Welcome to a world where well-being and the tradition of the grand hotel is a way of life. A place with soul. Breathe in the fresh sea air; discover the sea sprayed landscapes and enjoy the unique experience of the bay of Saint-Malo. To the rhythm of the tides and with many musical and literary events throughout the year, the corsair town comes to life every season. Over these pages, discover the Thalasso and Spa packages developed with passion and savoir-faire. For more than 50 years, we have been drawing the very essence of the sea to give you its benefits. Our teams are expert, attentive and welcoming, the atmosphere is unique, we have state-of-the-art facilities and equipment, the Thermes Marins de Saint-Malo innovates each year. Our hotels and residences welcome you in warmth, comfort and style. Everything is drawn together to make your stay a bubble of well-being. Smile, we’ll take care of everything.
WELCOME
TO THE THERMES MARINS OF SAINT-MALO
Generous by its very essence, the corsair town delivers its treasures: secret streets, shipowners’ residences, lively cafes and small shops... Throughout the year, the town comes to life with its literary and musical festivals, or its maritime events such as the renowned Route du Rhum. An exceptional heritage to discover or rediscover without hesitation.

The Benefits of Fresh Sea Air
Saint-Malo boasts exceptional meteorological and geographical conditions. Its climate is temperate and highly oxygenated. The winds coming from the sea make the air very pure and free from pathogens and allergens, loaded with iodine, silica, bromine and other salts for plenty of stimulating and invigorating health benefits.
LES THERMES MARINS DE SAINT-MALO

LA RÉFÉRENCE THALASSO
LES THERMES MARINS DE SAINT-MALO / 10

• 5 000 m² space for this Sea water Spa
• 80 rooms for individual Hydrotherapy and Physiotherapy treatments
• 16 cabins for the Spa
• 6 seawater pools including a swimming pool and an Aquatonic® pool

LA THALASSO
FOR ITS WARM ATMOSPHERE
• The friendly atmosphere
• The seaside architecture
• A place with a heart
• Human relationships, at the very heart of our concerns
• Customer and team loyalty

FOR ITS RENOWNED PROFESSIONAL EXPERTISE
• Exclusive treatment protocols, both in duration and technically
• Unanimously praised marine hydrotherapy and spa treatments
• 120 thalassotherapy professionals competent and committed to giving their best

FOR ITS HIGH QUALITY RESOURCES
• Sea water is the richest mineral water.
• It is renewed at each tide and drawn at 600 m with the greatest respect for the environment
• An exclusive seaweed cream produced in Brittany
• State-of-the-art equipment
• Cabins designed to improve the efficiency of the treatments and the comfort of our clients

With more than 50 years experience, the Thermes Marins de Saint-Malo offers you the best in Thalassotherapy. Especially for you, it has created the perfect combination of natural resources, tailor-made treatments and state-of-the-art equipment.

WHY CHOOSE SAINT-MALO FOR YOUR THALASSO?
LONG STAYS
1 WEEK OR MORE
SEA & RELAX
An enriched program to relieve tension and release stress. Total relaxation of body and mind.
• 6 Affusion Shower Massages
• 3 Seaweed Body Wraps
• 3 supervised pool sessions (Jet Pool for the Back or Toning in the Pool)
• 9 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax

SEA & RELAX
A relaxing treatment program, rejuvenating and regenerating, recuperate, reenergize, regain vitality, form and tone.
• 3 Affusion Shower Massages
• 3 Seaweed Body Wraps
• 6 supervised pool sessions (Jet pool for the Back or Toning in the Pool)
• 12 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

SEA & DETOX
A detoxifying program to stimulate and rebalance the metabolism, physical activities by the sea to oxygenate and replenish energy.
• 5 Spa Body treatments:
  - 1 Body Scrub
  - 2 Detox Contouring treatments
  - 1 Aesthetic Manual Draining
  - 1 traditional Chinese Energetic Massage
• 3 Seaweed Body Wraps
• 10 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
• 3 supervised fitness sessions: 1 Oxygenation Walk (1h), 2 longe-côte (45min).
• 3 supervised pool sessions (Toning Pool)

• 6 Relaxation and Personnel Development sessions:
  - 3 Aquarelaxation sessions
  - 3 Yoga sessions
  - 10 Hydrotherapy treatments: 1 Manual Affusion Showers
  - 3 Underwater Showers
  - 3 Marine Draining
  - 3 Jet Baths with Seaweed or Essential Oils
  - 3 Spa treatments:
    - 1 Ayurvedic Indian Massage
    - 1 traditional Chinese Energetic Massage
    - 1 Emotional Foot Reflexology

All our packages are also available in 10 days, 12 days or more.
6 DAYS • 24 TREATMENTS

A program that combines the benefits of seawater, the techniques of physiotherapy and medical expertise to relieve joint and muscle problems with long-lasting effects.

