



GRAND
HÔTEL
SPA & THALASSO
— SAINT-JEAN-DE-LUZ —
★ ★ ★ ★ ★

TREATMENT GUIDE

Spa & Thalasso

LE GRAND HÔTEL SPA & THALASSO - SAINT-JEAN-DE-LUZ



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SPA & THALASSO**

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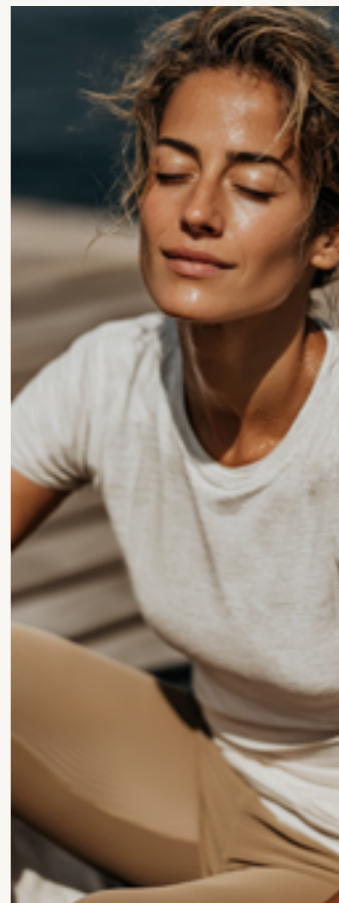
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GRAND
HÔTEL
SPA & THALASSO
— SAINT-JEAN-DE-LUZ —
★★★★★

Overlooking the Atlantic Ocean, the Grand Hôtel Spa & Thalasso is the legendary hotel of Saint-Jean-de-Luz. Its historic charm is elegantly reflected in its Art Deco style, offering a stay marked by luxury, tranquility, and well-being.

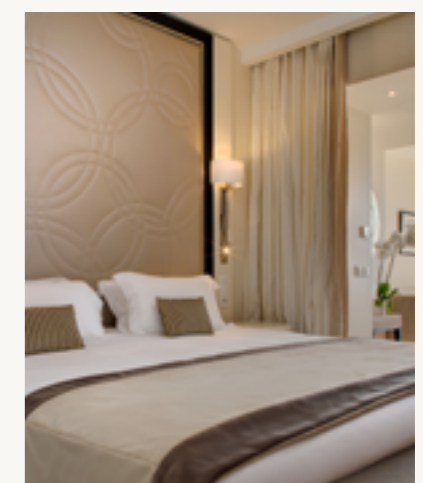
Our rooms are spacious, bright, and extremely comfortable, and our suites feature a terrace offering breathtaking views of the ocean.

Rooms

CLASSIC - SUPERIOR - SUPERIOR OCEAN
FAMILY - DELUXE OCEAN

Suites

« SAINTE BARBE » - OCEAN TERRACE SUITE-
JUNIOR SUITE OCEAN TERRACE



Welcome to the Grand Hôtel Spa & Thalasso

My team and I are committed to making every stay at the Grand Hôtel Spa & Thalasso a truly exceptional experience. Here, overlooking the ocean, every detail has been carefully considered to offer you a refined setting where serenity and comfort blend with the Basque art of living.

Véronique Allègre
CEO



The Grand Hôtel Spa & Thalasso is reinventing itself...

For over a century, the Grand Hôtel Spa & Thalasso has embodied Basque elegance and the legacy of a unique way of life overlooking the ocean. Today, our hotel is undergoing a renaissance: a bold transformation that honors its history as we embark on a new chapter.

RENOVATED SPACES :

- Spa & Thalasso
- Restaurant
- Bar
- Lobby
- Fireplace Lounge


GRAND HÔTEL
 SPA & THALASSO
 SAINT-JEAN-DE-LUZ
 ★ ★ ★ ★ ★



Aho Fina restaurant

Set in an elegant and cozy atmosphere, the **Aho Fina** restaurant at the **Grand Hôtel** overlooks the bay of Saint-Jean-de-Luz. The chef offers healthy, refined cuisine with a touch of the **French Southwest**, prepared using ingredients from trusted local producers, with wellness options available from morning to night.

OPEN 7 DAYS A WEEK
 12:30 PM – 2:00 PM
 7:30 PM – 9:00 PM
 BY RESERVATION



CATERING OPTIONS

BREAKFAST

Buffet served from **7:30 AM to 10:30 AM** at the Aho Fina restaurant or Continental in your room from **7:00 AM to 11:00 AM**

€35 per day per person

HALF-BOARD

Includes breakfast and dinner (3-course daily special, excluding drinks)

€100 per day per person

FULL BOARD

Includes breakfast, lunch, and dinner (3-course daily special, excluding drinks)

€145 per day per person



The Clipper bar

A bright, modern space offering a 180-degree view of the ocean. A lively yet intimate setting where every moment seems to linger. Signature cocktails, a lounge with a fireplace, and a terrace overlooking the horizon: here, everything invites you to savor the moment.

