Journey to the Côte Sauvage
Live the Thalassa Quiberon experience

by Bart Van Cauwelaert
General Manager — THALASSA QUIBERON - SOFITEL THALASSA & DIÉTÉTIQUE

CHOOSE
between two atmospheres: Sofitel Thalassa for a stay that is completely dedicated to your wellness, or Sofitel Diététique for a stay that is 100% healthy, with personalized follow-up.

EXPERIENCE
a getaway overlooking the ocean, a place where everything has been designed for your pleasure – a Breton experience to reconnect body and mind.

PRESERVE YOUR YOUTHFULNESS
thanks to innovative programs, an anti-gravity treadmill, Biologique Recherche treatments, mindfulness and personal development sessions.

SURROUND YOURSELF
with personalized service from an attentive team of experts and Sofitel ambassadors.

RECHARGE YOUR BATTERIES
at the tip of the Quiberon peninsula, surrounded by the ocean’s pure and invigorating air – a welcome break from your daily life.

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RECHARGE YOUR BATTERIES
at the tip of the Quiberon peninsula, surrounded by the ocean’s pure and invigorating air – a welcome break from your daily life.
Expertises & innovations

| WELCOME TO THE RESORT’S SPORTS CENTER | Everything here is designed for you to (re)discover the pleasure of exercise! In close collaboration with our physical therapists, doctor and dietitians, our fitness and physical trainers are with you before, during and after your stay to help you achieve your goals.

| EXCLUSIVE PARTNERSHIP WITH POLAR | Since 2017, an exclusive partnership combining Sofitel Quiberon’s expertise and Polar’s connected technology tracks your performance and provides real-time feedback not only when you’re at the resort, but also once you return home.

INNOVATIVE WELLNESS TREATMENTS

| ALTERG® | Anti-gravity treadmill
| POLAR BODY AGE | Detailed assessment of your body’s age
| PILATES REFORMER | A variety of gentle exercises for the whole body
| KINESIS®ONE | Muscle strengthening and 3D movements
| RANGE OF SPORTS FACILITIES | 140 m² of cardio-training space, 2 massage rooms, physical therapy pools and multisports area

NEW TREATMENTS

| CRYOSKIN & FULL-BODY CRYOTHERAPY | The benefits of cold
| KIB’DREN | Exclusive drainage
| NEW MICRO NAP | The secret to vitality

TREATMENT DETAILS, PAGE 50

DISCOVER THE SPORTS STARTER PROGRAM BY POLAR ON PAGE 34
To help you let go

Our Sofitel ambassadors believe in authenticity and personalized service, doing everything in their power to make your stay a truly unforgettable experience.

The experience

Dedicated entirely to your comfort and wellness, this 5-star hotel offers a magnificent view of Belle-Île-en-Mer. Take in the spectacle, breathe in the bracing sea air. You are immediately invigorated and refreshed.

The rooms

The choice is yours. After a perfectly restful night of sleep on your exclusive MyBed®, wake up each morning to a view of the surrounding countryside or seascape.
Your cocoon of health
Nutrition, gastronomic delights, sports, seawater spa treatments... Accompanied by a team of experts dedicated to helping you achieve your goals, you have all the tools you need for a slimmer, more sculpted body.

The experience
Welcome to a haven of health and wellness. Everything here revolves around the objectives of your stay. Enjoy a personalized experience with long-lasting results.

The rooms
Facing the sea and the famed Belle-île-en-Mer, all the guest rooms and suites of Sofitel Diététique offer unparalleled comforts so you can fully revitalize and get the most out of your stay.
Restaurants & Bars

Le Bistrot de l’Océan
At the heart of the resort, settle in for a gourmet break between treatments. The menu features burgers, tartares, the catch of the day, salads, and specialty fruit or vegetable cocktails and smoothies.

La Presqu’île
Nestled between sky and sea, this light-filled restaurant offers a spectacular view of the Atlantic. Exquisite breakfasts and Sofitel’s authentic So’Breizh gourmet brunch every Sunday. Generous seafood platters. Creative and sophisticated menus. Chef Patrick Barbin takes his inspiration from Brittany’s rich culinary heritage.

The Blue Bar
Boosting an enviable oceanfront view, the Blue Bar serves up cocktails, aperitifs, hot beverages and gourmet snacks, with music-filled evenings on weekends.

Le Delight
Each meal is an invitation to rediscover the pleasures of a balanced diet, in a cozy and intimate atmosphere. Inspired by the sea and the seasons, with detox or gluten-free menus, your meals are designed to help you achieve your goals without deprivation or frustration.

T&Tisanes
Soft lights dancing around the piano, music throughout the evening... In this refined space, you can enjoy a selection of Dammann Frères teas, craft cocktails, iced teas and freshly squeezed vegetable juices.
Bliss
More modern, more stunning, more spacious... The new outdoor whirlpool offers an incomparable experience. Luxuriate in bubbling heated seawater as you gaze directly upon the endless sea and sky.

The atmosphere
The ocean-facing treatment rooms and relaxation areas are bathed in bright light and decorated in delicate hues that evoke the surrounding dunes, beaches and rocks.

Our treatment programs are organized on alternate mornings and afternoons.* The sport & fitness area is reserved for guests of our Sofitel hotels.

For further information, please call +33 (0)2 97 50 48 88.

