

2025

TREATMENT MENU
THALASSO
& SPA
SAINT-MALO





WELCOME

to the Thermes Marins de Saint-Malo

For more than 60 years, the sea has been our essence to design a world entirely dedicated to your well-being. Our range of Thalasso & Spa treatments combines natural marine resources with the excellence of our treatment protocols for a moment of pure and deep relaxation.





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THALASSO TREATMENTS



THALASSO DISCOVERY

Half-day program treatments selected by our hostesses, based on availability, from the following:
Jet Bath with Seaweed, Affusion Shower, Bubble Bath, Underwater Shower, Marine Draining, Ondorelax, Jet Pool, Toning Pool.

- | | | | |
|---|----------------------|---|----------------------|
| <ul style="list-style-type: none">• 2 TREATMENTS
From Monday to Friday (except on public holidays) | <p>€95
€91</p> | <ul style="list-style-type: none">• 3 TREATMENTS
From Monday to Friday (except on public holidays) | <p>€152
€145</p> |
| <ul style="list-style-type: none">• 2 Individual treatments• Access to the Swimming Pool, Sauna Hammam and Cardio-Training Room on the same half-day as your treatments | | <ul style="list-style-type: none">• 2 Individual treatments• 1 Pool Treatment• Access to the Aquatonic Pool, Swimming Pool, Sauna Hammam and Cardio-Training Room on the same half-day as your treatments | |
| <ul style="list-style-type: none">• 4 TREATMENTS (except on Sunday)
From Monday to Friday (except on public holidays) | <p>€199
€190</p> | <ul style="list-style-type: none">• 4 TREATMENTS PRESTIGE (except on Sunday)
From Monday to Friday (except on public holidays) | <p>€240
€230</p> |
| <ul style="list-style-type: none">• 3 Individual treatments including 1 Seaweed Body-Wrap• 1 Pool Treatment• Access to the Aquatonic Pool, Swimming Pool, Sauna Hammam and Cardio-Training Room on the same half-day as your treatments | | <ul style="list-style-type: none">• 1 Manual Affusion Shower or 1 Body Massage 30 mn• 1 Seaweed Body-Wrap• 1 Seaweed Jet-Bath or Underwater Marine Shower• 1 Ondorelax or Affusion Shower• Access to the Aquatonic Pool, Swimming Pool, Sauna Hammam and Cardio Training Room on the same half-day as your treatments | |



THALASSO & RESTAURANT

HEALTH & GASTRONOMY

A Thalasso Discovery program including access to the Aquatonic Pool, Swimming Pool, Sauna Hammam and Cardio-Training Room on the same half-day as your treatments and an « Émeraude Menu » at Le Cap Horn seaview restaurant.

- **2 TREATMENTS** **€165**
From Monday to Friday (except on public holidays) **€161**
- **3 TREATMENTS** **€205**
From Monday to Friday (except on public holidays) **€198**
- **4 TREATMENTS** **€252**
From Monday to Friday (except on public holidays) **€243**
- **4 TREATMENTS PRESTIGE** **€293**
From Monday to Friday (except on public holidays) **€283**

WELLNESS & FLAVOR

A Thalasso Discovery program including access to the Aquatonic Pool, Swimming Pool, Sauna and Hammam and Cardio-Training Room on the same half-day as your treatments and a « Two-Course Menu » at La Verrière restaurant.

- **2 TREATMENTS** **€147**
From Monday to Friday (except on public holidays) **€143**
- **3 TREATMENTS** **€192**
From Monday to Friday (except on public holidays) **€185**
- **4 TREATMENTS** **€239**
From Monday to Friday (except on public holidays) **€230**



À LA CARTE TREATMENTS

- Manual Affusion Shower (25 min) **€96**
- Seaweed Body Wrap (25 min) **€74**
- Underwater Marine Shower (15 min) **€57**
- Seaweed Jet-Bath (20 min) **€57**
- Ondorelax (18 min) **€54**
- Affusion Shower (15 min) **€48**
- Marine Draining (12 min) **€49**
- Foot Bath (15 min) **€35**





AQUATONIC POOL & FITNESS ACTIVITIES



THE AQUATONIC POOL

Access to the seawater labyrinth with Sauna, Hammam, Ice Fountain and Cardio-Training Room.
Included in the Thalasso Discovery packages from 3 treatments and in all the Thalasso & Restaurant packages.

