Welcome to our Seawater Spa institute. A world of wellness overlooking the ocean is yours for the length of your stay. In a bright and airy space of over 5,000 m², enjoy seawater spa, slimming and beauty treatments alongside sports and personal development workshops.

With you in mind, we have chosen partners that excel at what they do to make your stay in Quiberon truly unforgettable.

And because nothing matters more than your wellness, our experts are at your side to make sure time stands still during your stopover in the region.

---

The keys of wellness 04
Spa facial treatments 08
Hi-tech facial treatments 14
Spa body treatments 16
Slimming treatments 19
Private treatment suite 22
Massages 24
Physical therapy expertise 28
Sports & coaching 31
Seawater spa essentials 37
Mini marine getaways 40
Beauty treatments 42
Hair salon and barbershop 43
Practical information 46

SEAWATER SPA & BEAUTY: +33 (0)2 97 50 48 29
The keys of wellness

Sleep & Recovery

RESPIROLOGY
Controlling the breath to cultivate balance and vitality. That is the promise of our exclusive Respirologie sessions based on the Vital’Respir™ method. The four elements come together to take care of you.

BULLE D’AIR
Individual session in our heated seawater pool, 25 minutes / €45
Let go in a sea of tranquility. Tension melts away. You are filled with a deep sense of calm.

TERRE ME
Small group session in the fitness area, 55 minutes / €50
Feel more grounded, tap into your source of vital energy, and then spread your wings.

ÉNERGIE
Outdoor small-group session in the sea air, 55 minutes / €50
Release your vital energy and discover a more radiant you.

Vitality & Energy

Exercise to get your muscles moving then take time to recuperate. Simple yet essential rules to keep vitality and energy levels up and stay in shape. Our support team, made up of sports experts, ensures highly personalized service, targeting your body, your abilities and your goals thanks to an in-depth assessment of your physical fitness.
Whether you want to test your limits, or just simply start enjoying exercise again, our experts are here to help you design the program that works for you.

* See “Sports” section page 30
**Mind & Emotions**

**INITIATION TO MINDFULNESS MEDITATION**
- small group, 55 minutes / €50 - alone, 55 minutes / €95

**MEDITATIVE WALKING**
- small group, 55 minutes / €50 - alone, 55 minutes / €95

**RELAXATION**
- small group, 55 minutes / €50 - alone, 55 minutes / €95

**EXCLUSIVE**

**KIB’WELL**
- 55 minutes / €105

Create your own special moment of wellness in Quiberon during an individual outdoor and indoor session, then picture it in your mind wherever you go.

**Balance & Nutrition**

**MEDICAL CONSULTATION**
- 20 to 30 minutes / from €45

Our doctor is a nutrition and anti-age expert who will help you determine which tests and treatments are necessary in order to maintain and/or improve your health.

**OLIGOSCAN**
- 20 minutes / €60

A personalized test that allows for a detailed assessment of trace element levels in your body.

* Private medical fees apply

**Beauty & Youth**

Your skin reflects who you are at each stage of your day or life. No two people have identical skin, and everyone knows how skin quality can fluctuate over the course of the day. The methodical assessment of your Skin Instant* allows our estheticians to tailor your treatment to you, achieving optimal results.

* See "Biologique Recherche facial treatments" section page 9

**Suitable for pregnant women**
Spa facial treatments

By Biologique Recherche

Discover the highly effective formulas of Biologique Recherche, fragrance-free products rich in active ingredients and comprising elements from nature or biotechnology. The tailored skin treatments are based on personalized dermo-cosmetic diagnosis following a Skin Instant® analysis, for immediate, visible and long-lasting results.

