternoon)

Improve your health with the help  
of our physiotherapists

- 6 therapeutic massages from a physiotherapist
- 6 group physical therapy sessions in a swimming pool or fitness room

### Revitalize your body

- 12 individual hydrotherapy or algotherapy treatments targeted to your needs including:
  - 3 underwater showers
  - 3 seaweed or sea mud wraps
  - 6 hydrotherapy treatments including: whirlpool baths, Vichy showers, jet showers, hydrojets, and pressotherapy treatments

This programme can also include 18 treatments; contact the thalassotherapy centre for more details.

The treatments provided are subject to availability. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.

## >A WEEK OF LUXURIOUS TREATMENTS OF YOUR CHOOSING

Health, wellness, beauty, or relaxation—the choice is yours. Our Prestige & Freedom programme lets you pick exactly the treatments you want. Each day you can enjoy one massage, one beauty treatment, and two thalassotherapy treatments of your choosing. You will also be offered two exclusive treatments at the beginning and end of your stay. This programme will leave you feeling:

- >Invigorated from trying new activities
- >Fully relaxed and pampered
- >Healthier, fitter, and more radiant

## >TO GET THE MOST OUT OF YOUR TREATMENTS

Book a shampoo and blow-dry at the end of your stay to return home looking your absolute best.

\* The treatments provided are subject to availability. Treatments must be selected and reserved at least 10 days prior to arrival. See our list of treatments for more details about our massages and beauty treatments. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.



>SELECT TREATMENTS  
>FREEDOM & INDULGENCE  
>BEAUTY & RELAXATION



## 24 INDIVIDUAL TREATMENTS

Plus a beauty ritual at the beginning and end of your stay\*, 6 days

Alternating half-day treatments (morning and afternoon)

Prepare your skin at the beginning of your programme with either:

- **A Carita Satin Skin treatment (75 minutes):** a draining body scrub followed by a moisturizing massage for soft, radiant skin; or
- **A Sea Salt ritual (60 minutes):** a body scrub with sea salt and scented oils followed by a relaxing massage for smooth, glowing skin

### Classic thalassotherapy treatments

12 treatments from the following:

**Wraps:** revitalizing, slimming, moisturizing, detoxifying, sea mud

**Relaxing treatments:** Vichy shower, hydrojet, Vichy shower massage

**Baths:** whirlpool, micro-bubble

**Underwater showers:** relaxing, sculpting

**Jet showers:** toning, sculpting

**Drainage treatments:** pressotherapy treatments, leg toning wraps

### Select treatments

6 massages from the following:

- **Therapeutic massages** performed by a physiotherapist (30 minutes): Chinese or California massage, massage with essential oils, foot reflexology massage, lymphatic drainage
- **Relaxing massages (60 minutes):** full body relaxing massage, hot stone massage, traditional Thai massage, Japanese vibration massage

6 beauty treatments from the following:

**Facials:**

- **Carita Mythiques (60 minutes):** moisturizing facial, lifting firming facial
- **SkinCeuticals (60 minutes):** anti-ageing, anti-dark spot and skin radiance, soothing, intense hydration, skin perfecting for men

**Slimming treatments (30 minutes):**

- Sculpting massage, firming massage, Cellu M6® lipomassage

**Hair treatments:**

- **Relaxing scalp massage (30 minutes)**
- **Leonor Greyl rituals (75 minutes):** cult treatment with wheat germ oil, Quiberon treatment, treatment for men

**Beauty makeovers:**

- Manicure or pedicure with nail polish

NEW IN 2011!

>A WEEK FOR BRIGHTER, YOUNGER-LOOKING SKIN

Our Pure Radiance programme effectively rejuvenates your skin to give you a younger, healthy-looking glow. Pamper yourself from head to toe with a selection of effective, relaxing treatments we know you will enjoy:

- Luxurious SkinCeuticals treatments;
- massages;
- beauty treatments.

