

SPA

Menu



SPA DES THERMES
SAINT-MALO



FACE TREATMENTS



Honey coloured woods, smooth stones and pebbles, soft lighting, elegant treatment rooms, soft music and a warm atmosphere: a world entirely dedicated to your well-being. Fabienne Noël and her team of 30 confirmed beauticians welcome you with a smile and are attentive to your every need; they are perfectly skilled in the exclusive Thermes Marins de Saint-Malo treatment protocols. A multitude of rituals inspired from across the globe take you to faraway shores to encounter well-being. Choose from our selection of teas and take the time to come gently back down to earth.

TRADITIONAL TREATMENTS

<ul style="list-style-type: none">• Marine Oxygenation <p>All skin types except mature. Deep skin cleansing for a fresh, clear complexion.</p>	50 mn	75 €
<ul style="list-style-type: none">• Hydra Marine <p>Dehydrated skin. A facial treatment accompanied by a relaxing facial modelage, works as a formidable regulator on skin moisture. Your skin is moisturized, soothed and radiant with vitality.</p>	1h10	85 €
<ul style="list-style-type: none">• Marine Purity <p>Combination to oily skin. This facial treatment absorbs and regulates excess sebum to harmonize the skin. It is accompanied by a relaxing facial modelage. Your skin is purified, oxygenated and oil-free for a unified complexion.</p>	1h10	85 €
<ul style="list-style-type: none">• Gentle Marine <p>Sensitive skin with or without redness. This treatment attenuates the sensation of pulling and reduces redness. It is accompanied by a relaxing facial modelage. Your skin regains its softness, it is desensitized, soothed and perfectly protected.</p>	1h10	85 €
<ul style="list-style-type: none">• Nutri Marine <p>Mature, dry and devitalized skin. This treatment restores the skin's hydrolipidic film, accompanied by an oxygenating modelage, your skin is nourished, supple and luminous.</p>	1h30	95 €

SPECIFIC TREATMENTS

- **Marine Radiance**

A facial treatment for tired, dull skin lacking oxygen. The oxygenating modelage stimulates cells and eliminates toxins. Your skin is oxygenated with regained luminosity.

1h30

95 €

- **Herbal Siam Treatment**

All skin types. The gentle warmth of linen pads containing oriental herbs and sesame seeds give profound well-being, in-depth hydration and radiant skin.

1h10

95 €





ANTI-AGEING TREATMENTS

<ul style="list-style-type: none"> • Lift Marine <p>Does your skin lack firmness? This skin “tensing” treatment combined with a firming facial massage stimulates the skin’s tone and elasticity to redefine facial contours.</p>	1h30	105 €
<ul style="list-style-type: none"> • Marine Anti-ageing <p>Wrinkles and fine lines? This regenerating treatment combined with an Anti-ageing facial massage will diminish wrinkles and fine lines leaving your skin visibly smoothed.</p>	1h30	105 €
<ul style="list-style-type: none"> • Endermolift® <p>A facial massage which re-boosts cellular activity and improves blood and lymphatic circulation for a genuine « skin gym » workout.</p>	40 mn	65 €

INTENSIVE VALMONT TREATMENTS

When the riches of the deep sea meet the purity of the glaciers ...
 Thermes Marins de Saint Malo have selected Valmont for 2 specific intensive treatments.

<ul style="list-style-type: none"> • Moisturizing Vitality Treatment <p>The skin recovers all its beauty with this intense moisturizing treatment. Thanks to the collagen mask, the wrinkles and lines fade away, the completion is radiant and facial features become fuller.</p>	1h30	160 €
<ul style="list-style-type: none"> • Repairing Vitality Treatment <p>This highly technical anti-ageing treatment combines a collagen mask with a densifying nano-emulsion to fight against the visible signs of time. The skin regains its firmness and facial features become clearer. The result is both spectacular and long lasting.</p>	1h30	175 €



FACIAL MASSAGE AND DRAINING TREATMENTS

- **Relaxing Massage**

Gentle enveloping movements chase away muscular tension and improve deep relaxation for reposed facial features.

30 mn

50 €

- **Oxygenating Massage**

This stimulating massage helps to eliminate toxins and improve circulation for a luminous complexion.

40 mn

60 €

- **Firming Massage**

By working over facial contours this stimulating massage improves tone and firmness for redefined facial contours.

