

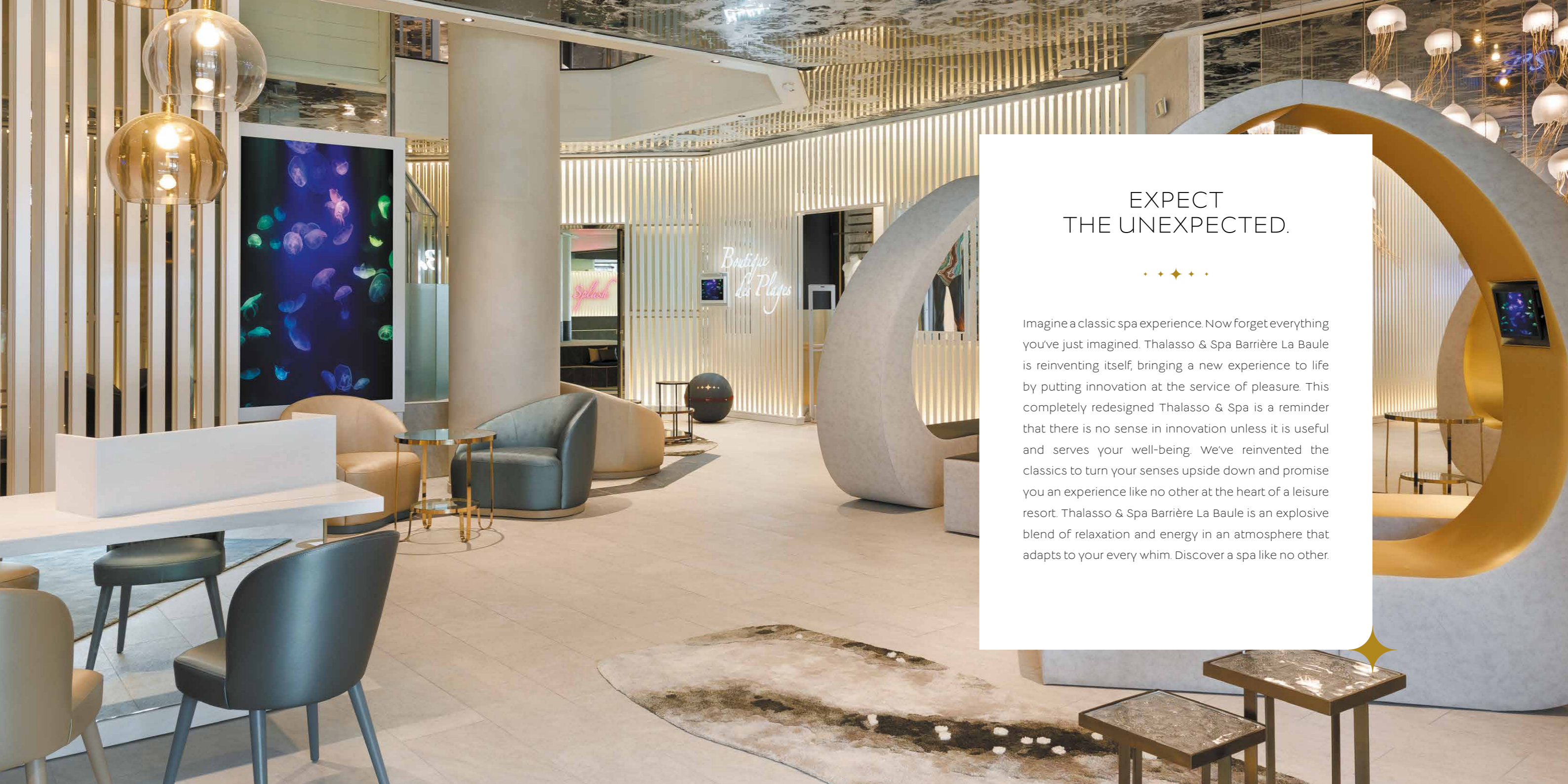
THALASSO & SPA



2024 COLLECTION



THALASSO & SPA  
**BARRIÈRE**  
LA BAULE



EXPECT  
THE UNEXPECTED.



Imagine a classic spa experience. Now forget everything you've just imagined. Thalasso & Spa Barrière La Baule is reinventing itself, bringing a new experience to life by putting innovation at the service of pleasure. This completely redesigned Thalasso & Spa is a reminder that there is no sense in innovation unless it is useful and serves your well-being. We've reinvented the classics to turn your senses upside down and promise you an experience like no other at the heart of a leisure resort. Thalasso & Spa Barrière La Baule is an explosive blend of relaxation and energy in an atmosphere that adapts to your every whim. Discover a spa like no other.



# CONTENTS

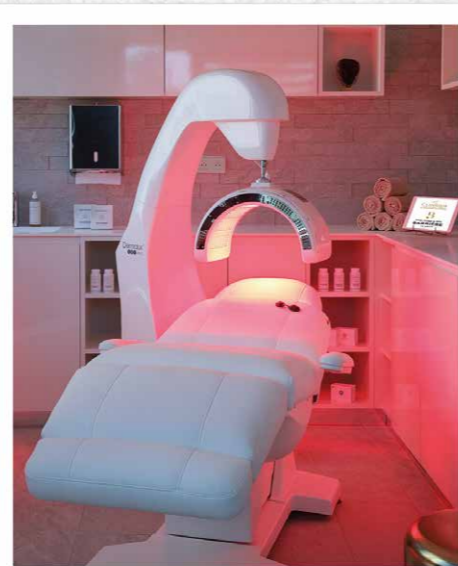
Innovation for pleasure	P.06
<b>LES ODYSSEES 6 DAYS</b>	P.08
Odyssee à la Carte	P. 10
Odyssee Fitness	P. 12
Odyssee Massage	P. 13
Slimming Odyssee	P. 14
Bespoke health Odyssee	P. 16
Osteo-kinetic Odyssee	P. 17
Metamorphosis Odyssee - 10 days	P. 18
<b>LES PARENTHÈSES 4 DAYS</b>	P.20
Parenthèse Essentiels Thalasso	P. 22
Spa & Beauty Parenthèse	P. 23
Fitness Parenthèse	P. 24
Parenthèse Med Spa	P. 26
Mother & Baby Parenthèse	P. 28
<b>LES ESCALES</b>	
<b>FROM HALF A DAY TO 3 DAYS</b>	P. 31
Signature Escale	P. 32
Thalasso Escale	P. 32
Spa & Beauty Escale	P. 32
Cocooning Escale	P. 32
Barrière La Baule resort, the ultimate leisure destination	P. 34
Barrière gift vouchers	P.40
Treatment glossary	P. 41
Conditions of stay	P. 42

# L'INNOVATION AU SERVICE DU PLAISIR

## MEDICAL SPA BY LA CLINIQUE DES CHAMPS-ÉLYSÉES

Paris's famous Clinique des Champs-Élysées is entering the world of thalassotherapy. Specialised, non-invasive cosmetic procedures, performed by a doctor, now join the range of wellness treatments on offer. Improve your skin texture with Hydrafacial, and tone up your figure with Cryolipolysis Cristal Pro, Accent Prime or EMSculpt.

