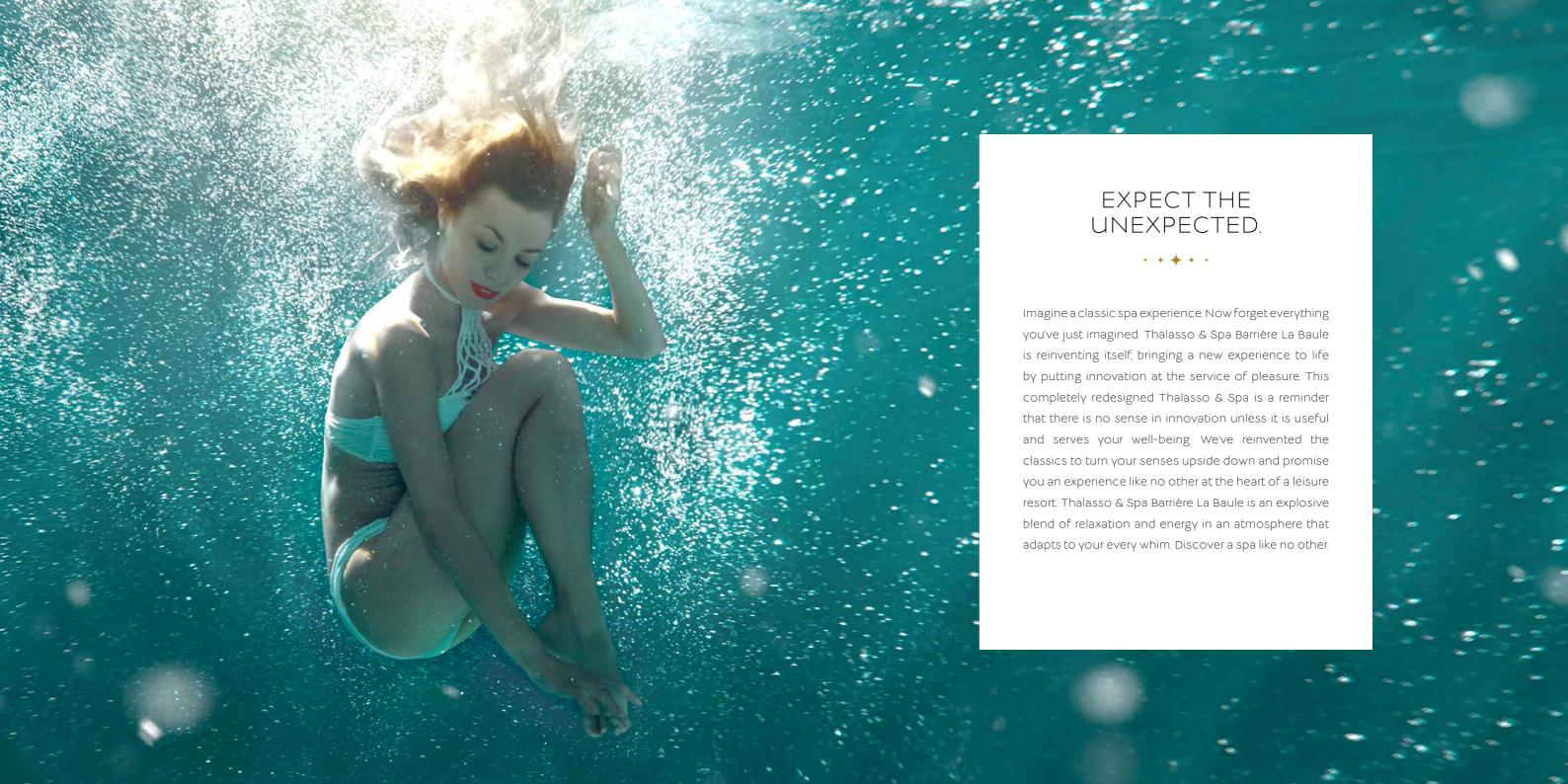
THALASSO & SPA



2024 TREATMENT COLLECTION





CONTENTS

P. 06

P. 10

P. 12

P. 14

P. 18

P. 20

P. 22

P. 26

P. 30

À LA CARTE TREATMENTS

Sports club

Facial care

Medical spa treatments

Body care

Massage

Techno care

Marine treatments

Health experts

ONE DAY ESCALES

Pratical information

P. 32

P. 34

Ala carte treatments

FACIAL CARE

BY ALGOLOGIE

A 100% made-in-France brand, with 80% natural marine active ingredients sourced in Brittany, authentic, green & clean... Offering products with innovative textures, combining effectiveness and sensoriality to deliver all the benefits of a seawater bath.

Jardin Marin Facial Care Tailored 55 MINS

A personalised treatment for revitalised, healthier, radiant skin.

+ Booster Mask

Redensifies and plumps.

Flash Éclat treatment

Your radiant, fresh and rested complexion is restored in just a few minutes.