This programme will:

- >Firm your skin, boost radiance, and erase all traces of fatigue
- >Increase your natural beauty
- >Relax your body and revitalize your soul

\*The treatments provided depend on the centre's facilities and are subject to availability. See our list of treatments for more details about our beauty treatments. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.



>BEAUTY  
>RADIANCE AND YOUTH  
>RELAXATION



20 INDIVIDUAL TREATMENTS\*

6 days

Alternating half-day treatments (morning and afternoon)

Unwind at the beginning of your stay

- 1 sea salt body scrub followed by a relaxing scalp massage

Restore facial radiance and skin tone

- 1 complete SkinCeuticals programme including:
  - 1 anti-ageing skin diagnosis using a skinscope (60 minutes)
  - 1 anti-dark spot and skin radiance treatment (60 minutes)
  - 1 supreme anti-ageing restructuring treatment (90 minutes)
  - 1 soothing treatment (60 minutes)

Tone and moisturize your body

- 3 firming lipomassage sessions customized to treat your target areas
- Firming treatments:
  - 3 firming seaweed wraps (30 minutes)
  - 3 lifting and moisturizing massages (30 minutes)

Treat yourself to relaxing massages

- 1 hot stone massage
- 1 foot reflexology massage
- 1 back massage

Enhance your beauty

Choose from:

- Hair treatment: 1 capillary diagnosis, 2 Leonor Greyl treatments tailored to your needs, and a blow-dry at the end of your stay; or
- Manicure and pedicure plus a blow-dry at the end of your stay

## PAMPERING MOMENTS

To supplement and personalize your programme, we now offer a variety of additional options—our Pampering Moments—designed to prolong the benefits of your treatment. These options, which can be scheduled for any moment of your stay<sup>1</sup>, give you an additional opportunity to pamper and enjoy yourself while enhancing your vitality, well-being, and beauty.

Remember to book your Pampering Moment in advance so that it can be incorporated into your treatment programme.



### FI<sup>7</sup>NESS MOMENT

Rediscover the benefits of exercise and boost your energy levels thanks to the professional advice of a personal trainer.

- 3 personalized exercise sessions (one 60-minute and two 30-minute)

### BEAU<sup>7</sup>Y MOMENT

Curative, nourishing, beauty enhancing—our Beau<sup>7</sup>y Moment draws on the effective properties of SkinCeuticals products to restore skin radiance and offer you a luxurious, feel-good experience.

- 1 anti-ageing skin diagnostic (15 minutes) followed by a skin radiance treatment (60 minutes)
- 1 supreme anti-ageing restructuring treatment (90 minutes)
- 1 soothing treatment (60 minutes)

### EXPER<sup>7</sup> MOMENT

Restore your well-being and improve your health with personalized advice from our experts.

- 1 Bodyage health assessment (45 minutes)
- 1 fitness appointment with a personal trainer (30 minutes)
- 1 appointment with a dietician (30 minutes)

<sup>1</sup>Subject to availability at the thalassotherapy centre. Treatment times given include the time getting set up in the treatment room.



## MINI-WEEK

To experience the full benefits of our thalassotherapy treatments in the shortest possible time, we offer mini-week stays concentrating all our fitness know-how to deliver results in just a few days.

### 16 TREATMENTS\* OVER 4 DAYS

(6 days / 5 nights with half-board accommodation and 4 days of treatment)

- 7 individual hydrotherapy treatments including: whirlpool baths, Vichy showers, jet showers, hydrojets, and pressotherapy treatments
- 1 underwater shower, the ideal underwater sculpting and relaxing treatment
- 2 revitalizing seaweed wraps
- 2 relaxing massages or Vichy shower massages
- 4 water fitness sessions including: underwater jets, aquagym activities, and a hydrotherapy pool

\* Alternating half-day treatments (morning and afternoon). The treatments provided are subject to availability. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.