*Find out more about all the Medical Spa treatments in the dedicated brochure.*



## VITAL'MER, THE SEAWEED WRAP REINVENTED

Developed exclusively for Thalasso & Spa Barrière, Vital'Mer takes you on an unparalleled, timeless journey of relaxation. The infrared rays of the Vital Dôme Japanese sauna replaces the traditional wrap in a heated blanket, multiplying tenfold the benefits of the application of seaweed enriched with the mother liquors of Guérande.

## VITAL'MER, THE SEAWEED WRAP REINVENTED

100 m² dedicated to elegance and beauty, the Beauty Corner is a boutique run by a Beauty Ambassador. Here you'll find a range of products from our partner brands and two treatment areas: nails and make-up.

## A UNIQUE EMOTIONAL EXPERIENCE

Embark on a hypnotic, timeless journey with a sophrology session in front of a **jellyfish aquarium**, transporting your body and mind into a state of absolute relaxation.

Our **sensory cocoon** stimulates your senses and your energy. Revitalising, calming or euphoric, choose your emotional journey!

Let your mind explore its imagination and creativity in our **sensory isolation tank**. Your body floats and relaxes in a water-magnesium salt solution, where gravity is reduced by 80%.



## NEW GENERATION SPORT

Make way for innovation in the Sport'Connect room. Move to the rhythm of the music and lights with our interactive circuits by Prama. Travel through virtual worlds inspired by cycle races with The Trip by Les Mills. Tone your muscles in Mihabodytec sessions for electrostimulation strengthening. Finally, the sports club offers a wide range of pool-based activities. Why not give AquaPole Dance a try?

A woman with dark hair tied in a bun, wearing a black and white patterned one-piece swimsuit, is sitting on the tiled edge of a swimming pool. She is looking down at the water, with her right hand touching the surface. The pool is outdoors, and there are lounge chairs and a building in the background.

# Les Odyssées

6 DAYS

# ODYSSÉE À LA CARTE

### GOAL

Your tailored well-being!  
A personalised programme created for you by  
our experts according to your needs.

### PROGRAMME CONTENT

12 hours<sup>(1)</sup> of treatments to choose from on  
our treatment menu<sup>(2)</sup>.

- ✦ Facial care
- ✦ Body care
- ✦ Marine treatments
- ✦ Techno care
- ✦ Massage

FROM  
**€2 460** with accommodation\*  
*6 nights at the Royal, ½ board*

FROM  
**€1 530** without accommodation\*  
*6 days*

\*Price per person, see conditions on page 43

(1) This time includes your welcome and settling-in time in the cabin  
(2) Excluding Medical Spa by La Clinique des Champs-Élysées and Soin  
Seconde Peau by Biologique Recherche



