

# Thalassa

SEA & SPA

ma pause, mon énergie



SPA & BEAUTY

TREATMENTS MENU

BIARRITZ

# Summary

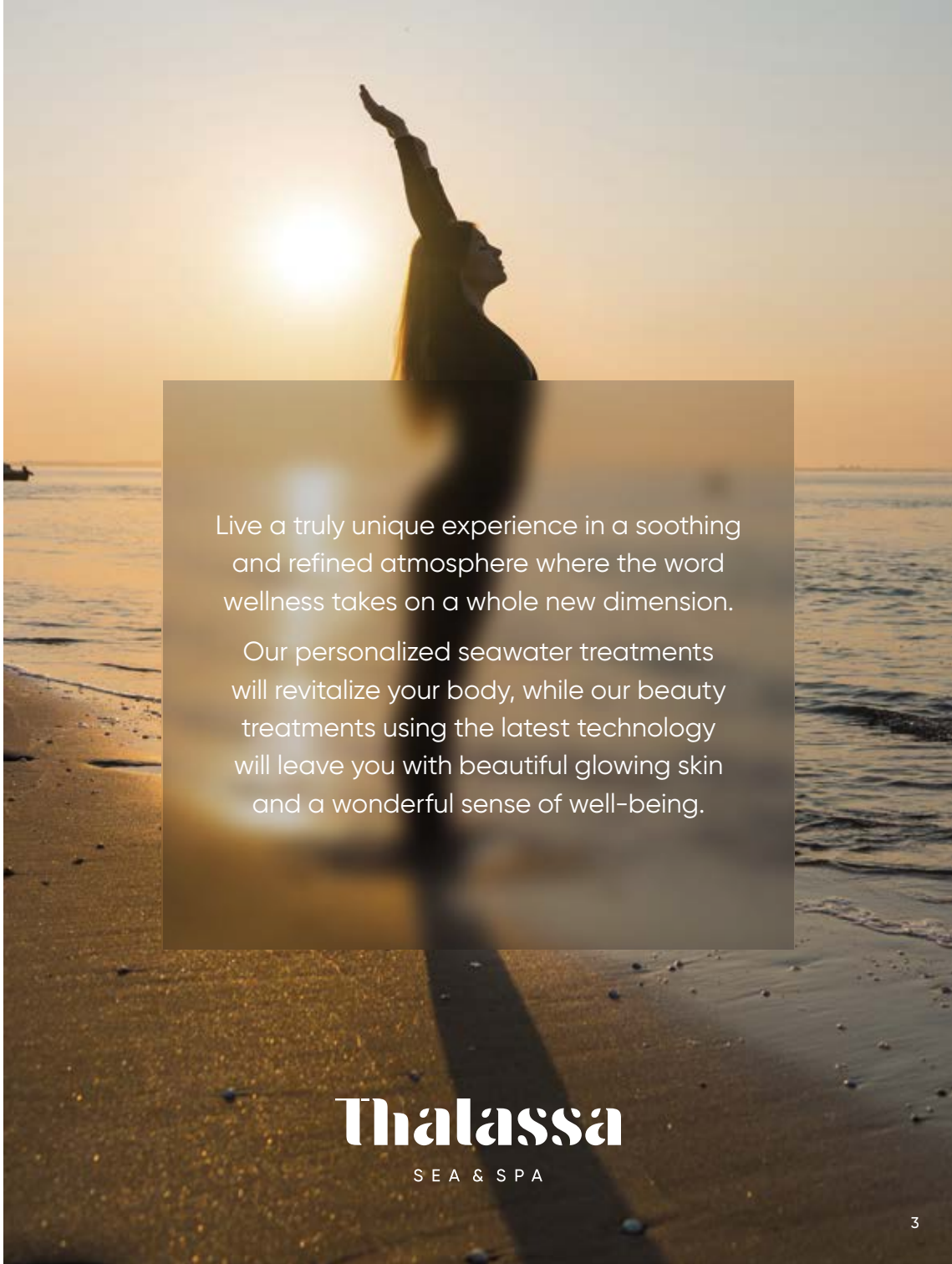
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<https://spa.thalassa.com/fr/soins-spa-biarritz-6>



Live a truly unique experience in a soothing and refined atmosphere where the word wellness takes on a whole new dimension.

Our personalized seawater treatments will revitalize your body, while our beauty treatments using the latest technology will leave you with beautiful glowing skin and a wonderful sense of well-being.

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# Wellness Objectives

Everything is connected.  
The body and the mind. 360° of beauty, health and wellness. Our experts offer simple, tangible solutions that guide you toward greater daily well-being.

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## serenity

Breathe and let go.

**SOPHROLOGY** ⌚ 50 min / €110

Aimed at rediscovering harmony of body and mind.

