SEAWATER SPA BREAKS 2020

THALASSA

SE A & S PA

ma pause, mon énergie

Bahrain

ZALLAQ

SOFITEL

HOTELS & RESORTS
Take time out for you

Set the pace that suits your mood and desires. Harness the benefits of the sea at the hands of our knowledgeable Thalassa experts.

Share a seafood risotto with friends after a sea salt body scrub by Thalassa Sea & Skin.

Surrender to a soothing Zen massage, and fill up on fresh sea air with a run along the beach.

Learn how to stand-up paddle, if you feel like it.

Awaken your skin with seawater beauty treatments and dive gently into restorative sleep.

Enjoy being at the center of attention in an exceptional setting.

Benefit from an enriching wellness experience that respects the environment.

Take a fulfilling break from routine, shaped to your desires, so you leave full of positive energy...

And eager to come back!
A journey to the kingdom of two seas

EMBARK on the holiday of your dreams, to a seashore paradise where a private 9-hectare beach and dolphins await your arrival.

PAMPER your appearance and silhouette to stay younger longer in a 2,000 m² state-of-the-art institute dedicated to exceptional treatments and letting go.

SURROUND YOURSELF with personalized service from our team of experts, in the land of hospitality.

TAKE A BREAK with the family to enjoy fun times together for all ages: sports or Spa, beach club or kids club, seawater spa or leisure.

DISCOVER the kingdom’s 36 islands, the urban excitement in Manama, the endlessness of the desert, and the remains of the mysterious Dilmun civilization.
L’expérience

The marine paradise of the strictly protected Al Areen nature reserve is only a short distance away. Here, the sea and sun take care of you. And since you are in the land of hospitality, we do everything in our power to make your stay a truly unforgettable experience.

Les chambres

Each room has its own balcony that looks out toward the sea and the dancing dolphins. The interior is spacious, adorned with stuccowork, precious woods, mother-of-pearl inlays and softly glowing lanterns. To complete the experience, your supremely comfortable MyBed™ awaits.

And if what you really want is a home away from home, why not book one of our Suites?

Crystal clear waters,

...
Restaurants & bars

Five restaurants, five cooking styles
French, Indian, Lebanese, Italian and Spanish.
Take a culinary journey around the world.
The irresistible local cuisine is generous and made for sharing, even more so with traditional music playing in the background.

Four Bars
Tapas, Amber Bar, Lobby Lounge, Lagoon Pool Bar and Le Bar de La Plage. Everything you could possibly want at any time of the day.

A French pâtisserie
Named Macaron, like the delicious little round cake made famous thanks to the talents of a top Parisian pâtissier.

Whatever you desire
Shade or sun, cocktails or seafood, mezzes or macaroons, concerts, meetings or just time alone together. The one thing that never changes is the beautiful sea view.
The atmosphere
Soft lighting, precious woods and delicate fragrances combine in the sophisticated and contemporary Oriental atmosphere of the 2,000 m² center devoted to beauty and relaxation for body and mind.

Between treatments...
Relax: Sauna and hammams with essential oils, private beach and seafront Beach Club.
Work out: Individual coaching, tennis and squash lessons, water sports or cardio-training at SoFIT.
Let go: Small-group yoga classes and meditation studio.

For you only
An indoor infinity seawater pool, indoor infinity freshwater pool, hammam, saunas and relaxation lounges.
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.

Exceptional destinations

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 day, we aim for a positive hospitality experience with Planet 21, Accor’s sustainable development program. To find out more about the program, visit www.all.accor.com.
My Power Break
I set my own goal and the pace of my stay

I set the goal of my stay

- I want to revitalize and get back in shape.
- I want to breathe and let go.
- I want to find my inner and outer glow.
- I want to control my weight and find balance.
- I want to maintain my health and sleep better.

I set the pace during my stay

Time for discovery
Before or after my treatments, I can choose to discover the region, spend time with loved ones, take up a sport or do nothing at all.

Perfectly balanced
I want to find the perfect balance between the treatments and activities of my choice, to feel positive once more.

High-precision
I want to make the most of each and every moment thanks to exceptional personalized service and expertise that work to ensure my wellness.
My Power Break
I choose my program depending on my goal and the pace of my stay

My High-vitamin Break
I want to immerse myself in wellness. I want long-lasting fitness.

My Body-slimming Break
I want to slim down and tone up.

My Body-slimming Break
I want to kick-start my weight loss.

My Secrets of Youth Break
I want revitalization and rejuvenation.

My Zen Break
I want to feel cozy and pampered. I want to dive into wellness and revitalize.