OPEN
 FROM 11:00 AM TO 11:00 PM



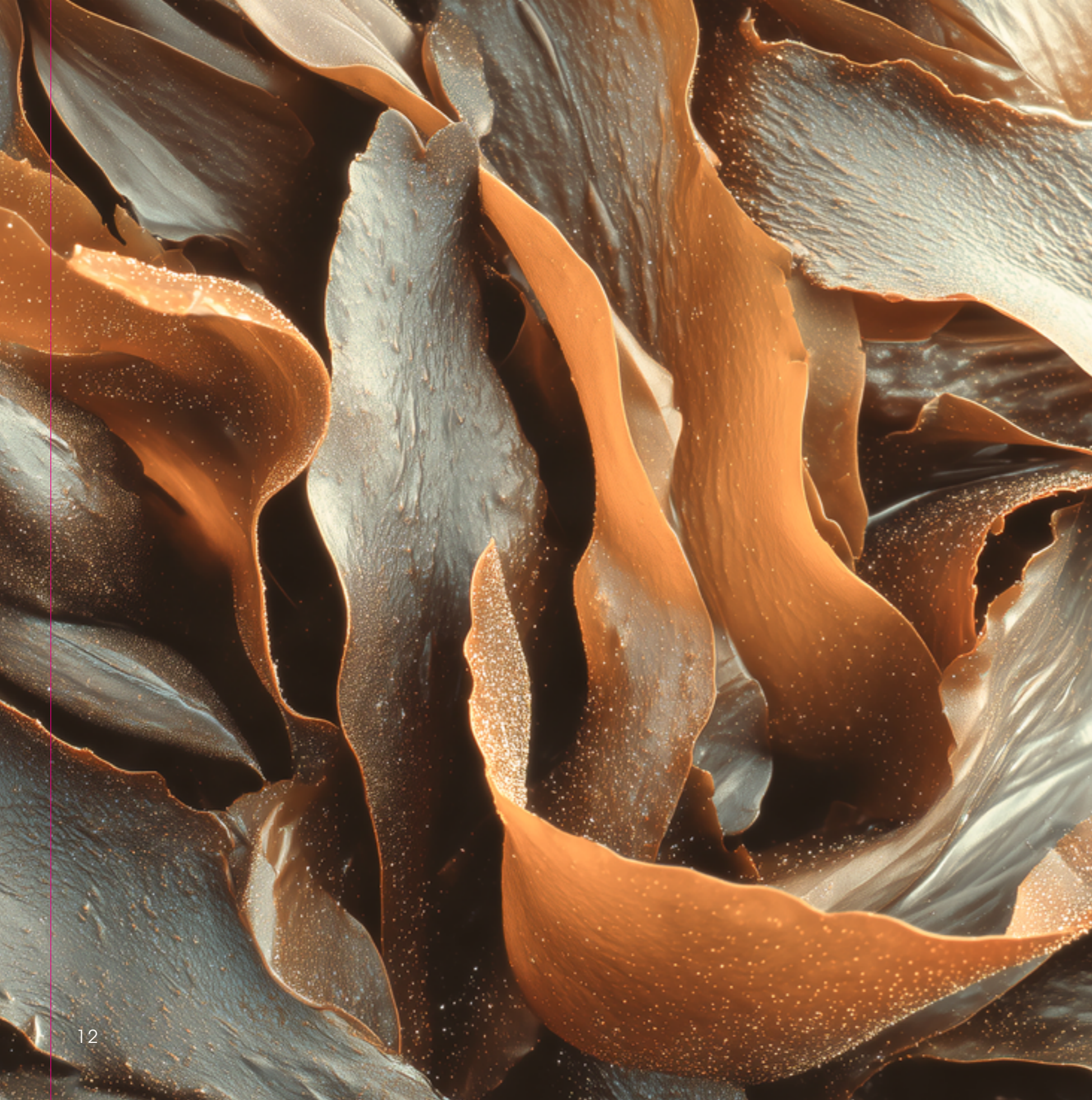
Spa & Thalasso

Located on the beach overlooking the Atlantic, our Spa & Thalasso offers **1,000 square meters** dedicated to wellness in an intimate, elegant setting that is unique to the **Basque Country**. An intimate atmosphere, expert touch, and a sensory experience taken to the highest level.

At the heart of our approach: the **practitioner's touch**, subtle and precise. Trained in techniques from around the world (emotional, fascial, and energetic), our therapists offer highly personalized treatments, tailored day by day. The treatments are enhanced by **high-quality natural oils custom-blended** for each session.

- ❖ 19 treatment rooms, including 2 duo rooms
- ❖ Heated indoor seawater pool with multi-jet jets
- ❖ Hammam & sauna
- ❖ Relaxation area
- ❖ Cardio training & weight room
- ❖ Rest area
- ❖ Jacuzzi
- ❖ Cold plunge pool
- ❖ Hot tub





THE BENEFITS OF SEAWEED

Our treatments draw on Thalio[®] expertise: formulas rich in marine active ingredients, combined with expert techniques, to remineralize, drain, and regenerate the skin.



PALMARIA

Gentle protection: Vitamins A & B, minerals. Soothes, strengthens the skin barrier, and restores radiance.



FUCUS

Draining tonic: iodine, vitamins, potassium. Helps eliminate excess water and toxins, and boosts the immune system.



HIMANTHALIA

Restorative: Vitamin C, magnesium, omega-3. Rehydrates, restores balance, and soothes.



PORPHYRA

Nourishing: proteins, fatty acids, vitamins A and B. Nourishes, softens, and protects.



LAMINARIA

Remineralizing: vitamins A, B, C, E, and K; proteins. Purifies the skin and helps combat fatigue, tension, and cellulite.



ASCOPHYLLUM

Energizing: protein, magnesium, trace minerals. Supports fat metabolism, slimming effect.

3-DAY
PARENTHESES



PARENTHÈSE NEW DISCONNECT

MY "RECHARGE" BREAK

I want déconnecter, me détoxifier et me revitaliser I want to unwind, detox, and recharge

3
DAYS

12
TREATMENTS

PARENTHÈSE OCEAN & YOGA

MY WELLNESS BREAK

I want to reconnect with nature and wellness

3
DAYS

11
TREATMENTS

DAY 1

4 treatments 2h35

Relaxation Session NOUVEAU	45min
"Sound Immersion" on the Beach*	
Massage with a shower of seawater NOUVEAU	20min
PAOMA© Serenity Ritual Massage NOUVEAU	60min
PAOMA© Sensory Awakening Ritual Facial Treatment	30min

DAY 2

4 treatments 1h55

Seaweed Hydro-Massage Bath	20min
Seaweed Detoxifying Body Wrap	20min
Abdominal & Scalp Massage	50min
Foot Reflexology	25min

DAY 3

4 treatments 1h45

Jet shower	10min
Seated Amma massage	25min
Regenerating and revitalizing body wrap	20min
Energizing massage	50min

PRICE : starting at €1,000 (excluding accomodation)



DAY 1

3 treatments 2h00

Sea Salt Scrub	20min
Ocean Bliss Massage	50min
Yoga Session	50min

PRICE : starting at €1,000 (excluding



DAY 2

4 treatments 2h45

Physical Activity	45min*
Regenerating & Revitalizing Body Wrap	20min
Intense Revitalizing Treatment	50min
Yoga Session	50min

DAY 3

4 treatments 2h55

Physical activity	45min*
Seaweed balneotherapy	20min
THALION© Hydra Minéral facial treatment	60min
Yoga session	50min

PARENTHESE ENERGY

MY BREAK VITALITY
I want to get my energy back

3
DAYS **11**
TREATMENTS

PARENTHESE MARINE

MY MINERAL BREAK
I want to stock up on minerals

3
DAYS **11**
TREATMENTS

DAY 1 **3 treatments** **1h30**

Sea Salt Scrub	20min
Regenerating and Revitalizing Body Wrap	20min
Energizing Massage	50min

DAY 3 **4 treatments** **2h15**

Physical activity	45min*
Regenerating and revitalizing body wrap	20min
Marine magnesium balneotherapy	20min
Foot and hand reflexology	50min

DAY 2 **4 treatments** **2h15**

Physical activity	45min*
Seaweed balneotherapy	20min
Massage with a shower of seawater	20min
Intense revitalizing treatment	50min

PRICE : starting at €900 (excluding accomodation)



DAY 1 **3 treatments** **1h30**

Magnesium and Calcium Mineral Scrub	20min
Marine Potassium Body Wrap	20min
Personalized Marine Potassium Massage	50min

DAY 2 **4 treatments** **2h15**

Physical activity	45min*
Marine magnesium balneotherapy	20min
Marine magnesium body wrap	20min
Personalized marine magnesium massage	50min

