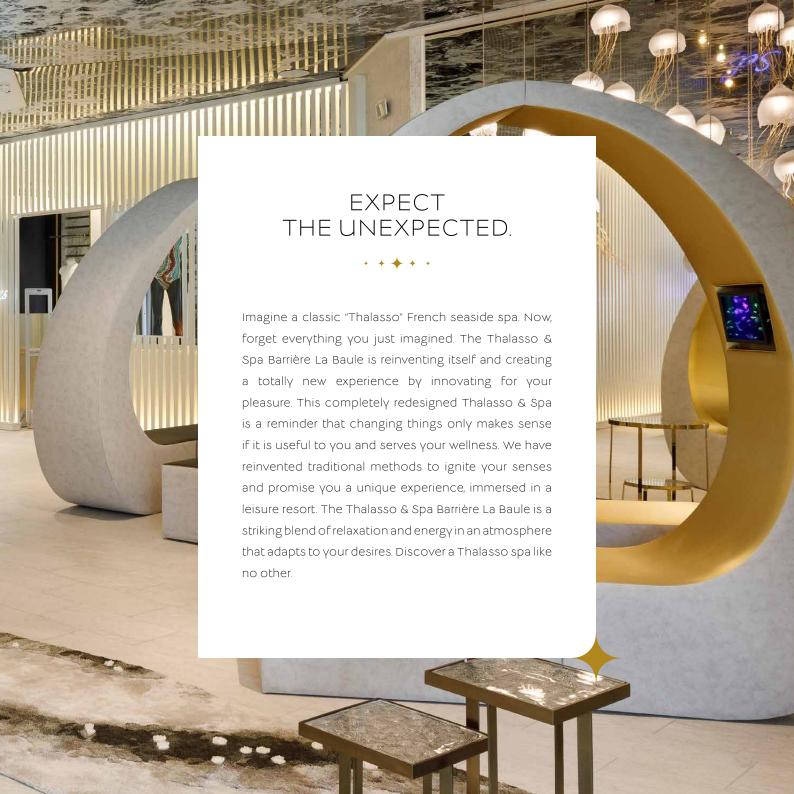


THALASSO & SPA BARRIÈRE LA BAULE **Expect the unexpected.** 

+ + + + +







## **BETHALASSO**

The sea, a source of wellness

Rediscover your form and vitality thanks to the trace elements and minerals contained in seawater.



## BÉBEAUTIFUL

The sea, a source of beauty

Take care of yourself, reveal the natural beauty of your skin and body.



## BEZEN

The sea, a source of escape

Let go with sensory massages or learn to manage your stress with our sophrologist.



## BE HEALTHY

The sea, a source of life

Improve your health reserves with our team of experts (doctor, physiotherapist, osteopath, dietician and sophrologist).



## BF FIT

The sea, a source of energy

Take on sporting challenges and/or start sustainable weight loss.



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# INNOVATION FOR PLEASURE

#### THE MEDICAL SPA BY THE CLINIQUE DES CHAMPS-ELYSÉES

The Clinique des Champs-Elysées, a renowned Parisian address, is joining a thalasso for the first time. The advanced and non-invasive aesthetic procedures performed by a doctor complement the wellness offer. Enhance your skin with Hydrafacial and redefine your body with Coolsculpting, Prime Accent or EMSculpt.

Discover the Odysseys p.18 to 21 or request the Medical Spa treatment collection.





#### VITAL'MER, REINVENTED SEAWEED WRAP

Created exclusively for the Thalasso & Spa Barrière, Vital'Mer takes you on a new and timeless relaxing break. Finish off your classic wrap in a warming blanket! The heat lamps in the Japanese Vital Dome sauna multiply the benefits of the application of enriched algae to the Guérande sea waters.

# THE BEAUTY CORNER... 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 four treatment areas: hairdresser, barber, nail bar and make-up.

#### UNIQUE EMOTIONAL EXPERIENCES

For a hypnotic and timeless journey, opt for sophrology in front of a jellyfish aquarium, which transports the body and mind to a state of absolute relaxation.

Our sensory stimulation cocoon excites your senses and energy. Relaxing, calming or euphoric, choose your emotional journey!

Let the mind explore its imagination and creativity in our sensory isolation bubble. Your body stretches and relaxes while floating in a solution of water saturated with magnesium salt, where the gravity is reduced by 80%





#### **NEXT-GENERATION SPORT**

It's time for innovation with the Sport'Connect room. Move to the beat of the music and lights with our interactive circuits by Prama. Travel through virtual worlds inspired by cycling with The Trip by Les Mills. Build up your muscles during Mihabodytec sessions for electrostimulation strengthening. Try out Springfree connected trampolines. Finally, the Club Sport offers you a host of water activities. What if you experienced AquaPole Dance?

## MY CUSTOM-MADE ODYSSEY

#### **OBJECTIVE**

Your customized wellness! A customized program created for you with our experts according to your wishes.



#### **PLUS**

Before your stay, our advisors help you identify your expectations and desires to make an appointment with our experts and put together the program that suits you.

### FROM

€1.420 with accommodation\*

4 nights at the Royal, ½ board

## FROM

€880 without accommodation\*

4 days

#### PROGRAM CONTENT

#### Every day:

+ Two hours<sup>(1)</sup> of treatments to be chosen from our treatment menu around the five keys to sustainable wellness.



## Be Thalasso:

Rediscover your form and vitality thanks to the trace elements and minerals contained in seawater



#### Be Beautiful:

Take care of yourself, reveal the natural beauty of your skin and your body



## 🙇 Be Zen:

Let go with sensory massages or learn to manage your stress with our relaxologist



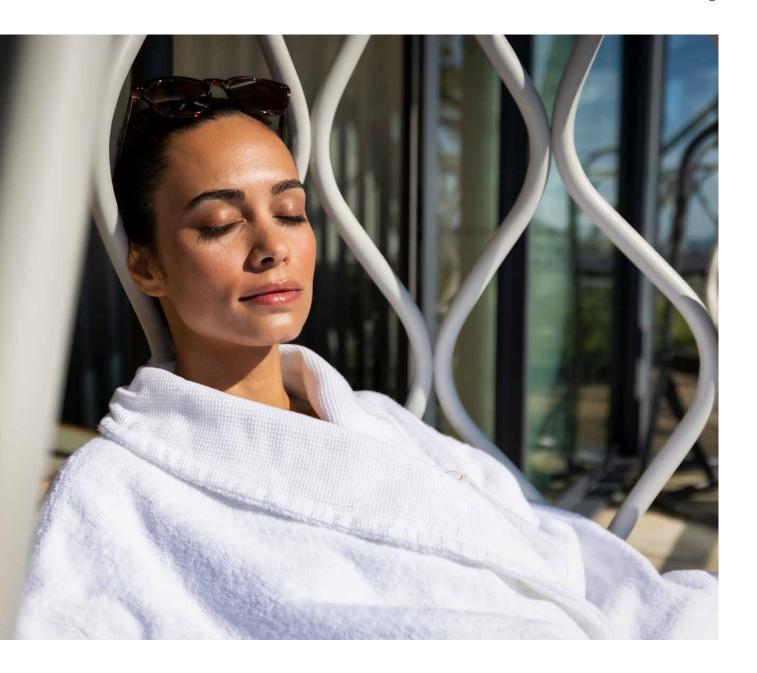
#### 💭 Be Healthγ:

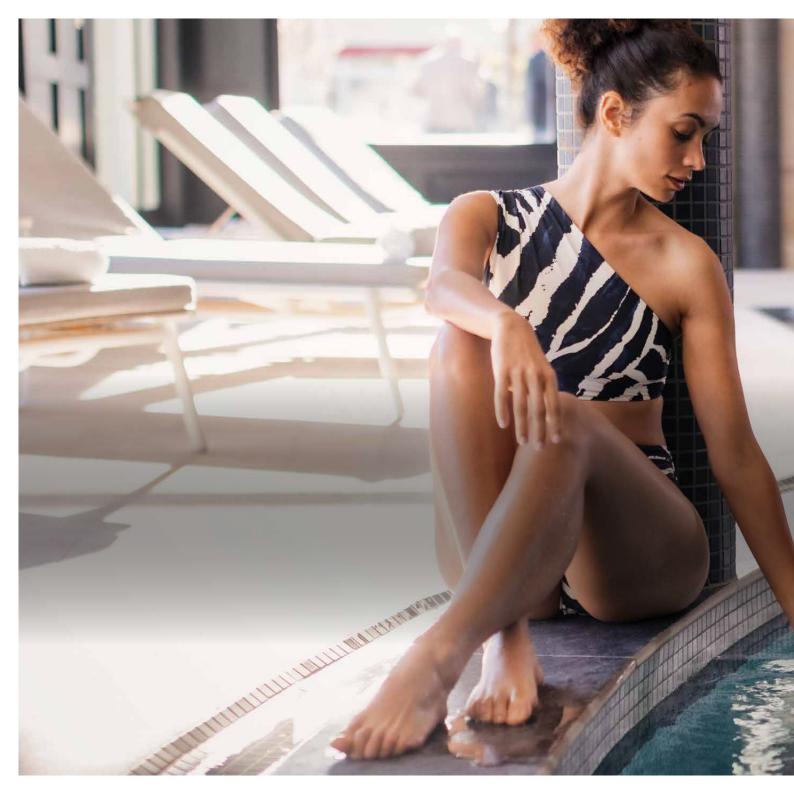
Improve your health reserves with our team of experts (doctor, physiotherapist, osteopath, dietician and sophrologist)



#### - Be Fit:

Take on sporting challenges and/or start sustainable weight loss







# MY THALASSO ODYSSEY

#### **OBJECTIVE**

Form and vitality thanks to the benefits of seawater.

#### PROGRAM CONTENT

## Every day:

- ◆ 2 basic thalasso treatments
- + 1 thalasso massage (25mins)
- + 1 group aquatic or Sport'Connect coaching session



#### **EXPERT OPINION**

The sea is at the heart of our expertise. A source of life and a real energy booster through a concentration of trace elements, minerals up to 10,000 times greater than terrestrial plants.

#### FROM

€1,100 with accommodation\* 4 nights at the Royal, ½ board

€560 without accommodation\*





# MY SENIOR ODYSSEY

#### **OBJECTIVE**

Basic thalasso treatments to gently preserve your health reserves.

#### PROGRAM CONTENT

## Every day:

- 2 basic thalasso treatments
- + 1 thalasso massage (25mins)
- 1 gourmet break at the Health'Sea Bar including a drink and a sweet snack



#### **PLUS**

Massage can be extended bγ 30 minutes €60 supplement

## FROM

€1,100 with accommodation\* 4 nights at the Royal, ½ board

€560 without accommodation\*





# MY BEAUTY ODYSSEY

### **OBJECTIVE**

Expert treatments to reveal the natural beauty of your skin and stop the effects of time

#### PROGRAM CONTENT

## Every day:

- + 2 basic thalasso treatments
- 1 group aquatic or Sport'Connect coaching session
- Specific treatments of your choice: Face  $\lozenge$  or Body  $\blacksquare$

FROM

€1,300 with accommodation\* 4 nights at the Royal, ½ board

€760 without accommodation\* 4 days







## *During your stay:*

- 1 Instant Skin diagnosis by Biologique Recherche with our beauty expert
- 1 Customized facial treatment
   by Biologique Recherche (55mins)
- + 1 Arctic facial treatment by Cryoskin (25mins)
- + 1 Customized Alliance facial treatment by LPG (20mins)
- 1 express treatment and classic nail polish application (55mins)
- + 1 hair treatment by Biologique Recherche (55mins)



## During your stay:

- 1 complete Be O'check nutritional assessment with our dietician
- 2 booster slimming treatments
   by Biologique Recherche (55mins)
- 2 Customized Alliance body treatments by LPG (20mins)
- + 1 Huber 360 Evolution coaching session (20mins)

ODYSSEY 4 DAYS AND +

# MY MED SPA ODYSSEY

#### **OBJECTIVE**



An expert program born from a partnership between the Clinique des

Champs-Elysées and the Thalasso & Spa Barrière La Baule has been designed to reveal your natural beauty and stop the effects of time.

#### **PROGRAM CONTENT**

## Before your stay

 1 teleconsultation with our doctor to identify your needs and plan your program

## During your stay

- 1 complete Be O'Check micro nutritional assessment
- + 1 Bioelectrical impedance analysis
- + 3 basic thalasso treatments or massages (25mins)
- 9 treatments (see details opposite)
- Specific treatments of γour choice:

  Be fit or Be zen (see details opposite)





#### 6 CUSTOM-MADE AESTHETIC MEDICINE TREATMENTS BY THE CLINIQUE DES CHAMPS-ELYSÉES

- 2 EMSculpt sessions
- + 1 Accent Prime whole face session
- + 1 application of a Gold or Silver Mask by Mimi Luzon
- + 1 Accent Prime Body session 1 area (1)
- + 1 Ultraformer III body session 1 area (1)

### **3 BEAUTY EXPERT TREATMENTS** BY BIOLOGIQUE RECHERCHE

- + 1 Slimming Booster treatment
- 1 Body Lift treatment
- + 1 Second Skin treatment

## **-** ■ BE FIT

- + 1 Huber 360 fitness assessment
- + 1 Huber 360 personal training session
- 2 full body cryotherapy sessions or 1 sports recovery massage (55mins)



## 🔌 BE ZEN

- 1 session of individual Deep sophrology
- + 1 salt bubble
- + 1 Bodybalance by Les Mills or Pilates session

## FROM

€4.570 with accommodation\*

4 nights at the Royal, ½ board

€3,520 without accommodation\*

4 days

10-DAY SIGNATURE ODYSSEY

# MY METAMORPHOSIS ODYSSEY

#### **OBJECTIVE**

This program, offered nowhere else in France, combines the expertise of the "Medical Spa by La Clinique des



Champs-Elysées" treatments with those of the Thalasso seaside spa to reveal your beauty.

