



THALASSO & SPA BARRIÈRE LA BAULE

Expect the unexpected.



2022 TREATMENT COLLECTION



EXPECT THE UNEXPECTED.



Imagine a classic “Thalasso” French seaside spa. Now, forget everything you just imagined. The Thalasso & Spa Barrière La Baule is reinventing itself and creating a totally new experience by innovating for your pleasure. This completely redesigned Thalasso & Spa is a reminder that changing things only makes sense if it is useful to you and serves your well-being. We have reinvented traditional methods to ignite your senses and promise you a unique experience, immersed in a leisure resort. The Thalasso & Spa Barrière La Baule is a striking blend of relaxation and energy in an atmosphere that adapts to your desires. Discover a Thalasso spa like no other.

TABLE OF CONTENTS

À LA CARTE TREATMENTS

Facial treatments	P. 06
Medical Spa treatments	P. 12
Body treatments	P. 14
Massages	P. 16
Technological treatments	P. 20
Thalasso treatments	P. 22
Health experts	P. 24

DAY PACKAGES

Stopovers	P. 28
Beauty Corner & Le Club Sport	P. 32
Practical information	P. 34





À la carte
TREATMENTS

FACIAL TREATMENTS

BY ALGOLOGIE

An authentic, green & clean locavore brand that is 100% made in France, featuring 80% natural marine active ingredients sourced in Brittany... Offering products with innovative textures, where effectiveness and sensory pleasures come together to deliver all the benefits of a dip in the sea.

Jardin Marin Facial Treatment

Customised 55 MN €115

Energising, moisturising or purifying, a range of treatments chosen according to your skin type for revitalised, healthier and brighter skin.

+ **Booster mask** + €30

Lifting or plumping.

Flash Éclat Treatment 25 MN €80

A radiant, fresh, rested complexion in minutes.

Arctic Treatment By Cryoskin® 25 MN €90

Facial cryotherapy reduces the size of pores through vasoconstriction and the appearance of inflammation through localized vaporisation of dry and intense cold, as low as -180°C. Find your face plumped and detoxified by fibroblast stimulation that promotes the natural production of collagen, elastin and hyaluronic acid.

BY LOUIE 21

Featuring Cosmébio-certified products, this French brand breaks the mould and innovates to finally, globally meet men's skincare needs.

Complete Treatment

For Men 55 MN €115

A complete ritual for men, cleansing and moisturising, combining different relaxing massage techniques: face, hands and scalp.

Flash Éclat Treatment

For Men 25 MN €80

An express treatment to combat everyday blemishes and restore comfort to the skin.



FACIAL TREATMENTS

BY BIOLOGIQUE RECHERCHE

The effectiveness of custom treatments. A unique and visionary history in the world of cosmetic treatments. Building on 40 years of research and development, today Biologique Recherche combines a clinical approach to aesthetic care with unique and rigorous processes and products that are pure, concentrated and almost raw. These are the foundations of its methodology's reputation for astonishing effectiveness.

Second Skin Treatment 55 MN €320

A true alternative to injections, the Second Skin Treatment involves applying an electrowoven mask, composed of 80% hyaluronic acid, to accelerate cell renewal and optimise regeneration for a visible and immediate tightening effect that re-contours the facial oval.

+ Face Remodelling Add-on +25 MN + €50

An advanced bioelectric treatment combining the strength of three currents (galvanic, medium and high frequency) for an immediate and lasting result.



**Customised Expert Treatment 55 MN €145**

Energise, hydrate, brighten, lift, smooth, oxygenate, purify, rejuvenate, sculpt... Let our Skin Expert guide you to the treatment that best meets your skin's needs.

**+ Co-Factor Mask
Face or Eye Contour +15 MN + €40**

For an even more visible result, we suggest that you add a preformed mask adapted to the shape of your face for a specific and intensive treatment.

+ Face Remodelling Add-on +25 MN + €50

An advanced bioelectric treatment combining the strength of three currents (galvanic, medium and high frequency) for an immediate and lasting result.

