

LOREAMAR THALASSO & SPA



Edition 2018



GRAND HÔTEL
THALASSO & SPA

Saint-Jean-de-Luz

LOREAMAR THALASSO & SPA

Discreet & Unique

Standing on the beach with only the Atlantic Ocean for a view, [Loreamar Thalasso & Spa](#) offers a most refined decor.

The indoor sea water pool seems to respond to the Ocean waves and casts a rarified atmosphere over the whole setting.

The treatment programmes were developed by our teams of specialists.

SPIRIT
OF THE OCEAN



LOCATION & ACCESS

- Biarritz Airport
20 min by taxi
- Car
Pau = 1 hr - Bordeaux = 2 hrs - Toulouse = 3 hrs
- Train
TGV direct Paris/St Jean-de-Luz = 5.5 hrs



IN THE HEART OF BASQUE COUNTRY

“A magnificent region of the South-West between the mountains and the sea”

Located between Biarritz (15 min) and San Sebastian on the Coast of Spain (25 min), [Saint-Jean-de-Luz](#), is at the heart of tradition, with its authentic fishing port, its human dimension perfect for excursions, its historic past which hosted the wedding of Louis XIV, its typical streets, luxury shops and lastly its long, sandy beach protected from the winds and the tides.

GRAND HOTEL

5-STAR THALASSO & SPA

It is in itself a legendary place. Built in 1909 on the beach, facing the famous Bay of Saint-Jean-de-Luz, it combines all the timeless charm of Basque Country with the modernity of intimate, welcoming luxury. Its rooms with their unique atmosphere and deliciously cosy offer guests a breathtaking view of the ocean.

Its “Badia” bistro for lunch and its gourmet restaurant “L’Océan” for dinner, overlooking a magnificent terrace in teak facing the Atlantic Ocean.

The Michelin-starred Chef in 2017 offers a cuisine inspired by the Basque “terroir” and Ocean products, with a focus on local and organic products.

“DETOX” CUISINE

As gourmet dining and lightness are compatible, the Chef offers, from breakfast to dinner, “DETOX” dishes or menus.

“DETOX” cuisine promotes the elimination of accumulated toxins. Low in calories, it contains no gluten or lactose and is reduced in animal protein to help you to sleep better, and to promote well-being and significant weight loss in the first few days.





LOREAMAR THALASSO & SPA

SPIRIT OF THE OCEAN

Directly accessible from the rooms, Loreamar Thalasso & Spa offers over **1000 m² of well-being area**, under sublime brick vaults enhanced by subdued lighting.

In **Rez-de-Plage**, with only the Atlantic Ocean for a view, Loreamar invites you to discover the effectiveness of **seawater** treatments in a dreamlike setting, blending daylight with exotic woods.

An **indoor pool of heated seawater** stretches out to the open bays on the beach.

A place to let go where the treatment programmes are developed by our therapeutic experts.

High-tech installations:

- 20 treatment booths
- Heated seawater pool with multijets
- Hammam, sauna & multi-sensory shower
- Fitness Room
- Physical activity room & private coaching salon
- Skinceuticals Institute of beauty and rejuvenation expertise
- Nail bar

PERSONALISED & THERAPEUTIC BENEFITS

The intimate size of the Thalasso, which can accommodate forty people a day, makes it possible to provide personalised and optimised care.

To meet your expectations:

- Individual support throughout your care
- Generic and specific reviews on entry and exit from treatment
- Care and massage adapted to your needs
- Physical activity sessions in small groups or privately
- Algae and herbal tea drinks and herbs with draining, slimming and anti-oxidant properties
- High performance marine food supplements

A highly experienced manager:

Your care is entrusted to professionals who undergo year-round training in the most advanced techniques.

Osteopath/Acupuncturist/Sports Coach/Estheticians/
Masseurs/Hydrotherapists

With precise protocols developed by our therapeutic experts, the treatments and programmes offered at Loreamar guarantee maximum effectiveness.

Our treatments were developed with the help:

- Of **Doctor Blanchemaison**, vascular physician, specialised in the design of medical spas and the author of studies on cellulite and slimming.
- Of **Marc Couget**, recognized professional in nutrition and specialist therapies for the elimination of toxins. Responsible for nutritional and energy assessments at "Henri Chenot" for several years, he is now an expert in nutrition, herbal medicine and Chinese medicine.

Our Philosophy

TREATMENTS & PROGRAMMES

Combine the therapeutic benefits of seawater, concentrated minerals and trace elements with personalised treatments, performed by expert therapists.

Our treatments will bring you a concentrate of minerals essential to your body such as magnesium, calcium and potassium.

Each treatment has been designed by recognized professionals.

We adapt all our treatments to your needs and desires.



OUR 5-DAY PERSONALISED TREATMENTS

1. Remineralising Marine Treatment
2. Detox Regenerating Health Treatment
3. Firming Silhouette Treatment
4. Anti-Stress Sleep Treatment

LOW SEASON:

from €1,910/pers*

From January 1 to March 31, 2018 and from November 5 to December 31, 2018

MID-SEASON:

from €2199/pers*

From April 01 to June 08, 2018 and from September 22 to November 04, 2018

HIGH SEASON::

from €2499/pers*

From June 09 to September 21/2018

(* Rates for 5-day treatments on the basis of a Marine Treatment, in a Classic double room for 6 nights & half-board)

Treatment without accommodation from €1,300 pers

REMINERALISING MARINE TREATMENT

▪ True concentrate of marine energy

This treatment is particularly rich in mineral salts and trace elements. Potassium, Magnesium and Calcium migrate directly to the tissues and muscle fibres. These marine minerals provide a real source of physiological rebalancing, blood circulation is stimulated and cellular regeneration is increased tenfold.

