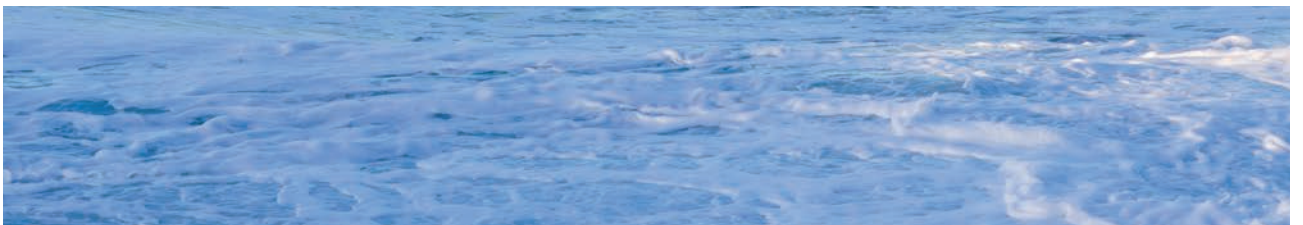




LOREAMAR
THALASSO & SPA

Saint-Jean-de-Luz

Unique & Intimate



2024 Edition



OVERVIEW

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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. Our accommodations feature bright and comfortable rooms, with suites boasting breathtaking ocean views from the terrace.

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 12:30 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 per day & per person

HALF-BOARD

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

Price:

€ 95 per day & per person

FULL BOARD

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

Price:

€ 140 per day & per person

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.

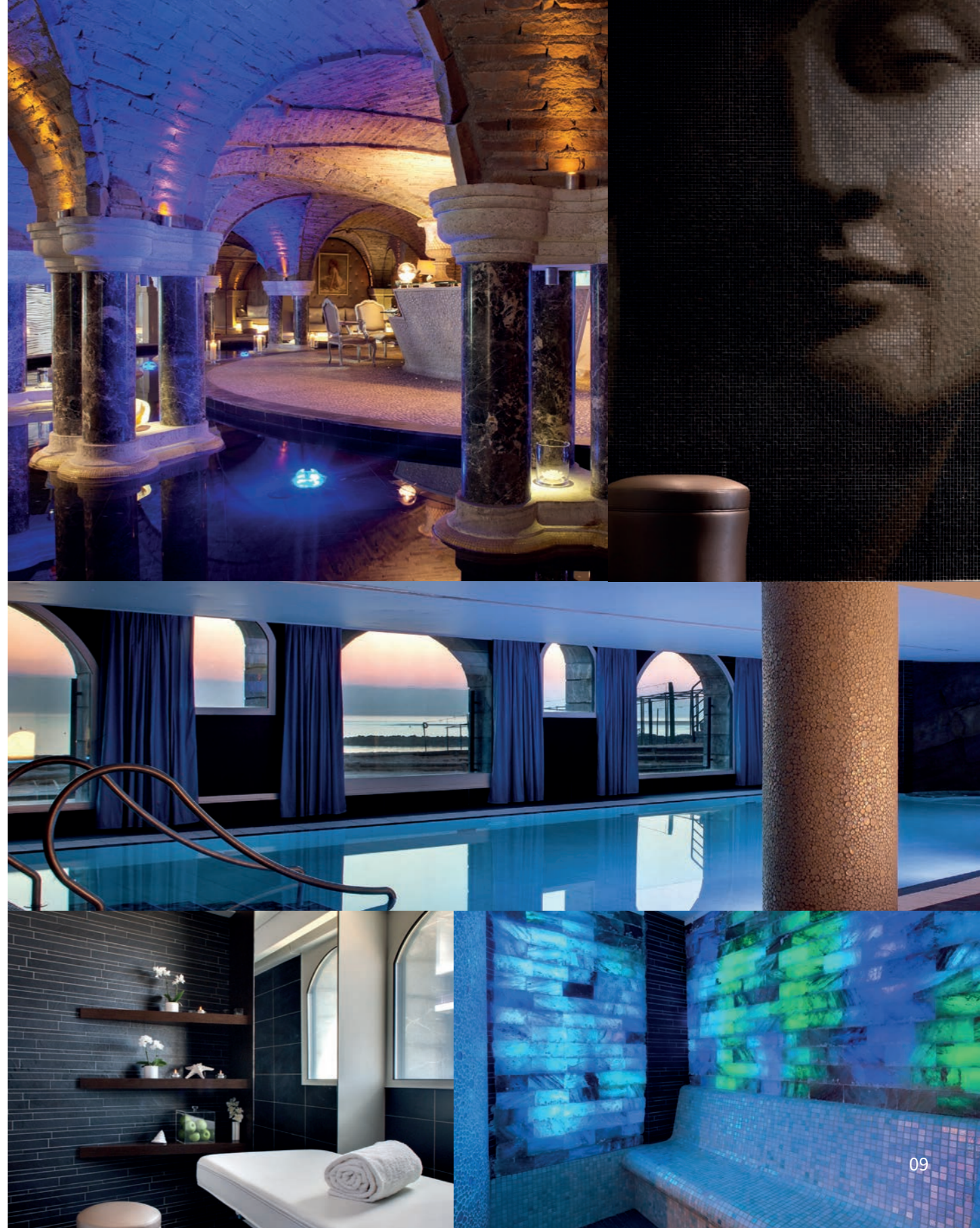
Cosy, elegant and intimate, our seawater Thalasso & Spa offers tailor-made treatments to best suit your needs and desires.

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.



