



Thalassa

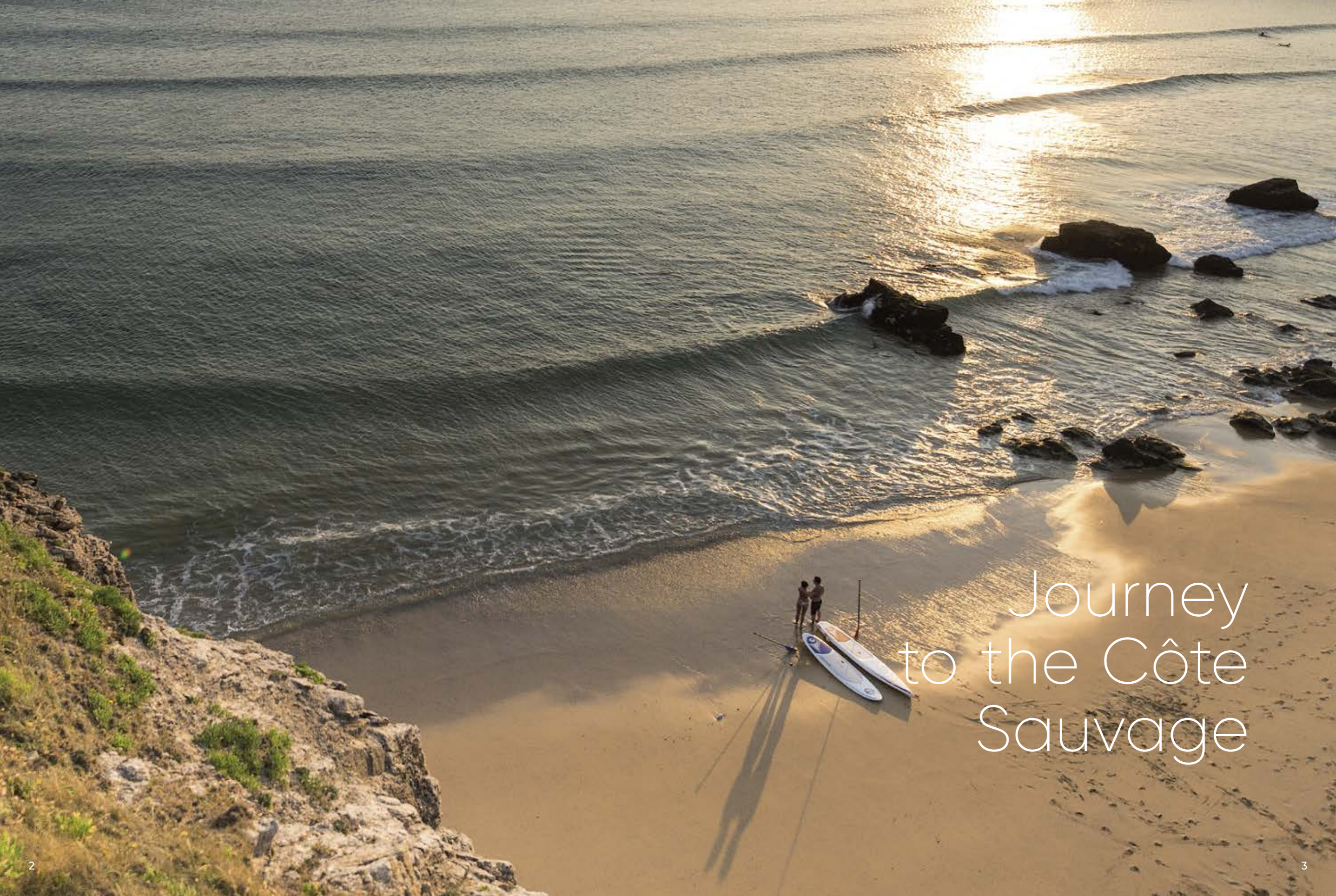
SEA & SPA

QUIBERON

* * * * *

SEAWATER SPA BREAKS 2019

SOFITEL
HOTELS & RESORTS

