

LOREAMAR THALASSO & SPA



2021 EDITION



GRAND HÔTEL
T H A L A S S O & S P A

Saint-Jean-de-Luz

LOREAMAR THALASSO & SPA

Intimate & Unique

Directly sitting on the beach and overlooking the Atlantic Ocean, [Loreamar Thalasso & Spa](#) offers a most refined decor, enhanced by the caressing natural light on shells, exotic woods, pebble fountains and shimmering blue sheers.

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

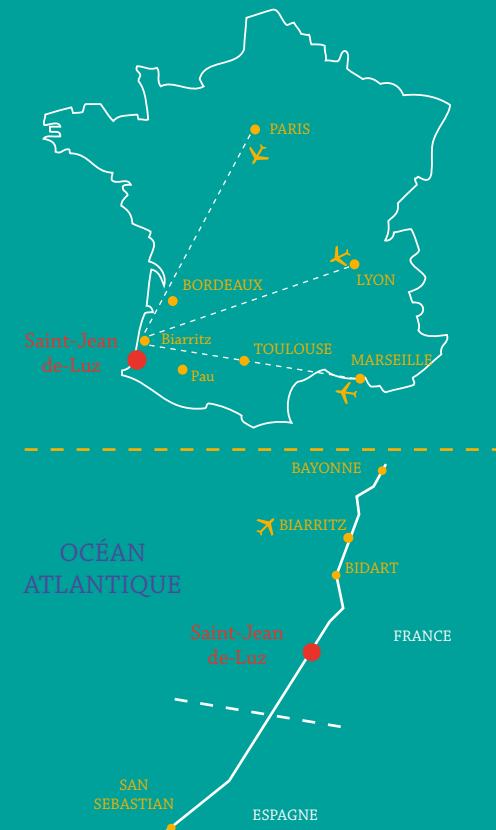
All spa treatments have been developed by our teams of specialists.

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. This small picturesque town is perfect for enjoying a stroll to discover its historical past, such as the hosting of Louis XVI's wedding. Lastly, its long sandy beach, sheltered from the wind and swell, will please the eye.

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 « Aho Fina » for dinner are overlooking a magnificent teak terrace facing the Atlantic Ocean.

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

HEALTHY CUISINE

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

HEALTHY 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 within 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 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 that lets you 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
- Institute-Beauty & Rejuvenation Expertise

PERSONALISED & THERAPEUTIC BENEFITS

The intimate size of the Thalasso-Spa, which can accommodate up to thirty 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 • Naturopath

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

Our Treatments Are Developed with the Assistance of :

- **Docteur Blanchemaison**, a vascular physician, specialised in the design of medical spas and the author of studies on cellulite and slimming.
- **Marc Couget**, a recognised-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 PARTNER BRANDS

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

THALION® treatments take you on a discovery of health benefits from the sea, in a universe of unforgettable sensations, combining exclusive techniques with ultra-concentrated formulas of our seawater mineral cosmetics for a complete reconnection to the source of beauty. Experience a unique marine treatment!

SKINCEUTICALS
ADVANCED PROFESSIONAL SKINCARE

SkinCeuticals®dermo-professional skincare products correct the signs of skin ageing and help prevent age-related damage to keep skin healthy and beautiful. The high-performance skincare formulas, whose effectiveness has been scientifically proven through decades of research against skin cancer, are highly concentrated in active ingredients and guarantee high skin absorption.



OUR PHILOSOPHY

TREATMENTS & PROGRAMMES

Combine the therapeutic benefits of seawater with personalised treatments performed by expert therapists.

Our treatments will bring you a concentrate of minerals and trace elements essential to your body such as magnesium, calcium and potassium. Recognised professionals have designed each treatment.

We adapt all our treatments to your needs and wishes.



OUR 5-DAY PERSONALISED TREATMENTS*

1. **Energy and Vitality Wellness Treatment • New**
2. **Well-Being Back Treatment**
3. **Remineralising Marine Treatment**
4. **Detox Regenerating Health Treatment**
5. **Anti-Stress Sleep Treatment**
6. **Silhouette Beauty Treatment**

**Treatment without accommodation starting at € 1300.*

ENERGY AND VITALITY WELLNESS TREATMENT

- Stimulate natural self-defense mechanisms

The human body is designed to adapt, defend and self-correct in case of aggression (traumatic, emotional, toxic, viral, microbial, environmental...). When the aggression exceeds its defense capacity, the organism will be altered. This global and preventive cure aims at activating vital energies and reinforcing the body's natural defenses. It awakens the senses, it allows you to find and reconnect with yourself. Chronic pain is relieved and muscles are relaxed. The body and mind are balanced, providing an inner well-being.