#### PROGRAM CONTENT

## Before your stay

- 1 teleconsultation with our doctor to identify your needs and plan your treatment program
- 1 teleconsultation with our dietician to identify your needs and plan your catering package

## During your stay

- 1 Medical Spa consultation with our doctor
- + 1 Cardi'Check assessment report
- + 1 complete Be O'Check micro nutritional assessment
- 1 GniomCheck DNA sequencing analysis of the intestinal microbiome
- + 1 Skin Instant diagnosis by Biologique Recherche
- + 1 Huber 360 sport assessment
- + 29 treatments and activities (see details opposite)
- + Specific treatments of your choice:

Face or Body (see details opposite)



#### 15 THALASSO SPA & FITNESS TREATMENTS

- + 4 massages (25mins)
- 6 basic thalasso spa treatments (3 hydrotherapy treatments and 3 wraps)
- + 5 personal training sessions alone or in a pair (55mins) including one session on the Huber 360

## 7 CUSTOM-MADE AESTHETIC MEDICINE TREATMENTS BY THE CLINIQUE DES CHAMPS-ELYSÉES

- 4 EMSculpt sessions
- 1 HydraFacial Body treatment
- 1 HydraFacial Scalp treatment
- + 1 application of a Gold or Silver Mask by Mimi Luzon

#### 2 BEAUTY TREATMENTS

- 1 manicure with polish application
- + 1 Body Lift by Biologique Recherche treatment

#### 5 ACTIVITIES & WORKSHOPS

- 1 "Stop Addict" hypnosis session with our hypnotherapist dietician
- 1 individual session of Deep sophrology
- + 1 private Health'Sea Food session with our Chef and dietician
- 1 private SkinCare Make-Up by Jane Iredale session
- 1 private makeover and personal shopping session with our image consultant



## S FACE

## 3 CUSTOM-MADE AESTHETIC MEDICINE TREATMENTS BY THE CLINIQUE DES CHAMPS-ELYSÉES

- + 1 Ultraformer III whole face session
- + 1 Ultraformer III neck or cleavage session
- + 1 HydraFacial Signature facial treatment

#### **5 EXPERT FACIAL TREATMENTS**

- 1 custom expert treatment and co-factor mask by Biologique Recherche
- + 1 Second Skin treatment by Biologique Recherche
- 2 Arctic treatments by Cryoskin
- 1 Alliance custom treatment by LPG



## BODY

## 3 CUSTOM-MADE AESTHETIC MEDICINE TREATMENTS BY THE CLINIQUE DES CHAMPS-ELYSÉES

- + 1 CoolSculpting session with 2 applicators
- + 1 Ultraformer III bodγ session 1 area<sup>(1)</sup>
- 1 Accent Prime body session 1 area<sup>(1)</sup>

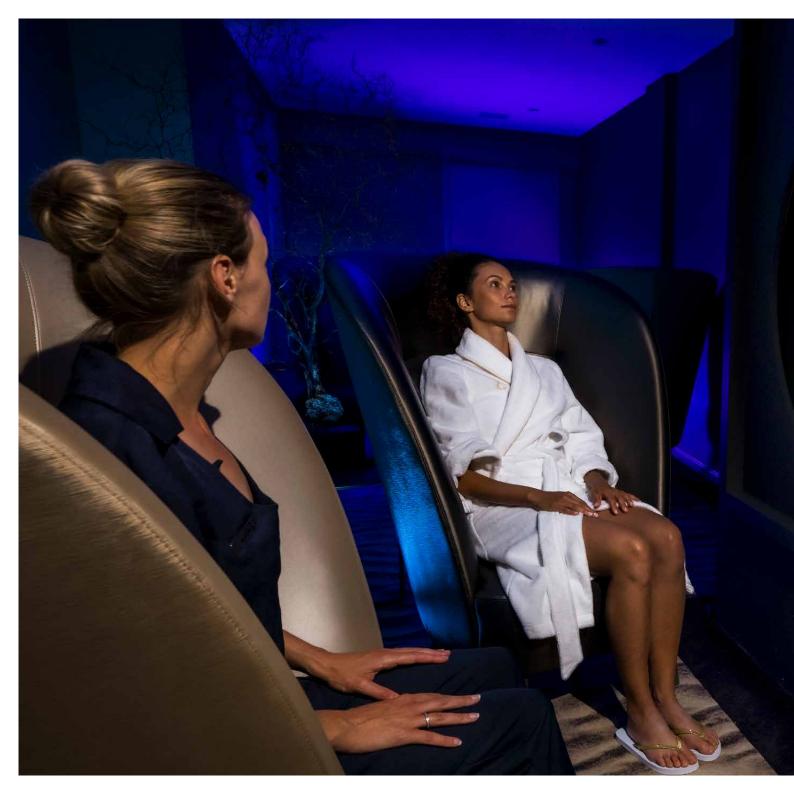
#### 2 EXPERT BODY TREATMENTS

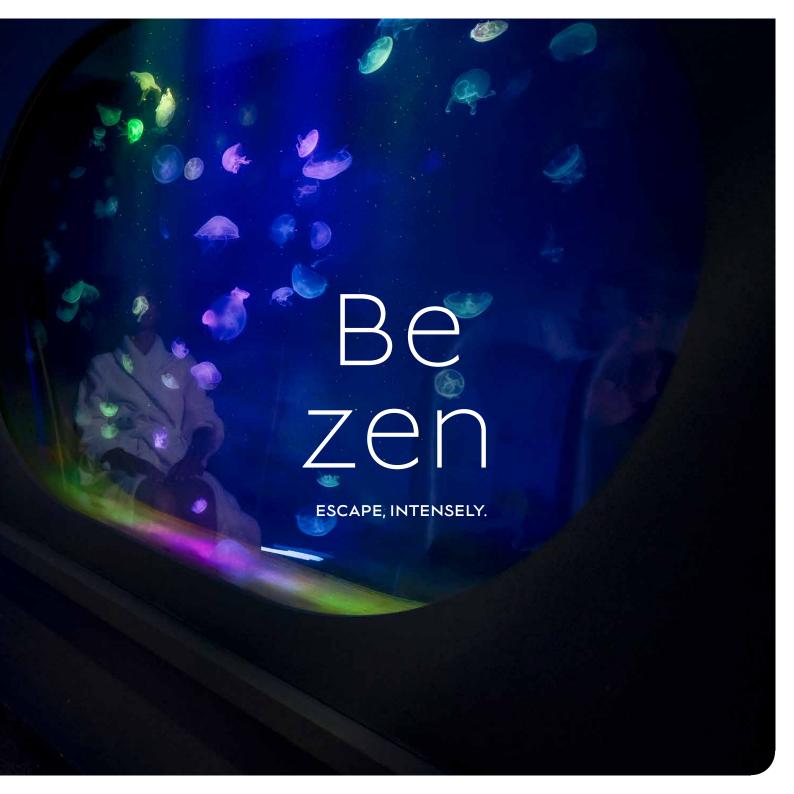
- 1 Booster Slimming Treatment by Biologique Recherche
- 1 Alliance custom treatment by LPG

