

Cures Marines

TROUVILLE / SUR / MER

MGALLERY
HOTEL COLLECTION

More than a hotel, a wellness destination



TROUVILLE-SUR-MER, Queen of Beaches

« *The port of Trouville now showed its wooden piers covered with people...* ». This is how Guy de Maupassant described the famous seaside resort of Côte Fleurie.

Just two hours from Paris, Trouville-sur-Mer owes its reputation to the charm of its fishing port, the beauty of its long sandy beach, the richness of its seaside architectural heritage and the praise it has received from artists since 1825. **Trouville-sur-Mer has it all. It's a place you'll love, passionately, forever.**

« *Trouville has a very violent charm. Immediately. I don't know anyone who doesn't dream of coming back on their first visit.* »

Marguerite Duras



LES CURES MARINES HOTEL & SPA TROUVILLE MGALLERY COLLECTION **The seaside legend**

In 1825, the painter Charles Mozin « discovered » Trouville. At that time, it was just a small fishing port.

Year after year, as the resort's popularity grew exponentially, a new leisure facility had to be built. A place to satisfy the most demanding clientele. Built in 1912 and designed by the architect Alexandre Durville, the building was destined to become the largest and most beautiful casino in France, subtly combining the benefits of water and the pleasures of gambling. During the 1st World War, it was requisitioned as an additional hospital. During 2nd World War, the building became an important Allied headquarters after the successful D-Day landings.

In 1950, a thalassotherapy center called « Les Cures Marines » was opened in the west wing of the city casino, before being mothballed in the 1990s...



LES CURES MARINES HOTEL & SPA TROUVILLE MGALLERY COLLECTION The seaside legend

2015. 100 years have passed. Les Cures Marines finally take flight to reclaim their world, like a revenge on time. Charm dominates. Emotion returns. Never before had a hotel been located in this wing of the building, so four levels had to be built from scratch to accommodate the 103 rooms, bar, restaurant, seminar rooms and the 27,000 sq. ft. marine spa.

History has picked up right where it left off, and with it the legend has reawakened. There is a trendy spirit here, where everything has evolved so that nothing changes.

When you enter the Cures Marines, you let history lull you with its tales, the sea deliver its virtues, the stones speak of immortality, time stands still... **We're entering seaside legend.**



THE PURIST RETREAT & SPA, The beginning of a new cycle

Daring to linger in between, to stop the clock, to face your nature. Clear, raw and authentic. A constant reorientation, a chance to rediscover yourself. And continue to do so, at home and in the world.

The Purist wellness concept is based on four pillars: care, movement, nutrition and sleep.

Four pillars, to help you find balance.

Four pillars, guiding you towards realignment.

Four pillars, to bring you more well-being.

Care to nurture.
Movement to reload.
Nutrition to balance.
Sleep to recharge.

Cures Marines

TROUVILLE / SUR / MER

The Purist

RETREAT & SPA

REST, To recharge

Comfort, silence, soothing, free from stress as soon as you arrive in your room. From the moment you get up to the moment you go to bed, we work on your sleep according to your circadian rhythm and give you the right advice to make it as restful as possible.

103 rooms, including 6 suites and 49 twins. Spacious and intimate, they promise a peaceful and relaxing stay, offering the highest level of discreet luxury service. You're sure to find the perfect setting for your residential seminar in our Classic, Superior, Deluxe, or Suite rooms, which offer sea views, harbor views, or views of the tranquil courtyard.

Wellness rituals : ultra-comfortable bedding, light therapy, yoga and meditation on TV, Cinq Mondes cosmetics, sleep kit on request.



CARE, To nurture

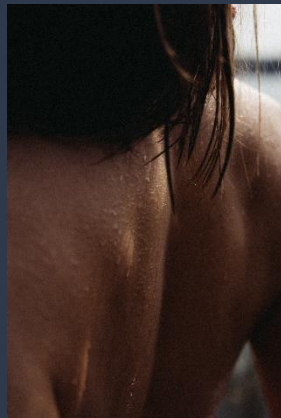
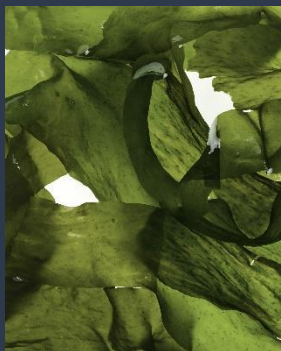
Our treatment menu focuses on holistic wellness.