Soin Arctique By Cryoskin® 25 MINS

Facial cryotherapy refines the skin's texture through vasoconstriction and reduces inflammation thanks to the localised spraying of intense dry cold at -150 °C. A plumped, detoxified face thanks to stimulation of the fibroblasts, which encourage the natural production of collagen, elastin and hyaluronic acid.

25 MINS

BY LOUIE 21

Featuring Cosmébio-certified products, this French brand breaks with the norm and innovates to meet a man's every need.

Complete Care For Men

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

55 MINS

25 MINS

Flash Éclat For Men

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



FACIAL TREATMENTS

BY BIOLOGIQUE RECHERCHE

"Skin is the reflection of ourselves; it isn't consistent, but multiple over the course of a day, of a life. Everyone has different Instants de Peau®. Biologique Recherche's methodology treats each person's epidermis in a personally tailored way."

Dr Philippe Allouche

8

Seconde Peau treatment

70 MINS

A genuine alternative to injections, Seconde Peau accelerates cell renewal and optimises regeneration to plump up and brighten fine lines and wrinkles by applying an electro-woven mask made up of 80% hyaluronic acid.

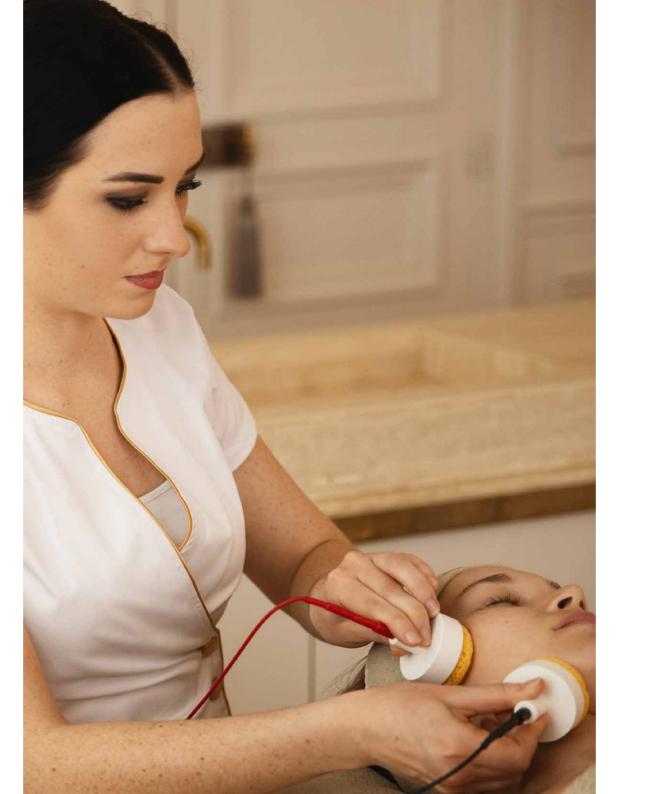
Toleskin Expert Apaisant treatment 70 MINS

Preserving the skin's microbiota and integrity, restoring the cutaneous barrier, reducing redness and itching: a comprehensive soothing response for delicate skin.

Tailored Expert Care

55 MINS

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



FASTER RESULTS

To complete your Biologique Recherche experience, we offer additional masks (+15 mins) and modules (+25 mins) to upgrade your treatment, enhance the results and prolong its effectiveness.

Biologique Recherche Co-Factor Mask

Targeted, intensive treatment

Add a booster mask (Biologique Féérie, Biovecteur Marin, Collagène Caviar, Pigm 400 Mask, Anti-Fatigue Eye Patches, etc.) that adapts to the shape of your face for a specific, intensive treatment.

Remodeling Face® module

A cutting-edge bioelectric treatment combining the power of three currents (galvanic, medium and high frequency) for even longer-lasting results.

Electroporation module

Strengthen the epidermis

The use of Remodeling Face® with electroporation, a high-frequency pulse current, increases the permeability of the surface layer of the epidermis and promotes the bioavailability of the serum rich in active ingredients.

Micro-Puncture Lab module

Prevent the effects of ageing

An intensive treatment that activates collagen production using intra-epidermal microstimulation, helping to combat the premature signs of skin ageing.