NEW FOR 2022 TOLESKIN

THE NEW RANGE OF TREATMENTS BY BIOLOGIQUE RECHERCHE

A solution for soothing and reconstructing the epidermis. Skin intolerance or sensitivity is related to how the skin responds to an internal or external irritant. The intensity of the inflammatory response depending on the irritant determines whether a person has sensitive or intolerant skin. So-called intolerant skin is healthy skin that can enter a state of crisis.

This can be linked to various phenomena: genetics for atopic dermatitis, pollution, aesthetic procedures or intense medical treatments such as chemotherapy. Toleskin offers a complete soothing response for sensitised skin.

The products will act at three complementary levels to:

- ✦ Help preserve the skin microbiome and skin integrity.
- ✦ Restore the skin barrier.
- ✦ Reduce redness and itching.

Toleskin Custom Facial Expert Treatment

70 MN

€195



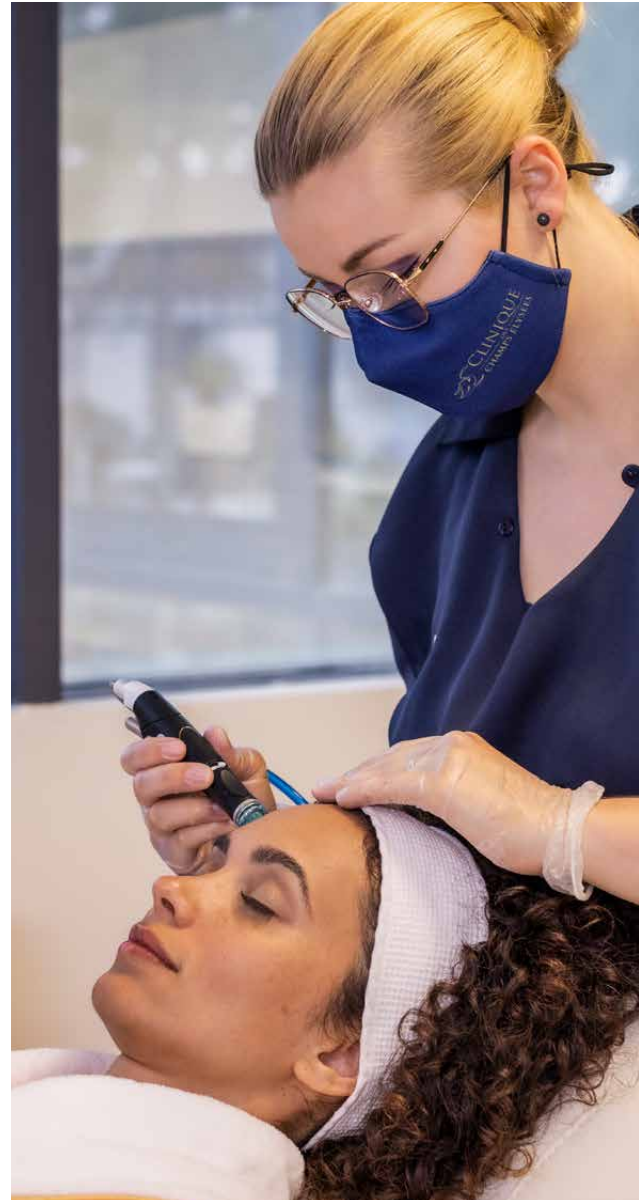


MEDICAL SPA TREATMENTS

THE MEDICAL SPA BY THE CLINIQUE DES CHAMPS ELYSÉES

Reveal your beauty differently

A famous Parisian address, the Clinique des Champs Elysées has been invited to a seaside spa for the first time. A true pioneer in non-invasive cosmetic medicine, under the supervision of our doctor, this new wellness offer completes the menu of treatments at the Thalasso & Spa Barrière La Baule. Enhance your skin with the Hydrafacial and redefine your silhouette with Coolsculpting, Prime Accent or EMSculpt.