SKIN INSTANT LAB DIAGNOSIS 1st session 30 minutes / Free
The first step of the Biologique Recherche Methodology, this unique diagnosis identifies your personal Skin Instant®. Based on these results, the esthetician will suggest the best treatment for your skin from Biologique Recherche’s wide range of treatments lasting 55 minutes or 1 hour 25 minutes.
Treatments lasting 55 minutes are purely hands on, leaving your skin silky smooth and radiant thanks to the regenerating virtues of active ingredients and specific toning and lifting massage techniques.
Treatments lasting 1 hour 25 minutes also include the use of the Remodeling Face® machine.
A true effectiveness booster. Wrinkles are smoothed and facial contours redefined.

Suitable for pregnant women
By Ligne St Barth

The prestigious essential oils and spa treatments by Ligne St Barth take you on a relaxing journey to the Caribbean. The oils and exotic fragrances of the West Indian Tiare flower, the delicate lily or pure Bourbon vanilla extract awaken all your senses.

ST BARTH PURENESS TREATMENT 30 minutes / €80 - 60 minutes / €140
A refreshingly fragrant treatment for the face and neckline that gives an instant healthy glow.

ST BARTH TREATMENT FOR MEN 30 minutes / €80
A head-to-toe wellness massage for men.

NEW

OXYGENATING VIP02 TREATMENT 55 minutes / €138
This balancing ritual oxygenates the skin, relaxing facial features and leaving you with a healthy, radiant complexion.
*Available in spring 2018

SECOND SKIN TREATMENT 55 minutes / €320
This treatment accelerates cellular renewal and is an alternative to injections for Skin Instants® of the more mature nature. For optimal effectiveness, combine with electroporation sessions.

RESTRUCTURING AND SMOOTHING TREATMENT 55 minutes / €138
1 hour 25 minutes / €188
This treatment provides an instant hydrating and lifting effect, and is ideal for skin identified by the Skin Instant® analysis as sensitive or timeworn.

MICROPUNCTURE TREATMENT 55 minutes / €170
This intensive treatment activates the production of collagen and fights signs of aging, leaving skin radiant and energized.

TRIPLE LIFT TREATMENT 1 hour 10 minutes / €150 - 1 hour 40 minutes / €195
This anti-aging treatment leaves skin radiant and smooth while stimulating cell regeneration.

GOOD TO KNOW

To boost the effects of your Biologique Recherche treatment, enhance your experience with two cutting-edge techniques:

ELECTROPORATION 15 minutes / €50
Thanks to the Remodeling Face® machine, active ingredients penetrate the skin layers even further for optimal results.

EYE CONTOUR PATCH 15 minutes / €40
This treatment minimizes dark circles and puffiness for a relaxed, more youthful look.

ST BARTH TREATMENT FOR MEN
30 minutes / €80
A head-to-toe wellness massage for men.
By Aquascience

Signature treatments developed exclusively for Thalassa sea & spa, combining highly effective techniques and cosmetics enriched with active marine ingredients. The known benefits of seaweed and trace elements revitalize, firm and hydrate your skin.

**SOURCE D’ÉCLAT ET DE JEUNESSE**
50 minutes / €105
Feel revived with smooth skin and a radiant complexion.

**SOURCE D’HYDRATATION CALMANTE**
50 minutes / €105
Feel fulfilled with revitalized, protected skin.

**SOURCE DE PURETÉ**
50 minutes / €105
For healthy skin with a smoothed texture.

**SOUFFLE D’ÉTERNITÉ**
25 minutes / €80
Powerful plumping and anti-oxidizing treatment.

**SOUFFLE DE FRAÎCHEUR**
25 minutes / €80
Instant radiance in our expert hands.

Suitable for pregnant women
Hi-tech facial treatments

Discover the latest treatments, techniques and innovations with proven lasting and effective results against signs of aging.

NEW

CRYOSKIN 15 minutes / €30 - 30 minutes / €70
Targeted zones (face, neck, arms, scalp or other parts of the body) are exposed to a burst of dry cold as low as -185°C (-301°F), stimulating blood circulation, tightening pores and firming the skin.

