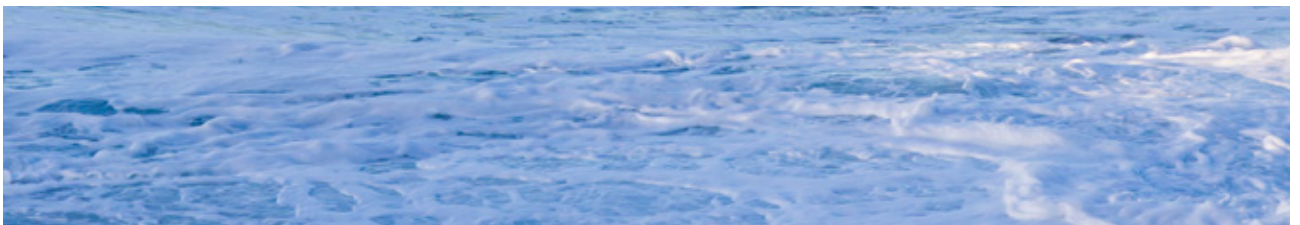




LOREAMAR
THALASSO & SPA

Saint-Jean-de-Luz

Unique & Intimate



2022 Edition



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GRAND HOTEL THALASSO & SPA*****

Saint-Jean-de-Luz, Basque Coastline

A Unique Luxury Wellness Experience

Overlooking the Atlantic Ocean, Grand Hôtel Thalasso & Spa is the mythical hotel of Saint-Jean-de-Luz. Its yesteryear architectural assets stand out with elegance in its Art Deco-inspired setting, promising a blissful stay under the sign of luxury, serenity, and well-being. Bright, spacious, and very comfortable, the rooms and suites with their ocean-facing terrace offer breathtaking views.

Location & Access



• **Biarritz Airport**
20 min by taxi

• **Car**
Pau: 1 hr
Bordeaux: 2 hrs
Toulouse: 3 hrs



• **Train**
Direct TGV from Paris
► Saint-Jean-de-Luz: 4.5 hrs





AHO FINA

The Grand Hôtel Gourmet Restaurant

In a cosy and elegant ambience, our gourmet restaurant, AHO FINA, welcomes you to a splendid view overlooking the bay of Saint-Jean-de-Luz.

The Chef and his brigade offer you a refined and savoury healthy cuisine anchored in the local Soutwestern roots. The finest quality produces are sourced from our trusted network of local farmers and producers. At AHO FINA, fine cuisine and well-being go hand in hand. Our Chef, eager to please your palate, elaborates a light and modern gourmet cuisine with nutritious and flavourful dishes from breakfast to dinner.

Our dining room staff will warmly greet you in a cosy and inviting atmosphere. AHO FINA is open from Monday to Sunday for lunch from 12:00 to 2:00 pm and dinner from 7:30 to 9:00 pm. Reservation required.

FOOD & BEVERAGE PLANS

BED & BREAKFAST

Buffet breakfast is served from 7:30-10:30 am at the AHO FINA restaurant or in-room continental breakfast from 7:00-11:00 am.

Price: €32 PPPD

HALF-BOARD

This plan includes breakfast and dinner (a 3-course daily menu, excluding drinks).

Price: €85-95 PPPD

FULL BOARD

This plan includes breakfast, lunch, and dinner (a 3-course daily menu for both meals, excluding drinks).

Price: €130-140 PPPD

LOREAMAR THALASSO & SPA

On the Edge of the Ocean

Sitting on the beachfront with the Atlantic Ocean as its only vista, Loreamar Thalasso & Spa offers 1,000 m² dedicated to relaxation and well-being — a unique and exclusive wellness sanctuary on the shore of the Basque Country.

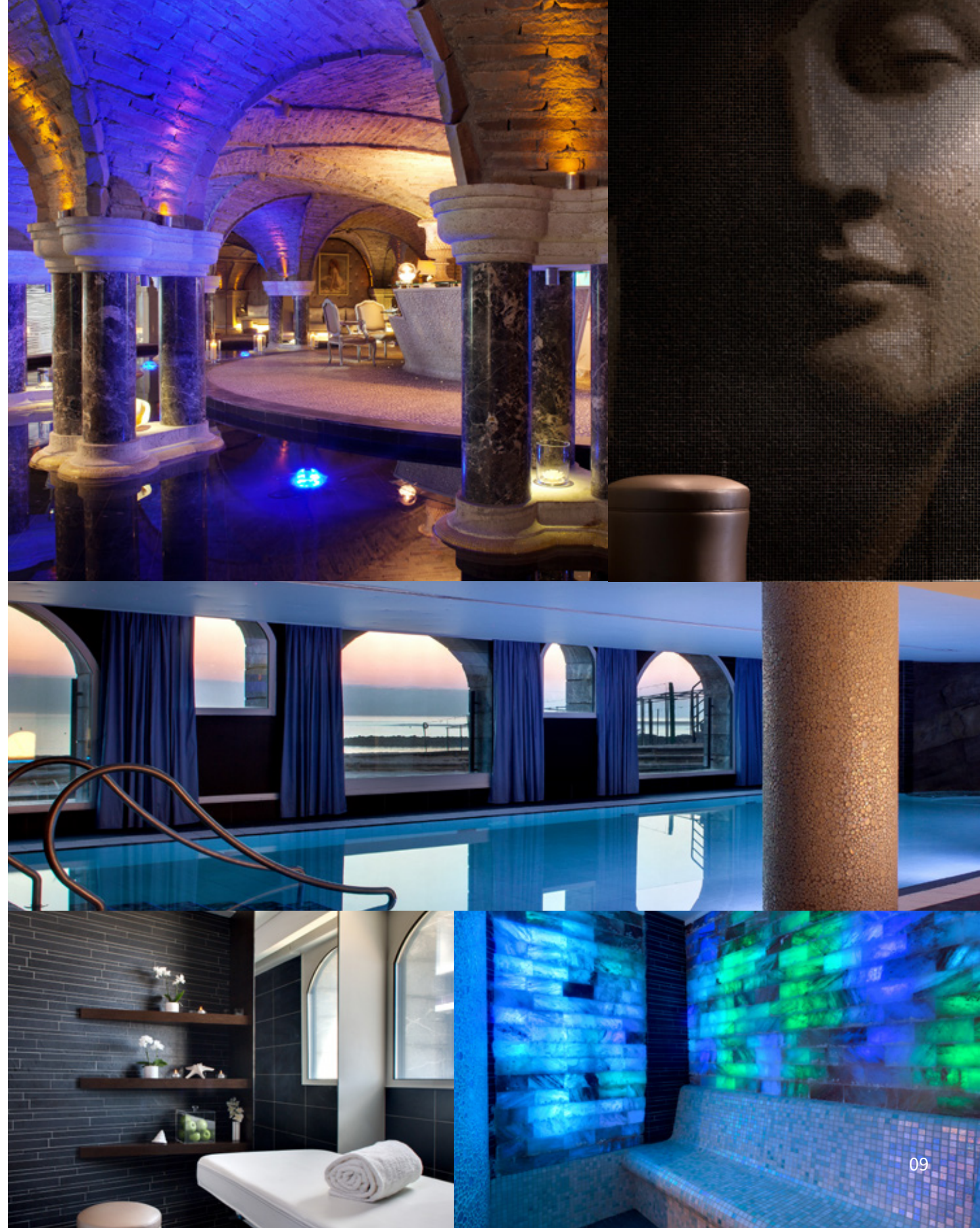
Cosy, elegant and intimate, our seawater Thalasso & Spa offers tailor-made treatments to best suit your needs and desires.