## FROM

€9.925 with accommodation\* 10 nights at the Royal, ½ board

€7.300 without accommodation\* 10 days





# MY SPA ODYSSEY

### **OBJECTIVE**

Ultimate relaxation through a sensory journey for Her or for Him!

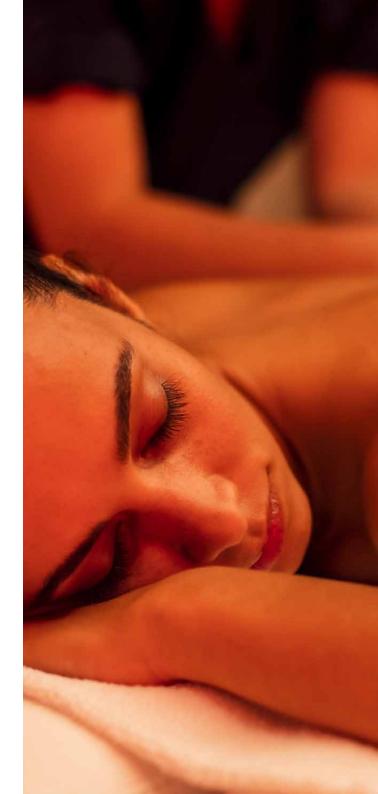
## PROGRAM CONTENT

## During your stay:

- + 1 new generation thalasso treatment
- Specific treatments of γour choice: for Her ② or for Him ۞

## Every day:

- + 2 basic thalasso treatments
- + 1 Spa massage (55mins)







### During your stay:

- 1 Customized Jardin Marin facial treatment by Algologie (55mins)
- 1 scrub with Guérande salt crystals by Algologie (20mins)

## FOR HIM

## During your stay:

- + 1 facial treatment for Men by Louie 21 (55mins)
- +1 complete Barber treatment by Louie 21



### PLUS

The complete Barber treatment can be replaced with 1 Guérande salt crystal scrub (20mins).

## FROM

€1,300 with accommodation\*

4 nights at the Royal, ½ board

€760 without accommodation\*

4 days

# MY ODYSSEY WITH BABY

### **OBJECTIVE**

Wellness, relaxation and advice for parents and babies for moments of bonding and softness.

#### PROGRAM CONTENT

### *During your stay:*

- + 1 pre- or post-natal consultation with our doctor
- + 1 Be O'check nutritional assessment with our dietician
- + 1 «Learn to cook for mom and baby" workshop
- Specific treatments of γour choice: Future Mom  $^{\circ}$  Or Baby & Me  $^{\circ}$

## Every day:

- 2 basic thalasso treatments
- + 1 group aquatic or Sport'Connect coaching session



Baby care at the Babiwi Club is provided during treatments or during lunch in one of our Barrière restaurants.







#### **FUTURE MOM**

FROM 4 TO 8 MONTHS' PREGNANT

## *During your stay:*

- 1 customized Jardin Marin facial treatment. by Algologie (55mins)
- + 1 pre-natal haptonomy discovery session or individual sophrology session
- + 1 pre-natal osteopathy session (55mins)
- + 1 relaxing massage or 1 lymphatic drainage (55mins)
- → 1 floating bubble



## BABY & ME

FOR MOM OR DAD

### *During your stay:*

- + 1 Flash Éclat by Algologie or For Men by Louie 21 facial treatment (25mins)
- + 1 relaxing massage or 1 lymphatic drainage (55mins)

#### FOR BABY, FROM 4 MONTHS

## *During your stay:*

- + 1 underwater babγ massage
- + 1 baby massage introductory session
- + 1 babγ-swimmer session

## FROM

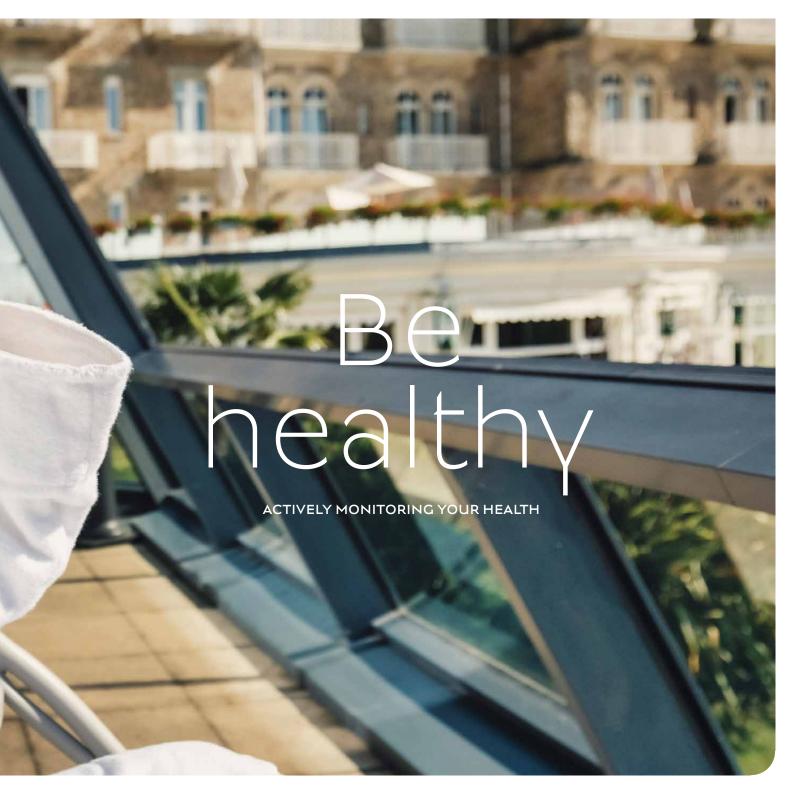
€1,300 with accommodation\*

4 nights at the Royal, 1/2 board

€760 without accommodation\*

4 days





# MY À LA CARTE HEALTH ODYSSEY

#### **OBJECTIVE**

A complete, customizable and tailor-made program built according to our doctor's prescription\* according to γour needs in our various expert pillars: postural, back, joint, weight, stress, sleep, tobacco problems, etc.

