



# SPA & BEAUTÉ

*Collection de soins*

Thalassa

SEA & SPA



*Biarritz*

DE LA MER, LA RENAISSANCE

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For more information or to make  
a booking, please contact our teams  
on +33 (0)5 59 41 35 00.



Welcome to Thalassa sea & spa in Biarritz for a truly unique wellness experience. Here you will enjoy a soothing, healing environment with a luxurious and refined atmosphere. You will reap the benefits of our expert treatments, personalized to meet your every need and desire. Seawater revitalizes your body, while our cutting-edge beauty treatments leave you with beautiful, glowing skin and a profound sense of well-being.

To offer you the very best treatments possible, we have selected top quality rituals and products by brands renowned for their expertise and benefits:

- LPG, experts in mechanical cellular stimulation.
- LA PRAIRIE, experts in anti-aging with a range of innovative, high-performance treatments.
- AQUASCIENCE, the Thalassa sea & spa brand, experts in seawater beauty treatments.
- RENÉ FURTERER, experts in hair care with a range of products using essential oils and plant extracts.

## Facials by LA PRAIRIE

**■ Moisturizing Cellular Treatment** ..... **50 minutes / €130**

This intensive treatment renews, revitalizes and reconstructs your skin. Thanks to its Cellular Power Infusion energy booster, it smooths fine lines and deeply moisturizes, for a brighter complexion and visibly firmer skin.

**■ Swiss Cellular Treatment for men** ..... **50 minutes / €130**

This treatment instantly cleanses, energizes and deeply moisturizes your skin. It restores balance, freshens the complexion and creates a more youthful appearance.

**■ Ultimate Anti-Aging Cellular Treatment** ..... **80 minutes / €180**

This treatment delays the signs of premature aging, as well as retexturizing and renewing the skin's surface. It smooths and lessens the appearance of wrinkles and lines. Your face will appear younger, more luminous, and full of health!

**■ Ultimate Pure Gold Radiance Treatment** ..... **80 minutes / €180**

The drops of pure gold in the Pure Gold Cellular Radiance Concentrate visibly illuminate and energize your skin. Gentle warmth and masks aid the penetration of this precious 24-carat serum.

**■ Ice Crystal Swiss Cellular Treatment** NEW ..... **50 minutes / €130**

A facial that leaves the skin moisturized, full of vitality and protected against everyday aggressions. This treatment is designed to enhance the skin's resistance to strains and stresses caused by external factors. It uses pink translucent Quartz crystals in a unique massage of the face and eye area for a moment of pure relaxation.

**■ Caviar Lifting Treatment** ..... **80 min / €180**

This ultimate luxury treatment uses a unique concentrate of extracts of caviar, Alpha Hydroxy Acids (AHA) and marine proteins for a high-performance product and intense well-being. The skin is transformed, instantly lifted and visibly brighter.

## Facials by LPG

A facial using the innovative Endermolift by LPG. Based on mechanical stimulation principles, this anti-aging treatment promises a rapid, natural effect that fully respects your skin. It reactivates the production of collagen, elastin and hyaluronic acid. Your complexion is radiant, your skin visibly firmer. Ideal for both women and men.

**I Endermolift Facial Treatment** ..... **40 minutes / €105**  
**3 sessions / €285**

**I Intense Nutrition Treatment + Endermolift Facial** ..... **50 minutes / €125**  
**3 sessions / €375**

Youth and new anti-aging technologies

## Youthfulness and new anti-aging technologies CUBE O2+, Enhancing Beauty With Oxygen NEW

**I The CUBE O2+ Signature Treatment** ..... **80 minutes / €190**  
Reverse visible signs of aging. A complete treatment for the face and neckline comprising three key steps:

- 1) Massage - this genuine workout for the face smoothes the complexion and rejuvenates lifeless skin.
- 2) The propulsion of oxygen-rich microbubbles, containing hyaluronic acid, vitamins and antioxidants, stimulates tissue regeneration.
- 3) Needling – a must-try solution for combatting wrinkles, loss of skin tone, worry lines and a dull complexion.