# ODYSSÉE FITNESS

GOAL

The benefits of seawater for fitness and vitality

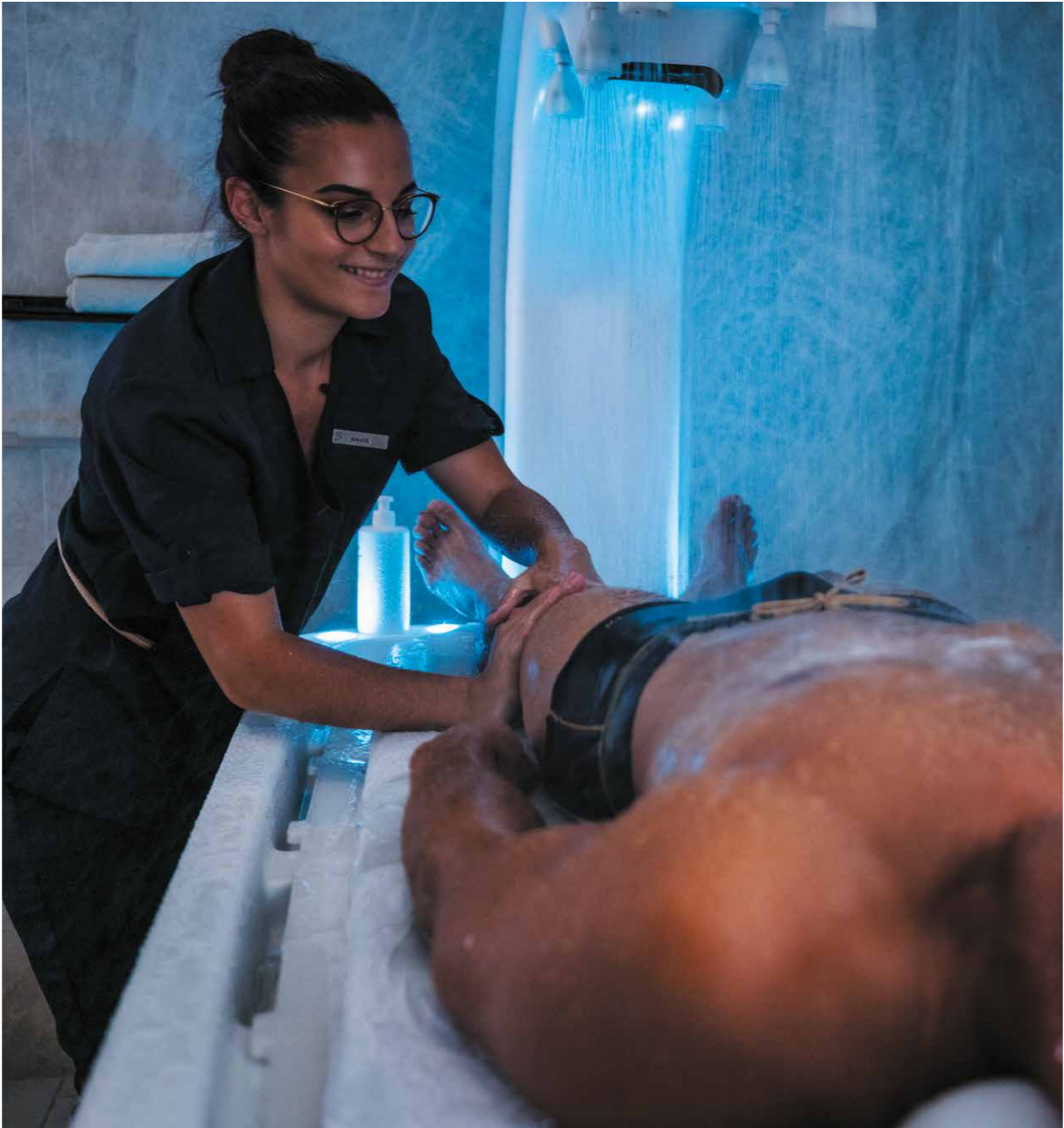
PROGRAMME CONTENT

- + 9 marine treatments, including remineralising bath, hydrowave, jet shower, etc..
- + 3 marine massages (underwater or marine shower - 25 mins)
- + 3 vital'Mer wraps
- + 3 vital'Mer wraps
- + 6 pool-based or Sport'Connect activities'

FROM  
**€1 920** with accommodation\*  
*6 nights at the Royal, ½ board*

FROM  
**€990** without accommodation\*  
*6 days*

\*Price per person, see conditions on page 43



# ODYSSÉE MASSAGE

NEW FOR 2024

GOAL

Relax and unwind thanks to the benefits of seawater combined with the sensory experience of the Spa.

PROGRAMME CONTENT

- + 9 marine treatments, including remineralising bath hydrowave, jet shower, etc.
- + 3 Vital'Mer wraps
- + 1 Jardin Marin by Algologie ritual (80 mins)
- + 1 Diane Barrière Signature massage (50 mins)
- + 1 Presqu'île aux Bulles Chauffantes Signature massage (50 mins)
- + 1 La Bougie massage (50 mins)
- + 1 bespoke massage (50 mins)
- + 1 Saundaya massage (50 mins)

FROM  
**€2 250** with accommodation\*  
*6 nuits au Royal, ½ pension*

FROM  
**€1 320** without accommodation\*  
*6 days*

\*Price per person, see conditions on page 43

# SLIMMING ODYSSÉE

## GOAL

Targeted expert treatments and tailored diets to kick-start your weight loss and get you back on track.

FROM

**€2 250** with accommodation\*

6 nights at the Royal, ½ board

FROM

**€1 320** without accommodation\*

6 days

\*Price per person, see conditions on page 43

## PROGRAMME CONTENT

### *Before your stay:*

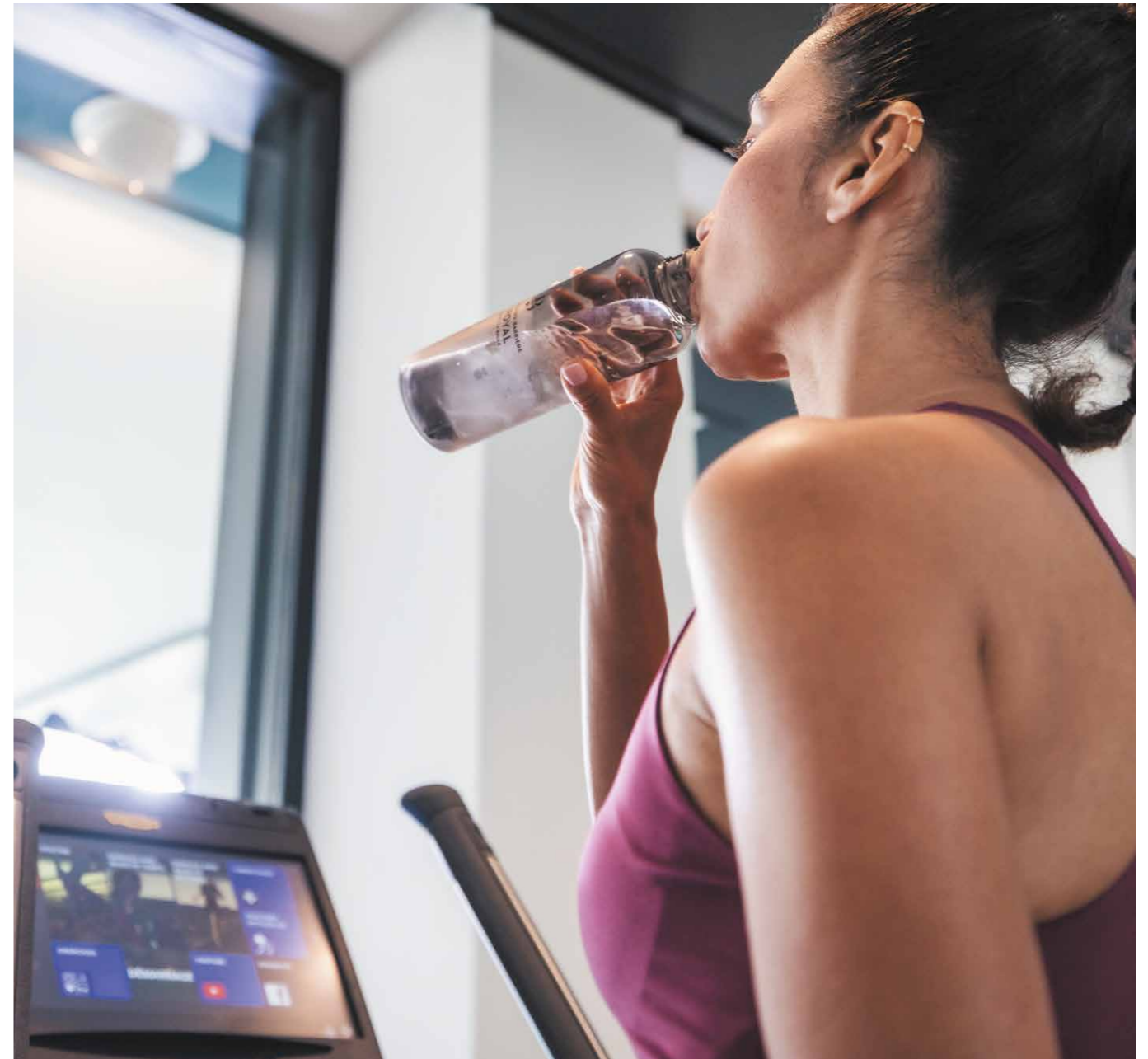
- ✦ 1 video consultation with our dietician to identify your needs and anticipate your dietary programme