Diagnostics to get you off to a great start, and customized, high-precision experiences that combine age-old techniques with cutting-edge technologies. All developed in partnership with leading brands and delivered in immersive treatment cabins for a rejuvenating sensory experience.

Cycles, focused experiences over several days.

Sequences, day wellness experience.

A la carte treatments, diagnostics and treatments.



CARE, Our new Spa

Relaxing landscapes, raw materials, modernity and naturalness.

Discover our 34 luxurious immersive treatment cabins and our areas dedicated to holistic well-being: experimental and Nordic showers, heated seawater pool with lane, Jacuzzi, hammam, sauna, herbal tea area and meditation room.

Treatments : a personalized offer tailored to each person's needs, in partnership with sustainable cosmetic brands and a wide range of FrenchTech equipment.

Voya, raw and organic seaweed.
Cinq Mondes, travel & ancestral techniques.

FrenchTech : Rebalance Impulse, Stendo...



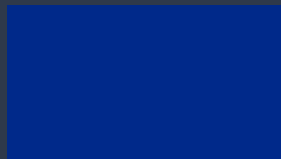
FLAVORS, To balance

LA
GALERIE
RESTAURANT & BAR

Flavors & Vitality. La Galerie restaurant offers a menu in harmony with life, in harmony with our terroir, in harmony with the seasons.

Focused on well-being and vitality, our cuisine helps you regain your energy right from the plate. The gourmet lunches (morning & afternoon) are adapted to each moment of the day to meet your physiological needs (body and mind) with the aim of optimizing your performance throughout the day.

From breakfast to dinner, in the restaurant and bar, our sustainable approach prioritizes fresh, seasonal produce from the surrounding countryside. Respecting what nature has to offer, we make the most of each of its beautiful products to bring you the very best, without losing any of its natural vitality.

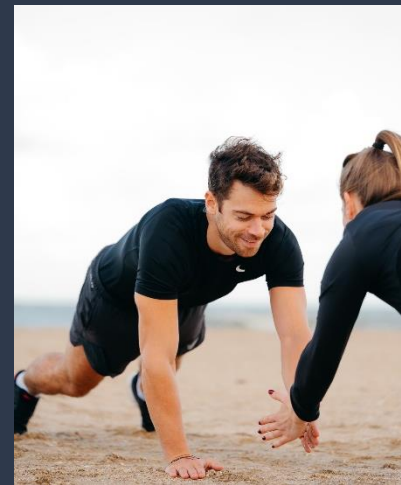


SPORT, To reload

From the first movement, breathing, to the most intense sports, our experts have developed programs that adapt to the needs of each individual : **Mindfulness, Posture, Endurance, Fitness Sculpt, Tailor-made.**

Indoors – *gym and studio*, or outdoors – *the beach, the most beautiful gym*; at your own pace, for in-depth body strengthening.

To enhance your rest, each stay at the Cures Marines Hotel & Spa Trouville MGallery Collection includes two wellness activities, energizing in the morning and relaxing in the evening.



GET TOGETHER, Customized events

RHYTHM & WELL-BEING AT THE HEART OF OUR CONCERNS. At Cures Marines Hotel & Spa Trouville MGallery Collection, we will work with you to design the event that best suits your needs and those of your colleagues.

The lounges are located in the heart of the hotel, next to the bar and La Galerie restaurant. The 6 meeting rooms are equipped with high-speed Internet access, state-of-the-art video conferencing systems, digital paper boards and clickshare.

Your events deserve extraordinary spaces. Invite up to 100 people in our Eiffel Lounge or organize a confidential meeting in one of our Durville or Montebello Lounges. The restaurant can be fully or partially privatized. Our panoramic terrace can also be privatized and offers a breathtaking view of the Reine des Plages.



GET TOGETHER, Rhythm & Well-being







There's nothing like starting or ending your seminar day with a wellness activity to relieve tension. Our coaches offer you tailor-made programs, both indoors and on the beach, both intense and gentle : yoga session, sea walk, muscular awakening, respirology, meditation... an unique seaside experience.

