

RELAIS THALASSO

- BÉNODET - PORNICHET | LA BAULE BAY - ÎLE DE RÉ - HENDAYE -

“

**BEING GOOD TO
YOURSELF TODAY TO BE
BETTER TOMORROW**

DISCOVER ALL **OUR OFFERS**
relaisthalasso.com

BOOK ONLINE



RELAIS THALASSO
BÉNODET
KASTEL HOTEL***
02 98 66 27 00
resa-benodet@relaisthalasso.com

RELAIS THALASSO
PORNICHET | LA BAULE BAY
CHÂTEAU DES TOURELLES HOTEL****
02 28 56 72 14
tourelles@relaisthalasso.com

RELAIS THALASSO
ÎLE DE RÉ
ATALANTE HOTEL****
05 46 30 50 80
iledere@relaisthalasso.com

RELAIS THALASSO
HENDAYE
SERGE BLANCO HOTEL ****
05 59 51 35 02
hendaye@relaisthalasso.com



Do not litter.

TVC communication

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**THE SEA
TAKES CARE
OF YOU**



THE PHÉLIPPEAU FAMILY
1 FAMILY | 4 GENERATIONS

Our history: a legacy of marine treatments

Fascinated for over thirty years by the properties of the marine environment, our family has come up with a new way for you to enjoy your thalassotherapy experience.

The quintessence of our thinking, the unique concept of our RELAIS THALASSO® TREATMENT SUITES offers you total immersion, with no constraints, in an environment where everything is designed to help you get the most out of the age-old virtues of seawater and the expertise of our hydrotherapists.

To perpetuate our family tradition and reinvent marine treatments, we surround ourselves with scientists and qualified therapists to respond to constantly evolving well-being and health needs. Our PREMIUM SANTÉ THALAVIE treatment programmes are the perfect expression of this.

Good habits, good practices... Your health is a sum of its parts. That is why, in addition to our recognised expertise in marine treatments, our SEA-WELLNESS philosophy will accompany you throughout your stay to ensure you benefit from a holistic approach to well-being.

Aware of the fragility of our natural environment, we have launched the MER'SEA project with all our teams. It is a corporate initiative, with the ambition of offering you the first eco-friendly thalassotherapy centres.

OUR DNA HEALTH FROM THE SEA

“

OFFERING THE PLEASURE
OF HEALTHINESS FROM
THE SEA WHILE
PROTECTING IT



JEAN-PASCAL
PHÉLIPPEAU
Chief Executive Officer
RELAIS THALASSO

ANNE
PHÉLIPPEAU-KORB
Vice-Chairwoman
RELAIS THALASSO

**INNOVATION:
RELAIS THALASSO®
TREATMENT SUITES**

One time
One place
One therapist
**A smooth
experience**

P.6

**THALAVIE'S PREMIUM
HEALTH PROGRAMMES**

Experts at your service
The right health programmes
Tailor-made treatments
**Take care of yourself,
always**

P.10

**W'
SEA-WELLNESS**

MOVE BETTER
Sleep better
Eat better
Be better

P.12


**MER'SEA
OUR COMMITMENT**

At the heart of our environment
At the heart of our treatments
At the heart of our food
At the heart of our people
At the heart of the sea

P.14

RELAIS THALASSO

- BÉNODET** P.16
- PORNICHET
LA BAULE BAY** P.20
- ÎLE DE RÉ** P.24
- HENDAYE** P.28
- THE SEA IS A PRECIOUS
TREASURE** P.32
- OUR MARINE EXPERTISE** P.34
- SALT-KISSED ESCAPES
4 TO 6 DAYS** P.36
- STAYS
1 TO 3 DAYS** P.40
- SPA & BEAUTY TREATMENTS** P.42
- MARINE COSMETICS** P.43

WHERE HAS RELAIS THALASSO DROPPED ANCHOR?

THE PROMISE OF A UNIQUE ESCAPE

Our four RELAIS THALASSOs invite you to choose the thalassotherapy experience that best suits you. Four exceptional destinations, four ways of letting go and casting off... Four very different destinations where the RELAIS THALASSO spirit can be found, with four different ways of experiencing it.

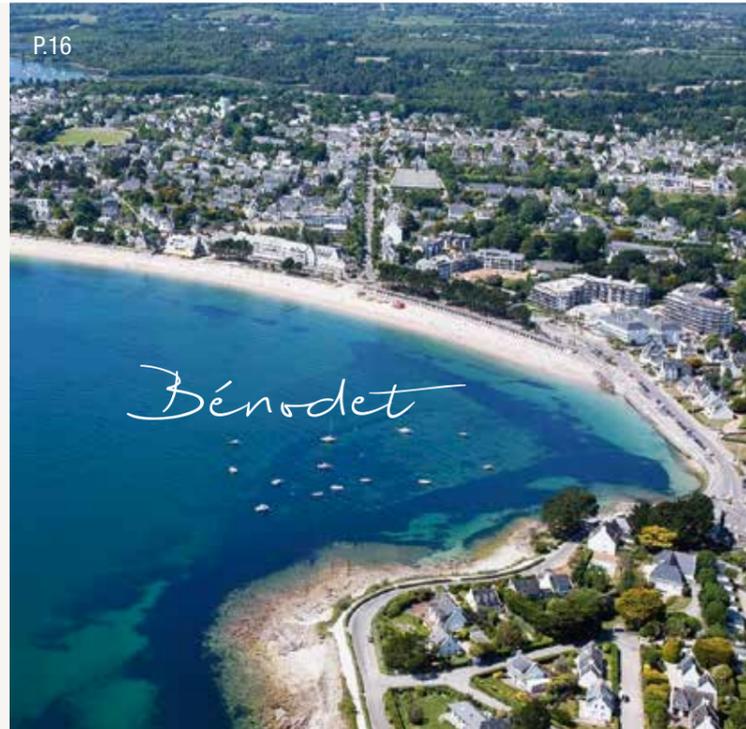
For a week, a weekend, a day... Press pause and let the magic of your surroundings take over. Enveloped in the ocean spray, bathed by the sea, in osmosis with the elements...with us you will forget the bustle of the world and connect to the power of the sea to fully recharge your energy.

EXCEPTIONAL LOCATIONS

All of them overlooking the sea so you can enjoy the view of magnificent beaches. Whichever RELAIS THALASSO you choose, the PHÉLIPPEAU family want to offer customers a unique experience in a remarkable setting.

The unique art of receiving, a combination of simplicity and elegance.

KASTEL HOTEL ***



P.16

ATALANTE****
HOTEL & SPA



P.24

Our WONDERFUL RELAIS THALASSO



P.20

CHÂTEAU DES TOURELLES****
HOTEL & SPA



P.28

SERGE BLANCO****
HOTEL & SPA
IBAÏA**** RESIDENCE

“

AT OUR RELAIS THALASSOs,

WE DO OUR UTMOST TO MAKE OUR CUSTOMERS FEEL AT HOME AND WANT TO COME BACK.

A UNIQUE CONCEPT, RELAIS THALASSO® TREATMENT SUITES

ANOTHER WAY
TO EXPERIENCE YOUR
THALASSOTHERAPY
STAY



PRIVATE SUITE at Pornichet

THE ORIGIN OF THE PROJECT

At the end of 2010, Jean-Pascal PHÉLIPPEAU and his sister Anne decided to take their approach to thalassotherapy to a whole new level, with the aim of optimising the customer experience and the benefits of marine treatments.

They set a challenge to students at the École de Design in Nantes, and what they came up with was enlightening. Young people appreciate seawater treatments and the seawater pool, but much less so the breaks in time and place associated with traditional thalassotherapy.

This led to the idea of the RELAIS THALASSO® TREATMENT SUITE, an innovation that will truly change the thalassotherapy customer experience.

NO MORE OF THE USUAL CONSTRAINTS

No more small, easily misplaced schedules.

No more waiting between treatments with your eyes glued to the clocks.

No more first treatment as soon as the centre opens and the last just before lunchtime.

If you are a couple, no more awkward gaps in treatment times.

No more wandering through the often impersonal maze of corridors looking for the number of your treatment room.

No more waiting on a chair that is not always the most comfortable.

No more inconveniences that hinder your relaxation and prevent you from serenely enjoying your treatments.

