

# LOREAMAR THALASSO & SPA



2019 Edition



GRAND HÔTEL  
T H A L A S S O & S P A

\*\*\*\*\*

*Saint-Jean-de-Luz*

## LOREAMAR THALASSO & SPA

### Intimate & Unique

**D**irectly sitting on the beach and overlooking the Atlantic Ocean, [Loreamar Thalasso & Spa](#) offers a most refined decor.

Mirrored in the indoor sea water pool, the ocean waves cast a very unique atmosphere over the whole setting.

All spa treatments were developed by our teams of specialists.

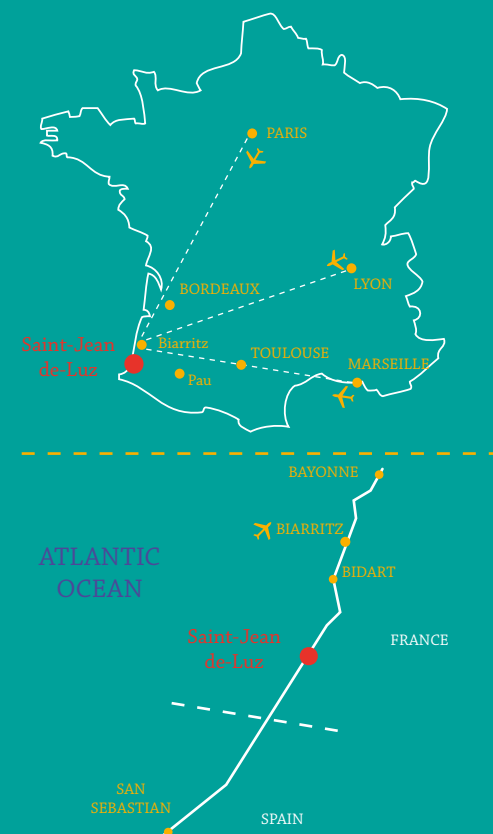
SPIRIT  
OF THE OCEAN





## LOCATION & ACCESS

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



## IN THE HEART OF BASQUE COUNTRY

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

Located between Biarritz (15 min) and San Sebastian on Spain's northern shore (25 min), **Saint-Jean-de-Luz** is at the very heart of tradition with its authentic fishing harbour and typical narrow streets, nowadays filled with upscale boutiques. Still a human-scale town, it is perfect to enjoy a stroll discovering its historic past, such as the hosting of Louis XVI's wedding. Lastly, in sight, its long sandy beach sheltered from wind and swell.



## GRAND HOTEL

### 5-STAR THALASSO & SPA

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

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

Influenced by Basque cuisine and local seafood, the Chef creates exquisite specialty dishes using fresh local and organic produces.

#### DETOX CUISINE

Gourmet dining and light cuisine being compatible, the Chef offers, from breakfast to dinner, DETOX dishes or menus.

DETOX Cuisine promotes the elimination of accumulated toxins. Low in calories, it is gluten and lactose-free and is reduced in animal protein to help you sleep better, to promote well-being and trigger a 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 m<sup>2</sup> of well-being area**, under a sublime brick vaulted groin ceiling enhanced by subdued lighting.

At sea level, with only the Atlantic Ocean for a view, Loreamar invites you to discover the effectiveness of **seawater** treatments in a dreamlike setting, combining natural light with exotic woods.

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

A wellness area to fully relax and enjoy treatment programmes developed by our therapeutic experts.

#### High-Tech Facilities:

- 20 treatment booths, including a double
- Heated seawater pool with multiple jets
- Contrast shower
- Hammam & sauna
- Salt cave
- Cardio training & bodybuilding centre
- Private coaching salon
- SkinCeuticals® Institute - Beauty and Rejuvenation Expertise



## PERSONALISED & THERAPEUTIC BENEFITS

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

### To Meet Your Expectations:

- Individual support throughout your treatment
- Generic and specific reviews before and after treatment
- Treatment and massage adapted to your needs
- Private or small collective physical activity sessions
- Algae and herbal teas made from the infusion of plants with draining, slimming and antioxidant properties
- High performance marine complex supplements