LED FIVE COSMETIC PHOTOMODULATION* 25 minutes* / €85
Through light therapy, this non-invasive, painless technique stimulates skin cells in order to rejuvenate, repair and soothe the skin.
*1 zone of the body or face

ISKEEN RADIOFREQUENCY 30 minutes* / €150
A viable alternative to a surgical lifting procedure, iSkeen is a technique that effectively combats sagging skin and cellulite.
*1 zone of the body or face

COSMELED TREATMENT 3 sessions* / €480
- One Radiofrequency + LED session lasting 1 hour 25 minutes
- One LED session lasting 25 minutes
- One Radiofrequency + LED session lasting 1 hour 25 minutes
Each step of the treatment diminishes one or more signs of aging skin.
*With a day to rest between each session

ENDERMOLIFT FACIAL TREATMENT BY LPG 40 minutes / €110
3 sessions / €300
An exclusive treatment by LPG that tones the skin, sculpts facial contours and erases signs of aging.
Spa body treatments

By Aquascience

Through unique fragrances and textures, discover the unparalleled virtues of our exclusive treatments, and gently extend the benefits of your seawater spa treatments.

**SOOTHING BACK TREATMENT** 50 minutes / €105
Bliss for stiff backs.

**HYDRATATION VELOURS** 50 minutes / €105
The body is pampered and wrapped in a gentle cocoon.

**SEA SALT SCRUBS** 25 minutes / €75
Gentle or energetic. Whichever you choose, your skin will be soft as silk.

By Ligne St Barth

**NEW**

**CHILL OUT TREATMENT** 1 hour 15 minutes / €200
A deeply relaxing massage enhanced by avocado oil and hot seashells from the Caribbean.

**ST BARTH HARMONY TREATMENT** 30 minutes / €80 - 60 minutes / €140
A relaxing Caribbean-scented massage.

**ST BARTH SOFTNESS TREATMENT** 45 minutes / €110
A gentle exfoliating massage using coconut oil and papaya.

**ST BARTH ELASTICITY TREATMENT** 45 minutes / €110
A luxurious wrap using clay, pineapple or cucumber.
Nutrition

CONSULTATION WITH OUR NUTRITIONIST* 30 minutes / €85
Make an appointment with our nutritionist for a medical check-up, nutritional advice and targeted supplements.
* Private medical fees apply

NUTRITION CONSULTATION 30 minutes / €65
Make an appointment with our dietitian for a complete assessment and personalized nutritional advice. Includes an impedance assessment.

Slimming treatments by Biologique Recherche

BUST AND ARMS TONING TREATMENT 55 minutes / €138
With Remodeling Face® 1 hour 25 minutes / €195
A treatment specifically targeting the bust and arms to tone and reduce sagging. Results enhanced thanks to the Remodeling Face® machine.

SLIMMING BOOSTER TREATMENT WITH GLOVE 1 hour 25 minutes / €185
This treatment stimulates microcirculation and promotes the elimination of toxins and excess water.

BODY LIFT MATRICIEL TREATMENT 1 hour 25 minutes / €185
This treatment firms and tones the skin, removes dead cells and re-sculpts the body.

3 sessions* / €470
- One treatment session with a scrub, 1 hour 25 minutes
- One treatment session, 1 hour
- One treatment session, 1 hour

Each step of the treatment diminishes one or more signs of aging skin.
*With a day to rest between each session
Essential slimming seawater spa treatments

For 50 years and counting, Sofitel Quiberon Thalassa sea & spa has been THE reference when it comes to slimming seawater programs, helping you reach your goals through our well-honed expertise and renowned savoir-faire.

EXCLUSIVE
KIB’DREN 20 minutes / €80
A thorough hydromassage of the whole body while immersed in seawater.

SLIMMING PURIFYING SEAWATER BATH 20 minutes / €70
Relaxation in a bath of seawater as the body is massaged with an anti-cellulite jet.