#### PROGRAM CONTENT

### Before your stay:

- 1 teleconsultation with our doctor to identify your needs and plan your program
- 1 teleconsultation with one of our experts depending on your program (dietician, physiotherapist, sports coach, etc.)

## During your stay:

- 1 consultation with our doctor.
- 1 Be O'check nutritional assessment with our dietician
- 1 comprehensive treatment program built according to our doctor's prescription\*

## After your stay (for 3 months):

- 1 monthly teleconsultation with our doctor to monitor your progress
- 1 monthly teleconsultation with one of our experts depending on your program (dietician, physiotherapist, sports coach, etc.)



FROM

€1,580 with accommodation\* 4 nights at the Royal, ½ board

FROM

€1,040 without accommodation\*
4 days



# MY OSTEO-PHYSIOTHERAPY ODYSSEY

#### **OBJECTIVE**

Supervised by a team of specialists, this program aims to prevent and combat pain through warm seawater, massages, seaweed wraps and therapeutic education.

#### PROGRAM CONTENT

## Every day:

- 2 basic thalasso treatments
- + 1 customized osteo-physiotherapy massage (25mins)
- 1 osteo-physiotherapy exercise session in a small group in the pool (25mins)

#### PLUS

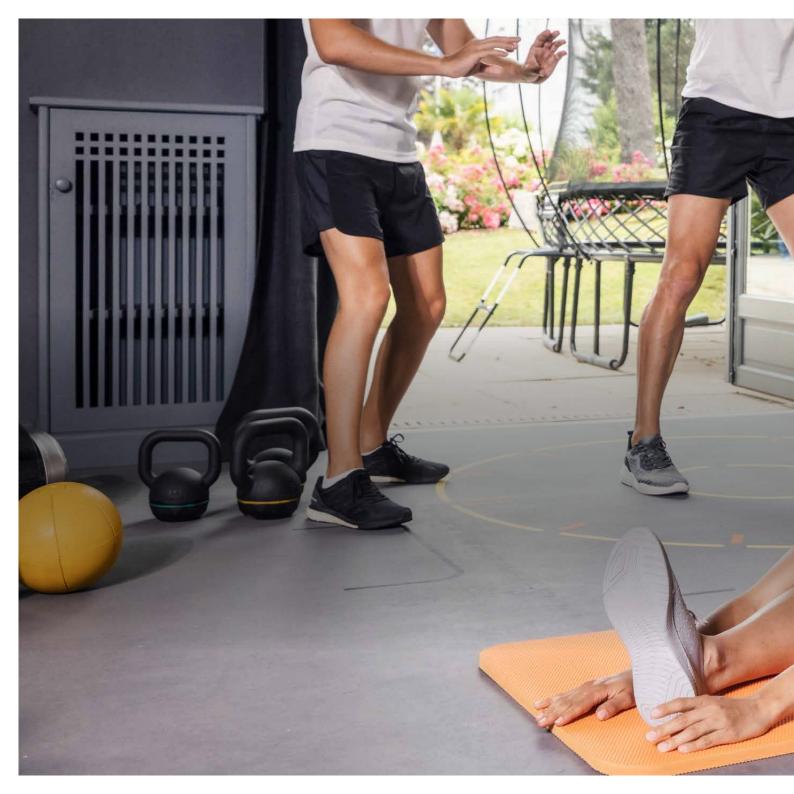
Increase the benefits of your program by discovering the Huber 360!

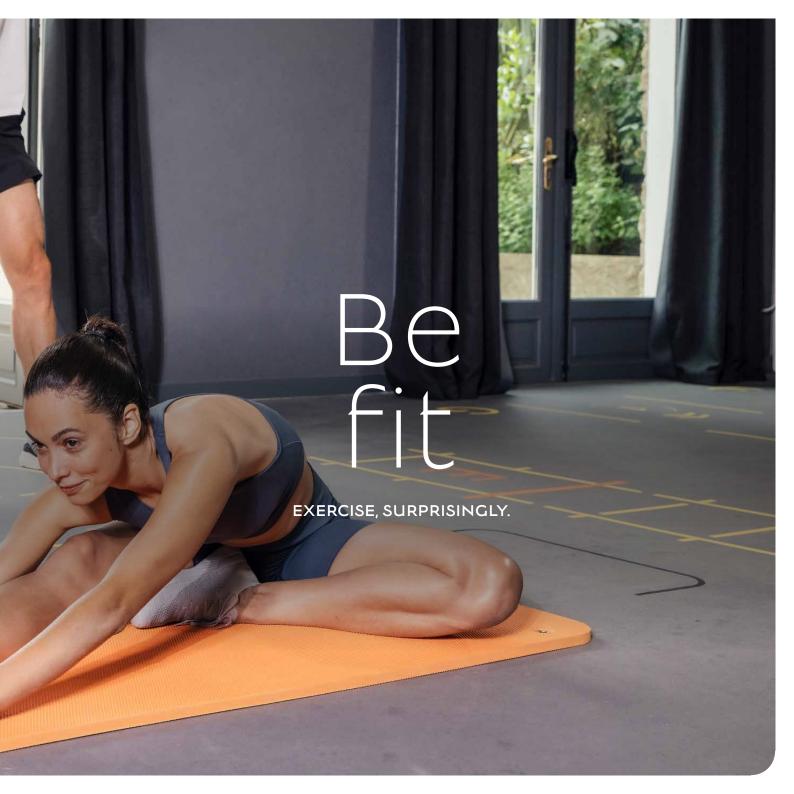
### FROM

€1,180 with accommodation\* 4 nights at the Royal, ½ board

€640 without accommodation\*

4 days





# MY FITNESS ODYSSEY

### **OBJECTIVE**

Toning, bodybuilding or performance improvement for amateur or accomplished sport enthusiasts.

#### PROGRAM CONTENT

## During your stay:

- + 1 consultation with our doctor
- + 1 complete health & fitness assessment
- + 1 Huber 360 fitness assessment
- Specific treatments of γour choice:
   Medium ⊕ or Intense ⊕

## Every day:

- → 1 basic thalasso treatment
- 1 group aquatic or Sport'Connect coaching session
- 1 thalasso massage (25mins)





## → MEDIUM

## During your stay:

- + 1 personalized Huber 360 sports coaching session
- → 2 whole body cryotherapy sessions
- → 1 sports recovery massage (55mins)

## 1 INTENSE

## Pendant votre séjour :

- + 1 personalized EMS coaching session by Miha Bodytec
- + 1 personal training session alone (55mins)
- 2 whole body cryotherapy sessions

## FROM

**1,300€** with accommodation\* *4 nights at the Royal,* ½ *board* 

**760€** without accommodation\*

4 days

# MY SLIMMING ODYSSEY

#### **OBJECTIVE**

Targeted expert treatments and adjusted dietary reflexes to initiate weight loss and get your shape back.