### A Highly-Experienced Team of Specialists:

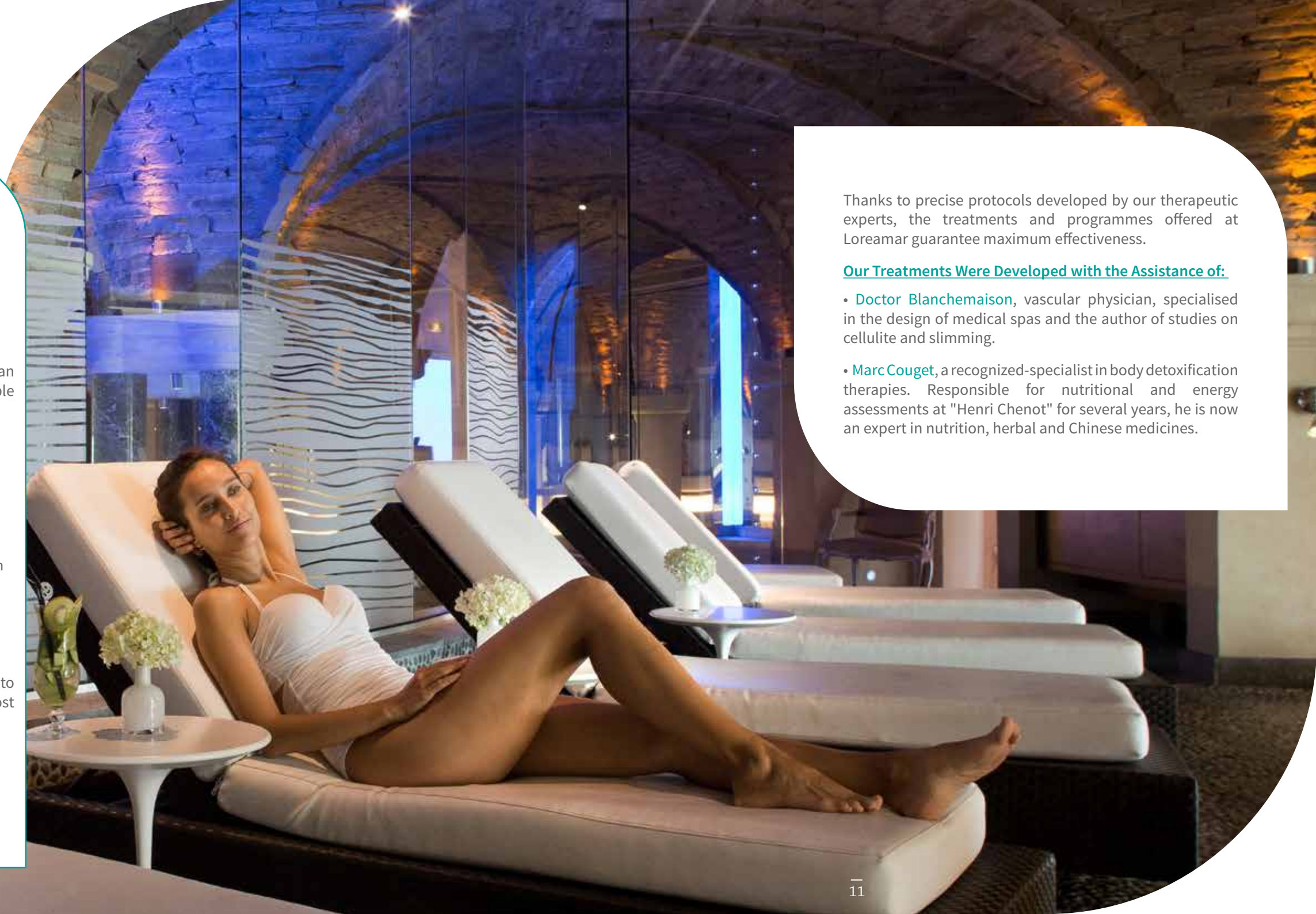
Your beauty and wellness treatments are entrusted to professionals who undergo year-round training in the most advanced techniques.

Osteopath/Acupuncturist/Sports Coach/Aestheticians/  
Massage Therapists/Hydrotherapists

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

### Our Treatments Were Developed with the Assistance of:

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





# 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 to your body a concentrate of mineral essentials such as magnesium, calcium and potassium.

Each treatment has been designed by recognized professionals.

We adapt all our treatments to your needs and wishes.



## OUR 5-DAY PERSONALISED TREATMENTS

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

Treatment without accommodation starting at € 1300/person



## REMINALISING 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 complete source of nutriment to rebalance the metabolism. 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 Thalasso & Spa reserves the right to modify the order in which treatments are performed.*

## PROGRAMME

### DAY 1

- Welcome and Pretreatment Analysis
- Sea Salt Scrub (20 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised Marine Magnesium Oil Massage (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 Treatment (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 Underwater 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)
- Spa Treatment Appraisal and Recommendations for Long-Term Benefits



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





## DETOX REGENERATING HEALTH TREATMENT

### ▪ Eliminate toxins to age well and live better

**P**esticides, additives, and other harmful elements invade and disrupt our body. 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 your metabolism
- Boost your immunesystem
- Restore shape and vitality

*Extra day on request.*

*Loreamar Thalasso & Spa reserves the right to modify the order in which treatments are performed.*

## PROGRAMME

### DAY 1

- Personalised Detox Review
- Osteopathy Session (50 min)
- Sea Salt Body Scrub (20 min)
- Laminar and Fucus Detox Wrap (20 min)
- THALION® Detox Massage (50 min)

### DAY 2

- Physical Activity (50 min)
- Jet Shower Treatment (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 Gel Toning Massage 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 Underwater Shower (15 min)
- Detox Back Massage (25 min)
- SkinCeuticals® Detox Facial (50 min)
- Spa Treatment Appraisal and Recommendations for Long-Term Benefits