HYDRAFACIAL®

Signature HydraFacial

Deep cleansing, extraction and hydration

Clarifying HydraFacial

Best for: Oily or congested skin

Coup d'Éclat HydraFacial

Best for: Even and radiant complexion

Anti-Ageing HydraFacial

Best for: Fine lines and wrinkles.

Platinum HydraFacial

Best for: Complete draining and anti-ageing treatment

Keravive HydraFacial

Scalp cleansing, exfoliation and stimulation

Body HydraFacial

Areas: hands, neck, décolleté, arms, upper back or full back

FROM
€180

OXYGENEO™

Oxygeneo Illuminate

Reduces pigment spots and sun damage. Brightens skin tone.

Oxygeneo Revive

Softens the appearance of fine lines and wrinkles. Enhances radiance.

Oxygeneo Balance

Balances and mattifies oily skin. Clears toxins and purifies clogged pores.

FROM
€180

All facial and body treatments can be found in the Medical Spa by La Clinique des Champs Élysées brochure.

BODY TREATMENTS

BY ALGOLOGIE

Guérande salt crystal scrub

A tonic treatment for skin that feels new.
Ultra-sensory body scrub with salt crystals
for energizing skin exfoliation.
Ideal for conditioning skin and toning the body.

20 MN €70

Jardin Marin Ritual

Body scrub followed by massage **25 mn**

55 MN €115

Body scrub followed by massage **55 mn**

85 MN €165

Pen Lan Ritual

An exclusive experience in our VIP suite
including a Guérande salt crystal scrub,
followed by an original sea bath
and a relaxing massage.

115 MN €215





BY BIOLOGIQUE RECHERCHE

P50 New Skin Treatment 25 MN

€70

An exfoliating and restorative treatment.
The skin on your body is softer,
more uniform and hydrated.

Slimming Booster

Treatment 55 MN | 85 MN

€145 | €185

A draining treatment to refine
the silhouette and reduce cellulite.

Body Lift Treatment 55 MN | 85 MN

€145 | €185

A firming and toning treatment.
Your skin texture is refined
and your body rejuvenated.

MASSAGES

MARINE MESSAGES

25 MN €80

Marine Rain Massage

with 2 hands

Absolute relaxation under an invigorating sea water spray.

Available in a 4-hand symphony*: € 140

Underwater Massage

Immersed in a bath of warm sea water, your circulation is stimulated by a relaxing, draining and pain-relieving hydromassage.

Watermass

Relaxing or anti-cellulite hydromassage using kneading techniques in seawater guided by a hydrotherapist.

FUNDAMENTAL MESSAGES

25 MN €80

Relaxing Massage

Inspired by Californian massage, a true source of relaxation, it soothes and harmonises the whole body.