**I Oxy Pulse Treatment by CUBE O2+** ..... **50 minutes / €135**  
The propulsion of oxygen stimulates tissue regeneration. This facial and neckline treatment immediately activates basic skin functions. Oxygen-rich microbubbles, containing hyaluronic acid, vitamins and antioxidants, stimulate the skin's renewal.

## Body treatments by LA PRAIRIE

### ■ Caviar Body Treatment ..... 80 minutes / €180

This treatment comprises an exfoliating scrub with caviar, followed by an exclusive, nourishing and energizing massage. Thanks to this ultimate firming treatment, your skin radiates vitality and strength, and your body rediscovers a deep sense of well-being.

## Enhance your beauty by LA PRAIRIE

### ■ Anti-Aging Program

Daily facial massages with La Prairie products tailored to your skin type to smooth out your features, lessen wrinkles and illuminate your complexion.

- Essentials ..... 3 days / €390

- Luxury ..... 5 days / €590

1st day: complete personalized facial treatment - 80 minutes.

Following days: intensive nourishment of your face with a different La Prairie product each day - 45 minutes.



## Facials by aquaSCIENCE

### **I Customized Facial** ..... **50 minutes/€105**

Our well-being experts offer Aquascience facials tailored to your skin type:

- Source d'Éclat et Jeunesse radiance-enhancing facial.
- Source de Pureté purifying facial.
- Source d'Hydratation Calmante moisturizing facial.

### - Souffle d'Éternité ..... **25 minutes/€75**

### - Souffle de Fraîcheur ..... **25 minutes/€75**

## Body treatments by aquaSCIENCE

### **I Regenerating treatment by Thalassa sea & spa** **NEW** ..... **50 minutes/€119**

Regeneration and vitality. This signature massage based on regeneration and oxygenation, inspired by the principles of whole-body health, helps you re-harmonize your body for a deep sense of holistic well-being.

### **I Back Wellness Treatment** ..... **50 minutes/€105**

This treatment includes a citrus scrub and relaxing massage with warm body butter, followed by a warm seaweed and clay mask. Ideal for relieving tension.

### **I Hydratation Velours** ..... **50 minutes/€105**

A pampering treatment that nourishes and softens the skin, comprising a warm, creamy wrap with shea butter, seaweed and beeswax, followed by a gentle massage.



# SPA EXPERIENCE



## Relaxing massages

Performed by our beauticians or hydrotherapists.

**■ Vichy Shower Massage** ..... **25 minutes/€75**

A multisensory experience comprising a massage carried out under a fine mist of heated seawater for total relaxation, leaving your skin soft and supple.

**■ Customized Massage** ..... **25 minutes/€75**

You are free to choose the focus of your massage on one or two areas: back, scalp, hands or feet.

**■ Serenity Massage** ..... **50 minutes/€119**

Total relaxation, this massage leaves you with a deep sense of tranquility and well-being.

**■ Regenerating Massage** ..... **50 minutes/€119**

This massage regenerates your body and skin. It helps restore your vitality, leaving you feeling full of energy.

**■ Foot Reflexology** ..... **45 minutes/€119**

Massage and pressure applied to the reflex areas on the soles of the feet to restore balance to the body. Ideal for releasing tension and eliminating toxins.

**■ Oils Ceremony by KOS Paris** NEW ..... **50 minutes/€119**

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

### **■ Hot Stone Massage**

**50 minutes/€140**

Hot basalt stones are used to massage your entire body. This massage reduces muscle tension, calms the body and mind, and harmonizes inner energies.

## Therapeutic massages

Performed by our physical therapists.