Between treatments...
Relax: Large indoor heated seawater pool (25 m/82 ft). Outdoor whirlpool, sauna and hammams with essential oils, solarium, relaxation areas and Zen lounges.

Work out: Cardio-training,* individual coaching. Pilates or aquabiking. Fitness activities for all ages and levels take place every day with our expert trainers.

Let go: Relaxation, Kitz’Well, signature treatments... Activities to restore harmony to both body and mind.
ONE ELEMENT: THE SEA
A stay at Thalassa sea & spa is a well-deserved break that allows you to be revitalized by an essential element: the sea.
Experience the awakening of your senses through the draining, soothing and relaxing benefits of heated seawater.
Appreciate the virtues of the marine environment in all its forms: fresh produce, sports sessions on the beach, seawater treatments... Fill your lungs with fresh sea air, replenish trace elements and negative ion levels, and leave feeling fully revitalized.

50 YEARS OF ATTENTIVE EXPERTISE
Taking care of you is a demanding vocation that we strive to perfect day after day.
For over fifty years, our experts have been working to serve your every wellness need, through new treatments and letting go techniques, assessments and online programs, exclusive cosmetic brands and more. Throughout your stay, our attentive team is with you every step of the way.

13 EXCEPTIONAL DESTINATIONS
At Thalassa sea & spa, each stay is a unique experience.
Choose between destinations of such natural beauty they will take your breath away: a preserved island or a secluded beach, in France, Sardinia or Morocco.
Each stay with us promises a unique experience imbued with local colors, landscapes and exclusive rituals.

"The Thalassa sea & spa experience is a unique alchemy of the sea’s regenerating powers, our teams of caring experts, and a holistic approach to wellness."

My wellness, my seawater spa

YOUR GOALS, YOUR PROGRAM
To create your personal treatment program, we look to your desires and lifestyle for inspiration. The result is a program that is balanced and varied, bringing you lasting benefits. Whether you want to tone your body, adopt healthy living, recover after having a baby, or simply relax and let go, you are in the perfect place.

5 KEYS TO YOUR WELLNESS PROGRAM
Tell us your goals and we will provide you with a tailored offer. All of our treatment programs are based on five essential key elements: Energy, Serenity, Detox, Recovery, Radiance. Listen to your inner voice to find the program that’s right for you.

Energy
Revitalize and get back in shape

Serenity
Breathe and let go

Detox
Control your weight and find balance

Recovery
Maintain your health and sleep better

Radiance
Find your inner and outer glow
Your treatment programs

6 or more days

Weeks

Functional rehabilitation
I want to regain control, mobility, strength and flexibility

Back Essentials
Flexibility & Joints
I want relief from pain and tension

Exclusiv’ Slimming
I want to kick-start my weight loss

Lift & Tone
I want to sculpt my body and tone my skin

Your tailor-made seawater spa experience

Choose your duration (1 to 6 days) and your treatments

Wellness in Total Freedom
I want to do what makes me happy

Wellness Your Way
I want to design my own treatment program

1 to 3 days

Stopovers

Vitality
I want the key benefits of the seawater spa experience

Zen
I want to let go right away

Sea & Spa
I want a luxuriously pampering break

Balance by the Sea
I want moments on cloud nine

Sea & Men
I want moments of wellness made just for me

4 to 6 days

Getaways

Sleep Wave
I want to rediscover the benefits of restorative sleep

Journey for the Senses by KOS PARIS
I want a wonderfully relaxing massage every day

Starter sportif by Polar
I want to tone my body and build muscle

Balance & Health
I want to restore balance to my body

Fitness & Wellness
I want the key benefits of seawater spa treatments

Seawater Spa for the Family

Ages 14 to 18

Spa Attitude
From 1 day / 4 treatments per day

Created especially for teen girls and boys, this program combines fun with pampering to restore skin balance, pamper the body and relax the mind.

Energy Serenity Detox Recovery Radiance
Whether you are recovering from an accident or trauma, or suffer from degenerative joint problems, the expert physical therapists at Thalassa Quiberon’s Sports Facilities use state-of-the-art equipment to work with you on your physical rehabilitation needs.

Create a program tailored to your needs
• 1 phone call with a physical therapist or our doctor prior to your arrival to customize your program of treatments and activities.

Combine pleasure and balance
• Two meals per day at Le Delight or La Presqu’île restaurant.

Get a full check-up
• 1 consultation with our doctor.
• 1 physical therapy check-up.

Improve mobility and relieve pain
• 6 individual physical therapy sessions (80 min) to choose from: therapeutic massages, functional rehabilitation, sessions in our heated seawater pool.

Regain strength, flexibility and coordination
• 6 individual sessions in the fitness area with a trainer (50 min).

Relax and revitalize
• 5 essential seawater spa treatments, including relaxing sea mud body wrap(s).
• 1 full-body cryotherapy session.

During your stay, you spend 80 minutes per day with one of our physical therapists to lay the groundwork for lasting results that relieve pain and improve your mobility. You progress step by step – gaining mobility, strength and flexibility.

OSTEOPATHY
We recommend you make an appointment with our osteopath to further enhance the benefits of this program.