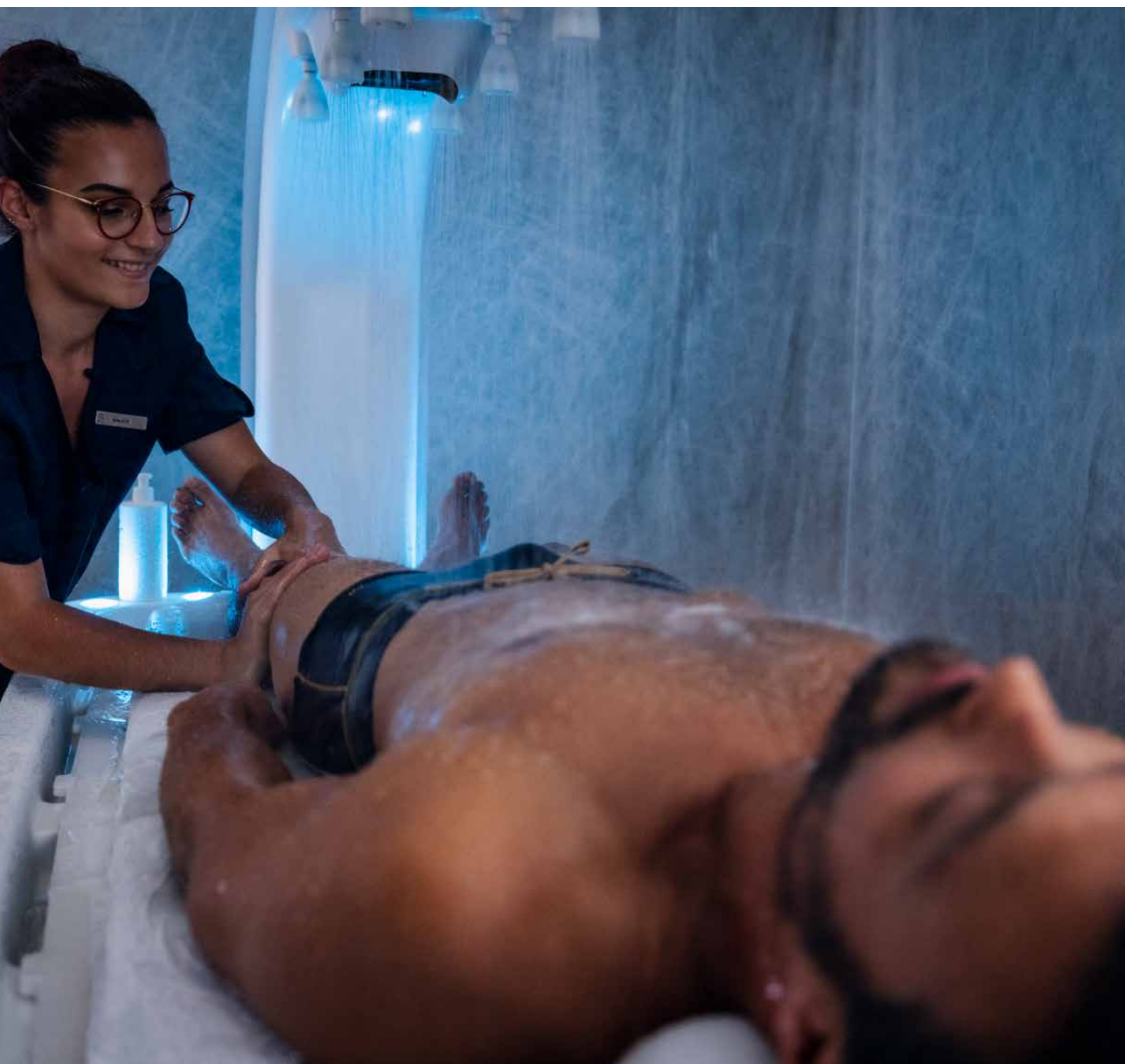
Slimming Massage

Using massage and kneading techniques, the slimming massage reduces cellulite and removes toxins.

Scalp Massage

Focused on the head and neck, this massage releases tension and dislodges stress so you can really let go.

**This treatment cannot be chosen as part of the Thalasso massages included in the "Odysseys" and "Stopovers" treatment programmes.*



MASSAGES

SIGNATURE MASSAGES

Diane Barrière Signature Massage

This body treatment developed by the Spa Diane Barrière is a re-energising journey based on stretches, strokes, massages and pressures inspired by energy work and neuromuscular techniques. Specially created to replenish, de-stress and detoxify with lasting results, this signature treatment rebalances the body's energies and helps fight the impacts of fast paced urban life.

55 MN | 85 MN **€140 | €190**

Signature Massage from the Presqu'île with Warming Bubbles

For an enveloping and relaxing wave of heat. An intense relaxing treatment that taps into the power of the sea thanks to the warming bubbles.

55 MN **€140**

TONING MASSAGES

Sports Recovery Massage

A massage that reduces inflammation, muscle stress during exertion and the incidence of aches and pains.

55 MN **€140**

Shiatsu Massage

Shiatsu, which means "finger pressure" in Japanese, uses touch pressure to stimulate points throughout the body in order to restore the free movement of energy according to the principles of Traditional Chinese Medicine.

25 MN | 55 MN **€80 | €140**

GENTLE MESSAGES

Custom Relaxing Massage

A true source of relaxation, it soothes and harmonises the whole body.