- 3 Physiotherapy Massages
- 3 Seaweed Body Wraps
- 6 supervised sessions in the pool (Pool Jets, Kine-Balneo)
- 12 Hydrotherapy treatments in treatment rooms. Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

6 DAYS • 24 TREATMENTS

An enhanced program with daily massage therapy for enhanced global health care.

- 6 Physiotherapy sessions in the treatment room
- 3 Seaweed Body Wraps
- 6 supervised pool sessions (Jet Pool for the Back or Toning in the Pool)
- 9 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

PHYSIOTEST CHEK-UP

A very specific program to reduce blood circulatory disorders.

- 3 Physiotherapy Massages
- 3 sessions of Specific Gym
- 3 supervised sessions in the Pool (Cold Water Corridor for Legs)
- 3 Seaweed Body Wraps
- 3 Prosotherapy sessions
- 9 Hydrotherapy treatments in treatment rooms: Seaweed Body Wrap, Jet Baths with Seaweed or Essential Oils, Affusion Shower, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

6 DAYS • 24 TREATMENTS

A program that combines the benefits of seawater, the techniques of physiotherapy and medical expertise to relieve joint and muscle problems with long-lasting effects.

- 3 Physiotherapy Massages
- 3 Seaweed Body Wraps
- 6 supervised sessions in the pool (Pool Jets, Kine-Balneo)
- 12 Hydrotherapy treatments in treatment rooms. Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

6 DAYS • 24 TREATMENTS

A very specific program to reduce blood circulatory disorders.

- 3 Physiotherapy Massages
- 3 sessions of Specific Gym
- 3 supervised sessions in the Pool (Cold Water Corridor for Legs)
- 3 Seaweed Body Wraps
- 3 Prosotherapy sessions
- 9 Hydrotherapy treatments in treatment rooms: Seaweed Body Wrap, Jet Baths with Seaweed or Essential Oils, Affusion Shower, Big Shower, Underwater Shower or Ondorelax

Also available in a 4 day program.

WHAT IS YOUR PHYSICAL CONDITION?

Allow yourself 30 minutes for a health and fitness assessment. Assessment carried out by a health professional: nutritionist or sports physician.

BENEFIT:

As a health plan or returning to physical activity under the right conditions, evaluation of your physical capacity depending on your age, practical advice to improve your endurance.

METHOD:

An aerobic peak test on the Monark ergocycle or the Concept 2 ergometer. Assessment of your physical capacity using the VO2 max. aerobic power calculation method.

Report presented at the end of the assessment. Duration: 30 min - Price: 90€

Booking is recommended.

The PhysioTest assessment is included in the Sea & Sport and the Sea and Weight packages.

All our packages are also available in 10 days, 12 days or more.
Specific Health Stays

SEA & RE-EDUCATION

6 DAYS • 24 TREATMENTS

An ideal program in the domain of osteoarticular illnesses with personalized care to improve posture and balance and restore mobility and suppleness.

- 6 Physiotherapy sessions in the treatment room (Massage or Re-education)
- 3 Seaweed Body Wraps
- 6 accompanied sessions in the pool for Re-education
- 9 Hydrotherapy treatments in the treatment room: Jet Baths with Seaweed or Essential Oils, Affusion Showers, Marine Draining, Underwater Shower

SEA & BACK TREATMENTS

6 DAYS • 24 TREATMENTS

A preventive program: therapy and specific exercises to fortify muscle tone.