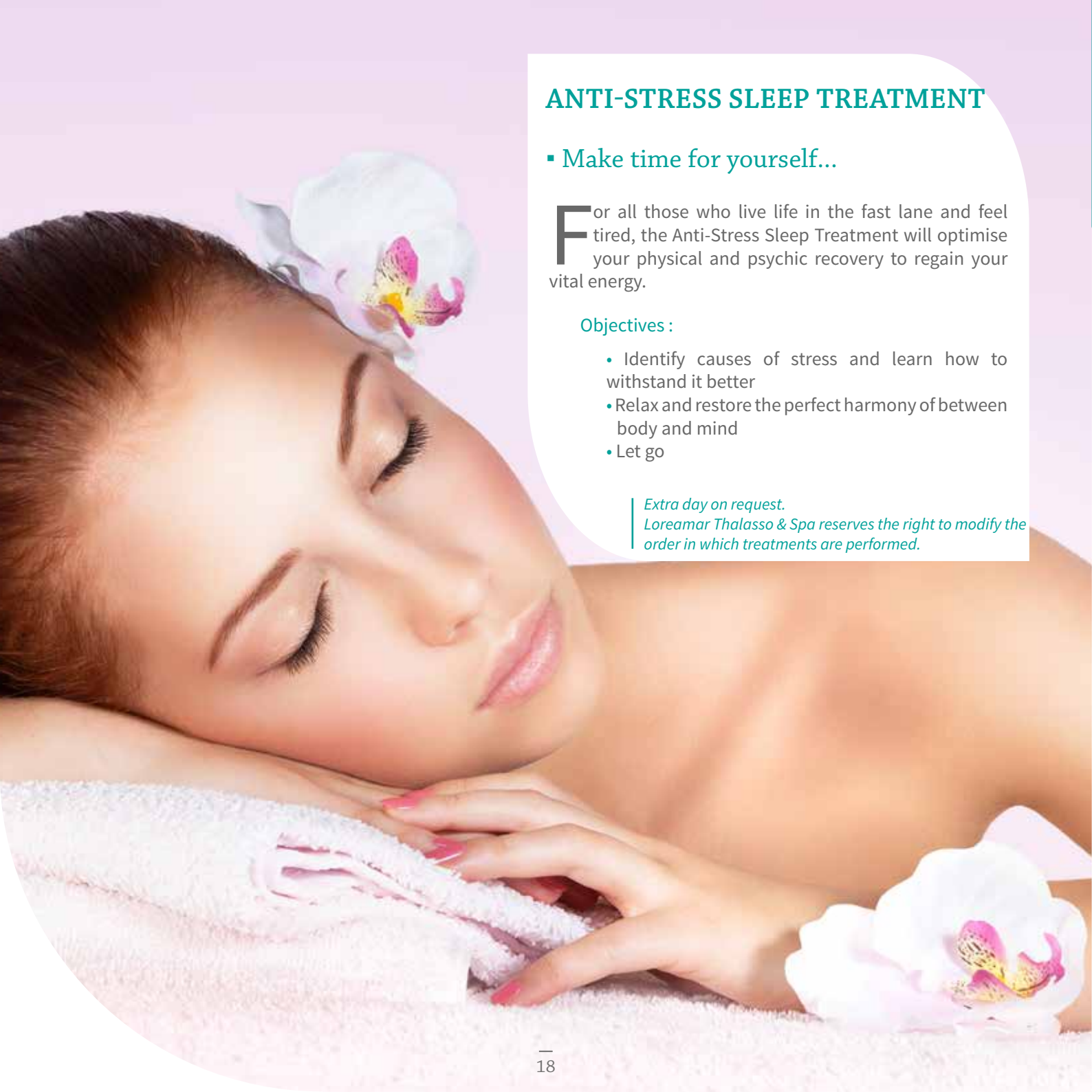
• *Physical or aquatic activity session, morning or afternoon (maximum 8 people).*

• *Draining, slimming, antioxidant beverages offered at the end of each treatment.*

• *Marine complex supplements recommended in addition.*

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





## ANTI-STRESS SLEEP TREATMENT

▪ Make time for yourself...

For all those who live life in the fast lane and feel tired, the Anti-Stress Sleep Treatment will optimise your physical and psychic recovery to regain your vital energy.

Objectives :

- Identify causes of stress and learn how to withstand it better
- Relax and restore the perfect harmony of between body and mind
- Let go

*Extra day on request.  
Loreamar Thalasso & Spa reserves the right to modify the order in which treatments are performed.*

## PROGRAMME

### DAY 1

- Personalised Pretreatment Diagnosis, Stress Assessment
- Sea Salt Scrub (20 min)
  - Marine Magnesium Wrap (20 min)
  - Personalised Marine Magnesium Oil Massage (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