55 MN | 85 MN **€140 | €190**

Saundarya Massage

Massage of the scalp, neck, face, shoulders and back to soothe the mind and release tensions.

25 MN | 55 MN **€80 | €140**

Candle Massage

Soak up the gentle warmth of a candle that melts into massage oil for a delicious moment of relaxation and release.

25 MN | 55 MN **€80 | €140**

Hot Stone Massage

A Native American and Hawaiian technique, hot stone massage is a treatment using volcanic basalt stones. Once heated, these stones create an intense sensation that promotes wellness.

55 MN **€140**

Plantar Reflexology

Originating from Traditional Chinese Medicine, this massage focuses on pressure points in the foot and rebalances your energies.

25 MN | 55 MN **€80 | €140**

Lymphatic drainage

Lymph circulation is improved through slow, gentle and regular circular pressure on the skin with the fingers and palm of the hand over the whole body, to drain toxins and cellular debris.

55 MN **€140**

TECHNOLOGICAL TREATMENTS

BY VITAL'TECH

Vital'Detox Japanese Sauna

A program that allows intense sweating to promote the deep elimination of toxins.

40 MN €110

Vital'Sleep Japanese Sauna

A programme that helps to refine the silhouette by increasing metabolism, thus promoting calorie burn.

20 MN | 40 MN €65 | €110

Vital'Immunity Japanese Sauna

By increasing your body temperature, this program strengthens the body's natural defences to prevent winter ailments.

20 MN | 40 MN €65 | €110

Vital'Fit Japanese Sauna

A programme that helps to refine the silhouette by increasing your metabolism, thus promoting calorie burn.

20 MN | 40 MN €65 | €110

BY CRYOJET

Whole body cryotherapy

A dry and intense cold as low as -180°C is applied to the entire body for 3 minutes inside a specially-designed treatment booth. Leave with toned skin, cleansed body and breathtaking energy!

1 SESSION | 10 SESSIONS €55 | €400





BY LPG

Custom Alliance Facial Treatment

LPG® endermologie offers 100% natural technology to relaunch dormant cellular activity deep in the skin and combat signs of ageing.

20 MN | 50 MN €80 | €115

Custom Alliance Body Treatment

The Cellu M6® by LPG® technology simultaneously removes stubborn fat deposits and improves skin quality (firmness, appearance of cellulite), acting directly on adipocytes and fibroblasts. 360° management, putting an end to the choice between slimming or firming, full skin.

20 MN | 40 MN €80 | €115

Alliance Lymphatic Drainage

Mechanical massage technique that aims to eliminate toxins and improve blood circulation, for a feeling of well-being and lightness.

20 MN €80

Pre-Treatment Assessment Session

Bodystocking included as part of the assessment.

25 MN €50

Bodystocking or clips* €20

** Purchase required at first session*

THALASSO TREATMENTS

FUNDAMENTALS

Remineralising bath

A true feeling of relaxation in this hot seawater bath, enhanced by numerous jets programmed to target different parts of the body that promote blood circulation and relax the muscles.

20 MN €50

Relaxation Jet Shower

A hydrotherapist directs a jet of warm sea water with adjustable intensity over the whole body and on specific treatment areas to relax muscles and stimulate blood circulation.

12 MN €50

Slimming Jet Shower

A jet of sea water is directed at the different parts of the body where the fatty layers accumulate in order to shift them.

12 MN €50

Extended jet shower

Hydromassage of the back using a gentle stream of warm sea water for calming and soothing effects.

12 MN €50

Hydrowave

Total relaxation in weightlessness on a water bed thanks to the combination of the water's elliptical movements, heat and pressure massaging you from the ankles to the neck.

20 MN €50

Vital'Mer Wrap

This wrap is designed exclusively for the Thalasso & Spa Barrière and takes place in a Vital Dôme Japanese sauna. This algae treatment is enriched with the Mother Waters of the Salt Marshes of Guérande, which are rich in mineral salts, magnesium and trace elements and contribute to the proper functioning of the body. The presence of seashell powder boosts the calcium content and the antioxidants contained in marine clay help protect the skin from premature ageing.