### *During your stay*

- ✦ 1 consultation with our doctor
- ✦ 1 Be O'check nutritional assessment
- ✦ 2 impedance analyses with our dietician
- ✦ 1 individual nutritional hypnosis or relaxation therapy session
- ✦ 1 Booster Minceur by Biologique Recherche treatment (80mn)
- ✦ 1 Vital'Fit Japanese sauna session (40 mins)
- ✦ 2 EMS by Miha Bodytec coaching sessions (20 mins)
- ✦ 4 pool-based or Sport'Connect activities geared towards weight loss
- ✦ 3 Vital'Slim wraps
- ✦ 3 marine massages geared towards slimming (underwater massage, watermass, etc.)
- ✦ 6 marine treatments geared towards slimming (jet shower, remineralising bath, etc.)
- ✦ 1 conference-workshop led by our health experts

### *After your stay (for 3 months):*

- ✦ 1 monthly follow-up video consultation with our dietician



# BESPOKE HEALTH ODYSSÉE

SIGNATURE

GOAL

A comprehensive, personalised, made-to-measure programme tailored to your needs, based on the recommendations of our doctor\*: postural, back and joint problems, weight, stress, sleep, smoking, etc.

PROGRAMME CONTENT

*Before your stay:*

- + 2 video consultations with our doctor and one of our experts (dietician, physiotherapist, sports coach, etc.) to identify your needs and plan your programme

*During your stay:*

- + 2 consultations with our doctor
- + 1 Be O'check nutritional assessment with our dietician
- + 1 complete treatment programme based on the recommendations of our doctor\*

*After your stay:*

- + 2 video consultations with our doctor to monitor your progress
- + 1 monthly video consultation with one of our experts based on your programme (for 3 months)

FROM  
**€2 730** with accommodation\*  
6 nights at the Royal, ½ board

FROM  
**€1 800** without accommodation\*  
6 days

\*Price per person, see conditions on page 43

\* Up to 5 treatments and/or activities per day. Excluding Medical Spa by La Clinique des Champs-Élysées and Soin Seconde Peau by Biologique Recherche.



# OSTEO-KINETIC ODYSSÉE

GOAL

Supervised by a team of specialists, this programme aims to prevent and combat pain using warm seawater, massage, seaweed wraps and therapeutic education.

PROGRAMME CONTENT

- + 6 marine treatments including remineralising bath, hydrowave, jet shower, etc.
- + 6 wraps (remineralising or analgesic)
- + 6 personalised osteo-kinetic massages (25 mins)
- + 6 sessions of osteo-kinetic exercises in a small group in the pool (25 mins)

FROM  
**€2 250** with accommodation\*  
6 nuits au Royal, ½ pension

FROM  
**€1 320** without accommodation\*  
6 days

\*Prix par personne, voir conditions page 43

# METAMORPHOSIS ODYSSEE

## GOAL

This programme, exclusive to France, combines the expertise of “Medical Spa by La Clinique des Champs-Élysées” with thalassotherapy to reveal your beauty.



EXCLUSIVE



MEDICAL SPA BY  
**CLINIQUE**  
DES  
CHAMPS ÉLYSÉES

## PROGRAMME CONTENT

### Before your stay:

- ✦ 1 video consultation with our doctor to identify your needs and anticipate your treatment programme
- ✦ 1 video consultation with our dietician to identify your needs and anticipate your dietary programme

### During your stay:

- ✦ 1 Medical Spa consultation with our doctor
- ✦ 1 Cardi'Check assessment
- ✦ 1 complete Be O'Check micro-nutritional assessment
- ✦ 1 GniomCheck DNA sequencing intestinal microbiota analysis
- ✦ 1 Instant de Peau® by Biologique Recherche diagnosis
- ✦ 1 Huber 360 sports report
- ✦ **29 targeted treatments and activities** (see details opposite)
- ✦ **A selection of complementary and targeted treatments to choose from:**  
Face  or body  (see details opposite)

## Complementary selection to choose from:



### FACE

- 3 TAILOR-MADE, NON-INVASIVE BEAUTY TREATMENTS BY LA CLINIQUE DES CHAMPS-ÉLYSÉES
  - ✦ 1 Ultraformer III full face session
  - ✦ 1 Ultraformer III neck or décolleté session
  - ✦ 1 HydraFacial Signature facial

### 5 EXPERT FACIAL TREATMENTS

- ✦ 1 bespoke Expert treatment and co-factor mask by Biologique Recherche
- ✦ 1 Seconde Peau by Biologique Recherche treatment
- ✦ 2 Arctic treatments by Cryoskin
- ✦ 1 bespoke Alliance by LPG treatment (20 mins)



### BODY

- 3 TAILOR-MADE, NON-INVASIVE BEAUTY TREATMENTS BY LA CLINIQUE DES CHAMPS-ÉLYSÉES
  - ✦ 1 Cryolipolysis session - 2 applicators
  - ✦ 1 Ultraformer III body 1 zone session<sup>(1)</sup>
  - ✦ 1 Accent Prime body 1 zone session<sup>(1)</sup>

### 2 EXPERT BODY TREATMENT

- ✦ 2 Booster Minceur by Biologique Recherche treatments

MINIMUM 10-DAYS PROGRAMME  
Available with or without accommodation\*

Contact us for prices.