The indoor heated seawater pool overlooking the bay of Saint-Jean-de-Luz mirrors the ocean's waves, conferring a unique feel to the whole setting.

A haven of peace and relaxation, providing you with the best fitness and well-being treatment programmes devised by our therapeutic experts.

Therapeutic Benefits of Tailored Wellness Care

- Comprehensive and individualised care to meet the unique needs of each spa guest.
- Individual guidance throughout your spa experience.
- Generic and specific assessments on spa treatment entry and exit.
- Treatments and massages adapted to each specific theme.
- Personalised wellness coaching sessions.
- Aquatic or outdoor physical activity sessions in small groups.
- Seaweed, plant-based beverages and herbal teas with draining, slimming and antioxydant properties.



LOREAMAR THALASSO & SPA

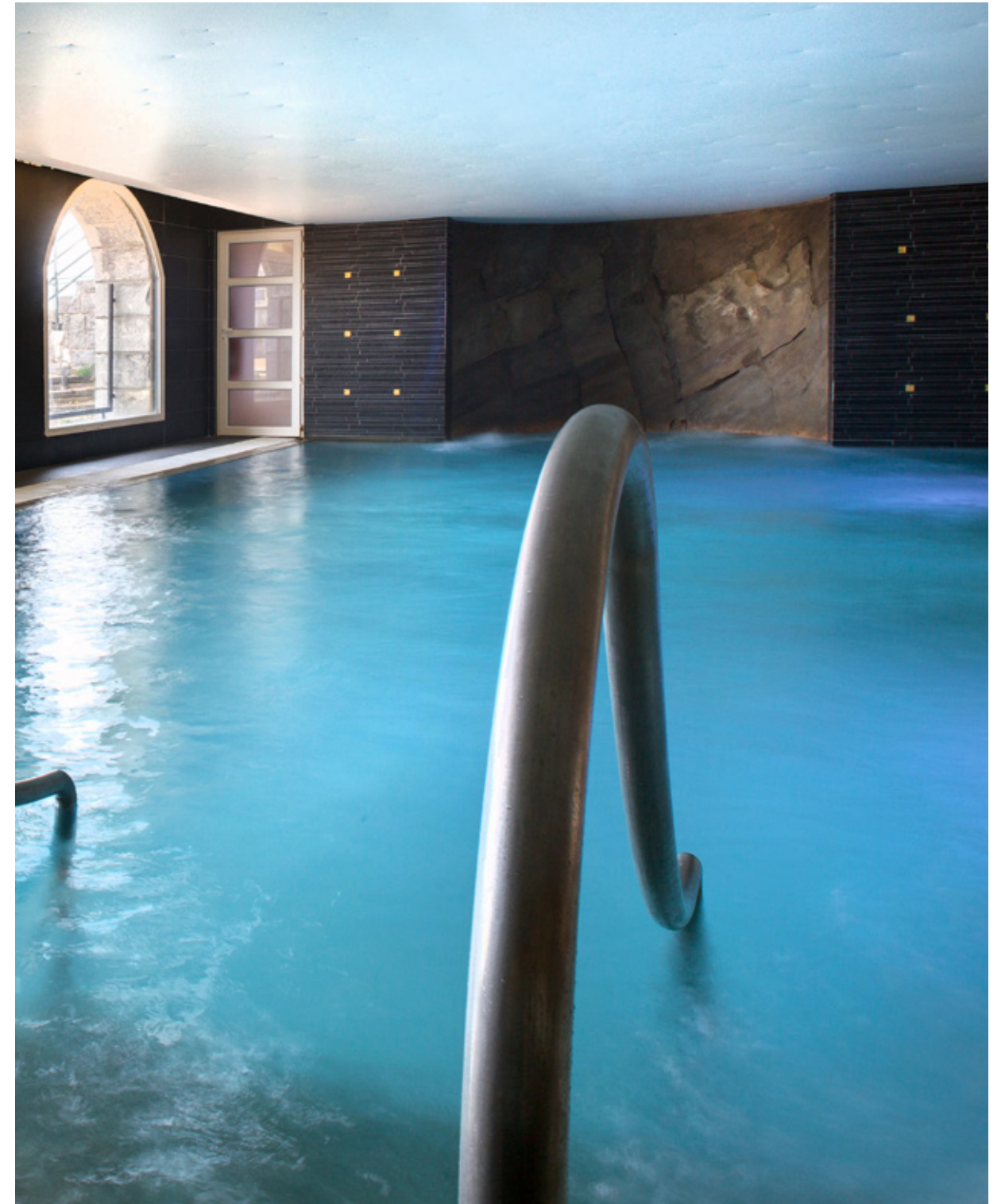
A Team of Experienced Professionals

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

Osteopath • Acupuncturist • Naturopath • Sports Coach •
Aestheticians • Massage Therapists • Hydrotherapists