Objectifs :

- Strengthen our ability to live a healthy lifestyle
- Trigger natural self-correction mechanisms
- Increasing awareness of one's body and emotions

Extra day on request.

Loreamar reserves the right to modify the order in which treatments are performed.

PROGRAM

DAY 1

- Welcome and Pretreatment Analysis
- Naturopathy Consultation (75 min)
- Sea Salt Body Scrub (20 min)
- Regenerating and Revitalising Wrap (20 min)
- Seated Amma Massage (25 min)

DAY 2

- Physical Activity (45 min)
- Marine Algae Balneotherapy (20 min)
- Draining and Energising Massage (50 min)
- Microkinesitherapy Session (50 min)

DAY 3

- Active Yoga / Stretch Workout (45 min)
- Regenerating and Revitalising Wrap (20 min)
- Draining Underwater Shower (15 min)
- Seawater Affusion Massage (20 min)
- Energising Facial Treatment (60 min)

DAY 4

- Physical Activity (45 min)
- Laminar Balneotherapy (20 min)
- Regenerating and Revitalising Wrap (20 min)
- Belly & Scalp Massage (50 min)

DAY 5

- Active Yoga / Stretch Workout (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Plantar and Palmar Reflexology (50 min)
- Facial and Scalp Massage (50 min)
- Spa Treatment Appraisal



- Personalised Coaching Session - Back (max 4 people).
- Draining, slimming, antioxydant beverages offered at the end of each treatment.
- Marine complex supplements recommended.
- Healthy Cuisine menu with full board accommodation recommended for optimal effect.
- Aquatic osteopathy session to improve body's mobility (extra charge, booking required).

WELL-BEING BACK TREATMENT

▪ Take back control of you back!

The backbone of our posture, our back is constantly being appealed. Not only does it have to adapt to every movement of our daily lives, but also every emotional situation we encounter. This treatment offers you an optimal programme of marine treatments, specific massages and activities acting in synergy for the well-being of your back. Reclaim the fundamental rhythms of your body, free yourself from your aches and pains and regain harmony and serenity in your spine.

Objectives:

- Relax the back muscles
- Release your tensions
- Strengthen your posture
- Regain joint range of motion and improve flexibility

Extra day on request.

Loreamar reserves the right to modify the order in which treatments are performed.

PROGRAM

DAY 1

- Welcome to the Spa
- Osteopathy Session (50 min)
- Sea Salt Scrub (20 min)
- Relaxing Seawater Affusion Shower (10 min)
- Detoxifying Seaweed Back Wrap (20 min)
- Back and Nape Massage with Marine Magnesium (25 min)

DAY 2

- Personalised Coaching Session - Back (50 min)
- Seaweed Balneotherapy (20 min)
- Remineralising Algae Body Wrap (20 min)
- Deep Tissue Massage (50 min)

DAY 3

- Yoga / Active Stretching Workshop (50 min)
- Seaweed Balneotherapy (20 min)
- Seawater Affusion Back Massage (20 min)
- Korean Relaxation (25 min)
- Belly & Scalp Massage (50 min)

DAY 4

- Personalised Coaching Session - Back (50 min)
- Relaxing Underwater Lumbar Shower (15 min)
- Marine Magnesium Back Wrap (20 min)
- Energising Massage (50 min)

DAY 5

- Yoga / Active Stretching Workshop (50 min)
- Relaxing Seawater Affusion Shower (10 min)
- Back and Nape Massage with Marine Magnesium (25 min)
- Instant Pleasure Facial Care (30 min)
- End of Treatment Assessment & Advice for a Lasting Effect



- *Personalised Coaching Session - Back (max 4 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*
- *Aquatic osteopathy session to improve body's mobility (extra charge, booking required).*

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 nutrients to rebalance 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 reserves the right to modify the order in which treatments are performed.*

PROGRAM

DAY 1

- Welcome to the Spa
- Sea Salt Scrub(20 min)
- Seaweed Balneotherapy (20 min)
- Draining Underwater Shower (15 min)
- Personalised Marine Magnesium Oil Massage (50 min)

DAY 2

- Physical Activity (45 min)
- Marine Calcium Balneotherapy (20 min)
- Seawater Affusion Massage (20 min)
- Marine Calcium Body Wrap(20 min)
- Personalised Marine Calcium Massage (50 min)

DAY 3

- Physical Activity (45 min)
- Marine Potassium Balneotherapy (20 min)
- Jet Shower(10 min)
- Marine Potassium Body Wrap (20 min)
- Personalised Marine Potassium Massage (50 min)