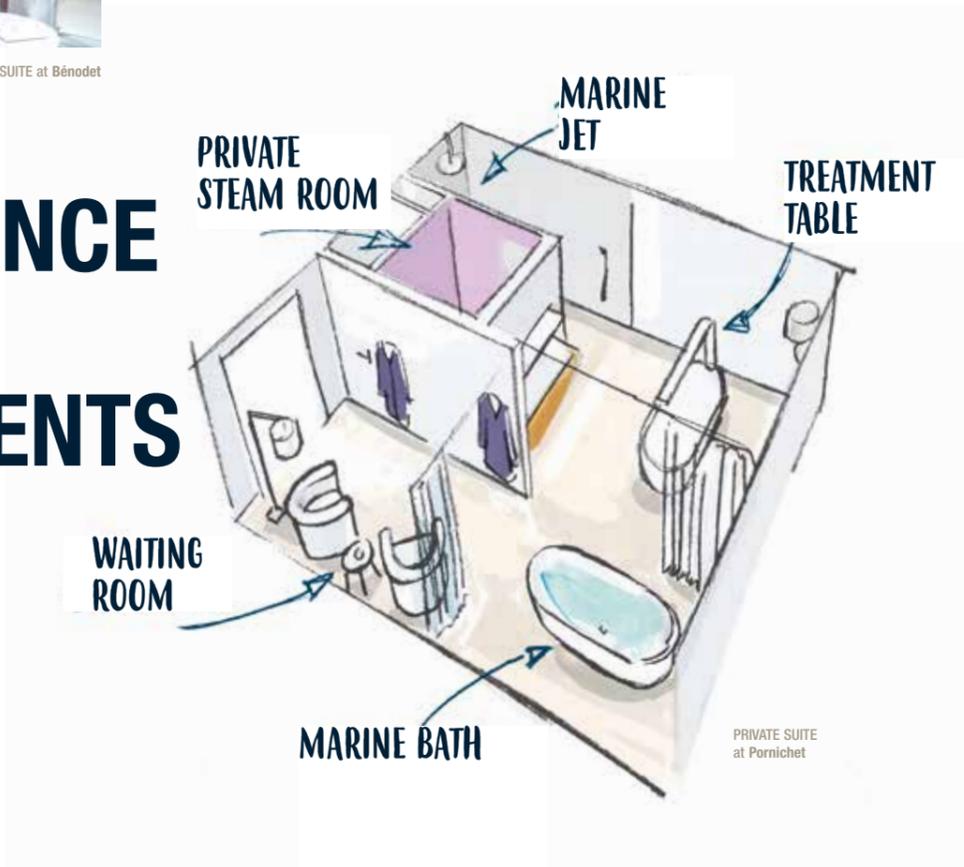
At RELAIS THALASSO, everything now takes place in a real Suite where welcoming armchairs, a bath, marine jet, massage table and steam room all come together in an intimate, personal space.



SUITE at Bénodet

RELAIS THALASSO® TREATMENT SUITES

EXPERIENCE YOUR TREATMENTS OUT OF THIS WORLD



MARINE JET MASSAGE

energises blood circulation
and massages your body.



TREATMENT TABLE

where you will be
massaged, with or without
a seawater shower.



REMINERALISING MARINE BATH

with its soothing properties
is enjoyed in soft lighting,
perfect for relaxing
depending on the chosen
treatment programme.



PRIVATE STEAM ROOM

where you can also have
a seaweed wrap.

A SIMPLE PRINCIPLE: UNIQUENESS

One time: the treatments take place in sequence
with no waiting time as the same therapist performs them.

One place: no need to move from room to room,
the treatments come to you, for your relaxation and
happiness.

One person: a dedicated therapist is by your side throughout
the treatments.

Not only do you benefit from a greater sense of privacy
and comfort, you can also personalise your treatments thanks
to this singular approach.

This dedicated space, conducive to total well-being, is
complemented by a relaxing ritual before starting your
treatments, allowing you to make the most of every moment.

“

AT THE HEART OF THIS PRIVATE SPACE

THERE IS A UNIQUENESS IN TIME,
PLACE AND EVEN THERAPIST.



PRIVATE SUITE at Pornichet

A thalasso revolution that the Group launched in 2013
at the RELAIS THALASSO Pornichet | La Baule Bay, which
was then developed in Bénodet in 2019. This magnificent
innovation will also be available at Île de Ré when the
hotel reopens in March 2024 and is planned for Hendaye.

SUITE at Bénodet



YOUR THALASSOTHERAPY TREATMENTS

THALAVIE PREMIUM HEALTH

Our THALAVIE PREVENTIVE TREATMENTS give back to the word thalassotherapy its original meaning: *thalassa* "the sea" and *therapeia* meaning "treatment".

Together with our teams of health experts, we have devised personalised and high-performance treatment programmes for you.



A TAILORED, PERSONALISED PROGRAMME; THE CORNERSTONE OF YOUR STAY

The benefits of seawater, therapeutic treatments, a sensible diet and coached physical activities combine to provide effective solutions to your functional, physical and mental issues, whether they are bone, joint, metabolic or the result of fatigue due to chronic stress and/or disturbed sleep.

1. FIRST WE TARGET YOUR NEEDS

As soon as you book your package, we will send you an online health pre-assessment. It allows us to determine which direction is best suited to your needs.

2. INDIVIDUAL APPOINTMENTS FOR A CUSTOMISED PACKAGE

An appointment with our doctor and dietician at the start of your stay will help us fine-tune your needs and assess your micro-nutritional status, so that we can tailor a programme of treatments to suit you.

Which THALAVIE Premium Health option is right for you?

- General vitality
- Stress & sleep
- Digestive comfort
- Back & joints
- Body shape & slimming

3. SUPPORT

To help you achieve your objectives, throughout your stay you will be accompanied by our health experts: doctor, osteopath, dietician, sports coach, etc.

4. LIFESTYLE CHANGE

You will generate lasting change applicable to your everyday life through coaching and advice from our experts.

5. POST-PACKAGE ASSESSMENT

Our dietician will contact you in the weeks following the end of your package to assess the long-term benefits of your stay.



PREVENTIVE HEALTHCARE BY THE SEA, UNDER THE WATCHFUL EYE OF OUR EXPERTS

At RELAIS THALASSO, our health experts are the pillars and guarantors of our therapeutic approach to thalassotherapy.

Our doctors - Medical expertise to assess your needs and understanding of the curative properties of seawater to set up a programme of treatments that responds safely to your needs.

Our physiotherapists - Expertise based on functional re-education, muscle strengthening and restoring mobility to relieve your body thanks to targeted therapeutic massages and specific exercises carried out in seawater.

Our osteopaths - Expertise that focuses on structural alignment of the body and relief of muscular tension. With its density and soothing properties, seawater provides an ideal environment for gentle, effective manipulations that help you regain a healthy body balance.

Our dieticians - Expertise in sensible nutrition to help you adopt a healthy eating pattern which promotes the benefits of a balanced diet, rich in essential nutrients and antioxidants to solve the problems of excess weight and all the disadvantages associated with a poor diet.



Move better
Eat better
Sleep better
Be better

W FOR WELLNESS

Much more than mere words, SEA WELLNESS is a genuine state of mind. It embodies a global philosophy of well-being associated with the benefits of the sea: move better, sleep better, eat better to feel better.

Essential touch points for rediscovering balance in contact with the sea, drawing energy from the strength of the elements.

A unique statement in thalassotherapy for an enriched experience built around physical exercise, a balanced diet and mental well-being, ensuring a complete reset of the body and mind.

SEA-WELLNESS



THE HALLMARK OF TOTAL WELL-BEING

MOVE BETTER: COACHING TO GUIDE YOU

Have you ever felt the urge to change your lifestyle, adopt healthier habits and feel better about yourself? If the answer is yes, our RELAIS THALASSO coaches have the solutions you need to make these aspirations a reality.

- **A personalised programme** - With tailor-made follow-up adapted to your needs, objectives and level of fitness, each session is designed to maximise your progress.
- **Constant motivation** - Our coaches are there to encourage you, push you beyond your perceived limits and remind you why you started this journey in the first place.
- **Professional expertise** - Our coaches have in-depth knowledge of best practices in training, and will ensure that you exercise safely and effectively.
- **Holistic support:** much more than just workouts, they offer you a personally transformative experience that guides you towards a healthier, more energetic and fulfilling life.
- **Lasting results:** by continuing to work with our coaches after your stay, you give yourself every chance of achieving and maintaining your long-term goals.