Objectives :

- Rebalance your metabolism
- Remineralise your body
- Boost and revitalise

*Extra day on request.
Loreamar reserves the right to change the order of treatments.*

PROGRAMME

DAY 1

- Welcome to treatment (10 min)
- Sea salt scrub (20 min)
- Marine magnesium balneotherapy (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised massage with marine magnesium oil (50 min)

DAY 2

- Physical activity (50 min)
- Marine Calcium Balneotherapy (20 min)
- Seawater Affusion Massage (20 min)
- Marine Calcium Wrap (20 min)
- Personalised Marine Calcium Massage (50 min)

DAY 3

- Physical activity (50 min)
- Marine Potassium Balneotherapy (20 min)
- Jet shower (10 min)
- Marine Potassium Wrap (20 min)
- Personalised Marine Potassium Massage (50 min)

DAY 4

- Physical activity (50 min)
- Marine algae balneotherapy (20 min)
- Draining undersea shower (15 min)
- Personalised Marine Magnesium Massage (50 min)

DAY 5

- Physical activity (50 min)
- Seawater Affusion Massage (20 min)
- Marine Magnesium Wrap (20 min)
- THALION facial treatment (50 min)



- *Physical or aquatic activity session morning or afternoon (maximum 8 people)..*
- *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*
- *Marine food supplements advised in addition*
- *"Detox" menu with full board recommended for optimal effect.*



DETOX REGENERATING HEALTH TREATMENT

▪ Eliminate toxins to age well and live better

Pesticides, additives, and other harmful products invade and disrupt our bodies. This results in skin, digestive and joint problems. This treatment allows deep penetration of your natural elimination filters such as the skin, lungs, liver, kidneys and intestines to balance and harmonise your metabolism.

Objectives :

- Purify and rebalance the metabolism
- Boost your immunodefences
- Restore shape and vitality

Extra day on request.

Loreamar reserves the right to change the order of treatments.

PROGRAMME

DAY 1

- Personalised detox review (30 min)
- Osteopathy session (50 min)
- Body Scrub with Sea Salts (20 min)
- Laminar and Fucus detox wrap (20 min)
- Thalion Detox Massage (50 min)

DAY 2

- Physical activity (50 min)
- Jet shower (10 min)
- Laminar balneotherapy (20 min)
- Belly & Skull Detox Massage (50 min)
- Pressotherapy (30 min)

DAY 3

- Physical activity (50 min)
- Laminar balneotherapy (20 min)
- Laminar and Fucus detox wrap (20 min)
- Manual Lymphatic Drainage (50 min)
- Icy Toning Massage Gel for Legs (30 min)

DAY 4

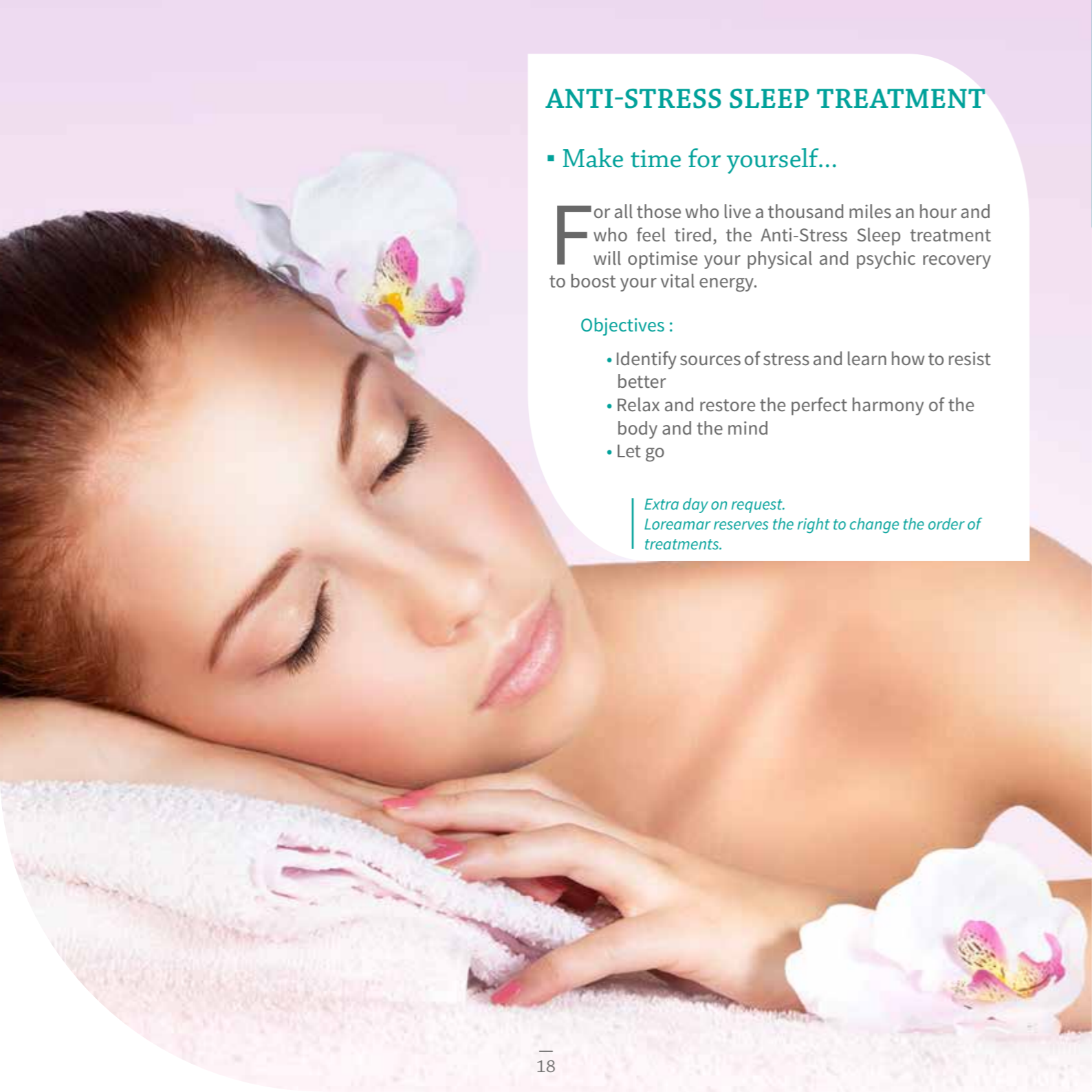
- Physical activity (50 min)
- Seawater affusion massage (30 min)
- Loreamar signature massage with Algae pouches (50 min)
- Thai Plantar Reflexology Massage (25 min)

DAY 5

- Physical activity (50 min)
- Draining undersea shower (15 min)
- Detox back massage (25 min)
- Detox Skinceuticals Facial (50 min)
- Review on conclusion of treatment and tips for lasting effects (30 min)



- *Physical or aquatic activity sessions morning or afternoon (maximum 8 people).*
- *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*
- *Marine food supplements advised in addition*
- *"Detox" menu with full board recommended for optimal effect.*



ANTI-STRESS SLEEP TREATMENT

▪ Make time for yourself...