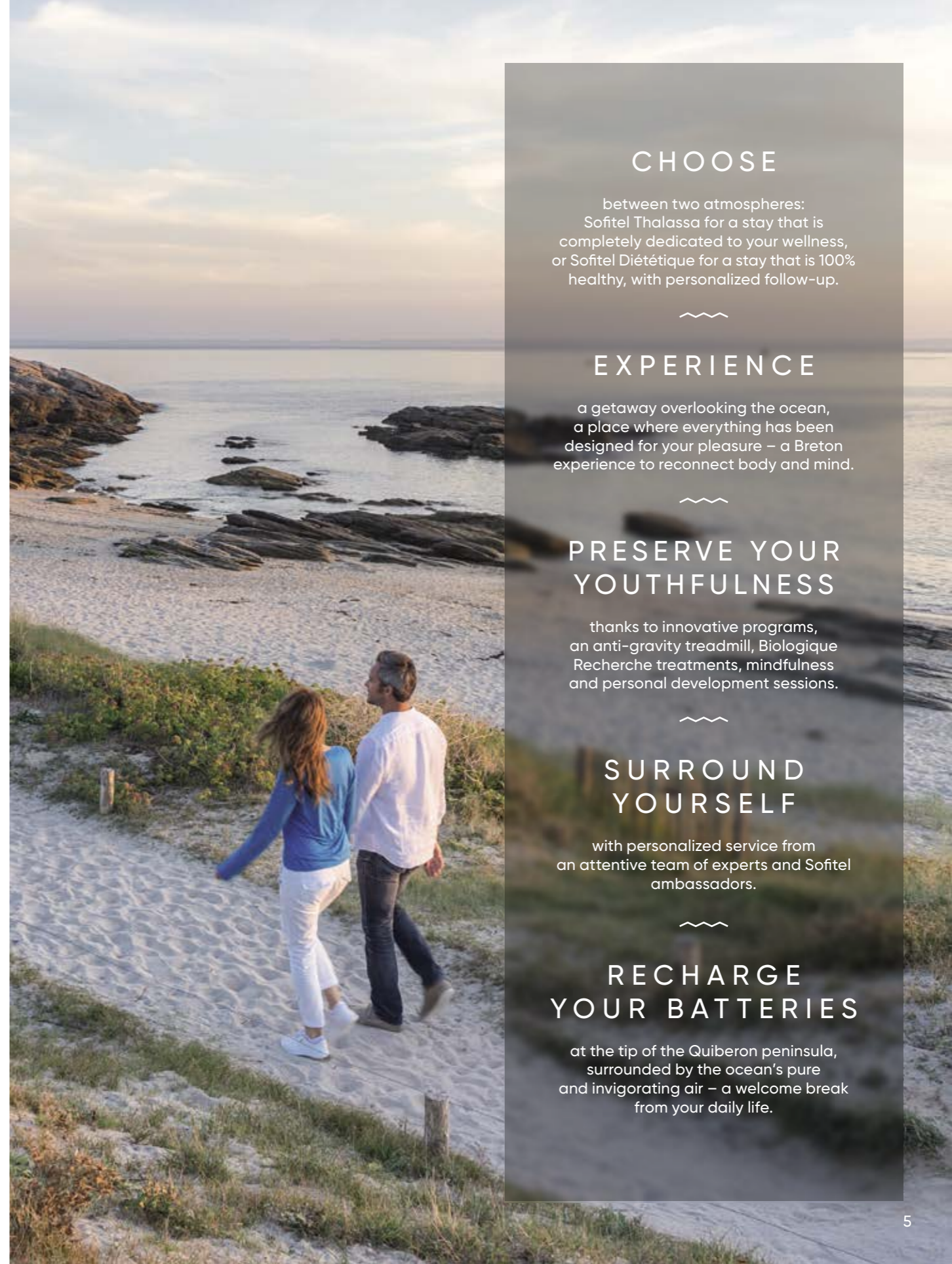


Journey to the Côte Sauvage

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.