PHYSICAL ACTIVITIES BY THE SHORE
The sea air revitalizes and rejuvenates. Our trainers motivate and guide you. With renewed confidence in your body and a relaxed state of mind, rediscover the pleasure of exercise and reaching your limits.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

* During low season. See details and conditions at thalassa.com
Back Essentials or Flexibility and Joints

I WANT: RELIEF FROM PAIN AND TENSION.
6 DAYS / 24 TREATMENTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

Relieve pain, reduce tension, improve your posture and flexibility. The powers of the sea meet the expert skills of our physical therapists.

Revitalize and relax
- 4 essential seawater spa treatments
- 2 purifying seawater baths
- 3 remineralizing seaweed wraps

Loosen up and eliminate tension
- 3 relaxing underwater jet sessions in our heated seawater pool

Relieve pain or restore joint mobility
- 6 small-group reharmonization sessions in the pool with a trainer (25 min)
- 2 personalized therapeutic massages
- 3 individual physical therapy sessions in the fitness area or pool (25 min)
- 1 Vitality massage (25 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

Recovery
Maintain your health and sleep better

CRYOTHERAPY
Widely used in sports medicine, our full-body cryotherapy session treats and prevents the recurrence of inflammatory pathologies.

FROM €2,016 PER PERSON*

I WANT: RELIEF FROM PAIN AND TENSION.
6 DAYS / 24 TREATMENTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

Relieve pain, reduce tension, improve your posture and flexibility. The powers of the sea meet the expert skills of our physical therapists.

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The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

Recovery
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CRYOTHERAPY
Widely used in sports medicine, our full-body cryotherapy session treats and prevents the recurrence of inflammatory pathologies.

FROM €2,016 PER PERSON*

* Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa.
See details and conditions at thalassa.com

INFORMATION & BOOKINGS
+33 (0)2 97 50 48 88
www.thalassa.com

TREATMENT DETAILS
PAGE 50
Detox
Control your weight and find balance

Exclusiv’ Slimming

I WANT TO KICK-START MY WEIGHT LOSS AND RECOVER LASTING BALANCE.

6 DAYS / 31 TREATMENTS & ACTIVITIES + 5 SESSIONS WITH OUR EXPERTS + 2 WORKSHOPS / 6 NIGHTS / ALL MEALS INCLUDED

Original, creative cuisine. Targeted, effective treatments. Here, you have everything you need to boost your motivation. With the help of our experts, right from the first health assessments, you start a tailor-made slimming program and rediscover the keys to a balanced life.

To ensure the lasting success of your slimming project
5 sessions with our experts
• 1 consultation with our medical nutritionist, including an OligoScan assessment
• 2 consultations with our dietitians
• 1 check-up with our fitness trainer
• 1 Biologique Recherche Skin Instant® diagnosis

Frustration-free slimming
• All meals (customized meal plan) at Le Delight restaurant

Breathe and regain focus
2 letting-go sessions with our relaxologist
• Slimming relaxation session (50 min) targeting cravings and impulsive eating
• “Mindful eating” workshop (50 min) to learn to listen to your hunger signals

Understand your body and share your experience
• 2 small-group workshops with our dietitians and nutritionist

Purify, slim and tone your body
19 targeted treatments
• 1 body scrub
• 4 detoxifying and slimming treatments
• 6 slimming jet showers
• 3 slimming purifying seawater baths
• 2 sculpting massages (25 min)
• 3 Cellu M6® or watermass sessions (25 min)

Boost your metabolism and rediscover the pleasure of exercise
10 physical activity sessions
• 3 sessions in the pool with a trainer to choose from aquatraining, aqua vitality and aquabiking
• 3 slimming underwater jets sessions
• 4 personalized small-group cardio-training sessions with a fitness trainer (45 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

DETOX®
Double the duration of your wraps to boost their detoxifying and slimming effects! By prior appointment.

Detox
SOFITEL DIÉTÉTIQUE

FROM
€3,096
PER PERSON*

INFORMATION & BOOKINGS
+33 (0)2 97 50 48 88
www.thalassa.com

TREATMENT DETAILS
PAGE 50

6 or more days
Week

6 or more days

I WANT TO KICK-START MY WEIGHT LOSS AND RECOVER LASTING BALANCE.

6 DAYS / 31 TREATMENTS & ACTIVITIES + 5 SESSIONS WITH OUR EXPERTS + 2 WORKSHOPS / 6 NIGHTS / ALL MEALS INCLUDED

Frustration-free slimming
• All meals (customized meal plan) at Le Delight restaurant

Breathe and regain focus
2 letting-go sessions with our relaxologist
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Original, creative cuisine. Targeted, effective treatments. Here, you have everything you need to boost your motivation. With the help of our experts, right from the first health assessments, you start a tailor-made slimming program and rediscover the keys to a balanced life.

To ensure the lasting success of your slimming project
5 sessions with our experts
• 1 consultation with our medical nutritionist, including an OligoScan assessment
• 2 consultations with our dietitians
• 1 check-up with our fitness trainer
• 1 Biologique Recherche Skin Instant® diagnosis

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

DETOX®
Double the duration of your wraps to boost their detoxifying and slimming effects! By prior appointment.