My Body-repair Break*
I want to soothe my aches and pains.

With the help of experts, I design my wellness break, my way, according to my goals.
My Wellness Break, my way

I want to choose my own treatments.

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 that just-right balance between your needs and desires.

**4 treatments per day:**
- 3 essential seawater spa treatments or activities in the pool, the fitness area or outdoors with a fitness trainer
- 1 facial or body treatment (25 min) or 1 massage (25 min)

### Energy treatments
- Essential seawater spa treatments
- Activities in the pool or fitness area with a trainer
- Vichy shower
- Seaweed body wraps
- Energizing massages
- Aqua fitness

### Serenity treatments
- Energy & serenity massages
- Essential seawater spa treatments
- Vichy shower scrub
- Seaweed wraps
- Beauty treatments for the face and body

### Detox treatments
- Essential slimming seawater spa treatments
- Body sculpting massages
- Slimming seaweeds wraps
- Aqua fitness

### Radiance treatments
- Vichy shower or salt scrubs
- Moisturizing wraps
- Anne Semonin Facial treatment (30 min)
- Relaxing massages
- Essential seawater treatments

### Recovery treatments
- Marine body wraps
- Reflexology sessions
- Therapeutic massages
- Healing mud wraps
- Specific aquatic gymnastic sessions

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* Double occupancy in a superior room during low season. See details and conditions at thalassa.com.

At least 10 days prior to your arrival.

Prices in Euros are for informational purposes only and are subject to exchange rates.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.
My High-vitamin Break
I want to immerse myself in wellness.

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

My High-vitamin Break
I want long-lasting fitness.

For a 6-day program
4 treatments per day / 7 nights including 2 meals per day (half-board accommodation)

A complete seawater spa program for long-lasting revitalization.
• 1 vichy shower scrub at the beginning of your stay
• 3 seaweed wraps adapted to your needs
• 11 essential seawater spa treatments

To feel full of energy
• 3 energizing massages including:
  - 1 Deep Tissue massages (60 min)
  - 1 Swedish massage (60 min)
  - 1 Reflexology foot massages (60 min)
• 6 Aqua Gym secessions in the seawater pool

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Looking slim is not just a question of weight. Smooth skin, slender muscles and a sculpted waist also play an important role.

**My Body-slimming Break**

**I want to slim down and tone up.**

<table>
<thead>
<tr>
<th>Detox</th>
<th>My Body-slimming Break</th>
<th>I want to kick-start my weight loss.</th>
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</thead>
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Review your habits
- 1 consultation with our dietitian
- 1 check-up with our fitness trainer

Prepare your skin
- 1 body scrub

Tone and firm
- 3 Aqua Gym sessions in the seawater pool

Drain and sculpt
- 9 essential seawater spa treatments, including 3 watermass sessions
- 3 body sculpting massages
- 3 slimming seaweed wraps

Prepare a personalized action plan
- 1 consultation with our dietitian
- 1 check-up with our fitness trainer

Prepare your skin
- 1 body scrub

Drain and eliminate toxins
- 11 essential seawater spa treatments
- 3 draining massages (50 min)
- 6 slimming seaweed wraps

Preparation
- 9 essential seawater spa treatments, including 3 watermass sessions
- 3 body sculpting massages
- 3 slimming seaweed wraps

**4 to 6 days**

From 4 days / 4 treatments per day + 1 session with our experts / 5 nights including 2 meals per day (half-board accommodation)

From €1,099*
BHD 459
per person
in a double room

**6 days**

From 6 days / 24 treatments
2 sessions with our experts / 7 nights with all meals included 7 nights all meals included from our light meals menu

From €1,669*
BHD 699
per person
in a double room

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My Secrets of Youth Break

I want revitalization and rejuvenation.

The benefits of seawater treatments meet beauty expertise. With expert protocols and relaxing massages, you begin to let go. Little by little, your skin regains its radiance and firmness. You feel wonderful. You look beautiful. Welcome to Bahrain!

An exclusive thalassa bahrain program
Seawater spa treatments regenerate your system, which is purified and replenished with minerals. A daily massage relieves all stress and tension.

A more youthful body
- 1 body scrub at the beginning of your stay
- 9 essential seawater spa treatments
- 2 body treatments (30 min)

Let go and relax
- 2 seawater massages
- 4 massage (60 min) to choose from: Aromatherapy, Swedish, Deep Tissue & Reflexology

A more youthful face
- 2 facials (60 min)
- 3 Hydra Express Facials (30 min)
- 1 purifying facial massages (60 min)

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My Zen Break
I want to feel cozy and pampered.

For a long weekend or a short escape, relax and let go with a combination of massages and marine treatments.