For all those who live a thousand miles an hour and who feel tired, the Anti-Stress Sleep treatment will optimise your physical and psychic recovery to boost your vital energy.

Objectives :

- Identify sources of stress and learn how to resist better
- Relax and restore the perfect harmony of the body and the mind
- Let go

Extra day on request.

Loreamar reserves the right to change the order of treatments.

PROGRAMME

DAY 1

- Personalised review on entrance, stress assessment (30 min)
- Sea salt scrub (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised massage with marine magnesium oil (50 min)

DAY 2

- Physical activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Korean Relaxation Massage (30 min)
- Acupuncture session (50 min)
- Back and nape massage with Marine Magnesium oil (30 min)

DAY 3

- Physical activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised massage (50 min)

DAY 4

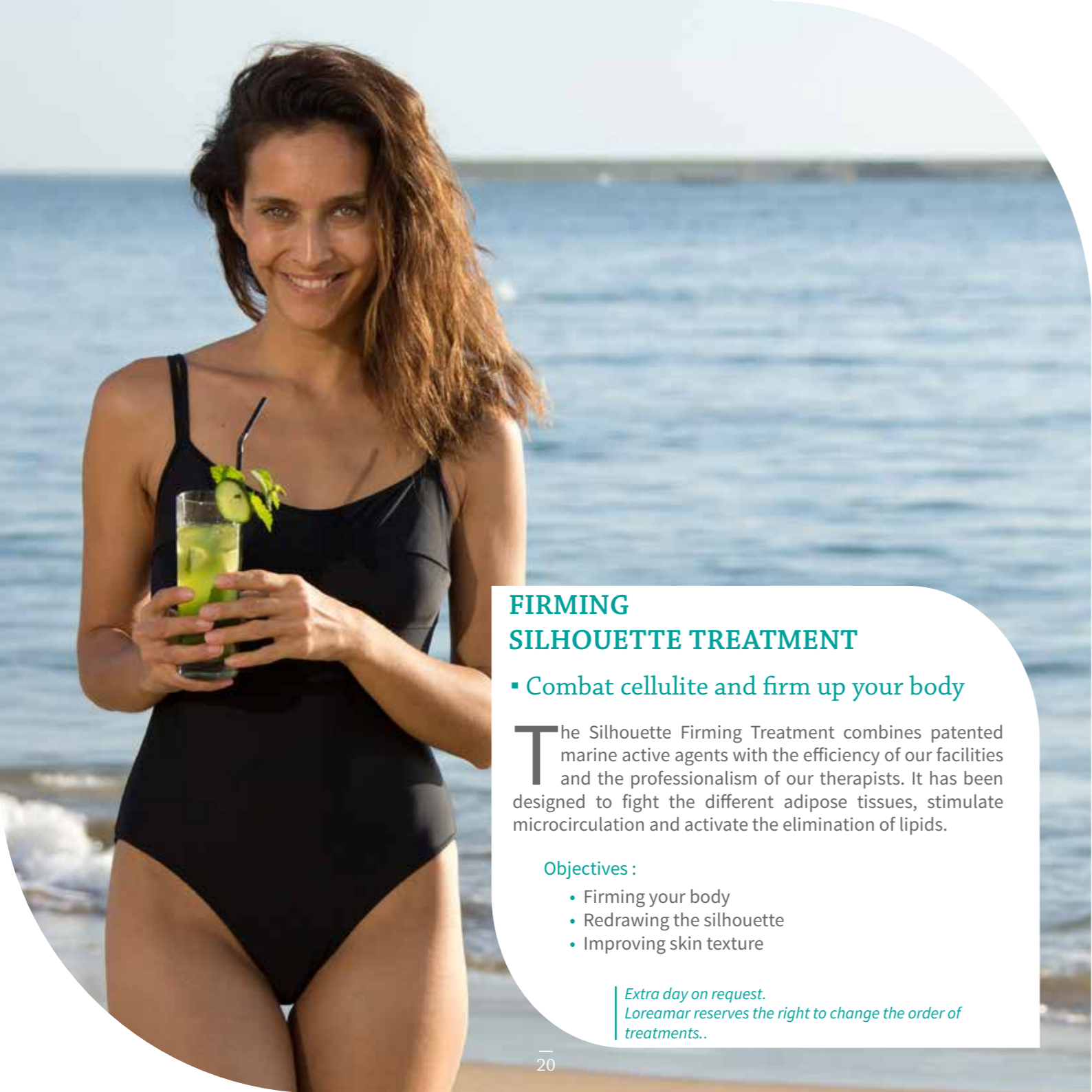
- Physical activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Personalised massage (50 min)
- Relaxing massage of the face and scalp (30 min)

DAY 5

- Physical activity (50 min)
- Seawater affusion massage (25 min)
- Plantar & facial reflexology (50 min)
- Thalion facial care (50 min)
- Review on conclusion of treatment and tips for lasting effects (30 min)



- *Physical or aquatic activity sessions morning or afternoon (maximum 8 people).*
- *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*
- *Marine food supplements advised in addition*
- *"Detox" menu with full board recommended for optimal effect.*



FIRMING SILHOUETTE TREATMENT

▪ Combat cellulite and firm up your body

The Silhouette Firming Treatment combines patented marine active agents with the efficiency of our facilities and the professionalism of our therapists. It has been designed to fight the different adipose tissues, stimulate microcirculation and activate the elimination of lipids.