SLEEP BETTER: THE SEA WATCHES OVER YOUR SLEEP

The quality of your sleep is one of the keys to SEA-WELLNESS. That is why we use sea air to give you the best possible rest. In this purest of air, the wash of the waves will lull you to sleep and keep you there. In our hotels, the rooms are cosy, bright and quiet. In delicate, soothing colours they have been designed to help you get a better night's sleep. They have extremely comfortable bedding and two types of pillows, comfort or soft, and a selection of infusions for you too.

EAT BETTER: THE SEA AS INSPIRATION

Our gourmet restaurants invite you to discover the authenticity of food inspired by the sea: healthy, balanced and tasty. Seasonality, local products, creative gastronomy for healthy eating that takes nothing away from pleasure.

NEXT STOP: AN ECO-FRIENDLY THALASSO



AT THE HEART OF OUR ENVIRONMENT

We are helping to protect our unique territory by adopting sustainable, eco-friendly practices and carrying out initiatives to preserve coastal biodiversity.

We are renovating our hotels so that they consume less energy “insulation, energy recovery” and we are committed to an anti-waste policy and no single-use plastic waste.



MER'SEA



WE TAKE CARE OF THE SEA

A common approach a RELAIS THALASSO pilot site on Île de Ré: France's first eco-friendly thalassotherapy centre.

WE ARE ALL IN THE SAME BOAT!
And it's magnificent...

For over thirty years, the sea has given us everything. Nature offers us the most beautiful and wild terrain in which to express ourselves, rich in unique biodiversity and powerful and diverse sources of energy. The terroir of our regions inspires our chefs and delights our taste buds.

The people who work in our restaurants give our guests a genuine experience of absolute well-being, suspended in time, deeply regenerating and respectful of the environment.

Our immense gratitude is now reflected in concrete actions, brought together in an ambitious project for the benefit of the environment and those who protect it: MER'SEA!

WE SAY MER'SEA TO THE SEA, NATURE AND LIFE!

To echo our mission to *"Offer the pleasure of healthiness from the sea while protecting it"*, **we have reinvented ourselves through four series of eco-friendly commitments that we would like to share with you, who we know are sensitive to the values we defend.**

A declaration of love to the sea, nature, life and each and every one of you, these commitments have made RELAIS THALASSO Île de Ré the first eco-friendly thalasso in France...something we are very proud of!

Not forgetting our three other destinations which are already well underway in the MER'SEA project, which is a natural fit for our brand.

AT THE HEART OF OUR TREATMENTS



We have created marine cosmetics: a range of skincare products made from seaweed grown sustainably in the Iroise Sea, 91% of which are made from natural ingredients, in environmentally-friendly packaging.

AT THE HEART OF OUR FOOD



We are committed to offering you local, fresh and seasonal cuisine, with the sea as our signature, while fighting food waste and promoting a zero waste approach.



AT THE HEART OF OUR PEOPLE

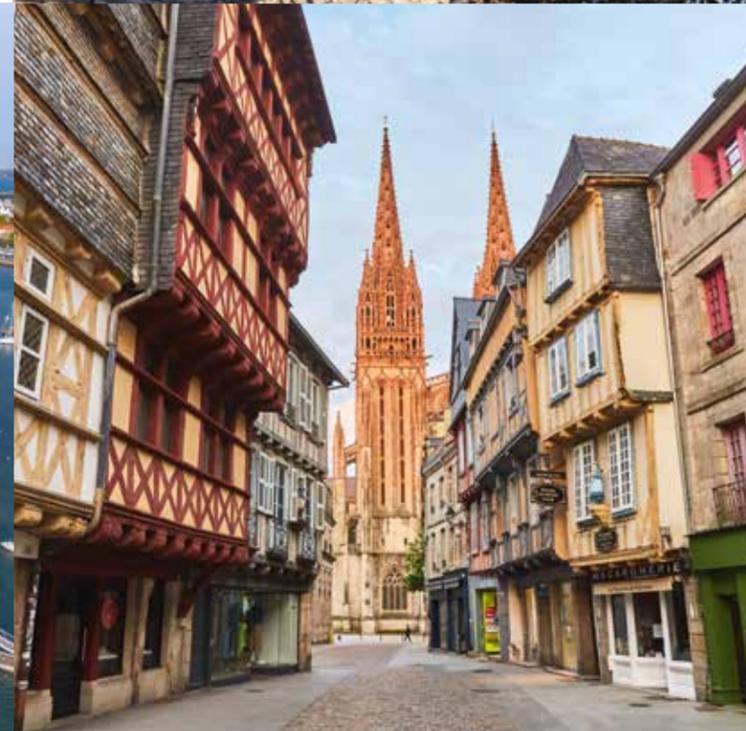
In 2023, we stepped up our environmental commitment by signing up to an ambitious environmental management action plan and raising our employee awareness of environmental issues, while offering exceptional benefits to our staff.



BÉNODET ON THE BRETON RIVIERA

Bénodet is a tourist destination offering a perfect combination of natural beauty, cultural riches and a wide range of activities. In the Finistère département (at the end of the peninsula), Bénodet is a small coastal town bursting with charm and attractions for travellers looking for a relaxing getaway.

Its superb beach of fine sand is bordered by a magnificent promenade and offers a breathtaking view on the Odet estuary. Whether you want to relax on the warm sand, take a dip in the the crystal-clear waters of the Atlantic or indulge in water sports, you'll find what you're looking for here.



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HOW TO GET TO BÉNODET

By car: Nantes / Quimper or Rennes / Quimper expressway

By train: TGV on the Paris-Montparnasse / Quimper line (3h30)
Shuttle bus from Quimper station every Sunday at 5pm, returning on Saturday at 1pm

By plane: Quimper airport (20 km)

Bénodet is also renowned for **its lively marina** where you can embark on a sea excursion to **the Glénan Islands**, a real paradise for diving and sailing enthusiasts.

For history buffs, visit nearby **Quimper** with its picturesque old town, cobbled streets and famous pottery works.

Concarneau, Brittany's jewel between land and sea, invites you to explore its picturesque streets and discover the maritime history of this fortified town.

The area around Bénodet is also full of natural treasures. The Pointe de Moustélin, Audierne Bay, the Pointe de la Torche and the Pointe du Raz are magnificent natural sites for hikers and wildlife-watchers.

Golf enthusiasts will not be left out thanks to the **superb Odet golf course**, 18 holes offering spectacular views over the Odet valley.

Last but not least, **the local food is an experience in itself** as there is no shortage of gourmet specialities. The mild climate at the tip of Brittany and the omnipresence of the sea offer a gastronomic heritage that is a must to discover: strawberries from Plougastel, Pont-Aven galette biscuits, langoustines...not forgetting lobster, the other Finistère treasure with its blue shell that is so characteristic.



RELAIS THALASSO IN THE LAND OF LEGENDS

RELAIS THALASSO
BÉNODET
CORNICHE DE LA PLAGE
29950 BÉNODET
02 98 66 27 00
resa-benodet@relaisthalasso.com



BÉNODET

Bénodet



On the tip of Finistère in the heart of the land of legends, Bénodet is a wonderful place to recuperate by the sea on the Breton Riviera.

The purity of the sea air and the beauty of the scenery will delight you as much as the culinary specialities and seafood. This seaside resort for Brittany lovers is home to the RELAIS THALASSO and focuses entirely on the sea, offering you a regenerating break from everyday life.

RELAIS THALASSO® TREATMENT SUITES: A NEW GENERATION OF THALASSOTHERAPY

Nature, light and fluidity are at the heart of this new well-being destination in Bénodet.

The whole space has been reinvented. Forget old-fashioned thalassotherapy with draughts, long corridors and endless waiting. Inspired by the innovative structures of the RELAIS THALASSO Pornichet in La Baule Bay, the thalasso in Bénodet has been transformed into a new island of relaxation and rest for the mind.

BEAUTY AND SPA AREA

A temple of well-being, with 10 cocooning treatment rooms in a soothing atmosphere.

WELLNESS: DIVE INTO THE HEART OF WELL-BEING

- **Marine spa**
 - 1 heated seawater pool (over 30°C) with underwater jets, one swim lane, swan neck fountain and a jacuzzi.
 - water activities
 - 1 steam room
 - 2 saunas (Finnish and infra-red)
 - 1 seawater walk
 - 1 ice fountain and ice shower
 - 1 sensory area
- **Cardio-fitness gym with views over the bay**
- **Sea-facing solarium**
- **Cosy tea area**

KASTEL HOTEL***

With a view over the ocean, the 4-star Kastel Hotel welcomes you with its cosy, elegant décor in a family atmosphere that combines simplicity and a gentle way of life.