DAY 4

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Body Wrap (20 min)
- Personalised Marine Magnesium Massage (50 min)

DAY 5

- Physical Activity (45 min)
- Seawater Affusion Massage (20 min)
- Marine Magnesium Body Wrap (20 min)
- Remineralising Facial Care (60 min)
- End of Treatment Assessment



- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*



DETOX REGENERATING HEALTH TREATMENT

- Eliminate toxins to age well and live better

Pesticides, additives, and other harmful elements invade and disrupt our body, resulting in skin, joints and digestive 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 immune system
- Restore shape and vitality

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

PROGRAM

DAY 1

- Personalised Detox Review
- Osteopathy Session (45 min)
- Sea Salt Body Scrub (20 min)
- Fucus & Laminaria Detox Body Wrap (20 min)
- Detoxifying Body Massage (50 min)

DAY 2

- LPG Endermolift® Session - Detox Belly Zone (20 min)
- Pressotherapy (30 min)
- Jet Shower (10 min)
- Flat Belly Special Care(50 min)
- Physical Activity (45 min)

DAY 3


- Physical Activity (45 min)
- Laminaria Balneotherapy (20 min)
- Fucus & Laminaria Detox Body Wrap (20 min)
- Manual Lymphatic Drainage and Icy Toning Gel Application (60 min)

DAY 4

- LPG Endermolift® Session - Detox Belly Zone (20 min)
- Laminaria Balneotherapy (20 min)
- Detox Back Massage(25 min)
- Pressotherapy (30 min)
- Physical Activity (45 min)

DAY 5

- Physical Activity (45 min)
- Draining Underwater Shower (15 min)
- Fucus & Laminaria Detox Body Wrap (20 min)
- Thai Reflexology Foot Massage (25 min)
- Regenerating Facial Care (60 min)
- End of Treatment Assessment & Advice for a Lasting Effect

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- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
 - *Endermology Session - Detox Belly Zone to optimise results.*
 - *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
 - *Marine complex supplements recommended.*
 - *Healthy Cuisine 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 between mind and body
- Learn to let go

Extra day on request.

Loreamar reserves the right to modify the order in which treatments are performed.

PROGRAM

DAY 1

- Personalised Pretreatment Diagnosis, Stress Assessment
- Sea Salt Scrub (20 min)
- Marine Magnesium Body Wrap(20 min)
- Personalised Marine Magnesium Oil Massage (50 min)

DAY 2

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Korean Relaxation (25 min)
- Acupuncture Session (50 min)
- Back & Nape Massage with Marine Magnesium Oil (25 min)

DAY 3

- Yoga/Stretching & Dynamic Relaxation Workshop (45 min)
- Seawater Affusion Shower (10 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Body Wrap (20 min)
- Belly & Scalp Massage (50 min)

DAY 4

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Body Wrapn (20 min)
- Personalised Marine Magnesium Oil Massage (50 min)

DAY 5

- Yoga/Stretching & Dynamic Relaxation Workshop (45 min)
- Seawater Affusion Massage (20 min)
- Plantar and Palmar Reflexology (50 min)
- D-Stress Facial Care (60 min)
- End of Treatment Assessment & Advice for a Lasting Effect



- Yoga/Stretching & Dynamic Relaxation Workshop (max 4 people).
- Draining, slimming, antioxydant beverages offered at the end of each treatment.
- Marine complex supplements recommended.
- Healthy Cuisine menu with full board accommodation recommended for optimal effect.
- Aquatic Osteopathy Session to fully let go (extra charge, on reservation).).



SILHOUETTE BEAUTY TREATMENT

▪ Fight cellulite and firm up your body

The Silhouette Beauty 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 reserves the right to modify the order in which treatments are performed.

PROGRAM

DAY 1

- Personalised Silhouette Review
- LPG Endermolift® Complete Body Session (40 min)
- Sea Salt Body Scrub (20 min)
- Tri-Active Slimming Wrap (20 min)
- Physical Activity (45 min)

DAY 2

- Personalised LPG Endermolift® Body Session (20 min)
- Pressotherapy (30 min)
- Jet Shower (10 min)
- THALION® Cellu'Contour Massage (50 min)
- Physical Activity (45 min)