Objectives :

- Firming your body
- Redrawing the silhouette
- Improving skin texture

*Extra day on request.
Loreamar reserves the right to change the order of treatments..*

PROGRAMME

DAY 1

- Personalised silhouette review (30 min)
- Body Scrub with Sea Salts (20 min)
- Laminar and Fucus detox wrap (20 min)
- Lipomassage LPG (cellu-m6) session (50 min)

DAY 2

- Physical activity (50 min)
- Laminar & Fucus balneotherapy (20 min)
- Jet shower (10 min)
- Tri-actif slimming massage (20 min)
- THALION Cellu Contour Massage (50 min)

DAY 3

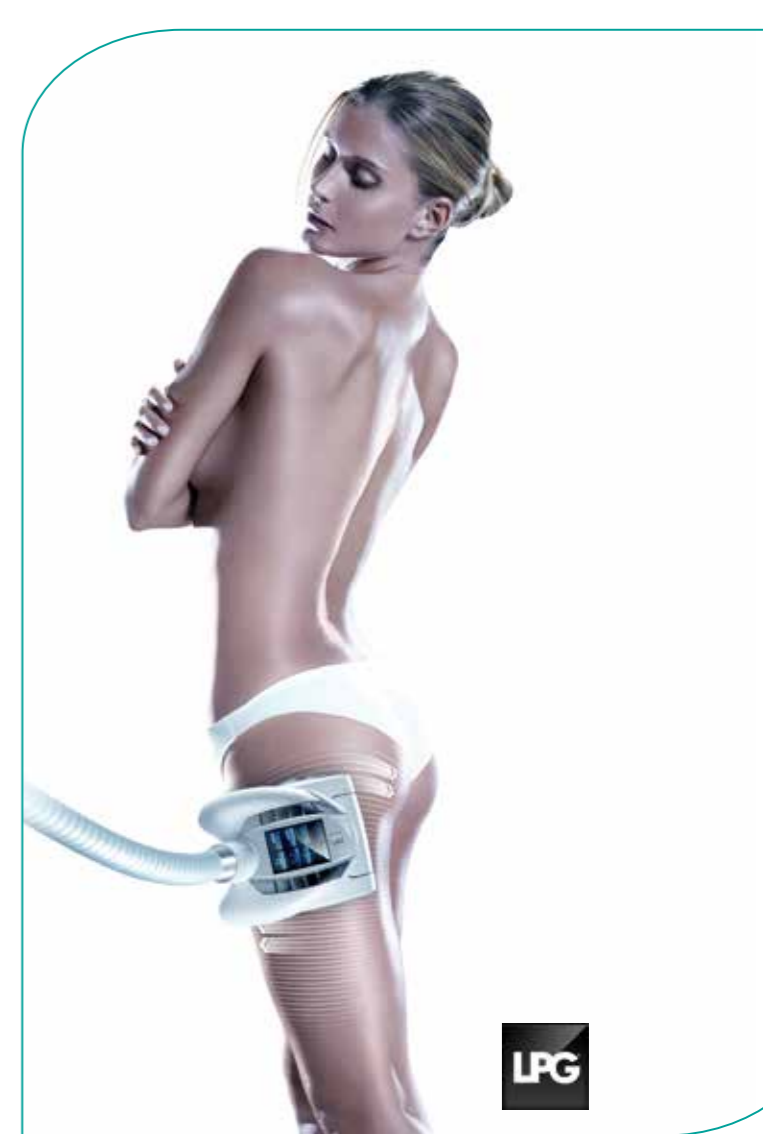
- Physical activity (50 min)
- Draining undersea shower (15 min)
- Lipomassage LPG (Cellu M6) session (50 min)
- Pressotherapy (30 min)

DAY 4

- Physical activity (50 min)
- Jet shower (10 min)
- Slimming wrap (20 min)
- THALION Cellu Contour Massage (50 min)

DAY 5

- Physical activity (50 min)
- Jet shower (10 min)
- Lipomassage LPG (Cellu M6) session (50 min)
- Slimming massage (30 min)
- Review on conclusion of treatment and tips for lasting effects (30 min)



- Physical or aquatic activity sessions morning or afternoon (maximum 8 people).
- Draining, Slimming, Antioxidant beverages offered at the end of each treatment.
- Marine food supplements advised in addition
- "Detox" menu with full board recommended for optimal effect.



OUR 3-DAY PERSONALISED TREATMENTS

1. 1-2-3 Marine Treatment
2. 1-2-3 Destress Treatment
3. Beauty Treatment by SkinCeuticals

LOW SEASON:

from €1035/pers*

From January 1 to March 31, 2018 and from November 5 to December 31, 2018

MID-SEASON:

from €1179/pers*

From April 01 to June 08, 2018 and from September 22 to November 04, 2018

HIGH SEASON::

from €1329/pers*

From June 09 to September 21/2018

(Rates for 3-day treatments on the basis of a Marine Treatment, in a Classic double room for 3 nights & half-board)

Treatment without accommodation from €750/pers



1-2-3 MARINE TREATMENT

- A real concentrate of minerals

PROGRAMME

DAY 1

- Sea salt scrub (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised Marine Magnesium Massage (50 min)

DAY 2

- Physical activity (50 min)
- Marine Calcium Balneotherapy (20 min)
- Marine Calcium Wrap (20 min)
- Personalised Marine Calcium Massage (50 min)

DAY 3

- Physical activity (50 min)
- Marine Potassium Balneotherapy (20 min)
- Marine Potassium Wrap (20 min)
- THALION remineralising facial treatment (50 min)

- *Physical or aquatic activity sessions morning or afternoon (maximum 8 people).*
- *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*
- *Marine food supplements advised in addition*
- *"Detox" menu with full board recommended for optimal effect.*



1-2-3 DESTRESS TREATMENT

- Psychological and physical recovery

PROGRAMME

DAY 1

- Physical activity (50 min)
- Body Scrub with Sea Salts (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised massage with marine magnesium oil (50 min)

DAY 2

- Physical activity (50 min)
- Marine magnesium balneotherapy (20 min)
- Korean Relaxation Massage (30 min)
- Plantar & facial reflexology (50 min)

DAY 3

- Physical activity (50 min)
- Marine magnesium balneotherapy (20 min)
- Loreamar signature personalised massage (50 min)
- Thalion D-stress facial care (30 min)

- *Physical or aquatic activity sessions morning or afternoon (maximum 8 people).*
- *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*
- *Marine food supplements advised in addition*
- *"Detox" menu with full board recommended for optimal effect.*



BEAUTY TREATMENT BY SKINCEUTICALS

- Beauty parenthesis facing the Ocean

PROGRAMME

DAY 1

- Personalised expert diagnosis (15 min)
- Endermolift LPG TM face (25 min)
- Skinceuticals Supreme Anti-age Treatment (90 min)

DAY 2

- Physical activity (50 min)
- Lymphodraineur Face (15 min)
- Mostleds High Power Face (20 min)
- Skinceuticals hand and neckline care (30 min)