40 mn

60 €

- **Anti-ageing Massage**

Specific movements and in-depth work over wrinkles and fine lines improve cellular stimulation and renewal for reposed, smoothed features.

40 mn

60 €

- **Aesthetic Manual Draining**

Dull skin with fragile eye contour. Our expert, gentle movements activate blood and lymphatic circulation, improve exchange and eliminate toxins.

40 mn

60 €



BODY TREATMENTS



Discover our **DUO** treatment room with sea view.

A shared experience for couples or friends, a unique moment of well-being.

BODY MESSAGES YOUR PASSPORT TO WELL-BEING

<ul style="list-style-type: none">• Relaxing Massage with Essential Oils <p>A real invitation to well-being, this enveloping massage with gentle fluid movements releases tension and improves deep relaxation over the entire body.</p>	1h00	90 €
<ul style="list-style-type: none">• Deep Tissue Massage <p>This in-depth massage, with deep and powerful manoeuvres promotes muscle relaxation and loosens mind and body. This combination of passive mobilizations and pressures is particularly appreciated by the athletes. This tonic massage loosens the tension areas in order to restore energy and vitality.</p>	1h10	135 €
<ul style="list-style-type: none">• 4 Hands Full Relaxation Massage <p>A true moment to escape, a unique expérience. Two therapists work simultaneously and in rhythm performing in-deph relaxing movements over the entire body.</p>	1h00	160 €
<ul style="list-style-type: none">• 4 Hands Marine Massage Hot Pads <p>A sequence of sensory pleasure. 4 hands alternate to perform a relaxing manual modelage with warm marine pouches containing 3 different varieties of seaweed. and 3 varieties of tea will help you to eliminate tension and stimulate the metabolism and circulation.</p>	1h00	185 €
<ul style="list-style-type: none">• Traditional Chinese Energetic Massage <p>Improves energy balance through finger pressure along the body's meridian energy lines and releases congestion points which block energy circulation.</p>	1h00	140 €
<ul style="list-style-type: none">• Relaxing Back Massage <p>Full back treatment including purifying cleansing and a deep relaxing massage.</p>	1h00	80 €
<ul style="list-style-type: none">• Marine Massage Hot Pads <p>This massage is inspired by the practices of Thai monks for a moment of pure relaxation. Warm linen balls containing seaweed and teas are used to massage the whole body. It works to relax muscles, release tension, stimulate the metabolism and blood circulation.</p>	1h20	140 €

- **Hot Stone Massage**

Hands and hot stones become one with delicate strokes over the entire body...
Through the gentle heat of the volcanic stones, this massage harmonises energy flows and transports you into deep relaxation.

1h10

110 €

- **Ayurvedic Massage**

Escape to the rituals of ancient India through this massage which provides true relaxation by appeasing tension and energy flows. Alternates the different techniques of Abhyanga (movements which stimulate) and Marmatherapy, (in-depth movements over the body's energy points), accompanied by a delicious warm oil.

1h10

150 €

- **Balinese Massage**

This massage is the harmonious combination of deep, slow and warm movements, it allies power and sweetness. Real detoxification of the body, this massage improves the deep relaxation, the elimination of the stress, restores vitality and dynamism.

1h20

165 €

- **Foot Reflexology**

The foot contains numerous reflex zones which are manipulated with pressure and in-depth movements to improve energy balance.

1h00

85 €

- **Total Balance**

A relaxing treatment composed of foot reflexology, a hand massage and a scalp massage to stimulate nerve endings and provide well-being and balance.

1h20

120 €





BODY SCRUBS

NEW

Revitalize your skin's radiance : we have created a range of the best body scrubs with exotic ingredients from faraway lands for soft, clear, fresh skin. Their exfoliating effect prepares the skin for the penetration of active ingredients.

<ul style="list-style-type: none">• Honey and Citrus Zest Scrub Zests of clementine, flower honey and sugar. A sun-soaked scrub to give your skin sparkle and luminosity.	30 mn	58 €
<ul style="list-style-type: none">• Mineral Lava Powder Scrub Mineral lava powder, spring water, grape seed oils : an alliance of power and generosity for clear fresh skin.	30 mn	58 €
<ul style="list-style-type: none">• Marine Salt and Clay Scrub Marine clay, laminaria oil, salts: a rich marine composition for revitalised, toned skin.	30 mn	58 €
<ul style="list-style-type: none">• Fruit and Flower Petal Scrub Pineapple powder, Hibiscus petals, salts: a wonderful combination of fruit and flowers to make your skin soft and full of vitality.	30 mn	58 €
<ul style="list-style-type: none">• Coral Algae Scrub Coraline algae powder, cornflower water, salts: a deep sea alchemy for pure silky skin.	30 mn	58 €





BODY BEAUTY MASKS

NEW

Veritable cocoons of warmth, well-being, and gentleness : our Body Beauty Masks are accompanied by a relaxing modelage of the shoulders, nape and scalp.