The hotel has 25 rooms, 2 of which are equipped for guests with disabilities.

In fine weather, the outdoor patio has comfortable armchairs for even greater pleasure.

Just a few metres away is the Thalassotherapy & Spa centre - and a whole host of little pleasures for you...

LE KASTEL RESTAURANT

In the welcoming and contemporary setting of the restaurant or in the outdoor lounge just a stone's throw from the ocean, we offer healthy, balanced, tasty and seasonal cuisine.



PORNICHET LA BAULE BAY

LA CÔTE D'AMOUR

The jewel of the Atlantic coast, Pornichet in La Baule Bay-Escoublac is a dream destination for lovers of the sea, the beach and nature. Located in the Loire-Atlantique region, this charming seaside resort offers an exceptional tourist experience with a multitude of activities to discover in the surrounding area.

The first thing that strikes visitors to Pornichet is, of course, its superb sandy beach. With its magnificent promenade, this stretch of golden sand is the ideal place to relax in the sun, swim in the crystal-clear waters of the Atlantic ocean or enjoy water sports.



For lovers of walking and hiking, the region is full of coastal paths offering panoramic views of the ocean. A few kilometres away, you can also explore **Brière Nature Reserve** - the second largest marshland in France. In a horse-drawn carriage, discover its thatched cottages, traditions and artisan crafts.

History lovers will be delighted by the proximity of **the medieval town of Guérande**, famous for its well-preserved ramparts and exceptional architectural heritage. **The Guérande salt marshes** are also a must if you want to understand the history of the region and harvesting salt, a centuries-old tradition. **The charming fishing villages** along the coast, such as Le Croisic and La Turballe, are also worth a visit for their authenticity and seaside atmosphere.

The local food scene is another reason to visit Pornichet and the surrounding area. Seafood, oysters from the Bourgneuf Bay, Guérande salt, samphire, Brière beef and regional specialities such as Breton shortbread galettes, Fondant Baulois chocolate cake and salted butter caramel will delight your taste buds.



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HOW TO GET TO PORNICHET

By car: 4h30 from Paris on the A11, then the N165

By train: TGV from Paris-Montparnasse to Le Croisic (3h15)

By plane: Nantes Atlantique airport (shuttle service to Pornichet - NAVAiport with a booking, 7 days a week)



RELAIS THALASSO CHÂTEAU LIFE

RELAIS THALASSO
PORNICHET | LA BAULE BAY
1 AVENUE LÉON DUBAS
44380 PORNICHET
02 28 56 72 14
tourelles@relaisthalasso.com

PORNICHET
LA BAULE BAY
*Pornichet
La Baule Bay*



CHÂTEAU DES TOURELLES**** HOTEL & SPA

The 105 rooms with sea or park views are bathed in the unique ocean light. The exteriors are just as wonderful with parkland with century-old trees on one side, a garden, heated outdoor seawater pool, lounge bar and large sun-baked patio on the other, all with breathtaking ocean views.

THE CHÂTEAU DES TOURELLES RESTAURANT

On the patio overlooking the ocean or in the enchanting setting of the Château des Tourelles, enjoy succulent dishes inspired by the sea and divinely presented by our chef. Breakfast is an experience in its own right. With pastries, savoury dishes and fresh produce, there is something for everyone and every taste.

RELAIS THALASSO® TREATMENT SUITES: A NEW GENERATION OF THALASSOTHERAPY

15 completely private treatment suites are available. The suite is yours for the duration... Enjoy a range of treatments that will leave you with a lasting sense of well-being: the private steam room for relaxation and seaweed applications; the massaging marine jet to revitalise your circulation and shape your figure; massages, dry or under the seawater shower; remineralising marine baths with essential oils set against magnificent landscapes; the relaxation lounge, where you can take a break and enjoy a herbal infusion.

WELLNESS: DIVE INTO THE HEART OF WELL-BEING

- **The marine spa**
 - 1 heated seawater pool (over 30°C) with 30 underwater jets, 7 air jet seats, 2 swimming lanes (23 metres)
 - 1 seawater pool with adjustable water level and temperature, 2 waterfalls and 9 underwater massage jets
 - water activities
 - 1 sauna for men and 1 for women
 - 1 unisex steam room
- **Cardio-fitness gym**
- **Tea room**



Ranked among the most beautiful in the world, La Baule Bay is a marvellous destination to get back on your feet with some help from the sea. This pearl on the Côte d'Amour is home to the stunning Château des Tourelles, the very expression of modern thalassotherapy and its power to remedy our ills.

The RELAIS THALASSO Pornichet | La Baule Bay is sure to delight those in search of a getaway weekend or a thalasso break. Just a few metres from the beating heart of La Baule, lulled by a gentle breeze from the surrounding pine trees, take a breath of fresh sea air in a setting conducive to rejuvenation.

ÎLE DE RÉ

LAND OF FREEDOM



The Île de Ré on the Atlantic coast is one of the pearls of the Charente-Maritime region and a must-see tourist destination. This crescent-shaped island, linked to the mainland by a bridge, offers an idyllic experience for travellers in search of charm, nature and culture.

One of the treasures of the Île de Ré is without doubt its fine sandy beaches. The 100-kilometre coastline is dotted with magnificent beaches ideal for swimming, water sports and picnics. The most popular beaches include Les Conches, Les Gollandières and Rivedoux-Plage, each with its own charm.



“

HOW TO GET TO ÎLE DE RÉ

By car: 4h30 from Paris, 2h from Bordeaux and 1h45 from Nantes

By train: TGV on the Paris-Montparnasse / La Rochelle line (2h45)
Train station is 15 minutes away

By plane: La Rochelle-Île de Ré airport
1h15 from Paris Orly / Airport 10 minutes away



Nature lovers can enjoy cycling along the paths that criss-cross the island and the fascinating spectacle of the salt marshes with their colourful huts. You can also spot many species of birds in the **Lilleau des Niges nature reserve**.

The cultural heritage of the Île de Ré is rich, with picturesque villages such as **Saint-Martin-de-Ré** or **Ars-en-Ré**. You can stroll through the narrow streets of these villages, discover art galleries and sample artisan ice creams. In **Saint-Clément-des-Baleines** visit the Baleines lighthouse and enjoy the exciting panoramic views from the top of its 60-metre tower.

The markets on the Île de Ré are also a must for discovering local produce: oysters; the famous fleur de sel; samphire (the island's green gold); delicious potatoes; Île de Ré wines (the island has over 600 hectares of vineyards); Pineau des Charentes and much more...

For water sports enthusiasts, the Île de Ré offers a multitude of activities from sailing to surfing to kitesurfing. The port of Saint-Martin-de-Ré is an ideal starting point for sea excursions.

The area around the Île de Ré is also well worth exploring. The historic city of **La Rochelle** with its old port and aquarium. The nearby **Marais Poitevin nature reserve** known as the "Green Venice", has unforgettable boat trips.



RELAIS THALASSO A LITTLE PIECE OF PARADISE

ÎLE DE RÉ

Île de Ré is a wonderful seaside destination in natural surroundings, with a temperate climate and open spaces where a gentle wind of freedom blows. The mild climate is perfect for walking and exercise.

Completely facing the sea and surrounded by vines in its ribbon of fine sand, the RELAIS THALASSO Île de Ré and its 4-star Atalante hotel offer a regenerative break from your everyday life.

ATALANTE**** Hotel & spa

More than just a destination, the 4-star Atalante Hotel offers you a unique experience in an exceptional site, at the heart of a protected island. With 97 rooms, including 4 for people with disabilities, and acres of south-facing gardens, this is a paradise within a paradise...

With a view of the ocean or the vineyards, elegantly decorated, high-end bedding, patios, everything has been thought of to make you feel intensely good. Not forgetting the outdoor heated seawater pool, the rooftop overlooking the ocean, the bar and the lounge-library.

The rest is nature and bliss...