#### PROGRAM CONTENT

### Before your stay:

 1 teleconsultation with our dietician to identify your needs and plan your food program

## During your stay:

- 1 consultation with our doctor
- 1 Be O'check nutritional assessment and impedance measurement with our dietician
- 1 session of food hypnosis or individual sophrology
- 1 P50 Peau Neuve treatment by Biologique Recherche (25mins)
- 1 Booster Slimming treatment by Biologique Recherche (55mins)
- + 2 Vital'Fit Japanese Sauna sessions (20mins)
- + 1 EMS coaching session by Miha Bodytec (20mins)





#### Every day:

- 2 basic or new generation thalasso targeted slimming treatments
- + 1 group aquatic or Sport'Connect coaching session

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

+ 1 monthlγ follow-up teleconsultation with our dietician



#### **PLUS**

For optimal results, we recommend a period of 6 days with full board

#### FROM

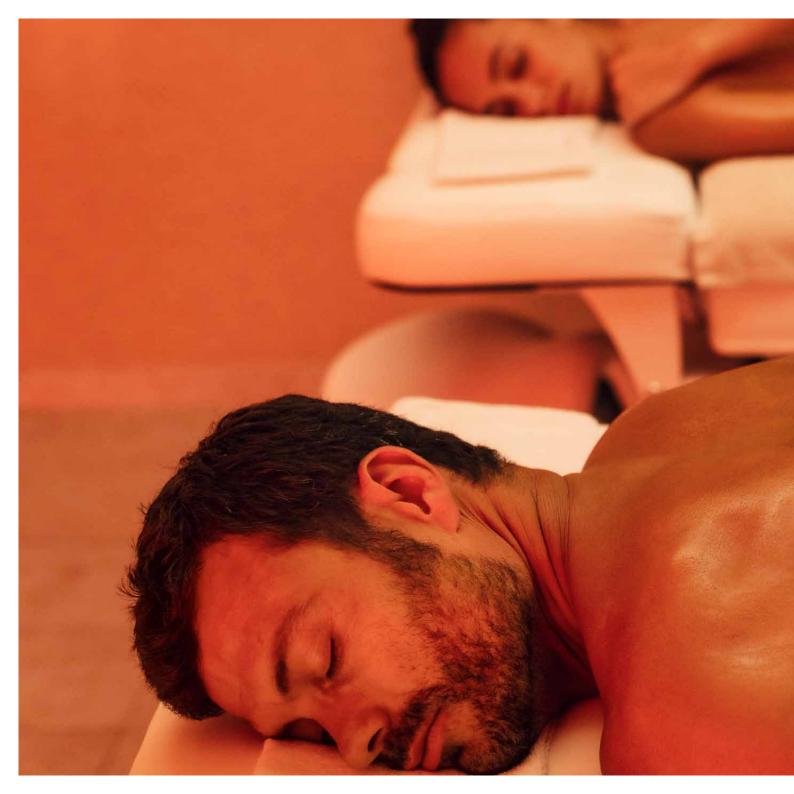
€1,300 with accommodation

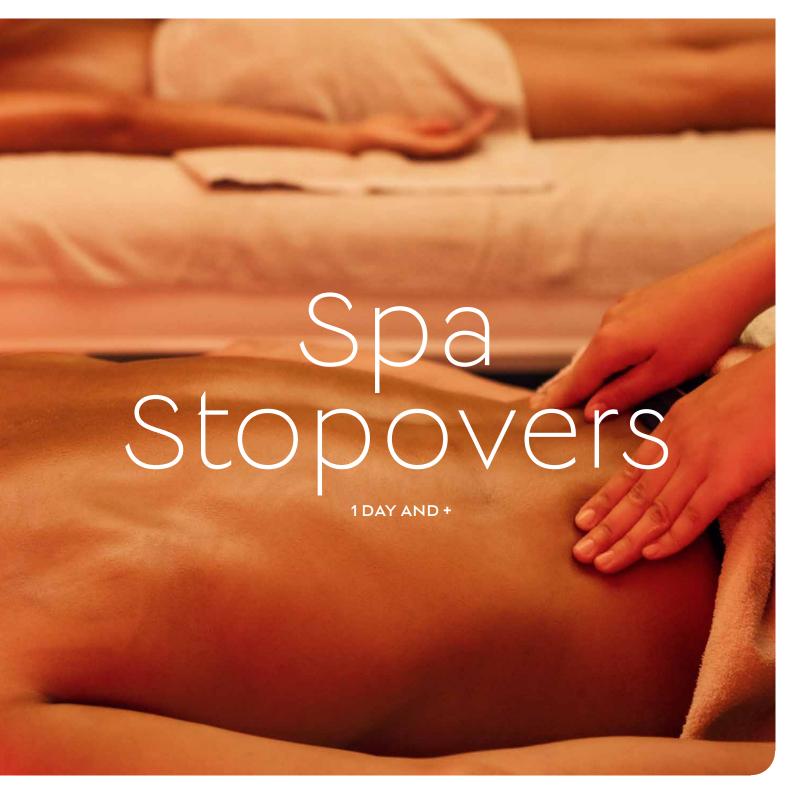
4 nights at the Royal, ½ board

Supplement of **€220** for full board

€760 without accommodation\* 4 days

Extra €440 for a dailγ wellness lunch and dinner at Fouquet's or Le Ponton





### MY THALASSO STOPOVER

#### **OBJECTIVE**

Discovery of thalasso essentials.

#### PROGRAM CONTENT

#### *Every day:*

- 2 basic thalasso treatments
- 1 group aquatic or Sport'Connect coaching session
- Access to the Marine Area: Swimming pool, Aquatic Course, Fitness room (in the treatment half-day)

#### INTENSIFY THE EXPERIENCE

Replace γour group coaching with a 3<sup>rd</sup> basic thalasso treatment Supplement: €25

#### FROM

€250 with accommodation\* 1 night at the Royal, breakfast

€130 without accommodation\*

\*See conditions on page 53

### MY BEAUTY STOPOVER

#### **OBJECTIVE**

Body and face beauty enhancement.