* Double occupancy in a Superior room with ocean view at Sofitel Diététique. See details and conditions at thalassa.com

INFORMATION & BOOKINGS
+33 (0)2 97 50 48 88
www.thalassa.com

TREATMENT DETAILS
PAGE 50

6 or more days
Detox
Control your weight and find balance

Combine slimming with pleasure
• All meals (customized meal plan) at Le Delight restaurant

Understand and share your experience
• 2 small-group workshops with our dietitians and our medical nutritionist

Detoxify, firm and smooth
4 slimming treatments
• 1 Biologique Recherche P50 «Peau Neuve» exfoliating treatment
• 1 Biologique Recherche Slimming Booster treatment with glove
• 1 Biologique Recherche bust and arms toning treatment
• 1 Thalassa sea & skin** Ideal Silhouette treatment

Rejuvenate and repair facial skin
• 1 LED FIVE® photomodulation session (25 min)

Purify and sculpt
15 targeted treatments
• 3 slimming purifying seawater baths
• 6 slimming jet showers
• 2 slimming watermass sessions and 1 Cellu M6® session
• 3 detoxifying and slimming treatments

Tone and slim your figure
8 physical activity sessions
• 2 personalized small-group cardio-training sessions with a fitness trainer (45 min)
• 3 slimming underwater jets sessions
• 3 sessions in the pool with a trainer to choose from aqua vitality, aquabiking and aquatraining

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

* Double occupancy in a Superior room with ocean view at Sofitel Diététique. See details and conditions at thalassa.com
** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

FROM €3,186 PER PERSON*

Detox
INFORMATION & BOOKINGS
+33 (0)2 97 50 48 88
www.thalassa.com

TREATMENT DETAILS
PAGE 50

Detox
SOFITEL DIÉTÉTIQUE

Lift & Tone

I WANT TO SCULPT MY BODY AND TONE MY SKIN.
6 DAYS / 28 TREATMENTS & ACTIVITIES + 4 SESSIONS WITH OUR EXPERTS + 2 WORKSHOPS /
6 NIGHTS / ALL MEALS INCLUDED

Featuring targeted seawater spa treatments, gourmet cuisine minceur, and cutting-edge techniques by Biologique Recherche, this program offers everything you need for clearer skin, a firmer body and slimmer figure.

Sustain your efforts
4 sessions with our experts
• 1 consultation with our medical nutritionist, including an OligoScan assessment
• 2 consultations with our dietitians
• 1 Biologique Recherche Skin Instant® diagnosis

PILATES REFORMER
Why not book a session with a fitness trainer? Pilates Reformer is an innovative exercise machine that gently tones your muscles and slims your figure.

Combine slimming with pleasure
• All meals (customized meal plan) at Le Delight restaurant

Understand and share your experience
• 2 small-group workshops with our dietitians and our medical nutritionist

Detoxify, firm and smooth
4 slimming treatments
• 1 Biologique Recherche P50 «Peau Neuve» exfoliating treatment
• 1 Biologique Recherche Slimming Booster treatment with glove
• 1 Biologique Recherche bust and arms toning treatment
• 1 Thalassa sea & skin** Ideal Silhouette treatment

Rejuvenate and repair facial skin
• 1 LED FIVE® photomodulation session (25 min)

Purify and sculpt
15 targeted treatments
• 3 slimming purifying seawater baths
• 6 slimming jet showers
• 2 slimming watermass sessions and 1 Cellu M6® session
• 3 detoxifying and slimming treatments

Tone and slim your figure
8 physical activity sessions
• 2 personalized small-group cardio-training sessions with a fitness trainer (45 min)
• 3 slimming underwater jets sessions
• 3 sessions in the pool with a trainer to choose from aqua vitality, aquabiking and aquatraining

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

* Double occupancy in a Superior room with ocean view at Sofitel Diététique. See details and conditions at thalassa.com
** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.
Sleep Wave
NEW
I WANT TO REDISCOVER THE BENEFITS OF RESTORATIVE SLEEP.
FROM 4 DAYS / 4 TREATMENTS & ACTIVITIES PER DAY /
4 NIGHTS INCLUDING 2 MEALS PER DAY
FROM €1,424 PER PERSON*

Sleep is a precious virtue on the road to fitness and wellness. A myriad of regenerating and soothing treatments, alongside new relaxation methods like the micro nap, allow you to keep stress at bay and finally get a good and restorative night’s sleep.

**Restore and regain focus**
- 3 small-group letting go sessions to choose from: yoga, Respiology, relaxation, meditation
- 1 micro nap session

**Let go**
- 2 Zen massages (25 min)
- 1 total relaxation facial massage (25 min)
- 1 vichy shower massage (20 min)

**Revitalize**
- 1 jet shower
- 1 full-body cryotherapy session
- 1 Nordic walking session
- 1 purifying seawater bath
- 4 essential seawater spa treatments

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

Micro nap
In the fitness area or outdoors, techniques to help you feel refreshed and recharged in just a few minutes.

Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa.
See details and conditions at thalassa.com
For programs lasting more than 4 days, contact us at +33 (0)2 97 50 48 88
Journey for the Senses by KOS PARIS

I WANT: A WONDERFULLY RELAXING MASSAGE EVERY DAY.
FROM 4 DAYS / 4 TREATMENTS PER DAY + 1 SESSION WITH OUR EXPERTS /
4 NIGHTS INCLUDING 2 MEALS PER DAY

Between relaxing massages and precious oils, a journey for the senses awaits you. Indulge in head-to-toe pampering and discover the exclusive “Absolue de Genêt” massage using broom oil, designed by KOS PARIS in reference to Quiberon and its unspoiled nature.