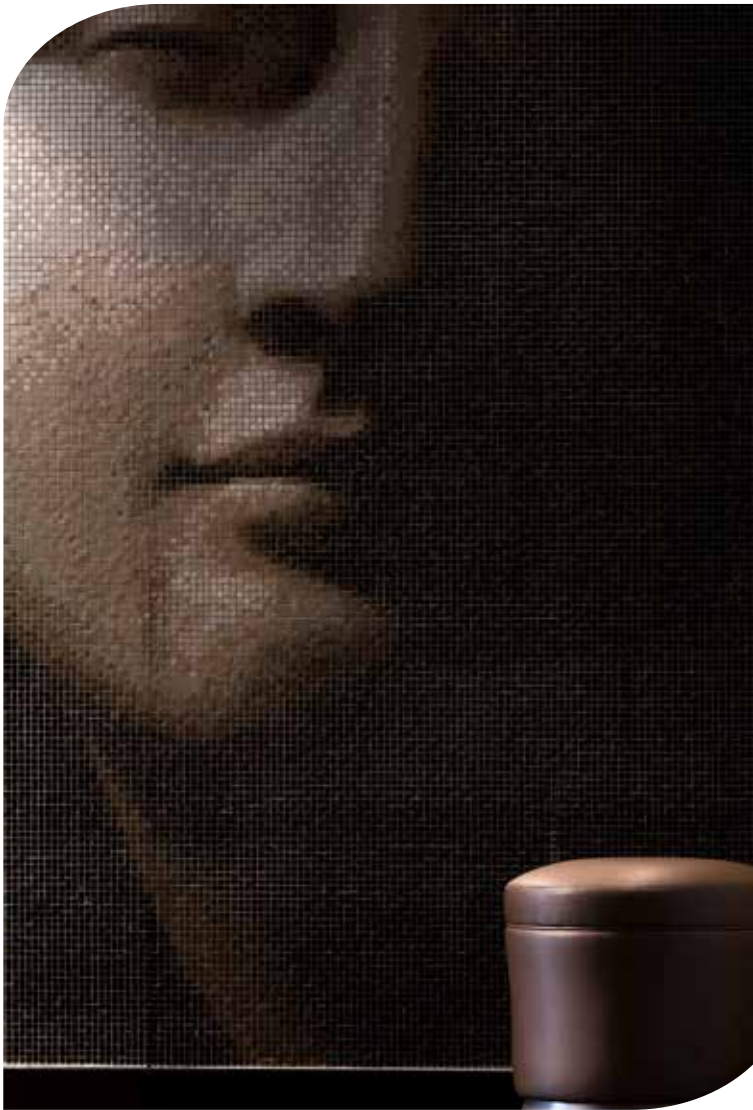
- Physical Activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised Massage (50 min)

### DAY 4

- Physical Activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Personalised Massage (50 min)
- Face & Scalp Relaxing Massage (30 min)

### DAY 5

- Physical Activity (50 min)
- Seawater Affusion Massage (25 min)
- Plantar & Facial Reflexology (50 min)
- THALION® Facial Care (50 min)
- Spa Treatment Appraisal and Recommendations for Long-Term Benefits



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



## FIRMING SILHOUETTE TREATMENT

### ▪ Fight 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 reduce adipose tissue, stimulate microcirculation and increase lipid elimination.

#### Objectives :

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

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

## PROGRAMME

### DAY 1

- Personalised Silhouette Review
- Sea Salts Body Scrub (20 min)
- Laminar and Fucus Detox Wrap (20 min)
- LPG® (Cellu M6) Lipomassage (50 min)

### DAY 2

- Physical Activity (50 min)
- Laminar & Fucus Balneotherapy (20 min)
- Jet Shower Treatment (10 min)
- Tri-Active Slimming Massage (20 min)
- THALION® Cellu Contour Massage (50 min)

### DAY 3

- Physical Activity (50 min)
- Draining Underwater Shower (15 min)
- LPG® (Cellu M6) Lipomassage (50 min)
- Pressotherapy (30 min)

### DAY 4

- Physical Activity (50 min)
- Jet Shower Treatment (10 min)
- Slimming Wrap (20 min)
- THALION® Cellu Contour Massage (50 min)

### DAY 5

- Physical Activity (50 min)
- Jet Shower Treatment (10 min)
- LPG® (Cellu M6) Lipomassage (50 min)
- Slimming Massage (30 min)
- Spa Treatment Appraisal and Recommendations for Long-Term Benefits



- Physical or aquatic activity session, morning or afternoon (maximum 8 people).
- Draining, slimming, antioxidant beverages offered at the end of each treatment.
- Marine complex supplements recommended in addition.
- "Detox" menu with full board accommodation 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®

Treatment without accommodation starting at € 750/person





## 1-2-3 MARINE TREATMENT

- A full dose of concentrated 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 session morning or afternoon (maximum 8 people).*
- *Draining, slimming, antioxidant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended in addition*
- *"Detox" menu with full board accommodation recommended for optimal effect.*





## 1-2-3 DESTRESS TREATMENT

▪Physical and psychological recovery

### PROGRAMME

#### DAY 1

- Sea Salt Body Scrub (20 min)
- Marine Magnesium Wrap (20 min)
- Personalised Marine Magnesium Oil Massage (50 min)