**NEW MICRO NAP** ⌚ 30 min / €45

In the fitness area or outdoors, in small group, 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.



## detox

Control your weight and find balance.

**IMPEDANCE ANALYSIS** ⌚ 15 min / €30

To analyze levels of fat, muscle and water retention.

**OLIGOSCAN WELLNESS** €65 OR HEALTH €80

Measures the minerals, trace elements and heavy metals in your body as well as oxidative stress, in order to correct any deficiencies.



## recovery

Maintain your health and sleep better.

### RESPIROLOGY\*

Control your breathing to achieve balance and vitality. That is the promise of our exclusive Respirology sessions based on the Vital'Respir™ method. The four elements come together to take care of you.

**BULLE D'AI** - In the pool ⌚ 20 min / €45

**TERRE ME** - indoor ⌚ 40 min / €55

**ÉNERGIE** - outside ⌚ 50 min / €60

\* Small-group sessions of three people or more. Individual sessions available - 45 minutes / €135.



## radiance

Find you inner and outer glow.

The skin is a reflection of our inner self, it evolves each and every day during our lifetime. Everyone has different skin moments. The evaluation of your skin at a precise moment with Biologique Recherche enables our beauty therapists to personalize treatments following a precise and rigorous ritual in order to obtain optimal results.



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# Facial Spa treatments

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## By Biologique Recherche

Biologique Recherche offers you formulas strongly consisted of actives and exclusively natural ingredients without perfume. For immediate, visible and durable results.

### **DIAGNOSTIC SKIN INSTANT® LAB** ⌚ 15 min / €35

The first stage of the "the Biologique Recherche method" is a unique diagnostic which allows to identify your skin at a precise moment and propose a personalized solution from a range of specific treatments.

### **TAILOR-MADE FACIALS** ⌚ 50 min / €130 - 80 min / €180

Starting of the treatment, our beauty experts will decide which Biologique Recherche protocol to use based on your skin moment.

### **SECOND SKIN TREATMENT** ⌚ 50 min / €300 - 3 sessions €800

Innovative in professional cosmetics, this regenerating and lifting treatment is designed from an electro woven mask consisted of 80% of pharmaceutical grade hyaluronic acid for "Mature Skin Instants" marked by the signs of age.

*\*This treatment is not available with the "Timeless Youth" and "Prestige & Freedom" programs.*



## By Thalassa Sea & Skin

Signature treatments developed exclusively for Thalassa Sea & Spa, combining highly effective techniques and cosmetics enriched with active marine ingredients. The spring sea water is naturally rich in minerals which brings vitality, firmness and hydration to the skin.

**RADIANCE -ENHANCING FACIAL** ⌚ 50 min / €105

Skin comes to life, smooth and glowing.

**MOISTURIZING FACIAL** ⌚ 50 min / €105

Skin is resplenished and protected.

**BREATH OF PURENESS** ⌚ 50 min / €105

Skin texture becomes refined and healthy.

**BREATH OF ETERNITY** ⌚ 25 min / €75

Strong antioxidant and plumped up skin.

**BREATH OF FRESHNESS** ⌚ 25 min / €75

Instant radiance in our expert hands.

## By KOS PARIS

Precious ingredients and subtle fragrances are carefully selected from all over the world to provide visible effects on the skin.

**SOIN DES LÉGENDES** ⌚ 50 min / €115 - 80 min / €165

This anti-fatigue treatment is a real bath of youth and relaxation thanks to its combination of powerful natural assets. At the heart of its formula: a precious duo oil of prickly pear seed and acai berries.



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# High-technology treatments

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The very latest trends and innovations in technology at the service of your youth to efficiently defy signs of ageing.

## Softmesology®

A revolutionary new concept of non-invasive, painless and personalized treatments thanks to 5 phases: serum injections through 2 micro electric current, electrophoresis, cryotherapy, phototherapy by LED and radiofrequency. Find again a remodeled face and firmer skin.

**SOFTMESOLOGY SIGNATURE TREATMENT** ⌚ 80 min / €190  
A youth-boosting treatment for smooth, firm and radiant skin.

**SOFTMESOLOGY® BOOSTER TREATMENT** ⌚ 50 min / €135  
A treatment that boosts cell renewal.

## Cryoskin

By applying extreme cold to a specific area. Soft method for anti-ageing, blood circulation or slimming.

**CRYOSKIN TREATMENT** ⌚ 25 min / €90 - 3 sessions / €240  
⌚ 50 min / €135 - 3 sessions / €375

## Cube O2+

Youthfulness and new anti-aging technologies CUBE O2+, enhancing Beauty with oxygen.

### **CUBE O2+ SIGNATURE FACIAL TREATMENT** ⌚ 80 min / €190

Reverse visible signs of aging. The propulsion of oxygen-rich Microbubbles combined with the Needling is a must-try solution for combatting wrinkles, loss of skin tone, worry lines and a dull complexion.