Get a full check-up
• 1 Biologique Recherche Skin Instant® diagnosis

Purify and revitalize
• 1 body scrub
• 5 essential seawater spa treatments
• 2 purifying seawater baths
• 4 remineralizing seaweed wraps

4 massages with KOS PARIS noble and precious oils (50 min)
• 1 discovery massage with “Absolue de Genêt” oil
• 1 Zen massage with “Le Jardin de l’Aube” oil
• 1 Oil Ceremony massage (with the precious oil of your choice)
• 1 signature “Absolue de Genêt” massage with hot stones

The durations given are the actual durations of the treatments.
Pleased remember to include the time necessary for your arrival and preparation.

A HERBAL TEA OR A COCKTAIL offered each day at the Bistrot de l’Océan.
Revitalize and get back in shape

Whether you’re a fitness newcomer or enthusiast, our expert trainers are with you every step of the way. Thanks to an accessible and customized program, you will leave motivated, toned and ready to reintegrate exercise in your daily life.

**Sports Starter by Polar**

**I WANT** TO TONE MY BODY AND BUILD MUSCLE.

Whether you’re a fitness newcomer or enthusiast, our expert trainers are with you every step of the way. Thanks to an accessible and customized program, you will leave motivated, toned and ready to reintegrate exercise in your daily life.

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**4 to 6 or more days**

**Sofitel Thalassa**

**Getting to know you**
- Polar BodyAge assessment with a fitness trainer

**Purify, relax and slim**
- 1 detox wrap
- 3 essential seawater spa treatments
- 1 purifying seawater bath
- 2 aqua vitality, 1 aquabiking and 1 aqua training session, in the pool

**Tone, sculpt and build muscle**
- 1 session on the AlterG® anti-gravity treadmill
- 4 activities outside or in the fitness area with a trainer (2 hours per session)

**Optimize the results**
- 1 full-body cryotherapy session (1.5 to 3 min)
- 1 Vitality massage (25 min)

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**6 or more days**

**Sofitel Diététique**

**Getting to know you**
- 2 consultations with our dietitians
- 1 Polar BodyAge assessment with a fitness trainer

**Purify, relax and slim**
- 12 seawater spa slimming treatments and activities
- 1 detox wrap, 1 cooling wrap and 1 remineralizing wrap
- 3 slimming jet showers
- 1 purifying seawater bath
- 1 aqua vitality and 1 aqua training session
- 3 toning underwater jets

**Tone, sculpt and build muscle**
- 1 session on the AlterG® anti-gravity treadmill
- 6 activities outside or in the fitness area with a trainer (2 hours per session)

**Optimize the results**
- 2 full-body cryotherapy sessions (1.5 to 3 min)
- 2 massages with a physical therapist
- 1 Vitality massage (25 min)

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**TREATMENT DETAILS**

**FOR A PROGRAM THAT’S TAILOR-MADE TO YOU,** we recommend you opt for individual coaching.***

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**The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.**

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* Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa or a Superior room with ocean view at Sofitel Diététique. See details and conditions at thalassa.com
** Watch included only for the 1st stay. Offer valid for stays lasting 6 or more days.
*** Price upon request.
Balance & Health

I WANT TO RESTORE BALANCE TO MY BODY AND PRESERVE MY HEALTH.

FROM 4 DAYS / 4 TREATMENTS PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

All the experts at Sofitel Quiberon Diététique work together to help you achieve lasting wellness.

Get a full check-up
2 sessions with our experts
• 1 consultation with our doctor, including an OligoScan assessment
• 1 consultation with our dietitians

Combine pleasure and balance
• Two meals per day at Le Delight restaurant

Purify and remineralize the system
8 individual seawater spa treatments, including:
• 1 vichy shower scrub (20 min)
• 1 purifying seawater bath
• 2 seaweed or marine mud wraps

Relax and relieve tension
• 4 well-being or sculpting massages (4 x 25 min or 2 x 50 min)

Optimize your health
4 small-group sessions:
• 2 reharmonization sessions in the pool with a physical therapist
• 2 relaxing underwater jets

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM €1,612 PER PERSON*

Fitness & Wellness

I WANT THE KEY BENEFITS OF SEAWATER SPA TREATMENTS.

FROM 4 DAYS / 4 TREATMENTS PER DAY / 4 NIGHTS INCLUDING 2 MEALS PER DAY

A complete seawater spa program for long-lasting revitalization. You have a choice of two options: Zen or Vitality?

Get a full check-up
2 sessions with our experts
• 1 consultation with our doctor, including an OligoScan assessment
• 1 consultation with our dietitians

Combine pleasure and balance
• Two meals per day at Le Delight restaurant

Purify and remineralize the system
8 individual seawater spa treatments, including:
• 1 vichy shower scrub (20 min)
• 1 purifying seawater bath
• 2 seaweed or marine mud wraps

Relax and relieve tension
• 4 well-being or sculpting massages (4 x 25 min or 2 x 50 min)

Optimize your health
4 small-group sessions:
• 2 reharmonization sessions in the pool with a physical therapist
• 2 relaxing underwater jets

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM €1,184 PER PERSON* 4 DAYS

FROM €1,776 PER PERSON** 6 DAYS

SOFITEL DIÉTÉTIQUE

Detox

SOFITEL THALASSA

Energy

SOFITEL THALASSA

*For 4 days and 6 nights, double occupancy in a Superior room with ocean view at Sofitel Diététique including two meals per day.
See details and conditions at thalassa.com.