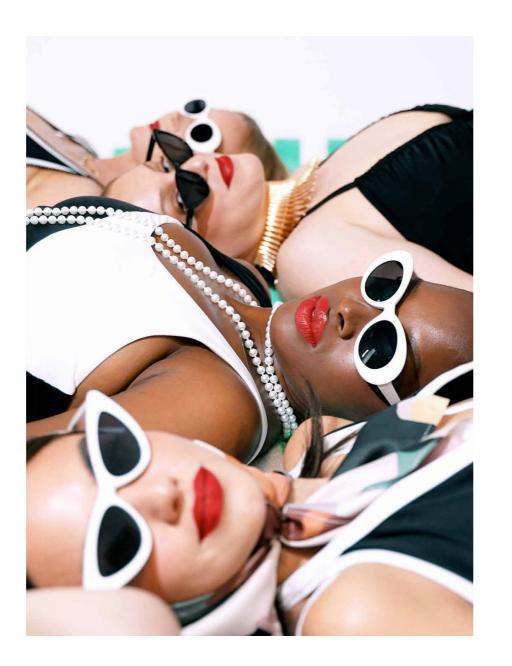
MEDICAL SPA TREATMENTS

MEDICAL SPA BY LA CLINIQUE DES CHAMPS-ELYSÉES

A new way to reveal your beauty

Paris's famous Clinique des Champs-Elysées is entering the world of thalassotherapy. A genuine pioneer in non-invasive cosmetic medicine, under the supervision of our doctor, this new wellness offer now joins the range of treatments available at Thalasso & Spa Barrière La Baule. Improve your skin texture with Hydrafacial, and tone up your figure with Cryolipolysis Cristal Pro®, Accent Prime™ or EMSculpt®.

CLINIQUE CHAMPS ELYSÉES



HYDRAFACIAL SYNDEO ®

HydraFacial® is a beauty treatment that gently smoothes the skin and temporarily opens the pores to cleanse, exfoliate and extract impurities, while providing the skin with exclusive serums for long-term hydration and protection.

OXYGENEO™

OxyGeneo™ is a three-in-one beauty treatment that nourishes, hydrates and oxygenates the epidermis from within in three steps: exfoliation, infusion of essential nutrients and stimulation of the skin's intrinsic oxygenation.

HγdraFacial® Signature

Anti-fatigue and radiant skin

HγdraFacial® Signature & Booster

Anti-ageing, brightening or clarifying

HγdraFacial® Platinium & Leds

HγdraFacial* Signature+ Booster+ Lγmphatic Drainage

HγdraFacial® Keravive

Scalp

HydraFacial® Body

Hands, neck, décolleté, arms, upper back or full back

OxγGeneo™ Illuminate

Radiant complexion

OxγGeneo™ Revive

Overall rejuvenation

OxγGeneo™ Balance

Regulation of excess sebum

For full details of our face and body treatments, see the Medical Spa by La Clinique des Champs-Elysées brochure.



BODY CARE

BY ALGOLOGIE

Guérande salt crystal scrub

25 MINS

An invigorating and exfoliating treatment.
An ultra-sensorial body scrub with salt crystals for energising skin exfoliation. Ideal for revitalising the body.

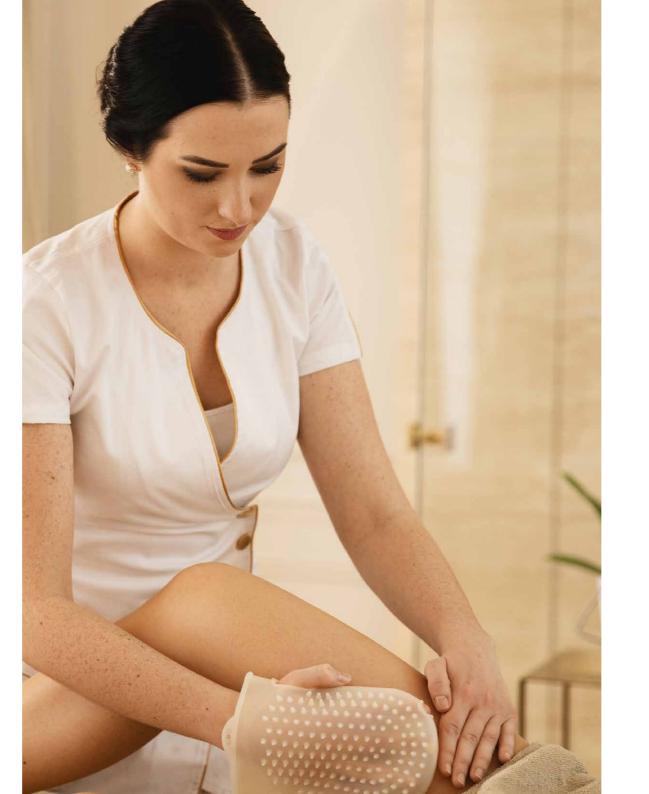
Jardin Marin ritual

Body scrub followed by a **25-minute** massage 50 MINS Body scrub followed by a **55-minute** massage 80 MINS

Pen Lan ritual

115 MINS

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



BY BIOLOGIQUE RECHERCHE

P50 Peau Neuve treatment

25 MINS

An exfoliating and rejuvenating treatment. The skin of the body is left softer, more even and hydrated.

BOOSTER MINCEUR TREATMENT 50 MINS | 80 MINS

A draining treatment to refine the figure and reduce cellulite.

LIFT CORPS TREATMENT

50 MINS | 80 MINS

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

14

MASSAGE

MARINE MASSAGES

25 MINS

Marine Shower Massage

Absolute relaxation under the invigorating spray of warm seawater.

4-hands massage available*

Underwater Massage

Immersed in a warm seawater bath, circulation is stimulated by a relaxing, draining and analgesic hydromassage.

Watermass

Relaxing palpating-rolling or anti-cellulite seawater hydromassage guided by a hydrotherapist.