### **CUBE O2+ OXY PULSE** ⌚ 50 min / €135

Reactivates the fundamental skin functions thanks to the propulsion of oxygen microbubbles loaded with acid hyaluronic, vitamins and antioxidants.

## Endermolift LPG

An innovation based on mechanical stimulation principles. It reactivates the production of collagen, elastin and hyaluronic acid. Your complexion is radiant, your skin visibly firmer.

### **ENDERMOLIFT TREATMENT** ⌚ 50 min / €135 - 3 sessions / €375

One Endermolift session with a facial massage, a serum and a moisturizing mask.

#### **ANTI-AGING PROGRAM**

Create your own program from a large range of made to measure treatments Biologique Recherche and the best anti-age techniques : Softmesology®, Cryoskin, Cube O2+, Endermolift.

3 days program : 2 treatments of 50 min and 1 treatment of 80 min - €425

5 days program : 4 treatments of 50 min and 1 treatment of 80 min - €660





# Body spa treatments

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## By Thalassa Sea & Skin

### **BODY SCRUB WITH SEA SALTS** ⌚ 25 min / €75

Gentle, energizing or revitalizing. Whichever you choose, your skin will be as soft as silk.

### **MOISTURIZING SOFTNESS** ⌚ 50 min / €105

A pampering treatment that nourishes and softens the skin.

### **SOOTHING BACK TREATMENT** ⌚ 50 min / €105

Ideal for relieving back tension.

## Rituals

### **HOT SAND HYDRATING SOAK** ⌚ 50 min / €105

Enjoy a unique feeling of well-being on a bed of heated quartz sand, wrapped in a hydrating body mask of shea butter, while, having a relaxing head massage.

### **ORIENTAL RITUAL** ⌚ 80 min / €155

Inspired by oriental traditions: hammam steam bath, black soap body scrub with an exfoliating glove, and relaxing massage with fragrant oils.

### **THALASSA SEA & SKIN SOFTNESS** ⌚ 100 min / €195

Pick from facial and body Thalassa Sea & Skin treatments. The skin regains its brightness and softness.



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# Slimming

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## Nutrition

**NUTRITION CONSULTATION** ⌚ 45 min / €50

Personalized assessment and advice to help you lose weight or regain a balanced diet and sustainable healthy lifestyle. Includes an impedance analysis.

## Slimming treatments

**IDEAL SILHOUETTE** ⌚ 50 min / €105

To fight orange peel and slim the figure.

**LYMPHATIC DRAINAGE MASSAGE** ⌚ 50 min / €135

To eliminate toxins and stimulate the lymphatic system.

**TARGETED ABDOMEN DRAINAGE** ⌚ 25 min / €85

Performed by a physiotherapist to eliminate toxins.

### DETOX RITUAL €230

- Nutrition consultation ⌚ 30 min
- Anti-cellulite shower or watermass
- Detoxifying wrap or sculpting ocean wave
- Lymphatic drainage ⌚ 50 min

## High-technology slimming treatments

### **SLIMMING ICEKUB** ⌚ 50 min / €210 - 80 min / €270

Non invasive and selective treatment by cryolipolysis which allows the natural reduction of localized body fat for a more harmonious silhouette with surprising results after one month.

### **FIRMNESS CRYOSKIN TREATMENT**

25 minutes : 1 session / €90 - 3 sessions / €240

50 minutes : 1 session / €135 - 3 sessions / €375

Targeted firming and anti-cellulite treatment.

### **O2 FIRMNESS** ⌚ 50 min / €135

An innovative body remodeling and sculpting method of lipomodelage.

## Essential slimming treatments

### **SLIMMING WATERMASS** ⌚ 20 min / €80

Rolling seawater massage technique that sculpts the body.

### **SCULPTING OCEAN WAVE** ⌚ 15 min / €45

A toning hydromassage for a stimulating and draining effect.

### **TONING PURIFYING SEAWATER BATH** ⌚ 20 min / €55

A massage in a bath with a heated seawater jet. Targeting cellulite areas, it is ideal for draining, sculpting and toning up the body.

### **ANTI-CELLULITE SHOWER** ⌚ 20 min / €65

Reduce orange peel, effectively targeting areas of fatty tissue such as the thighs and buttocks.

### **SLIMMING PRESSOTHERAPY** ⌚ 20 min / €65

Slimming cream with the pressotherapy, this helps reduce cellulite and orange peel by promoting the elimination of toxins.

### **SLIMMING FUCUS SEAWEED WRAP** ⌚ 20 min / €55

Ideal for eliminating toxins and helps promote slimming thanks to the perspiration effect.

### **DETOXIFYING WRAP** ⌚ 20 min / €55

A Seaweed wrap which induces perspiration.