20 MN €65

Vital'Slim Wrap

Draining and detoxifying, composed of a fucus algae cream.

20 MN €70

Vital'Douceur Wrap

Nourishing and hydrating, composed of beeswax, honey and shea butter.

20 MN €70

Vital'Relax Wrap

Localised application of relaxing sea mud featuring lithothamne and fucus algae.

20 MN €70

**NEXT GENERATION****Siesté Sensory Stimulation**

Floating in warm water, the body and mind experience a sensory transportation to another realm. They are caught in a stream of subtle energies, which channel mental concentration to support rebalancing and sensory exploration.

20 MN €65

Silent Bubble,**Salines Bubble, Pleine Mer Bubble**

By floating in a solution of water saturated with magnesium salt, the experience of gravity is reduced by 80%, thus releasing mental resources for other activities specific to the meditative state. This state is ideal for rejuvenating, but also for learning to explore your imagination and creativity. Muscular and joint pains are relieved by this sensation of weightlessness.

20 MN €65

Boa'Max Pressotherapy

Using recognised principles of manual lymphatic drainage, Boa'Max massage is a compression therapy system that increases its effectiveness.

25 MN €80

HEALTH EXPERTS

THE DOCTOR

Thalasso introductory consultation	15 MN	€30
GP consultation	15 MN	€40
Medical Spa advisory consultation	55 MN	€60
Preventive medicine and homeopathy consultation	55 MN	€60
Cardicheck preventive medical check-up	25 MN	€60

HAPTONOMY

Prenatal discovery session (For mothers in their second trimester of pregnancy)	55 MN	€120
Pre- and post-natal support		
8 SESSIONS / 10 SESSIONS	€820	€1,020

THE DIETICIAN

Bioelectrical impedance analysis	15 MN	€15
Be O'check complete nutritional assessment	55 MN	€70
Dietary consultation	55 MN	€60
Dietary Hypnosis session	55 MN	€90
GniomCheck test	25 MN	€189





OSTEOPATHY

Personalised osteopathic consultation	55 MN	€145
Prenatal osteopathic consultation	55 MN	€145

PHYSIOTHERAPISTS

Personalised therapeutic massage	25 MN 55 MN	€85 €150
Localized cryotherapy	25 MN 55 MN	€90 €150
Individual therapeutic work in the treatment room or pool	25 MN 55 MN	€85 €150
Small group therapeutic work in the pool	25 MN 55 MN	€55 €150
Therapeutic work using the Huber 360° evolution	20 MN 50 MN	€85 €150

THE SOPHROLOGIST

Individual floating sophrology	55 MN	€120
Individual sophrology	55 MN	€100
Small group sophrology	55 MN	€65





DAY PACKAGES

STOPOVERS

DAY
PACKAGES**Cocooning****€215**

- + 1 body scrub
- + 1 relaxing massage **25 mn**
- + 1 customised Jardin Marin facial treatment by Algologie **55 mn**