DAY 3

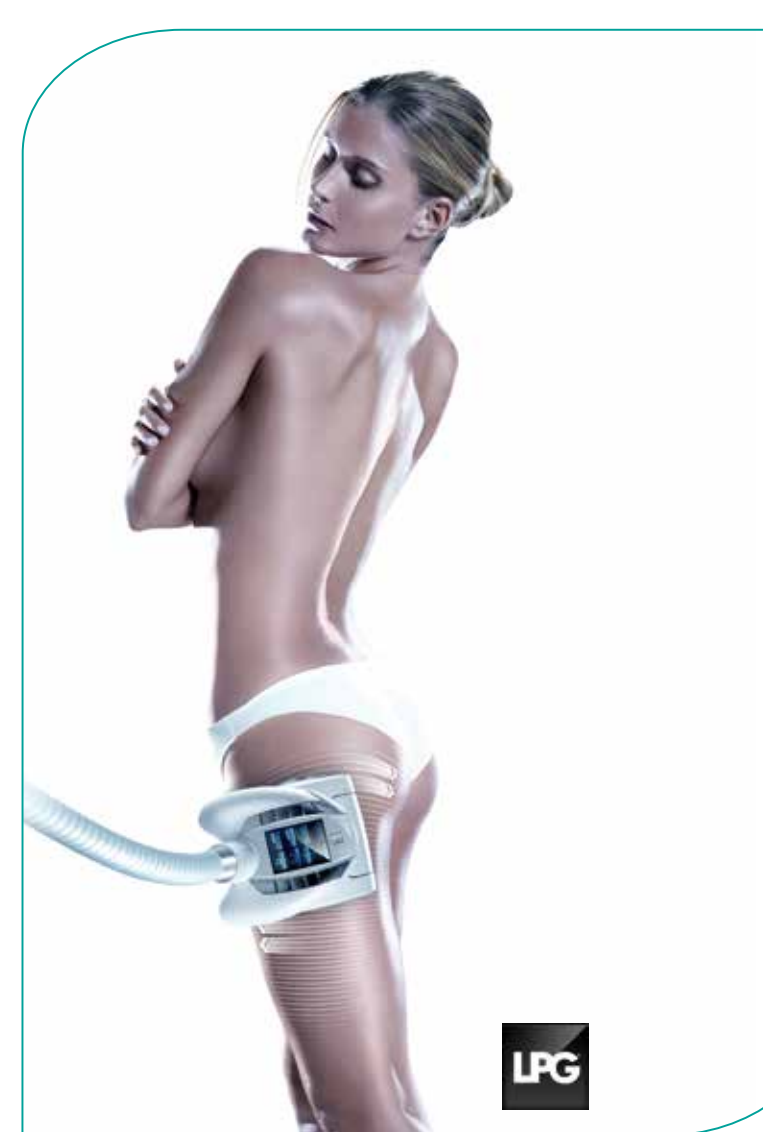
- LPG Endermolift® Complete Body Session (40 min)
- Draining Underwater Shower (15 min)
- Fucus & Laminaria Slimming Body Wrap (20 min)
- Physical Activity (45 min)

DAY 4

- Personalised LPG Endermolift® Body Session (20 min)
- Jet Shower(10 min)
- Fucus & Laminaria Balneotherapy(20 min)
- THALION® Cellu'Contour Massage (50 min)
- Physical Activity (45 min)

DAY 5

- LPG Endermolift® Complete Body Session (40 min)
- Jet Shower(10 min)
- Tri-Active Slimming Wrap (20 min)
- Radiance Facial Care (60 min)
- End of Treatment Assessment & Advice for a Lasting Effect



- Targeted endermology sessions, combined with physical or aquatic activity sessions (max 8 people), to be performed at the end of treatment to optimise results.
- Draining, slimming, antioxydant beverages offered at the end of each treatment.
- Marine complex supplements recommended.
- Healthy Cuisine menu with full board accommodation recommended for optimal effect.



OUR 3-DAY PERSONALISED TREATMENTS*

1. 1-2-3 Ocean Beauty Treatment
 2. 1-2-3 Detox Treatment
 3. 1-2-3 Marine Treatment
 4. 1-2-3 De-Stress Treatment
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**Treatment without accommodation starting at € 750.*



1-2-3 OCEAN BEAUTY TREATMENT

- Enjoy a beauty and silhouette break

PROGRAM

DAY 1 :

- Expert Facial Beauty Diagnosis (15 min)
- Sea Salt Scrub (20 min)
- Seawater Affusion Massage (20 min)
- Endermolift® Cellular Regeneration Face Care (50 min)

DAY 2 :

- Physical Activity (45 min)
- Jet Shower (10 min)
- Slimming Body Wrap (20 min)
- Cellu'Contour Massage (50 min)

DAY 3 :