# SHORT BREAKS THALASSO & SPA

Our short breaks have been specially designed to give you all the benefits of a pleasurable thalassotherapy and spa experience while leaving you time to visit the beauties of the region. Opt for a discovery break or a getaway, and let yourself be pampered for a memorable moment! These short breaks can be started on any day of the week.

## DISCOVERY BREAK

**6 TREATMENTS\* OVER 2 DAYS**  
(3 days / 2 nights and 2 days of treatment)  
**or 9 TREATMENTS\* OVER 3 DAYS**  
(4 days / 3 nights and 3 days of treatment)  
with half-board accommodation

### In the first two days, you will enjoy:

- 2 individual treatments per day including: whirlpool baths, jet baths, jet showers, seaweed wraps, hydrojets
- 1 pool treatment per day including: underwater jets, hydrotherapy pool

### On the third day, you will receive:

- 2 individual hydrotherapy treatments and 1 pool treatment

\* Alternating half-day treatments (morning and afternoon). The treatments provided depend on the centre's facilities and are subject to availability. Any requested changes to the programme could affect its cost. The treatments included in this programme are subject to change.



## GETAWAYS

**6 TREATMENTS\* OVER 2 DAYS** (3 days / 2 nights and 2 days of treatment)  
**or 9 TREATMENTS\* OVER 3 DAYS** (4 days / 3 nights and 3 days of treatment)  
with half-board accommodation



### ZEN

Designed to leave you feeling instantly relaxed and stress-free just hours after your arrival.

### In the first two days, you will enjoy:

- 2 massages\*\*: 1 relaxing body massage and 1 Vichy shower massage
- 1 relaxing seaweed wrap
- 3 individual soothing and relaxing hydrotherapy treatments: 1 whirlpool bath, 1 hydrojet treatment, and 1 Vichy shower

### On the third day, you will receive:

- 1 relaxing body massage\*\*
- 1 total relaxation face massage\*\*
- 1 whirlpool bath



### BEAUTY

Rejuvenate your body, give your skin a radiant glow, and erase signs of fatigue.

### In the first two days, you will enjoy:

- 3 beauty treatments\*\*: 1 sea salt body scrub, 1 facial, and 1 relaxing body treatment
- 1 moisturizing wrap
- 1 Vichy shower massage\*\*
- 1 whirlpool bath

### On the third day, you will receive:

- 1 total relaxation face massage\*\*
- 1 relaxing massage\*\*
- 1 whirlpool bath

\*\* Treatments last 30 minutes

Prolong the pleasure

## BEAUTY CENTRE & HAIR SALON

To complement your thalassotherapy treatments, or simply to make your stay even more enjoyable, our Beauty Centre and Hair Salon offer a wide variety of *à la carte* treatments designed to meet your slimming, relaxation, and beauty needs.

Put yourself in the hands of our experts and enjoy a revitalizing or relaxing massage, facial, or hair treatment in comfortable, soothing surroundings.

Our professionals have also selected a range of effective luxurious products capable of meeting the needs and skin types of all of our guests.

- **NEW! AQUASCIENCE**, formulated with 100% natural active ingredients, is the new Thalassa sea & spa brand of cosmetics and the first to combine the properties of marine spring water extracted from the depths of the sea with the recognized benefits of seaweed and trace elements.
- **SKINCEUTICALS**, a forerunner in advanced antioxidant research, has developed products that improve the skin's health and fight the main causes of skin ageing.
- **CARITA** has formulated high-performance products for the face and body designed to reveal the unique beauty of every woman.





Our Hair Salon offers a range of the finest hair treatments with prestigious Leonor Greyl and L'Oréal Professional products.

- **NEW! LEONOR GREYL** offers a range of natural products and targeted treatment methods designed to deliver healthy, beautiful hair.
- **NEW! INOA BY L'ORÉAL PROFESSIONAL** hair colouring products use the latest technology to give your hair a natural, stylish colour.