- 6 Physiotherapy sessions in the treatment room (Massage or Re-education)
- 3 Seaweed Body Wraps
- 3 physiotherapy sessions in the pool
- 3 Back Gym sessions (Klein ball gymnastics)
- 9 Hydrotherapy treatments in the treatment room: Jet Baths with Seaweed or Essential Oils, Affusion Showers, Underwater Shower or Ondorelax

SEA & RE-EDUCATION POSTTRAUMATIC

6 DAYS • 24 TREATMENTS

BASED ON THE SEA & RE-EDUCATION PACKAGE

Program recommended following trauma: fractures, sprains, breaks, CRPS...

The recovery of joint function is faster in a marine environment.

The physician will oversee your care depending on your recovery needs in view of recuperating movement after an immobilization.

During the rehabilitation sessions in the pool, the physiotherapist gently mobilizes the wounded limb working on the breadth of the movements and muscular force.

Doctor’s Appointment Included

All our packages are also available in 10 days, 12 days or more.
A combination of hydrotherapy treatments and physical activities in water to help with weight loss, improve your physical condition and muscle tone. Program established depending on your ability and physical capacity. For men and women:

- 3 Physiotherapy Massages
- 6 Swimming sessions or Cardio-Training
- 12 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Underwater Shower, Ondorelax or Big Shower
- 1 PhysioTest
- 1 Body Measurement

Select from 2 programs: slimming or sport.
All our packages are also available in 10 days, 12 days or more.

SEA & WELL-BEING

6 DAYS • 24 TREATMENTS
A real wellness break with relaxing spa treatments for deep, lasting relaxation. Regain restful sleep and harmony.

• 5 Spa treatments:
  - 1 Relaxing Body Massage with Essential Oils
  - 1 Hot Stone Body Massage
  - 1 Relaxing Back Massage
  - 1 Facial Relaxing Massage
  - 1 Foot Reflexology
  - 3 Manual Affusion Shower
  - 2 Seaweed Body Wraps
  - 8 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Underwater Shower, Big Shower or Ondorelax
  - 6 supervised pool sessions (Jet Pool and Toning Pool)

• 24 individual treatments.

SEA & INTENSIVE WELL-BEING

6 DAYS • 24 TREATMENTS
A program comprised solely of individual Thalasso and Spa treatments.

• 12 Spa treatments:
  - 2 Relaxing Massage with Essential Oils
  - 1 Traditional Chinese Energetic Massage
  - 1 Ayurvedic Indian Massage
  - 1 four hands Full Relaxation Massage
  - 1 relaxing Indian Massage
  - 3 Body Wraps
  - 3 Facial Massages
  - 3 Seaweed Body Wraps
  - 9 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Underwater Shower, Big Shower or Ondorelax

• 24 individual treatments.

SEA & ANTI-AGEING

6 DAYS • 24 TREATMENTS
The best anti-aging strategy. A synergy of expertise to prevent the appearance of signs of age.

• 6 Spa Face treatments:
  - 1 Marine Radiance treatment
  - 1 Eye Radiance treatment
  - 1 Global Anti-Ageing treatments
  - 3 Firming Anti-Ageing treatments
  - 4 Spa Body Treatments Cellu M6® Integral 5°
  - 14 Hydrotherapy treatments:
    - 2 Manual Affusion Showers
    - 3 Underwater Showers
    - 3 Marine Draining
    - 3 Jet Baths with Seaweed or Essential Oils
    - 3 supervised pool sessions

• Cellu M6® Body stocking obligatory 26 €.

ESSENTIALLY SPA

12 TREATMENTS
A magical alliance of body and facial treatments in this Spa Package. The perfect balance for a deeply relaxing break.

• 1 Coral Algae Body Scrub
• 1 Marine Radiance Face treatment
• 1 Relaxing Back Massage
• 1 Oxygenating Facial Massage
• 1 Ayurvedic Body Massage
• 1 Plant Essence Body Beauty Mask
• 1 Foot Relexology
• 1 Volcanic Earth Body Beauty Mask
• 1 Hot Stone Body Massage
• 1 Relaxing Facial Massage
• 1 Relaxing Body Massage with Essential Oils
• 1 Marine Clay Body Beauty Mask

This package maybe used alone or in addition to a thalasso package.