#### DAY 2

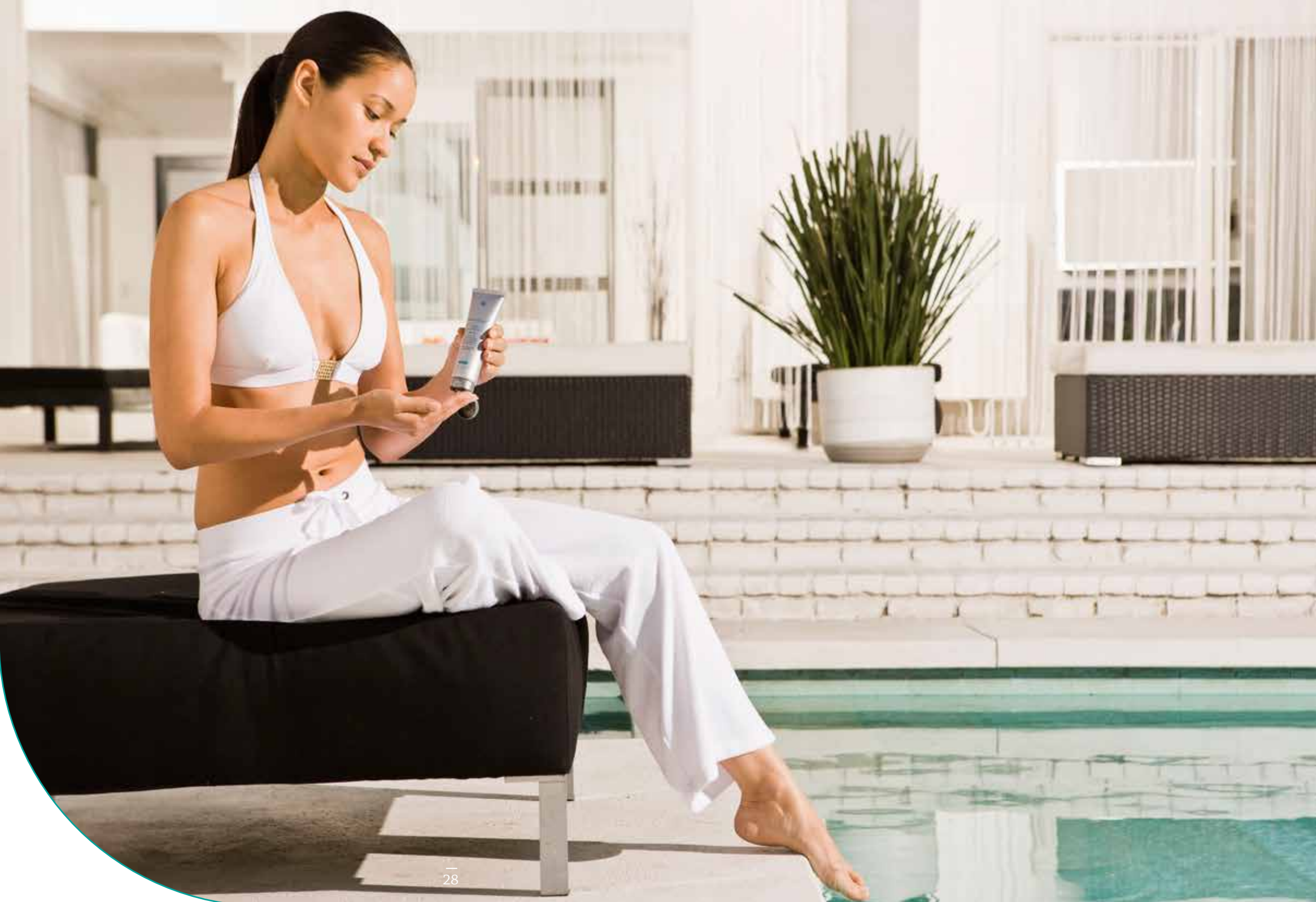
- Physical Activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Korean Relaxation Massage (25 min)
- Plantar & Facial Reflexology (50 min)

#### DAY 3

- Physical Activity (50 min)
- Marine Magnesium Balneotherapy (20 min)
- Personalised Loreamar Signature Massage (50 min)
- THALION® D-Stress Facial Care (30 min)

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





## BEAUTY TREATMENT BY SKINCEUTICALS®

- Blissful beauty treat by the ocean

### PROGRAMME

#### DAY 1

- Personalised Expert Diagnosis (15 min)
- LPG® Endermolift TM Facial Care(25 min)
- SkinCeuticals® Supreme Anti-Ageing Treatment (90 min)

#### DAY 2

- Physical Activity (50 min)
- Lymphatic Drainage Facial (15 min)
- High Power Mostleds Facial Care (20 min)
- SkinCeuticals® Hands and Neckline Care (30 min)

#### DAY 3

- Physical Activity (50 min)
- Balneotherapy with Essential Oils (20 min)
- LPG® Endermolift TM Facial Care (25 min)
- SkinCeuticals® Expert Facial Care (60 min)