PRICE : starting at €900 (excluding accomodation)



DAY 3 **4 treatments** **2h25**

Physical activity	45min*
Marine calcium balneotherapy	20min
Marine calcium body wrap	20min
THALION© hydra-mineral facial treatment	60min

PARENTHÈSE RELAXATION

MY STRESS-RELIEF BREAK
I want to let go

3
DAYS

11
TREATMENTS

DAY 1

3 treatments 1h30

Sea Salt Scrub	20min
Marine Magnesium Body Wrap	20min
Personalized Marine Magnesium Massage	50min

DAY 2

4 treatments 2h20

Physical activity	45min*
Marine magnesium balneotherapy	20min
Foot and hand reflexology	50min
Seated Amma massage	25min

DAY 3

4 treatments 2h25

Physical activity	45min*
Marine magnesium balneotherapy	20min
Personalized marine magnesium massage	50min
THALION© Instant Beauty Facial	30min

PRICE : starting at €900 (excluding accomodation)



5-DAY
IMMERSIONS



IMMERSION SERENITY

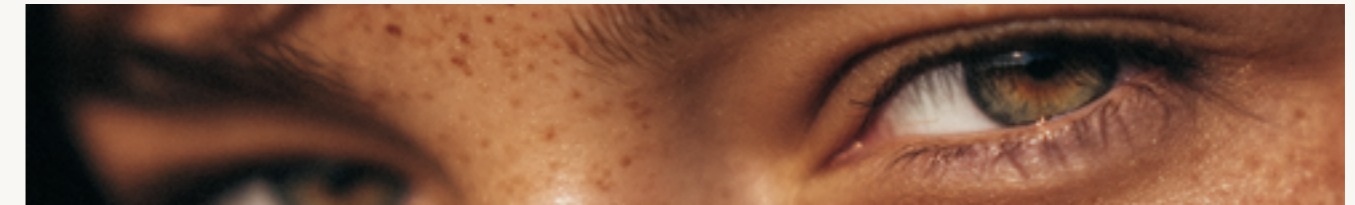
NEW

5
DAYS

20
TREATMENTS

MY ANTI-CORTISOL BREAK

I want to reduce my stress and regain my inner balance



DAY 1

4 treatments 1h50

Personalized Initial Consultation	—
Breathing Coaching	20min
Marine Magnesium Mineral Scrub	20min
Serenity Body Wrap with Marine Magnesium	20min
Aquatic Relaxation in the Pool	50min

DAY 2

4 treatments 2h55

Outdoor physical activity	45min*
Marine magnesium balneotherapy	20min
Acupuncture session	50min
PAOMA© Serenity Ritual Massage	60min

DAY 3

4 treatments 2h20

Aquatic yoga session in the pool	50min
Massage with a seawater shower	20min
Marine magnesium balneotherapy	20min
Abdominal and scalp massage	50min

DAY 4

4 treatments 2h15

Massage with a seawater shower	20min
Relaxation Session "Sound Immersion"	45min
Marine Magnesium Balneotherapy	20min
Intense Revitalizing Treatment	50min

DAY 5

4 treatments 3h00

Stretching session	50min
Serenity Body Wrap with marine magnesium	20min
Foot and hand reflexology	50min
THALION© Hydra Minéral Facial Treatment	60min
Personalized post-treatment consultation	—

PRICE : starting at €1,500 (excluding accomodation)

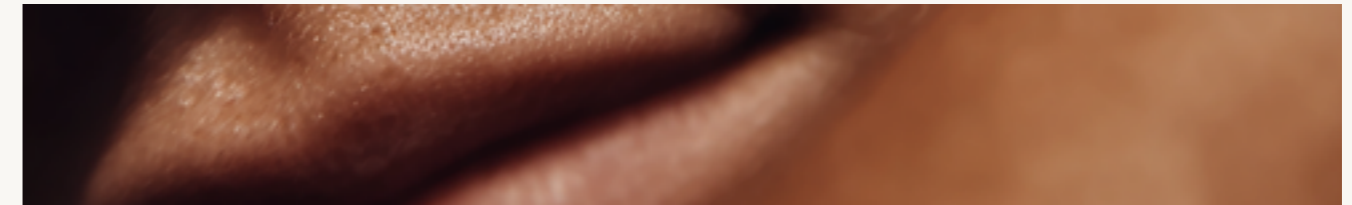
IMMERSION NEW FITNESS & TONING

MY BODY-SHAPING BREAK
I want to tone my body

5
DAYS

24
TREATMENTS

FOR HER



DAY 1

5 treatments 2h35

Personalized initial consultation	—
Full-body STARVAC© session	40min
Sea salt body scrub	20min
Seaweed balneotherapy	20min
Pressotherapy session	30min
Physical activity	45min*

DAY 2

5 treatments 3h15

STARVAC© session (area of your choice)	20min
Naturopathic consultation	60min
Jet shower	10min
3D cellulite massage treatment	60min
Physical activity	45min*

DAY 3

5 treatments 2h30

Full-Body STARVAC© Session	40min
Draining Underwater Shower	15min
Laminaria & Fucus Slimming Wrap	20min
Pressotherapy Session	30min
Physical activity	45min*

DAY 4

5 treatments 2h35

STARVAC© session (area of your choice)	20min
Jet shower	10min
Seaweed balneotherapy	20min
3D cellulite massage treatment	60min
Physical activity	45min*

DAY 5

4 treatments 2h10

Full-Body STARVAC© Treatment	40min
Jet Shower	10min
Laminaria & Fucus Slimming Wrap	20min
THALION© Radiance & Energy Facial	60min
Post-Treatment Follow-Up	—

PRICE : starting at €1,500 (excluding accomodation)

* Physical activity cannot be replaced by medical treatment.

IMMERSION **NEW**
FITNESS & TONING

5
DAYS

24
TREATMENTS

MY BODY-SHAPING BREAK
 I want to tone my body

FOR HIM



DAY 1

5 treatments 2h00

Personalized initial consultation	—
STARVAC© session – abdominal detox	20min
Detoxifying seaweed wrap	20min
Jet shower	10min
Detox massage with marine actives	25min
Physical activity	45min*

DAY 2

5 treatments 3h20

Seaweed Balneotherapy	20min
Naturopathic Consultation	60min
Flat Stomach Treatment	50min
Foot Reflexology	25min
Physical Activity	45min*

DAY 3

5 treatments 2h30

STARVAC© Session - Belly Detox	20min
Draining underwater shower	15min
Detoxifying seaweed wrap	20min
Personalized potassium massage	50min
Physical activity	45min*

DAY 4

5 treatments 2h30

Seaweed Balneotherapy	20min
Jet Shower	10min
Flat Stomach Treatment	50min
Scalp Massage	25min
Physical Activity	45min*