• **1 ENTRY**

à la carte

€42



• **1 ENTRY**

in addition to a Thalasso or Spa treatment

€30



À LA CARTE **FITNESS ACTIVITIES**

INDIVIDUAL COACHING SESSION

From **€40** for a 30 min session

AQUACYCLING

€29 for a 25 min session

INDOOR FITNESS & AQUAGYM

More than 100 sessions per week, including aquagym, aquacycling, yoga, pilates, bodybalance...

€29 per session

AVIRON INDOOR

€29 for a 40 min session

SWIMMING LESSONS

From **€23, 50** the 30 min group class

FORFAIT TOTAL BIEN-ÊTRE 6 JOURS

Illimited access to the Aquatonic Pool and to more than 100 sessions per week, including aquagym, aquacycling, yoga, pilates, bodybalance...

€255 for 6 days

AQUA TRAINING

€29 for a 30 min session

BEACH TRAINING

€29 for a 45 min session

FITNESS WALKING

€29 for a 60 min session

NEW **GUIDED COACHING – EGYM**

From **€35** for a 30-minute session

Our Cardio-Training Room is now equipped with EGYM technology. With your connected bracelet, tailor your workout to your goals and track your performance in real time. Included in our Fitness and Total Well-being memberships.



SPA DES THERMES



COSMETICS

Thermes Marins de Saint-Malo

Let our experts guide you for an exceptional moment at the Spa des Thermes. Discover our signature treatments and our rituals inspired from across the world for a total relaxation... Designed in Brittany, our creams and oils are enriched with marine active ingredients and plant extracts to offer you a true sensory experience based on textures, fragrances and massage techniques.





FACE TREATMENTS

TRADITIONAL TREATMENTS

• **MARINE OXYGENATION** 50 min €95

All skin types except mature. Deep skin cleansing for a fresh, clear complexion.

• **HYDRA MARINE** 1 h 10 €108

Dehydrated and/or sensitive skin. A facial treatment accompanied by a relaxing facial modelage, works as a formidable regulator on skin moisture. Your skin is moisturized, soothed and radiant with vitality.

• **MARINE PURITY** 1 h 10 €108

Combination to oily skin. This treatment will reduce the appearance of imperfections due to excess sebum by tightening the pores and refining the skin texture. The combination of the active ingredients and the relaxing massage will bring a real comfort to the skin, matify, purify and unify the complexion.

SPECIFIC TREATMENTS

“EYES - RADIANCE - NUTRITION”

• **EYE RADIANCE TREATMENT** 1 h 20 €125

A new three stage treatment: stage 1, skin cleansing, stage 2, intensely moisturizing the face, stage 3, the decongestion of the eye contour for an overall new glow.

• **MARINE RADIANCE** 1 h 30 €130

A facial treatment for tired, dull skin lacking oxygen. The oxygenating massage stimulates cells and eliminates toxins. Your skin is oxygenated with regained luminosity.

• **NUTRI MARINE** 1 h 30 €130

Mature, dry and devitalized skin. Accompanied by an oxygenating massage, this treatment restores the skin's hydrolipidic film. Your skin is nourished, supple and luminous.



FACIAL MASSAGES **KOBIDO - EYE CONTOUR**

- **RELAXING MASSAGE** 30 min €65

Gentle enveloping movements chase away muscular tension and improve deep relaxation for reposed facial features.

- **OXYGENATING MASSAGE** 40 min €75

This stimulating massage helps to eliminate toxins and improve circulation for a luminous complexion.

- **FIRMING MASSAGE** 40 min €75

By working over facial contours this stimulating massage improves tone and firmness for redefined facial contours.

- **NEW KOBIDO**

By Thermes Marins de Saint-Malo 1 h €130

This youth-enhancing massage, a manual facelift based on an ancient Japanese technique, deeply stimulates the skin, releases facial micro-tensions, and firms the skin. Your face looks plumper, your complexion brighter, and the contours of your face redefined.

- **ANTI-WRINKLE MASSAGE** 40 min €75

Specific movements and in-depth work over wrinkles and fine lines improve cellular stimulation and renewal for reposed, smoothed features.

- **GLOBAL ANTI-AGEING MASSAGE** 40 min €85

For mature skin presenting a lack of moisture, a loss of radiance and sagging skin with fine lines and wrinkles. The toning and specific movements of the massage work effectively on all the signs of ageing.