DAY 3

- Physical activity (50 min)
- Balneotherapy with essential oils (20 min)
- Endermolift LPG TM face (25 min)
- Skinceuticals Expert face care/Glycolic acid peel (September to May) (70 min)

• *Physical or aquatic activity sessions morning or afternoon (maximum 8 people).*

• *Draining, Slimming, Antioxidant beverages offered at the end of each treatment.*

• *Marine food supplements advised in addition*

• *"Detox" menu with full board recommended for optimal effect.*



OUR RITUALS

90 minutes of relaxation

1. Loreamar
 2. Relaxation & Beauty
 3. Sacred Earth
 4. Polynesian escape
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OUR RITUALS

LOREAMAR (90 min)

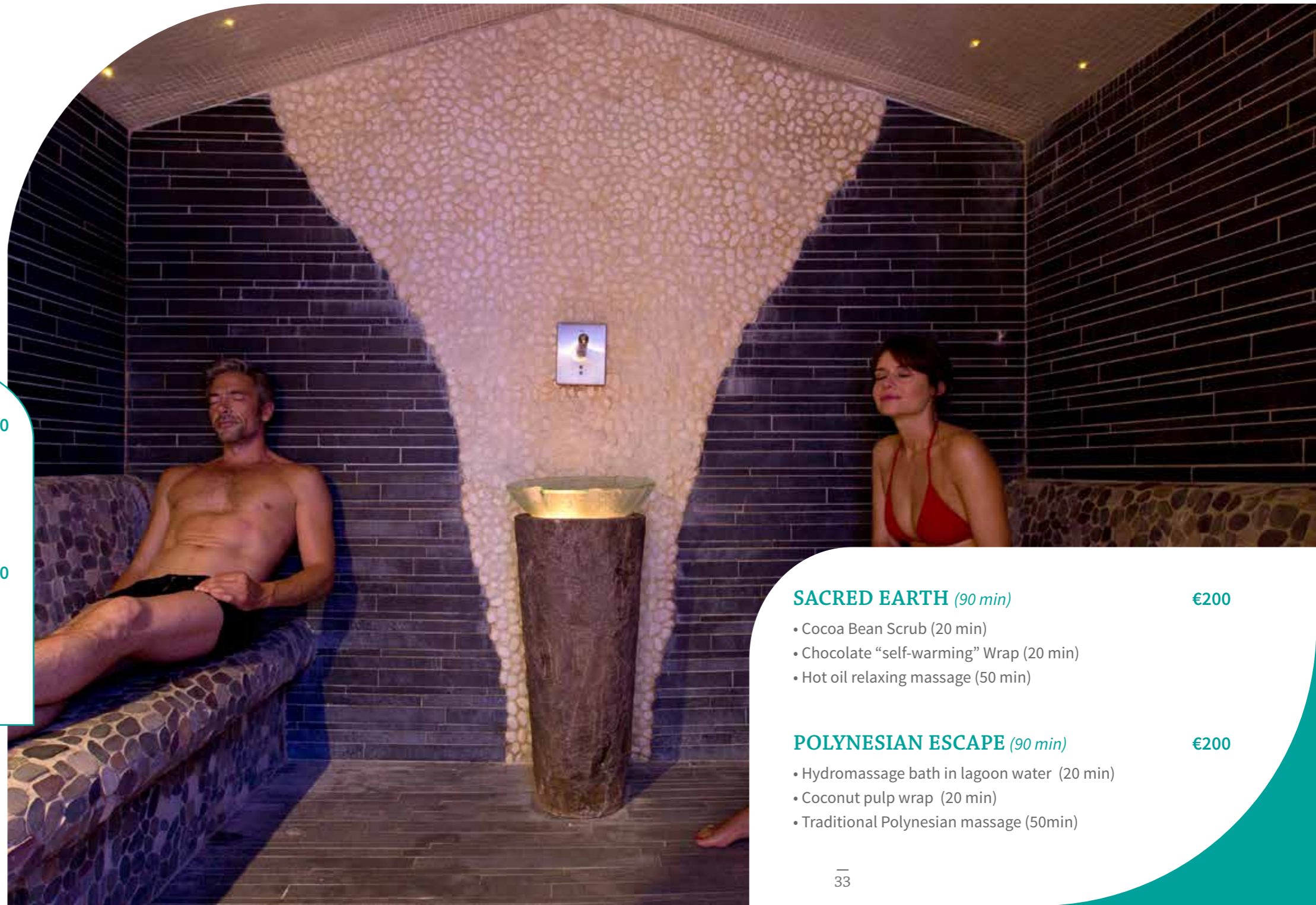
€200

- Marine algae balneotherapy (20 min)
- Remineralising marine algae wrap (20 min)
- Loreamar Signature Massage (50 min)

RELAXATION & BEAUTY (90 min)

€200

- Sea salt scrub (20 min)
- Draining undersea shower (20 min)
- Thalion personalised facial care (50 min)



SACRED EARTH (90 min)

€200

- Cocoa Bean Scrub (20 min)
- Chocolate “self-warming” Wrap (20 min)
- Hot oil relaxing massage (50 min)

POLYNESIAN ESCAPE (90 min)

€200

- Hydromassage bath in lagoon water (20 min)
- Coconut pulp wrap (20 min)
- Traditional Polynesian massage (50 min)



TREATMENT À LA CARTE

1 Massages
Silhouette Treatment
Special Treatment

2 Beauty Treatment
Face Treatment
Skinceuticals Treatment
Thalion Treatment

3 Body Treatment
Ocean Treatment
Wraps
Scrubs

4 Coaching & Fitness

5 Treatment for Children



MASSAGES

30 min €65 • 50 min €110 • 80 min €160

Loreamar Signature Massage (50 min/80 min)

Massage inspired by the movement of waves combining slow and deep maneuvers, facilitating the circulation of energies.

It helps to rebalance and harmonise the body and the mind.

Complete massage, both enveloping and deep. This massage, practised only with the forearms, soothes the mind while providing total muscular relaxation.

Signature massage with Algae Pouches (50 min/80 min)

This exceptional and unique massage is made with warm Marine algae-based pouches. For muscle relaxation and the complete remineralisation of your body.

Relaxing Massage (30 min/50 min /80 min)

Relaxing massage that promotes relaxation, releasing stress through gentle and enveloping maneuvers associated with slipped pressure techniques.