FUCUS SEAWEED WRAPS 20 minutes / €65
40 minutes / €95
Induces a sweating effect, ideal for detoxifying and slimming.

SLIMMING WATERMASS 20 minutes / €80
A mechanical massage coupled with the benefits of seawater and essential oils.

SLIMMING UNDERWATER JETS 20 minutes / €55
Movements carried out against the force of powerful jets in the pool for draining and sculpting effects.

SLIMMING JET SHOWER 12 minutes / €50
Toning hydromassage targeting cellulite areas with a jet of heated seawater for a slimming effect.

Expert slimming treatments

CELLU M6® 3 sessions, 40 minutes each / €300
Cellu M6® uses lipomassage techniques to eliminate toxins and shape and sculpt the body while erasing imperfections.

ELECTROSTIMULATION 25 minutes / €55
This treatment uses electrodes to reduce excess fat in targeted zones.
In the interest of offering you even more exceptional experiences, we have created the "private treatment suite". Located at the heart of our institute, three treatment cabins, a welcoming salon and an intimate outdoor terrace await you. Your own personal universe of exclusive treatments, selected just for you by experts whose only priority is your wellness. For a full or half-day, alone, as a couple, or with family or friends, savor some precious moments in an exceptional setting.

Choose 4 treatments (lasting 20 to 30 minutes) from a selection of our top seawater & spa treatments, to be enjoyed over the course of a full or half-day, including:

St Barth Harmony massage, gentle Mediterranean-scented scrub, relaxing watermass session, vichy shower massage, gentle hydrating wrap, hydromassage bath, purifying seawater bath, Zen massage, facial treatment (Souffle de Fraicheur or Souffle d’Eternité), make-up and manicure.

1 PERSON 4 treatments per person half-day / €400
2 PEOPLE 4 treatments per person half-day / €600
3 PEOPLE 4 treatments per person full day / €1,500
4 PEOPLE 4 treatments per person full day / €1,900

GOOD TO KNOW

• Half-day
  4 treatments per person
  Wellness Break
  Private terrace with beach access

• Full day
  4 treatments per person
  Wellness Break
  Private terrace with beach access
  A light lunch
Massages

Massages by KOS PARIS

Noble and precious ingredients from the four corners of the globe, powerful active ingredients curated for their visible effects on the skin, delicate fragrances... KOS PARIS uses natural and refined oils to enhance the skin and awaken the senses.

EXCLUSIVE

SIGNATURE MASSAGE ABSOLUE DE GENÉT 55 minutes / €140
An exclusive massage using Absolue de Genêt oil and hot stones for total relaxation.

OIL CEREMONY MASSAGE 55 minutes / €140
A relaxing massage to re-energize both body and mind.

DISCOVERY MASSAGE 55 minutes / €140
A treatment that encourages letting go by gently relaxing the upper body.

Energy massages

VITALITY MASSAGE 25 minutes / €75 – 55 minutes / €130
Deep dynamic massage of the back of the body for wellness and a sensation of lightness.

ENERGIZING CHINESE MASSAGE 55 minutes / €150
Massages and acupressure along the meridians to boost circulation in the body.
Serenity massages

NEW

HINOKIBO TREATMENT 55 minutes / €140
A relaxing Japanese body massage carried out using a specially-designed wooden baton.

CALIFORNIAN MASSAGE 55 minutes / €150
A ballet of soft and enveloping gestures that procure a deep sense of inner fulfilment.

ABHYANGA MASSAGE 55 minutes / €140
Intense revitalization for a regenerative journey to the heart of Indian tradition.

ZEN MASSAGE 25 minutes / €75 - 55 minutes / €130
Expert hands glide slowly and gently over the body for a sensation of intense letting go.

ZEN MASSAGE FOR TWO 25 minutes / €135* - 55 minutes / €235*
A gentle massage for relaxing moments together.
* Price for 2 people

TOTAL RELAXATION FACIAL MASSAGE 25 minutes / €75
A deeply relaxing massage of the face, neck and neckline.