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.

DISCOVER THE SPORTS STARTER PROGRAM BY POLAR ON PAGE 34

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



Sofitel Thalassa

S O F I T E L
HOTELS & RESORTS

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.



Sofitel Diététique

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.

S O F I T E L
HOTELS & RESORTS

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.



Le Delight Restaurant

Restaurants & Bars

SOFITEL THALASSA

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.

SOFITEL DIÉTÉTIQUE

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.



The Blue Bar

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

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.



The Blue Bar

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.





Seawater Spa

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.

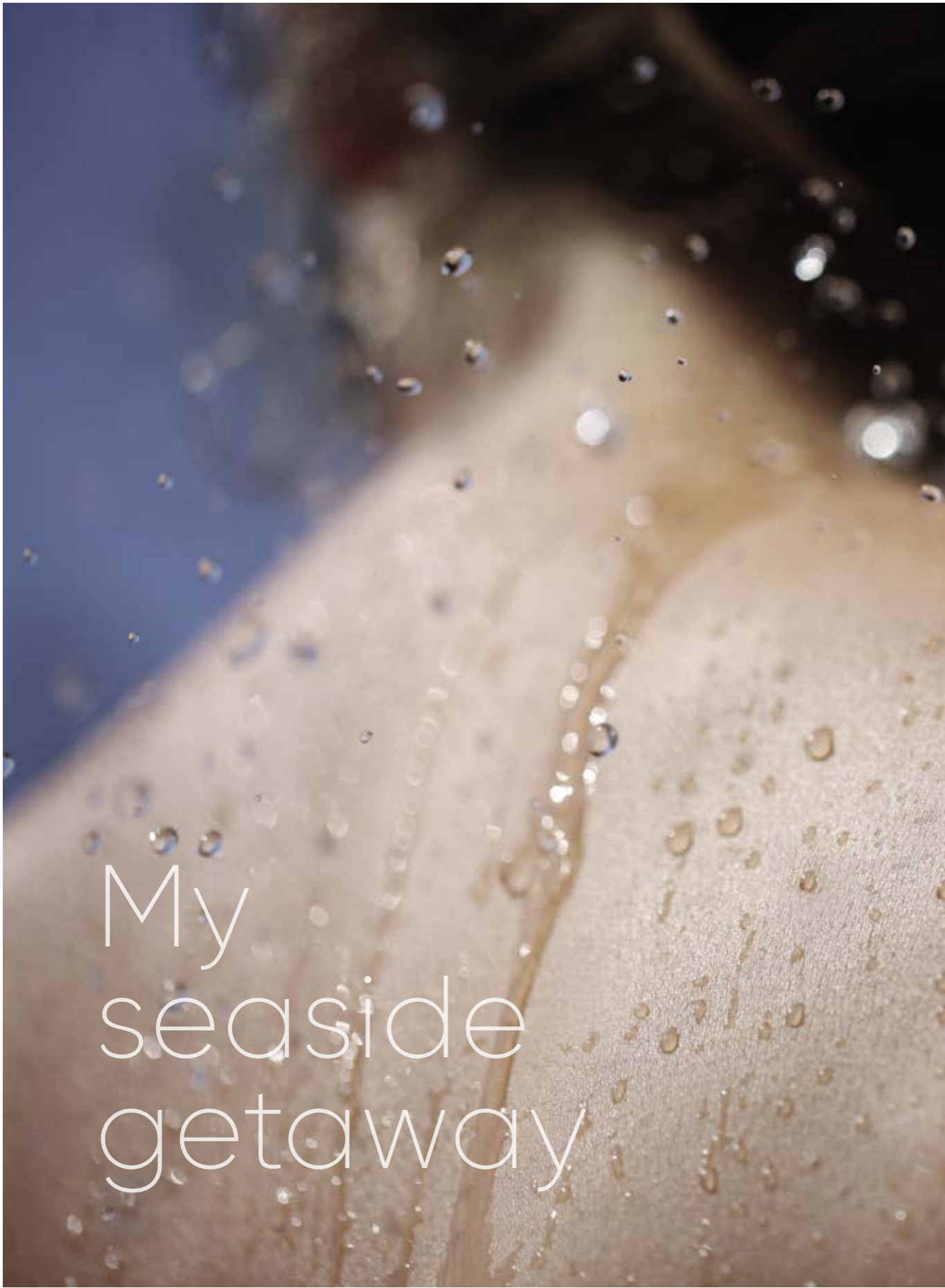
Our treatment programs are organized on alternate mornings and afternoons.
* The sport & fitness area is reserved for guests of our Sofitel hotels.
For further information, please call +33 (0)2 97 50 48 88.