Energy Massage (50 min/80 min)

Dynamic massage that strengthens muscle tone and stimulates venous circulation.

Hot Stone Massage (50 min/80 min)

The energising, relaxing and rebalancing virtues of volcanic stones, combined with a warm oil, provide precious comfort for a feeling of harmony and serenity.

Korean Relaxation (30 min)

Progressive massage from the feet to the head. The practitioner unravels the tensions that have gradually settled around and inside the joints and muscles. This experience will bring you deep relaxation to enable you to let go more easily.

Face & Scalp Massage (30 min)

Based on the principles of Ayurvedic massage, it activates local microcirculation and promotes relaxation by driving out stress and anxiety.

Abdomen & Scalp Massage (50 min)

This massage improves digestion, relieves back pain, improves sleep and circulation. It is followed by a scalp massage, which promotes skull irrigation and relaxation.

Plantar & facial Reflexology (50 min)

Your head in the stars and your feet on earth. This massage releases stress, improves blood circulation and promotes the elimination of toxins.



SILHOUETTE TREATMENT

Marine Slimming Wrap €60
(20 min)

High Power Mostleds €60
(20 min)

The vibratory wave of light helps to improve the evacuation of fat, stimulates blood and lymphatic circulation and combines perfectly with a "Lymphatic Drainage" massage.

Lipomassage LPG Cellu M6 €90
(50 min)

Treatment targeting watery and/or adipose cellulite. The combination of mechanical palper-rolling and draining percussion acts on water retention and/or fat cells for a visible improvement in skin quality.

Manual Lymphatic Drainage €110
(50 min)

It is performed with "feather" pressures on the entire body respecting the lymphatic circuit, thus reviving the circulation for better elimination of toxins and a beneficial effect on the immune system.

Cellu Contour Massage By Thalion® €110
(50 min)

A real remodelling treatment, this personalised care targets the epidermis, the dermis and the cutaneous tissue to offer visible, tangible results from the first session.

SPECIAL TREATMENT

Aquatic Osteopathy €95
(30 min)

Aquatic osteopathy is the adaptation of traditional osteopathy to hot water (32° C). Clinically proven, it is a technique that restores the mobility of the body, reduces pain, develops sports skills and increases general well-being.

Osteopathy € 110 (45 min)

Manual therapy that lifts the body's joint blockages to allow it to work better. This gives it better mobility and balance between joints, organs, tissues and venous systems.

Acupuncture € 110
(50 min)

A product of traditional Chinese medicine, acupuncture is based on an energetic and holistic approach. Needles inserted on the surface of the skin stimulate precise acupuncture points in order to reinforce self-regulation processes and physiological, organic and psychic functions.





BEAUTY TREATMENT

Endermolift™ LPG® Face €60
(25 min)

This high-performance anti-ageing skincare for the face, neck and décolleté, erases imperfections, reduces fine lines and restores youthful face.

Lynfodrainage of the face €60
(25 min)

This anti-ageing treatment facilitates cell regeneration, reactive, lymphatic and blood circulation, stimulates the oxygenation of the skin and tones the tissues

Complete Beauty for the hands €100
(90 min)

This soothing treatment for the hands and nails includes a gentle exfoliation, a nourishing mask and a massage with aromatic oils. It is associated with a complete manicure for perfect hands and nails.

Complete Beauty for the feet €100
(90 min)

This nourishing treatment for the feet and toenails begins with a bath followed by an exfoliation to soften the skin. They are wrapped in a nourishing mask followed by a revitalising and relaxing massage. It is associated with complete beauty. Divine care!

Nail polish

- Application of classic nail varnish (25 min) €25
- Application of semi-permanent nail varnish (30 min) €30
- Removal of semi-permanent nail varnish (25 min) €25

SKINCEUTICALS TREATMENT

SkinC Supreme Treatment 1 hr 40 min for €190
SkinC Expert Treatment 70 min for €150
SkinC Flash Treatment 40 min for €90

For each treatment, you will benefit from 10 minutes of diagnosis and treatment combining high medical efficiency, well-being and relaxation.

Face Treatment

SkinC Expert Peeling Treatment with Glycolic Acid *(from September to May)*

Reviving beauty treatment that combines the effects of peeling and the benefits of a soothing care. This treatment combines highly concentrated exfoliating products with Glycolic Acid, gentle movements (Shiatsu pressure) that act on the muscles of the face and blood circulation to soothe and re-oxygenate the skin. New skin effect guaranteed. Ideal for all skin types.

SkinC Expert Anti-Ageing Treatment with Vitamin C

Anti-wrinkle care, firmness that combines high anti-ageing effectiveness and the benefits of a relaxing treatment. Brilliance, treatment of wrinkles, blemishes and sagging skin, this treatment provides the exfoliation and hydration necessary to rebalance the skin. To be done throughout the year, at each change of season or when the skin seems to be exhausted. Ideal for all skin types.

SkinC Expert Anti-Blemish Radiance Treatment

A unifying brightening treatment that combines high anti-blemish efficiency with the benefits of a relaxing treatment. This treatment combines different energizing and rebalancing techniques (kneading, smoothing) with Phloretin CF and Advanced Pigment Corrector for a dazzling skin. Ideal for tired skin, stressed skin, lack of radiance or a non-homogeneous complexion (pigment spots).

SkinC Expert Hyaluronic Acid Treatment

Hydrating treatment. This treatment combines highly concentrated products with Hyaluronic Acid with gentle movements (beating and kneading fans) that act on the muscles of the face and the blood circulation to nourish, relax and stimulate the skin. Ideal for dehydrated skin.

SkinC Repair Treatment with vegetal extracts and Hyaluronic Acid

Restorative care. This treatment combines botanical extracts of thyme, cucumber and olive oil with the benefits of dipeptides and products highly concentrated in Hyaluronic Acid. Skin redness disappears and your skin regains real softness. Ideal for sensitive skin.