\*See conditions on page 43

## 15 MARINE TREATMENTS & FITNESS

- ✦ 4 massages (25 mins)
- ✦ 3 marine treatments
- ✦ 3 Vital'Mer wraps
- ✦ 5 solo or duo personal training sessions (55 mins), including a Huber 360 session

## 7 TAILOR-MADE, NON-INVASIVE BEAUTY TREATMENTS BY LA CLINIQUE DES CHAMPS-ÉLYSÉES

- ✦ 4 EMSculpt sessions
- ✦ 1 HydraFacial body treatment
- ✦ 1 HydraFacial scalp treatment
- ✦ 1 Led Dermalux treatment

## 2 EXPERT BEAUTY TREATMENTS

- ✦ 1 manicure and nail polish
- ✦ 1 Lift Corps by Biologique Recherche treatment

## 5 ACTIVITIES & WORKSHOPS

- ✦ 1 “Stop Addict” hypnosis session with our dietician-hypnotherapist
- ✦ 1 individual Abyssal sophrology session
- ✦ 1 private Health'Sea Food class with our chef and dietician
- ✦ 1 private SkinCare Make-Up by Jane Iredale session
- ✦ 1 private image consultancy session

(1) Excluding whole abdomen and whole legs.

A woman with dark hair, wearing a white bathrobe and dark sunglasses, is standing on a balcony. She is looking out over a coastal town with white buildings and blue accents. The scene is bright and sunny, with a clear blue sky. The balcony has a metal railing and a glass balustrade. The text "Les Parenthèses" is overlaid on the right side of the image in a large, white, serif font.

# Les Parenthèses

4 DAYS

# THALASSTHERAPY ESSETIALS PARENTHÈSE

GOAL

Spend 4 days getting acquainted with the revitalising power of thalassotherapy thanks to the benefits of seawater!

PROGRAMME CONTENT

- ✦ 6 marine treatments including: remineralising bath, hydrowave, jet shower, etc.
- ✦ 2 marine massages (underwater or marine shower (25 mins)
- ✦ 2 Vital'Mer wraps
- ✦ 2 relaxing massages (25 mins)

FROM  
**€1 260** with accommodation\*  
*4 nights at the Royal, ½ board*

FROM  
**€640** without accommodation\*\*  
*4 days*

\*Price per person, see conditions on page 43



# SPA & BEAUTY PARENTHÈSE

GOAL

The ultimate in relaxation and beauty, a sensory journey for him or her!

PROGRAMME CONTENT

- ✦ 8 marine treatments including: remineralising bath, hydrowave, jet shower, etc.
- ✦ 4 wraps to choose from
- ✦ 1 Jardin Marin by Algologie body ritual (55 mins)
- ✦ 11 Jardin Marin Sur-Mesure by Algologie facial or Ritual for Men by Louie 21 (55 mins)
- ✦ 2 tailored spa massages (50 mins)

FROM  
**€1 500** with accommodation\*  
*4 nights at the Royal, ½ board*

FROM  
**€880** without accommodation\*\*  
*4 days*

\*Price per person, see conditions on page 43

# FITNESS PARENTHÈSE

GOAL

Toning, muscle building or performance enhancement for amateur or accomplished athletes.

PROGRAMME CONTENT

- + 1 consultation with our doctor
- + 1 complete health & fitness check-up
- + 1 Huber 360 form check
- + 2 full-body cryotherapy sessions
- + 4 marine treatments including: remineralising bath, hydrowave, jet shower, etc.
- + 4 marine massages (25 mins)
- + 4 pool-based or Sport'Connect activities
- + 1 personalised Huber 360 sports coaching session ■■■■  
or 1 personalised EMS by Miha Bodytec coaching session ■■■■
- + 1 solo personal training session (55 mins) ■■■■  
or 1 sports recovery massage (50 mins) ■■■■

FROM  
**€1 500** with accommodation\*  
4 nights at the Royal, ½ board

FROM  
**€880** without accommodation\*\*  
4 days

\*Price per person, see conditions on page 43

■■■ Moderate activities  
■■■ Intensive activities



# PARENTHÈSE MED SPA

## GOAL

An expert programme, born of an alliance between La Clinique des Champs-Élysées and Thalasso & Spa Barrière La Baule, has been designed to reveal your natural beauty and stop the effects of time.

## PROGRAMME CONTENT

### *Before your stay:*

- ✦ 1 video consultation with our doctor to identify your needs and plan your programme

### *During your stay:*

- ✦ 1 complete Be O'Check micro-nutritional assessment
- ✦ 1 impedance measurement
- ✦ 3 marine treatments or massages (25 mins)

## MINIMUM 4-DAYS PROGRAMME

Available with or without accommodation\*

Contact us for prices.

\*See conditions on page 43

EXCLUSIVE

MEDICAL SPA BY  
**CLINIQUE**  
DES  
CHAMPS ÉLYSÉES

### 6 TAILOR-MADE, NON-INVASIVE BEAUTY TREATMENTS BY LA CLINIQUE DES CHAMPS-ÉLYSÉES

- ✦ 2 EMSculpt sessions
- ✦ 1 Accent Prime full face session
- ✦ 1 Accent Prime body 1 zone session <sup>(1)</sup>
- ✦ 1 Ultraformer III body 1 zone session <sup>(1)</sup>

### 3 EXPERT BEAUTY TREATMENTS BY BIOLOGIQUE RECHERCHE

- ✦ 1 Booster Minceur treatment
- ✦ 1 Lift Corps treatment
- ✦ 1 Seconde Peau treatment

### *A choice of specific treatments:*

- ✦ 1 Huber 360 fitness assessment  
or 1 Bodybalance by Les Mills session
- ✦ 1 Huber 360 personal training session  
or 1 individual Abyssal sophrology session
- ✦ 2 full-body cryotherapy sessions  
or 1 sports recovery massage (55 mins)

(1) Excluding whole abdomen and whole legs.



# MOTHER & BABY PARENTHÈSE

Months 4 to 8 of pregnancy or baby from age 4 months

**GOAL**

Well-being, relaxation and advice for parents and baby for a bonding and gentle experience

**PROGRAMME CONTENT**

*Before your stay:*

- + 1 video consultation with the doctor

*During your stay:*

- + 1 pre- or post-natal haptonomy session
- + 1 Instant de Peau® by Biologique Recherche
- + 1 nutrition workshop led by our dietician
- + 1 Jardin Marin by Algologie facial (55 mins)
- + 2 2 tailored massages (mum-to-be or relaxing (55 mins)
- + 1 1 lymphatic drainage treatment (55 mins)
- + Marine treatments to choose from: remineralising bath, hydrowave, jet shower, etc.
- + 4 aqua relax or other adapted activities (pool-based or in the Sport'Connect room)

*Offered post-natally with baby:*

- + 1 video consultation with our auxiliary nursery nurse to prepare for welcoming baby
- + 1 underwater massage for parent and baby
- + 1 introductory baby massage workshop
- + 1 introductory baby swim session



**AND WHAT'S MORE...**  
Baby care at the Babiwi Club for the duration of the treatment or lunch at one of our Tables Barrière<sup>(1)</sup>

FROM  
**€1 500** with accommodation\*  
4 nights at the Royal, 1/2 board

FROM  
**€880** without accommodation\*  
4 days

\*Price per person, see conditions on page 43

(1) Subject to opening days and times. Outside the club's opening hours Babiwi, our concierge, can recommend a list of trusted babysitters if you need them...