#### **OUR PICK OF THE À LA CARTE TREATMENTS\***

##### • **FACE**

**Our complete SkinCeuticals programme** comprised of three targeted facial treatments for immediate results:

- 1 anti-ageing skin diagnosis using a skinscope
- 1 anti-dark spot and skin radiance treatment (60 minutes) for plumper, smoother skin and a more even complexion
- 1 supreme anti-ageing restructuring treatment (90 minutes) to reduce wrinkles and improve skin density and firmness
- 1 soothing treatment (60 minutes) for softer skin

##### • **BODY**

**Aquascience Oxygen treatment** (60 minutes)

A sensorial, water-based treatment designed to moisturize your skin for a soft touch and healthy glow.

- Gentle body scrub with marine spring water pearls
- Ultra-concentrated marine serum with trace minerals
- Sculpting wrap with marine spring water pearls

\*These treatments are given as an example. We recommend that guests book treatments before arriving at the thalassotherapy centre.

NEW IN 2011!

# aquaSCIENCE

## THE THALASSA SEA & SPA BRAND OF SKIN CARE PRODUCTS

Developed by a marine science laboratory, our Aquascience line of skin care products is the first to combine the properties of marine spring water and the recognized benefits of seaweed and marine trace elements in a way that improves skin firmness, hydration, and radiance.

Their key ingredient—marine spring water sourced from the depths of the ocean—has a visible effect on the skin's core metabolic functions (hydration, elasticity, and firmness) thanks to its exceptionally high natural concentration of silicon and manganese.

This paraben-free range, formulated with 100% natural active ingredients, is also used in our thalassotherapy and spa treatments. There are over forty Aquascience Bath, Body, Face, and For Men products, all tested and proven to be highly effective.

Discover their unique textures and fragrances and prolong the benefits of your thalassotherapy treatments—immerse yourself in the incomparable luxury and unparalleled virtues of the marine world.



### Aquascience is available:

- In our hotel shops and Beauty Centres
- Online at [www.boutique-thalassa.com](http://www.boutique-thalassa.com)
- By telephone at 0805 630 298 (toll-free from France) <sup>1</sup>

<sup>1</sup> Outside France dial +33 1 41 51 54 22  
(Monday to Friday from 8am to 8pm)

FITNESS



For a fitter, more toned body

## FITNESS CENTRE & RELAXATION AREA

Located near our thalassotherapy treatment rooms, our Fitness Centre and Relaxation Area are designed to help you make the most of your stay. You will find everything you need to tone up and get in shape, and take a recuperating break when you need one.

### CARDIO TRAINING AND EXERCISE CLASSES

Our sun-filled gym contains the latest high-tech exercise equipment to help you stretch and sculpt your muscles, work your abdominals, and increase your stamina.

We also offer a wide range of exercise classes\* to supplement your treatment programme, or you can book a private lesson with one of our personal trainers.

**Activities inside the gym\*** include Pilates, stretching, yoga, lower body exercises, step aerobics, and new toning methods including for example Swiss ball, body bar, and resistance band exercises

**Activities outside the gym\*** include Nordic walking, walking in water, energizing workouts, and jogging on the beach—all designed to provide additional toning opportunities in invigorating natural surroundings.

## RELAXATION AREA

Unwind and regenerate tired muscles in our tranquil Relaxation Area.

### Heated seawater pool

Our 25-meter heated seawater pool is spacious and bright, providing the perfect place to go for a swim, take a swimming lesson, or participate in any of our aquagym exercises (including Aquatone and Aquarelax). A slate of various activities is offered at the pool all day long\*, so you can pick just the right exercise for your fitness goals.



### Outdoor jacuzzi\*\*

Enjoy the swirling bubbles and hot water jets in our heated jacuzzi—a sharp contrast from the crisp sea air. And feel your tension melt away as you gaze out over the unforgettable view of Belle-Île-en-Mer.