- **EYE CONTOUR TREATMENT** 50 min €95

This new treatment eliminates puffiness, dark circles, wrinkles and fine lines. Decongests, regenerates and moisturizes for younger more relaxed eyes.



ANTI-AGEING TREATMENTS

• PURE MER GLOBAL ANTI-AGEING TREATMENT

1 h 30 €180

This signature treatment combines a personalised anti-ageing massage with our PURE MER premium products by Thermes Marins de Saint-Malo. It acts on all the signs of ageing : dryness, loss of radiance, sagging skin, presence of lines and wrinkles and provides immediate and visible results.

• LIFT MARINE

1 h 30 €130

Does your skin lack firmness? This skin “tensing” treatment combined with a firming facial massage stimulates the skin’s tone and elasticity to redefine facial contours.

• MARINE ANTI-WRINKLE

1 h 30 €130

Wrinkles and fine lines ? This regenerating treatment combined with an Anti-wrinkle facial massage will diminish wrinkles and fine lines leaving your skin visibly smoothed.

PURE MER
by Thermes Marins de Saint-Malo

Prodigious source of youth

BRITTANY
ORIGIN

96%
NATURAL ORIGIN INGREDIENTS

MARINE & CLEAN
FORMULA

ULTRA-SENSORY
COSMETIC

 All treatments are available in packages of 3 · 5 · 10 sessions

 All our face treatments are accessible to pregnant woman.



BODY TREATMENTS



BODY SCRUBS

• OUR SELECTION OF BODY SCRUBS

30 min €69

Revitalize your skin's radiance: we have created a range of the best body scrubs with exotic ingredients from faraway lands for soft, clear, fresh skin. Their exfoliating effect prepares the skin for the penetration of active ingredients.

- Granita Scrubs Noni & Coconut
- Baltic Amber Sparkles Scrub
- Mineral Lava Powder Scrub
- Marine Salt and Clay Scrub
- Oyster Shells & Sacred Lotus Scrub



BODY BEAUTY MASKS

• OUR SELECTION OF BODY BEAUTY MASKS

40 min €75

Veritable cocoons of warmth, well-being, and gentleness: our Body Beauty Masks are accompanied by a relaxing modelage of the shoulders, nape and scalp.

- Papaya & Prickly Pear Body Beauty Mask
- Cocooning Polar Algae Body Beauty Mask
- Hibiscus Flower Body Beauty Mask
- Volcanic Earth Body Beauty Mask
- Algae and Marine Plant Body Beauty
- Cotton Foam Body Beauty Mask



BODY MESSAGES

• RELAXING MASSAGE 1 h 00 €125

A real invitation to well-being, this enveloping massage with gentle fluid movements releases tension and improves deep relaxation over the entire body.

• WELLNESS AND SLEEP MASSAGE 40 min €98

A relaxing massage to the back of the body. Finger pressure is applied in alternate movements over the body's energy lines in rhythm with your breathing. This massage helps you relax and let-go, it relieves tension and improves sleep so you can enjoy your day!

• RELAXING BACK TREATMENT 50 min €108

Full back treatment including purifying cleansing and a deep relaxing massage.

• TUMMY MASSAGE 30 min €70

The circulatory and draining movements improve relaxation, well-being and release tension.

• DETOX MASSAGE 50 min €95

This draining modelage is ideal after a little overindulgence, it efficiently helps to eliminate toxins. Slow-paced and gentle it offers a veritable moment of relaxation.

• DEEP TISSUE MASSAGE 1 h 10 €165

This in-depth massage, with deep and powerful manoeuvres promotes muscle relaxation and loosens mind and body. This combination of passive mobilizations and pressures is particularly appreciated by the athletes. This tonic massage loosens the tension areas in order to restore energy and vitality.

• 4 HANDS FULL RELAXATION MASSAGE 1 h 00 €185

A true moment to escape, a unique experience. Two therapists work simultaneously and in rhythm performing in-depth relaxing movements over the entire body.



• **HOT STONE MASSAGE** 1 h 10 €138

Hands and hot stones become one with delicate strokes over the entire body... Through the gentle heat of the volcanic stones, this massage harmonises energy flows, releases tension.

• **RELAXING INDIAN MASSAGE** 1 h 10 €148

This body massage with oils is particularly gentle and soothing. Ideal for people feeling very tired, it relaxes, revitalizes and improves blood and lymphatic circulation.