- Physical Activity (45 min)
- Fucus & Laminaria Balneotherapy (20 min)
- LPG Endermolift® Eye Care (20 min)
- Expert Facial Care (60 min)

- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*



1-2-3 DETOX TREATMENT

- A seaweed and action-packed detoxifying treatment

PROGRAM

DAY 1

- Sea Salt Body Scrub (20 min)
- Fucus & Laminaria Detox Body Wrap (20 min)
- Detox Body Massage (50 min)

DAY 2

- Physical Activity (45 min)
- Jet Shower (10 min)
- Laminaria Balneotherapy (20 min)
- Flat Belly Special Care (50 min)

DAY 3

- Physical Activity (45 min)
- Draining Underwater Shower (20 min)
- Fucus & Laminaria Detox Body Wrap (20 min)
- Manual Lymphatic Drainage and Icy Toning Gel Application (60 min)
- Icy Gel Toning Massage for Legs (25 min)

- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*



1-2-3 MARINE TREATMENT

- The vitality of mineral and marine therapies

PROGRAM

DAY 1

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

DAY 2

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Body Wrap (20 min)
- Personalised Marine Magnesium Massage (50 min)

DAY 3

- Physical Activity (45 min)
- Marine Calcium Balneotherapy (20 min)
- Marine Calcium Body Wrap (20 min)
- Remineralising Facial Treatment (60 min)

- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*



1-2-3 DE-STRESS TREATMENT

- An escape for body and mind

PROGRAM

DAY 1

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

DAY 2

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Korean Relaxation (25 min)
- Plantar and Palmar Reflexology (50 min)

DAY 3

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Loreamar Signature Massage (50 min)
- D-stress Facial Care (30 min)

- *Aquatic or physical activity session available in the morning or afternoon (max 8 people).*
- *Draining, slimming, antioxydant beverages offered at the end of each treatment.*
- *Marine complex supplements recommended.*
- *Healthy Cuisine menu with full board accommodation recommended for optimal effect.*

OUR RITUALS

90 minutes of pure relaxation

LOREAMAR (90 min) € 200

- Seaweed Balneotherapy (20 min)
- Remineralising Seaweed Body Wrap (20 min)
- Loreamar Signature Massage (50 min)

BEAUTY & RELAXATION (90 min) € 200

- Sea Salt Body Scrub(20 min)
- Seawater Affusion Massage (20 min)
- Personalised Facial Care (50 min)

SACRED EARTH (90 min) € 200

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

POLYNESIAN ESCAPE (90 min) € 200

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





À LA CARTE TREATMENTS

- 1 Body Treatments**
 - Massages
 - Ocean Treatments
 - Specific Treatments
- 2 Silhouette Beauty Treatments**
 - LPG® Endermology Face & Body
 - Mostleds Therapy
 - Lymphatic Drainage
 - Cellu'Contour Massage - Flat Belly Zone
- 3 Facial Beauty Treatments**
 - SkinCeuticals® Treatments
 - THALION® Treatments
- 4 Kids Spa Breaks**
 - Massage treatments for 6 to 13
 - Aquatic activities
- 5 Coaching & Fitness**



MASSAGES*

25 min € 65 • 50 min € 110

Energetic Signature Massage (50 min)

Holistic and traditional massage, based on physical and spiritual principles, mobilising vital energy throughout the body to overcome energy flow disturbance. Simultaneously relaxing and invigorating, this very enveloping massage alternates between pressure and rhythmic movements using various massage strokes such as gliding, kneading and percussive. It thus promotes deep relaxation and revitalisation of the whole body.

Gentle and Relaxing Massage (25 min/ 50 min)

Gentle massage that promotes relaxation and releases stress, using soft and enveloping movements combined with gliding pressure techniques.

Deep Tissue Massage (50 min / 80 min)

Deep tissue massage with a draining, relaxing and strengthening action. Different techniques and movements are used to stimulate self-regulating functions. It provides great muscle relaxation, promotes a better range of motion, and harmonises the whole body.

Sports Massage (50 min)

Dynamic massage that strengthens muscle tone, promotes venous and lymphatic circulation in order to improve muscle recovery, thanks in particular to deep-tissue manipulation and vigorous kneading strokes.

Plantar and Palmar Reflexology (50 min)

Stimulating, massaging, and exerting pressure in specific points, known as reflexes, of the hands and feet to relieve everyday ailments and bring well-being and serenity.

Belly & Scalp Massage (50 min)

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

Loreamar Massage (50 min)

Inspired by the movement of the ocean waves, this massage combines slow and deep enveloping techniques to improve energy flow in the body. It helps to rebalance and harmonise body and mind. This massage, performed using only the forearms, soothes the soul while providing absolute muscular relaxation.