**Hamam\*\*\*:** our eucalyptus-scented hammam steam bath is ideal for cleaning skin deep down. After the hammam, treat yourself to a loofah\* body scrub to exfoliate and soften your skin.

**Sauna\*\*\*:** take advantage of this dry heat bath, at 60°C–80°C (140°F–176°F), to relax and soothe your muscles after physical exercise.

Our resort also offers solariums, outdoor terraces, and relaxation rooms—sit back in one of our lounge chairs and enjoy the stunning sea view!

\* For an additional fee. Reservation required, contact us for more details.

\*\* Available outside hydrotherapy pool opening hours.

\*\*\* We provide separate hammams and saunas for men and women.



Excellence in hotels and fine dining

# SOFITEL THALASSA



## Rooms

Our Sofitel Thalassa hotel is ideally located just 50 metres from the beach and is directly connected to the thalassotherapy centre. You will appreciate the hotel's elegance, sophistication, and luxury—values traditionally fostered by the Sofitel brand.

The hotel has 129 rooms overlooking the sea or garden, including 19 suites and 3 rooms for the disabled.

### Contemporary decor inspired by nature and the Celtic culture

The rooms and en-suite bathrooms (with shower or bathtub) have been designed for maximum ease and comfort. Their warm, natural tones will help you relax and unwind, and reflect the region's rich Breton tradition.

S O F I T E L  
LUXURY HOTELS

### FOR AN UNFORGETTABLE STAY

- Ideally located just a stone's throw from a white, sandy beach
- Recently renovated by renowned architects
- Modern, relaxing decor
- Sofitel, Deluxe, and Prestige suites with a magnificent view of Belle-Île-en-Mer
- Our exclusive My Bed™ bedding for an unbeatable night's sleep

# La Presqu'île Restaurant

The newly remodelled La Presqu'île Restaurant offers exquisite dishes in a bright, cosy atmosphere. The Restaurant's maritime decor includes copper and wood panelling and mirrors that reflect the sea just outside.

At La Presqu'île you can choose from traditional dining tables, family-style dining or, for more intimate dining, sofas tucked away in cosy corners. The Restaurant has been designed to make every meal an enjoyable dining experience—whether for breakfast, brunch, lunch, or dinner—and offers a breathtaking ocean view.

## **A treat for your taste buds**

Delight in the world-class cuisine prepared by Head Chef Patrick Barbin. His refined, savoury dishes combine traditional flavours with imagination to surprise your taste buds. Patrick uses only the finest ingredients to prepare meals of impeccable quality, day-in, day-out. Choose from our Prestige, Local, or Wellness dishes made using fresh, seasonal ingredients sourced nearby whenever possible.

*"We aim to bring out the exceptional flavours in our local, seasonal produce and fresh seafood so that our guests can rediscover the pleasure of healthy eating."*

*Patrick Barbin, La Presqu'île Head Chef*



Gourmet getaway

# SOFITEL THALASSA



## Le Comptoir de Dégustation

This casual restaurant welcomes you with an appetizing display of fresh seafood and sumptuous vegetables—prepared right before your very eyes. The day's menu is inspired by products found at the market that same morning; your choices could range from scallop carpaccio with baby vegetables to oysters harvested right in the Quiberon bay.

## The Blue Bar

This relaxed bar has been completely redecorated with copper tones and comfy furniture, and is the perfect place to unwind with a refreshing drink.

Stop by in the afternoon to browse its library or meet up with friends; in the evening you can enjoy cocktails while listening to live music. The Blue Bar also serves snacks all day long. You'll immediately feel at home—with a sunny terrace and panoramic sea view to boot.

S O F I T E L  
LUXURY HOTELS

### FOR AN UNFORGETTABLE STAY

- A magnificent sea view
- Spacious areas to relax and unwind
- Healthy, delicious cuisine inspired by local flavours
- A terrace overlooking the sea

## EXPLORE THE REGION

The Quiberon peninsula offers outstanding ocean views coupled with the splendid natural beauty of the Côte Sauvage (wild coast). Its tucked-away coves and white sandy beaches are perfect for exploring, and reflect the magic of each passing season. We can help arrange activities that let you discover the region and make the most of your stay in these unique surroundings.