• **TRADITIONAL CHINESE
ENERGETIC MASSAGE** 1 h 00 €150

Improves energy balance through finger pressure along the body's meridian energy lines and releases congestion points which block energy circulation and transports you into deep relaxation.

• **AYURVEDIC MASSAGE** 1 h 10 €165

Escape to the rituals of ancient India through this massage which provides true relaxation by appeasing tension and energy flows. Alternates the different techniques of Abhyanga (movements which stimulate) and Marmatherapy, (in-depth movements over the body's energy points).

• **BALINESE MASSAGE** 1 h 10 €175

This massage is the harmonious combination of deep, slow and warm movements, it allies power and sweetness. Real detoxification of the body, this massage improves the deep relaxation, the elimination of the stress, restores vitality and dynamism.

• **NEW
PREGNANCY TREATMENT** 1 h 10 €150

Between the 4th and 7th month of pregnancy. A complete facial and body treatment specially designed for expectant mothers.



REFLEXOLOGIES

• FOOT REFLEXOLOGY 50 min €105

The foot contains numerous reflex zones which are manipulated with pressure and in-depth movements to eliminate toxins, improve circulations and energy balance.

• EMOTIONAL CRANIAL REFLEXOLOGY 40 min €90

This treatment improves sleep, releases tension and offers a deep relaxation. Ideal for people with difficulties sleeping, feeling very tired and wanting to regain vitality.

• EMOTIONAL FOOT REFLEXOLOGY 1 h 00 €110

This treatment releases emotions, restores energy balance and harmonizes body and mind. Ideal for people wanting peace of mind.

• TOTAL BALANCE 1 h 20 €142

A relaxing treatment composed of foot reflexology, a hand massage and a scalp massage to stimulate nerve endings and provide well-being and balance.

• EMOTIONAL REFLEXOLOGY OF THE HANDS 1 h 00 €110

This care promotes a return to serenity, releases tension. Stimulation of the reflex zones of the hands releases endorphins of happiness. Ideal for people having a permanent stress or living a difficult time.

• EMOTIONAL REFLEXOLOGIES TOTAL WELL-BEING 2 h 00 €235

A combination of three reflexologies on head, hands and feet to escape. Body is balanced and mind is calm.



CONTOURING AND FIRMING TREATMENTS

• CELLU M6® ALLIANCE 50 min €86

An essential treatment technique for eliminating, re-sculpting and firming. Cellu M6® Body stocking obligatory 28 € (free with the 10 sessions package). This treatment harmonizes body shape.

3 sessions: €245 • 5 sessions: €387 • 10 sessions: €731

• MARINE CONTOURING TREATMENT 1 h 00 €95

A contouring treatment combining an active body wrap and a specific contouring massage to target bulges and unwanted curves and to kick-start the metabolism.

3 sessions: €270 • 5 sessions: €427 • 10 sessions: €807

• ACTIVE CONTOURING TREATMENT 1 h 00 €95

2 effects for optimal results: destock fat mass and smooth away the orange peel effect. And combat sagging. A perfect duo of Chinese modelage movements and suction cups to boost metabolism for a significantly more slim-line silhouette.

3 sessions: €270 • 5 sessions: €427 • 10 sessions: €807

• DETOX CONTOURING TREATMENT 1 h 20 €140

This treatment triggers the contouring process. A global body wrap which helps the perspiration process and a draining massage giving a real sensation of lightness and a contoured silhouette.

3 sessions: €399 • 5 sessions: €630 • 10 sessions: €1190



CONTOURING DRAINING AND CIRCULATION TREATMENTS

• AESTHETIC MANUAL DRAINING 1 h 00 €105

This treatment works to efficiently combat water retention, improve blood circulation and refine the silhouette.

• DETOX BODY WRAP 40 min €75

A contouring booster treatment, this detox body wrap improves transpiration and detoxification. It is accompanied by a relaxing scalp massage.

• LEG TONING TREATMENT WITH AESTHETIC MANUAL DRAINING 1 h 20 €140

This toning and draining leg treatment gives you the sensation of lighter legs, the draining movements combat water retention and the cryogen wrap tones and reinforces delicate capillaries.

 All treatments are available in packages of 3 • 5 • 10 sessions.



WELLNESS EXPERIENCES



SPA CABIN **DUO PREMIUM**

DUO PACKAGES

• DUO LOVERS

€248 /pers.