LOREAMAR THALASSO & SPA

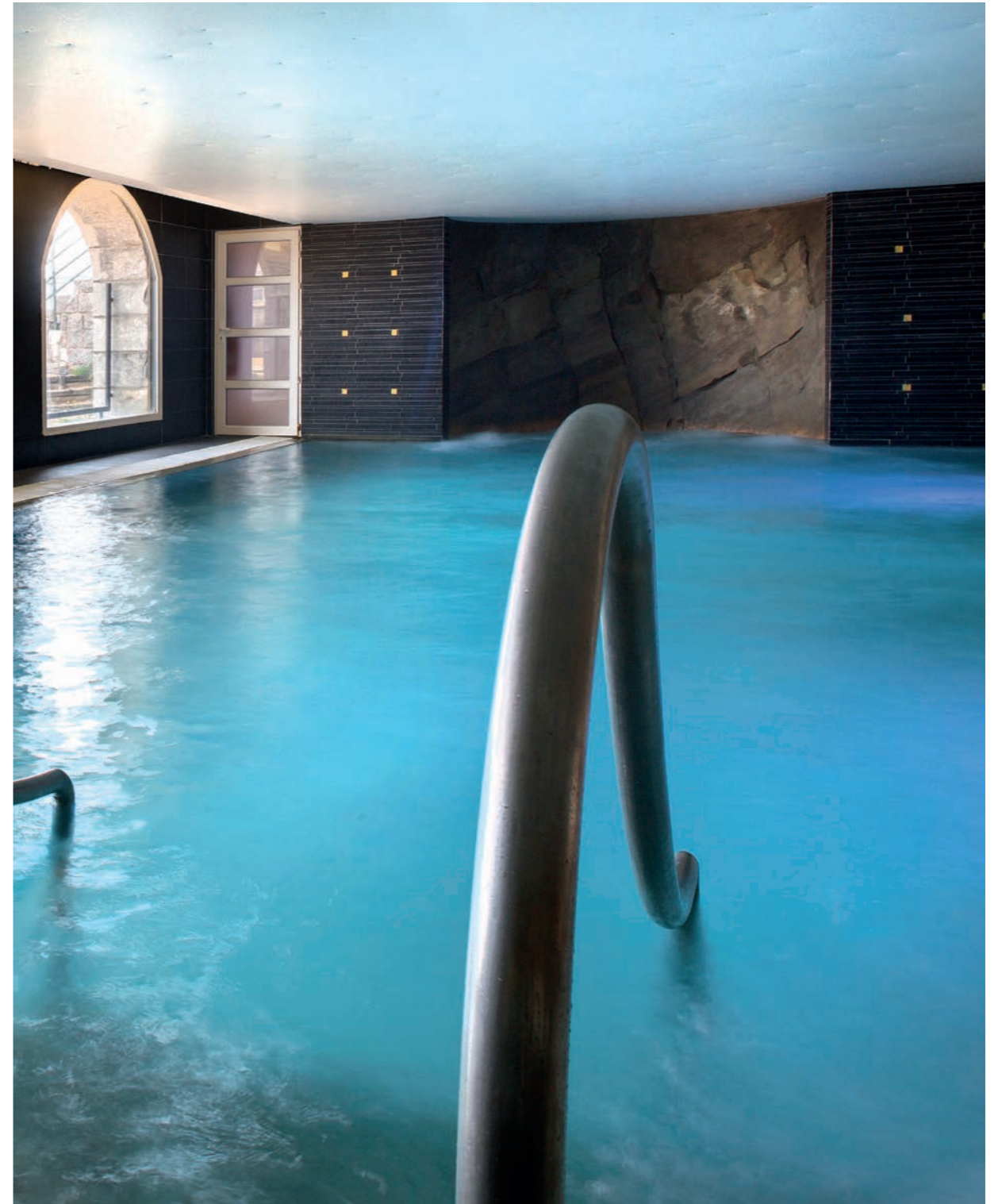
A Team of Experienced Professionals

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





THALION
CRÉATEUR DE COSMÉTIQUE MARINE

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.





PAOMA
PARIS

PAOMA® TREATMENTS

PAOMA® is the first French brand of organic and ecoethical skincare products. It offers skincare protocols that combine the manual expertise of therapists with a range of natural, innovative and proven effective products.

Through its range, PAOMA® gathers care products formulated from innovative organic ingredients, including an active ingredient with exceptional properties, derived from gemmotherapy, bud therapy, the result of a unique combination of blackcurrant, beech and silver linden buds, from French flora.