- | | | |
|--|-------|-------------|
| <ul style="list-style-type: none"> • Plant Essence Body Beauty Mask Draining - Detoxifying <p>A desire for weightlessness: this body mask is draining and detoxifying, with brown algae and essential oils of lavender, juniper and pistachio.</p> | 40 mn | 60 € |
| <ul style="list-style-type: none"> • Volcanic Earth Body Beauty Mask Relaxing - Revitalizing <p>A need to regenerate: this body mask with extract of orange, rich in yellow clay and Sclafani thermal spring water revitalizes the organism.</p> | 40 mn | 60 € |
| <ul style="list-style-type: none"> • Marine Clay Body Beauty Mask Purifying - Relaxing <p>A thirst for purity: this body mask composed of marine clays, rockweed and sea kelp contains absorbing properties and works as a formidable muscle relaxant.</p> | 40 mn | 60 € |
| <ul style="list-style-type: none"> • Hibiscus Flower Body Beauty Mask Moisturizing - Firming <p>A desire for beauty: a marvellous moisturizing gel, this body mask is rich in mineral salts, trace-elements is soaked in hibiscus flower extract, it is regenerating and anti-ageing.</p> | 40 mn | 60 € |
| <ul style="list-style-type: none"> • Algae and Marine Plant Body Beauty Mask Revitalizing <p>A longing for well-being : this body mask with laminaria algae and floral water of sea fennel is a high performance treatment that intensely revitalizes the skin and improves the draining of tissue.</p> | 40 mn | 60 € |



CONTOURING TREATMENTS

- **CELLU M6® Diagnosis**

Working with you and using an evaluation sheet, our beautician will establish the ideal program adapted to your body-type.

- **CELLU M6® Integral S** NEW

Cellu M6® Body stocking obligatory 26 €. This treatment harmonizes body shape. An essential treatment technique for eliminating, re-sculpting and firming.

- **Marine Countouring Treatment**

A countouring treatment combining an active body wrap and a specific countouring massage to target bulges and unwanted curves and to kick-start the metabolism.

- **Detox Body Wrap**

A countouring booster treatment, this detox body wrap improves perspiration and detoxification. It is accompanied by a relaxing scalp massage.

Offered

50 mn **75 €**

1h00 **75 €**

40 mn **60 €**



<ul style="list-style-type: none"> • Detox Countouring Treatment This treatment triggers the countouring process. A global body wrap which helps the perspiration process and a draining massage giving a real sensation of lightness and a countoured silhouette. 	1h30	98 €
<ul style="list-style-type: none"> • Leg Toning Treatment with Aesthetic Manual Draining This toning and draining leg treatment gives you the sensation of lighter legs, the draining movements combat water retention and the cryogen wrap tones and reinforces delicate capillaries. 	1h30	98 €
<ul style="list-style-type: none"> • Aesthetic Manual Draining This treatment works to efficiently combat water retention, improve blood circulation and refine the silhouette. 	1h00	80 €
<ul style="list-style-type: none"> • Hot Cold Well-Being Treatment This hyper-sensory treatment, combining wraps and massages, will offer you total relief from tension in the upper body whilst giving a sensation of perfect lightness in the legs. 	1h00	98 €
<ul style="list-style-type: none"> • Flat Tummy Massage The circulatory and draining movements improve relaxation, well-being and release tension for a smooth, flat stomach. 	30 mn	60 €

Thermes Marins offer lots of activities to help you slim : Nutritional Consultation*, Fitness Area, Aquatic Training...

For further information, contact our reception team on : 33 (0)2 99 40 75 75

* Nutritional consultation with analysis of body mass and evaluation of your eating habits 26 €.