RELAIS THALASSO
ÎLE DE RÉ
PORT NOTRE DAME
17740 SAINTE-MARIE-DE-RÉ
05 46 30 50 80
iledere@relaisthalasso.com

ATALANTE RESTAURANT & LOOFA BAR

Everyone can enjoy the ocean view whether in the dining room, on the veranda of the Atalante restaurant or on the patio of the Loofa Bar with its breathtaking views. In this exceptional setting, experience our enchanting and inventive cuisine inspired by the sea. The shining light of our responsible business, the Atalante restaurant has obtained the very prestigious and ambitious GREEN LABEL FOOD certification that all Michelin-starred chefs strive for. This recognition proves that it is possible to delight taste buds while respecting our environment.

RELAIS THALASSO® TREATMENT SUITES: A FULLY RENOVATED THALASSOTHERAPY CENTRE REOPENING IN MARCH 2024

The entire space has been reinvented to offer you, like in Pornichet and Bénodet, the unique concept of our RELAIS THALASSO® TREATMENT SUITES, peaceful spaces where you can enjoy your treatments to the full. Forget old-fashioned thalassotherapy with draughts, long corridors and treatment schedules punctuated by endless waiting.

NEXT STOP: AN ECO-FRIENDLY THALASSO

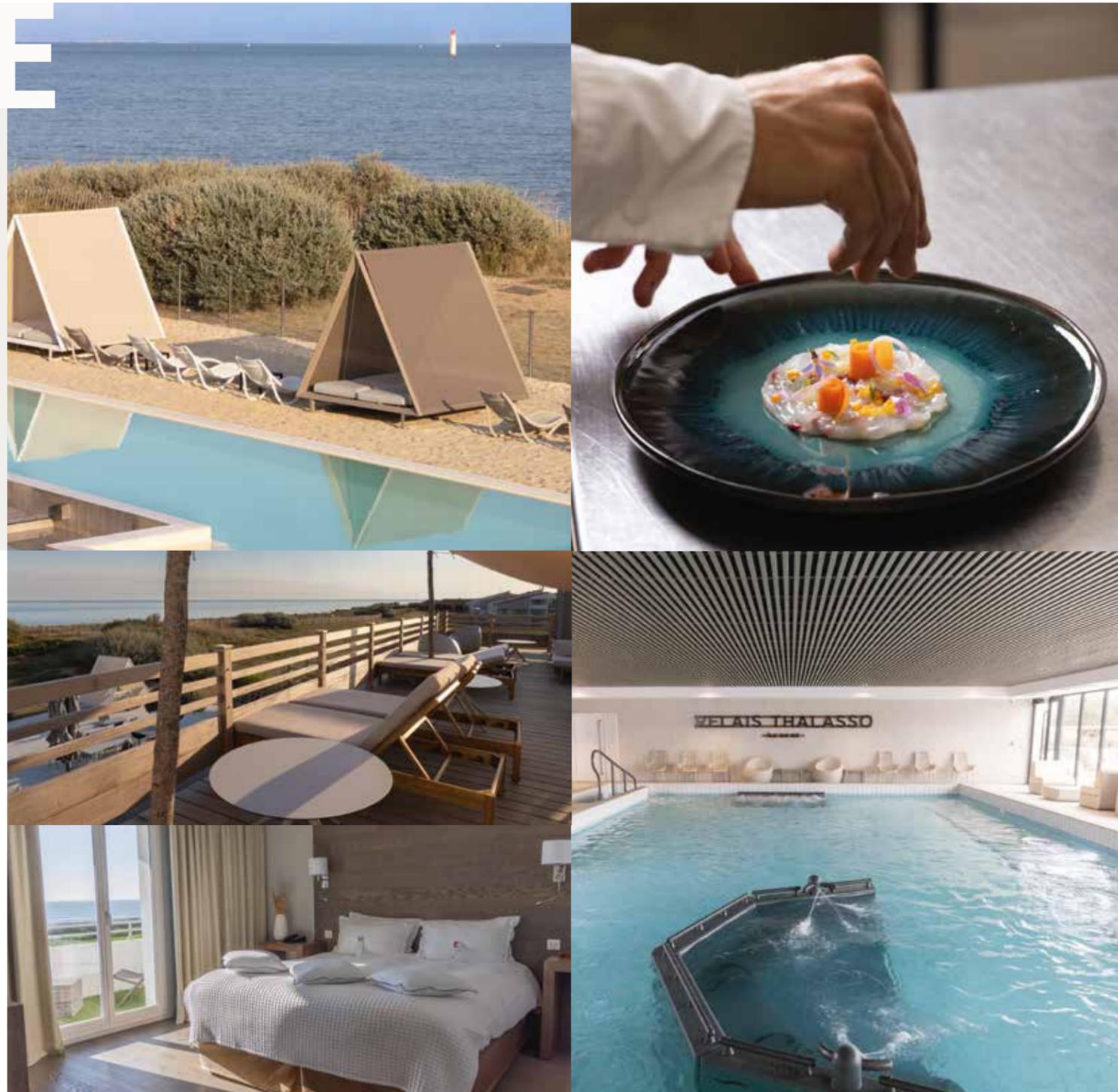
The RELAIS THALASSO Île de Ré wants to offer its ecologically aware customers a different way to travel. This strong and sincere commitment has been recognised by the EUROPEAN ECO-LABEL, which guarantees a high level of standards for reducing the environmental and health impact of products and services.

BEAUTY AND SPA AREA

5 treatment rooms in soft colours with a cosy atmosphere to enjoy the expert spa treatments of our practitioners.

WELLNESS: DIVE INTO THE HEART OF WELL-BEING

- **Marine spa**
 - Heated indoor pool (over 30°C)
 - Air jet benches and chairs
 - Massage jets
- **Outdoor heated seawater pool (over 28°C), open March to end November**
- **Steam room**
- **Sensory area and its fine summer rain**
- **Cardio-fitness gym**
- **Cosy tea area**



HENDAYE

THE BASQUE COAST

Just a stone's throw from Spain, the charming coastal town of Hendaye is a must-see tourist destination in the Basque country, offering the perfect combination of natural beauty, Basque culture and varied activities. Its immense beach with its golden sand stretches for almost three kilometres. It is ideal for safe swimming in shallow waters.

On the Basque coast, life is lived at a Spanish pace. We see the neighbouring nation's influence in the lifestyle, welcome and food.



Basque culture is omnipresent in Hendaye. At the heart of the city is the Gaztelu Zahar, the pelota court where everyone plays. Below, on the banks of the Bidassoa, the Caneta neighbourhood is home to Pierre Loti's house and the remains of the Vauban fortress. On the seafront you will find listed buildings, the 70 Belle Époque villas that give the resort a special cachet.

Hiking enthusiasts will be delighted. The coastal path offers breathtaking panoramic views atop the sheer cliffs of the Basque coastline. For more active visitors, the Rhune massif is a favourite spot for mountain hikes. The little Rhune train takes you to the top of the Rhune mountain, where you can enjoy a 360° view of the entire coastline and the endless beaches of the Landes.

And what about the surrounding area? **Bayonne** is rich with 20 centuries of history where food and festive traditions make it a town for pleasure...every day! Open to the ocean, **Biarritz** has a rich and prestigious past. **Saint-Jean-de-Luz**, the city of privateers and one of the most authentic Basque country towns, tells its story as it opens its doors to you. Backing on to the mountain, the village of **Biriatou** with its steep streets and typically Basque architecture is ranked one of the most beautiful in France. **Not forgetting Nearby Spain with Fontarrabie**, a fortified old town which retains its authenticity with its many tapas bars and beautifully crafted houses. And **San Sebastián**, nicknamed "The Pearl of the Cantabrian Sea", for a change of scene in its historic quarter where there's a festive atmosphere in the evenings...

The Basque country is a true paradise for gourmets. Few terroirs offer such a varied range. Ewe's milk Tomme cheese, Iroulégu wine, line-caught hake, Ibaima and Kintoa hams, Espelette chilli... Everywhere, the cult of the genuine article and a sense of tradition thrive.



“ HOW TO GET TO HENDAYE

By car: via the A63 motorway
Exit 2 Saint-Jean de Luz Sud
Pau (1h10) / Bordeaux (2h10) / Toulouse (3h10)

By train: TGV from Paris-Montparnasse to Hendaye (5 hours)

By plane: Bayonne Anglet Biarritz airport (25 min)
San Sebastián airport (15 min)

RELAIS THALASSO BASQUE SOUL

HENDAYE

Hendaye

Facing the largest bay on the Basque Coast, the RELAIS THALASSO Hendaye and its 4-star Serge Blanco Hotel is a place of well-being, a welcoming destination where the sea takes care of you, body and soul.