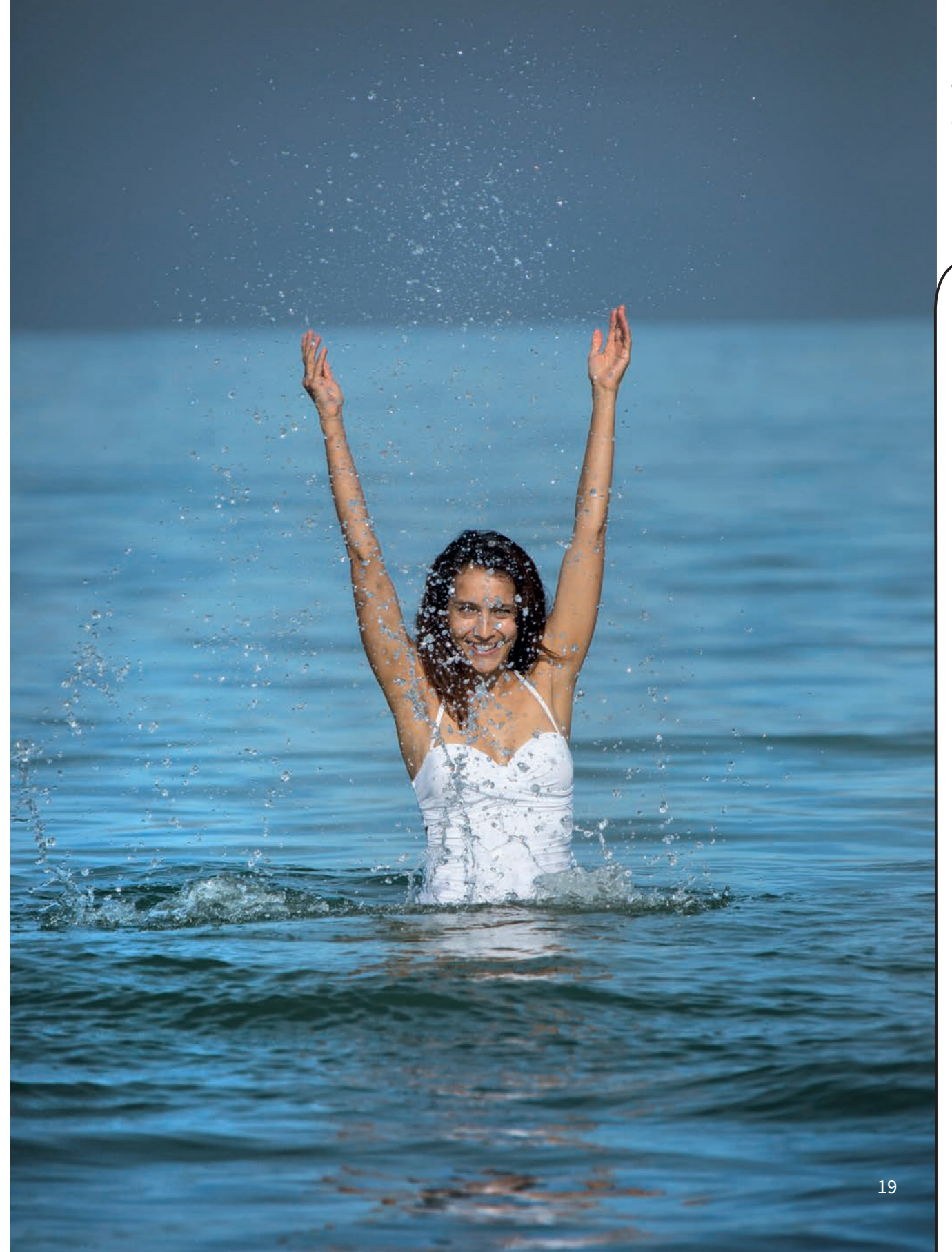
This unique cosmetic innovation that combines these three buds has been patented and remains exclusive to PAOMA® research, which is nothing less than a marvelous concentrate of biological energy and precious plant growth cells.



OUR 5-DAYS 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.

Relaxation & Beauty treatment	20
Slender & Toned body for men treatment	22
Silhouette Beauty treatment	24
Energy & Vitality treatment	26
Absolute spinal wellness treatment	28
Remineralising Marine treatment	30
Beauty Sleep & Stress-Reliever Treatment	32



* 5-days wellness treatment without accommodation starts at €1,400.



PROGRAM

Day 1

- Personalised Spa Entry Consultation
- PAOMA® gentle body scrub (20 min)
- Regenerating & revitalising body wrap (20 min)
- PAOMA® total body massage (60 min)

Day 2

- Physical activity (45 min)*
- Seawater hydromassage baths with essential oils (20 min)
- PAOMA® Beauty Enhancer ritual + 1 targeted complementary facial care (75 min)
- Aquatic osteopathy treatment (30 min)

Day 3

- Yoga / stretching (45 min)
- Regenerating & revitalising body wrap (20 min)
- Seawater affusion massage (20 min)
- PAOMA® Initial body massage + 1 targeted complementary feet care (45 min)

Day 4

- Physical activity (45 min)*
- Underwater shower (20 min)
- Seated amma massage (25 min)
- PAOMA® Beauty Enhancer ritual + 1 targeted complementary facial care (75 min)

Day 5

- Yoga / stretching (45 min)
- Seawater hydromassage baths with essential oils (20 min)
- Regenerating & revitalising body wrap (20 min)
- PAOMA® Total Body Massage + 1 targeted complementary scalp care (75 min)
- End of Treatment Consultation

**These activities cannot be replaced by other services, including treatment.*

5-DAYS SPA BREAK RELAXATION & BEAUTY

An invitation to a “sense-ational” journey to absolute well-being...

Discover a unique spa experience combining the virtues of sea treatments with PAOMA® holistic and beauty rituals.

Let the expertise of our therapists guide you through our innovative protocols for a unique and tailor-made spa break.

Objectives

- To reveal your beauty
- To relax your body
- To unwind your mind

5-days 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.

5-DAYS SPA BREAK SLENDER & TONED BODY – FOR MEN

Drain, strengthen, and rebalance for a full body recovery...

This body reset treatment is for men who want to adopt a new lifestyle combined with healthy behavioural and dietary habits to eliminate unwanted fat and regain muscle tone for an overall improved physical condition.

It combines the draining and detoxifying hydrotherapy benefits of active marine ingredients with specific non-invasive lipomodelling treatments and tailored massages.

Objectives

- To fight against the excess energy accumulation in the midsection area
- To tone up and muscle the body
- To reinforce self-esteem

For optimal effect and global body care, we recommend a healthy and balanced cuisine in full-board accommodation. Our Chef will prepare invigorating, low-calorie and tasty menus that will help you eliminate accumulated toxins and restore restful sleep habits, resulting in utterly rejuvenated well-being from the very first days.