The ½ day includes :

- 3 treatments at the Thermes Spa
- 1 entrance to the Sauna
- 1 entrance to the Hammam
- 1 entrance to the Aquatonic® pool

The day includes :

- 3 treatments at the Thermes Spa
- 1 entrance to the Sauna
- 1 entrance to the Hammam
- 1 entrance to the Aquatonic® pool
- 1 Escale lunch at the Cap Horn (drinks not included)

MARINE ESCAPES

Marine Odyssey

- Marine Oxygenation Facial Treatment 50 mn
- Relaxing Back Massage 1h00
- Marine Clay Body Beauty Mask 40 mn

3 treatments	195 €
½ day	207 €
Day	237 €

Journey to the Heart of Volcanoes

- Mineral Lava Powder Body Scrub 30 mn
- Hot Stone Body Massage 1h10
- Volcanic Earth Body Beauty Mask 40 mn

3 treatments	208 €
½ day	220 €
Day	250 €

Wander through the Maquis

- Honey and Citrus Zest Body Scrub 30 mn
- Relaxing Body Massage with Barbary Fig 1h00
- Herbal Siam Facial Treatment 1h10

3 treatments	223 €
½ day	235 €
Day	265 €

YOUR GIFT :

A Thermes Marins de Saint-Malo bath towel (50 x 100).
Nonbinding photo.



Bathrobe and bath towel at your disposal.
Don't forget your bathing suit, bathing cap and plastic sandals.



Tropical Escapade

- Fruit and Flower Petal Body Scrub 30 mn
- Ayurvedic Body Massage 1h10
- Hibiscus Flower Body Beauty Mask 40 mn

3 treatments	248 €
½ day	260 €
Day	290 €

Ocean Stroll

- Coral Algae Body Scrub 30 mn
- Marine Radiance Facial Treatment 1h30
- Algae and Marine Plant Body Beauty Mask 40 mn

3 treatments	193 €
½ day	205 €
Day	235 €



MALOUIN REGATAS

REPOSING REGATA

- Honey and Citrus Zest Body Scrub 30 mn
- Deep Tissue Body Massage 1h10
- Relaxing Facial Massage 30 mn
- Plant Essence Body Beauty Mask 40 mn

Repose, Well-Being

4 Spa treatments

273 €

Intense Repose

4 Spa treatments, entrance to the Aquatonic® Pool, the Sauna and the Hammam.

297 €

Repose Prestige

4 Spa treatments, entrance to the Aquatonic® Pool, the Sauna, the Hammam and 1 Escale lunch at the Cap Horn Restaurant (drinks not included).

327 €

Gift ideas for all occasions :

Weddings, birthdays, Christmas, new baby, or just for the pleasure !

YOUR GIFT :

A Thermes Marins de Saint-Malo bath towel (50 x 100).

Nonbinding photo.



Bathrobe and bath towel at your disposal.
Don't forget your bathing suit, bathing cap and plastic sandals..



SERENITY REGATA

- Mineral Lava Powder Body Scrub 30 mn
- Hot Stone Body Massage 1h10
- Oxygenating Facial Massage 40 mn
- Foot Reflexology 1h00
- Volcanic Earth Body Beauty Mask 40 mn

Serenity, Well-Being **338 €**
5 Spa treatments

Intense Serenity **362 €**
5 Spa treatments, entrance to the Aquatonic® Pool, the Sauna and the Hammam.

Serenity Prestige **392 €**
5 Spa treatments, entrance to the Aquatonic® Pool, the Sauna, the Hammam and 1 Escale lunch at the Cap Horn Restaurant (drinks not included).

RELAXATION REGATA

- Coral Algae Body Scrub 30 mn
- Relaxing Back Massage 1h00
- Hydra Marine Facial Treatment 1h10
- Total Balance Body Treatment 1h20
- 4 Hands full Relaxation Body Massage 1h00
- Algae and Marine Plant Body Beauty Mask 40 mn

Relaxation, Well-Being **513 €**
6 Spa treatments

Intense Relaxation **537 €**
6 Spa treatments, entrance to the Aquatonic® Pool, the Sauna and the Hammam.

Relaxation Prestige **567 €**
6 Spa treatments, entrance to the Aquatonic® Pool, the Sauna, the Hammam and 1 Escale lunch at the Cap Horn Restaurant (drinks not included).