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, Kib'Well, signature treatments... Activities to restore harmony to both body and mind.



My
seaside
getaway

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.



Your treatment programs

6 or more days

Weeks



Functional rehabilitation

p.22

I want to regain control, mobility, strength and flexibility



Back Essentials

p.24

Flexibility & Joints
I want relief from pain and tension



Exclusiv' Slimming

p.26

I want to kick-start my weight loss



Lift & Tone

p.28

I want to sculpt my body and tone my skin

4 to 6 days

Getaways



Sleep Wave NEW

p.30

I want to rediscover the benefits of restorative sleep



Journey for the Senses by KOS PARIS

p.32

I want a wonderfully relaxing massage every day



Starter sportif by Polar

p.34

I want to tone my body and build muscle



Balance & Health

p.36

I want to restore balance to my body



Fitness & Wellness

p.37

I want the key benefits of seawater spa treatments

Your tailor-made seawater spa experience

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



Wellness in Total Freedom

p.39

I want to do what makes me happy

Wellness Your Way

p.40

I want to design my own treatment program

1 to 3 days

Stopovers



Vitality

p.43

I want the key benefits of the seawater spa experience



Zen

p.43

I want to let go right away



Sea & Spa

p.43

I want a luxuriously pampering break



Balance by the Sea NEW

p.44

I want moments on cloud nine



Sea & Men NEW

p.45

I want moments of wellness made just for me

Seawater Spa for the Family

p.41


Ages 14 to 18

Spa Attitude

From 1 day / 4 treatments par 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.



 6 or more days
Week

Recovery

Maintain your health and sleep better

6 or more days

Recovery 

SOFITEL THALASSA & DIÉTÉTIQUE

Functional Rehabilitation

I WANT TO REGAIN CONTROL, MOBILITY, STRENGTH AND FLEXIBILITY.

6 DAYS / 18 TREATMENTS & FITNESS ACTIVITIES + 3 SESSIONS WITH OUR EXPERTS /
6 NIGHTS INCLUDING 2 MEALS PER DAY

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.

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.

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

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

+ **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 for your limits.

SOFITEL
THALASSA

FROM
€2,736
PER PERSON*

DOUBLE OCCUPANCY,
CLASSIC ROOM
WITH INLAND VIEW

SOFITEL
DIÉTÉTIQUE

FROM
€3,108
PER PERSON*

DOUBLE OCCUPANCY,
SUPERIOR ROOM
WITH OCEAN VIEW

INFORMATION
& BOOKINGS

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

* During low season. See details and conditions at thalassa.com



6 or more days

Recovery 
SOFITEL THALASSA

Back Essentials or Flexibility and Joints

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.

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.

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

 6 or more days
Week

Recovery


Maintain your health and sleep better

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

TREATMENT DETAILS
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INFORMATION
& BOOKINGS

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www.thalassa.com

 **6 or more days**
Week

Detox

Control your weight and find balance

6 or more days

Detox 
SOFITEL DIÉTÉTIQUE

Exclusiv' Slimming

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

FROM
€3,096
PER PERSON*

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.