DAY 5

4 treatments 1h45

STARVAC© Session - Belly Detox	20min
Draining Underwater Shower	15min
Detoxifying Seaweed Wrap	20min
THALION© Marine Ritual Facial	50min
Personalized Post-Treatment Consultation	—

PRICE : starting at €1,500 (excluding accomodation)

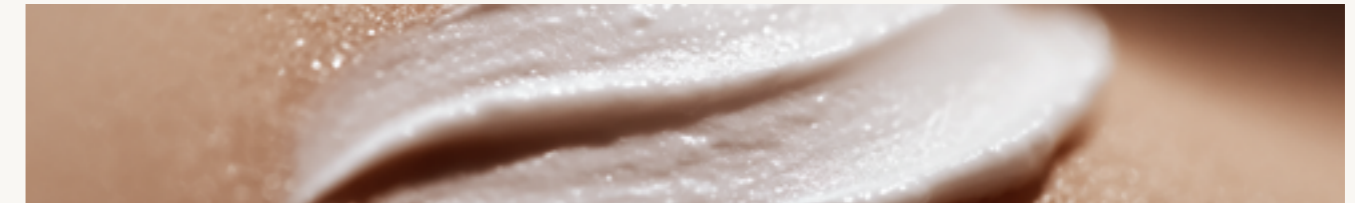
* Physical activity cannot be replaced by medical treatment.

IMMERSION DISCOVERY

MY SPA & THALASSO BREAK
I want a beauty getaway

5
DAYS

19
TREATMENTS



DAY 1

3 treatments 1h40

Personalized initial consultation	—
Gentle body scrub	20min
Regenerating and revitalizing body wrap	20min
Ritual Global body massage	60min

DAY 2

4 treatments 2h50

Physical activity	45min*
Hydromassage bath with essential oils	20min
Beauty-Enhancing Facial Treatment + 1 additional facial treatment of your choice	75min
Aquatic osteopathy session	30min

DAY 3

4 treatments 2h15

Regenerating and revitalizing body wrap	20min
Massage with a gentle stream of seawater	20min
Initial Body Ritual Massage + optional foot treatment	45min
Yoga workshop	50min

DAY 4

4 treatments 2h40

Physical activity	45min*
Douche sous-marine	15min
Massage amma assis	25min
Soin du visage Révélateur de Beauté + 1 module complémentaire visage au choix	75min

DAY 5

4 treatments 2h45

Active Stretching Workshop	50min
Hydromassage Bath with Essential Oils	20min
Regenerating and Revitalizing Body Wrap	20min
Full-Body Massage + skull add-on module	75min
Post-treatment follow-up	—

PRICE : starting at €1,500 (excluding accomodation)

* Physical activity cannot be replaced by medical treatment.

IMMERSION ENERGY

MY VITALITY BREAK
I want to regain my energy

5
DAYS

21
TREATMENTS



DAY 1

4 treatments 2h05

Personalized Initial Consultation	—
Naturopathic Consultation	60min
Sea Salt Scrub	20min
Regenerating and Revitalizing Body Wrap	20min
Amma Seated Massage	25min

DAY 2

5 treatments 3h05

Physical activity	45min*
Regenerating and revitalizing body wrap	20min
Seaweed balneotherapy	20min
Energizing massage	50min
Micro-kinesiotherapy session	50min

DAY 3

4 treatments 2h25

Yoga workshop	50min
Underwater shower	15min
Massage with seawater spray	20min
THALION© radiance energy facial treatment	60min

DAY 4

4 treatments 2h15

Physical activity	45min*
Seaweed balneotherapy	20min
Regenerating and revitalizing body wrap	20min
Intense revitalizing treatment	50min

DAY 5

4 treatments 2h25

Active stretching workshop	50min
Marine magnesium balneotherapy	20min
Foot and hand reflexology	50min
Face and scalp massage	25min
Post-treatment consultation	—

PRICE : starting at €1,500 (excluding accomodation)

* Physical activity cannot be replaced by medical treatment.

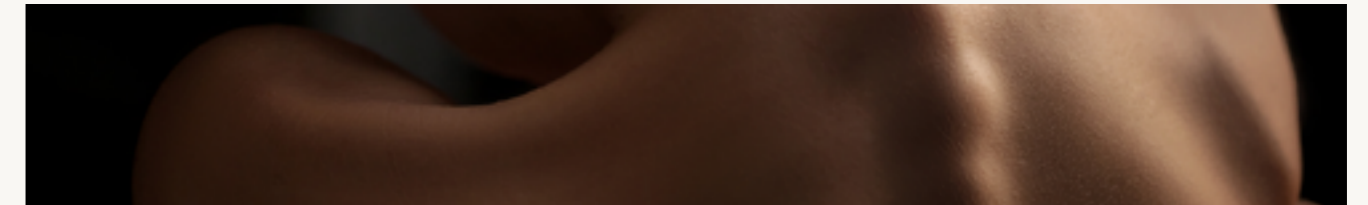
IMMERSION ABSOLUTE BACK WELL-BEING

5
DAYS

22
TREATMENTS

MY FLEXIBILITY BREAK

I want to relieve my pain and strengthen my back



DAY 1

5 treatments 2h05

Personalized initial consultation	—
Osteopathy session	45min
Sea salt body scrub	20min
Underwater shower	15min
Detoxifying back wrap with seaweed	20min
Back and neck massage with marine magnesium	25min

DAY 2

4 treatments 2h20

Personalized coaching session – back focus	50min
Seaweed Balneotherapy	20min
Back wrap with Remineralizing Seaweed	20min
Deep Tissue Massage	50min

DAY 3

5 treatments 2h45

Yoga workshop	50min
Seaweed balneotherapy	20min
Massage with a shower of seawater	20min
Seated Amma massage	25min
Abdominal and scalp massage	50min

DAY 4

4 treatments 2h15

Personalized coaching session – back focus	50min
Relaxing underwater shower for the lower back	15min
Marine magnesium back wrap	20min
Energizing massage	50min

DAY 5

4 treatments 2h05

Active stretching workshop	50min
Massage with a seawater shower	20min
Back and neck massage with marine magnesium	25min
Instant Beauty facial	30min
Post-treatment follow-up	—

PRICE : starting at €1,500 (excluding accomodation)

* Physical activity cannot be replaced by medical treatment.