Seated Amma Massage (25 min)

A very effective and powerful relaxing massage based on the principles of traditional Japanese medicine. Engaging all the meridian lines on specific points using various hand techniques, this seated massage stimulates the nervous and circulatory systems. It leads to unblocking energies resulting from physical or emotional stress. It provides an immediate boost in energy and relaxation. (clothed massage)

Korean Relaxation (25 min)

Using only gentle undulating movements, the massage therapist relieves tension that cumulated progressively in muscular tissues and contracted articulations. This experience provides a deep sense of relaxation and enables you to completely let go... (without massage oil)

Face & Scalp Massage (25 min)

Based on Ayurvedic principles, this massage technique activates local microcirculation and promotes relaxation by driving out stress and anxiety.

**Except for Korean Relaxation, all our massages are available in a double cabin, according to availability.*



OCEAN TREATMENTS

Body Scrubs € 65 (20 min)

Remineralising Sea Salts

This beauty action eliminates dead skin, leaving it softer and fully regenerated.

Body Wraps € 60 (20 min)

Soin idéal pour purifier, hydrater la peau, atténuer les douleurs musculaires et reminéraliser le corps.

- Seaweed Remineralising/ Slimming/ Detoxifying Body Wraps
- Relaxing Chocolate Body Wrap
- Nourishing Coconu Body Wrap

Complete your treatment with a Sea Salt Body Scrub to accentuate the benefits of your body wrap.

Seawater Hydromassage Baths € 45 (20 min)

Combined with a head to toe hydromassage, immersion in warm seawater promotes penetration of trace elements and mineral salts.
(Seaweed/ Essential Oils/ Marine Magnesium)

Underwater Shower € 45 (15 min)

Steered by a hydrotherapist, this powerful underwater hydromassage jet helps drain and relax muscle and joint stiffness.

Jet Shower € 40 (10 min)

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

Seawater Affusion Massage € 65 (20 min)

Heated seawater droplets are sprayed over the body and absorbed by the skin, enabling it to recharge in mineral salts and trace elements. A gentle rain of seawater completes the treatment.

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

Manual therapy that removes joint blockages from the body, thus improving its functions. It restores mobility and balance between joints, organs, tissues and venous systems.

Acupuncture (50 min) € 110

A key component of traditional Chinese medicine, acupuncture is based on an energetic and holistic approach. Needles inserted into the surface of the skin stimulate precise acupuncture points to strengthen the self-regulating processes, organic, physiological and psychic functions.

Naturopathy Consultation (60 min) 120 €

Naturopathy is a natural and holistic approach to health. During a personalised expert diagnosis, the naturopathic practitioner studies the person's terrain, identifies deficiencies, overloads and imbalances. He or she then proposes natural corrective measures to cleanse the body, relieve symptoms and restore vital energy.

Microkinesitherapy (50 min) 110 €

Gentle manual technique performed by a microkinesitherapist that contributes to health and well-being by helping the body of the patient to fight against physical or emotional dysfunction.



BEAUTY & SILHOUETTE TREATMENTS

LPG Endermolift® Facial Care € 65
(30 min)

This high-performance treatment is specifically designed to prevent and decelerate the ageing process of the delicate tissues of the face, neck and décolleté. Fine lines are reduced by LPG Lifts that deliver micro beats on the skin's surface to deeply stimulate youth cells.

LPG Endermolift® Facial Care € 40
(Specific area • 15 min)

As a complement to the LPG Endermolift® Facial Care, this treatment treats a specific area of the face.

LPG Endermolift® Body € 85
(40 min)

Body treatment targeting aqueous and/or adipose cellulite. The combination of mechanical 'vacuum' massage and draining percussion techniques on water retention zones and/or adipocytes provide visible improvement of skin quality.

LPG Endermolift® First Body € 100
(Body + Assessment • 60 min)

In this introductory session, the treatment is preceded by an assessment to define the target programme.

LPG Endermolift® Body € 50
(Specific area • 20 min)

As a complement to the LPG Endermolift® Body, this treatment treats a specific area of the body.

Subscription to LPG Endermolift® Facial or Body is available: ask for details.

High Power Mostleds Therapy € 60
(Face or Body • 20 min)

The photobiomodulation by LED lights, used as a facial 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.