The view opens onto the blue vastness of the ocean and its infinite benefits.

Set down your suitcases in a unique location in the heart of the seaside resort, facing the most beautiful sandy beach in the Basque country and a stone's throw from the foothills of the Pyrenees.



SERGE BLANCO**** HOTEL & SPA

The 4-star Serge Blanco Hotel, which blends in perfectly with the landscape of the Gulf, has 90 air-conditioned rooms. Their uncluttered interiors lifted by touches of bright colours match the contemporary style of the hotel. All have large bay windows with balconies overlooking the ocean, marina or patio.

LE BIDASSOA RESTAURANT

The restaurant has a market menu with fresh, local and seasonal products. You will find balanced dishes with authentic flavours and a bistro menu with delicious food that is typical of the region.



THALASSOTHERAPY

30 years ago the thalassotherapy treatment centre in Hendaye was founded under the impetus of famous rugby player Serge Blanco.

The sporting values he brought to this magnificent complex are those of any collective project: engagement, trust and a positive attitude. We have taken over this very beautiful property located in exceptional surroundings and are delighted to provide our RELAIS THALASSO expertise, day after day.

BEAUTY AND SPA AREA

Overlooking the huge ocean, discover a place for calm and exquisite delight with uncluttered lines, soothing colours, soft lights, delicate fragrances...the perfect prelude to letting go.

IBAÏA RESIDENCE****

Completely renovated in 2023

250 metres from the thalassotherapy centre, the IBAÏA Residence offers you a unique service in Hendaye facing Txingudi Bay.

With family or friends, or for those who prefer a more intimate stay in a residence, we welcome you to a brand new Basque atmosphere, with a warm, elegant décor in natural colours, spiced up with a hint of red.

The residence has 29 apartments, from studios to 1 bedroom, all with air conditioning, balcony and kitchenette for your well-being and comfort.

PREMIUM services

- Le Balea bar and restaurant
- Outdoor pool with solarium
- Gym & sauna
- Private covered car park



WELLNESS: DIVE INTO THE HEART OF WELL-BEING

- **Marine spa**
 - 320 m² of heated seawater pools over 30°C
 - Over 50 activities including walking against the current
 - 1 outdoor jacuzzi with views of Spain
 - 2 saunas
 - 1 steam room
- **Cardio-fitness gym**
- **Tea room**

RELAIS THALASSO
HENDAYE
125 BOULEVARD DE LA MER
64700 HENDAYE
05 59 51 35 02
hendaye@relaisthalasso.com

THE SEA IS A PRECIOUS TREASURE WATER, AIR AND SALT

Richer in natural active ingredients than any other form of water on the planet, the sea is a source of life that only nature could offer. This “living water” is full of almost all trace elements and minerals on Earth.

The essence of life with a composition in perfect osmosis with blood plasma and the water in our cells to optimise our metabolism. Unequaled regenerative power to build your well-being capital today for tomorrow.

“

THE 4 MARINE ELEMENTS:

- SEA WATER
- SEA AIR
- SEAWEED
- MARINE MUD

NATURE HAS ALWAYS BEEN THE REMEDY FOR OUR ILLS

Upon contact with the sea, our body regenerates itself and strengthens its immunity. The airways are cleansed, blood circulation is stimulated and reboots the cardiovascular system. The mind is eased and sleep is regulated.

Sea air also helps boost our vital functions. Loaded with trace elements, iodine and beneficial ions, it has oxygen levels far higher than on land and contains a hundred times fewer germs.

The sea is a “natural battery” for the body and mind; we are recharged by its very presence.

SLOWING DOWN FOR GREATER FULFILMENT

Our crazy pace of life takes us away from ourselves and our needs... Slowing down is essential to return meaning to our lives. With the lulling sound of the waves and the slow rhythm of the tides, the sea orients us on the path of what is essential through slow living.

It infuses in us its positive slowness, inviting us to respect biological rhythms, seasons and time to “mature”. We take the time to breathe, be present in what we think, what we want and what we experience.

THE BENEFITS OF THALASSOTHERAPY

BE GOOD TO YOURSELF TODAY TO BE BETTER TOMORROW

At RELAIS THALASSO, thalassotherapy represents a moment for you in a world where it is easy to forget yourself. A pause to reboot the machine and build on your well-being capital. Its therapeutic properties are based on seawater which, through osmosis as soon as it is heated to body temperature, enable active marine ingredients to penetrate the skin, reactivate vital functions and release tension. It is combined with our sea mud and seaweed wrap treatments that are analgesic, remineralising and deeply relaxing. RELAIS THALASSO expert marine therapy lastingly re-establishes the balance between body and mind.

THE 7 BENEFITS OF THALASSOTHERAPY

- 1 OPTIMUM FITNESS
- 2 IMPROVES BLOOD FLOW
- 3 STIMULATES TOXIN ELIMINATION
- 4 BREATHING IS IMPROVED
- 5 POSITIVE EFFECT ON MUSCLES AND JOINTS
- 6 SLIMMING AND RADIANCE
- 7 SLEEP IS MORE REGULATED

OUR MARINE EXPERTISE AT THE HEART OF YOUR TREATMENTS



RELAIS THALASSO draws its inspiration from the marine environment to infuse the best of the sea into its treatments. Everything is focused on remineralisation with seawater freshly collected at each high tide. A 100% bio-available resource that is effortlessly assimilated by the skin.

To complete our approach, we work with laboratories in Brittany that develop with thalassotherapists our own range of professional products based on our thalassotherapy expertise. We provide over 10,000 treatments a year in our RELAIS THALASSO. Chosen very carefully, our sea muds, salts and seaweeds are bursting with therapeutic properties to seep through the skin and strengthen our relationship with the sea. The active marine ingredients in RELAIS THALASSO treatments have an incredible concentration of trace elements and minerals that are essential for our cells to function properly. Our products are of natural origin and paraben-free.



THE 6 FUNDAMENTAL THALASSOTHERAPY TREATMENTS

1 BODY SCRUB

I get the ball rolling to enhance the effectiveness of your treatments. I prepare the skin to receive all the benefits of thalassotherapy in the best possible conditions, and I am essential to help release dead skin cells and facilitate cellular regeneration. RELAIS THALASSO Marine Cosmetics have designed for me a unique range of scrubs: fruity or delicious, intense or gentle, choose me and I'll adapt to your needs.

2 REMINERALISING MARINE BATH

The combination of the benefits of a hot bath and a massage make me a classic seawater treatment. I will welcome you comfortably in an individual seawater bath heated to 38°C. I combine air bubbles and marine jets for a massage from the arch of the foot to the nape of the neck through the lumbar region. Lighting effects and the scent of essential oils ensure deep and multi-sensory relaxation. Remineralising and relaxing, I also stimulate blood circulation. In 20 minutes, I provide your body with the equivalent in trace elements of 8 hours immersion in the ocean.



3 SEA MUD APPLICATION

A blend of natural marine sediments (fauna and flora) enriched with brown seaweed, I'm a concentrate of marine goodness, rich in mineral salts and trace elements. I am applied locally to the back and joints, then wrapped in a heated blanket or exposed to infra-red light to optimise my sedative and regenerative action. My strong analgesic properties relieve tension and pain for immediate and lasting well-being.

4 SEAWEED WRAP

I am one of the most remineralising treatments in thalassotherapy. Applied at 38°C, I provide the body with all the micronutrients it needs. At RELAIS THALASSO, I'm unique in that I'm not a basic seaweed cream that uses preservatives. I come in the form of a natural seaweed powder enriched with our marine active ingredients. Once rehydrated just before the treatment, I have a soft, creamy texture with a pleasant salty and menthol scent. RELAIS THALASSO Marine Cosmetics have developed tailor-made active ingredients combining the sea and nature:

- REVITALISING, I am the "SIGNATURE RELAIS THALASSO" BOOST wrap with laminaria seaweed / orange, carrot and lemon
- SOOTHING AND MOISTURISING, I am the COTTON wrap with red chondrus crispus seaweed & aloe vera
- DETOXIFYING AND SLIMMING, I am the FUCUS wrap with fucus and lithothamnion seaweed.