BASIC MASSAGES

25 MINS

Relaxing Massage

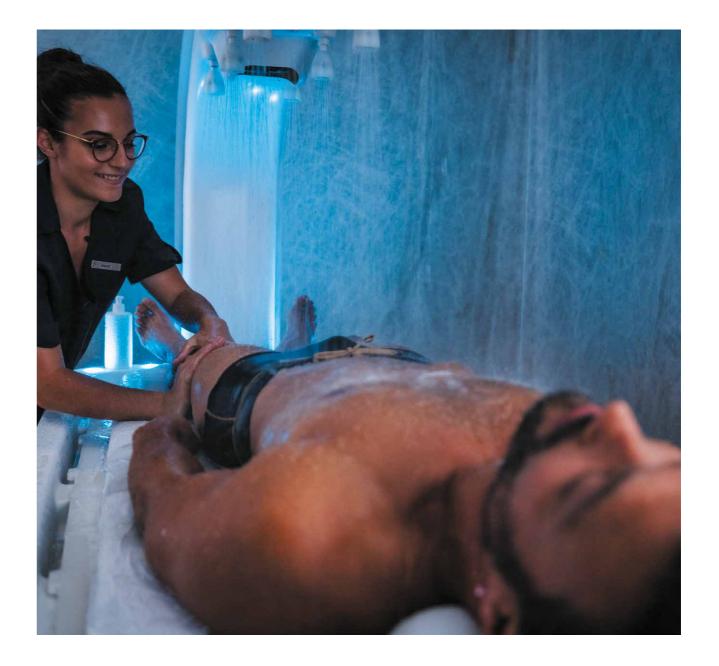
Inspired by the relaxing Californian massage, it helps to relax and harmonise the posterior side.

Slimming Massage

Using palpating-rolling and kneading techniques, the slimming massage helps to reduce cellulite and eliminate toxins.

Scalp Massage

Focused on the head and neck, this massage releases built-up tension, allowing you to truly let go.



^{*} This treatment cannot be chosen as part of the Thalassotherapy massages included in the "Odyssées", "Parenthèses" and "Escales" packages.

CARTE TREATMENTS

MASSAGE

SIGNATURE MASSAGES

Signature Massage

16

Diane Barrière 👊 50 MINS I 80 MINS

This body treatment developed by Spa Diane Barrière is a re-energising journey based on stretching, gentle massage and pressure inspired by energetic and neuromuscular techniques. Specially created to recharge, de-stress and detoxify in the long term, this signature treatment rebalances the body's energies and helps repair the impact of the frenetic pace of city life.

50 MINS

Presqu'île aux Bulles Chauffantes Signature massage

For an enveloping, relaxing wave of warmth. An intensely relaxing treatment that increases the power of the sea tenfold thanks to the heated bubbles.

Experience our couple's massages in our VIP cabin (subject to availability and extra charge).

TONIC MASSAGE

Muscle Recovery Massage

50 MINS

A massage that reduces inflammation and aches and pains by draining the lactic acid produced during exercise.



GENTLE MASSAGES

Tailored Massage 50 MINS I 80 MINS

A real source of relaxation, it helps to relax and harmonise the whole body.

Candle Massage 👭 25 MINS I 50 MINS

Let yourself be lulled by the gentle warmth of a melting candle turned into oil, for a delicious moment of relaxation.

Drainage Lymphatique 50 MINS

Lymph circulation is stimulated by applying slow, gentle and regular circular pressure to the skin with the fingers and palms of the hands all over the body, to drain toxins and cellular debris.

Massage Aux Pierres Chaudes 50 MINS

Of Native American and Hawaiian origin, hot stone massage is a massage technique using volcanic basalt stones. When heated, these stones create an exhilarating sensation of well-being.

ENERGISING MASSAGES

25 MINS | 50 MINS Saundarya Massage

Scalp, neck, face, shoulder and back massage to calm the mind and relieve tension.

Shiatsu Massage 25 MINS | 50 MINS

Shiatsu, which means "finger pressure" in Japanese, uses pressure through touch to stimulate points all over the body in order to restore the free flow of energy according to the principles of traditional Chinese medicine.

25 MINS | 50 MINS

Reflexology

Derived from traditional Chinese medicine. this pressure massage of the foot's reflex zones rebalances the body's energies.

GRADE YOUR EXPERIENCE

Discover our Osteo-Kinetic massages and treatments on page 23

TECHNO CARE

BY VITAL'TECH

VITAL'DETOX JAPANESE SAUNA

40 MINS

A programme that encourages intense sweating to promote the deep elimination of toxins.

Vital'Sleep Japanese sauna

40 MINS

A programme to soothe the parasympathetic nervous system, promoting relaxation and sleep.

Vital'Immunity Japanese sauna

20 MINS I 40 MINS

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

Vital'Fit Japanese sauna

20 MINS | 40 MINS

A programme to help you slim down by increasing your metabolism, thereby promoting calorie loss.