** For 4 days and 6 nights, double occupancy in a Classic room with inland view at Sofitel Thalassa including two meals per day.
See details and conditions at thalassa.com.
Wellness in Total Freedom

**I WANT TO DO WHAT MAKES ME HAPPY.**

FROM 1 DAY / 2 HOURS OF TREATMENTS PER DAY + 1 SESSION WITH OUR EXPERTS / 1 NIGHT INCLUDING 2 MEALS PER DAY

Exclusive to Thalassa sea & spa

The Wellness in Total Freedom program comprises 120 minutes of bliss each day, incorporating essential and à la carte seawater spa treatments, as well as activities with a fitness trainer. Once we receive your wish list and confirmation of your stay*, an expert will contact you and help you find that just-right balance between your needs and desires.

EACH DAY

2 hours of treatments

• 60 minutes of essential seawater spa treatments or coached activities
• 80 minutes of treatments from our spa menu

- Energy
  • Polar BodyAge assessment
  • Essential seawater spa treatments
  • Activities outside, in the pool or in the fitness area with a trainer
  • AlterG®
  • Individual coaching sessions

- Serenity
  • Energy and serenity massages
  • Vichy shower massage
  • Respídology sessions
  • Meditative walking

- Detox
  • Nutritional consultation
  • CéloScan assessment
  • Essential slimming seawater spa treatments

- Recovery
  • Marine body wraps
  • Physical therapy massages to choose from: therapeutic massage with oils, lymphatic drainage and more
  • Full-body cryotherapy

- Radiance
  • Biologique Recherche Skin Instant® diagnosis
  • Biologique Recherche facial treatments
  • Thalassa sea & skin** face or body treatments
  • Ligne St Barth body treatments
  • Beauty treatments: manicure, pedicure, hair care and more
  • Body scrubs by Thalassa sea & skin** or Ligne St Barth

Exclusive to Thalassa sea & spa

The Wellness in Total Freedom program comprises 120 minutes of bliss each day, incorporating essential and à la carte seawater spa treatments, as well as activities with a fitness trainer. Once we receive your wish list and confirmation of your stay*, an expert will contact you and help you find that just-right balance between your needs and desires.

EACH DAY

2 hours of treatments

• 60 minutes of essential seawater spa treatments or coached activities
• 80 minutes of treatments from our spa menu

- Energy
  • Polar BodyAge assessment
  • Essential seawater spa treatments
  • Activities outside, in the pool or in the fitness area with a trainer
  • AlterG®
  • Individual coaching sessions

- Serenity
  • Energy and serenity massages
  • Vichy shower massage
  • Respídology sessions
  • Meditative walking

- Detox
  • Nutritional consultation
  • CéloScan assessment
  • Essential slimming seawater spa treatments

- Recovery
  • Marine body wraps
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  • Biologique Recherche Skin Instant® diagnosis
  • Biologique Recherche facial treatments
  • Thalassa sea & skin** face or body treatments
  • Ligne St Barth body treatments
  • Beauty treatments: manicure, pedicure, hair care and more
  • Body scrubs by Thalassa sea & skin** or Ligne St Barth

* At least 10 days prior to your arrival
** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019
Wellness Your Way

I WANT TO DESIGN MY OWN PROGRAM.
FROM 1 DAY / 4 TREATMENTS PER DAY / 1 NIGHT INCLUDING 2 MEALS PER DAY

You choose the duration of your stay and the keys to your own wellness. Create your personal wellness program from our menu of spa and seawater treatments. Once we receive your wish list and confirmation of your stay,** an expert will help you find that just-right balance between your needs and desires.

EACH DAY
• 3 essential seawater spa treatments or activities in the pool with a fitness trainer
• 1 facial or body treatment (25 min) or 1 massage (25 min)

ENERGY
• Essential seawater spa treatments
• Activities in the pool with a fitness trainer

SERENITY
• Energy & serenity massages (25 min)

DETTOX
• Essential slimming seawater spa treatments

RECOVERY
• Marine body wraps
• Vichy shower massage
• Zen or Vitality massage

RADIANCE
• Biologique Recherche Skin Instant® diagnosis
• Thalassa sea & skin*** gentle or vichy shower body scrubs
• Thalassa sea & skin*** facials: Souffle de Frailcheur and Souffle d’Eternité

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

I WANT TO PAMPER MY TEENAGER.
FROM 1 DAY / 4 TREATMENTS PER DAY / 1 NIGHT INCLUDING 2 MEALS PER DAY

Ages 14 to 18
Created especially for teen girls and boys, this program combines fun and indulgence to restore skin balance, pamper the body and relax the mind.

CHEE DAY
• 3 essential seawater spa treatments: hydromassage seawater bath, relaxing vichy shower or MusicÔrelax hydrojet session

UNWIND
• 9 activities outdoors, in the pool or in the fitness area with a trainer

DISCOVERY WORKSHOP
• 1 Healthy Cooking and Nutrition workshop

BE PAMPERED
• 1 Thalassa sea & skin*** Souffle de Frailcheur treatment (25 min)
• 1 hand and nail care treatment or pedicure
• 1 head-face-shoulder massage

• 1 Thalassa sea & skin*** Source de Pureté facial (50 min), for a 6-day program

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

* Reserved for one guest aged 14 to 18 sharing the room with an adult.
** Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa.
*** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

* Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa including two meals per day. See details and conditions at thalassa.com
** At least 10 days prior to your arrival.
*** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.
And because variety is the spice of life, you can even try a different Stopover every day.