5 SEAWATER SHOWER MASSAGE

I am a key ritual in thalassotherapy treatments. Performed under a gentle shower of warm seawater using a balm scented with essential oils and enriched with laminaria seaweed, I follow a massage of the back of the body with gliding, circular movements. I recharge the body with minerals and trace elements, activate blood and lymph circulation and provide great muscle relaxation.

6 MARINE JET MASSAGE

I am a thalassotherapy favourite. By following well-defined reflex zones, I give a general massage of the body in a standing position using a horizontal seawater shower heated to a customised pressure and temperature. My treatment protocol is adapted to your needs:

- TONING effect (action on muscle tension),
- Draining effect (action on excess weight)
- Circulatory effect (action on heavy legs).

THALASSOTHERAPY 4 TO 6 DAY PACKAGES

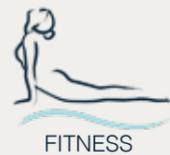
SALT- KISSED ESCAPES

THE BOOSTING EFFECT OF A LONG STAY

Give yourself time for an intense recharge which has a lasting effect.

4 to 6 days of treatments are ideal to let the sea take care of you.

Objectives: leave bad habits behind and set up a new routine, energise your body and let go, learn the ideal sport for you, get back into good eating habits with your half-board package, boost your immune system...



FITNESS



SLIMMING



BEAUTY & SPA



HARMONY OF
BODY & MIND



HEALTH



SALT-KISSED ESCAPES FITNESS

AVAILABLE IN OUR 4 DESTINATIONS

LIBERTY PACKAGE*

6 DAYS | 6 NIGHTS | 18 TREATMENTS

12 thalassotherapy treatments + 6 Wellness activities

WELL-BEING OR LEISURE? THE CHOICE IS YOURS

This package is an ideal introduction to the benefits of thalassotherapy without giving up your leisure time. Thanks to a programme with 2 seawater treatments a day and a fitness activity, you will enjoy invigorating treatments but still have time to discover the region or simply relax. With the remineralising action of thalassotherapy treatments, **you can feel your energy returning and yourself unwind.**

ESSENTIAL PACKAGE

6 DAYS | 6 NIGHTS | 24 TREATMENTS

18 thalassotherapy treatments + 6 Wellness activities

100% THALASSO, 100% FITNESS

This complete thalassotherapy programme draws all its effective invigorating properties from the sea. Our expert marine treatments: seaweed wraps, sea mud applications, marine jets or seawater baths ensure remineralisation and absolute muscle relaxation... Wellness activities ensure you get going at your own pace. It's a fantastic fountain of youth for your metabolism. **Your body draws all the minerals it needs from the seawater and sea air.**

PLENITUDE PACKAGE

6 DAYS | 6 NIGHTS | 24 INDIVIDUAL TREATMENTS

20 thalassotherapy treatments + 4 Spa treatments (20')

100% INDIVIDUAL FITNESS

Based on our 30 years of expertise in thalassotherapy, this "Signature" package is a premium programme which combines 20 thalassotherapy treatments with a period of cocooning with 4 discovery spa treatments.

These 24 individual treatments accompany you on the road to lasting, intense well-being.

You will leave full of energy and peace of mind after 6 days dedicated to your balance and well-being.

*Exclusive to RELAIS THALASSO

SALT-KISSED ESCAPES SLIMMING

CHRONO SLIM PACKAGE **NEW FOR 2024**

AVAILABLE IN OUR 4 DESTINATIONS

4 DAYS | 4 NIGHTS | 15 INDIVIDUAL TREATMENTS + 1 EXPERT APPOINTMENT

10 targeted slimming thalassotherapy treatments + 5 expert slimming treatments + 1 appointment with our dietician or nutritionist

THE ESSENCE OF EFFICIENCY

This programme is the ideal catalyst for getting back on track and starting the slimming process. In 4 days, rediscover a feeling of lightness thanks to our circulatory thalassotherapy treatments and specific body treatments.

Your skin appearance is visibly improved and the scales are already moving in the right direction. Your appointment with our dietician or nutritionist will help you identify the changes you need to make on a daily basis to continue your slimming process at home.

SLIMMING PACKAGE **NEW FOR 2024**

AVAILABLE IN OUR 4 DESTINATIONS

6 DAYS | 6 NIGHTS | 23 INDIVIDUAL TREATMENTS + 2 EXPERT APPOINTMENTS

17 targeted slimming thalassotherapy treatments + 6 expert slimming treatments + 2 appointment with our dietician or nutritionist

OBJECTIVE: SLIMMING

A balanced combination of thalassotherapy and body treatments to help you slim, this effective and comprehensive 6-day programme will help resculpt your body and get your figure back with visible results for your skin's appearance, your shape and your firmness. Two appointments with our dietician or nutritionist will help devise a personalised action programme. **This is an effective solution for visible, controlled slimming.**

ACTIVE SLIMMING PACKAGE

HENDAYE FULL BOARD WITH SPECIFIC DIET

6 DAYS | 6 NIGHTS | 32 TREATMENTS + 6 EXPERT APPOINTMENTS

16 thalassotherapy treatments + 6 targeted slimming treatments + 10 exercise activities + 6 expert appointments

START THE SLIMMING PROCESS

Our emblematic package helps you lose weight without giving up on pleasure. An intelligent strategy combining effective slimming treatments, delicious meals and energising activities to drain, firm and take control of your weight. **A kick-start to return to shape and put an end to yoyo diets!**

SALT-KISSED ESCAPES BEAUTY & SPA

AVAILABLE IN OUR 4 DESTINATIONS

WORLD MASSAGE PACKAGE

6 DAYS | 6 NIGHTS | 24 INDIVIDUAL TREATMENTS
18 thalassotherapy treatments + 6 world massages (50')

RELAXATION AND ESCAPE

Need for escape and well-being. 18 thalassotherapy treatments and 1 long massage a day are on this healthy and extremely relaxing programme. Explore many well-being techniques from around the world and travel limitlessly through our selection of spa treatments inspired by the different continents.

Every day is an escape to absolute relaxation.

PACKAGE FOR MEN NEW FOR 2024

6 DAYS | 6 NIGHTS | 20 TREATMENTS
13 thalassotherapy treatments + 2 Wellness activities
+ 4 Spa massages (3 x 20' and 1 x 50') + 1 facial (50')



DIVE INTO THE WORLD OF WELL-BEING

The package for men takes you on a journey to the global world of well-being and preventive health treatments. It combines relaxing and remineralising marine treatments, sports activities, relaxing or expert massages and facials. This range of treatments carefully blended to meet men's

needs **provides deep relaxation** with cranial and foot massages, boosting your body's energy and muscle tone with thalassotherapy treatments and wellness activities, and takes care of your face with specially adapted protocols.

For men who are in a hurry or less available, the PACKAGE FOR MEN is also available in a 4-day stay.

4 DAYS | 4 NIGHTS | 14 TREATMENTS
9 thalassotherapy treatments + 2 Wellness activities
+ 2 Spa massages (20' and 50') + 1 facial (50')

WELCOME TO THE WORLD OF WELL-BEING

A true introduction to thalassotherapy and well-being, this programme of 12 individual treatments introduces men to all the facets of preventive health and well-being. Objective: release muscular tension and deep relaxation with our marine treatments, our intensely relaxing expert treatments and our beauty treatments.

CARTE BLANCHE PACKAGE

6 DAYS | 6 NIGHTS | 18 INDIVIDUAL TREATMENTS
TO CHOOSE FROM

13 thalassotherapy treatments + 5 Spa and Beauty treatments (50') including world massages and facials

THALASSO, SPA OR BEAUTY: YOU DECIDE

With this à la carte package, from the moment you arrive you can set up your tailor-made thalassotherapy and spa treatment programme for the body or face, day by day. Whether you want gentle care or more invigorating, regenerating or remineralising treatments, we're here to help you personalise your package. This programme is focused on your requirements to provide maximum benefit. Designed for experienced wellness guests, this package allows you to create **a programme that suits you, for greater pleasure and renewed energy.**



ANTI-AGEING PACKAGE

6 DAYS | 6 NIGHTS | 18 INDIVIDUAL TREATMENTS
12 thalassotherapy treatments + 6 anti-ageing Spa and Beauty treatments (50')

A NATURAL YOUTHFUL EFFECT

Treat yourself to a package with a real rejuvenating effect from the end of your stay. Our anti-age treatments activate cellular renewal and use cutting-edge techniques to reveal a little more of your beauty, every day. This programme combines thalassotherapy and special rejuvenating facials with anti-ageing body care treatments for immediate and lasting visible results. The shape of your face is firmer, your skin bouncier and plumper, your eyes rejuvenated and the skin on your body more toned.