PLUS

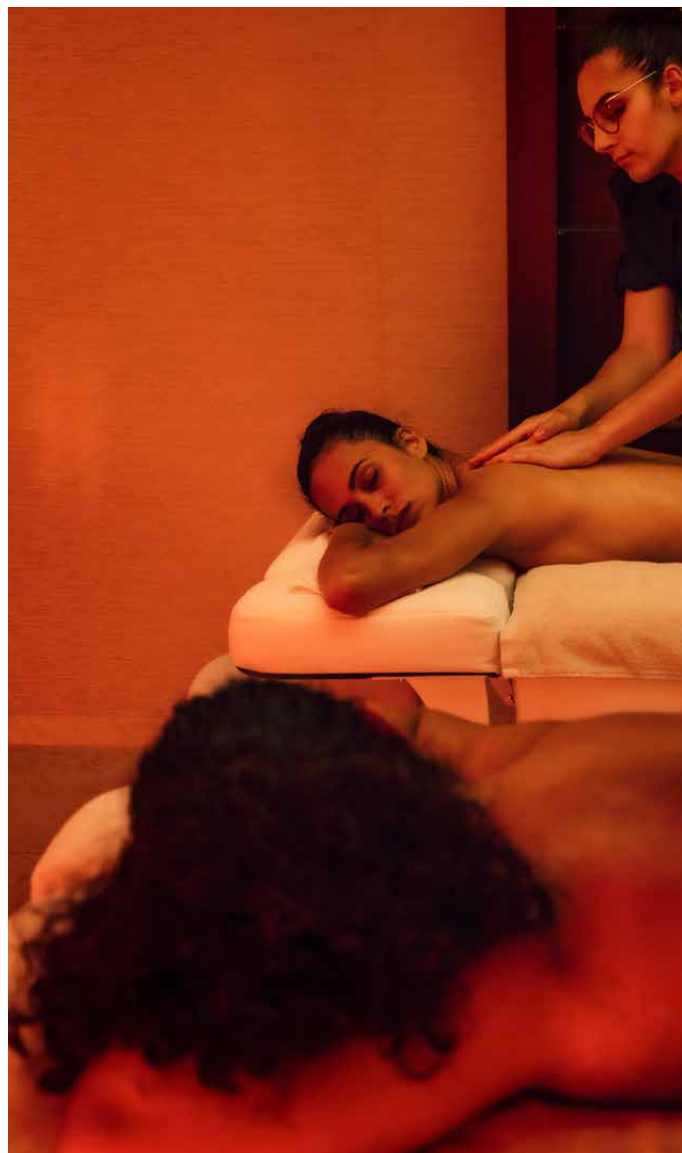
Massage can be extended by 30 minutes. €60 supplement

Awakening of the Senses**€170**

- + 1 Vital'Mer
- + 1 Salines or Pleine Mer Bubble
- + 1 candle massage **25 mn**

Arctique**€170**

- + 1 body cryotherapy by Cryojet treatment
- + 1 Arctic by Cryoskin treatment **25 mn**
- + 1 Boa'Max massage **25 mn**



Each Stopover includes access to the Marine Space: Swimming pool, Aquatic Area, Fitness room (with a half-day of treatment or lunch at the Health'Sea Bar).



With the girls

PER PERSON **€95**

- + 1 make-up workshop
or 1 small-group coached activity
- + 1 relaxing massage or flash éclat treatment
by Algologie **25 mn**



PLUS FOR HEN DO

1 fundamental Thalasso treatment free for
the bride for groups of 5 participants or more,
lunch possible on site

Romantic

FOR 2 **€120**

- + 1 introductory couple massage **55 mn**
- + 1 glass of champagne at the Royal Hotel bar

Just Like Grown-Ups (for ages 6 to 16) **€130**

- + 1 facial or manicure treatmente **25 mn**
- + 1 relaxing massage **25 mn**

STOPOVERS

DAY
PACKAGES

Thalasso

€130

- + 2 fundamental Thalasso treatments
- + 1 group aquatic or Sports Connect coaching session

PLUS

Option of replacing your coaching with a 3rd fundamental Thalasso treatment
€25 supplement

BEAUTY

€160

- + 2 fundamental Thalasso treatments
- + 1 Flash Éclat by Algologie or Louie 21 facial treatment **25 mn**

PLUS

The facial treatment can be extended by 30 minutes. €35 supplement



Each Stopover includes access to the Marine Space: Swimming pool, Aquatic Area, Fitness room (with a half-day of treatment or lunch at the Health'Sea Bar).



Fitness

€130

- + 1 fundamental Thalasso treatment
- + 2 aquatic or Sport'Connect team coaching sessions

PLUS

Possibility to replace your group coaching with individual coaching
€60 supplement

Spa

€160

- + 2 fundamental Thalasso treatments
- + 1 Spa massage **25mn**

PLUS

Massage can be extended by 30 minutes
€60 supplement

BEAUTY CORNER

THE TEMPLE OF BEAUTY

100 m² dedicated to elegance and beauty, the Beauty Corner consists of a shop run by a Beauty Ambassador as well as a make-up space.