Manual Lymphatic Drainage 110 €
(50 min)

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® Flat Belly Target Area € 110
(50 min)

This treatment with marine active ingredients is designed to reduce waist size, to regain comfort, lightness and suppleness of the abdomen and firmer skin. It provides an anti-stress and relaxing effect by lowering cortisol through the marine magnesium intake.

THALION® Cellu'Contour Massage € 110
(50 min)

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



SKINCEUTICALS® FACIAL CARE



SkinC Supreme Treatments **90 min for € 190**
SkinC Expert Treatments **60 min for € 150**
SkinC Flash Treatment **30 min for € 90**

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

SkinC Supreme Anti-Ageing Care € 190 (90 min)

This facial beauty treatment smooths out wrinkles deep down, firms the skin and boosts radiance. It combines diverse modelling (back, scalp, face and décolleté) using the highly-effective anti-wrinkle mature skin treatment, 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 € 150 (60 min)

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

SkinC Flash Treatment € 90 (30 min)

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 Smoothing Contour Treatment

EN SUPPLÉMENT SUR LES SOINS VISAGE

- **The LED Mask**

+ 15 min SkinC Expert Anti-Blemish Radiance Treatment, with a supplement of only € 15 on your treatment.

- **LPG Endermolyft® Specific Facial Care**

+ 15 min with a supplement of only € 25 on your treatment.



THALION® FACIAL CARE

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

Radiance & Energy € 130 (60 min)

This energy-boosting treatment, combining concentrated marine active ingredients and super-algae with regenerating power and associated with pumping/draining techniques, energises tired skin that lacks radiance. Balanced, evened out and revitalised, the skin appears more radiant, full of life.

Instant Beauty € 80 (30 min)

Express radiance. Following assessment, the beautician offers to work either on the eye contour, a target or problem area, or offers overall treatment.
Cleansing – Make-up Removal – Exfoliation – Mask Application – Skincare.

Ocean Secret € 170 (90 min)

This exceptional anti-ageing treatment reveals the beauty of every woman. At the heart of this treatment, a unique massage redefines the contour of the face and tightens the features. Acting as a genuine manual facelift, it combines deeply relaxing gestures with technical manoeuvres to reshape the natural architecture of the skin and offers a unique sensorial experience. A technological feat, precious dermo-cosmetic 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.

Facial Oxygen Booster € 110 (For MEN • 50 min)

High-tech treatment combining performance and relaxation for a 100% effective result. Goal: restore tonus and firmness, thanks to deep sculpting of the scalp, face, neck and trapezius — 50-minute toward a stronger and more energetic skin.





KIDS SPA BREAKS

Massage treatments (6 to 13 years old)**

Parent-Child Relaxing Massage (50 min) € 100

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

Wellness Massage (25 min) € 50

A massage that allows children to relax deeply and get a better understanding of their body in order to make the most of their motor skills.

Korean Relaxation (25 min) € 50

This original 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) € 35

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

Aquatic activities (from 3 years old)

Aquatic Awakening (30 min) € 30

(reserved for toddlers aged 3 to 6)