You will feel younger and notice a real lifting effect.



SALT-KISSED ESCAPES HARMONY OF BODY & MIND

AVAILABLE IN OUR 4 DESTINATIONS

BODY & SOUL BREAK

4 DAYS | 4 NIGHTS | 16 INDIVIDUAL TREATMENTS
12 thalassotherapy treatments + 4 deep relaxation treatments (50')

TIME TO TAKE A BREATH

For all those who are feeling the pinch, chronic fatigue and a lack of energy in their body, this package is the ideal way to take a break and reconnect body and mind. In just 4 days, you'll be able to relax, unwind and rediscover your physical and mental balance. Alternating remineralising and revitalising thalassotherapy and treatments, this deeply relaxing break allows you to take a real breath from your daily routine and get back in touch with your biological rhythm for what is essential.

With this break you will rediscover mental strength and energy.

“

ARE YOU ORGANISED?

ENJOY OUR
EARLY BOOKING OFFER

20% OFF OUR SALT-KISSED ESCAPES*
FOR BOOKINGS MORE THAN 60 DAYS IN ADVANCE

OUR BEST PRICES GUARANTEED
WHEN YOU BOOK DIRECTLY ONLINE
relaisthalasso.com

*Offer valid on all our Salt-Kissed Escapes with or without accommodation, excluding bank holidays, August and Christmas holidays. Cannot be combined with other current offers.

SALT-KISSED ESCAPES HEALTH

AVAILABLE IN HENDAYE

PHYSIO AMPLITUDE PACKAGE

6 DAYS | 6 NIGHTS | 24 TREATMENTS + 3 EXPERT APPOINTMENTS
13 thalassotherapy treatments + 3 relaxing treatments
+ 8 specific physiotherapy activities + 3 Expert appointments

SOOTHE JOINT PAIN

A fundamental treatment to slow down the inevitable wear and tear on bone structure while maintaining correct posture. A therapeutic programme, preventive and curative to relieve rheumatism, mechanical and muscular pain and return to flowing movement.

With a programme specific to your pain, the focus is on your health capital and its integrity.

ANTI-STRESS & BURN OUT PACKAGE

6 DAYS | 6 NIGHTS | 21 TREATMENTS + 3 EXPERT APPOINTMENTS
11 thalassotherapy treatments + 4 relaxing treatments + 6 anti-stress treatments + 3 Expert appointments

TAKE A STEP BACK

Make time for yourself to let go and take control of your feelings and senses, erase mental exhaustion and rediscover a taste for your physical well-being. Get back to basics to restore balance to your body and mind over the long term through relaxing treatments and tailored self-care.

A beneficial break for you to return home bolstered and boosted with a serene approach to life!

THALASSOTHERAPY 1 TO 3 DAY PACKAGES

STAYS

THE REMINERALISING BENEFIT OF A SHORT STAY

Give yourself an ocean break for a few days and let yourself breathe. Let go and enjoy this moment suspended in time where finally you are focusing on yourself and your environment. Seaweed, seawater, sea mud, sea air, massages and exceptional surroundings: next stop the short stay that suits you.

Objective: a first step towards well-being that will lead to lasting better-being.



FITNESS



BEAUTY & SPA



FITNESS STAY

AVAILABLE IN OUR 4 DESTINATIONS

LIBERTY STAY*

1 DAY | 1 NIGHT | 2 TREATMENTS
2 DAYS | 2 NIGHTS | 4 TREATMENTS
3 DAYS | 3 NIGHTS | 6 TREATMENTS

DISCOVER THALASSOTHERAPY

The ideal way to discover the benefits of seawater treatments. Through a balanced programme that combines relaxation and invigorating treatments, enjoy the best of thalassotherapy at your own pace, with no constraints and choosing whatever you want.

ESSENTIAL STAY

1 DAY | 1 NIGHT | 3 TREATMENTS
2 DAYS | 2 NIGHTS | 6 TREATMENTS
3 DAYS | 3 NIGHTS | 9 TREATMENTS

ESSENTIAL THALASSOTHERAPY

In this short break, we've brought together the best of our marine expertise to help you enjoy all the benefits of thalassotherapy. A real concentrate of marine well-being.

*Exclusive to RELAIS THALASSO

BEAUTY & SPA STAYS

AVAILABLE IN OUR 4 DESTINATIONS

WORLD MESSAGE STAY

1 DAY | 1 NIGHT | 3 TREATMENTS including 1 Spa massage (50')
2 DAYS | 2 NIGHTS | 6 TREATMENTS including 2 Spa massages (50')
3 DAYS | 3 NIGHTS | 9 TREATMENTS including 3 Spa massages (50')

DEEP RECOVERY

Explore limitless well-being techniques from around the world and escape through our selection of Spa treatments inspired by the different continents. Every day is an escape, with absolute relaxation thanks to long massages.

“

ARE YOU ORGANISED?

ENJOY OUR
EARLY BOOKING OFFER

15% OFF OUR STAYS*

FOR BOOKINGS MORE THAN 60 DAYS IN ADVANCE

OUR BEST PRICES GUARANTEED WHEN YOU BOOK
DIRECTLY ONLINE relaisthalasso.com

*Offer valid on all our Stays (Sunday to Thursday evening), excluding bank holidays August and Christmas holidays. Cannot be combined with other current offers.



SPA & BEAUTY TREATMENTS

WE TAKE CARE OF YOUR BEAUTY

To round off your stay, our RELAIS THALASSO centres offer a range of Spa Beauty treatments to suit all tastes. Escapes, world massages and exclusive Signature treatments, facials and body care, slimming treatments... Not forgetting the expertise of our spa practitioners, who are fully committed to providing intense well-being for body and mind. A la carte, as an individual treatment or in addition to your package, the moment is now. Take the time be guided by our experts.

OUR "SIGNATURE" SPA & BEAUTY TREATMENTS

SYNERGY MARINE body treatment (50')

I am the essential RELAIS THALASSO signature massage, inspired by the changing rhythms of the ocean. From head to toe, my slow and energising, gentle and deep movements ensure absolute relaxation.

SEA REJUVENATING EXTREME facial (50' or 80')

I am the ideal combination between rejuvenation and relaxation. I combine a head, neck and shoulder massage with the benefits of sea products. In my long version, I combine the best of each technique on your face, neck and neckline to guarantee visible results. As well as having an immediate tensing effect on the shape of your face, I give skin more radiance and a plumped effect.

YOU CAN FIND ALL OUR SPA & BEAUTY TREATMENTS IN OUR À LA CARTE TREATMENT BROCHURES



RELAIS THALASSO

- COSMÉTIQUE MARINE -

HOME THALASSO

OUR COSMETICS RANGE: THE NATURAL EXTENSION TO OUR PROFESSIONAL TREATMENTS

Enjoy all the benefits of our RELAIS THALASSO expertise at home to improve your health, relax, strengthen and always have fun.



UNIQUENESS

RELAIS THALASSO COSMETIC products were created at the request of our customers who were convinced and won over by the effectiveness of their treatments! Visitors to the spa can now leave with all the benefits of their treatments and order them from home. Welcome to HOME THALASSO.

AUTHENTICITY

Stefany Phélippeau has been part of this wonderful family story for over twenty years, anchoring her authentic world in each of our products. Passionate about the sea, we make and package our products in BRITTANY ensuring local, responsible production with sustainable, reasonable and renewable seaweed harvesting.

GENEROSITY

Our large containers are perfect for genuine professional HOME THALASSO treatments that are effective and successful. The active marine ingredients in our treatments have an incredible concentration of trace elements and minerals that are essential for our cells to function properly.

NATURALNESS

Our paraben-free formulas contain an average of 91% natural ingredients. Say goodbye to over-packaging. We prefer recyclable containers. Say goodbye to multilingual leaflets. What you need to read is on the product.

By choosing our products and our treatments, you are sharing a vision that puts **NATURE AND THE SEA AT THE HEART OF OUR FUTURE AND YOUR BEAUTY.**

Face

Body

Bath



IN OUR RELAIS THALASSO STORES | BY TELEPHONE: 02 40 23 23 40 | relaisthalassocosmetique.com