IMMERSION MARINE

MY MINERAL BREAK
I want to remineralize my body

5
DAYS

22
TREATMENTS



DAY 1

4 treatments 1h40

Personalized initial consultation	—
Magnesium and calcium mineral body scrub	20min
Seaweed balneotherapy	20min
Jet shower	10min
Personalized marine magnesium massage	50min

DAY 2

5 treatments 2h35

Physical activity	45min*
Marine calcium balneotherapy	20min
Massage with a shower of seawater	20min
Marine calcium body wrap	20min
Personalized marine calcium massage	50min

DAY 3

5 treatments 2h30

Physical activity	45min*
Marine potassium balneotherapy	20min
Draining underwater shower	15min
Marine potassium body wrap	20min
Personalized marine potassium massage	50min

DAY 4

4 treatments 2h15

Physical activity	45min*
Marine magnesium balneotherapy	20min
Marine magnesium body wrap	20min
Personalized marine magnesium massage	50min

DAY 5

4 treatments 2h25

Physical activity	45min*
Seawater shower massage	20min
Marine magnesium body wrap	20min
THALION© hydra-mineral facial treatment	60min
Post-treatment follow-up	—

PRICE : starting at €1,500 (excluding accomodation)

*Physical activity cannot be replaced by medical treatment.

ESCAPES
& RITUALS



NEW

ESCAPE «ANTI-CORTISOL» SERENITY

In today's fast-paced world, our ritual combines seawater and gentle touch to soothe, reduce stress, lower cortisol levels, rebalance the nervous system, and restore inner harmony.

Breathing exercises session - 15 min

Hydrotherapy bath enriched with relaxing essential oils - 20 min

"Anti-stress" body wrap with marine magnesium - 25 min

Personalized anti-stress massage - 50 min

morphée
Breathe & Shine

TREATMENTS ACCOMPANIED BY THE MORPHÉE SOUND BOX
GUIDED RELAXATION

This excursion is available as a full-day or half-day tour, depending on your preference.

1h50 | €280



ESCAPE **NEW** SOFTNESS

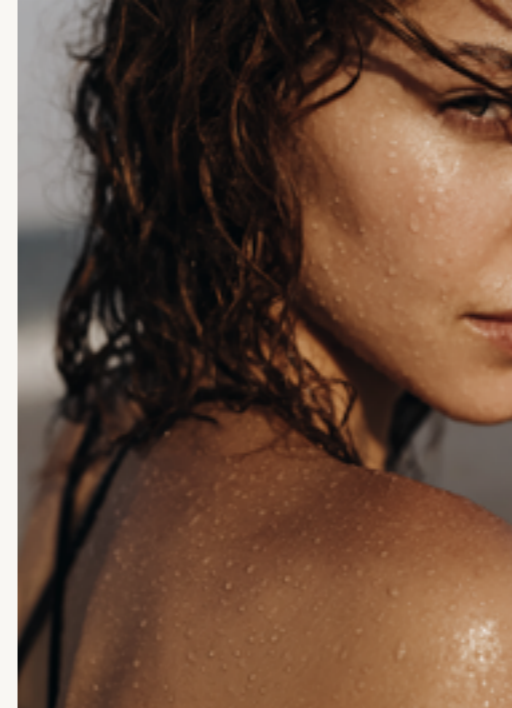
A brief, soothing interlude to release tension, calm the mind, and rediscover a gentle sense of lightness.

Hydromassage sea bath - 20 min

Relaxing massage - 25 min

+ ACCESS TO THE MARINE SPA

2 treatments | €130



ESCAPE **NOUVEAU** REVITALIZING

A shot of marine energy: it wakes up your body, reoxygenates your mind, and restores your radiance so you can feel energized again.

Hydromassage sea bath - 20 min

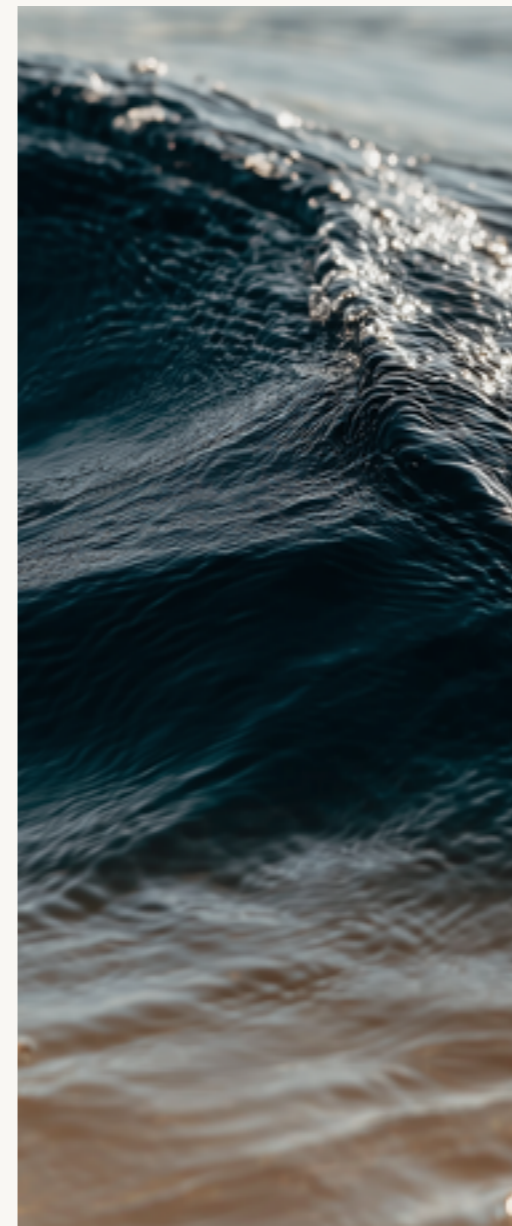
Relaxing massage - 50 min

Seaweed body wrap - 25 min

Massage visage et cuir chevelu - 25 min

+ ACCESS TO THE MARINE SPA

4 treatments | €330



ESCAPE **NOUVEAU** ABSOLUTE

A complete rejuvenation: deep relaxation, rehydrated skin, and a revitalized body—with long-lasting results.

Hydromassage sea bath - 20 min

Relaxing massage - 50 min

Seaweed body Wrap - 25 min

Massage visage et cuir chevelu - 25 min

Massage sous affusion d'eau de mer - 25 min

Soin visage personnalisé - 50 min

+ ACCESS TO THE MARINE SPA

6 treatments | €500

Escapes are available as full-day or half-day excursions, depending on your preference.

NEW

RITUAL FUTURE MOM

Designed to support expectant mothers, this treatment soothes with gentle, tailored movements. A gentle massage, moisturizing, and relaxation in warm water relieve tension and encourage you to let go.

Marine magnesium body wrap - 25 min

Customized relaxing massage - 50 min

Instant Beauty facial - 30 min

+ ACCESS TO THE MARINE SPA

1h45 €280



RITUAL SEA DELIGHTS

Designed as a true sensory journey, this ritual is, above all, a celebration of massage, performed exclusively by hand to provide the body with deep, authentic relaxation.

Indulgent Body Scrub - 20 min

Sea Delights massage - 50 min

1h10 €190

RITUAL

PAOMA©

HARMONY OF FACE AND BODY

PAOMA
PARIS

The PAOMA© Signature Ritual offers a graceful, sensory, and harmonious escape, inviting you to relax your body and mind with immediate results.