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





## OUR RITUALS

*90 minutes of pure relaxation*

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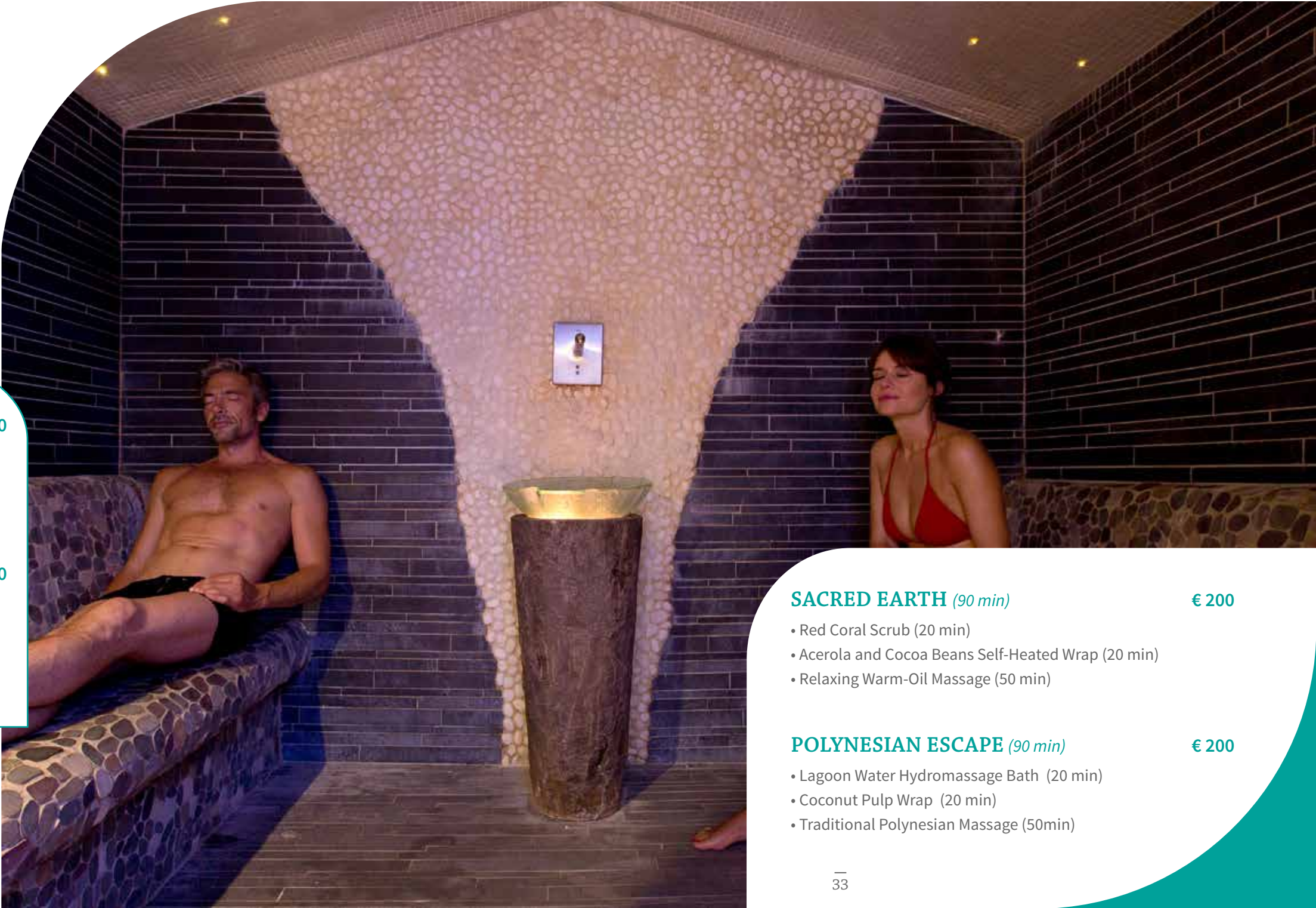
# OUR RITUALS

**LOREAMAR** (90 min) € 200

- Marine Algae Balneotherapy (20 min)
- Remineralising Marine Algae Wrap (20 min)
- Loreamar Signature Massage (50 min)

**BEAUTY & RELAXATION** (90 min) € 200

- Sea Salt Scrub (20 min)
- Draining Underwater Shower (20 min)
- THALION® Personalised Facial Care (50 min)



**SACRED EARTH** (90 min) € 200

- Red Coral Scrub (20 min)
- Acerola and Cocoa Beans Self-Heated Wrap (20 min)
- Relaxing Warm-Oil Massage (50 min)

**POLYNESIAN ESCAPE** (90 min) € 200

- Lagoon Water Hydromassage Bath (20 min)
- Coconut Pulp Wrap (20 min)
- Traditional Polynesian Massage (50min)





## A LA CARTE TREATMENTS

- 1 Body Treatments**
  - Massages
  - Ocean Treatments
  - Special Treatments
- 2 Silhouette Treatments**
  - Mostleds Therapy
  - Lymphatic Drainage
  - Endermolift Facial and Body
- 3 Facial Beauty Treatments**
  - SkinCeuticals® Treatments
  - THALION® Treatments
- 4 Children & Teens Treatments**
- 5 Coaching & Fitness**



A woman with dark hair tied in a bun is lying on her stomach, receiving a back massage. Her eyes are closed, and she has a relaxed expression. The massage is being performed on her upper back and shoulders.

## MASSAGES

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

### Loreamar Signature Massage (50 min/80 min)

Inspired by the movement of the ocean waves, this massage combines slow and deep manipulation techniques to improve energy flow in the body. It helps to rebalance and harmonise both body and mind.

Complete massage, deep and enveloping at once. Performed using only the forearms, this massage soothes the mind while providing total muscular relaxation.

### Signature Massage with Algae Pouches (50 min/80 min)

This exceptional and unique massage is performed using warm marine algae-based pouches. Recommended for total muscle relaxation and a complete remineralisation of your body.

### Relaxing Massage (25 min/50 min/80 min)

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

### Energy Boosting 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 warm oil, provide precious comfort leading to a serene and harmonious feeling.

### Korean Relaxation (25 min)

Using only gentle undulating movements, the massage therapist relieves tension that cumulated progressively in muscular tissues and contracted articulations. This unique experience provides a deep sense of relaxation and enables you to completely let go...

### Face & Scalp Massage (25 min)

Based on the principles of Ayurvedic massage, this technique 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)

A voyage... from head to toe. This massage releases stress, improves blood circulation and promotes the elimination of toxins.

\* All our massages can be performed in tandem, except the Korean Relaxation





# OCEAN TREATMENTS

## Scrubs

(20 min)

€ 65

Remineralising Sea Salts/Cocoa Beans  
This beauty action eliminates dead skin, leaving it softer and fully regenerated.