# Massages

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## Physiotherapist massages

### **WATERNING** ⌚ 50 min / €135

An exclusive treatment combining relaxation techniques, gentle stimulation and stretching exercises in a heated seawater pool. The constant cradling of your body helps you let go.

### **THAÏ MASSAGE** ⌚ 50 min / €135

This massage takes place on a futon wearing loose clothing. Gentle pressure and stretching of the muscles and joints help stimulate internal energies for increased flexibility and mobility. Feel well all over.

### **SENSORY MASSAGE** ⌚ 50 min / €135

A massage with a slow, deep rhythm, to loosen muscles and induce total relaxation.

### **DEEP TISSUE MASSAGE BY KOS PARIS** ⌚ 50 min / €135

Muscle recovery. Deep-reaching gestures designed to relieve tension buried in the muscles.

### **RELAXING BODY MASSAGE** ⌚ 25 min / €85

### **FOOT MASSAGE** ⌚ 25 min / €85

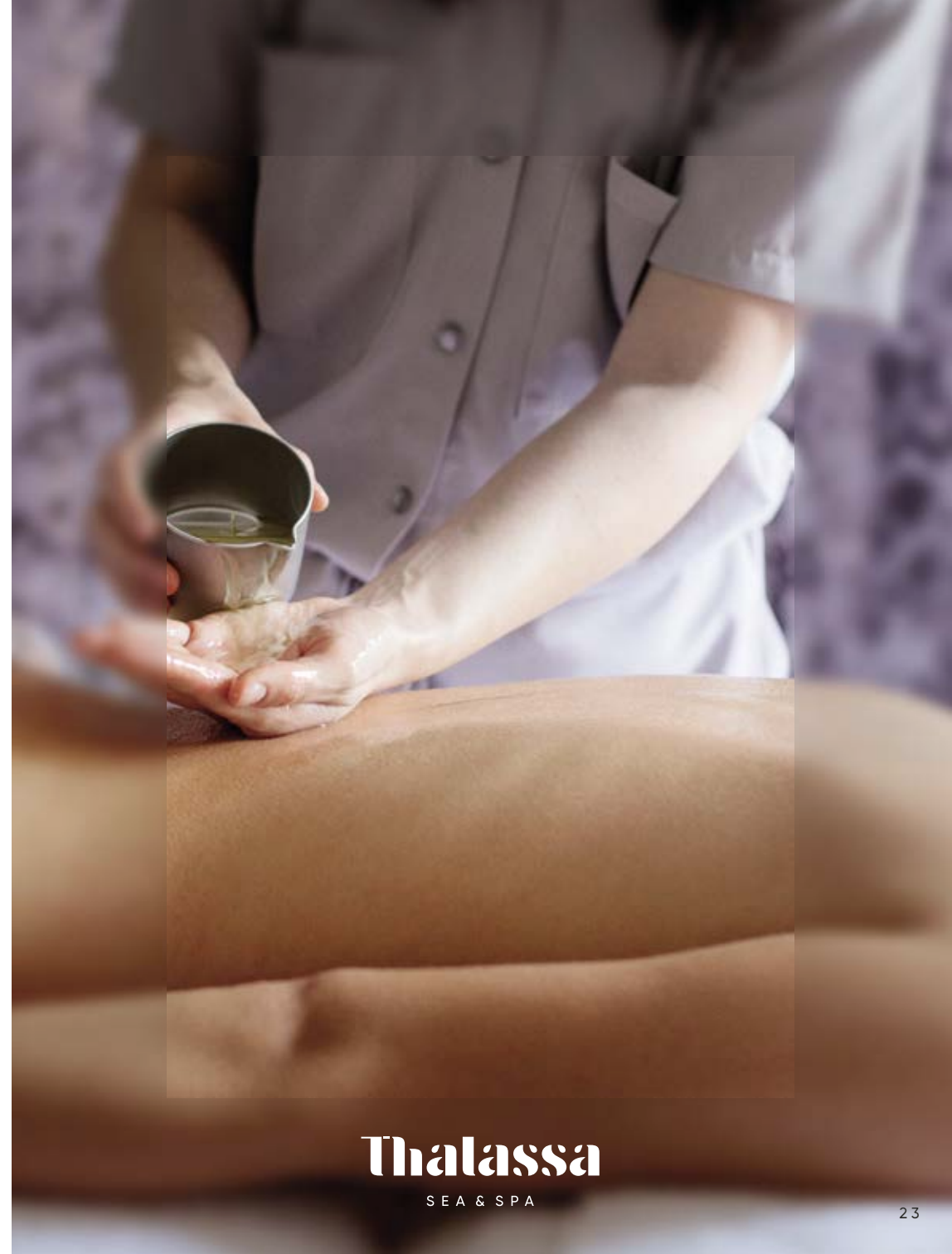
### **HEAD MASSAGE** ⌚ 25 min / €85

#### **I LOVE MESSAGES €195**

Relax both body and mind

- 1 50 min massage

- 1 25 min massage



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## Serenity massages

**OILS CEREMONY MASSAGE KOS PARIS** ⌚ 50 min / €119

Experience a treasured moment with a signature massage using exquisite rare oils by KOS PARIS.