**Stopovers**

Seawater treatments, spa & beauty, relaxation... From 1 to 3 days, our Stopovers can be adapted to your pace of life and professional or personal obligations – for a day, a weekend or a short break.

I WANT a luxuriously pampering break with a combination of spa and seawater treatments.

Each day:
- 2 essential seawater spa treatments
- 1 Thalassa sea & skin** face or body treatment (50 min)
- or 1 energy or serenity massage (50 min)

FROM €238 PER PERSON* AND PER DAY

* Double occupancy in a Classic room with inland view during the low season at Sofitel Thalassa. See details and conditions at thalassa.com

For the Sea & Spa Stopover at Sofitel Dietetique:
prices start at €255 per person and per day for double occupancy in a Superior room with ocean view.

** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

I WANT the key benefits of the seawater spa experience with revitalizing treatments.

Each day:
- 2 essential seawater spa treatments
- 1 activity in the pool with a fitness trainer

FROM €208 PER PERSON* AND PER DAY

I WANT to let go right away with massages and seawater treatments.

Each day:
- 2 essential seawater spa treatments
- 1 Zen, Vitality or vichy shower massage (25 min)

FROM €253 PER PERSON* AND PER DAY

* Only have a few days?
1 to 3 days Balance by the Sea NEW

I WANT MOMENTS ON CLOUD NINE.
FROM 1 DAY / 3 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST*

EACH DAY
- 1 essential seawater spa treatment
- 1 Zen massage (25 min)
- 1 small-group balance and relaxation session (55 min) to choose from: yoga, Respirology, Do In

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM
SOFITEL THALASSA & DIÉTÉTIQUE

FROM
€238
PER PERSON*
IN A DOUBLE ROOM CLASSIC INLAND VIEW

SOFITEL THALASSA & DIÉTÉTIQUE

FROM
€267
PER PERSON
DOUBLE OCCUPANCY SUPERIOR ROOM WITH OCEAN VIEW

1 to 3 days Sea & Men NEW

I WANT MOMENTS OF WELLNESS MADE JUST FOR ME.
FROM 1 DAY / 3 TREATMENTS PER DAY / 1 NIGHT INCLUDING BREAKFAST*

EACH DAY
- 1 essential seawater spa treatment
- 1 total relaxation facial massage or 1 energy or serenity massage (25 min)
- 1 soothing back treatment or 1 face or body treatment by Thalassa sea & skin** (50 min)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

FROM
SOFITEL THALASSA & DIÉTÉTIQUE

FROM
€253
PER PERSON*
IN A DOUBLE ROOM CLASSIC INLAND VIEW

SOFITEL THALASSA & DIÉTÉTIQUE

FROM
€282
PER PERSON
DOUBLE OCCUPANCY SUPERIOR ROOM WITH OCEAN VIEW

* Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa. See details and conditions at thalassa.com
** The Thalassa sea & skin line will be replacing Aquascience as of Spring 2019.
Our exceptional brands

**Thalassa**
Signature treatments developed exclusively for Thalassa sea & spa, combining highly effective techniques and cosmetics enriched with active marine ingredients.

Available exclusively at Sofitel Quiberon
Thalassa, Biologique Recherche places the unique techniques and ultra-concentrated formulas of its products at the service of a comprehensive and sustainable approach to cell regeneration.

**jane iredale**
With natural ingredients and a mineral base, this hypoallergenic cosmetics line also offers superior sun protection.

**Biologique Recherche**
A careful study of nature has allowed Ligne St Barth to design a range of luxury products in perfect harmony with the skin and the senses.

**Leonor Greyl**
The expert brand for natural hair care. For hair that is shinier, healthier and more beautiful than ever before.

**DLAB**
Advanced micro-nutrition supplements that boost the effects of your treatments and repair trace element deficiencies.

**VITAMAN**
Available at the hair salon and barbershop, this range of shaving products for men takes advantage of Australian plants’ unique extracts and their soothing and protective properties.

Our treatment menu caters to your every wish.

All Spa & Beauty treatments are available à la carte, either individually or as a complement to your treatment program. For the greatest choice, book your treatments in advance. Our treatment menu and experts are there to guide you in your selections.

Information & bookings: +33 (0)2 97 50 48 88
Visiting the Area

This enchanting peninsula extends valiantly into the Atlantic. The sea is a constant presence here – to your left, your right and far into the horizon. The Côte Sauvage’s scenic beauty takes your breath away. Discover this little corner of paradise on foot, by bike, in a sailboat or an electric convertible with the top down – the wind in your hair.

Adventure

Quiberon is an incomparable playground for lovers of water sports. With options for surfing, windsurfing, stand up paddle boarding, kayaking and more, there’s something for all tastes and skill levels. The peninsula also offers a plethora of activities next to the sea, such as land yachting, horseback riding, sky diving and golf.

Relaxation

Hop on a boat and head to the îles du Ponant, located just a few miles off the coast of Quiberon. Belle-Île-en-Mer is the largest and most well-known, but don’t miss the unspoiled natural beauty of Hoëdic and Houat. These islands are the perfect destination for a short outing or day-long excursion.
Seawater spa essentials
Replenish your store of trace elements, mineral salts and negatively charged ions, while indulging your senses through immersion in heated seawater.