Beauty-Enhancing Facial Treatment - 60 min

Full-Body Massage - 60 min

2h00 €280



RITUAL

THALION©

MINERAL JOURNEY FOR FACE AND BODY

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

The THALION© ritual replenishes the body with minerals and counteracts signs of stress and fatigue on the face and body, leaving you with a deep sense of relaxation and renewal.

Mineral Scrub - 20 min

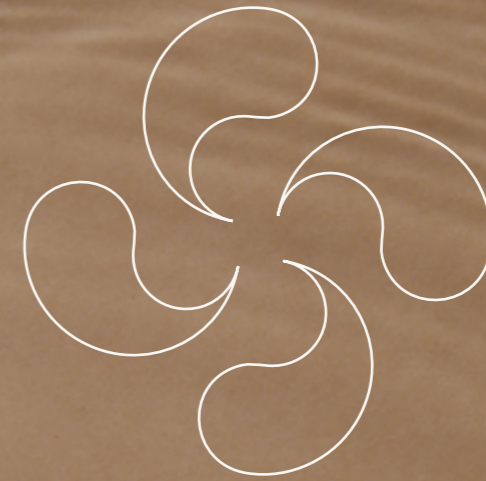
Intense Revitalizing Massage - 50 min

Customized Hydrating & Plumping Facial - 50 min

2h00 €300



À LA CARTE
TREATMENTS



FACE TREATMENTS

“OVAL AND LOW-CUT” SENSORY EXPERIENCE

A firming and sculpting treatment that tones the décolletage and redefines the jawline for more defined features and firmer skin.

30 min €85

“SIGHT” SENSORY EXPERIENCE

A targeted, holistic treatment that smooths, drains, and revitalizes the eye area for a refreshed and visibly brighter appearance.

30 min €85

BEAUTY REVEALER

Instant lift and radiance: a more defined facial contour, enhanced cheekbones, and a refined texture for soft, velvety skin.

60 min €150

ICE SHARDS - FOR HER, FOR HIM

Cooling stimulation that refreshes the eyes, firms the skin, and restores radiance for an even, luminous complexion.

60 min €150

PAOMA© PURITY - FOR HER, FOR HIM NEW

A deep detox treatment that unclogs pores, tightens them, and soothes redness for clear, fresh, and even-toned skin.

60 min €150

HYALURESSENCE ANTI-AGING

A plumping treatment inspired by aesthetic medicine: smooths wrinkles, redefines contours, and restores elasticity to the face, neck, and décolletage.

75 min €175

PAOMA
PARIS

FACE TREATMENTS

BEAUTY MOMENT

Instant radiance, tailored to your needs. Diagnosis, preparation, and a mask for clear, revitalized skin in an instant.

30 min €85

MARINE FACIAL TREATMENT - FOR NEW

An energizing treatment designed for men's skin: marine minerals and a neck and trapezius massage release tension and restore radiance.

50 min €130

HYDRA MINERAL

Enriched with minerals, the skin is deeply hydrated. A dual-action marine mask and gel containing 112 trace elements for a fresh, plump complexion.

60 min €150

RADIANCE ENERGY

An invigorating super-algae treatment to banish fatigue. A rosy complexion, radiant skin, and a revitalized spirit.

60 min €150

SENSI-MARINE

A soothing treatment for sensitive skin: marine actives and probiotics help restore balance, soothe, and strengthen the skin barrier.

60 min €150

SCULPTOR: YOUTH OCEAN SECRETS

A skin-sculpting treatment that redefines contours and plumps the skin. Facial massage techniques and the Glaz Marin tool for smoother, firmer skin.

90 min €185

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

COMPLEMENTARY TARGETED FACE MODULES

Three specialized modules have been developed to further customize PAOMA© facial treatments (cannot be sold separately):

Upper face

Eyes and forehead

Lower face

Face shape and décolletage

Lèvres

Plumps, contours & smooths

The 15-minute module €25

HYPER PULSE : CELLULAR STRETCHING TREATMENTS



Hyper Pulse® is a non-invasive technology for reducing body fat and firming the skin, based on the principle of tensegrity to ensure effectiveness and safety. It generates a gentle, dynamic vibration that stimulates cells without damaging them. This action targets the structural fibers of the skin, muscles, and subcutaneous tissues, while maintaining cellular balance.

ASSESSMENT / PERSONALIZED DIAGNOSIS*

**Free with subscription purchase*

20 min	€30
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FOLLOW-UP + 1ST STARVAC® SESSION

Cellular Stretching

60 min	€100
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STARVAC® FULL-BODY SESSION

Cellular Stretching

40 min	€85
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PACKAGE OF 5 SESSIONS (40 MINUTES EACH)

€400

PACKAGE OF 10 SESSIONS (40 MINUTES EACH)

€800

STARVAC® TARGETED AREA SESSION

Cellular Stretching

20 min	€50
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STARVAC® DUO SESSION

*Cellular Stretching + pressure therapy
+ 2 complementary techniques for maximum effectiveness*

70 min	€150
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PACKAGE OF 5 SESSIONS (70 MINUTES EACH)

€600

PACKAGE OF 10 SESSIONS (70 MINUTES EACH)

€1,200

BODY TREATMENTS



PRESSURE THERAPY

An exclusive method that tones the body and stimulates blood and lymphatic circulation, promoting well-being and weight loss. Results are visible after the very first session thanks to Pressodynamie®, based on two exclusive patents.

Customize your session:

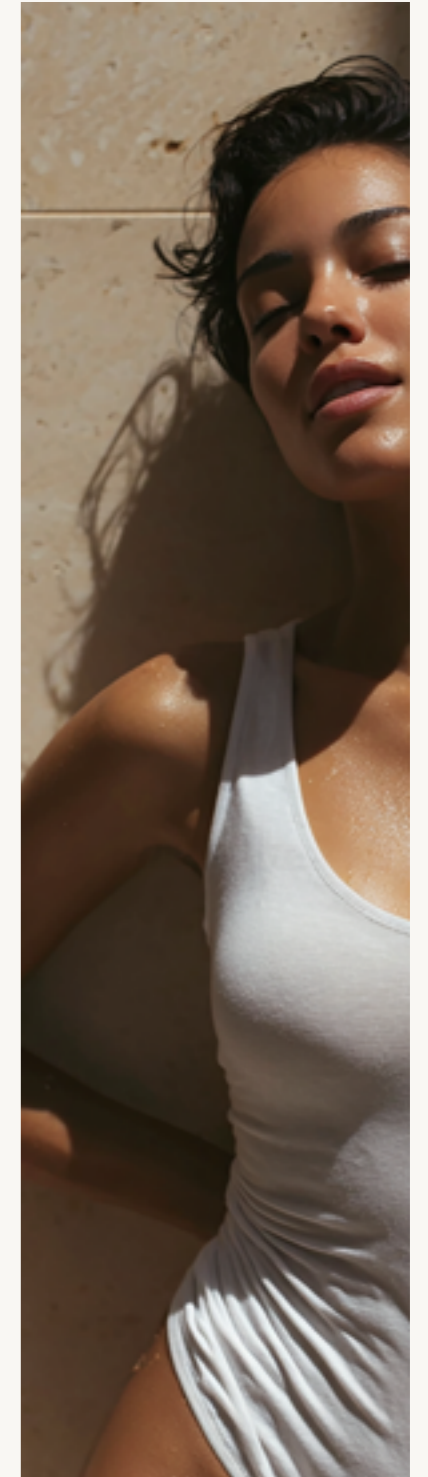
- Drainage
- Sports recovery
- Body contouring
- Heavy legs