MAKE-UP BY JANE IREDALE

Make-up skincare brand Jane Iredale stands out for its natural and organic products. Their high-quality mineral ingredients simultaneously care for and protect your skin while delivering optimum results.



Make-up workshop	55 MN	€70
Make-up coaching	55 MN	€110
Express make-up	25 MN	€70
Evening make-up	55 MN	€110





SPORT CLUB

EXTEND THE EXPERIENCE DIFFERENTLY

Breathe in, move, breathe out

The Club Sport is a 1,000 m² space dedicated to your sporting activities and well-being! This new space is now equipped with a connected space for high-tech fitness. Get moving with our functional and immersive training circuits by Prama. Travel through virtual worlds inspired by cycling with The Trip by Les Mills.

Finally, learn the joys of dancing with the “Duo Dance” activities imagined by Marie Denigot, coach of “Dancing with the Stars”. Enjoy the indoor

heated seawater pool, an aquatic area, a heated outdoor jacuzzi, a sauna and steam room and the Health’ Sea Bar area for healthy eating. All these entertaining experiences that will make you feel Sport in a whole new way.

*Find our complete offer in our
Le Club Sport brochure.*



PRACTICAL INFORMATION

PACKING YOUR BAGS

Bathrobes, towels and sandals are available for you to use. The cloakroom is equipped with hair dryers and bathroom scales. A safe is available in the changing rooms and at the hotel to store your valuables.

CONTRAINDICATIONS FOR THALASSOTHERAPY

Therapy prohibited: unmanaged heart or respiratory problems, infectious and contagious diseases, cancer currently being treated, serious psychiatric disorders, acute neurological pathologies, acute cardiovascular disease or recent surgery (less than 1 month), weeping lesions or unhealed wounds.

Consult a doctor: current pregnancy (medical advice mandatory before any therapy), cardiovascular disorders, venous disorders, neurological disorders, reduced mental competence. The centre doctor is at your disposal for medical advice.

MEDICAL OPINION

For stays of more than 4 days that do not include a medical consultation with our doctor, for the sake of your safety and to ensure you receive optimal benefits from any treatment, a medical certificate declaring you are free from contraindications (less than 1 month old) is mandatory before entering care. If necessary, a (charged) consultation with our doctor will be required.

For stays of 4 days or less, you will be asked to sign a medical release form upon your arrival.

GENERAL INFORMATION

- To take full advantage of your treatments and freely choose your slots, we recommend you make your reservation about 1 month in advance.
- During your stay, our customer relationship managers are at your disposal for any information concerning the progress of your programme as well as the scheduling of your additional activities (physical activity, treatments and beauty rituals, massages, etc.).
- Appointments cancelled less than 24 hours in advance will be charged to you. If you do not attend the appointment, the treatment booked will also be charged in full.
- The premises are accessible to guests with reduced mobility.

CONDITIONS OF SALE

À la carte treatments: appointments cancelled less than 24 hours in advance will be charged to you. If you do not attend the appointment, the treatment booked will also be charged in full.

Stopovers: a security deposit of 30% of the total reservation cost is requested and will be collected on the day of the reservation. Cancellation or modification possible up to 24 hours before the arrival date. After this period, the security deposit will not be reimbursed.

OUR ADVISORS AT YOUR DISPOSAL

FOR TREATMENT PACKAGES WITHOUT ACCOMMODATION

+33 (0)2 40 11 99 99 (non-premium rate call)

accueil-thalassolabaule@groupebarriere.com

THALASSO & SPA BARRIÈRE

Avenue Marie-Louise - 44500 La Baule

T +33 (0)2 40 11 99 99 - F +33 (0)2 40 60 55 17

E-mail : accueil-thalassolabaule@groupebarriere.com

www.thalassobarriere-labaule.com

BOOK ONLINE





THALASSO & SPA
BARRIÈRE
LA BAULE



AVENUE MARIE-LOUISE - 44500 LA BAULE
T +33 (0)2 40 11 99 99
accueil-thalassolabaule@groupebarriere.com
thalassobarriere-labaule.com