5-days 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
- Naturopathy consultation (60 min)
- LPG Endermologie® detoxifying abdominal care (20 min)
- Seaweed body wrap (20 min)
- Marine nutrients detoxifying massage (25 min)

Day 2

- Marine algae balneotherapy (20 min)
- Jet shower (10 min)
- Flat belly special care (50 min)
- Plantar reflexology massage (25 min)
- Tailor-Made fitness coaching (50 min)

Day 3

- LPG Endermologie® detoxifying abdominal care (20 min)
- Underwater draining shower (15 min)
- Seaweed body wrap (20 min)
- Personalised marine Potassium massage (50 min)
- Physical activity (45 min)*

Day 4

- Marine algae balneotherapy (20 min)
- Jet shower (10 min)
- Flat belly special care (50 min)
- Scalp massage (25 min)
- Tailor-Made fitness coaching (50 min)

Day 5

- LPG Endermologie® detoxifying abdominal care (20 min)
- Underwater draining shower (15 min)
- Seaweed body wrap (20 min)
- Facial oxygen booster (50 min)
- Physical activity (45 min)*
- End of treatment consultation

**These activities cannot be replaced by other services, including treatment.*



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)
- STARVAC® pressotherapy session (30 min)**
- Physical activity (45 min)*

Day 2

- Personalised LPG Endermologie® Body care (20 min)
- Naturopathy consultation (60 min)
- Jet shower (10 min)
- 3D cellulite massage (60 min)
- 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)
- STARVAC® pressotherapy session (30 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)
- 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

*These activities cannot be replaced by other services, including treatment.

**2024 novelty

5-DAYS SPA BREAK SILHOUETTE BEAUTY

Fighting cellulite and toning your body...

Designed to reduce cellulite, stimulate microcirculation, and activate lipid elimination, the Silhouette Beauty 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

For optimal effect and global body care, we recommend a healthy and balanced cuisine in full-board accommodation. Our Chef will prepare invigorating, low-calorie and tasty menus that will help you eliminate accumulated toxins and restore restful sleep habits, resulting in utterly rejuvenated well-being from the very first days.

5-days 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.

5-DAYS SPA BREAK ENERGY & VITALITY

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-days 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
- Naturopathy consultation (60 min)
- Sea salt body scrub (20 min)
- Regenerating & revitalising body wrap (20 min)
- Seated amma massage (25 min)

Day 2

- Physical activity (45 min)*
- Marine algae balneotherapy (20 min)
- Energising massage (50 min)
- Microkinesitherapy treatment (50 min)

Day 3

- Yoga / stretching workshop (50 min)
- Regenerating & revitalising body wrap (20 min)
- Underwater shower (15 min)
- Seawater affusion massage (20 min)
- Radiant Energy facial care (60 min)

Day 4

- Physical activity (45 min)*
- Marine algae balneotherapy (20 min)
- Regenerating & Revitalising body wrap (20 min)
- Intense Revitalisation body care (50 min)

Day 5

- Yoga / stretching workshop (50 min)
- Marine Magnesium balneotherapy (20 min)
- Plantar and palmar reflexology (50 min)
- Facial and scalp massage (25 min)
- End of treatment consultation

**These activities cannot be replaced by other services, including treatment.*



5-DAYS SPA BREAK ABSOLUTE SPINAL WELLNESS

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.

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

- 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

Objectives

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

5-days 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.

5-DAYS SPA BREAK REMINERALISING MARINE

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-days 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

**These activities cannot be replaced by other services, including treatment.*



5-DAYS SPA BREAK ANTI-STRESS SLEEP

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.

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

- Yoga / stretching & dynamic relaxation workshop (50 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)

Day 5

- Yoga / stretching & dynamic relaxation workshop (50 min)
- Seawater affusion massage (20 min)
- Plantar & palmar reflexology (50 min)
- Hydra mineral facial care (60 min)
- End of treatment consultation