1 SESSION

30 min	€60
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PACKAGE OF 5 SESSIONS

€250



BODY TREATMENTS

THALION
CRÉATEUR DE COSMÉTIQUE MARINE



(3D) CELLULITE MASSAGE 60 min €150

Innovative anti-cellulite treatment: thin layers applied one on top of the other saturate the skin with marine active ingredients. Combined with a deep massage, it targets all three aspects of cellulite.

5-TREATMENT PACKAGE (3D) CELLULITE MASSAGE €675

GOAL: A FLAT STOMACH 50 min €140

Targets abdominal fat: Zen Abdomen massage + magnesium oil, Guérande mud, and body-sculpting concentrate. Results visible after the first session.

DETOX MASSAGE WITH MARINE INGREDIENTS 25 min €80

Body detox treatment: targeted massage techniques that deeply stimulate the body's elimination and drainage functions.

MANUAL LYMPHATIC DRAINAGE 50 min €140

Gentle lymphatic drainage: feather-light pressure applied all over the body to stimulate circulation, promote toxin elimination, and boost immunity.

BEAUTY OF THE HANDS CARE

HAND CARE 50 min €85

*Customized pampering treatment: our estheticians pamper your nails, cuticles, and hands with gloves enriched with emollients and moisturizers. The ritual concludes with a tailored nail treatment to perfect your manicure.**

**This treatment does not include the application of nail polish.*

BODY MASSAGES

PAOMA
PARIS



SERENITY RITUAL NEW 60 min €150

A relaxing massage featuring fluid, enveloping strokes: soothes the body and mind, releases tension, stimulates circulation, and promotes a lasting sense of relaxation.

During each treatment, the therapist adapts their techniques—using their hands or a rose quartz Gua Sha tool—to the body's responses: tension is released, energy flows more freely, toxins are eliminated, and the silhouette is redefined.

INITIAL BODY RITUAL 30 min €90

GLOBAL BODY RITUAL 60 min €150

ZENITH BODY RITUAL 90 min €190

MODULES CIBLÉS COMPLÉMENTAIRES CORPS

Two specialized modules have been developed to further customize PAOMA© facial treatments (cannot be sold separately):

Skull
Relieves, soothes & reduces stress

Feet
Relaxes, invigorates & soothes

The 15-minute module €25

BEAUTY OF THE FEET CARE

FEET CARE 50 min €85

*A relaxing and long-lasting treatment: gently removes impurities and calluses for soft, smooth heels. Nails are polished and filed, cuticles are groomed, followed by a moisturizing massage and a customized nail treatment to perfect the result.**

**This treatment does not include the application of nail polish.*

25 MINUTES OF RELAXATION MASSAGES

RELAXING

25 min €80

A relaxing massage of the entire back of the body using gentle, enveloping strokes combined with sliding pressure techniques.

AMMA - SEATED

25 min €80

Japanese-inspired relaxing massage: targeted pressure along the meridians to release tension and reduce stress. Promotes relaxation and revitalization. Massage performed while fully

BACK & NECK

25 min €80

A specialized massage designed to relax and relieve tension, working to release tension in the back, shoulders, and neck one area at a time.

LEG DRAINAGE

25 min €80

Lymphatic and circulatory leg massage to promote recovery and help your legs feel lighter.

FACIAL

25 min €80

A deep facial massage that maintains firmness and helps prevent wrinkles. It restores radiance and provides intense nourishment for a glowing complexion.

CUIR CHEVELU

25 min €80

A targeted massage of the skull and scalp that stimulates microcirculation and oxygenates the tissues; reduces stress and improves sleep.



50 MINUTES OF RELAXATION MASSAGES

DEEP TISSUE SIGNATURE

50 min €140

A slow, deep massage combining deep tissue, trigger point, and kneading techniques: it relieves muscle tension and stiffness, detoxifies the muscles, and boosts energy for long-lasting relaxation.

ENERGIZING

50 min €140

A traditional holistic massage that stimulates vital energy, releases blockages, and restores balance to the body. By alternating between rhythmic movements and pressure, it provides deep relaxation, tones the body, stabilizes emotions, and revitalizes the system.

INTENSIVE REVITALIZATION

50 min €140

The "Mineral Therapies" treatment restores the body's mineral balance and, through deep-tissue techniques and a signature massage that harnesses the benefits of seawater, immerses the body in a state of deep relaxation.

SEA DELIGHTS

50 min €140

"Enchanting Tiaré" or "Sparkling Citrus," ocean-inspired movements, sun-kissed gestures, and "Hypno-Slow" for immersive relaxation or total letting go. The final melting balm enhances the skin and prolongs the pleasure. A moment of absolute escape.



SPORTIVE

50 min €140

Dynamic massage: tones the body, stimulates lymphatic and venous circulation, prepares the body for physical activity, and reduces stiffness through friction and joint mobilization.

RELAXING

50 min €140

A relaxing massage designed to promote relaxation and relieve stress through gentle strokes combined with gliding pressure techniques.

REFLEXOLOGY OF THE FEET & HANDS

50 min €140

Stimulation and pressure applied to reflex points on the hands and feet to relieve everyday aches and pains and promote well-being and serenity.

ABDOMEN & CUIR CHEVELU

50 min €140

Improves digestion, relieves back pain, promotes sleep and circulation. Followed by a scalp massage that stimulates blood flow and promotes relaxation.

CORPS SCRUBS

PAOMA SCRUB

20 min €75

A pre-treatment scrub that gently exfoliates the skin and prepares it for subsequent treatments. This scrub detoxifies, smooths, and relaxes.

THALION SCRUB

20 min €75

Re-mineralizing sea salts: an exfoliation treatment that removes dead skin cells, refines skin texture, and stimulates the skin's natural regeneration.



THE BENEFITS OF SEAWATER OCEAN TREATMENTS

BODY WRAPS

20 min €70

Remineralizing/Slimming/Detoxifying with seaweed. Nourishing with coconut pulp.