BY CRYOJET

Full-body cryotherapy

Intense dry cold down to -180 °C is applied to the whole body for 3 minutes inside a special cabin. You'll leave with toned skin, a cleansed body and an overwhelming sense of energy!

1 SESSION | 10 SESSIONS



BY LPG

Tailored Alliance Face

20 MINS | 50 MINS

LPG® endermologie offers you 100% natural technology to reactivate dormant cellular activity at the heart of the skin in order to combat the signs of ageing.

TAILORED ALLIANCE BODY* 20 MINS | 50 MINS

Acting simultaneously to remove stubborn fat and on skin quality (firmness, orange peel appearance), Cellu M6® by LPG® technology acts directly on the adipocytes and fibroblasts. 360° treatment to put an end to the dilemma: slimming or firming?

Pre-treatment assessment

25 MINS

The bodysuit is offered as part of the assessment.

 $^{{\}it *Suit/kit\ must\ be\ purchased\ for\ the\ first\ session.}$

CARTE TREATMENTS

MARINE TREATMENTS

Remineralising Bath

20 MINS

A truly relaxing experience in a warm seawater bath, where multiple jets of varying intensity pass over the body to stimulate blood circulation and provide total muscle relaxation.

Relaxation Shower 12 MINS

A jet of warm seawater with adjustable intensity is directed by a hydrotherapist over the whole body and specific treatment areas to relax the muscles and stimulate blood circulation.

Douche au Jet Minceur

12 MINS

A jet of invigorating seawater is directed at the various parts of the body prone to fat storage.

Extended Jet Shower

12 MINS

Hydromassage of the back using a gentle jet of warm seawater for calming and soothing effects.

Hydrowave

20 MINS

Total relaxation and a feeling of weightlessness on a water mattress, thanks to a combination of elliptical movements and the heat and force of the water, offering a massage from ankle to neck.



Siesté Sensory Stimulation Bath 15 MINS

Cradled in a bath of warm seawater, body and mind are harmoniously guided on a sensory journey by a flow of subtle energies to optimise mental concentration and support the rebalancing of the body.

Sensory Deprivation Tank, Saltwater Tank, Seawater Tank

20 MINS

As you float on a water-magnesium salt solution, gravity is reduced by 80%, freeing up your mental resources for other activities specific to the meditative state. This state is ideal for recharging your batteries, but also for learning and exploring your imagination and creativity. Muscle and joint pain is relieved by the feeling of weightlessness.

Boa'Max pressure therapy

25 MINS

Lymphatic drainage using a therapeutic compression system on the lower limbs to enhance the results of the usual manual techniques.

WRAPS

Vital'Mer wrap

20 MINS

This body wrap is developed exclusively for Thalasso & Spa Barrière and is performed in a Vital Dôme Japanese sauna. This seaweedbased treatment is enriched with mother liquors from the Guérande salt marshes, which contain a high concentration of mineral salts, magnesium and trace elements to help the body function properly. The presence of scallop powder boosts the calcium content, while the antioxidants in the marine clay help to protect the skin from ageing.

Vital'Douceur wrap

20 MINS

Composed of nourishing and moisturising beeswax, honey and shea butter.

Vital'Relax wrap

20 MINS

Local application of relaxing marine mud with lithotamus and fucus algae.

Vital'Slim wrap

20 MINS

Composed of a draining and detoxifying cream of fucus algae.

HEALTH EXPERTS

DOCTOR

Spa entry consultation	15 MINS	€30
General medical consultation	15 MINS	€40
Medical Spa consultation	55 MINS	€60
Preventive medicine and homeopathy consultation	55 MINS	€60
Cardiovascular risk prevention		
consultation	55 MINS	€60

HAPTONOMY

Pre-natal discovery session (between the 4th and 6th months of pregnancy)	55 MINS	€120 €
Pre- and post-natal support		
8 SESSIONS / 10 SESSIONS	€820	€1020

DIETICIAN

Impedance measurement	30 MINS	€50
So / Check trace mineral balance	55 MINS	€70
Dietetic consultation	55 MINS	€60
Food hypnosis session	55 MINS	€90
GniomCheck test	25 MINS	€189