All our Spa treatments on www.thalassotherapie.com/spa
**THALASSO & SPA**

**OUR FAMILY STAYS**

**SEA & MOTHER & BABY**

6 DAYS • 24 TREATMENTS

Complete care and a special moment for mother and baby. Treatment is focused on your needs and adapted to reduce fatigue and restore strength and balance: young mother revitalizes and rests. From 2 months after the birth, up to 10 months.

- 3 Physiotherapy Massages or Manual Affusion Shower
- 1 Body Scrubs
- 1 Facial Relaxing Massage
- 1 Flat tummy massages
- 3 Seaweed Body Wraps
- 3 supervised pool sessions (Jet Baths, Toning, Kine-balneo)
- 9 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- 3 specific Gym sessions of baby massage
- 2 sessions of baby massage
- Baby minding at children’s club (5h/day)

**SEA & YOUNG MOTHER**

6 DAYS • 24 TREATMENTS

Same program than Sea & Mother & Baby without the baby massage and the baby minding at children’s club.

**FOR GUEST, FREE ACCESS TO:**

- Aquatonic Pool
- Cardio Training Area
- Hammam, Sauna
- Gentle Muscle Exercise
- Swimming Pool
- Sea mist room

**SEA & MOTHER & BABY**

6 DAYS • 24 TREATMENTS

Complete care and a special moment for mother and baby. Treatment is focused on your needs and adapted to reduce fatigue and restore strength and balance: young mother revitalizes and rests. From 2 months after the birth, up to 10 months.

- 3 Physiotherapy Massages or Manual Affusion Shower
- 1 Body Scrubs
- 1 Facial Relaxing Massage
- 1 Flat tummy massages
- 3 Seaweed Body Wraps
- 3 supervised pool sessions (Jet Baths, Toning, Kine-balneo)
- 9 Hydrotherapy treatments amongst the following: Jet Baths with Seaweed or Essential Oils, Affusion Shower, Marine Draining, Big Shower, Underwater Shower or Ondorelax
- 3 specific Gym sessions of baby massage
- 2 sessions of baby massage
- Baby minding at children’s club (5h/day)

**FOR GUEST, FREE ACCESS TO:**

- Aquatonic Pool
- Cardio Training Area
- Hammam, Sauna
- Gentle Muscle Exercise
- Swimming Pool
- Sea mist room

**TEENAGERS IN THALASSOTHERAPY**

RELAX • 5 DAYS • 10 TREATMENTS

A thalasso and spa treatment program to relax and de-stress before or after an examination, or simply for the pleasure.

- 2 Jet Baths with Seaweed or Essential Oils
- 2 Affusion Showers
- 2 Seaweed Body Wraps
- 1 Marine Oxygenation Face treatment (50 min)
- 1 Relaxing Body Massage with Essentials Oils (30 min)
- 2 Ondorelax or Marine Drainings

**BALANCE • 5 DAYS • 10 TREATMENTS**

A program of thalasso treatments and physical activities for weight loss, reconnect with your body and enjoy a balanced diet.

- Appointment with our doctor, our fitness coach and our nutritionist and impedance measurement check-up
- 2 Jet Baths with Seaweed or Essential Oils
- 2 Affusion Showers or Marine Drainings
- 2 Seaweed Body Wraps
- 1 Ondorelax
- 3 Aqua-Training sessions
- Access to the workshops and diet cooking demonstrations

**CHILDREN’S CLUB**

(FROM 2 MONTHS TO 6 YEARS OLD - APPROVED BY CHILD PROTECTION SERVICES)

A team of auxiliary nursery nurses led by a fully trained nurse. An area of 100 m² dedicated to toddlers with bedrooms, a baby changing area, a play corner...

For all our accommodation, we supply free baby equipment on request: baby bed, chair, sterilizer, bottle warmer, changing mat...

**FOR GUEST, FREE ACCESS TO:**

- Aquatonic Pool
- Cardio Training Area
- Hammam, Sauna
- Gentle Muscle Exercise
- Swimming Pool
- Sea mist room

**SCAN THIS CODE**

or : [www.thalassotherapie.com/massage-bebe](http://www.thalassotherapie.com/massage-bebe)
The effectiveness of thalassotherapy can be summed up in four points: its power, its richness, its diversity and its duration.

Richness is that of marine resources while its power lies in the treatment protocols conceived for their profound effectiveness.