**SIGNATURE MASSAGE KOS PARIS** ⌚ 50 min / €119

Using soft deep gestures and precious pine oils created for Thalassa Sea & Spa.

**HOT STONE MASSAGE** ⌚ 60 min / €140

The hot basalt stones massage, calms the body and minds.

**SERENITY MASSAGE** ⌚ 50 min / €119

Total relaxation, with a deep sense of tranquility and well-being.

**INDIAN EVASION MASSAGE** ⌚ 50 min / €119

This deep, invigorating and beneficial massage of the shoulders, arms, scalp, neck and face takes you straight to the heart of indian tradition.

**INDIAN HEAD MASSAGE** ⌚ 25 min / €75

The head is the crown of our body and the epicenter of all our thoughts. This special technique helps to evacuate stress and allows better concentration.

**ZEN MASSAGE** ⌚ 25 min / €75

Gentle actions of this massage relax your entire body.

## Energy massages

**REGENERATING MASSAGE** ⌚ 50 min / €119

This massage regenerates your body. It helps restore your vitality, and energy.

**VITALITY MASSAGE** ⌚ 25 min / €75

The vigorous actions of this massage relax the back.

# Wellness and health

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Our team of physical therapists and chiropractors make your health a priority.

## Cryotherapy

Treatment carried out in an individual room where the whole body is exposed to a burst of dry cold between  $-120$  and  $-150^{\circ}\text{C}$  ( $-184$  and  $-238^{\circ}\text{F}$ ) for 3 minutes. It is effective in reducing pain and inflammation. During recovery following fractures or intense effort, and to help to treat stress or sleep disorders.

### **FULL-BODY CRYOTHERAPY**

- 🕒 3 min / €50
- 3 sessions / €135
- 6 sessions / €240

### **TARGETED ZONE CRYOTHERAPY**

- 🕒 10 min / €65
- 3 sessions / €180
- 6 sessions / €330

*Subscription valid for 6 months*



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## Physical therapy expertise

**LYMPHATIC DRAINAGE MASSAGE** ⌚ 50 min / €135  
To eliminate toxins and stimulate the lymphatic system.

**ABDOMEN DRAINAGE** ⌚ 25 min / €85  
This personalized treatment promotes relaxation and comfort.

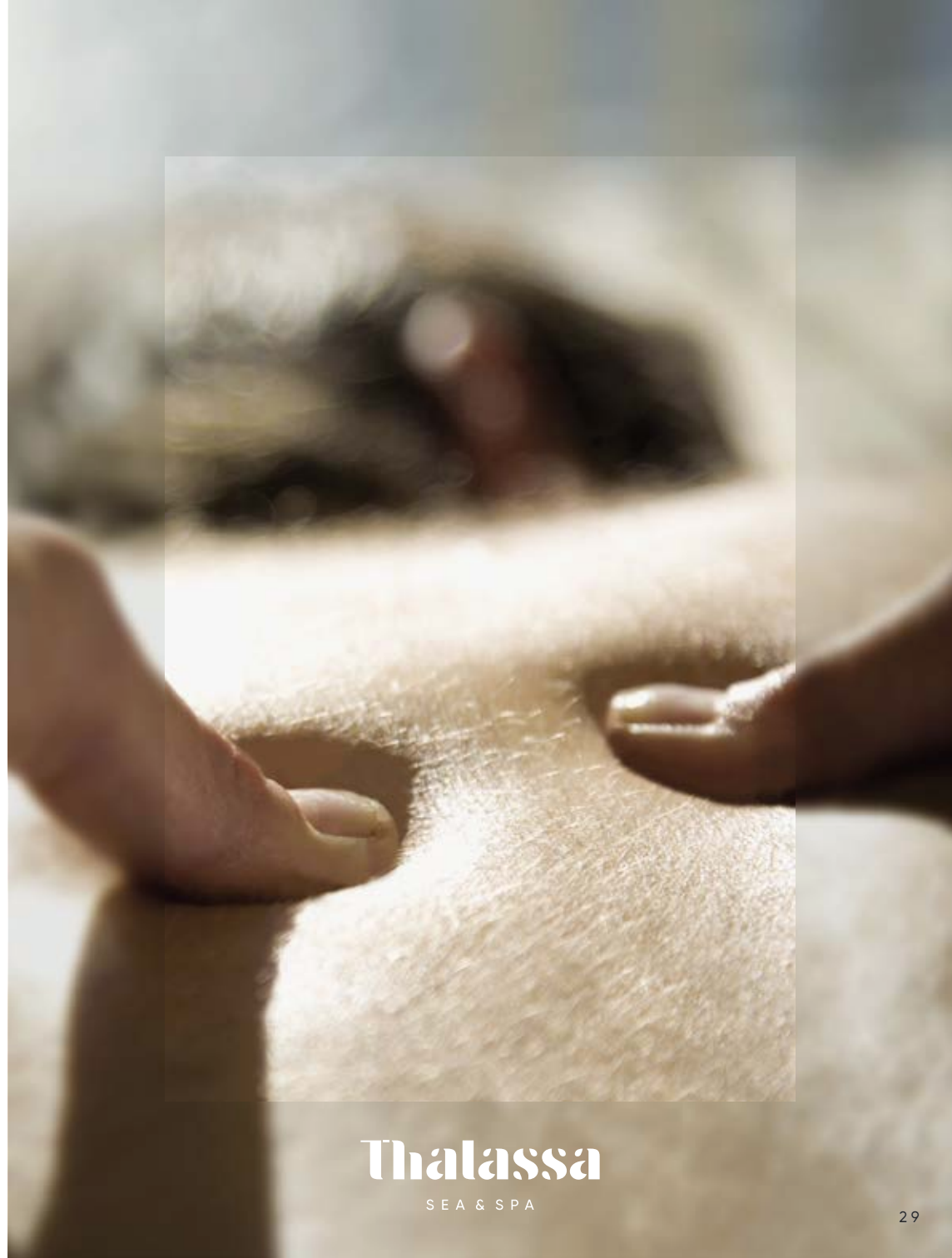
**PERSONALIZED THERAPEUTIC MASSAGE**  
⌚ 25 min / €85 - ⌚ 50 min / €135  
To fight stiffness and tension in the back as well as pain in the muscles and joints.