FOR ALL LIFE'S MAJOR EVENTS

THE 18S - 25S

- Marine Purity Facial Treatment 1h10
- Relaxing Body Massage 1h
- Entrance to the Aquatonic® Pool, the Sauna and the Hammam

168 € per person

NEW BABY

- Marine Radiance Facial Treatment 1h30
- We look after your new baby at the kid's club during your treatment
- A mother and baby massage

125 € per person

SAINT-VALENTINE

- 4 hand modelage in our sea view Duo treatment room 1h
- Lunch at the Cap Horn with a glass of champagne (Escale set menu, drinks not included)
- Entrance to the Aquatonic® pool, Sauna and Hammam

192 € per person

MOTHER'S DAY

- Nutri Marine Facial Treatment 1h30
- Relaxing Body Massage 1h
- Entrance to the Aquatonic® pool, Sauna and Hammam

182 € per person

FATHER'S DAY

- Marine oxygenation Facial Treatment 50 minutes
- Deep Tissue Body Massage 1h10
- Entrance to the Aquatonic® pool, Sauna and Hammam

212 € per person

NEWLY WEDS

- Balinese Massage in the sea view Duo treatment room 1h20
- Entrance to the Aquatonic® pool, Sauna and Hammam

190 € per person



HANDS AND FEET

• Medical pedicure	30 mn	38 €
• Foot beauty treatment	1h00	65 €
• Foot beauty treatment with application of nail varnish	1h20	75 €
• Manicure treatment with scrub, mask, massage	1h00	65 €
• Manicure treatment with application of nail varnish	1h20	75 €
• Nail varnish application hands or feet	20 mn	20 €
• Nail varnish application hands and feet	40 mn	30 €
• NEW : Nail application (please ask)		

HAIR REMOVAL

• 1/2 leg	30 mn	25 €
• 3/4 leg	40 mn	28 €
• Full leg	1h00	35 €
• Underarms	20 mn	20 €
• Bikini	20 mn	20 €
• Arms	30 mn	20 €
• Eyebrows, lip, or chin	10 mn	15 €
• Face	30 mn	25 €
• Back	30 mn	30 €

INFORMATION & ADVICE :

- Our medical pedicurist is available on Thursdays.
- We highly recommend that you do not make appointments for hair removal just after water activities such as Thalasso treatments, Aquatonic®, swimming.





Face and body treatments for ladies and gentlemen. Just close your eyes and enjoy the expert hands of our beauticians. Take time for yourself.

The Thermes Spa is open to residents and non-residents. All treatments are available to ladies and gentlemen



OPENING TIMES

- From Monday to Saturday : 9 AM to 8 PM – Saturday : 9 AM to 7 PM – Sunday 9 AM to 1 PM. Open on Bank Holidays (except for December 25th and January 1st).

RESERVATION

- From your room, dial 7523 – From outside, dial 02 99 40 75 23
Arrive 10 minutes before the treatment begins.

UPON ARRIVAL

We recommend that you arrive 10mn before your appointment.

BATHROBE AND BATH TOWEL

A bathrobe and a bath towel are available in cloak room.
Please bring some sandals.

TREATMENT DURATION

Treatment duration includes welcoming, undressing and dressing time and with certain treatments the necessary relaxation time.

WARNING

Some treatments are not recommended, especially during pregnancy.
Please consult our beauticians.

CANCELLATIONS

All cancellations should be made at least 24 hours before treatments.
Otherwise payment will be due.

LATE ARRIVALS

Late arrivals will not enable treatment prolongation.

BEAUTY IS BORN
OF THE SEA....

SPA COSMETICS, BY THERMES MARINS DE SAINT-MALO

A range of 40 products for face, body and bath.
Delicious textures and delicate fragrances
from the depths of the sea.
On sale at the Spa, the Boutique and our sales outlets.

E-store and list of our distributors at
www.cosmetique-thermesmarins.fr
or by phone on 33 (0)2 99 81 04 20



Mer & Visage



Mer & Corps



Mer & Bain

**Ask for your skin diagnostic
at the Thermes Spa**
(reservations required)

SPA AQUATONIC® PARIS VAL D'EUROPE
MONTEVRAIN (FRANCE)

SPA AQUATONIC® RENNES – SAINT-GRÉGOIRE
SAINT-GRÉGOIRE (FRANCE)

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SPA DES THERMES

SAINT-MALO

THERMES MARINS DE SAINT-MALO
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E-mail : resa@thalassotherapie.com - www.thalassotherapie.com

ÉDITION 2011

CARTE

des Soins



SPA DES THERMES
SAINT-MALO