OSTEOPATH

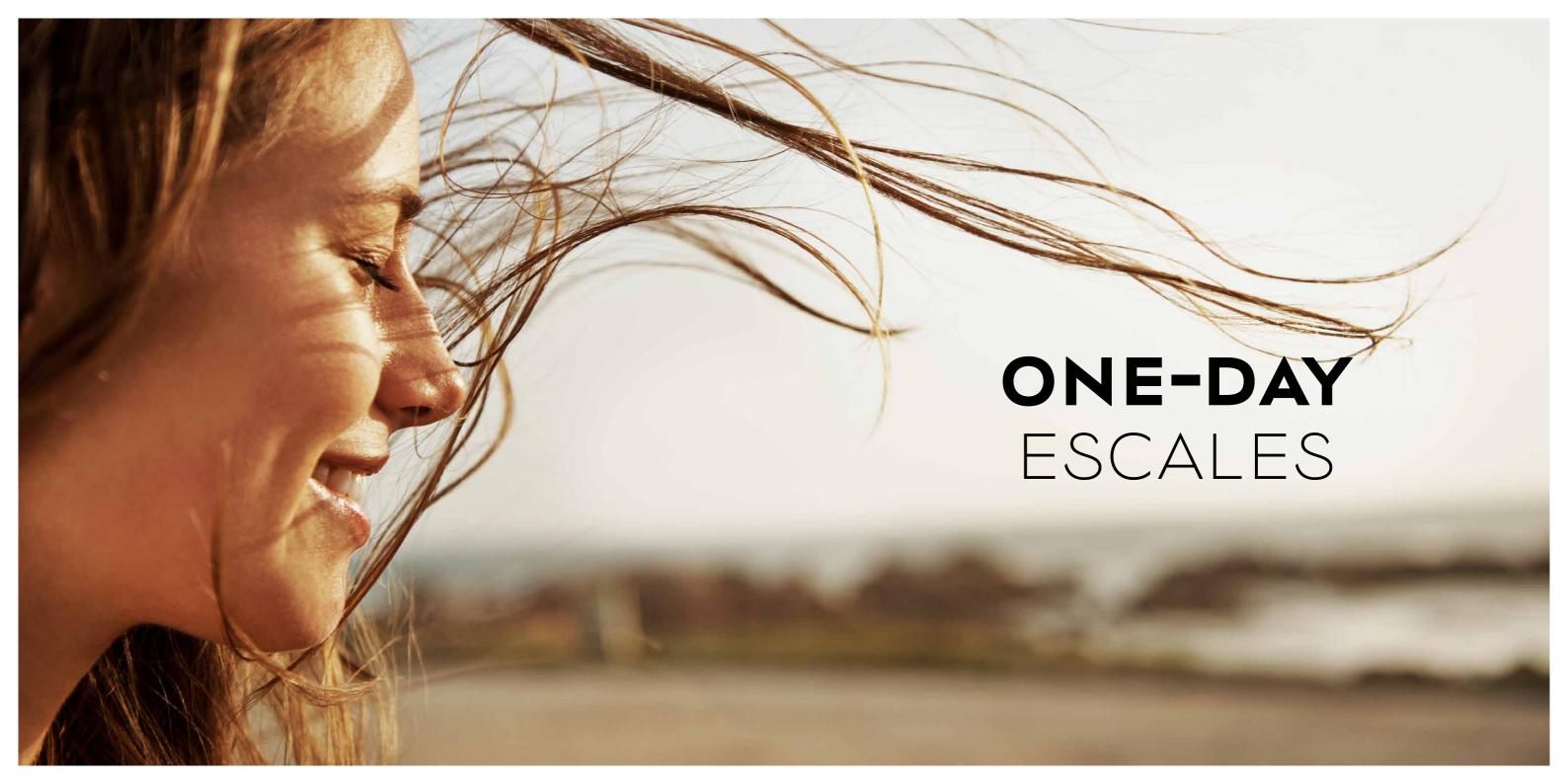
Personalised osteopathic consultation	55 MINS
Prenatal osteopathic consultation	55 MINS

PHYSIOTHERAPISTS

Personalised therapeutic massage	25 MINS 55 MINS
Localised cryotherapy	25 MINS 55 MINS
Individual therapeutic work	
in a cabin or pool	25 MINS 55 MINS
Therapeutic pool work in small group	s 25 MINS
Therapeutic work	
Huber 360° evolution	20 MINS 50 MINS

SOPHROLOGIST

Individual sophrology	55 MINS
Sophrology in small groups	55 MINS
Floatation therapy for individuals	55 MINS



ESCALES

26

ONE-DAY ESCALES

Signature

- 1 Vital'Mer signature wrap
- + 1 Flotation Pod treatment
- + 1 Siesté Bath
- + 1 Remineralising Bath
- + 1 Underwater Massage
- + 1 facial treatment by Algologie
- + Access to the Espace Marin
- 1 lunch at the Plage Le Ponton restaurant (starter and main or main and dessert, water and coffee)

Package can be spread over 2 HALF-DAYS

Thalassotherapy

- 2 Marine treatments
- 1 ool-based or Sport'Connect coaching session
- + Access to the Espace Marin

AND WHAT'S MORE...