**PHYSICAL THERAPY SESSIONS IN OUR HEATED SEAWATER POOL**  
⌚ 25 min / €85 - ⌚ Forfait 3 séances / €225  
Exercises performed under the supervision of a physiotherapist.  
This is a prescription treatment. Also available in our fitness studio.

## Pedicures

**MEDICAL PEDICURE** ⌚ 50 min / €70  
Personalized foot health treatment performed by a state-certified chiropodist.  
Includes individualized advice on your posture to help you preserve your balance and energy.

**REFLEXOLOGY FOOT MASSAGE** ⌚ 50 min / €119  
Massage and pressure applied to the reflex areas on the soles of the feet to restore balance to the body.



# Sport & personal fitness training

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## Sport training sessions

Make progress at your own pace and achieve your goals. Depending on your fitness level, our sports coach will personalize your session whether it be in the fitness area, the pool or outdoor.

### INDIVIDUAL PERSONAL TRAINING

- 🕒 25 min / €45
- 🕒 50 min / €90
- 3 sessions / €240

### DUO SESSIONS

- 🕒 25 min / €35
- 🕒 50 min / €70
- 3 sessions / €195 per person

### UPULSE HEALTH COACHING DIAGNOSTIC

- 🕒 80 min / €115



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## fitness activities

### In the pool

**TARGETED WATER FITNESS** ⌚ 25 min / €35

Small-group sessions led by a swim instructor or physical therapist: aqua stretching, aqua back, aqua vitality, aqua aerobics or seawater self-massages.

**AQUAFINS** ⌚ 25 min / €45 - 3 sessions / €120

Slim and tone your legs.

**AQUARELAX** ⌚ 25 min / €45 - 3 sessions / €120

Learn to coordinate breathing with movement, while floating.

**INDIVIDUAL SWIMMING LESSON** ⌚ 25 min / €45 - 3 sessions / €120

### In the fitness area

**PILATES, A GENTLE METHOD** ⌚ 50 min / €90 - 3 sessions / €240

For improving tone, flexibility, coordination and posture. A selection of exercises that work on all parts of the body, but particularly the abdominals.

**CROSS TRAINING** ⌚ 50 min / €90 - 3 sessions / €240

Functional exercises at various intensity levels, to improve cardiorespiratory performance and overall muscle tone.

**MUSCLE STRENGTHENING** ⌚ 25 min / €35

To strengthen and tone your muscles, improve firmness and sculpt your figure. A variety of targeted exercises for the thighs, abs and buttocks.

### Outside

**INVIGORATING OCEAN WALK** ⌚ 50 min with a group / €70 - individual / €90

Soft endurance exercise in the fresh air.

### Fitness area

**HALF-DAY ACCESS\*** €50

Indoor heated seawater pool, sauna, hammam, panoramic outdoor heated seawater pool.

\* This rate is valid for half a day from 9 am till 1 pm or from 2pm till 6 pm.