TOTAL RELAXATION SCALP MASSAGE 25 minutes / €75
A wonderfully relaxing massage of the scalp, neck and neckline in the comfort of a treatment room.

For an extra €10 per person, enjoy our massages with someone you love.

Hammam rituals

LOOFAH MITT BODY SCRUB 15 minutes / €65
A treatment using black soap and a loofah mitt to erase impurities.

ORIENTAL RITUAL 80 minutes / €155
A body scrub using black soap and a Kessa mitt followed by a relaxing massage with fragrant oils.
Physical therapy expertise

LYMPHATIC DRAINAGE MASSAGE 55 minutes / €150
Manual stimulation helps eliminate toxins and improves lymphatic circulation.

REFLEXOLOGY FOOT MASSAGE 25 minutes / €90 – 55 minutes / €150
A foot massage to soothe multiple nerve endings for an overall feeling of heightened wellness.

PHYSICAL THERAPY MASSAGE* 25 minutes / €85 – 55 minutes / €140
A personalized session that reduces stiffness and tension throughout the body as well as pain in the muscles and joints.

INDIVIDUAL PHYSICAL THERAPY SESSION* 25 minutes / €85
55 minutes / €140
Personalized physical therapy sessions with our physical therapists.

PHYSICAL THERAPY IN THE POOL* in small groups 25 minutes / €55
Balance and improved overall coordination as muscles and joints recover. Our physical therapist is happy to follow your doctor’s instructions.

OSTHEOPATHY* 55 minutes / €150
A natural therapeutic science that helps detect tension and imbalance.

SHIATSU OSTÉOPATHIE CONCEPT® 25 minutes / €90
A manual therapy combining shiatsu and osteopathy to totally rebalance the body.

* Private medical fees apply
Sports & personal fitness training

Personalized sessions with a fitness trainer

Be your very best, reconnect with exercise, improve your performance. Your fitness trainer personalizes each session according to your needs and fitness levels. You set the pace. Fitness training can be carried out in the pool or fitness room, alone or with one other person.

BODYAGE PHYSICAL CONDITION ASSESSMENT 50 minutes / €70
Our fitness trainer evaluates your physical condition to determine your physiological age as well as a personalized training program.

INDIVIDUAL TRAINING 25 minutes / €55 - 50 minutes / €100

PERSONAL TRAINING FOR TWO 25 minutes / €40 per person – 50 minutes / €70 per person.
Sports expertise

Equipped with technologically advanced sports facilities, the institute offers you years of cutting-edge expertise alongside hi-tech treatments and physical activities.

**FULL-BODY CRYOTHERAPY**
A quick and effective solution where health prevention, sports, overall wellness, and staying young and in shape are concerned. Full-body cryotherapy takes place in a special chamber where the whole body is exposed to a burst of dry cold as low as -150°C (-238°F). Three minutes is all it takes to relieve stress and fatigue. Feeling lighter and revitalized, your body heals. Your skin is toned and your system cleansed, leaving you bursting with new-found energy.

1 session / €55  
3 sessions / €150  
8 sessions / €350

**ALTERG® SESSION** 25 minutes / €55
The AlterG® anti-gravity treadmill adapts to all fitness levels, allowing you to enjoy a gentle run without putting strain on any joints.

**KINESIS ONE SESSION** 25 minutes / €55
Over 350 exercises to improve strength, flexibility and balance.
Activities with a fitness trainer

In the fitness area or outdoors

**PILATES REFORMER** 50 minutes / €100
A machine for a wide variety of exercises, giving all parts of the body a gentle workout.

**PILATES** 50 minutes / €100
A gentle method for improving tone, flexibility, coordination and posture.

**GROUP LESSONS** 25 minutes / €30 - 3 sessions / €75
**MUSCLE STRENGTHENING SESSION IN THE FITNESS AREA**
Firm, sculpt and stretch the figure while toning thighs, abs and glutes through a variety of exercises carried out in small groups.