- Waterning - exclusive to Thalassa Biarritz** ..... **50 minutes / €135**  
 An exclusive treatment combining relaxation techniques, gentle pressure and stretching exercises in a heated seawater pool. Your body relaxes completely and releases tension. The constant cradling of your body by seawater helps you let go.
- Thai Massage** ..... **50 minutes / €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 a feeling of deep relaxation.
- Lymphatic Drainage** ..... **25 minutes / €75 - 50 minutes / €135**  
 A gentle, rhythmic manual massage of the stomach and legs to eliminate toxins and stimulate the lymphatic system.
- Therapeutic Massage** ..... **25 minutes / €75**  
 A personalized massage targeted to individual needs. Ideal for combating stiffness and tension in the back as well as pain in the muscles and joints.
- Relaxing Body Massage** ..... **25 minutes / €75**
- Foot Massage** ..... **25 minutes / €75**
- Head Massage** ..... **25 minutes / €75**

- Sensory Massage** ..... **50 minutes / €135**  
 A full-body massage with a slow, deep rhythm, to loosen muscles and induce total relaxation.

## Exfoliating treatments

### ■ Vichy Shower Exfoliating Treatment ..... 25 minutes / €75

Gentle exfoliation of the skin with marine salts to eliminate impurities. This takes place under a fine mist of heated seawater to induce a sensation of “letting go”.

### ■ Mediterranean-Scented Gentle Exfoliating Treatment ..... 25 minutes / €75

This exfoliating treatment uses Mediterranean salts and essential oils to gently exfoliate the skin, release tension and induce relaxation.

### ■ Energizing Exfoliating Treatment with Atlantic Salts ..... 25 minutes / €75

This toning exfoliating treatment uses salts from the Atlantic Ocean combined with apricot oils to moisturize and soften your skin, restoring energy and brightness.

## Wraps

### ■ Revitalizing Kelp Wrap ..... 25 minutes / €55

This treatment comprises a warm seaweed cream and full-body wrap. Ideal for remineralizing the system and easing muscle tension.

### ■ Gentle Hydrating Wrap ..... 25 minutes / €55

A warm, creamy wrap with shea butter, seaweed, honey and beeswax.

### ■ Tired Legs Wrap ..... 25 minutes / €55

Your legs are covered with a cool blend of seaweed, menthol, extracts of Butcher’s Broom and horse chestnut. This treatment stimulates circulation.

### ■ Sea Mud and Clay Wrap ..... 25 minutes / €55

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

### ■ Slimming Fucus Seaweed Wrap ..... 25 minutes / €55

Induces a sweating effect which is ideal for slimming.

### ■ Detoxifying Wrap ..... 25 minutes / €55

A blend of fucus seaweed and essential oils applied to eliminate toxins.

## Thalassotherapy essentials

- Zenitude Wrap - exclusive to Thalassa Biarritz** ..... **25 minutes/€80**  
 A moisturizing hot wrap with a subtle citrus fragrance, combined with a relaxing facial massage, refreshing mask and foot massage.
- Seawater Cocoon** ..... **25 minutes/€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.
- Horizontal Hydromassage** ..... **12 minutes/€50**  
 A hydromassage of the legs and back with a variable-pressure jet of warm water controlled by a hydrotherapist. This treatment relieves tension in the back and improves circulation.
- Music Ô Relax Hydrojet** NEW ..... **20 minutes/€50**  
 Relaxing waterbed massage to music. You float on a bed of warm water while your body is massaged from head to toe by a series of jets. Music therapy during the session helps to eliminate stress.
- Purifying Seawater Bath** ..... **15 minutes/€50**
- Jet Shower** ..... **10 minutes/€45**
- Relaxing Vichy Shower** ..... **15 minutes/€45**
- Hydromassage or Microbubble Seawater Bath** ..... **16 minutes/€45**
- Pressotherapy, Contrast Hydrotherapy, Hydrojet or Underwater Jets** ..... **20 minutes/€45**



## Your à la carte slimming program

For a personalized slimming program, we recommend you make an appointment with our dietitians.