# My Seawater treatments & me

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Heated at a temperature between 34 and 36°C, sea water helps to promote the osmosis phenomenon which allows mineral salts and trace elements to penetrate and regenerate the organism. Scientifically proven, the benefits will be felt during and after your visit.

## Seawater massages

**VICHY SHOWER EXFOLIATING TREATMENT** ⌚ 20 min / €75  
Gentle exfoliation with marine salts to eliminate impurities.

**VICHY SHOWER MASSAGE** ⌚ 20 min / €75  
A massage under a fine mist of heated seawater for total relaxation.

**WATERMASS** ⌚ 20 min / €80  
A massage carried out under a fine mist of heated seawater for total relaxation.

**PURIFYING SEAWATER BATH** ⌚ 20 min / €55  
In a bath of heated seawater with a jet shower.  
The focus is on loosening up your muscles and joints, for a draining effect.

**OCEAN WAVE** ⌚ 15 min / €45  
To relax your muscles, stimulate circulation and tone your body.

**HORIZONTAL HYDROMASSAGE** ⌚ 10 min / €45  
This treatment relieves tension and improves circulation.



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## Marine essentials

**ENERGISING SEAWATER BATH** ⌚ 10 min / €45

Thousands of tiny beads massage your feet and ankles, making legs feel lighter.

**HYDROMASSAGE OR MICROBUBBLE SEAWATER BATH** ⌚ 16 min / €45

Relaxing waves of wellness.

**SOOTHING VICHY SHOWER** ⌚ 15 min / €45

Wonderfully soothing sea spray.

## Wellness essentials

**MASSAGE HYDRORELAX** ⌚ 16 min / €50

Delightful musical moment of release with a waterbed massage

**PRESSOTHERAPY** ⌚ 20 min / €45

Anti-gravity boots, to stimulate the legs blood circulation.

## Wraps

**TIRED LEGS WRAP** ⌚ 20 min / €55

This treatment stimulates circulation.

**SEA MUD AND CLAY WRAP** ⌚ 20 min / €55

Applied to all of your joints for an analgesic, remineralizing effect.

**REMINERALIZING LAMINARIA SEAWEED WRAP** ⌚ 20 min / €55

A cocktail of active ingredients and minerals.

**BIARRITZ SIGNATURE TREATMENT** **EXCLUSIVE**

**ZENITUDE WRAP** ⌚ 25 min / €80

A moisturizing hot wrap with a subtle citrus fragrance, combined with a relaxing facial massage, refreshing mask and foot massage.

**EXCLUSIVE**

**MARINE COCOON TREATMENT** ⌚ 25 min / €80

This seawater wrap takes place on a floating bed. Combined with a relaxing head and facial massage, it guarantees deep relaxation for body and mind.

# Marine breaks

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## I Love...

### **WELLNESS BREAK** 2 treatments/ €105

- 1 essential seawater treatment
- 1 zen or vichy shower massage ⌚ 25 min

### **FITNESS: ZEN OR VITALITY** 4 treatments / €135

- 3 essential seawater treatments
- 1 activity in the pool with a fitness trainer

### **COCOONING** 3 treatments/ €165

- 1 Musicôrelax hydrojet session or horizontal hydromassage
- 1 zen massage with oils or vichy shower massage ⌚ 25 min
- 1 marine cocoon treatment ⌚ 25 min

## Stopovers

### **VITALITY STOPOVER** 3 treatments per day / €105

- 2 essentials seawater treatments
- 1 activity in the pool with a fitness trainer

### **MARINE STOPOVER** 3 treatments per day / €115

- 2 essential seawater treatments
- 1 remineralizing seaweed wrap

### **SEA & SPA STOPOVER** 3 treatments per day / €200

- 2 essential seawater treatments
- 1 spa or beauty treatment 50 min, to choose from: Thalassa sea & skin body treatments or facials, foot reflexology, sophrology, serenity

Unlimited access to our seawater fitness and wellness area, including hydrotherapy pool, heated seawater pools, oriental hammam and sauna, is included during your half day of treatments.



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# Hair styling

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## Hair care

**REVLON PROFESSIONAL KERATIN CARE** ⌚ 1h20 / €140 - ⌚ 1h45 / €150 - ⌚ 2h / €160

5 stages to regenerate your hair thanks to the powers of keratin. This supreme deep treatment for dry, dull hair and split ends will leave your hair silky, shiny, voluminous and strong.

**BIOLOGIQUE RECHERCHE HAIR CARE\*** ⌚ 50 min / €90

Biologique Recherche has now applied their 'know how' in skin to hair care with a range of specific products to restore and recondition the scalp. Results, hair is healthy and full of vitality.

**PERSONALIZED CARE\*** ⌚ 45 min / €75

This ritual uses products made with rare and precious essential oils, keeping hair healthy and beautiful.