The Facilities

- 20 treatments booths, including a duo cabin
- Indoor heated seawater pool with multiple jets
- Hammam & sauna
- Himalayan salt stone relaxation room
- Contrast shower
- Cardio & Strength circuit room
- Relaxation area





THE HEALING POWERS OF THE OCEAN: THE ESSENCE OF OUR WELLNESS TREATMENTS

Mineral Revitalising Rituals

by THALION

All cures consist of treatments based on seawater and algae: wraps, massages, jet and underwater showers, hydromassage baths, etc. They benefit from excellent bio assimilation and offer targeted responses to specific needs.

Seawater consists of minerals and trace elements (calcium, potassium, magnesium, etc.) with relaxing, revitalising, detoxifying, and remineralising effects. It also contains phytoplankton, which delivers antiviral and antibacterial substances at a specific temperature.

Marine Calcium is excellent for anti-ageing prevention, joint care and skin softness and suppleness.

Marine Potassium helps regulate fluid balance, muscle contractions and nerve signals. It also provides better circulation support.

Marine Magnesium reduces stress and fatigue. It also increases well-being and muscle relaxation.

THE BENEFITS OF MARINE ALGAE

Swaying plumes of seaweed dance and swirl under the sea in thousand hues, concentrating vital active ingredients essential to our body's proper functioning.

Palmaria – the delicate skin protector – is rich in iron, calcium, magnesium, protein, vitamins A and B, beta-carotene, polysaccharides and carrageenans.

Fucus – the ageless caress – is rich in iodine, vitamins, potassium, and other mineral salts. It drains water and toxins and stimulates the immune system.

Himanthalia – the balancing sea spaghetti – is rich in vitamin C, calcium, magnesium, potassium, and omega-3.

Porphyra – the nurturing suppleness – is rich in calcium, protein, iodine, vitamins A and B, and unsaturated fatty acids.

Laminaria – the deep-sea powerful giant – is rich in vitamins A, B1, B12, C, E, F, K, PP, and protein. Purifying, remineralising, and alkalinising, laminarias are excellent allies against stress, fatigue, cellulite, and muscle soreness.

Ascophyllum – the toning seaweed – is rich in nutrients, protein, calcium, magnesium, potassium, and trace elements (zinc, iron, selenium). It ensures better lipid metabolism and is known for its slimming properties.

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.



OUR 5-DAY SPA BREAKS *

Pamper yourself to a spa getaway and treatment programme to fully replenish your body with essential marine minerals and trace elements — the perfect relaxation indulgence for your body and mind.

Energy & Vitality Revival Treatment - New	18
Absolute Spinal Wellness Treatment	20
Remineralising Marine Treatment	22
Detox & Health Rejuvenating Treatment	24
Beauty Sleep & Stress-Reliever Treatment	26
Silhouette Beautifier Treatment	28

* 5-day wellness treatment without accomodation starting at €1,400.



ENERGY & VITALITY REVIVAL 5-DAY SPA BREAK

Stimulating your *body's* natural defence mechanisms

The human body is designed to defend itself and self-repair in the event of aggression (viral, toxic, microbial, traumatic, emotional, environmental, etc.). When the aggression exceeds its natural immune capacity, it will create an imbalance that will impair the organism.

This complete preventive treatment aims to activate vital energies and reinforce the body's natural defences. In addition, it awakens the senses and allows you to reconnect with yourself, relieving chronic pain and achieving muscle relaxation. The body and mind are balanced, resulting in an absolute sense of well-being.

Objectives

- To achieve optimal health
- To trigger the body's self-healing process
- To increase the physical and emotional awareness

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.



PROGRAM

- | | |
|--|--|
| Day 1 <ul style="list-style-type: none">• Personalised Spa Entry Consultation• Naturopathy Consultation (60 min)• Sea Salt Body Scrub (20 min)• Regenerating & Revitalising Body Wrap (20 min)• Seated Amma Massage (25 min) | Day 4 <ul style="list-style-type: none">• Physical Activity (45 min)• Marine Algae Balneotherapy (20 min)• Regenerating & Revitalising Body Wrap (20 min)• Intense Revitalisation Body Care (50 min) - New |
| Day 2 <ul style="list-style-type: none">• Physical Activity (45 min)• Marine Algae Balneotherapy (20 min)• Energising Massage (50 min)• Microkinesitherapy Treatment (50 min) | Day 5 <ul style="list-style-type: none">• Yoga / Stretching Workshop (45 min)• Marine Magnesium Balneotherapy (20 min)• Plantar and Palmar Reflexology (50 min)• Facial and Scalp Massage (25 min)• End of Treatment Consultation |
| Day 3 <ul style="list-style-type: none">• Active Yoga / Stretching Workshop (45 min)• Regenerating & Revitalising Body Wrap (20 min)• Underwater Shower (15 min)• Seawater Affusion Massage (20 min)• Radiant Energy Facial Care (60 min) | |

ABSOLUTE SPINAL WELLNESS 5-DAY SPA BREAK

Taking back control

The backbone of our posture, our spine, is constantly under strain. 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 ailments, thus regaining harmony and serenity in your spine.

Objectives

- To relax the back muscles
- To release tension
- To improve posture
- To regain joint amplitude and improve spinal flexibility

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.