**These activities cannot be replaced by other services, including treatment.*

Objectives

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

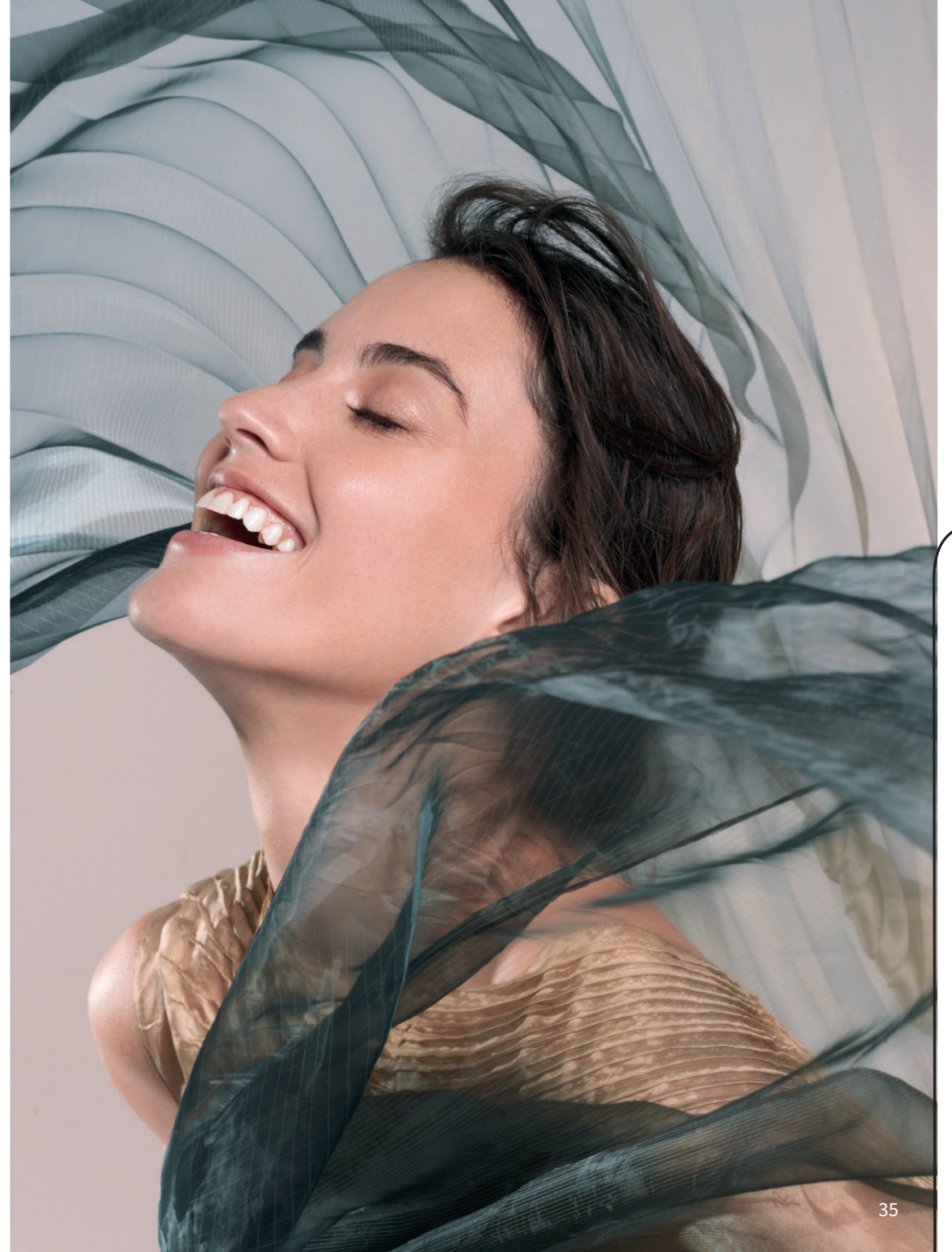
5-days wellness treatment without accommodation starts at € 1,400. Additional day available on request. Loreamar reserves the right to modify the order of treatments during your stay.

OUR 3-DAYS SPA BREAKS *

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

1-2-3 Energy & Vitality treatment	36
1-2-3 Detox treatment	37
1-2-3 Marine treatment	38
1-2-3 Destress treatment	39

* 3-days wellness treatment without accommodation starts at € 800.



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

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)

Day 3*

- Physical activity (45 min)*
- Regenerating & Revitalising body wrap (20 min)
- Marine Magnesium balneotherapy (20 min)
- Plantar and palmar reflexology (50 min)

*These activities cannot be replaced by other services, including treatment.



3-days 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-DAYS SPA BREAK 1-2-3 DETOX

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)

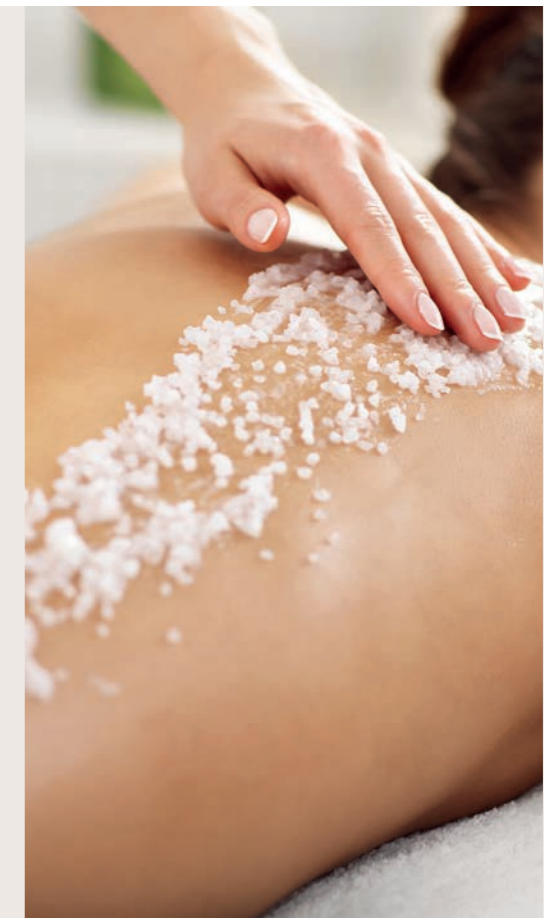
Day 2

- Physical activity (45 min)*
- Jet shower (10 min)
- Marine algae balneotherapy (20 min)
- Flat belly special 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)

*These activities cannot be replaced by other services, including treatment.



3-days 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-DAYS SPA BREAK 1-2-3 MARINE

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))

**These activities cannot be replaced by other services, including treatment.*



3-days 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-DAYS SPA BREAK 1-2-3 DESTRESS

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)