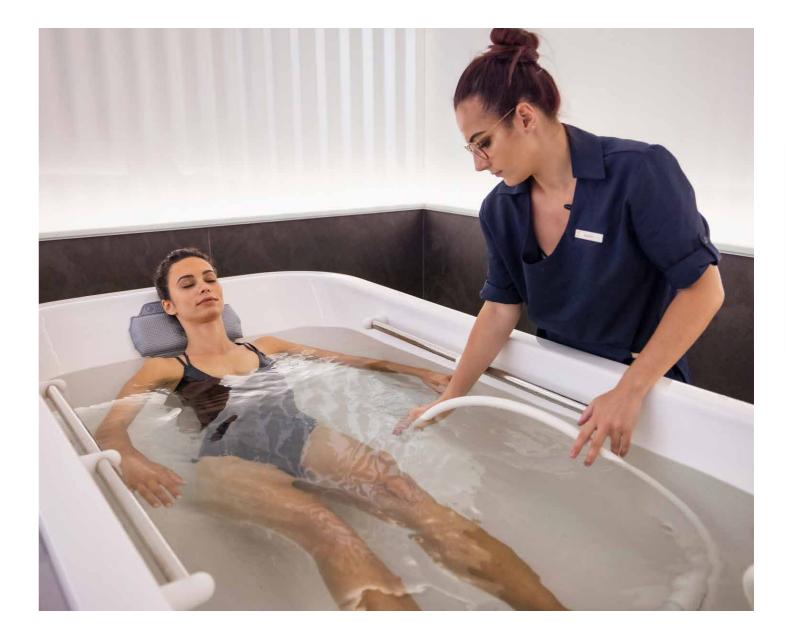
Swap your coaching with a 3rd marine treatment. (With supplement)

SPA & BEAUTY

- + 1 Marine treatment
- + 1 Vital'Mer wrap
- 1 Spa Massage or 1 Flash Éclat Facial by Algologie or Louie 21
- + Access to the Espace Marin

UPGRADE YOUR EXPERIENCE

Extend your massage or facial by 30 minutes (extra charge).



28

ONE-DAY

ESCALES

Cocooning

+ 1 Body Scrub

+ 1 Relaxing Massage 25 MINS

 1 bespoke Jardin Marin Facial by Algologie

55 MINS

55 MINS

+ Access to the Espace Marin

†

AND WHAT'S MORE...

Your massage can be extended by 30 minutes. (With supplement)

ROMANTIC GETAWAY

- 1 Couple's massage initiation workshop
- + 1 glass of Champagne in the Hôtel Roγal Bar
- + Access to the Espace Marin

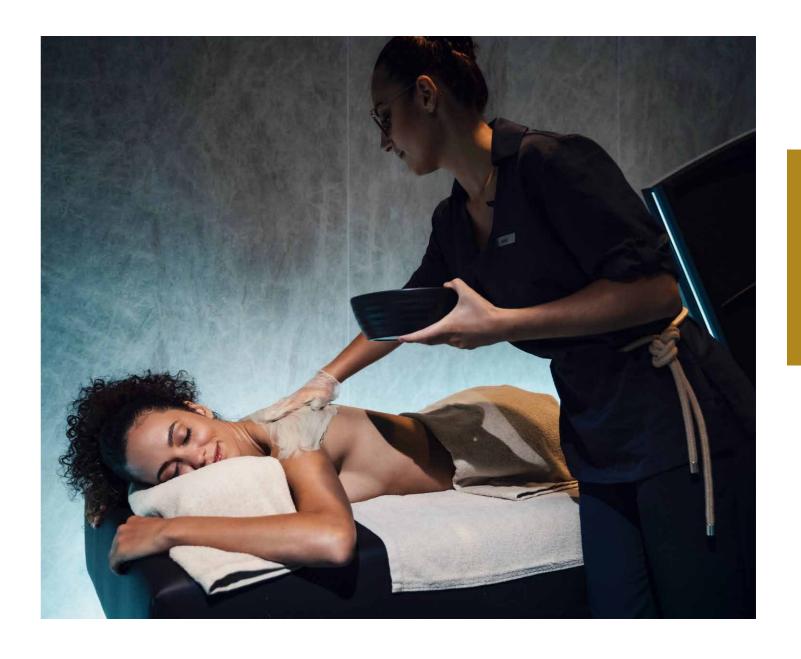
Entre Copines/Copains

- 1 Jane Iredale DIY Skincare Make-up
 Workshop or 1 small group Coached Activity
- 1 Relaxing Massage or Flash Éclat Treatment
 by Algologie
 25 MINS
- + Access to the Espace Marin



STAG AND HEN PARTIES

1 free-of-charge marine treatment for the bride or groom-to-be from 5 people. Lunch available on site



SPORTS CLUB

For a dynamic, high-tech workout, the Thalasso & Spa Barrière La Baule sports club boasts the very latest equipment. Sport'Connect room, Energy by Prama circuit training, Aquasport... discover new sports experiences!