SEA BATHS WITH HYDROMASSAGE

20 min €55

Soaking in warm seawater, combined with a hydromassage from the soles of the feet to the nape of the neck, promotes the absorption of trace elements and minerals (from seaweed, essential oils, and remineralizing marine extracts).

UNDERWATER SHOWER

15 min €55

Supervised by a hydrotherapist, the powerful underwater hydromassage jet helps relieve muscle and joint stiffness.

JET SHOWER

10 min €50

A powerful, invigorating jet that provides deep tissue drainage and stimulates circulation.

MASSAGE UNDER A STREAM OF SEAWATER

20 min €70

Using heated seawater, fine droplets are sprayed onto the body, absorbed by the skin, and replenish the body with minerals and trace elements. A light mist of seawater completes the treatment.

SPECIFIC TREATMENTS

NEW

AQUA YOGA

45 min €90

Enjoyed in a pool, or in the ocean when the weather permits, for a smooth, enveloping, and invigorating experience.

WATER RELAXATION

45 min €130

In warm water, buoyed by weightlessness and the gentle movement of the water, the body relaxes and the mind finds peace—in the pool.

SOPHROLOGY

50 min €100

Guided sophrology: breathing exercises, visualization, and deep relaxation to calm the mind, release tension, and restore lasting balance.

RELAXATION IMMERSION IN SOUND

45 min €90

Soothing vibrations that calm the mind and relax the body, practiced indoors or outdoors.

To ensure the quality of your experience, certain treatments are provided by specialized external providers. Availability depends on their schedule at the time of booking.



AQUATIC OSTEOPATHY

30 min €95

Performed in warm water (32°C), aquatic osteopathy—an adaptation of osteopathy—is clinically proven to restore mobility, relieve pain, optimize performance, and enhance well-being.

OSTEOPATHY

45 min €130

A manual therapy that releases joint restrictions in the body to help it function more effectively. It restores balance among the joints, organs, tissues, and venous systems.

ACUPUNCTURE

50 min €130

Originating from traditional Chinese medicine, acupuncture stimulates specific points with fine needles to support the body's self-regulation and harmonize the body and mind.

NATUROPATHY

60 min €130

A natural and holistic approach to health: After a consultation, the naturopath assesses your overall condition and recommends natural remedies to detoxify, alleviate symptoms, and restore your vital energy.

MICROKINESITHERAPY

45 min €120

A gentle manual technique performed by a physical therapist that promotes health and well-being by helping the body eliminate the effects of physical and emotional stress.

To ensure the quality of your experience, certain treatments are provided by specialized external providers. Availability depends on their schedule at the time of booking.

CHILDREN
& TEENS
TREATMENTS



3-DAY PARENTHÈSE

(AGES 13 AND UP)

DAY 1

3 treatments | 1h05

- Sea salt scrub 20min
- Marine magnesium body wrap 20min
- Scalp massage 25min

DAY 2

4 treatments | 2h15

- Physical activity 45min*
- Sea salt crystal balneotherapy 20min
- Massage with a shower of seawater 20min
- Hand/foot beauty treatment OR
Foot reflexology 50min

DAY 3

4 treatments | 2h00

- Physical activity 45min*
- Marine magnesium body wrap 20min
- Massage with a shower of seawater 25min
- Pleasure Moment facial treatment 30min

PRICE : starting at €600 (excluding accommodation)

TREATMENTS

(AGES 13 AND UP)

FACE TREATMENTS

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

60 min | €140

A facial treatment tailored to young skin. The esthetician selects products to address specific skin concerns, including cleansing, moisturizing, and exfoliation.

HANDS & FEET CARE

50 min | €85

Cocoon Hand or Foot Treatment: nails cleaned and polished, cuticles groomed, moisturizing massage, followed by a base coat to enhance the nails.*

MASSAGE AREA OF YOUR CHOICE

25 min | €80

A 25-minute personalized massage. Choose your area: back and neck, leg, face, or scalp.

MASSAGES

(AGES 6-12*)

PARENT-CHILD DUO MASSAGE

25 min | €140

50 min | €240

Children and parents can enjoy a massage together in the same room, for a moment of bonding and relaxation.

MASSAGE WELLNESS

25 min | €60

A massage that helps children achieve deep relaxation and a better understanding of their bodies, enabling them to make the most of their motor skills.

WATER ACTIVITIES

(AGES 3 AND UP)

WATER FAMILIARIZATION

30 min | €35

Exploration, familiarization, and independence in the water.

SWIMMING LESSON

(AGES 6 AND UP)

30 min | €35

* A parent must be present during treatments.



COACHING & FITNESS



PHYSICAL ACTIVITIES & COACHING

IN THE POOL

Water Aerobics • Water Cycling • Water Training • Swimming Lessons

INSIDE

Personal training • Cardio training • Yoga • Stretching • Gym Ball • Gentle exercise

OUTDOORS

Personal training • Cardio training • Yoga • Stretching • Gym Ball • Gentle exercise



INDIVIDUAL COACHING

1 session

5-session package

10-session package

	30 min	50 min
<i>1 session</i>	€55	€85
<i>5-session package</i>	€255	€375
<i>10-session package</i>	€470	€750

DUO COACHING

50 min	€130
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TRIO COACHING

50 min	€165
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SWIMMING LESSON

30 min	€40
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OUR PARTNERS
BRANDS



PAOMA

PARIS

NATURAL & EFFECTIVE TREATMENTS

The leading French brand of eco-ethical, organic skincare treatments, offering care regimens that combine the manual expertise of therapists with a range of natural, innovative products with proven efficacy.

Throughout its range, PAOMA© brings together treatments formulated with innovative organic ingredients, including an active ingredient with exceptional properties derived from gemmotherapy—a therapy using plant buds—resulting from the unique combination of blackcurrant, beech, and silver linden buds sourced from French flora.

This unprecedented cosmetic innovation, which combines these three buds, has been patented and remains exclusive to PAOMA© research; it is nothing less than a marvelous concentrate of organic energy and precious plant growth cells.



THALION

CRÉATEUR DE COSMÉTIQUE MARINE

TREATMENTS INSPIRED BY THE SEA

The leading French marine cosmetics brand, combining scientific expertise with manual techniques to offer skincare regimens with proven effectiveness.

Throughout its range, THALION offers treatments formulated with innovative marine actives derived from responsibly harvested Breton seaweed, including a concentrate of marine trace elements with exceptional properties—the result of a unique combination of magnesium, potassium, and calcium, directly inspired by the biodiversity of the Iroise Sea.

This exclusive cosmetic innovation, patented by THALION research, remains a benchmark in the field of marine cosmetics and is a true concentrate of vital energy and essential nutrients for the skin.





GRAND HÔTEL

SPA & THALASSO

— SAINT-JEAN-DE-LUZ —

★ ★ ★ ★ ★

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