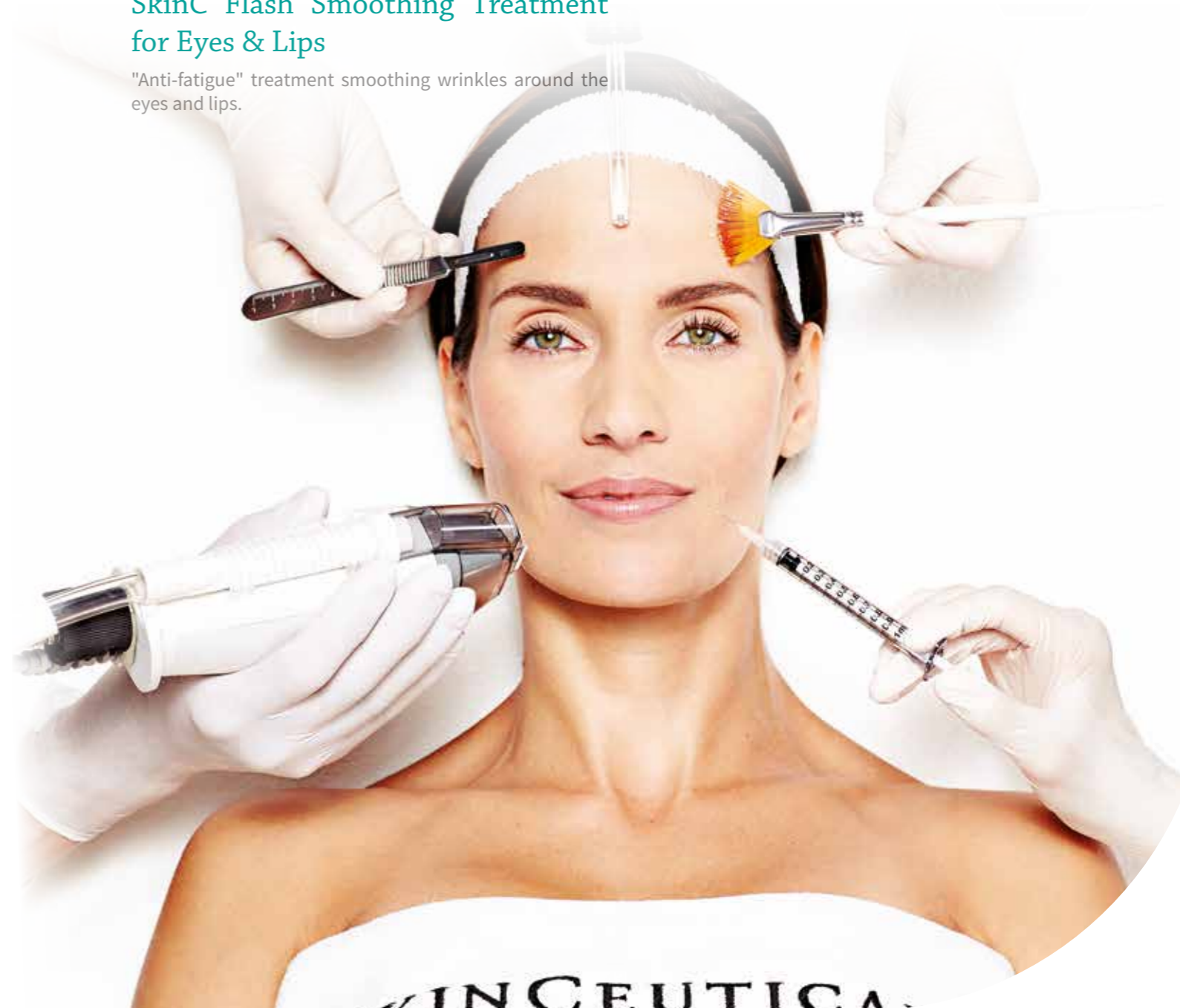
SkinC Expert Detox Purifying Treatment

Anti-pollution treatment, this treatment purifies, soothes and immediately balances problem skin. This treatment combines "lymphatic drainage" and specific techniques (pumping, draining rollers) with Serum 10, Blemish + Age Defence and Phyto Corrective. Ideal for oily skin with imperfections.

SPECIAL TREATMENTS

SkinC Flash Smoothing Treatment for Eyes & Lips

"Anti-fatigue" treatment smoothing wrinkles around the eyes and lips.



THALION
CRÉATEUR DE COSMÉTIQUE MARINE

THALION treatments enable you to discover the benefits of the sea, in a universe of unforgettable sensations, combining exclusive gestures and the ultra-concentrated formulas of our products for a real return to the sources of beauty. Experience a unique marine treatment!

Thalion TREATMENTS

ANTI-AGEING TREATMENT

Burst of oxygen (70 min)

€110

Particularly concentrated in minerals, trace elements and vitamins, this treatment stimulates the defence mechanisms of stressed and asphyxiated skin and protects against external aggressions. Regenerated and energised, the epidermis becomes smooth.

Expert eye lift (40 min)

€65

Ultra-targeted, this treatment intensely plumps the eye contour and protects it from premature ageing. A real cellular booster, it activates the microcirculation to decongest this fragile area instantly. High precision gestures lift the features and restore firmness to the eyelids.

Ocean secret (90 min) €160

This Exceptional Anti-ageing treatment, reveals the beauty of each woman. At the heart of this treatment, a unique massage sculpts the contours of the face and retains the features. A true manual lifting, it combines deeply relaxing gestures with technical maneuvers to reshape the natural architecture of the skin and offer a unique sensory experience.

A technological feat, precious care beads are gently deposited on the face to deliver their benefits in the heart of each ride. The beautician then performs a dedicated gesture to increase their power and stimulate collagen synthesis.

TREATMENTS FOR MEN

Facial oxygen booster (60 min)

€110

High-tech treatment combining performance and relaxation for a 100% effective result. Objective: restore tone and firmness, thanks to deep massages of the scalp, face, trapezius muscles and the nape. 60 minutes for a stronger skin full of energy.





OCEAN TREATMENTS

Scrubs (20 min)

€65

Remineralising Sea Salts/Cocoa Beans

This beauty action eliminates dead skin, gives you a softer skin and lets your skin regenerate.

Wraps (20 min)

€60

Remineralising/Slimming/Detoxifying Marine Algae
Chocolate Relaxer
Nourishing with coconut pulp

Hydromassage sea baths (20 min)

€45

Immersion in warm sea water accompanied by a hydromassage, from the soles of the feet to the nape, promotes the penetration of trace elements and mineral salts
(with algae/essential oils/spices)

Undersea shower (15 min)

€45

Directed by a hydrotherapist, a powerful undersea hydromassage jet. It drains and relaxes stiff muscles and joints

Jet shower (10 min)

€ 40

High pressure jet, toning, allows deep drainage of tissues and activates the circulation.