## Wraps

(20 min)

€ 60

Remineralising/Slimming/Detoxifying Marine Algae  
Relaxing Chocolate Wrap  
Nourishing Coconut Wrap

## Seawater Hydromassage Baths

(20 min)

€ 45

Immersion in warm seawater combined with complete hydromassage, from the soles of the feet to the nape of the neck, promotes trace elements and mineral salts penetration.  
(with algae/essential oils/spices)

## Underwater Shower

(15 min)

€ 45

An underwater hydromassage jet is guided by the hydrotherapist to help drain and relax stiff muscles and joints.

## Jet Shower

(10 min)

€ 40

Toning high pressure jet allows deep drainage of tissues and activates circulation.

## Seawater Affusion Massage

(25 min)

€ 65

Fine droplets of heated seawater are sprayed on the body and absorbed by the skin, thus fully recharging the body with marine minerals and trace elements.





## SPECIAL TREATMENTS

### Aquatic Osteopathy (30 min)

€ 95

Aquatic osteopathy is the adaptation of traditional osteopathy in a hot water bath (32° C). Clinically proven, this technique restores body mobility, reduces pain, increases sports capacity and general well-being.

### Osteopathy (45 min)

€ 110

A system of complementary medicine involving the treatment of medical disorders through the manipulation and massage of the skeleton and musculature. The body gains better mobility and balance between joints, organs, tissues and venous systems.

### Acupuncture (50 min)

€ 110

Derived from 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.



## SILHOUETTE TREATMENTS

### High Power Mostleds Therapy (Facial and Body 20 min)

€ 60

The photobiomodulation by LED lights, used as a full-face care, will have anti-ageing effects on the skin by the stimulation of the fibroblasts' activity and the production of collagen, resulting in a toned and rejuvenated skin.

As a full-body treatment, the infrared waves absorbed by the tissues will help in the elimination of fat and will also improve both blood and lymphatic flow.

### LPG® Cellu M6 Lipomassage

€ 100

(50 min)

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

### LPG® Endermolift Facial Care (25 min)

€ 60

LPG® Endermolift is a high-performance treatment specifically designed to prevent and decelerate the ageing process of the delicate tissues of the face, neck and décolleté. This exceptional skin workout stimulates tissues at a cellular level, naturally restoring youth skin firmness.





## SILHOUETTE TREATMENTS

### Lymphatic Drainage Facial (25 min)

€ 60

This highly-effective anti-ageing treatment targets the face, neck and décolleté. It revitalizes the skin by clearing the lymph thus improving cellular communication, boosting blood and oxygen flow and toning the tissues for a flawless and radiant complexion.

### Manual Lymphatic Drainage (50 min)

€ 110

Performed on the entire body using gentle, circular pumping pressures to drain congested fluid towards the appropriate lymph nodes. It improves circulation, thus the overall drainage of congested fluid, and boosts the immune system.

### THALION® Cellu Contour Massage (50 min)

€ 110

At first, a complete diagnosis will be elaborated to determine the type of cellulite to fight against for a real intensive anti-cellulite treatment suited to your specific needs. Remodeling of body contours will appear after the first session.



## SKINCEUTICALS TREATMENTS

SkinC Supreme Treatment 90 min for € 190

SkinC Expert Treatment 60 min for € 150

SkinC Flash Treatment 30 min for € 90

Professional dermo-cosmetic treatments combining highly effective clinical knowledge, well-being and relaxation. You will also benefit from a pretreatment diagnosis for a customised facial beauty care.

### SkinC Supreme Anti-Ageing Treatment

(90 min)

€ 190

This facial care treatment smooths out wrinkles deep down, firms the skin and boosts radiance. This facial care combines diverser modeling (back, scalp, face and décolleté) using the highly-effective anti-wrinkle mature skin treatment, the A.G.E. Interrupter. It reduces the appearance of skin creping and deep wrinkles, resulting in visible improvements in both skin texture and firmness.

### SkinC Expert Treatments

(60 min)

€ 150

A customised facial treatment suited to improve your specific skin concerns. The synergetic association of advanced dermatological and dermo-cosmetic skincare to prevent, correct and protect against signs of skin ageing.  
SkinC Expert Hyaluronic Acid Hydrating Treatment  
SkinC Expert Anti-Blemish Radiance Treatment  
SkinC Expert Detox Purifying Treatment  
SkinC Expert Glycolic Acid Peeling Treatment (from September to May).

### SkinC Flash Treatments

(30 min)

€ 90

A clinically-proven, amazing time eraser treatment for an instant, visible and long-term result.  
SkinC Flash Hydrating Treatment  
SkinC Flash Detox Purifying Treatment  
SkinC Flash Eye & Lip Contours Smoothing Treatment





**THALION**  
CRÉATEUR DE COSMÉTIQUE MARINE

**T**HALION<sup>®</sup> treatments enable you to discover the benefits of the sea in a universe of unforgettable sensations, combining exclusive techniques 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 (60 min)

€ 120

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 (30 min)

€ 70

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)

€ 170

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 tightens 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 dropped on the face to deliver their benefits at the heart of each wrinkle. The beautician then performs a dedicated gesture to increase their power and stimulate collagen synthesis.

### TREATMENT FOR MEN

#### Facial Oxygen Booster (50 min)

€ 110

High-tech treatment combining performance and relaxation for a 100% effective result. Objective: restore tonus and firmness, thanks to deep massages of the scalp, face, trapezius muscles and the nape. 50 minutes flat for a stronger and energised skin.