HYDROLEGS SEAWATER BATH / Lighter legs
You dip your legs in alternating hot and cold seawater pools while toning jets massage them. The alternating temperatures improve the elasticity of the blood vessels while strengthening the pumping action of the heart.

HYDROMASSAGE SEAWATER BATH / Waves of wellness
Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Your mind unwinds as your muscles gradually relax.

VICHY SHOWER / Soothe your senses
Lying face-down on the treatment table, a fine mist of heated seawater is sprayed over your body. This treatment is designed to soothe nerve endings in your skin and induce relaxation. It is particularly recommended for those suffering from extreme fatigue.

JET SHOWER / A stream of seawater
The hydrotherapist shapes and tones your body using a jet of seawater. Temperature and pressure are adjusted depending on whether you want this precise and toning treatment to stimulate circulation or sculpt and tone your body.

Seawater massages
Every massage is a unique moment... just for you.

PURIFYING SEAWATER BATH / Underwater massage
You relax in a bath of heated seawater while a hydrotherapist massages your body with a jet shower. The focus is on loosening up your muscles and joints, or on targeting specific problem areas for a draining effect and to get rid of cellulite.

VICHY SHOWER MASSAGE / A multisensory experience
A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the three-salts scrub or manual massage using a marine serum and an exclusive technique.

WATERMASS / Rolling massage technique using seawater
The therapist uses a suction head to gently massage your skin with heated seawater. Depending on the intensity chosen, this treatment can have either a draining effect or a draining anti-cellulite action.

ZEON OR VITALITY MASSAGE / Expert technique
Using an oil infused with seaweed extracts, the gentle or vigorous actions of these massages relax your entire body and mind while leaving your skin silky soft and smooth.

Activities with a fitness trainer
Work out, unwind and breathe: on the beach, in the fitness area or in the seawater pool.

POOL ACTIVITIES / Relaxation and toning
Aqua vitality, aqua training, aquazen, underwater jets, hydrotherapy pool... Small-group toning or relaxing sessions to improve your flexibility, stamina or muscle strength. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

FITNESS AREA ACTIVITIES / Strength and toning
Stretching, Swiss ball, muscle strengthening, yoga... These targeted small-group sessions, either gentle or toning, greatly increase flexibility and muscle strength.

OUTDOOR ACTIVITIES / A breath of fresh air
Nordic or meditative walking... These small-group activities along the seashore offer a gentle, holistic workout that uses all your major muscle groups while reoxygenating your system.

Respirology / Breath control in 3 steps
Bulle d’Air: in the pool, for intense letting go • Terre Mer: in the fitness area, to learn about the benefits of controlled breathing • Énergie: in the open air, to control your emotions and drive. These exclusive sessions to improve your equilibrium, vitality and serenity.

Innovative treatments
A new treatment, the latest-generation equipment... Little things can make a huge difference.

FULL-BODY CRYOTHERAPY / The benefits of cold
FULL-BODY CRYOTHERAPY / The benefits of cold
Exposure to a burst of very cold between -120 and -150°C (1-184 and -234°F) helps relieve pain, improve recovery and increase resistance to stress.

CRYOSKIN / The benefits of cold
By applying extreme cold (-185°C/-301°F) to a specific area such as the face, neck, arms or scalp, your blood circulation increases, your pores become tighter and your skin is better able to combat sagging.

Alternatives / Anti-gravity treadmill
Allows you to build muscle in weightlessness, without putting stress on your joints.

ISKEEN RADIOFREQUENCY / An alternative to facelifts and tucks
This painless and non-invasive technique combats your face and body’s tendency to sag.

NEW MICRO NAP / The secret to vitality
In the fitness area or outdoors, learn the breathing and auto-massage techniques needed to take a micro nap, allowing you to feel refreshed and recharged in just a few minutes.

Signature treatments
The signature treatments available at Thalassa Quiberon are available nowhere else in the world. To experience them for yourself, you’ll have to become a regular guest.

KIB’DREN / Exclusive drainage
A purifying, relaxing and toning massage, performed using a water jet in a heated seawater bath. This treatment targets your circulation, joints and muscles to release tension and promote deep relaxation.

KIB’WELL / Intense letting go
A signature treatment based on letting go and stimulating the flow of energy through relaxation and meditation.

*Absolue de Genêt* by Kos Paris / Unique moments
A signature massage using borm oil, an exclusive created by Kos Paris just for Sofitel Quiberon. This treatment promises deep relaxation and exclusive moments of tranquility.

THALASSA QUIBERON
SOFITEL THALASSA & DIÉTÉTIQUE

Boulevard Louison Bobet
56170 Quiberon

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www.sofitel-quiberon-blog.com

13 DESTINATIONS IN FRANCE AND AROUND THE WORLD

LE TOUQUET
TROUVILLE
DINARD
QUIBERON
ÎLE D’OLÉRON
BIARRITZ
HYÈRES
FRÉJUS
GOLFE D’AJACCIO
ESSAOUIRA (MOROCCO)
AGADIR (MOROCCO)
TIMI AMA (SARDINIA)
ZALLAQ (BAHRAIN)

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An ACCOR HOTELS experience