A warm, orange-toned photograph of a spa interior. In the foreground, a man with a beard is lying face down on a massage table, his eyes closed. A pair of hands is visible on his back, performing a massage. In the background, another person is lying on a similar table, also receiving a massage. The lighting is soft and warm, creating a relaxing atmosphere.

# Les Escalaes

MODULAR: FROM HALF A DAY TO 3 DAYS

# ESCALE

Signature

NEW FOR 2024

GOAL

The expertise of Thalasso & Spa Barrière's marine treatments for the duration of your getaway! This option can be spread over 2 half-days or a full day.

PROGRAMME CONTENT

- + 1 vital'Mer signature wrap
- + 1 flotation pod treatment
- + 1 flotation pod treatment
- + 1 remineralising sea bath
- + 1 underwater massage
- + 1 Jardin Marin by Algologie facial (55 mins)
- + 1 lunch at the Plage Le Ponton restaurant (starter and main or main and dessert, water and coffee)
- + Access to the Espace Marin (on the half-day of treatments)

FROM  
**€485** with accommodation\*\*  
1 night at the Royal, breakfast included

FROM  
**€350** without accommodation\*  
1 day

\*Price per person, see conditions on page 43

# THALASSO ESCALE

GOAL

Discover marine essentials.

PROGRAMME CONTENT

- + 2 marine treatments: remineralising bath, hydrowave, jet shower, etc.
- + 1 pool-based or Sport'Connect activity
- + Access to the Espace Marin (on the half-day of treatments)

**UPGRADE YOUR EXPERIENCE**  
Swap your activity for a 3<sup>rd</sup> marine treatment. Supplement: €25

FROM  
**€245** with accommodation\*  
1 night at the Royal, breakfast included

FROM  
**€130** without accommodation\*  
1 day

\*Price per person, see conditions on page 43

# SPA & BEAUTY ESCALE

GOAL

Relaxation and beauty treatments for the body and face.

PROGRAMME CONTENT

- + 1 marine treatment including remineralising bath, hydrowave, jet shower, etc..
- + 1 Vital'Mer wrap
- + 1 spa massage or Flash Éclat facial (25 mins)
- + Access to the Espace Marin (on the half-day of treatments)des soins)

**UPGRADE YOUR EXPERIENCE**  
Extend your massage or facial by 30 minutes. Supplement: €60

FROM  
**€295** with accommodation\*  
1 night at the Royal, breakfast included

FROM  
**€170** without accommodation\*  
1 day

\*Price per person, see conditions on page 43

# COCOONING ESCALE

GOAL

Your Spa ritual from half a day!

PROGRAMME CONTENT

- + 1 body scrub with Guérande salt crystals
- + 1 Relaxing massage (25 mins)
- + 1 bespoke Jardin Marin facial by Algologie (55 mins)
- + Access to the Espace Marin (on the half-day of treatments)

FROM  
**€370** with accommodation\*  
1 night at the Royal, breakfast included

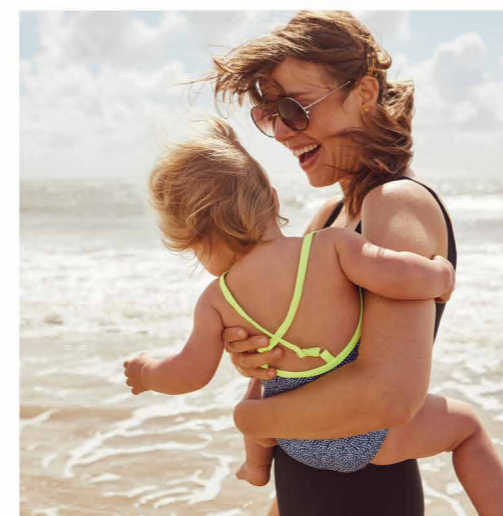
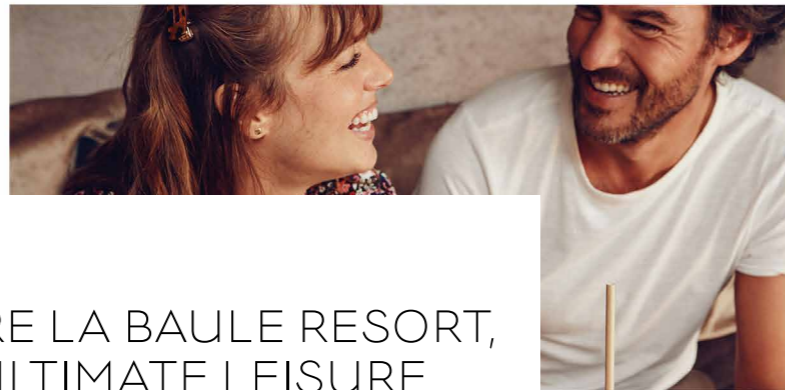
FROM  
**€245** without accommodation\*  
1 day

\*Price per person, see conditions on page 43

## BARRIÈRE LA BAULE RESORT, THE ULTIMATE LEISURE DESTINATION.



Just 3 hours from Paris, nestled between umbrella pines and turquoise seas, the most famous of the western bays has made La Baule the queen of resorts, now listed as one of the 30 most beautiful bays in the world. In warmer weather, the open seas are a treasure trove of nature: the fabulous bird sanctuary of the Brière Regional Nature Park, the salt marshes of Guérande, and more. 3 five-star hotels, 7 restaurants and 3 bars, 1 casino, 24 tennis courts, 3 padel courts, 3 golf courses spread over 220 hectares, 1 "Studio by Petit VIP" kid's club... All the entertainment and all the comfort you could wish for, with an incredible view of La Baule's unique beach.