#### PROGRAM CONTENT

#### *Every day:*

- + 2 basic thalasso treatments
- 1 Flash Éclat by Algologie or Louie 21 facial treatment (25mins)
- Access to the Marine Space: Swimming pool, Aquatic Course, Fitness room (in the treatment half-day)

#### INTENSIFY THE EXPERIENCE

Extend your facial treatment by 30 minutes Supplement: €35

#### FROM

€280 with accommodation\* 1 night at the Royal, breakfast

€160 without accommodation\*

### MY SPA STOPOVER

#### **OBJECTIVE**

The combination of the Thalasso and the Spa for a moment of unwinding and relaxation.

#### PROGRAM CONTENT

#### Every day:

- 2 basic thalasso treatments
- + 1 Spa massage (25mins)
- Access to the Marine Space: Swimming pool,
   Aquatic Course, Fitness room
   (in the treatment half-day)

#### INTENSIFY THE EXPERIENCE

Extend your massage by 30 minutes Supplement: €60

#### FROM

€280 with accommodation\* 1 night at the Royal, breakfast

€160 without accommodation\*

\*See conditions on page 53

### MY FITNESS STOPOVER

#### **OBJECTIVE**

Toning, bodybuilding or performance improvement for amateur or accomplished sport enthusiasts.

#### PROGRAM CONTENT

#### Every day:

- + 1 basic thalasso treatment
- 2 aquatic or Sport'Connect team coaching sessions
- Access to the Marine Space: Swimming pool, Aquatic Course, Fitness room (in the treatment half-day)

#### INTENSIFY THE EXPERIENCE

Replace γour group coaching with an individual coaching session Supplement: €60

#### FROM

€250 with accommodation\* 1 night at the Royal, breakfast

€130 without accommodation\*

### MY CLINIQUE DES CHAMPS STOPOVER

#### **OBJECTIVE**

Introduction to non-invasive techniques to rejuvenate, slim and beautify the face and body.



#### PROGRAM CONTENT

#### Before your stay

 1 teleconsultation with our doctor to identify your needs and confirm you are eligible for treatments

#### During your stay

3 CUSTOM-MADE AESTHETIC MEDICINE TREATMENTS BY THE CLINIQUE DES CHAMPS-ELYSÉES

- + 1 medical spa consultation with our physician
- + 1 Ultraformer III whole face session
- + 1 Accent Prime body session 1 area<sup>(1)</sup>

#### 2 THALASSO & SPA TREATMENTS

- + 1 basic thalasso treatment
- 1 Body Lift or Slimming Booster treatment by Biologique Recherche

#### FROM

€2,170 with accommodation\*
1 night at the Royal, breakfast

€2,050 without accommodation\* per day





### MY MED SPA STOPOVER

#### **OBJECTIVE**

The combination of Thalasso and Med Spa for a latestgeneration beauty treatment.



#### **PROGRAM CONTENT**

During your stay

1 CUSTOM-MADE AESTHETIC MEDICINE TREATMENT BY THE CLINIQUE DES CHAMPS-ELYSÉES

 1 Signature HydraFacial or OxyGeneo treatment

#### 2 THALASSO & SPA TREATMENTS

- + 1 basic thalasso treatment
- 1 custom Alliance body treatment by LPG

#### FROM

€450 with accommodation\* 1 night at the Royal, breakfast

€330 without accommodation\* per day



Three hours away from Paris, between umbrella pine trees and a turquoise sea, the most famous of the western bays has placed La Baule as the queen of resorts, now listed as one of the 30 most beautiful bays in the world. With a mild climate, marine nature proclaims its treasures: the fabulous bird reserve at the Brière Regional Nature Park, the salt marshes of Guérande, etc. 3 five-star hotels, 7 restaurants and 3 bars, 1 casino, 24 tennis courts, 3 golf courses spread over 220 hectares, 1 "Studio by Petit VIP" children's club, etc. So much fun and comfort, with an incredible view of the unique beach of La Baule.





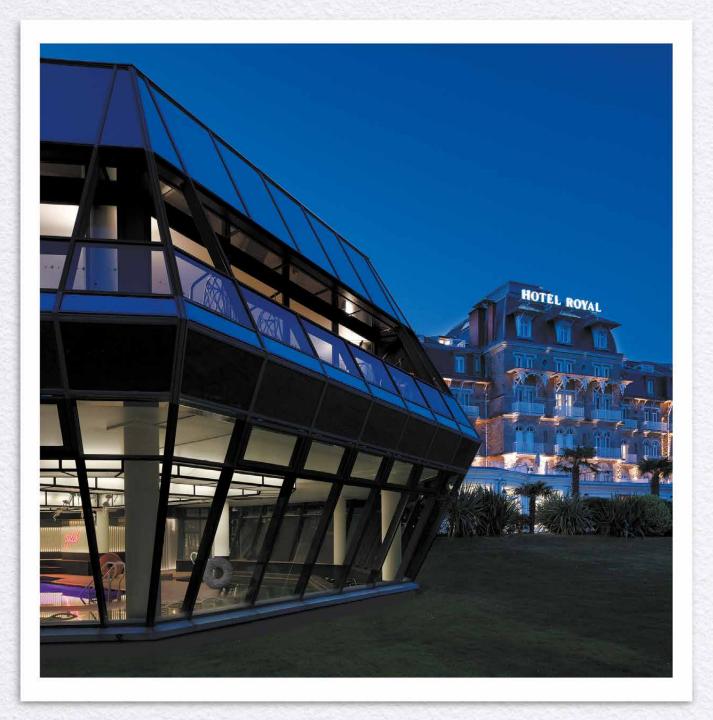












### THE HOTEL BARRIÈRE LE ROYAL

The breath of the Atlantic colors the decor of the Hôtel Barrière Le Royal... A breath of fresh sea air, its 87 rooms and suites rediscover an authentic and invigorating luxury. The character of the salt marshes, the benefits of the sea. A vast terrace with ocean views, an idyllic park, time stands still, you have arrived on the Côte d'Amour. Everything was designed by Chantal Peyrat, the interior designer who, in the glow of Guérande salt crystals, drew her inspiration for a bright hotel. All the rooms, in serene beige tones, invite you to relax to reconnect with others and yourself.

The +: The hotel is directly connected to the Thalasso & Spa







#### HEALTH'SEA BAR

At the Thalasso & Spa, treat yourself to a healthy and gourmet break, thanks to a unique place full of flavours and colors. The tea area, traditionally found in thalasso centers, has given way to the Health'sea Bar. Throughout the day, you can enjoy salads, soups, muesli and fruit cocktails there as you wish. In this place that combines conviviality and balanced cooking, you can also learn to concoct some tasty healthy recipes. Prepare your PokeBowl or detox juice to make the pleasure last at home.