### Slimming rituals

■ **Silhouette Ritual** ..... €230

- Watermass Jet Shower - 20 minutes

- Cellu-marine - 15 minutes

- Ideal Silhouette - 50 minutes

3 Silhouette Ritual sessions / €655

■ **Detox Ritual** ..... €230

- Cellu-lissante Shower - 25 minutes

- Detoxifying Wrap - 25 minutes

- Lymphatic Drainage - 50 minutes

3 Detox Ritual sessions / €655

Our Slimming Rituals include an appointment with a dietitian and follow-up.

### Slimming treatments

■ **Impedance Analysis** ..... 15 minutes / €30

To analyze the levels of fat, muscle and water retention in your body.

■ **Nutrition Consultation** ..... 45 minutes / €50

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

■ **Silhouette Jet Shower** ..... 12 minutes / €55

A toning hydromassage with a variable-pressure jet of heated seawater controlled by a hydrotherapist, for a stimulating and draining effect. A targeted treatment for the thighs and buttocks.

■ **Cellu-marine** ..... 15 minutes / €65

This hydromassage takes place in a bath and is performed by a hydrotherapist with a jet of heated seawater. Targeting cellulite areas, it is ideal for draining, sculpting and toning the body.

■ **Cellu-lissante - exclusive to Thalassa Biarritz** ..... 25 minutes / €65

This slimming treatment visibly reduces orange peel, effectively targeting areas of fatty tissue such as the thighs and buttocks.

■ **Ideal Silhouette** ..... 50 minutes / €105

To combat orange peel and slim the figure: a toning anti-cellulite massage and targeted heated mask, followed by a cool, draining green clay wrap.

## Fitness activities

**Targeted Water Fitness** ..... **25 minutes/€35**

Targeted sessions according to the benefits sought, led by a swimming instructor or physical therapist in a heated seawater pool. Choice of aqua stretching, aqua back, aqua vitality, aqua aerobics or underwater jets.

**Muscle Strengthening** ..... **25 minutes/€35**

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

**Individual Swimming Lesson** ..... **25 minutes/€45 - 3 sessions/€115**

**Personal Training** ..... **50 minutes/€90 - 3 sessions/€230**

Personal fitness training, after working with you to devise a program adapted to your goals.

**Pilates** ..... **55 minutes/€135 - 3 sessions/€375**

A gentle method for improving tone, flexibility, coordination and posture. A selection of exercises that work the whole body, but particularly the abdominals.

**Pool Physical Therapy Session** ..... **25 min/€75 - 3 sessions/€210**

Exercises performed under the supervision of a physical therapist in a heated seawater pool. This is a prescription treatment. Also available in our fitness studio.

**Fitness Area Access** ..... **Half day/€50**

Heated seawater pool, sauna, hammam, seawater course.

## Letting go

**Sophrology** ..... **50 minutes/€110**

Relaxation session inspired by both Eastern and Western techniques, aimed at rediscovering harmony of body and mind. A blend of breathing techniques, movements and postures to help you let go completely.

**Relaxation Lagoon** ..... **25 minutes/€40**

Supervised relaxation session in hypersalinated water to help you achieve serenity. Your body relaxes gently, soothed by the water and the calming voice of the physical therapist.



## Respirology NEW

Control your breathing to achieve balance and vitality – that is the promise of our exclusive respirology sessions based on the Vital'Respir™ method. From one session to the next, in the fitness centre, the pool or outdoors, the four elements come together to take care of you.

**Bulle d'Air** ..... **20 minutes / €45**

Let go in an ocean of tranquility. Allow tension to melt away and rediscover a state of deep calm.

**Terre Mer** ..... **45 minutes / €55**

Find your grounding. Harness the source of your vital energy and spread your wings.

**Energie** ..... **45 minutes / €55**

Channel your inner fire. Free your energy and find the keys to your radiance.

\* Sessions in small groups (3 persons minimum). Individual sessions upon request - 45 minutes / €135.

## Moments by the Sea and Well-Being Rituals

This selection of treatments has been put together with careful attention to detail and targeting specific goals: fitness, vitality, beauty or relaxation. Suitable for men and women, it is the ideal treat for yourself or gift idea for someone else.