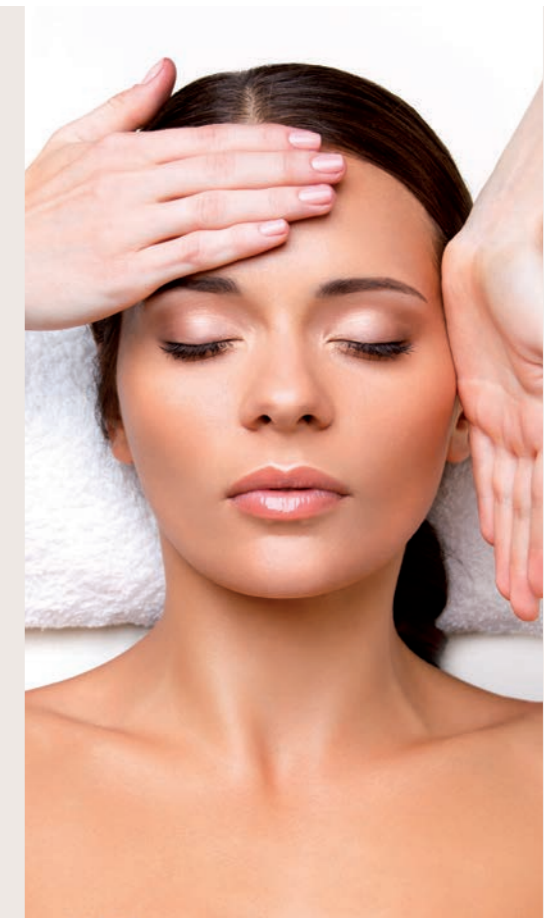
Day 2

- 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)

**These activities cannot be replaced by other services, including treatment.*



3-days 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 42

Volupté des mers ritual 42

PAOMA® Total harmony ritual 43

Thalion© Mineral Odissey 43



OUR RITUALS

A haven of well-being and relaxation...

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 €

VOLUPTÉ DES MERS RITUAL

Indulge in a unique and multisensory experience

Une expérience multisensorielle unique imaginée pour plonger le corps. Discover a unique multisensory spa experience to immerse the body and mind in deep relaxation through an exclusively manual massage combined with 100% natural marine textures. This sensorial journey begins with an olfactory selection that gently diffuses the treatment with sunny and joyful notes: the languorous fragrance «Tiaré Envoûtante» or the tangy «Agrumes Pétillants».

The body is gently wrapped in a gourmet body scrub (20 minutes), sublimating the skin, then slowly immersed in a cocoon of well-being thanks to the Volupté des Mers massage (50 minutes). The ritual ends with the application of a melting balm.

70 min : 180 €



PAOMA® TOTAL HARMONY RITUAL

Attain blissful body and mind wellness

A graceful, sensory and harmonious experience, the PAOMA® Total Harmony ritual invites you to relax your body and mind. It will provide immediate results thanks to the Beauty Enhancer ritual (60 min) and the Total Body massage (60 min).

120 min : 260 €

THALION® MINERAL ODYSSEY

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

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

120 min : 300 €

À LA CARTE TREATMENTS

Facial beauty treatments

PAOMA® Facial care	46
Thalion® Facial care	48
LPG endermologie® Expert facial care	50

Silhouette beauty treatments

LPG endermologie® Expert body care	51
STARVAC® pressotherapy - Nouveauté 2024	52
Thalion® body care	54
Specific hand & foot treatments	56

Massages

PAOMA® body massages	58
Massages – 25 minutes	60
Massages – 50 minutes	62

Scrubs

64

Ocean treatments

65

Complimentary treatments

66

Young guests Spa treatments

68

Coaching & fitness

70



FACIAL BEAUTY TREATMENTS

PAOMA© ECOETHICAL FACIAL CARE

PAOMA® facials are prestigious holistic journeys created by a renowned facialist: Sylvie Lefranc, an expert in facial yoga. The skin is deeply moisturised, plumped and smoothed through new formulas and innovative modelling techniques inspired by ancestral beauty rituals. Deep cleansing, lymphatic drainage, facial yoga, massages with roll-on and quartz gua sha, and acupressure gestures enhance these exquisite beauty journeys.

Drain • Shape • Sculpt • Smooth • Tone up • Relax

BEAUTY ENHANCER RITUAL

A genuine alternative to cosmetic medicine, the PAOMA© Beauty Enhancer treatment targets the visible signs of ageing by working on the entire face, neck and low-cut. Intensely stimulated and relaxed, the skin regains elasticity, wrinkles are smoothed out, and contours are redefined for a refreshed and rejuvenated beauty.

60 min : 130 €

SENSORY AWAKENING RITUAL

The PAOMA© Sensory Awakening ritual is a prestigious holistic treatment that can be tailored to each individual. This two-step beauty treatment comprises a 15-minute skin preparation, from make-up removal to facial mask application, followed by 15-minute modelling of the desired area: eyes, lips, forehead, oval of the face or low-cut.

30 min : 85 €



2024 Novelty

HYALURESSENCE® ANTI-AGEING RITUAL

The PAOMA® line of products, combined with expert manual techniques, offers a moment of complete well-being and visibly transforms the skin. The oval shape of the face is redefined, cheekbones are enhanced, and skin texture is refined. The skin becomes soft, velvety, and beautifully enhanced.

75 min : 175 €

TARGETED COMPLEMENTARY FACIAL CARE

These five targeted modules have been specially designed to tailor your exclusive PAOMA® beauty journeys.

In line with your preferences and identified needs, one or more of these complementary modules can enhance the benefits of the Sensory Awakening Ritual or the Beauty Enhancer Ritual

Eyes
Drains, smoothes
& relaxes

Lips
Plumps, reshapes
& smoothes

Low-cut
Restructures,
smoothes & firms

Forehead
Lifts, plumps
& destresses

Face oval
Sculpts, firms
& lifts

A module (15 min) : 25 €

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.

Rehydrate • Resource • Revitalize • Lift • Purify • Soothe

OCEAN SECRET

This extraordinary facial concentrates the quintessence of THALION©'s technical and sensorial know-how for an effective anti-ageing strategy. Precious dermocosmetic 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 : 185 €



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 €

Optional Facial Care: LPG® Endermologie - Specific area of your choice at €25 (15 min).