PROGRAM

- Day 1**

 - Personalised Spa Entry Consultation
 - Osteopathy Treatment (45 min)
 - Sea Salt Body Scrub (20 min)
 - Relaxing Seawater Affusion Shower (10 min)
 - Marine Algae Detoxifying Back Wrap (20 min)
 - Marine Magnesium Back and Nape Massage (25 min)
- Day 2**

 - Personalised Back-Focused Coaching Session (50 min)
 - Marine Algae Balneotherapy (20 min)
 - Marine Algae Remineralising Back Wrap (20 min)
 - Deep Tissue Massage (50 min)
- Day 3**

 - Active Yoga / Stretching Workshop (50 min)
 - Marine Algae Balneotherapy (20 min)
 - Seawater Affusion Massage (20 min)
 - Seated Amma Massage (25 min)
 - Scalp and Abdominal Massage (50 min)
- Day 4**

 - Personalised Back-Focused Coaching Session (50 min)
 - Relaxing Lumbar Hydromassage (15 min)
 - Marine Magnesium Back Wrap (20 min)
 - Energising Massage (50 min)
- Day 5**

 - Yoga / Stretching Workshop (50 min)
 - Relaxing Seawater Affusion Shower (10 min)
 - Marine Magnesium Back and Nape Massage (25 min)
 - Beauty Enhancer Facial Care (30 min)
 - End of Treatment Consultation

REMINERALISING MARINE 5-DAY SPA BREAK

Revitalising your body with marine energy

This treatment is particularly rich in mineral salts and trace elements. Calcium, potassium, and magnesium migrate directly to the tissues and muscle fibres. These marine minerals provide a natural source of nutrients to help rebalance the metabolism whilst stimulating blood circulation and increasing cell regeneration tenfold.

Objectives

- To rebalance the metabolism
- To remineralise the body
- To restore energy and vitality

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.



PROGRAM

Day 1

- Personalised Spa Entry Consultation
- Marine Calcium & Magnesium Body Scrub (20 min)
- Marine Algae Balneotherapy (20 min)
- Underwater Draining Shower (15 min)
- Personalised Marine Magnesium 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)
- Hydra Mineral Facial Care (60 min)
- End of Treatment Consultation



PROGRAM

- Day 1**

 - Personalised Spa Entry Consultation
 - Naturopathy Consultation (60 min)
 - Sea Salt Body Scrub (20 min)
 - Fucus Detoxifying Body Wrap (20 min)
 - Marine Nutrients Detoxifying Massage (25 min)
- Day 2**

 - LPG endermologie® Detoxifying Abdominal Care (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)
 - Marine Algae Balneotherapy (20 min)
 - Fucus Detoxifying Body Wrap (20 min)
 - Manual Lymphatic Drainage and Ice Gel Application (60 min)
- Day 4**

 - Osteopathy Treatment (45 min)
 - LPG endermologie® Detoxifying Abdominal Care (20 min)
 - Pressotherapy (30 min)
 - Marine Algae Balneotherapy (20 min)
 - Physical Activity (45 min)
- Day 5**

 - Physical Activity (50 min)
 - Underwater Draining Shower (15 min)
 - Fucus Detoxifying Body Wrap (20 min)
 - Plantar Reflexology Massage (25 min)
 - Soothing Ocean Facial Care (60 min)
 - End of Treatment Consultation

DETOX & HEALTH REJUVENATING 5-DAY SPA BREAK

Eliminating toxins for a better life

Pesticides, additives, and other harmful elements invade and disrupt our body resulting in skin, joints, and digestive problems. This treatment allows in-depth penetration of your natural elimination filters such as the skin, lungs, liver, kidneys, and intestines to balance and harmonise your metabolism.

Objectives

- To clean and rebalance the metabolism
- To boost natural immune defences
- To restore fitness and vitality

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

BEAUTY SLEEP & STRESS RELIEVER 5-DAY SPA BREAK

Making time for 'ME Time'

This treatment will optimise your psychic and physical recovery to revive your vital energy — specially designed for those who live in the fast lane and feel tired.

Objectives

- To identify sources of stress and improve resilience
- To regain perfect harmony of mind, body, and soul
- To let go completely

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.



PROGRAM

Day 1

- Personalised Spa Entry Consultation
- Marine Calcium & Magnesium Body Scrub (20 min)
- Marine Magnesium Body Wrap (20 min)
- Personalised Marine Magnesium Massage (50 min)

Day 2

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Seawater Affusion Massage (20 min)
- Acupuncture Treatment (50 min)
- Marine Magnesium Back and Nape Massage (25 min)

Day 3

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

Day 4

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Marine Magnesium Body Wrap (20 min)
- Intense Revitalisation Body Care (50 min) - **New**

Day 5

- Yoga / Stretching & Dynamic Relaxation Workshop (45 min)
- Seawater Affusion Massage (20 min)
- Plantar & Palmar Reflexology (50 min)
- Hydra Mineral Facial Care (60 min)
- End of Treatment Consultation



PROGRAM

- Day 1**

 - Personalised Spa Entry Consultation
 - LPG endermologie® Full Body Care (40 min)
 - Sea Salt Body Scrub (20 min)
 - Marine Algae Balneotherapy (20 min)
 - Tri-Active Slimming Body Wrap (20 min)
 - Physical Activity (45 min)
- Day 2**

 - Personalised LPG endermologie® Body Care (20 min)
 - Pressotherapy (30 min)
 - Jet Shower (10 min)
 - 3D Cellulite Massage (60 min) - **New**
 - Physical Activity (45 min)
- Day 3**

 - LPG endermologie® Full Body Care (40 min)
 - Underwater Draining Shower (15 min)
 - Fucus & Laminaria Slimming Body Wrap (20 min)
 - Physical Activity (45 min)
- Day 4**

 - Personalised LPG endermologie® Body Care (20 min)
 - Jet Shower (10 min)
 - Marine Algae Balneotherapy (20 min)
 - 3D Cellulite Massage (60 min) - **New**
 - Physical Activity (45 min)
- Day 5**

 - LPG endermologie® Full Body Care (40 min)
 - Jet Shower (10 min)
 - Tri-Active Slimming Body Wrap (20 min)
 - Radiant Energy Facial Care (60 min)
 - End of Treatment Consultation

SILHOUETTE BEAUTIFIER 5-DAY SPA BREAK

Fighting cellulite and toning your body

Designed to reduce cellulite, stimulate microcirculation, and activate lipid elimination, the Silhouette Beautifier Treatment combines exclusive patented marine nutrients with the effectiveness of our facilities and the professionalism of our spa therapists to enhance your body's natural beauty.