## TREATMENTS FOR CHILDREN\*

### **Parent-Child Relaxing Massage** (50 minutes) € 200

*(starting at age 12)*

Performed in a double cabin, parent and child can enjoy a massage to foster bonding and relax together.

### **Well-Being Massage** (25 min) € 50

### **Korean Relaxation** (25 min) € 50

This traditional relaxing massage uses vibration to relieve the tension cumulated in the body. Enhancing muscle relaxation, this stretching technique provides a deep mental calming effect.

### **Scalp Massage** (20 min) € 30

*(reserved for children aged 6 to 16 years)*

Massage that stimulates scalp circulation and improves blood flow for a sense of total well-being.

### **Teen Skin Treatment** (40 min) € 75

*(reserved for teens aged 12 to 16 years)*

### **Aquatic Awakening** (30 min) € 30

*(reserved for toddlers aged 3 to 6 years)*

Discovery, familiarisation and autonomy in the water.

### **Swimming Lessons** (30 min) € 30

*(starting at age 6)*

*\* For children from 6 to 16 years old, the presence of a parent is required during treatment.*





## COACHING & FITNESS

Every day, collective and/or individual physical activities (8 people maximum) are made available and supervised by our sports coach in our fitness centre, our private coaching salon, our heated seawater swimming pool or right on the beach of Saint-Jean-de-Luz Bay. These activities are to be signed up for directly at the reception desk of Loreamar Thalasso & Spa.

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

### Personalised Individual Training/ Coaching

Your personal coach will establish a program that will fit your needs and will be at your side to help you achieve your goals.

### Cardio Training

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

### Pilates

The Pilates technique 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 water and allows a thorough muscle workout. Improves blood circulation and functional cardiovascular capacity.

### Aquabiking

This sport is an underwater spinning activity. It develops muscle and cardiovascular endurance. The known benefits are in-depth workout of the thighs, buttocks and abdomen muscles and stimulation of cellulite reduction.

### Ocean Shore Coasteering

A dynamic form of walking that is performed in the ocean, or on dry or wet sand. The unstable surface of the sand and the resistance of the water make it possible to use all muscles and tone your silhouette. As a bonus, the invigorating sea air will help recharge your body with minerals and trace elements.

### Aquatic Walking

Calorie-burning efficient and wellness enhancer, this sportive activity consists of reproducing walking or running movements in an aquatic environment.

# LOREAMAR YOUR PRACTICAL HOLIDAY

## HYGIENE AND SAFETY RULES

- For the sake of their comfort, hotel guests are requested to wear the provided bathrobe to come to the spa.
- It is mandatory to wear the provided slippers to access the entire thalassotherapy facility.
- It is mandatory to shower and transit through the footbath before entering the pool.
- Only shorty and swim brief are allowed for men (baggy swim shorts or trunks or surfer swimwear are not permitted).
- Only tight-fitting bikini or one-piece bathing suit are allowed for women (string, monokini and complete nakedness are not permitted).
- We recommend that guests bring along two (2) lycra or synthetic swimsuits.
- For safety reasons, access to the thalassotherapy facility and treatments are reserved for guests over 16 years old (excluding special treatments).
- Bring suitable clothing and sport shoes to access the fitness area.
- For treatments, disposable underwears are provided.

## ORGANISATION

- All our practitioners are trained and qualified from accredited centres.
- They perform massages, wellness and relaxation treatments.
- Our team, being composed of both 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 prior to your scheduled treatment.
- If you are delayed, your treatment shall be shortened or cancelled or postponed according to availability.
- Treatments are scheduled alternately in the morning or afternoon and may be subject to change.
- Loreamar Thalasso & Spa reserves the right to change the order of treatments.

## INFORMATION

- A proper medical certificate of aptitude for thalassotherapy must be presented upon your arrival for any treatment reservation.
- Be aware that our treatment programmes are not entirely covered by social security.
- In order to preserve tranquillity and harmony in the Spa, we request that mobile phones and other electronic devices be turned off.
- We are not responsible for any loss or damage of your personal belongings (jewelry, watch, etc.)
- 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 a hotel guest).

# GENERAL SALES CONDITIONS

## PRICES

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

## RESERVATIONS

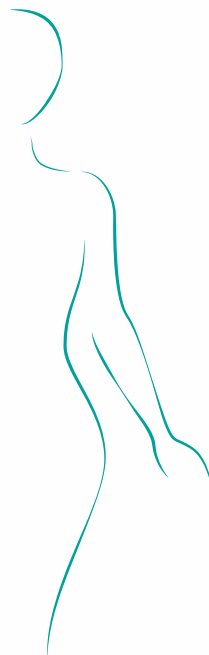
- For guests not staying at the hotel, a credit card shall be required to secure any appointment.
- All reservations shall be confirmed upon receipt of the deposit according to the General Sales Conditions.
- Rooms are available as of 3 pm and must be vacated before 12 noon.
- For safety reasons, access to and treatments at the thalassotherapy center are reserved for guests over 16 years old (excluding special treatments).

## CANCELLATIONS

- A written cancellation is required from the client in order to be accepted.
- The amount for treatments will be due in full for any cancellation of your reservation less than 24 hours before the scheduled appointment.
- Any treatment cancellation occurring:
  - Over 7 days before the date of arrival shall result in the complete 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](#).





LOREAMAR  
THALASSO & SPA

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*Saint-Jean-de-Luz*