Study days or private events, we personalize your events according to your wishes to create a special and memorable moment where well-being is at the heart of your program.

Your day will be punctuated by local and seasonal cuisine that combines pleasure and vitality, gourmet breaks, guided wellness activities indoors or on the beach, moments of conversation and access to The Purist Spa to enhance your experience. **At the Cures Marines Hotel & Spa Trouville MGallery Collection, your seminar will be unforgettable for all your colleagues.**



SEMINARS, BOARD MEETINGS & RECEPTIONS.

CAPACITY						
Meeting rooms	EIFFEL	EIFFEL 1	EIFFEL 2	SAVIGNAC	DURVILLE	MONTEBELLO
Surface	110m ²	70m ²	40m ²	52m ²	37m ²	27m ²
 U	/	30	10	18	12	/
 Boardroom	/	/	/	/	/	10
 Theater	100	65	25	40	20	/
 Class	50	30	15	18	12	/
 Cabaret	40	20		18	12	/
 Cocktail	100	70	/	/	/	/



OUR WELLNESS SEMINAR OFFERS
2024

CSR OFFER



STUDY DAY

Meeting room rental
2 coffee break
3-course lunch (water and coffee included)
Team building activity (3h00)
Clean the beach with a nature guide

111,06€ excluding taxes / pers.

RESIDENTIAL SEMINAR

Meeting room rental
2 coffee break
3-course lunch (water and coffee included)
Classic room, breakfast including
Team building activity (3h00)
Clean the beach with a nature guide

347,42€ excluding taxes / pers.

YOGA OFFER



STUDY DAY

Meeting room rental
2 coffee break
3-course lunch (water and coffee included)
Yoga activity (50min)
on the beach

111,06€ excluding taxes / pers.

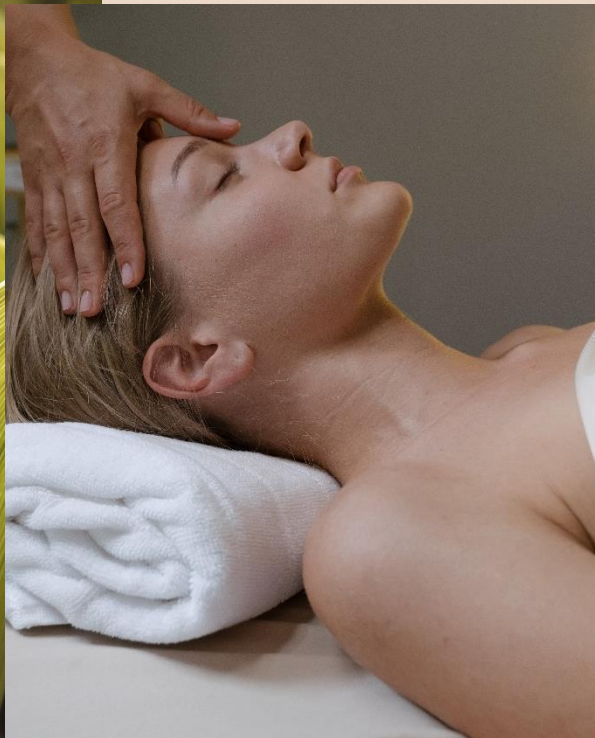
RESIDENTIAL SEMINAR

Meeting room rental
2 coffee break
3-course lunch (water and coffee included)
Classic room, breakfast including
Yoga activity (50min)
on the beach

347,42€ excluding taxes / pers.

Booking conditions : Subject to availability from Monday to Friday, excluding school holidays, for a seminar of 10 to 50 people.

RELAXATION OFFER



RESIDENTIAL SEMINAR

Meeting room rental
2 coffee break
3-course lunch (water and coffee included)
Classic room, breakfast including
Unwinding sequence
*3 treatments : 2 marine experiences or well-being experiences
+ 1 Zen Massage targeting a specific need (25min)*

438,25€ excluding taxes / pers.

Booking conditions : Subject to availability from Monday to Friday, excluding school holidays, for a seminar of 10 to 50 people.

OUR SALES TEAM

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