Objectives

- To firm up the body
- To redesign the silhouette
- To improve skin texture

* 5-day wellness treatment without accommodation starts at €1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

OUR 3-DAY SPA BREAKS *

Treat yourself to a wellness break and discover the benefits of the ocean

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* 3-day wellness treatment without accommodation starting at €800.



1-2-3 ENERGY & VITALITY 3-DAY SPA BREAK

The perfect stimuli for your body’s natural defence mechanisms

PROGRAM

Day 1

- Sea Salt Body Scrub (20 min)
- Regenerating & Revitalising Body Wrap (20 min)
- Energising Massage (50 min)

Day 2

- Physical Activity (45 min)
- Marine Algae Balneotherapy (20 min)
- Seawater Affusion Massage (20 min)
- Intense Revitalisation Body Care (50 min) - New

Day 3

- Physical Activity (45 min)
- Regenerating & Revitalising Body Wrap (20 min)
- Marine Magnesium Balneotherapy (20 min)
- Plantar and Palmar Reflexology (50 min)



* 3-day wellness treatment without accommodation starts at €800. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

1-2-3 DETOX 3-DAY SPA BREAK

A concentrate of marine detoxifying nutrients

PROGRAM

Day 1

- Sea Salt Scrub (20 min)
- Fucus Detoxifying Body Wrap (20 min)
- Manual Lymphatic Drainage and Ice Gel Application (60 min)

Day 2

- Physical Activity (45 min)
- Jet Shower (10 min)
- Marine Algae Balneotherapy (20 min)
- Tummy Tuck Body Care (50 min)

Day 3

- Physical Activity (45 min)
- Underwater Draining Shower (20 min)
- Seawater Affusion Massage (20 min)
- Fucus Detoxifying Body Wrap(20 min)
- Marine Nutrients Detoxifying Massage (25 min)



* 3-day wellness treatment without accommodation starts at €800. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

1-2-3 MARINE 3-DAY SPA BREAK

The vitality of marine mineral treatments

PROGRAM

Day 1

- Marine Calcium & Magnesium 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)
- Hydra Mineral Facial Care (60 min)



1-2-3 D-STRESS 3-DAY SPA BREAK

A blissful escape for the body and mind

PROGRAM

Day 1

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

Day 2

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Plantar and Palmar Reflexology (50 min)
- Seated Amma Massage (25 min)

Day 3

- Physical Activity (45 min)
- Marine Magnesium Balneotherapy (20 min)
- Personalised Marine Magnesium Massage (50 min)
- Beauty Enhancer Facial Care (30 min)



* 3-day wellness treatment without accommodation starts at €800. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

* 3-day wellness treatment without accommodation starts at €800. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

OUR RITUALS

60, 90 or 120 minutes of pure relaxation

Marine Vitality - 2022 New	38
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Mineral Odyssey - 2022 Signature New	39



OUR RITUALS

A haven of well-being and relaxation

2022 Novelty

MARINE VITALITY

Stimulating and remineralising the body

A Sea Salt Body Scrub (20 min), a Sea Crystal Bath (20 min), followed by a Regenerating & Revitalising Body Wrap (20 min).

60 min: €170

POLYNESIAN ESCAPE

Inviting you to a sensory journey of intense relaxation

A Sensory Seawater Bath (20 min), a Coconut Pulp Moisturising & Nourishing Body Wrap (20 min), followed by a Relaxing Massage (50 min).

90 min: €215



Rituals

2022 SIGNATURE Novelty

MARINE ODYSSEY

Replenishing minerals throughout the body to neutralise signs of stress and fatigue

A Mineral Body Scrub (20 min), followed by a Marine Magnesium Relaxing & Regenerating Massage (50 min). A Lifting & Moisturising Facial Care (50 min) associating a double marine facial mask to a mineral gel containing 112 pure seawater trace elements.

120 min: €300

À LA CARTE TREATMENTS

Facial Beauty Treatments	
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FACIAL BEAUTY TREATMENTS

THALION® Facial Care

Discover marine ultra-sensoriality

THALION treatments — the quintessential in marine cosmetology — are the perfect alliance between a sensory galenic formulation and precise gesture. They combine innovation, performance, and relaxation for a pure moment of bliss.

Purify • Soothe • Rehydrate • Replenish • Revitalise • Lift

OCEAN SECRET

This extraordinary facial concentrates the quintessence of THALION®'s technical and sensorial know-how for an effective anti-ageing strategy. Precious dermo-cosmetic beads of marine nutrients gently penetrate fine lines and wrinkles for an immediate filling effect. An innovative FACE GYM LIFT® massage sculpts the contours of the face and tightens the features, thus remodelling the skin's natural architecture and leaving it smooth and radiant.

90 min: €180



BEAUTY ENHANCER

Express glow.

Following a professional analysis of your skin, the beautician will recommend a specific treatment, such as eye contour, or an overall treatment.

Cleansing • Make-up removal • Exfoliation • Facial Mask Treatment

30 min: €85

HYDRA MINERAL

A unique combination of marine technology and sensoriality, this treatment combines a double marine facial mask with a mineral gel encapsulating 112 marine trace elements. Intensely hydrated and replenished in minerals, the skin is fresh and plump.