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

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INFORMATION
& BOOKINGS

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6 or more days
Week

Detox

Control your weight and find balance



6 or more days

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

FROM
€3,186
PER PERSON*

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** Idéal 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.

 4 to 6 days


Recovery

Maintain your health and sleep better



4 to 6 days

Recovery 

SOFITEL THALASSA & DIÉTÉTIQUE

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, Respirology, 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

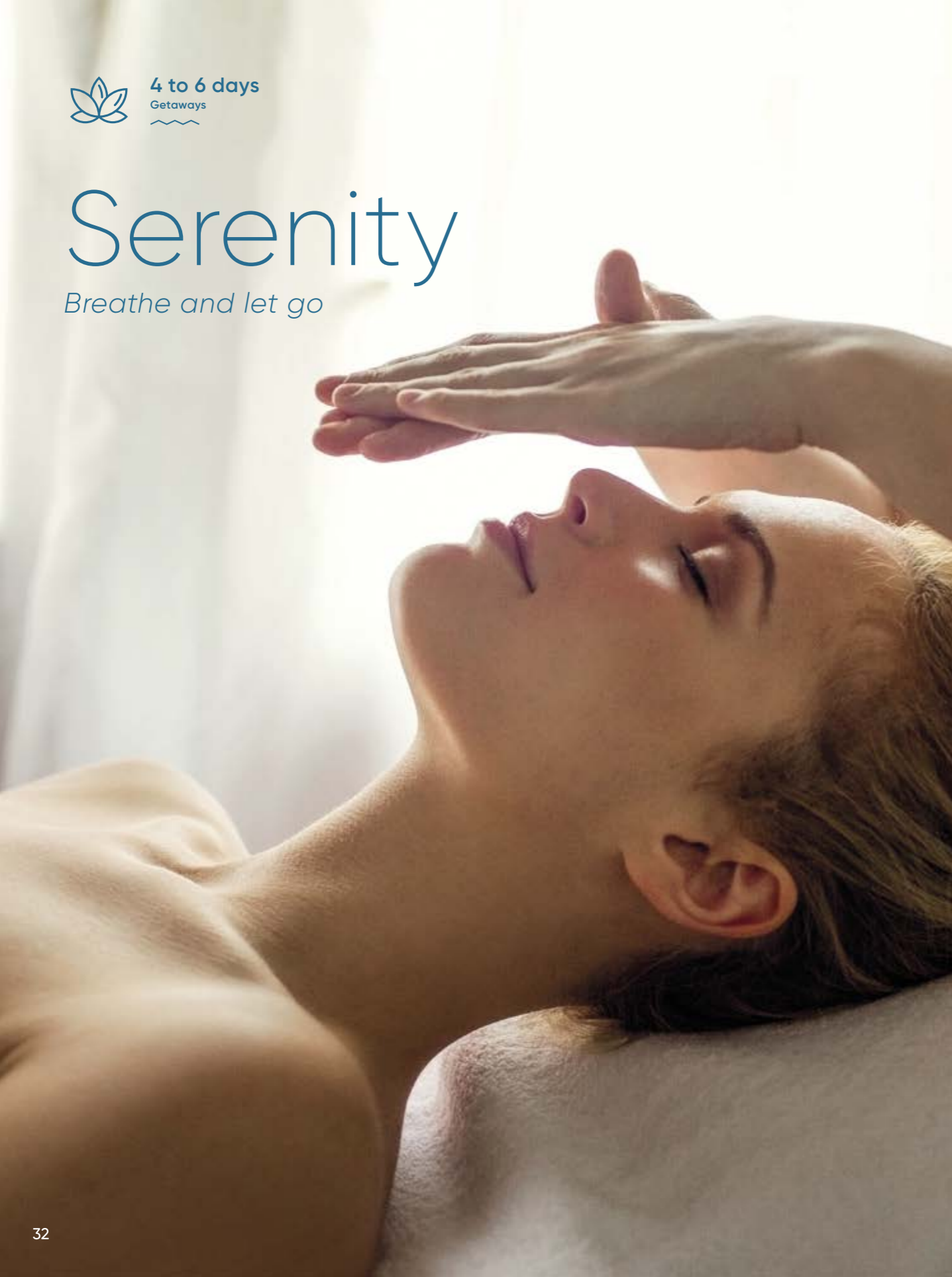
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Serenity