NOTE
The duration of Thermes Marins treatment is determined according to several elements:
- The immediate effect generated by the treatment.
- The increased benefits of these effects thanks to a succession of different treatments.

The durations specified are the actual duration times of the treatment.

TREATMENTS OR ACTIVITIES
Starting from the principle that "movement is life", one treatment per day should be an "active" treatment, mainly in the pool.

The relaxation gained during the "passive" treatment will allow broader joint movements.

THALASSO & SPA Vocabulary

MANUAL AFFUSION SHOWER • 25 MIN
A full body massage under a rain of warm seawater.

SEAWEED BODY-WRAP • 25 MIN
A warm seaweed cream is applied over the entire body and maintained at body temperature, then rinsed with warm seawater.

UNDERWATER MARINE-SHOVER • 15 MN
Underwater hydro-massage in warm seawater (35°C to 35°C) performed by a therapist with a showerhead (0.5 bars).

MARINE DRAINING • 12 MIN
Massage using showerhead and varying water temperatures.

AFFUSION SHOWER • 15 MIN
The client lies under a series of micro-shower which continuously move and cross over the body. This is a very gentle treatment.

JET SHOWER • 12 MIN
A shower is passed over the entire body using warm seawater. Draining effect.

JET-BATH WITH SEAWEED OR ESSENTIAL OILS • 20 MIN
Underwater micro-shower alternates along the body from the arch of the feet to the nape of the neck, air bubbles and seaweed cream or essential oils.

POOL WITH UNDERWATER JETS • 15 MN
Underwater hydro-massage in seawater pool at 35°C with adjustable showerheads (Spinal dorsal lumbar gymnastics with hydromassage or spinal cervical gymnastics with hydromassage).

PRESSURE THERAPY • 20 MIN
Inflatable boots are applied to the lower limbs, compartments are filled with air to apply pressure for a draining effect.

ONDORELAX • 18 MN
A soft bed and circulating wave for a complete body massage in a soft, soothing atmosphere.

FOOT BATH • 20 MN
Alternating hot and cold water which improves blood circulation in the lower limbs.

MARINE GLOBES • 20 MN
The fingers and wrists are massaged in a warm algae cream. Dermatopoelling and sedative.

The durations specified are the actual duration times of the treatment.

NOTE
The duration of Thermes Marins treatment is determined according to several elements:
- The immediate effect generated by the treatment.
- The increased benefits of these effects thanks to a succession of different treatments.

The duration of Thermes Marins treatment protocols conceived for their profound effectiveness.

Physiotherapy

MASSAGE WITH PHYSIOTHERAPY (PERFORMED IN A TREATMENT ROOM) • 20 À 25 MN
Massage to ease pain, spasms and improve blood circulation. Physiotherapy to improve joints or reinforce muscles.

POOL THERAPY • 25 MN
The physiotherapist works with you in the pool for a personalized treatment where heat and the lift of seawater help to reinforce and improve joint amplitude.

POST-NATAL GYMNASTICS • 25 MN
Group course aimed at improving blood circulation in the lower limbs.

GYMNASICS BALL • 25 MN
The physiotherapist teaches you the Klein method using the ball for back gymnastics and posture.

POST-NATAL GYMNASTICS • 50 MN
A group course with a physiotherapist aimed at improving blood circulation.

AFFUSION SHOWER • 15 MN
A shower is passed over the entire body using warm seawater. Draining effect.

JET SHOWER • 12 MN
A shower is passed over the entire body using warm seawater. Draining effect.

POOLS UNDERWATER MARINE-DRAINING • 12 MN
A warm seaweed cream is applied over the entire body and maintained at body temperature, then rinsed with warm seawater.

AQUASTRETCHING • 25 MN
Muscle stretching in warm seawater.

AFFUSION SHOWER • 15 MIN
A full body massage under a rain of warm seawater.

SEAWEED BODY-WRAP • 25 MIN
A warm seaweed cream is applied over the entire body and maintained at body temperature, then rinsed with warm seawater.

MANUAL AFFUSION SHOWER • 25 MIN
A full body massage under a rain of warm seawater.

SEAWEED BODY-WRAP • 25 MIN
A warm seaweed cream is applied over the entire body and maintained at body temperature, then rinsed with warm seawater.