Moments by the Sea and Well-Being Rituals include free access to our heated seawater area with a water course, panoramic outdoor heated seawater pool, hammam, sauna and fitness area, during your half-day of treatments.

MOMENTS BY THE SEA



# Discover thalassotherapy

## **I Back to Fitness** ..... €130

Half-day program comprising 4 thalassotherapy treatments:

- 3 individual treatments to choose from: seaweed wrap, purifying seawater bath, relaxing vichy shower, hydromassage seawater bath, microbubble seawater bath, rainfall shower, horizontal hydromassage and hydrojets.
- 1 fitness session in the pool to choose from: underwater jets, aqua stretching, aqua vitality, aqua back and more.

## **I Ocean Discovery** ..... €98

Half-day program comprising 3 thalassotherapy treatments:

- 2 individual treatments to choose from: seaweed wrap, purifying seawater bath, relaxing vichy shower, hydromassage seawater bath, microbubble seawater bath, rainfall shower, horizontal hydromassage and hydrojets.
- 1 fitness session in the pool to choose from: underwater jets, aqua stretching, aqua vitality, aqua back and more.

## **I Well-Being Break** ..... €98

Half-day program comprising 2 thalassotherapy treatments:

- 1 relaxing hydrotherapy treatment to choose from: relaxing vichy shower, hydromassage seawater bath, microbubble seawater bath and hydrojets.
- 1 vichy shower massage or relaxing massage (25 minutes).

## **I Zen Break** ..... €140

1 hydromassage seawater bath

1 Music Ô Relax hydrojet session

1 relaxing massage or vichy shower massage - 25 minutes

## **I I Love Being Pampered** ..... €165

1 Music Ô Relax hydrojet session

1 relaxing massage or vichy shower massage - 25 minutes

1 seawater cocoon - 25 minutes



# WELL-BEING RITUALS

## Beauty and spa

**I Oriental Ritual** ..... **90 minutes / €155**

Complete ritual inspired by age-old oriental traditions: hammam steam bath, black soap body scrub with an exfoliating glove, and relaxing massage with fragrant oils.

**I Sensory Ritual** ..... **155 minutes / €365**

A blend of beauty and well-being treatments for the face and body. A fragrant body scrub (25 minutes) and Serenity Massage (50 minutes), a La Prairie facial personalized to your needs (80 minutes), followed by a manicure to put the final polish on your beauty. Ritual organized over one or two days.

**I Softness Ritual** ..... **100 minutes / €200**

A moment of well-being with a facial and body treatments by Aquascience. The skin regains its brightness and softness.

**I Moments to savor at De Light Restaurant**



Enjoy our well-being area for the entire day, including a “menu of the day” lunch in De Light Restaurant, which serves traditional, gourmet or light well-being cuisine.

Supplement of €60\* added to the rate for the getaway of your choice.

\* Does not include drinks; outside of school holiday periods.

## Manicures and pedicures

■ Warm Manicure .....	45 minutes / €50
■ Nail Varnish .....	25 minutes / €20
■ Warm Manicure + Nail Varnish .....	50 minutes / €65
■ French Nail Varnish .....	25 minutes / €25

## Waxing

■ Lips or Eyebrows .....	€15	■ Bikini Line .....	€30
■ Armpits or Arms .....	€30	■ Brazilian .....	€50
■ Half Leg .....	€35	■ Full Brazilian .....	€60
■ Full Leg .....	€60	■ Back .....	€35

### ■ Medical Pedicure ..... 50 minutes / €70

Personalized foot health treatment performed by a state-certified pedicure-chiroprapist. Includes individualized advice on your posture to help you preserve your balance and energy.



## Hair salon

Hair care by RENÉ FURTERER

■ **Ritual** ..... 45 minutes /€70

These rituals are targeted to the specific needs of your hair or scalp following a personalized RENÉ FURTERER hair diagnosis:

■ **Relaxing After-Sun Repairing Treatment**

■ **Fortifying Anti-Hair Loss Treatment**

■ **Special Chlorine and Salt Package**

■ **Relaxing and Nourishing Hair Care Treatment**

■ **Invigorating and Nourishing Hair Care Treatment**

■ **Purifying Hair Care Treatment**

RENÉ FURTERER 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

Ladies

Includes shampoo and conditioning.