LE PERSONAL TRAINING

Indoor or outdoor

+ Personal trainer (solo or in pairs) 55 MINS

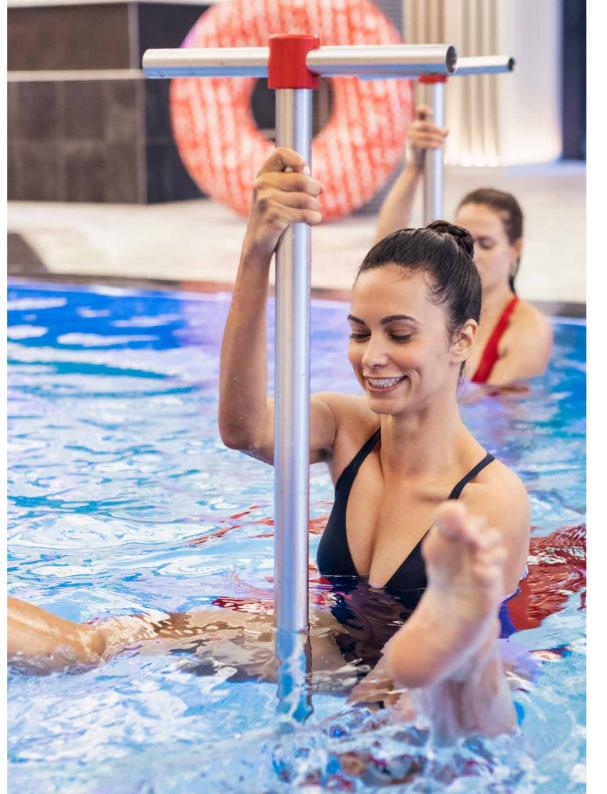
Seawater pool

+ Swimming lessons (from age 5) 30 MINS

+ Outdoor swimming lesson

+ Babγ swimmer (from 3 to 18 months) 30 MINS

+ Early learning swim (3 to 5 years) 30 MINS



GROUP COACHING

Seawater pool

25 MINS

Aqua Relax, Aqua Pilates, Aqua Fitness, Aqua Training, Aqua Bike, Aqua Boxing, Aqua Jump, Aqua Pole

In the Sport'Connect room

45 MINS

Pilates, Prama classes, Les Mills classes

ESPACE MARIN

Access⁽¹⁾ to Fitness room, Swimming pool, Whirlpool, Marine circuit, Sauna, Steam room.

Admission

+ 1 adult admission : €50 + 1 under-16 admission (2) : €30 + 10 adult admissions: €400 + 10 under-16 admissions (2) : €240

In the interests of user comfort and peace and quiet, the establishment reserves the right to regulate the availability of Espace Marin tickets.

1) Access from 9 am to 2 pm, Monday to Sunday. (2) The saunas, steam rooms and marine circuit are not accessible to under-16s. All tickets are valid for 12 months, but can be extended on presentation of medical proof. No re-entry, except after lunch in one of our restaurants.



Find out more about our activities, prices and subscriptions in the Le Club Sport brochure



32

BEAUTY CORNER

OUR TEMPLE OF BEAUTY

100 m² dedicated to elegance and beauty, the
Beauty Corner consists of a boutique run by a Beauty
Ambassador and a make-up area.

MAKE-UP BY JANE IREDALE

The Jane Iredale skincare and make-up brand boasts natural and organic products. Their high-quality mineral ingredients simultaneously care for and protect your skin while delivering optimum results.



Make-up workshop55 MINS€70Make-up lesson55 MINS€110Express make-up25 MINS€70

BOUTIQUE DES PLAGES

FOR ALL THE LATEST TRENDS

Top-of-the-range selection of swimwear, accessories and summer outfits at the cutting edge of fashion: Lenny Niemeyer, Chlore, Maiô, ES Collection, and more.



PRACTICAL INFORMATION

GET PACKING

Bathrobes, towels and sandals are provided. The cloakroom is equipped with hairdryers and bathroom scales. A safe is available in the cloakrooms and at the hotel for your valuables.

CONTRAINDICATIONS TO THALASSOTHERAPY

Absolute: non-stabilised heart or respiratory failure, infectious and contagious diseases, treatment for cancer, serious psychiatric disorders, acute neurological pathologies, acute cardiovascular pathologies or recent surgery (less than 1 month), weeping dermatoses or unhealed wounds.

Relative: pregnancy (medical advice must be sought), cardiovascular conditions, venous disorders, neurological diseases, loss of autonomy. The centre's doctor is available to provide medical advice.

MEDICAL ADVICE

For stays of more 4 days that do not include a medical consultation with our doctor, a medical certificate of no contraindication (dated within the last month) is required prior to any treatment. A consultation with our doctor (at a charge) may be necessary, and you will be asked for your latest tests (biological and imaging).

For stays of 4 days or less, you will be asked to sign a medical discharge form on arrival.

GENERAL INFORMATION

- To get the most out of your therapy and to ensure you have a full choice of treatments, we recommend that you book around 1 month in advance.
- During your stay, our customer advisers are on hand to give you all the information you need about your programme and to help you make appointments for additional activities (physical activities, beauty treatments and rituals, massages, etc.).
- The premises are accessible to people with reduced mobility.

TERMS AND CONDITIONS OF SALE

A la carte treatments: appointments cancelled less than 24 hours in advance will be billed. In the event of a no-show, any treatments booked will also be billed in full.

Escale: a deposit of 30% of the total booking is required and will be taken on the day of booking. Cancellations or changes can be made up to 24 hours before arrival. After this time, the deposit will not be refunded.

HERE TO HELP

FOR PACKAGES WITHOUT ACCOMMODATION

+33(0) 970 824 344 (standard-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

BOOK ONLINE