FACIAL AND BODY 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

ENDERMOLOGIE LPG® SOIN VISAGE LIFT EXPRESS

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

50 min : 120 €

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

390 €



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 €

Nouveauté 2024



SILHOUETTE BEAUTY TREATMENTS

Pressotherapy

It is a unique and exclusive method that revitalises the body and provides a feeling of well-being and slimming. This method involves precision work to stimulate and boost blood and lymph circulation. With the combination of two exclusive patents, Pressodynamie® provides effective results from the very first session.

Personalise your session with the following options:

- Drainage
- Sports Recovery
- Silhouette (working on orange peel effect and skin firmness)
- Relief of Heavy Legs

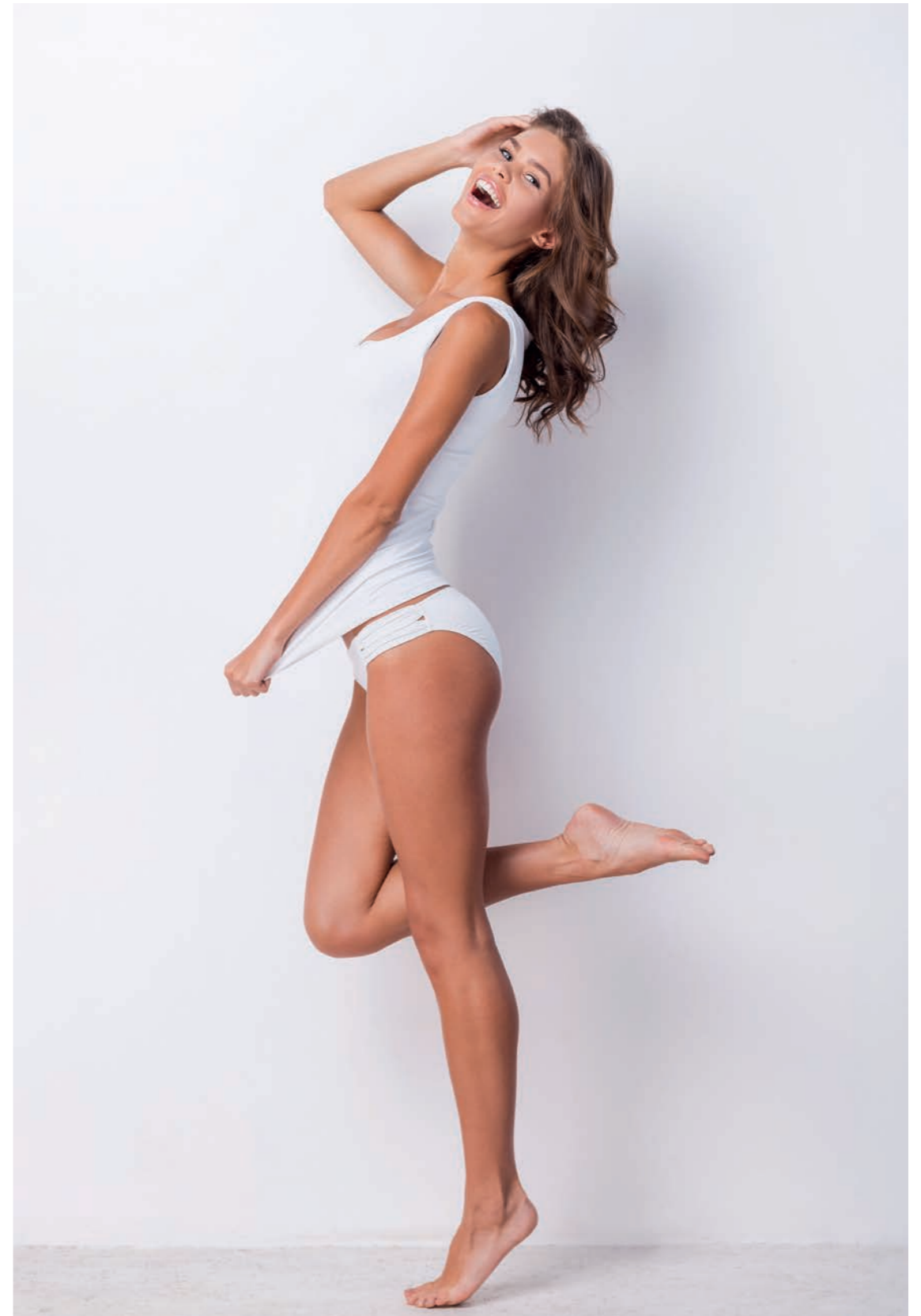
Smooth • Drain • Eliminate • Relax

SINGLE SESSION

30 min : 60 €

PACKAGE OF 5 SESSIONS

250 €



À la carte

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

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

PAOMA® Body massages

During each treatment, the therapist adapts movements - manually or with a Rose Quartz Gua Sha - and addresses all the signals emitted consciously or unconsciously. The results are immediate: muscular tensions are released, energies circulate, toxins are eliminated and the silhouette is redefined.

INITIAL BODY MASSAGE

30 min : 80 €

TOTAL BODY MASSAGE

60 min : 140 €

ZENITH BODY MASSAGE

90 min : 180 €



TARGETED COMPLEMENTARY WELLNESS CARE

These three 15-minute modules have been specially designed to enhance your exclusive wellness experience.

In line with your preferences and identified needs, one or more of these complementary modules can refine your overall PAOMA® treatment:

Scalp
Relieves, soothes
& eases

Belly
unknots, purifies
& soothes

Feet
detoxifies,
invigorates & relaxes

A module (15 min) : 25 €

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

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 €

DRAINING LEG MASSAGE

Draining and circulatory leg massage, aimed at promoting recovery and a sensation of lightness in the legs.