■ **Blow Dry and Style - short to long hair** ..... €36 - €60

■ **Hair Setting - short to long hair** ..... €36 - €48

■ **Blow Dry - short to long hair** ..... €23 - €29

■ **Hair Cut - short to long hair** ..... €30 - €45

Luminous colors by REVLON PROFESSIONAL

■ **Hair Coloring** ..... €38 - €50

■ **Tinting** ..... €28

■ **Highlights or Streaks** ..... €44 - €130

Men

■ **Shampoo + Blow Dry** ..... €23

■ **Shampoo + Cut** ..... €30

■ **Beard Trimming** ..... €10

Access to the well-being areas (heated seawater pools, sauna, fitness area and hammam) is strictly reserved for hotel guests, thalassotherapy clients not staying at Sofitel\*, and those who reserve individual thalassotherapy or beauty treatments for a minimum value of €95\*.

\* During the half-day of treatments.

### **Your appointments**

For more information and bookings, please contact the institute's reception staff on +33 (0)5 59 41 35 00. We advise you to reserve your treatments in advance to ensure availability. Bookings constitute a firm order. For clients not staying at the hotel, bookings must be guaranteed by credit card. The same applies for all bookings by telephone.

The content and rates publicized are indicative and are subject to change without warning. They are valid from 10, 2016. 20% VAT.

Methods of payment accepted: Visa, MasterCard, American Express, Eurocard, Diners Club, French holiday vouchers (ANCV), A|Club reward vouchers (weekends only), Bon Cad'eau Thalassa sea & spa vouchers.

### **Cancellation policy**

**All appointments will be charged if canceled less than 24 hours in advance.**

### **Your arrival**

For your relaxation, we advise you to arrive 10 minutes before your appointment. In case of delay, we reserve the right to reduce the duration of your treatment by the time equivalent to the delay. Our rates include the loan of a robe and towels.

Disposable underwear is available for use during your treatments. Sandals must be worn inside the institute. To access the Fitness Area, appropriate sports clothing and shoes are required.

### **Health and comfort**

We ask that you share with us any useful information concerning your state of health and any allergies or injuries at the time of booking. This will allow us to provide an appropriate service to meet your needs. Please do not hesitate to request advice from our team. For thalassotherapy programs of less than four days, you will be required to sign a release form before starting your treatments.

## Treatment information

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation. Relaxing and well-being massages (*modelages* in French) are non-therapeutic and are performed by beauticians and hydrotherapists. Massages (*massages* in French) are performed by state-certified physical therapists.

Our thalassotherapy and beauty treatments are designed for adults over the age of 18. A selection of treatments is available to minors over the age of 14. Please contact us for more information. Parents will be required to sign a release form for any treatment or special offer for minors over the age of 14.

Children and minors under the age of 16 are not allowed in the sauna, hammam or fitness studio.

## Better than a gift: the start of a journey...

**Introduce your loved ones  
to a whole new world of well-being.**

Choose the amount you want to spend  
or the treatment program you want to offer.

**For Sofitel Biarritz Le Miramar,  
bookings on +33 (0)5 59 41 35 00.**



THALASSOTHERAPY INSTITUTE  
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**14 thalassotherapy & spa destinations in France and abroad**

LE TOUQUET PARIS-PLAGE • TROUVILLE <sup>NEW</sup> • DINARD • QUIBERON THALASSA & DIETETIQUE • ÎLE D'OLERON  
BIARRITZ • HYERES • FREJUS • AJACCIO GOLF • AGADIR (Morocco) • ESSAOUIRA (Morocco)  
TIMI AMA (SARDINIA) • CAPOVATICANO (CALABRIA ITALY) • ZALLAQ (BAHRAÏN)



SPA & BEAUTÉ