60 min: €140

RADIANT ENERGY

This energy-boosting treatment combines concentrated vitamins, trace elements and marine minerals from super-algae. It fully regenerates the skin and erases signs of fatigue. For a fresh, rosy complexion and a rested, luminous skin.

60 min: €140

SOOTHING OCEAN

This truly gentle and comforting treatment instantly immerses the skin in a halo of softness. Its patented marine-derived soothing nutrients are combined with probiotics to restore the skin's natural balance. Its sensorial and ultra-soft textures respect the skin's sensitivity. Better protected, the epidermis is soothed and plump; the complexion is even and radiant.

60 min: €140

FACIAL OXYGEN BOOSTER • MEN'S CARE

This high-tech treatment, specially designed for men, combines relaxation and optimum performance of marine minerals for a result that is 100% effective. This tailored skincare moisturises and preserves the skin's youthfulness. A toned-up skin and healthy glow in just 50 minutes.

50 min: €120



FACIAL BEAUTY TREATMENTS

LPG endermologie® EXPERT FACIAL CARE

The patented LPG® treatment head exerts micro-pulsations over the skin surface to stimulate it and thoroughly reactivate the synthesis process of fibroblasts (youth cells). This cellular activation boosts the production of collagen (firmness), elastin (suppleness) and hyaluronic acid (volume and hydration) naturally present in our skin.

Smooth out wrinkles • Tone up the skin • Improve complexion

LPG endermologie® FACIAL CARE

This high-performance treatment is specifically designed to prevent and decelerate the ageing process of the delicate tissues of the face, neck and décolleté. The LPG® treatment head delivers micro-pulsations over the skin surface to deeply stimulate youth cells.
Make-up removal • Cleansing • Facial treatment • Skincare products application

40 min: €85

PACKAGE OF 5, 40 MIN BY SESSIONS: LPG endermologie® FACIAL CARE

€390



LPG endermologie® FACIAL CARE – SPECIFIC AREA

This treatment treats a targeted area of the face.

15 min: €40

PACKAGE OF 5, 15 MIN BY SESSIONS: LPG endermologie® FACIAL CARE – SPECIFIC AREA

€180

SILHOUETTE BEAUTY TREATMENTS

THALION® Body Care

Detoxify • Sculpt • Remodel • Tone up

[3D] CELLULITE MASSAGE

This anti-cellulite treatment uses a new technique: multiple thin layers of textures overlapping one another to saturate the skin with marine active ingredients. An energetic deep tissue massage will promote better penetration of the formulations into the epidermis to effectively fight against three-dimensional cellulite.

60 min: €130

PACKAGE OF 5 [3D] CELLULITE MESSAGES

€580

FLAT BELLY SPECIAL CARE

This treatment is a unique curative and preventive approach to controlling abdominal plumpness. Developed with the help of a physiotherapist, the Zen abdomen massage technique associated with the active threefold Magnesium Oil, Guérande Mud and a Belly & Waist Resculpting Concentrated Formula will provide visible results from the first session.

50 min: €120

MARINE NUTRIENTS DETOXIFYING MASSAGE

This detoxifying body care uses specific friction techniques to stimulate the body's drainage and elimination functions.

25 min: €70



MANUAL LYMPHATIC DRAINAGE

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.

50 min: €120



SILHOUETTE BEAUTY TREATMENTS

LPG endermologie® EXPERT BODY CARE

The patented LPG® motorised flaps awaken the natural synthesis of essential rejuvenating substances acting like a real skin workout. This cell stimulation then helps fibroblasts (rejuvenating cells) to boost their production of collagen (firmness), elastin (suppleness), and hyaluronic acid (volume and hydration), naturally present in our skin.

Destock fat • Smooth out cellulite • Tighten the skin • Restore light legs

1st LPG endermologie® BODY CARE & ASSESSMENT

An assessment precedes the treatment to define the target programme for the first session. (LPG endermowear™ suit complimentary)

60 min: €100

LPG endermologie® BODY CARE

This treatment targets aqueous and adipose cellulite. The combination of mechanical lymphatic drainage and percussion stroking techniques act on water retention and adipocytes for visibly improving skin quality. An assessment precedes this treatment to define the target programme.

40 min: €85

PACKAGE OF 10 40-MIN SESSIONS: LPG endermologie® BODY CARE

Assessments are included. (LPG endermowear™ suit complimentary)

€800

LPG endermologie® TARGETED BODY AREA

This treatment focuses on a targeted area of the body.

20 min: €50

PACKAGE OF 10 20-MIN SESSIONS: LPG endermologie® TARGETED BODY AREA

(LPG endermowear™ suit complimentary)

€450



SILHOUETTE BEAUTY TREATMENTS

Specific Hand & Foot Treatments

HAND BEAUTY CARE

A lavish hand beautifying treatment. The manicure starts with cleaning and polishing the fingernails, then removing cuticles and hangnails. Next, a nourishing formula is applied to the nail contour to stimulate blood circulation and nail growth. Finally, in-depth moisturising massage of the hands provide extreme softness.

50 min: €85



FOOT BEAUTY CARE

A relaxing pedicure for long-lasting foot beauty! This treatment gently removes impurities, calluses, and dead skin cells, leaving your heels soft and smooth. Toenails are polished and trimmed, and cuticles removed. Thanks to a foot moisturising and nourishing massage, the epidermis regains elasticity and softness without leaving an oily film.

50 min: €85

MASSAGES

25 minutes of pure relaxation

RELAXING MASSAGE

A gentle massage that promotes relaxation and releases stress, using soft and enveloping movements combined with gliding pressure techniques on the rear side of the body.

25 min: €70

SEATED AMMA MASSAGE

A very effective and powerful relaxing massage based on the principles of traditional Japanese medicine. This seated massage stimulates the nervous and circulatory systems by exercising a series of movements on specific points along the meridians. It relieves nervous and muscle tensions and unblocks energy resulting from physical or emotional stress. It provides an immediate boost in energy and relaxation. As this is a clothed massage, casual and comfortable clothes are strongly recommended.