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 de bien-être

2024 Novelty

SIGNATURE MASSAGE DEEP TISSUE

A slow, in-depth massage technique combining deep-tissue massage, muscle trigger points, and kneading. Punctiform massage promotes muscular relaxation, detoxifies muscle mass, and increases energy while relieving contractures and stiffness.

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 €

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 €

VOLUPTÉ DES MERS

Discover a unique multisensory spa experience to immerse the body and mind in deep relaxation through an exclusively manual massage combined with 100% natural marine textures. This sensorial journey begins with an olfactory selection that gently diffuses the treatment with sunny and joyful notes: the languorous fragrance «Tiaré Envoûtante» or the tangy «Agrumes Pétillants». The body is gently immersed in a cocoon of well-being. The massage ends with the application of a melting balm.

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 €

BODY SCRUBS

PAOMA® GENTLE BODY SCRUB

A pre-cleansing scrub that gently exfoliates the skin and prepares it to receive the following treatments for a detoxifying, smoothing and relaxing effect.

20 min : 70 €

THALION® MARINE NUTRIENTS DETOXIFYING SCRUB

This body care allows dead cell removal, letting your epidermis regenerate and leaving the skin softer.

20 min : 70 €



OCEAN TREATMENTS

The benefits of seawater

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 : 130 €

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 : 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 €



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 €



À la carte

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.
- For a peaceful experience, please refrain from jumping, diving, shouting, or playing ball in the relaxation pool.
- It is strictly prohibited to bring any animals into the Loreamar area.

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.

INFORMATIONS

- A medical certificate of eligibility for thalassotherapy issued by a physician may be required upon arrival for any treatment reservation.
- 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).

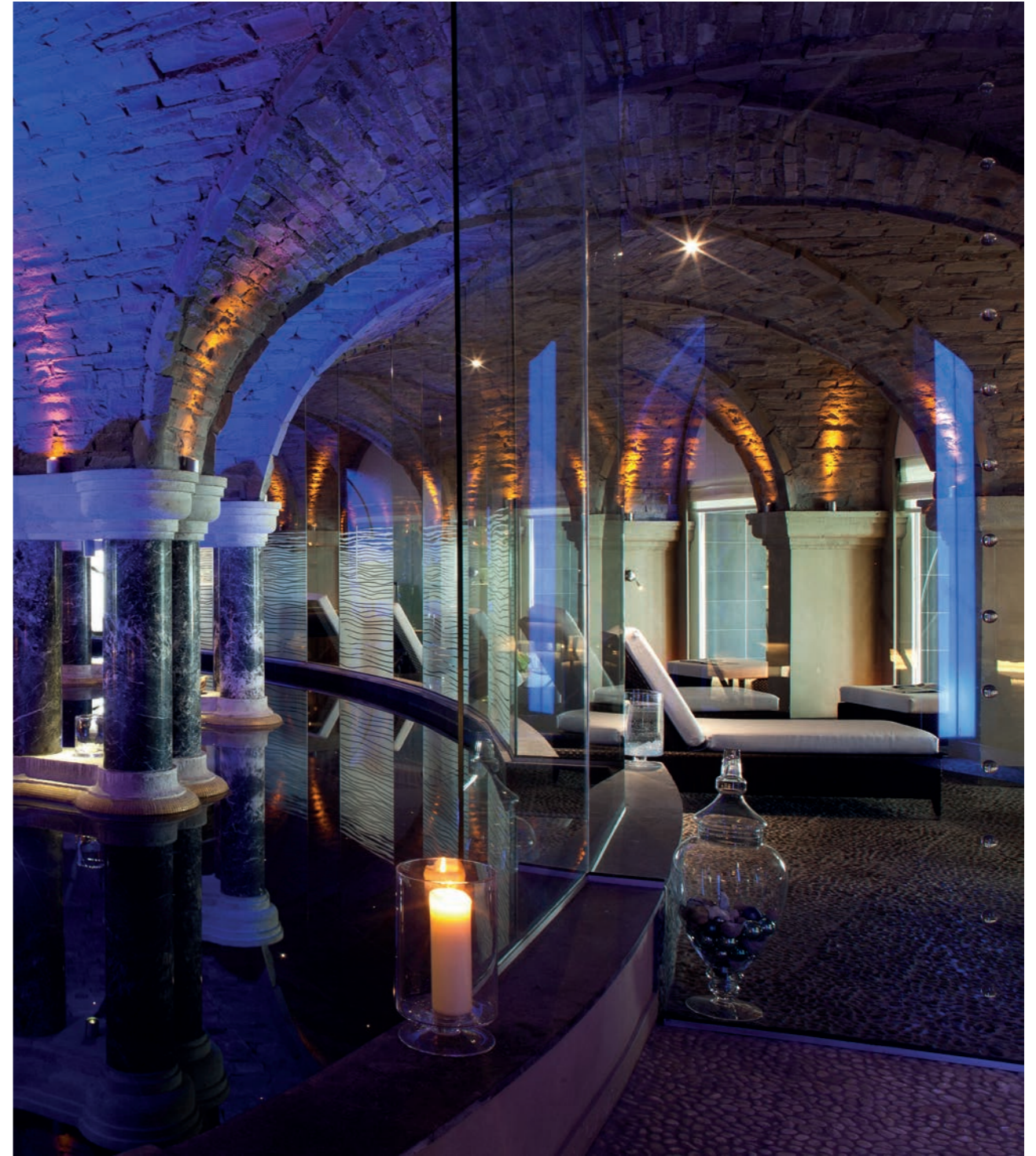
CANCELLATION

- 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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