**NORDIC WALKING** 45 minutes / €45
Power walking with specially designed poles. An activity for all seasons.

In the pool

**GROUP ACTIVITIES** 25 minutes / €30 - 3 sessions / €75
Toning Aqua Vitality and relaxing Aquazen sessions in a heated seawater pool.

**INDIVIDUAL SWIMMING LESSON** 25 minutes / €30
Learn to swim (6 years or older), perfect your technique or overcome fear.

**AQUATRAINING** 40 minutes / €40
A small group tour of our hydrotherapy pool where a number of underwater workshops help improve cardio fitness and overall muscle strength.

Outdoors

**PADDLE BOARDING**
- Group lesson 60 minutes / €35 per person
- Individual lesson 60 minutes / €65

Subscriptions

3 or 6 physical activity sessions in the fitness area or outdoors to choose from: stretching, Nordic walking, thighs, abs and glutes, as well as aquatic activities including Aqua Vitality, Aquazen, Aquabiking and Aquatraining. The Pass’sport, specific to the holder and nontransferable, is valid for 6 days.*

**PASS’SPORT**
- 3 sessions / €75
- 6 sessions / €150

*The Pass’sport does not allow access to the relaxation area or the fitness area.
Seawater spa essentials

Heated between 34 and 36°C (93 and 97°F), seawater promotes the process of osmosis, enabling the absorption of minerals and trace elements to regenerate the body. The effects are scientifically proven and long-lasting.

Seawater massages

VICHY SHOWER BODY SCRUB 20 minutes / €75
A gentle exfoliation using sea salts under a fine mist of heated seawater.

VICHY SHOWER MASSAGE 20 minutes / €75
A massage under a fine mist of heated seawater for total relaxation.

VICHY SHOWER FOUR-HAND MASSAGE 40 minutes / €165
A massage that combines the magic touch of four hands with a fine mist of heated seawater.

REGENERATING VICHY SHOWER MASSAGE 20 minutes / €75
An innovative and exclusive treatment using a rich marine serum under a fine mist of heated seawater.

WATERMASS 20 minutes / €70
A combination of rolling massage techniques and heated seawater to relieve tension.

PURIFYING SEAWATER BATH 20 min / 65 €
A bath of seawater where the body is massaged with a special jet, relieving sore joints and relaxing the muscles.
Marine essentials

**MARINE MUD APPLICATIONS** 20 minutes / €65
Warm mud applied to the joints, the back and other zones of the body seeking pain relief.

**REMINERALIZING WRAPS USING LAMINARIA SEAWEED** 20 minutes / €63
Induces a sweating effect, ideal for detoxifying and slimming.

**TONING UNDERWATER JETS** 20 minutes / €55
Movements carried out in the pool to tone muscles and stimulate blood circulation.

**UNDERWATER JETS** 20 minutes / €50
Movements carried out in the pool to loosen joints and ease muscle tension.

**HYDROTHERAPY POOL AND RELAXATION AREA ACCESS** 40 minutes / €50
A dynamic experience comprising a series of fun steps.

**HYDROMASSAGE SEAWATER BATH** 20 minutes / €50
Relaxing waves of wellness.

**VICHY SHOWER** 20 minutes / €50
Wonderfully soothing sea spray.

**JET SHOWER** 10 min / 48 €
For a tidal wave of seawater benefits.

**HYDROLEGS** 20 minutes / €45
THE treatment for tired legs.

Wellness essentials

**VITAL DÔME** 40 minutes / €80 - 3 sessions / €220
Eliminate toxins, reduce signs of aging and relax in your own personal sauna, where temperatures are kept between 60°C and 80°C (140°F and 176°F).