25 min: €70

BACK AND NAPE MASSAGE

Specific relaxing massage to relieve tension in the back, nape, and shoulders.

25 min: €70



FACIAL MASSAGE

This in-depth rehydrating and nourishing massage keeps your skin firm and prevents wrinkles. It will also restore the glowing radiance of your complexion.

25 min: €70

SCALP MASSAGE

This specific massage activates local microcirculation and increases oxygenation of the capillary vascular system. It offers an immediate relaxing effect by driving out the cumulated stress in the body, thus helping to improve mood, sleep quality, and concentration.

25 min : €70

MASSAGES

50 minutes of wellness

2022 Novelty

INTENSE REVITALISATION BODY CARE

Physiotherapy associated with body aesthetics gives rise to the THALION® Mineral Therapy treatment acting as a supercharger to restore the body's original mineral balance. Thanks to this signature massage, the body is rapidly immersed in an optimal state of relaxation. It combines deep massaging techniques, that relax the muscles and increase suppleness in the joints, to the power of seawater to rebalance the body.

50 min: €120

ENERGISING MASSAGE

A 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 light or deep pressure and various rhythmic manoeuvres, such as kneading, gliding and gentle percussive strokes. It stabilises emotions and helps to optimise the body's mechanisms, promoting deep relaxation and complete revitalisation of the whole body.

50 min: €120

DEEP TISSUE MASSAGE

This deep tissue massage offers a draining, relaxing, and strengthening action. Different techniques and manoeuvres are used to stimulate self-regulating functions. It provides excellent muscle relaxation, promotes a better range of motion, and harmonises the whole body.

50 min: €120



SPORTS MASSAGE

This dynamic massage strengthens muscle tone and promotes venous and lymphatic circulation to improve muscle recovery, thanks to deep tissue manipulation and vigorous kneading strokes.

50 min: €120

RELAXING MASSAGE

A gentle full-body massage that promotes relaxation and releases stress, using soft and enveloping movements combined with gliding pressure techniques.

50 min: €120

PLANTAR AND PALMAR REFLEXOLOGY

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.

50 min: €120

SCALP AND ABDOMEN MASSAGE

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

50 min: €120

OCEAN TREATMENTS

The benefits of seawater



BODY SCRUBS

Remineralising Sea Salts
This massage improves sleep, digestion, blood circulation and relieves back pain. It is followed by a scalp massage, promoting skull irrigation and relaxation.

20 min: €70

BODY WRAPS

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

20 min: €65

SEAWATER HYDROMASSAGE BATHS

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

20 min: €50

UNDERWATER SHOWER

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

15 min: €50

JET SHOWER

A toning high-pressure jet shower allows deep drainage of tissues and activates circulation.

10 min: €45

SEAWATER AFFUSION MASSAGE

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.

20 min: €65



COMPLIMENTARY TREATMENTS



AQUATIC OSTEOPATHY

Aquatic osteopathy adapts traditional osteopathy in a hot water bath (32 °C). This clinically-proven technique restores body mobility, reduces pain, and increases sports capacity and general well-being.

30 min: €95

OSTEOPATHY

Osteopathy is a manual therapy that removes joint blockages from the body, thus improving its functions. It restores mobility and balance between joints, organs, tissues, and venous system.

45 min: €120

ACUPUNCTURE

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 automated processes, organic, physiological, and psychic functions.

50 min: €120

NATUROPATHY CONSULTATION

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. The practitioner then proposes natural corrective measures to cleanse the body, relieve symptoms and restore vital energy.

60 min: €120

MICROKINESITHERAPY

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

45 min: €120



YOUNG GUESTS SPA TREATMENTS

Massages (6 to 13 years old)*

PARENT-CHILD RELAXING MASSAGE

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

50 min duo massage: €200

WELLNESS MASSAGE

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

25 min: €50

KOREAN RELAXATION

This novel relaxation method uses the vibration of the limbs to relieve tension cumulated in the body. Its stretching technique helps to calm the mind by relaxing the entire musculature. Clothed massage.

25 min: €50



Aquatic Activities (starting at age 3)*



AQUATIC AWAKENING (RESERVED FOR TODDLERS AGED 3 TO 6)

A discovery approach to become familiarised and gain autonomy in the water.

30 min: €30

SWIMMING LESSON (STARTING AT AGE 6)

30 min: €30

* The presence of a parent is required during treatment.

COACHING & FITNESS

Personalised and tailor-made coaching

Physical activities at Loreamar are conducted either in an indoor heated seawater pool, fitness centre, or beach.

Aquatic Activities:

Aquagym • Aquabiking • Aquatraining • Swimming Lessons

Indoor Activities:

Individual training • Cardio training • Yoga • Stretching • Gym Ball • Gentle Gymnastics

Outdoor Activities:

Coastering • Water Walking • Beach Running / Walking



Individual Coaching	30 min	50 min
Per session	€50	€80
Package of 5 sessions	€230	€350
Package of 10 sessions	€420	€650

Duo Coaching	50 min
Per session	€60/ pers

Trio Coaching	50 min
Per session	€50/ pers

Adult Swimming Lesson	30 min
Per session	€40



LOREAMAR & SPA - PRACTICAL GUIDE

HYGIENE AND SAFETY RULES

- For 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 briefs are allowed for men (baggy swim shorts or trunks or surfer swimwear and complete nakedness are not permitted).
- Only tight-fitting bikinis or one-piece bathing suits are allowed for women (string, monokini and complete nakedness are not permitted).
- We recommend that guests bring along two lycra or synthetic swimsuits.
- For safety reasons, access to the thalassotherapy-spa facility and treatments is reserved for guests over 16 years of age (excluding Young Guests Spa Treatments).
- Bring suitable clothing and sports shoes to access the fitness area.
- For treatments, disposable underwear are provided.
- For children aged 6 to 16, a parent must be present during the treatments.
- Children from 1 to 13 years old can enjoy the spa pool under the supervision of a parent from 1 pm to 5 pm every day.
- The hydrotherapy area (hammam, saunas and salt cave) is accessible from 18 years old. The use of swimwear is mandatory.