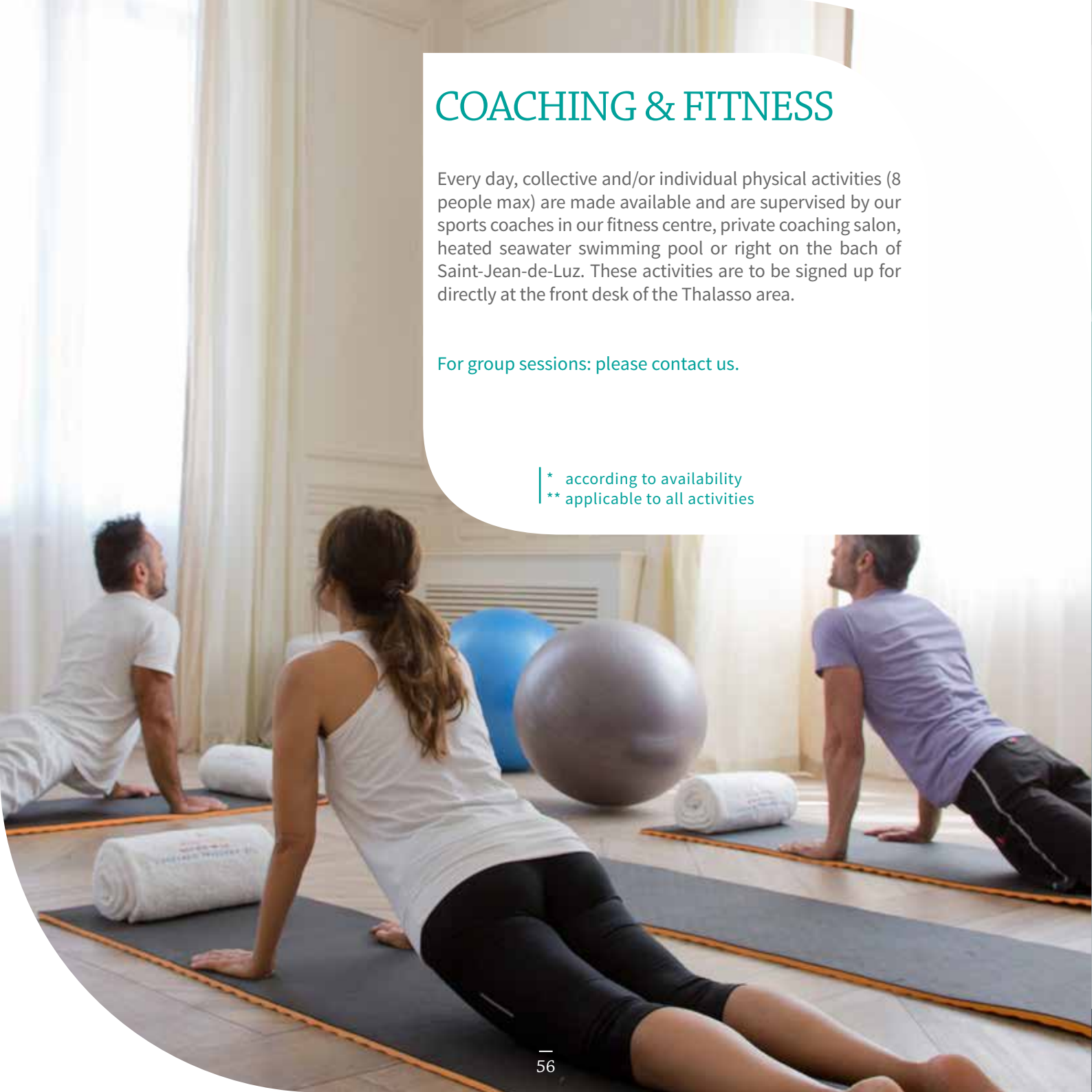
An discovery approach to become familiarise and gain autonomy in the water.

Swimming Lesson (30 min) € 30

(starting at age 6)

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

***Valid for massage treatments*



COACHING & FITNESS

Every day, collective and/or individual physical activities (8 people max) are made available and are supervised by our sports coaches in our fitness centre, private coaching salon, heated seawater swimming pool or right on the bach of Saint-Jean-de-Luz. These activities are to be signed up for directly at the front desk of the Thalasso area.

For group sessions: please contact us.

* according to availability
** applicable to all activities

Sports Coaching Session **	30 min	50 min
Individual Sports Coaching Session	€ 50	€ 80
5 Individual Sports Coaching Sessions	€ 230	€ 350
10 Individual Sports Coaching Sessions	€ 420	€ 650
Duo Sports Coaching Session		€ 60/ person
Trio Sports Coaching		€ 50/ person
Adult Swimming Lesson	€ 40	

Discover our Coaching and Fitness Courses

- Customised Individual Training/Coaching
- Cardio Training
- Pilates
- Gym ball
- Stretching
- Gentle/Tonic Water Aerobics
- Aquabiking
- Coastering
- Aquatic Walking

YOUR PRACTICAL HOLIDAY AT LOREAMAR

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-spa 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, and complete nakedness 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-spa facility and treatments are reserved for guests over 16 years of age (excluding special treatments for the youngest).
- Bring suitable clothing and sports 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 rescheduled according to availability.
- Treatments are scheduled alternately in the morning or afternoon and may be subject to change.
- Loreamar 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 tranquility 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 or your room (if you are a hotel guest).

GENERAL CONDITIONS OF SALE

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.

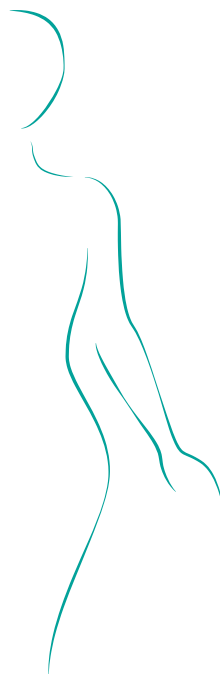
RESERVATIONS

- 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 Conditions of Sale.
- 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 of age (excluding special treatments for the youngest).

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 stay shall result in the full payment of the services reserved.

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



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LOREAMAR
THALASSO & SPA

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