**TIRED LEGS WRAP** 20 minutes / €63
A seaweed gel is applied to each leg, relieving the sensation of tired legs.

**HYDROJET MUSICÔRELAX** 20 minutes / €55
A relaxing waterbed massage, to music.

**PRESSOTHÉRAPIE** 20 minutes / €55
Anti-gravity boots for tired legs.

The relaxation area*

Gain access to our relaxation area with its heated indoor seawater pool, sauna, hammam, outdoor whirlpool and solarium when you book a spa treatment costing €50 or more.

*The relaxation area is open from 9am to 12:30pm and from 2pm to 6pm. For more information on our seawater spa opening hours, visit the welcome desk or call us on +33 (0)2 97 50 20 00.
Mini marine getaways

I love...

Over the course of a few hours, reap the benefits of seawater treatments or just take some time out for you. You are sure to find a getaway that suits you to a T!

I LOVE WELLNESS GETAWAYS €195
To experience unique moments of relaxation:
4 seawater treatments (hydrotherapy pool session, hydromassage seawater bath, algotherapy or vichy shower massage, 25-minute Total Relaxation facial massage or vichy shower scrub) and lunch overlooking the sea at the institute’s Bistrot de l’Océan restaurant (starter and main or main and dessert).

I LOVE SEAWATER SPA TREATMENTS €90
• 1 individual treatment to choose from: relaxing vichy shower, hydromassage seawater bath, jet shower, hydrolegs and MusicOrelax hydrojet session.
• 1 activity in the pool to choose from: underwater jets, hydrotherapy pool session and more.

Stopovers*
1 to 3 days

SEA & SPA STOPOVER €170
2 essential seawater treatments, 1 Aquascience face or body treatment (50 minutes), or 1 energy or serenity massage (50 minutes)

ZEN STOPOVER €155
2 essential seawater treatments, 1 Zen, Vitality or vichy shower massage (25 minutes)

OCEAN STOPOVER €140
1 Zen or Vitality massage (25 minutes), 1 wrap

VITALITY STOPOVER €125
2 essential seawater treatments, 1 activity in the pool with a fitness trainer

* Find treatment details on page 50 of our Seawater Spa Breaks brochure.
Hair salon and barbershop

Hair treatments by Leonor Greyl

Leonor Greyl is a specialist brand for natural hair products. Effective treatments for hair that is shinier, healthier and more beautiful than ever before.

WHEAT GERM OIL TREATMENT
75 minutes / €135
Plants are the only ingredients that go into making this personalized treatment that strengthens hair from within.

STOPOVER IN QUIBERON SIGNATURE TREATMENT
75 minutes / €135
A hydrating and regenerating elixir of youth for dry brittle hair.

COMPLETE TREATMENT FOR MEN
75 min / 135 €
This complete treatment promotes hair growth by stimulating the scalp.

DISCOVERY TREATMENT: CRÈME DE FLEURS*
30 minutes / €75
Repairing treatment for very dry, dehydrated hair (oil, shampoo and blow dry).

DISCOVERY TREATMENT: WHEAT GERM OIL*
30 minutes / €75
A treatment that brings tired hair back to life (oil, shampoo and blow dry).

* As Leonor Greyl treatments do not include hairstyling after the blow-dry, it is best to book this as a supplement. A personalized, instant hair care treatment is included with the above Leonor Greyl treatments.

Beauty treatments

Make-up by Jane Iredale

A beauty treatment using make-up that is good for the skin from Jane Iredale’s range of natural, anti-aging cosmetics.

FLASH MAKEOVER 15 minutes / free

PERSONALIZED MAKEOVER 45 minutes / €50

Hands, feet and nails

MOISTURIZING HAND TREATMENT 25 minutes / €45
A hand scrub followed by a warm hydrating mask and massage.

MANICURE OR PEDICURE 40 minutes / €50
Pretty, well-shaped and trimmed nails.