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 before your scheduled treatment.
- In case of delay on your part, 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 modify the order of treatments during your stay.
- We kindly ask you to inform us of your physical condition at the time of booking, mentioning any specific problems requiring special attention, such as high blood pressure, allergies, other health conditions, or pregnancy.

INFORMATION

- For any treatment booking, a medical certificate of fitness for thalassotherapy issued by a doctor must be presented on arrival.
- Be aware that social security does not cover our treatment programmes.
- To preserve tranquillity and harmony in the spa, we request that you turn off mobile phones and other electronic devices.
- Loreamar at its staff is not responsible for any loss or damage of your personal belongings (jewellery, watch, etc.).
- We recommend that you keep your valuables either in the lockers located in the locker room or in the safe in your room (if you are a hotel guest).

GENERAL CONDITIONS OF SALE

PRICES

- Prices are net, including taxes and services, excluding tourist tax and beverages.
- Prices are subject to change.
- Additional personal services shall be paid in full on 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 requested to secure an appointment.
- All reservations shall be confirmed upon receipt of the deposit according to the General Conditions of Sale.
- Rooms are available at 4 pm and must be vacated before noon.
- For safety reasons, access to the thalassotherapy-spa facility and treatments is reserved for guests over 16 years of age (excluding Young Guests Spa Treatments).

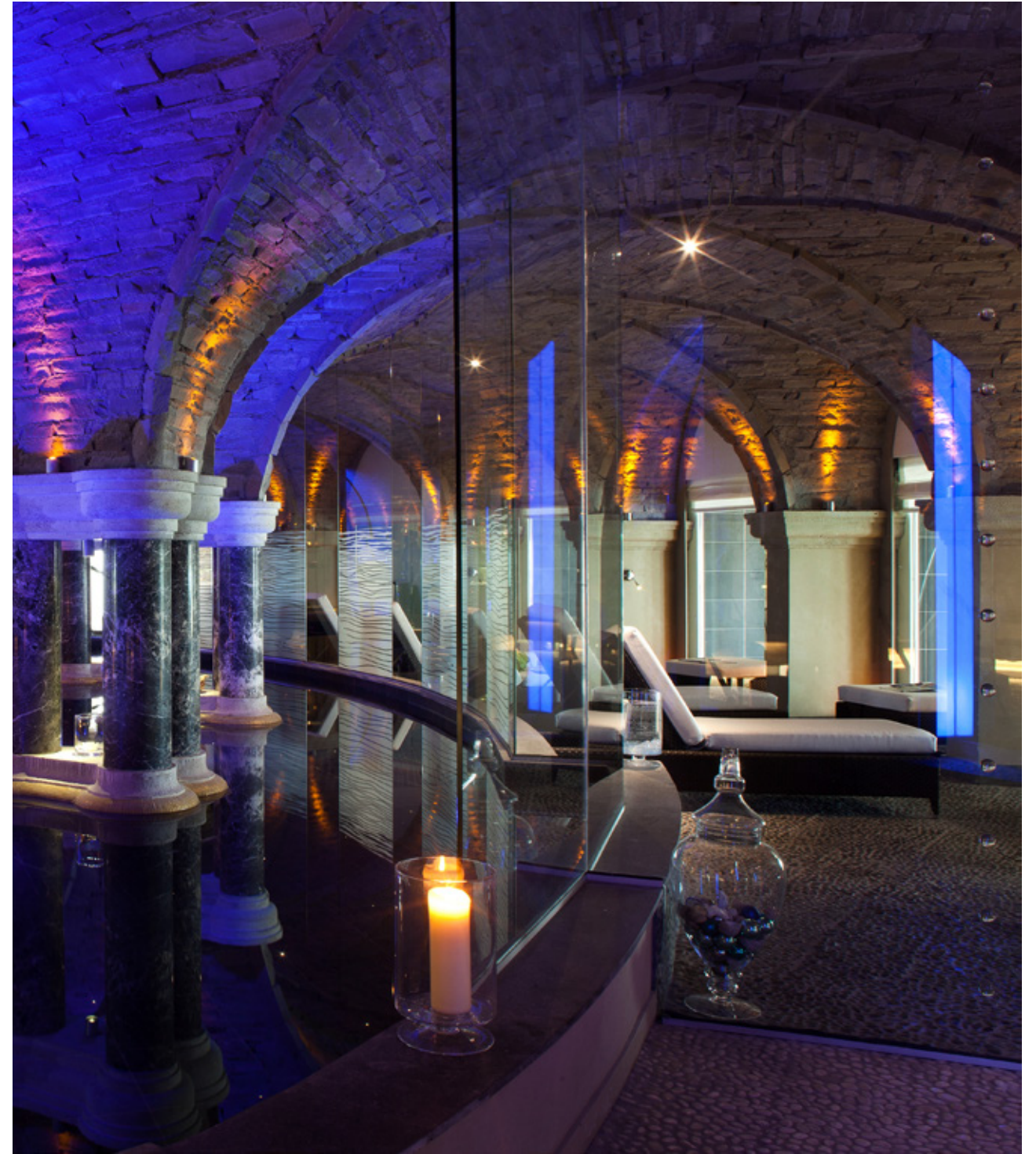
CANCELLATIONS

- Any cancellation must be in writing by the customer.
- The full amount of the treatment will be due for any cancellation of your reservation less than 24 hours before the scheduled appointment.
- Any treatment cancellation occurring:
 - More than 7 days before the arrival date shall result in the complete refund of the deposit.
 - Less than 7 days before the arrival date shall result in the entire deposit being retained.
 - Any interruption of the current stay shall result in the full payment of the scheduled treatments.





Experience luxury...



... and wellness!



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