UNDERWATER MARINE-SHOVER • 15 MN
Underwater hydro-massage in warm seawater (35°C to 35°C) performed by a therapist with a showerhead (0.5 bars).

MARINE DRAINING • 12 MIN
Massage using showerhead and varying water temperatures.

AFFUSION SHOWER • 15 MIN
The client lies under a series of micro-shower which continuously move and cross over the body. This is a very gentle treatment.

JET SHOWER • 12 MIN
A shower is passed over the entire body using warm seawater. Draining effect.
Early 2017, the Thermes Marins de Saint-Malo Spa is now open onto the sea.

Four new double treatment rooms: two will have terraces with sea views and one of them will have a private hot tub with majestic views of the bay of Saint-Malo.

The Spa reception and all the treatment rooms have been redesigned to bring comfort and serenity.

Grey woods, noble, pure materials and soft, clear colours, our treatment rooms welcome you in a warm, intimate atmosphere, a place dedicated to your well-being.

### Body Treatments

- Relaxing Massage with Essential Oils
  - 1h: 90 €

- Relaxing Indian Massage
  - 1h10: 125 €

- Hot Stone Massage
  - 1h10: 110 €

- 4 Hands Full Relaxation Massage
  - 1h: 160 €

- Mineral Lava Powder Scrub
  - 30 mn: 60 €

- Volcanic Earth Body Mask
  - 40 mn: 60 €

- Foot Reflexology
  - 1h: 85 €

- Detox Countouring Treatment
  - 1h30: 125 €

- Oxygenating Massage
  - 40 mn: 60 €

- Global Anti-Ageing Treatment
  - 1h30: 145 €

- Marine Radiance
  - 1h30: 105 €

- Hydra Marine
  - 1h10: 85 €

### Facial Treatments

- Oxygenating Facial Massage
  - 40 mn: 50 €

- Hot Stone Body Massage
  - 1h30: 145 €

- Oxygenating Facial Massage
  - 1h30: 105 €

- Foot Reflexology
  - 1h: 85 €

- Volcanic Earth Body Beauty Mask
  - 5 treatments: 1h: 335 €

### Malouin Regatas

#### Serenity Regata
- Mineral Lava Powder Body Scrub
- Hot Stone Body Massage
- Oxygenating Facial Massage
- Foot Reflexology
- Volcanic Earth Body Beauty Mask
- 5 treatments: 1h: 335 €

#### Reposing Regata
- Marine Salt and Clay Scrub
- Relaxing Back Massage
- Hydra Marine Facial Treatment
- Total Balance treatment
- 4 Hands Full Relaxation Massage
- Algae and Marine Plant Body Beauty Mask
- 6 treatments: 1h40: 513 €

### Marine Escapes

#### Marine Escapade
- Marine Oxygenation Facial treatment
- Relaxing Back Massage
- Algae and Marine Plant Body Beauty Mask
- 3 treatments: 2h30: 195 €

#### Wander Through The Maquis
- Marine Salt and Clay Scrub
- Relaxing Body Massage with Barbarie Fig
- Hydra Marine Facial treatment
- 3 treatments: 2h40: 210 €

### SPA Menu

Ask for our treatment menu or take a look at it on:
www.thalassotherapie.com/Spa

Thermes Marins de Saint-Malo Cosmetics combine efficiency and sensoriality with a line of 30 face & body products incorporating marine active ingredients.

www.cosmetique-thermesmarins.fr

**More than 50 Body and Face Spa treatments.**
Make the most of the Aquatonic Pool: 194 underwater jets and areas (turbojets, dynamic jets) and also sauna, hammam and ice fountain.

Enjoy the warm seawater labyrinth for a relaxing moment.

1. Hips, thighs and lumbar jets 31 °
2. Counter-current walk-through 31 °
3. Lumbar and back jets 31 °
4. Shoulder jets 34 °
5. Dynamic jets 31 °
6. Hydro-jet pool 31 °
7. Shoulder and back jets 31 °
8. Geysers 31 °
9. Wrapping Turbojets 34 °
10. Bubble Baths 34 °
11. Shoulder Shower 34 °
12. Sauna-mist Showers 34 °
13. Dynamic Showers 34 °
14. Waterfall 34 °
15. Sauna, Hammam, ice Fountain

Our Aquatonic in France

Aquatonic Paris Val d’Europe
Aquatonic Rennes Saint-Grégoire
Aquatonic Nantes Carré Lafayette

Scan the Code

or: www.thalasotherapie.com/aquatonic
The Grand Hotel des Thermes was built in the late nineteenth century in the style of the Belle Epoque to welcome the increasing number of amateurs of the seaside. A holiday spent at the Grand Hotel des Thermes opens prospects of delight and unforgettable memories.