Breathe and let go



4 to 6 days

Serenity 
SOFITEL THALASSA

Journey for the Senses by KOS PARIS

FROM
€1,584
PER PERSON*

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.
Please 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.

Double occupancy in a Classic room with inland view during low season at Sofitel Thalassa.
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4 to 6 or more days



Polar watch is included in this package**
 This device allows you to monitor the progress of your performance and to remain in contact with your fitness trainers after your stay.

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.

4 to 6 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 aquatraining 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)

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 aquatraining 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)

FROM
€1,564
 PER PERSON*

4 DAYS / 4 TREATMENTS & ACTIVITIES PER DAY + 1 SESSION & FOLLOW-UP WITH OUR EXPERTS + 4 NIGHTS INCLUDING 2 MEALS PER DAY

FROM
€2,718
 PER PERSON*

6 DAYS / 24 TREATMENTS & ACTIVITIES + 3 SESSIONS WITH OUR EXPERTS & FOLLOW-UP / 6 NIGHTS INCLUDING 2 MEALS PER DAY AT LE DELIGHT RESTAURANT



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

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 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

4 to 6 or more days

Energy

Revitalize and get back in shape



4 to 6 days

Detox 
SOFITEL DIÉTÉTIQUE

Balance & Health

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

FROM 4 DAYS / 4 TREATMENTS PER DAY + 2 SESSIONS WITH OUR EXPERTS /
4 NIGHTS INCLUDING 2 MEALS PER DAY

FROM
€1,612
PER PERSON*

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.

*For 4 days and 4 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 programs lasting more than 4 days, contact us at +33 (0)2 97 50 48 88



4 to 6 days

Energy 
SOFITEL THALASSA

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

FROM
€1,184
PER PERSON*
4 DAYS

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

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

CORE PROGRAM

Revitalize

- 7 essential seawater spa treatments
- 1 purifying seawater bath
- 2 remineralizing seaweed wraps

VITALITY TREATMENTS

To feel full of energy

- 2 revitalizing massages (25 min)
- 4 energizing activities outside, in the pool or in the fitness area with a trainer

+
or

ZEN TREATMENTS

Relax and relieve fatigue

- 2 Zen massages (25 min) or vichy shower massages (20 min)
- 4 relaxing activities in the pool

FROM
€1,776
PER PERSON**
6 DAYS

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

* For 4 days and 4 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.

TREATMENT DETAILS
PAGE 50



☀️ 🌸 🌀 📖 💧 1 to 6 days

Customized seawater spa treatments

1 to 6 days

Customized seawater spa treatments



SOFITEL THALASSA & DIÉTÉTIQUE

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

- 40 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
- Respiriology sessions
- Meditative walking



Detox

- Nutritional consultation
- OligoScan 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

FROM
€456
PER PERSON*

SOFITEL
THALASSA

FOR 1 DAY AND 1 NIGHT
IN A DOUBLE ROOM
CLASSIC INLAND VIEW
INCLUDING
2 MEALS PER DAY.

FROM
€518
PER PERSON*

SOFITEL
DIÉTÉTIQUE

FOR 1 DAY AND 1 NIGHT
DOUBLE OCCUPANCY
SUPERIOR ROOM WITH
OCEAN VIEW INCLUDING
2 MEALS PER DAY.