## HÔTEL BARRIÈRE LE ROYAL

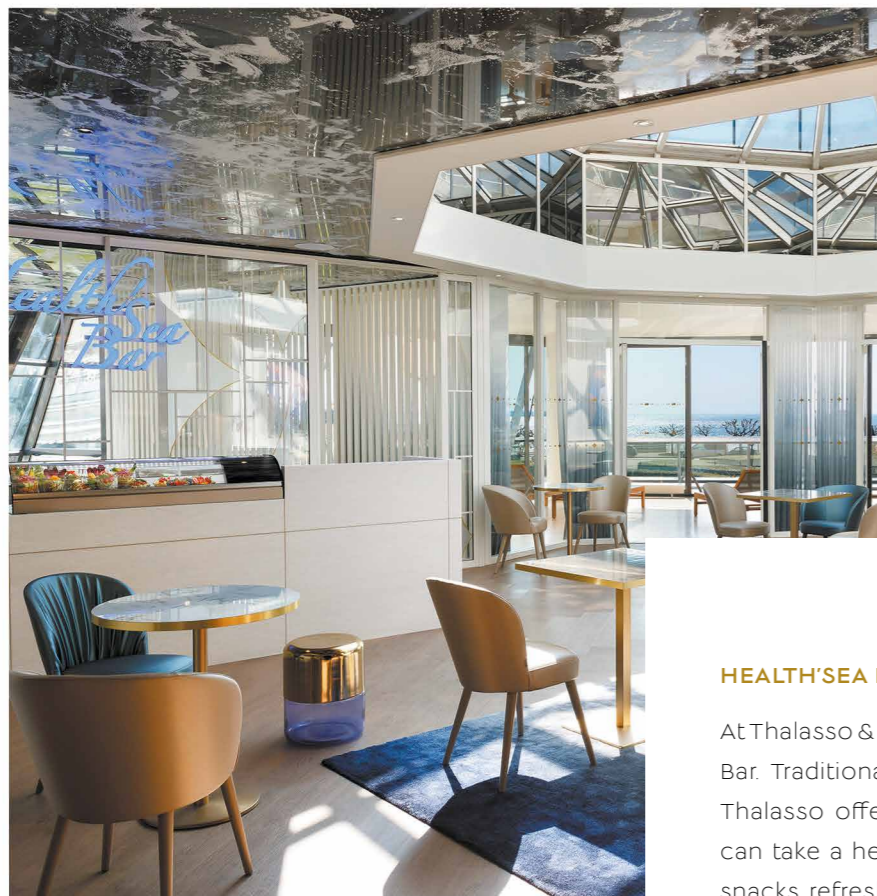


The Atlantic breeze inspires the decor of the Hôtel Barrière Le Royal... A breath of fresh air overlooking the sea, its 87 rooms and suites offer an authentic and invigorating touch of luxury. The character of the salt marshes, the benefits of the sea. A vast terrace overlooking the ocean, idyllic grounds. Time stands still... you've arrived on the Côte d'Amour. Everything has been designed by Chantal Peyrat, the interior designer who drew her inspiration for this radiant hotel from the sparkle of Guérande salt crystals. The rooms, with their soft beige tones, invite you to relax and reconnect with others and yourself.

**And what's more...**

**the hotel is directly linked to the Thalasso & Spa**





#### HEALTH'SEA BAR

At Thalasso & Spa, take a break in our Health'Sea Bar. Traditionally known as the Tisanerie, the Thalasso offers a colourful place where you can take a healthy, delicious break and enjoy snacks, refreshments and hot drinks. Continue your experience on the welcoming terrace with its unspoilt view of the ocean.