MANICURE OR PEDICURE + NAIL POLISH 55 minutes / €65

Suitable for pregnant women

Suitable for pregnant women
Barbershop

Enjoy a moment of pure relaxation as our hair stylist and barber shave, pamper and massage your face and scalp.

EXCLUSIVE

SOIN BARBIER 1 hour 15 minutes / €110
A deeply relaxing treatment that gently prepares the skin for a shave, followed by a scalp massage.

OLD-FASHIONED SHAVE 45 minutes / €45

OLD-FASHIONED SHAVE + CONTOURING 60 minutes / €70

Hair beauty treatments

COLOR, HIGHLIGHTS & STREAKS From €80
Practical information

The time to take your time: In order to enjoy your treatments in complete serenity, we recommend that you arrive 30 minutes before your session begins.

Bookings: To make an appointment, call us on +33 (0)2 97 50 48 29, push the “thalassothérapie” button on your in-room telephone, or visit us at our welcome desk, open Monday to Saturday from 9am to 5pm and Sundays from 9am to 4pm. A 30% deposit will be required to confirm your booking. The rates are indicative and are subject to change without notice.

Methods of payment accepted: Visa, MasterCard, American Express, Eurocard, Diners Club, French holiday vouchers (ANCV), Thalassa Sea & Spa gift vouchers, French bank checks, cash.

Cancellation / late policy: If you need to cancel your reservation, we kindly ask that you do so at least 24 hours before your session. After this period, deposits cannot be refunded. Should you arrive late, we will unfortunately have to reduce the length of your treatment accordingly.

Treatment times: The duration specified is the actual duration of the treatment.

Availability of treatments: Treatments indicated at the institute’s reception area are subject to availability. For optimal comfort, we advise you to reserve your treatments in advance.

Access to treatments and the institute: Sandals must be worn in all wet areas. To access the fitness area, appropriate sports clothing and shoes are required. Our rates include the loan of a robe and towels. Disposible underwear is available for use in your treatment room. Some of our treatments and treatment programs are not suitable for pregnant women. A selection of beauty treatments is nonetheless available. For one or more days of treatments, pregnant women must provide a recent medical certificate stating that they are fit for seawater spa and hammam treatments, and sign a release form. A release form must be signed upon arrival at the institute. Our seawater spa and beauty treatments are intended for persons aged 18 years and over. A selection of seawater spa treatments, beauty treatments, massages and physical activities is available to minors upon provision of a medical certificate and a parental release form. These can be sent to you upon request. We ask that you kindly complete and return all documents to us before your arrival. Access to the sauna, hammam, jacuzzi and relaxation area is strictly forbidden to minors. For seawater spa programs of less than four days, you will be required to sign a release form before starting your treatments. In order to give you the very best advice, please inform us of any health issues, allergies or wounds, and tell us if you are pregnant. Neither medical nor therapeutic, our massages are purely for your comfort.

Information & bookings: The institute welcomes you every day of the week from 8:30am to 8pm. Don’t hesitate to call +33 (0)2 97 50 48 29 to find out the closing dates of the seawater spa institute, or check out our brochure or website www.thalassa.com.

Gift ideas

Offer a world of wellness to your loved ones and let them discover for themselves the pleasures and lasting benefits of a seawater spa break in a destination of exceptional beauty. You choose the amount, they choose a relaxing break from reality from our various treatment programs, stopovers and à la carte treatments.

For more information, call us on +33 (0)2 97 50 48 88 or visit the hotel reception desk or the institute welcome desk.

THALASSA QUIBERON
SOFITEL THALASSA & DIÉTÉTIQUE

Boulevard Louison Bobet
56170 Quiberon

Information & bookings
+33 (0)2 97 50 48 88

H0562-RE@sofitel.com
www.sofitel-quiberon-thalassa.com
www.sofitel-quiberon-blog.com

#ThalassaSeaAndSpa
Thalassa.com

An ACCOR HOTELS experience