INFORMATION
& BOOKINGS

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

* At least 10 days prior to your arrival.

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



1 to 6 days

Customized seawater spa treatments



SOFITEL THALASSA

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)



Detox

- 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 Fraîcheur and Souffle d'Éternité

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

FROM
€386
PER PERSON*

* 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.



1 to 6 days

Seawater Spa for the Family

SOFITEL THALASSA

Spa Attitude

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.

Relax

- 3 essential seawater spa treatments: hydromassage seawater bath, relaxing vichy shower or MusicOrelax 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 Fraîcheur 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.

INFORMATION
& BOOKINGS

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

* 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.

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TREATMENT DETAILS
PAGE 50



1 to 3 days



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.

And because variety is the spice of life,
you can even try a different Stopover every day.

FROM
€208
PER PERSON*
AND PER DAY



Energy

Vitality SOFITEL THALASSA

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

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
€238
PER PERSON*
AND PER DAY



Serenity

Zen SOFITEL THALASSA

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

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



Serenity

Sea & Spa SOFITEL THALASSA & DIÉTÉTIQUE

FROM 1 DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

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)

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



Only have a few days?

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

For the Sea & Spa Stopover at Sofitel Diététique: prices start at €315 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.

INFORMATION
& BOOKINGS

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TREATMENT DETAILS
PAGE 50



1 to 3 days

Serenity 

SOFITEL THALASSA & DIÉTÉTIQUE

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, Respiology, Do In

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

SOFITEL THALASSA

FROM
€238
PER PERSON*

IN A DOUBLE ROOM
CLASSIC INLAND VIEW

SOFITEL DIÉTÉTIQUE

FROM
€267
PER PERSON

DOUBLE OCCUPANCY
SUPERIOR ROOM
WITH OCEAN VIEW



1 to 3 days

Serenity 

SOFITEL THALASSA & DIÉTÉTIQUE

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.

SOFITEL THALASSA

FROM
€253
PER PERSON*

IN A DOUBLE ROOM
CLASSIC INLAND VIEW

SOFITEL 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

* 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.

A few hours

Spa & beauty



Our exceptional brands

Thalassa SEA & SKIN

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.



A passion for rare plants and beautiful fragrances makes for an invitation to experience truly precious moments.

CELERGEN SWITZERLAND

An all-natural nutritional supplement using marine cell therapy. CELERGEN delays aging, enhances vitality and preserves your skin's youthfulness by boosting cellular activity.

jane iredale THE SKIN CARE MAKEUP®

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



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 PARIS

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



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

VITAMIN

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



Sea, sun & fun

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.

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.

HYDROLEGS SEAWATER BATH / Lighter legs

You dip your legs in alternate 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.

SEAWEED WRAP / A cocktail of active ingredients and minerals

Remineralize with laminaria, slim down with fucus, detoxify with a sweat-inducing seaweed concoction, or relax and cool your legs with sea mud. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

MUSICÔRELAX HYDROJET / Relaxing waterbed massage, to music

Lying on a waterbed, your entire body is massaged by two powerful jets of water, from your neck to your ankles. This treatment includes a personalized musical ambiance to complete the relaxation experience.

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.

ZEN 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, aquatraining, 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 flexibility

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

Innovative treatments

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

FULL-BODY CRYOTHERAPY / The benefits of cold

Exposure to a burst of dry cold between -120 and -150°C (-184 and -238°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.

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. Three exclusive sessions to improve your equilibrium, vitality and serenity.

ALTERG® | 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 broom oil, an exclusive created by KOS PARIS just for Sofitel Quiberon. This treatment promises deep relaxation and exclusive moments of tranquility.

INFORMATION
& BOOKINGS

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

THALASSA QUIBERON
SOFITEL THALASSA
& DIÉTÉTIQUE

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www.sofitel-quiberon-blog.com



#ThalassaSeaAndSpa
@SofitelQuiberon

thalassa.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)