#### FOUQUET'S BRASSERIE

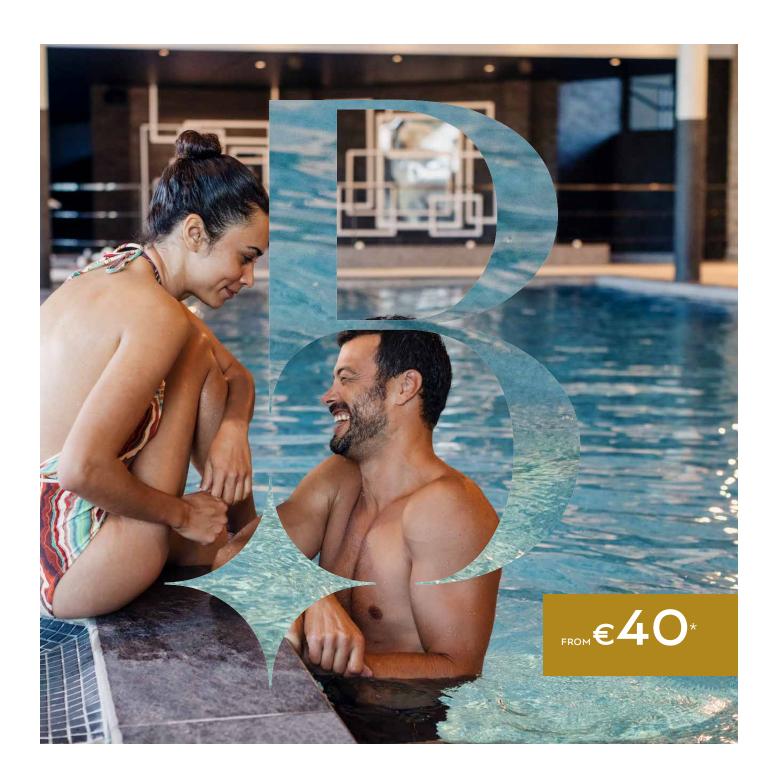
A chic and timeless address that reveals the wonders of the terroir and the classics of French heritage in a menu created in collaboration with the Chef Gagnaire. In addition to the great bistronomic classics of Fouquet's, such as beef tartare or sole meunière, there is a diet menu and gluten-free dishes. Our Chef, his teams and the dietician have designed these recipes to reduce calorie intake while maximising taste pleasure.





#### LE PONTON RESTAURANT

A new, healthy and energising menu inspired by the cuisines of the world that gives pride of place to local products. Main courses, snacks, «finger food» and cocktails to share to live moments with friends on the large terrace set on the sand. The understated and natural decoration, designed from raw materials such as the interior of a sailboat, invites you to travel. Relaxation and simplicity are at the heart of this friendly and contemporary atmosphere. At every moment of the day (breakfast, lunch, snack, after-beach, dinner, lounge), its entertainment and its musical atmosphere (lounge and contemporary music, live concerts in the evening or DJ, etc.).



### **BARRIÈRE GIFT BOXES**

# Treat yourself to a unique moment of wellness!

+ + + + +

À la carte treatments or day packages, order your boxes online:



cadeauxbarriere.com

### LEXICON OF TREATMENTS

#### **BASIC THALASSO TREATMENTS**

#### VITAL'MER WRAP 20 mins

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 Sea 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 aging.

#### **REMINERALIZING BATH 20 mins**

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

### RELAXATION, SLIMMING OR LYING DOWN WATER JET SHOWER 12 mins

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

#### **HYDROWAVE** 20 mins

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.

#### THALASSO MASSAGES

#### **MARINE RAIN MASSAGE 25 mins**

Under a fine shower of warm seawater, the massage is enhanced by its soothing and softening effects. This treatment provides relaxation, remineralization and deep wellness.

#### MASSAGE SOUS-MARIN 25 mins

Immersed in a bath of warm seawater, your circulation is stimulated by a relaxing, draining and pain-relieving hydromassage carried out by a hydrotherapist.

#### **RELAXING MASSAGE 25 mins**

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

#### **SLIMMING MASSAGE 25 mins**

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

#### **BOA'MAX MASSAGE** 25 mins

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

#### **SCALP MASSAGE 25 mins**

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

#### WATERMASS 25 mins

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

#### **NEXT-GENERATION TREATMENTS**

#### **SENSORY STIMULATION 20 mins**

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.

### FLOTATION BUBBLE, SILENT BUBBLE, SALT BUBBLE, MARINE BUBBLE 20 mins

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.

### CONDITIONS OF STAY

#### **EXCLUDING ACCOMMODATION**

#### CONDITIONS OF SALE OF ODYSSEYS AND STOPOVERS:

Odyssey: 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 until 16:00, 7 days before the arrival date. After this period, the security deposit will not be reimbursed.

**Break:** 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 arrival date. After this period, the security deposit will not be reimbursed.

#### INCLUDING ACCOMMODATION

#### THE ODYSSEYS INCLUDE:

4 nights or more at the Hôtel Barrière Le Royal La Baule

- + Half-board (at the Fouquet's, dietary or traditional cooking, excluding drinks or at the Tables Barrière of the Resort)
- + The Odyssey treatment program of your choice
- +1 green fee per day included(1)
- + The benefits of the Pass Évasion(2)

#### Intensify the experience

Full board: supplement of €55 - per night per person, valid for odysseys

#### STOPOVERS INCLUDE:

1 night or more at the Hôtel Barrière Le Royal La Baule

- + Breakfasts
- + The Stopover treatment program of your choice
- + The benefits of the Pass Évasion(2)

#### CONDITIONS OF SALE OF ODYSSEYS AND 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 until 16:00, 14 days before the arrival date. After this period, the security deposit will not be reimbursed. The prices mentioned are given for informational purposes only per person in a Superior double room and are subject to change over time and according to availability within the limit of the rooms reserved for this offer. Other room categories are available for this offer - for single room booking, please contact us.

(1) 1 green fee per day at the Golf International Barrière La Baule included.

(2) Free access to swimming pools, sauna, hammam, bicycles available, 1 hour of tennis per day and a varied program of activities.



## 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. Remember to bring workout clothing for access to the fitness area. We recommend that you bring two swimsuits for your comfort

### 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. Our 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 (paid) 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 retreat and freely choose your treatments, we recommend that you make your booking approximately 1 month in advance.
- During your stay, our customer relationship managers are at your disposal for any information concerning the progress of your program as well as the scheduling of your additional activities (physical activity, treatments and beauty rituals, massages, etc.).
- The treatments in your program are generally spread over alternate half-days, but can be planned over full days depending on the program chosen.
- Appointments cancelled less than 24 hours in advance will be charged to you. If you do not attend the appointment, the treatments booked will also be charged in full.
- + The premises are accessible to guests with reduced mobility.

### OUR ADVISORS AT YOUR DISPOSAL

### FOR YOUR TREATMENT STAYS WITH ACCOMMODATION

+33 (O)970 824 344 (non-premium rate call) reservations.royalthalasso@groupebarriere.com

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