Each day
• 2 essential seawater spa treatments
• 1 relaxing massage (25 min)

1 to 3 days
From 1 day / 3 treatments per day / 1 night’s accommodation with breakfast
From €249* BHD 105 per person in a double room

My Zen Break
I want to dive into wellness and revitalize.

Take a well-deserved break from the outside world. Enjoy individual massages and personalized treatments for head-to-toe pampering. Little by little, surrounded by softness, you begin to let go.

Prepare your skin
• 1 vichy shower scrub

Relax and reveal your beauty
• 6 massages (60 min per day)
• 2 beauty treatments for the face or body (60 min)

Revitalize and relax
• 9 essential seawater spa treatments
• 6 seaweed wraps (1 per day)

Each day
• 2 essential seawater spa treatments
• 1 relaxing massage (25 min)

4 to 6 days
From 4 days / 4 treatments per day / 5 nights including 2 meals per day (half-board accommodation)
From €999* BHD 419 per person in a double room

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My Body-repair Break
I want to soothe my aches and pains.

Recover by the Sea

Take stock
• 1 consultation with doctor

Get back in shape and restore mobility
• 2 therapeutic massage sessions for back and shoulder or foot reflexology sessions
• 6 specific sessions in the pool or fitness room, to choose from: aquatic fitness session, aquatic therapy session and Pilates sessions

Stock up on vitamins and relax
• 12 targeted thalassotherapy treatments
• 3 self-heating mud wraps

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
Hydrotherapy pool, aqua aerobics or aqua gym...
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 flexibility
Yoga: Gentle and targeted small-group sessions to greatly increase flexibility and muscle strength.

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

OLIGOMER SPA / A unique multi-sensory experience
More than a body massage, this rejuvenating holistic treatment uses OLIGOMER®, the legendary active agent by PHYTOMER with remineralizing and fortifying properties. The body is relaxed, re-energized, and intensely rejuvenated.

Treatment details

Seawater spa essentials
Replenish your store of trace elements, mineral salts and negatively charged ions, while indulging your senses through immersion in heated seawater.

HYDROMASSAGE SEAWATER BATH / Relaxation in technicolor
Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Your muscles relax and your mind wanders to the rhythm of the chromotherapy colors.

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.

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 can be on loosening up your muscles and joints, or on targeting specific areas for a draining effect and to get rid of cellulite.

SEAWEED WRAP / A cocktail of active ingredients and minerals
Laminaria to revitalize or fucus to detoxify and slim. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

VICHY SHOWER-MASSAGE / A multisensory experience
A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the manual massage.

PRESSOTHERAPY / Anti-gravity boots
Your legs are wrapped in boots and alternatively compressed and released to boost circulation. This helps reduce cellulite and orange peel by promoting the elimination of toxins.

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 relaxing effect or a draining anti-cellulite action.

POOL ACTIVITIES  / Relaxation and toning
Hydrotherapy pool, aqua aerobics or aqua gym...
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.

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* Double occupancy in a Classic room during very low season. See details and conditions at thalassa.com

Prices in Euros are for informational purposes only and are subject to exchange rates.

My body-repair break: Time to recuperate

2928

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My body-repair break: Time to recuperate
Our treatment menu has everything you desire

**SEAWATER TREATMENTS**
Enjoy the soothing powers of the sea with the very best seawater treatments.

**SPA TREATMENTS FOR THE FACE & BODY**
Let us pamper you with a facial or body treatment, or both.

**MASSAGES**
Try all, or almost all, our massages.

**HI-TECH TREATMENTS**
Aim for even more effective results by trying our latest high-tech treatments.

**ACTIVITIES WITH A FITNESS TRAINER**
Move your body whenever and wherever you want, on the beach, in the water, or in the fitness area.

**SERENITY TREATMENT**
Experience the latest techniques to help you unwind.

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**Exceptional brands**

**Anne Sémonin**
At Anne Sémonin, we believe that each individual has unique skin. A pioneer of made-to-measure skincare, Anne Sémonin combines the powers of essential oils and trace elements to visibly restore that youthful glow.

**Phytomer**
Transforming the sea into skincare treatments to better reveal your natural beauty.
THALASSA SEA & SPA
ZALLAQ BAHRAIN
SOFITEL

105 Zallaq Highway,
Building 2015
Block 1055 Zallaq,
Kingdom of Bahrain

Information and bookings
Tél. : +973 1763-6363
H6722@sofitel.com

THALASSA SEA & SPA
OUR DESTINATIONS
IN FRANCE AND
AROUND THE WORLD

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

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ACCOR