- Sea view
- Direct access to the beach
- 174 seaview or South-facing rooms
- Gourmet seaview Restaurant Le Cap Horn
- Diététique and traditional restaurant La Verrière
- Sea view Bar La Passerelle: tea room and piano bar
- Children’s Club
- Thalassic and Spa
- Aquatic Pool
- Heated seawater relaxing pool
- Sauna, Hammam
- Cardio-Training Area
Crystal chandeliers and an atmosphere of light and luminosity, this “garden conservatory” style restaurant serves dietetic and traditional menus. La Terrasse, set in its seaside surroundings opens with the fine weather. Salads, grilled fish and meat skewers, ice creams and desserts… Enjoy the magnificent view of the beach and the Saint-Malo bay at any time during the day.

**Crystal chandeliers and an atmosphere of light and luminosity, this “garden conservatory” style restaurant serves dietetic and traditional menus.**

**La Terrasse, set in its seaside surroundings opens with the fine weather. Salads, grilled fish and meat skewers, ice creams and desserts… Enjoy the magnificent view of the beach and the Saint-Malo bay at any time during the day.**
The goal is stability and/or weight loss, improving self-esteem and eating habits. The goal is stability and/or weight loss, improving self-esteem and eating habits. To achieve this, different means are available to help and guide you: nutritional analysis to target weight regulation, dietary analysis to identify any deficits, evaluation of your level of physical activity and your physical condition. Do not wait any longer to enjoy our pleasure food during your stay!

WEIGHT CONTROL

Deciding to control your weight and eating healthily are two goals the Thermes Marins will help you with.

A balanced diet is good for your health. A varied menu of over 20 dishes at less than 350 calories is prepared by our chefs in collaboration with the nutritionist. Less calorie-dense dishes, colourful and inventive, authentic tastes, steam cooking to preserve nutrients, trace-elements, mineral salts, low fat... With the dietary cuisine of the Grand Hotel des Thermes, learn how to eat fresh simple food and cook with the right ingredients.

WELLBEING & THE PLEASURE OF EATING PROPERLY

Manage your daily diet during your stay at the thalassotherapy centre.

During our cookery workshops, our chefs Patrice Duguet and Pascal Pochon will give you a few tips on healthy food, ideal to help with weight control.

DISCOVER OUR NEW DIET RECIPE BOOK

www.boutique-thalassotherapie.com

SERVICES INCLUDED IN THE FULL DIET PACKAGE AT THE GRAND HOTEL DES THERMES

- A consultation with our nutritionist and measurement of body composition
- Conferences
- Cookery workshops

BENEFIT:
Prevention, health, weight regulation, assessment of your nutritional status, objectively following the effects of a dietary or physical program, effectively regulating your weight. Nutritional analysis and orientation by the nutritionist.

METHOD:
Spectroscopic impedanceometry: to establish your muscle mass per limb / total and abdominal fat mass ratio. Report presented at the end of the assessment.

Duration: 30 min - Price: 60€

Included in the Sea & Weight and Sea & Sport
Just 5 minutes from the train station and the old walled town, the Nouveau Monde immerses you in naval history and the great discoveries… This 4-star hotel offers direct access to the beach, a wellness area (swimming pool, spa, steam room, ...), a restaurant, a bar and sea view rooms. The Thermes Marins Thalassotherapy centre is located 800m from the hotel.

- Sea view
- Direct access to the beach
- 83 rooms, from the south standard room to the sea view Junior Suite
- Right on the Sillon Beach, in a refined and warm atmosphere, overlooking the bay of Saint-Malo, the 7 Mers Restaurant offers a unique gourmet experience through world cuisine
- Sea view bar
- Sea view Terrace
- Underwater Jet Pool
- Individual or duo Spa treatment rooms
- Hammam

www.lenouveaumonde.fr

300 m from the Thermes Marins de Saint-Malo and close to the city center, The hotel welcomes you in a warm and relaxing atmosphere.