\* Hair treatments do not include hair styling after the treatment. It is therefore advisable to reserve either a blow dry and style, or a natural blow dry.

## Hair styling

An instant hair care treatment is included with the above treatments.

### FOR WOMEN

- Blow dry and style - short to long hair €38 to €60
- Blow dry - short to long hair €25 to €29
- Hair cut €30 to €45

### FOR MEN

- Shampoo + cut €30
- Beard trimming €20

### LUMINOUS COLORS BY REVLON PROFESSIONAL

- Hair coloring €38 to €50
- Tinting €28
- Highlights or streaks €44 to €130



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# Practical informations

**Access to the fitness area:** With heated outdoor seawater pool, sauna, hammam, fitness area, hydrotherapy pool. Guests staying at Sofitel Biarritz can access the fitness area at all times of the day. Non-staying guests who have booked a seawater spa package or treatments amounting to over €98 can access the fitness area during their half day of treatments only.

**The time to take your time:** In order to enjoy your treatments in complete serenity, we recommend that you arrive 45 minutes before your session begins if you are not staying at the hotel, or 15 minutes if you are.

**Bookings:** To make an appointment, call us on +33 (0)5 59 41 35 00, push the "institute" button on your in-room telephone, or visit us at our welcome desk, Monday to Sunday from 9am to 6pm. A 50% deposit will be required to confirm your booking. Same-day and next-day bookings must be prepaid in full at the time of reservation. Prices and content are indicative and are subject to change without notice.

They are valid from January 1st 2020

**Methods of payment accepted:** Visa, Mastercard, American Express, Eurocard, French holiday vouchers (ANCV), Thalassa sea & spa gift vouchers, French bank checks, cash.

**Cancellation / late policy:** If you need to cancel your reservation, we kindly ask that you do so at least 24 hours before your session. After this period, deposits cannot be refunded. The entire sum of the treatment will be billed. Should you arrive late, we will unfortunately have to reduce the length of your treatment accordingly. In the event of cancellation more than 24 hours in advance, the deposit will be kept for a maximum of 6 months. Following this, it will be cashed.

**Treatment times:** The duration specified is the actual duration of the treatment.

**Availability of treatments:** Treatments indicated at the institute's reception area are subject to availability. For optimal comfort, we advise you to reserve your treatments in advance.

**Access to treatments:** Sandals must be worn in all wet areas. To access the fitness area, appropriate sports clothing and shoes are required. Our rates include the loan of a robe and towels. Disposable underwear is available for use in your treatment room. Some of our treatments and programs are not suitable for pregnant women. A selection of beauty treatments is nonetheless available. For one or more days of treatments, pregnant women must provide a recent medical certificate stating that they are fit for seawater spa and hammam treatments, and sign a release form.

A release form must be signed upon arrival at the institute.

Our seawater spa and beauty treatments are intended for persons aged 18 years and over.

A selection of seawater spa treatments, beauty treatments, massages and physical

activities is available to minors upon provision of a medical certificate and a parental release form. These can be sent to you upon request. We ask that you kindly complete and return all documents to us before your arrival.

Access to the sauna, hammam, jacuzzi and relaxation area is strictly forbidden to minors.

For seawater spa programs of less than four days, you will be required to sign a release form before starting your treatments.

In order to provide you with the very best advice, please inform us of all relevant information related to your health, such as whether you are pregnant or have any allergies or injuries.

Neither medical nor therapeutic, our massages are purely for your comfort.

Multimarques SIM investment company with capital of 106,348,909 euros - Registered office: 6 - 8 rue du Bois Briard - 91 080 Courcouronnes. Photo credits: Thomas M. Barwick INC/GettyImages, La Clef Production, Andresr/GettyImages, Mosuno Media/Westend61/Offset\_com, Astronaut Images/Coia Images/GraphicObsession, Cavan Images/Offset\_com, © Olix Wirtinger/Offset.com, Clique Images/Offset.com, Alix Minde/GettyImages, Julian Winslow/fStop/Offset\_com, Grinvalds/GettyImages, Ti-ja /GettyImages, Momentimages/GettyImages, Quentin Lagache-unsplash. - Information subject to change without notice. Non contractual photos. Design by: DHC

## A gift card that does you good

**Thalassa**  
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One-day seawater treatment  
programs, spa rituals  
or à la carte treatments...

A wonderful gift for  
your friends and loved ones.  
Choose from our treatments  
or define how much  
you wish to give, from €25.

(Gift cards valid 1 year)



To make a purchase, go to [www.bon-cadeau.thalassa.com](http://www.bon-cadeau.thalassa.com) or call +33 (0)5 59 41 35 00

# THALASSA BIARRITZ

## SOFITEL LE MIRAMAR

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