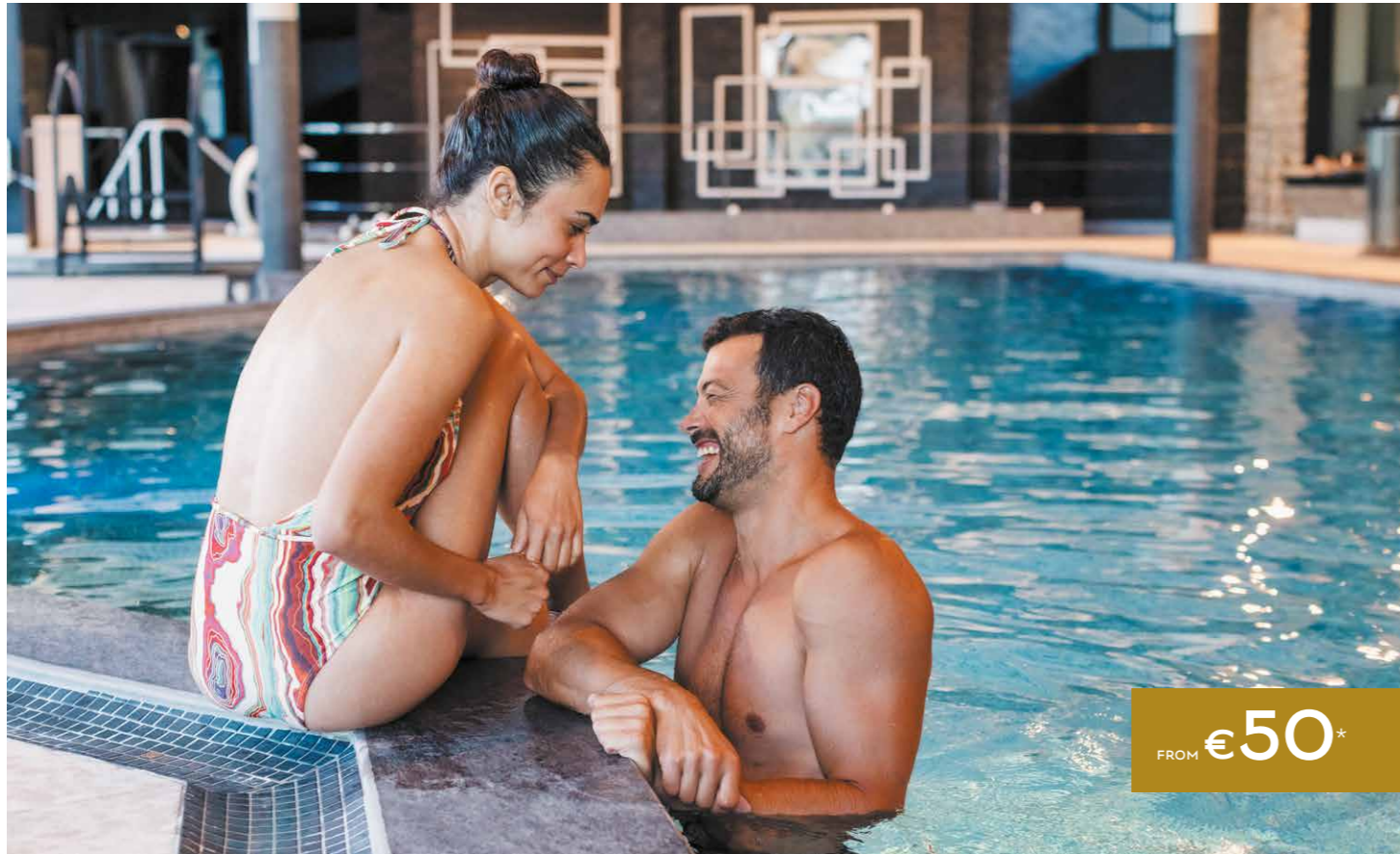
#### FOUQUET'S BRASSERIE

A chic, timeless eatery that showcases wonderful local produce and French classics on a menu created in collaboration with Chef Gagnaire. In addition to the great bistro classics of Fouquet's, such as beef tartare and sole meunière, a diet-conscious menu and gluten-free dishes are also available. Our Chef, his teams and the dietician have worked together to design delicious yet low-calorie recipes.



#### RESTAURANT LE PONTON

A healthy and energising menu inspired by world cuisine, with an emphasis on local produce. Sharing plates, snacks, finger food and cocktails to share with friends on the large terrace on the sand. The understated, natural decor, designed using raw materials like the interior of a sailing boat, invites you to set sail on a voyage. Relaxation and simplicity are the hallmarks of this friendly, contemporary atmosphere. Every moment of the day (breakfast, lunch, snack, after-beach, dinner, lounge) has its own entertainment and musical atmosphere (lounge and contemporary, live concerts in the evening or DJ set, etc.).



## BARRIÈRE GIFT VOUCHERS

# Give the gift of well-being!



À la carte treatments or all-day packages, order online now:



[cadeauxbarriere.com](https://cadeauxbarriere.com)

\* see conditions on [www.cadeauxbarriere.com](https://www.cadeauxbarriere.com).

# TREATMENT GLOSSARY

## MARINE TREATMENTS

### VITAL'MER WRAP 20 mins

This body wrap has been developed exclusively for Thalasso & Spa Barrière and takes place in a Vital Dôme Japanese sauna. This seaweed-based 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 premature ageing.

### REMINERALISING BATH 20 mins

A truly relaxing experience in a warm seawater bath, enhanced by numerous jets programmed to target different areas of the body to promote blood circulation and relax the muscles.

### RELAXING, SLIMMING OR EXTENDED JET 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.

### 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.

### SENSORY STIMULATION 20 mins

In a state of levitation in warm water, body and mind are harmoniously and sensorially transported to another world. They are carried away by a flow of subtle energies, which channel mental concentration to accompany you on a rebalancing and sensory journey.

### FLOTATION POD, 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.

### PRESSO BOA'MAX 25 mins

Adapted from the recognised principles of manual lymphatic drainage, Boa'Max massage is an incredibly effective compression therapy system. A feeling of lightness in the legs is guaranteed by the cooling power of laminaria seaweed.

## MASSAGE

### MARINE SHOWER MASSAGE 25 mins

Under a fine shower of warm seawater, the soothing and softening effects of the massage are enhanced. This treatment relaxes, remineralises and provides a deep sense of well-being.

### UNDERWATER MASSAGE 25 mins

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

### RELAXING MASSAGE 25 mins

Inspired by the relaxing Californian massage, it helps to relax and harmonise the whole body.

### SLIMMING MASSAGE 25 mins

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

### SCALP MASSAGE 25 mins

Focused on the head and neck, this massage releases tension and relieves stress, allowing you to truly let go.

### WATERMASS 25 mins

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

# 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. Bring sportswear for access to the fitness area. For your comfort, we recommend that you bring two swimming costumes.

## 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 than 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 (at a charge) with our doctor may be necessary.

**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 treatments in your programme are generally spread over alternating half-days, but can be planned over full days depending on the programme chosen.
- 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.
- The premises are accessible to people with reduced mobility.

## HERE TO HELP

**+33 (0)970 824 344**(standard-rate call)  
accueil-thalassolabaule@groupebarriere.com

# CONDITIONS OF STAY

## EXCLUDING ACCOMMODATION

**TERMS AND CONDITIONS OF SALE - ODYSSEES, PARENTHÈSES AND ESCALES:**

**Odyssées & Parenthèses:** 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 4 pm, 7 days before the date of arrival. After this time, the deposit will not be refunded.

**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.

The Escales include access to the Espace Marin: Swimming pool, Marine circuit, Fitness room (on the half-day of treatments)

## WITH ACCOMMODATION

Prices quoted are per person in a Superior double room and are subject to change, subject to availability and the number of rooms reserved for this offer. Other room categories are available for this offer - to book a single room, please contact us.

- ODYSSEES AND PARENTHÈSES:**
- 6 or 4 nights or more at the Hôtel Barrière Le Royal La Baule**
- Half-board (at Fouquet's, health-conscious or traditional cuisine, excluding drinks, or at the resort's Tables Barrière)
  - The Odyssée or Parenthèse treatment programme of your choice
  - 1 free green fee per day<sup>(1)</sup>
  - Evasion Pass<sup>(2)</sup> benefits

**Upgrade your experience**

Full board: supplement of €60 per night per person, valid for Odyssées and Parenthèses.

- ESCALES INCLUDE:**
- 1 night or more at the Hôtel Barrière Le Royal La Baule**
- Breakfasts
  - The Escale treatment programme of your choice
  - Evasion Pass<sup>(2)</sup> benefits

**TERMS AND CONDITIONS OF SALE - ODYSSEES, PARENTHÈSES AND ESCALES WITH ACCOMMODATION:**

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 4 pm, 14 days before the date of arrival. After this time, the deposit will not be refunded.

<sup>(1)</sup> 1 free green fee per day at the 45-hole Barrière La Baule International Golf Club.  
<sup>(2)</sup> Free access to swimming pools, sauna, steam room, bicycles available, 1 hour of tennis a day and a varied entertainment programme.





THALASSO & SPA  
**BARRIÈRE**  
LA BAULE



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