Seawater affusion massage (25 min)

€65

Fine droplets of heated seawater are sprayed on the body and absorbed by the skin to recharge the body with minerals and trace elements.

COACHING & FITNESS

Every day, collective physical and/or individual activities (8 people maximum) are proposed and supervised by our sports coach in our lounge of physical activities, in our swimming pool of heated sea water or on the beach facing the Bay of Saint-Jean-De-Luz. These activities are accessible by reservation at the Thalassotherapy reception.

Individual sessions of 50 min €80 **
Adult swimming lessons for 30 min €40

For group lessons contact us

* according to availability

** applicable to all activities



Cardio Training

Classes that strengthen all parts of your body dynamically and rhythmically. It increases muscle mass and improves coordination and reflexes.

Pilates

The Pilates Method is a gentle body gymnastics that consists of a set of postural exercises with the goal of strengthening and stretching our deep muscles.

Gym Ball

Gym with a ball to tone your muscles and develop balance and firmness.

Stretching

Enables you to loosen the joints and stretch the different muscles of the body in turn.

Gentle/toning water aerobics

A safe activity for the joints, which is practised in the water and allows all the muscles to work. Improves blood circulation and tones the cardiovascular rhythm.

Personalised Individual Training/Coaching

Your coach will listen to your wishes, establish a program with you and will be at your side to help you achieve your goals.

Aquabiking

This sport consisting of pedalling on a bike immersed in the water. It develops endurance as well as the cardiovascular system. These benefits can act in depth on the muscles of the thighs, buttocks and abdomen and eliminate cellulite.

Coastering

A dynamic form of walking that is practised in the water, or on dry or wet sand. The flexibility of the sand and the resistance of the water make it possible to solicit the muscles and to tone your silhouette. As a bonus, we take advantage of the sea air, which recharges the body with minerals and trace elements.

Aquatic walking

Excellent for calorie-burning, this sports activity consists of reproducing in the aquatic environment walking or running movements.



TREATMENTS FOR CHILDREN*

Well-being massage (30 min) €50

Korean Relaxation (30 min) €50

Massages that provide children with a deep relaxation and a better apprehension of the body to make the most of their motor skills.

Scalp massage (20 min) €30

(reserved for children aged 6 to 16 years)

Massage that stimulates the circulation of the scalp and improves the irrigation of the skull for total well-being.

Beauty of the hands and feet (30 min) €30

(reserved for children aged 6 to 16 years)

Application of “neon” or “glitter” nail varnish

Aquatic Awakening (30 min)

€30

(reserved for children aged 6 to 16 years)

Discovery, familiarisation and autonomy in the water

Swimming lessons (30 min) €30

(6 years and up)

** For children from 6 to 16 years old, it is essential for a parent to be present during treatment.*

LOREAMAR YOUR PRACTICAL HOLIDAY

HYGIENE AND SAFETY RULES

- For the sake of their comfort, guests of the hotel are requested to come to the spa in a bathrobe.
- It is mandatory to wear the slippers provided for access to the entire Thalasso-Spa.
- It is mandatory to transit through the footbath and the shower before entering the pool.
- Only the shorty, swim boxers or bathing trunks are allowed for men.
- For safety reasons, treatment and access to the Thalasso-Spa are reserved for guests over 16 years old (excluding special treatments).
- Bring suitable clothing and sports shoes for access to the fitness area.
- We advise you to bring two lycra or synthetic. bathing suits.
- For treatments, disposable underclothes are offered.

ORGANISATION

- All our practitioners are trained and have graduated from accredited centres. They perform massages and wellness and relaxation treatments.
- Our team is composed of male and female staff, we do not define in advance the identity of your therapists.
- To comply with the timetables, it is recommended to arrive 15 min before the beginning of your treatment.
- In the event that you are delayed, your treatment shall be shortened or cancelled and postponed according to availability
- Treatments are dispensed alternately in the morning or afternoon and may be subject to change.
- Loreamar reserves the right to change the order of treatments..

INFORMATION

- A medical certificate of aptitude for thalassotherapy prepared by a doctor must be presented on your arrival for any treatment reservation.
- Not all of our programmes are supported by social organisations.
- In order to preserve the tranquillity and harmony in the Spa, we request you to turn off your mobile phones and other electronic devices.
- We do not accept any liability for loss or damage of personal items.
- We recommend that you keep your valuables either in the lockers located in the locker room or in the safe of your room (if you are staying at the hotel).

GENERAL CONDITIONS OF SALES

PRICES

- Prices are net, including taxes and services, but excluding tourist tax and beverages.
- They are subject to change
- Additional personal services shall be paid in full on the day of departure.
- Services not consumed by the customer can not be subject to a tariff reduction.

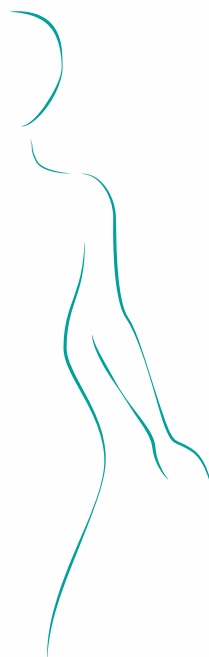
RESERVATIONS

- For guests who are not staying at the hotel, a credit card shall be required to secure the appointment.
- All reservations shall be confirmed on the date of receipt of the deposit corresponding to the conditions of sale.
- Rooms are available from 3 pm and must be vacated before 12 noon.
- For safety reasons, treatment and access to the Thalasso-Spa are reserved for guests over 16 years old (excluding special treatments).

CANCELLATIONS

- All cancellations must be written by the client.
- The amount for treatments will be due in full for any cancellation of your reservation less than 24 hours before the appointment.
- Any Treatment cancellation occurring:
 - Over 7 days before the date of arrival shall result in the refund of the deposit.
 - Less than 7 days before the date of arrival shall result in the entire deposit being retained.
- Any interruption of the current holiday shall result in the full payment of the services reserved.

Credit cards accepted: [Visa](#), [Mastercard](#), [American Express](#).



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LOREAMAR
THALASSO & SPA

Saint-Jean-de-Luz