### WALKS AND BIKE RIDES ON THE QUIBERON PENINSULA

Enjoy an invigorating walk or bike ride along the 10-km **Côte Sauvage** that separates the Quiberon bay from the expansive Atlantic ocean. Take in the exceptional landscape while discovering the grottos, creeks, and rugged coastline that have inspired photographers, painters, and dreamers for centuries. Further back from the shore you will find quaint villages with houses bearing the region's traditional blue shutters.

### ISLAND EXCURSIONS

Don't forget to schedule in an excursion to one (or more) of the charming islands just off the coast: **Belle-Île-en-Mer**, Brittany's largest island and rich in history; **Île de Houat**, a peaceful island replete with flowers, creeks, and long sandy beaches; and **Île de Hoëdic**, an enchanting paradise with beautiful wildflowers.

### VISITS TO NEARBY TOWNS

Take a walk through **Vannes**, for example, with its impressive Saint Pierre cathedral and picturesque narrow streets.



*"Toning activities by the sea, where you can breathe in the ocean mist, are perfect for giving your body the minerals it needs to regenerate."*

*Nelly, Personal Trainer*



## OUTDOOR ACTIVITIES

Quiberon is one of the most famous areas in France—and the most popular in Brittany—for learning how to **surf**. The beaches at Plouharnel, Saint Pierre Quiberon, Erdeven, and Belle-Île-en-Mer are highly appreciated by budding surfers.

For those who prefer **sailing**, Quiberon bay is ideal thanks to its mild climate and favourable winds. You can take a **boat** and wind your way through Trinité-sur-Mer, Belle-Île-en-Mer (stopping off at the small ports at Sauzon and Palais), Houat Island, Hoëdic Island, Etel and the Etel delta, Auray, and Saint Goustan Port. Each one of these stops boasts pristine natural surroundings.

Sporting opportunities abound in the region, providing numerous ways to enjoy the fresh air. You will have a hard time choosing between **golf, biking, mountain biking, horse riding, seaside hiking, sand sailing, and kite buggying**.

Our Fitness Centre also offers a wide range of options for exercising in the great outdoors; these include **Nordic walking, walking in water, energizing workouts, and jogging and stretching on the beach** (see page 16).

Business managed by Thalamer SA under a leased management agreement. Thalamer SA, a French public limited company with capital of €584,000, registered office at 2 Rue de la Mare Neuve, 91000 Evry, France. NAF Code: 9604Z. Intra-Community VAT no.: FR52303890602. Photo credits: Accor-DR photo library, E. Cuvillier, C. Poncelet, J.Y. Gucia, D. Czap, A. Rossner, P. Plisson, F. Rambert, L. Gombert, F. Iren (Author's Image), M. Bonnier, PhotoAlto, Getty Images, Photodisc, Stockbyte, Goodshoot, Image Source, Corbis, Lawton/Sucre Salé, OT Quiberon, C. Bouché, Graphic Obsession. Photographs not binding. Design: Publicis Dialog. Publishing: DH.C. Printed in France. The information in this brochure is subject to change.



THALASSA QUIBERON  
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E-mail: h0562-re@accor.com

14 THALASSOTHERAPY RESORTS  
IN FRANCE AND AROUND THE WORLD

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LE TOUQUET PARIS-PLAGE  
DINARD  
QUIBERON  
LES SABLES D'OLONNE  
ILE D'OLÉRON

BIARRITZ  
PORT CAMARGUE  
HYÈRES  
PORT FRÉJUS  
PORTICCIO

TIMI AMA (SARDINIA)  
CAPOVATICANO (SOUTHERN ITALY)  
ESSAQUIRA (MOROCCO)  
ZALLAQ (BAHRAIN)