- Sea view
- Direct access to the beach
- 20 sea view or South facing view rooms
- Widely open on the sea, the Antinéa Restaurant welcomes you in a unique setting and a friendly atmosphere.
- Covered and heated sea view terrace
- Lounge space

www.antineaotel.fr

Adjacent to the Antinéa, The Jersey is a charming sea view hotel that combines charm and warmth.

- Sea view
- Direct access to the beach
- 18 seaview of South facing rooms
- Access to the Antinea Restaurant

www.antineaotel.fr

A 3-star hotel located in the old walled town of Saint-Malo. It is perfectly located at the heart of the privateers city nearby the restaurants, historical sites and beaches.

- Sea view
- Direct access to the beach
- 50 rooms from the standard room to the superior family room
- Breakfast room
- Bar and tea room

www.hoteldulouvre-saintmalo.fr
**RESIDENCE REINE MARINE****

This residence is located 1.5 km from the Thermes Marins Thalassotherapy centre. This luxury residence offers apartments all fully equipped and functional.

- Sea view
- Direct access to the beach
- 66 apartments from 2 to 3 bedrooms, seaview or South facing, and up to 6 people
- Sea view bar
- Indoor heated pool with seaview
- Spa treatment room
- Sea view solarium terrace
- Hammam

www.reinemarine.com

**RESIDENCE NEPTUNIA**

The Neptunia residence offers 28 south facing studio apartments. By the beach with indoor, direct access to the thalassotherapy centre, as well as other Thermes Marins services.

- Direct access to the beach
- 28 south facing apartments
- Heated seawater relaxing pool
- Sauna
- Hammam
- Cardio Training Area

www.st-malo.com

**VILLA DES THERMES**

150 m from The Thermes Marins. This luxurious villa offers a direct access to the wide Sillon beach.

- 7 apartments and 1 house
- Free access to the heated seawater pool, sauna, hammam of Thermes Marins de Saint-Malo (except on Sunday afternoon).

www.villa-des-thermes.com
YOU HAVE...

PARIS 2h15 and 2h35 from July
BORDEAUX 5h45
BREST 2h35
LILLE 3h4
LYON 2h40 → RENNES then 45 min
MARSEILLE 3h50 → RENNES then 45 min
NANTES 3h4
NICE 3h4 → RENNES then 45 min
RENNES 45 min
STRAßBOURG 3h40
TOULOUSE 3h40 → RENNES then 45 min

BELGIQUE
BRUXELLES 5h25
LIEGE 6h16

SUISSE
GENÈVE 2h30 → NANTES then 2h
ZURICH 3h15 (via Paris CDG) → RENNES then 45 min
BÂLE 3h40 (via Paris CDG) → RENNES then 45 min

LUXEMBOURG
LUXEMBOURG 5h10
ROYAUME-UNI
JERSEY 1h20
LONDRES 5h30 then 15 min

THE HIGH SPEED TRAIN NOW TRAVELS TO SAINT-MALO. A COMFORTABLE RIDE BETWEEN PARIS AND SAINT-MALO IN JUST 2h15! HIGH SPEED TRAIN TO RENNES FROM LILLE, LYON, MARSEILLE AND STRASBOURG THEN STANDARD TRAIN TO SAINT-MALO

BY TRAIN

BY CAR

THE PROXIMITY OF RENNES THE CAPITAL OF BRITANNY AT 2h15 MINUTES FROM PARIS ON THE A11 MOTORWAY IS AN ADVANTAGE. AS WELL AS THE ESTUARY MOTORWAYS, A NETWORK WHICH CONNECTS PARIS VIA CAEN IN LESS THAN 4H (A13 THEN THE A11)

BY PLANE

RENNES AIRPORT HAS FLIGHTS TO AND FROM MOST MAJOR TOWNS. THE AIRPORT OF SAINT-MALO-DINARD-PLEURTUIT, 10 MINUTES FROM SAINT-MALO HAS DAILY FLIGHTS TO LONDON STANSTED WITH RYANAIR.

SAINT-MALO HAS ONLY 2 H 15 FROM PARIS BY TGV DIRECT!
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