- Relaxing Bath 20 min
- Relaxing Body Massage 1 h 00
- Relaxing Facial Massage 30 min
- Glass of champagne or fruit juice and delicacies

 Present: chocolate box / 2 pers.

• DUO DREAM

€299 /pers.

- Relaxing Bath 20 min
- Oyster Shells & Sacred Lotus Scrub 30 min
- Body Relaxing Indian Massage 1 h 10
- Relaxing Facial Massage 30 min

• DUO WELL-BEING

€355 /pers.

- Relaxing Bath 20 min
- Cotton Foam Body Beauty Mask 40 min
- Wellness and Sleep Massage 40 min
- Foot Reflexology 50 min
- Relaxing Facial Massage 30 min

SPA CABIN **DUO**

• DUO FRIENDS

€168 /pers.

- Relaxing Facial Massage 30 min
- Relaxing Body Massage 30 min
- Aquatonic Pool

 Present: Facial Radiance Pack

• DUO MOTHER-DAUGHTER

(FROM 14 YEARS)

€230 /pers.

- 1 Facial treatment (Hydra or Marine Purity) 1 h 10
- Relaxing Body Massage 30 min
- Lunch at "La Passerelle" Bar (Club sandwich or pie, gourmet coffee, fresh juice)
- Aquatonic Pool

 Present: Facial Radiance Pack

• CHILD AND PARENT TREATMENTS (8-14 YEARS)

- 1 Facial Massage 30 min **€65 /pers.**
- 1 Body Massage 30 min **€75 /pers.**

Children Spa Treatments with the cosmetics:

TOOFRUIT
Les soins pour enfants



MARINE ESCAPES

• SCANDINAVIAN WANDER

• Baltic Amber Sparkles Scrub	30 min
• Relaxing Body Massage	1 h 00
• Facial Hydra Marine Massage	1 h 10
3 treatments	€270
1/2 day	€300
Day*	€346

• MARINE ESCAPADE

• Marine Oxygenation Facial Treatment	50 min
• Relaxing Back Treatment	50 min
• Algae and Marine Plant Body Beauty Mask	40 min
3 treatments	€250
1/2 day	€280
Day*	€326

• JOURNEY TO THE HEART OF VOLCANOES

• Mineral Lava Powder Body Scrub	30 min
• Hot Stone Body Massage	1 h 10
• Volcanic Earth Body Beauty Mask	40 min
3 treatments	€253
1/2 day	€283
Day*	€329

• TROPICAL ESCAPADE

• Granita body Scrub Noni & Coconut	30 min
• Relaxing Indian Massage	1 h 10
• Papaya & Prickly Pear Body Beauty Mask	40 min
3 treatments	€260
1/2 day	€290
Day*	€336



A gift for each Escape package

The 1/2 day includes:

- 3 treatments at the Thermes Spa
- 1 entrance to the Aquatonic Pool, the Sauna and the Hammam

The day includes:

- 3 treatments at the Thermes Spa
- 1 entrance to the Aquatonic Pool, the Sauna and the Hammam
- 1 "Émeraude" 2-course lunch at the Cap Horn restaurant (drinks not included)

* Excluding public holidays.



MALOUIN REGATAS

REPOSE REGATA

- Granita Scrub Noni & Coconut 30 min
- Deep Tissue Body Massage 1 h 10
- Relaxing Facial Massage 30 min
- Hibiscus Flower Body Beauty Mask 40 min

• REPOSE, WELL-BEING €335

4 spa treatments

• INTENSE REPOSE €360

4 spa treatments + 1 entrance to the Aquatonic Pool, the Sauna and the Hammam

• REPOSE PRESTIGE* €406

4 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 1 entrance to the Aquatonic Pool, the Sauna and the Hammam

SERENITY REGATA

- Mineral Lava Powder Body Scrub 30 min
- Hot Stone Body Massage 1 h 10
- Oxygenating Facial Massage 40 min
- Foot Reflexology 50 min
- Volcanic Earth Body Beauty Mask 40 min

• SERENITY, WELL-BEING €415

5 spa treatments

• INTENSE SERENITY €475

5 spa treatments + 2 entrances to the Aquatonic Pool, the Sauna and the Hammam

• SERENITY PRESTIGE* €521

5 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 2 entrances to the Aquatonic Pool, the Sauna and the Hammam

RELAXATION REGATA

- Baltic Amber Sparkles Scrub 30 min
- Relaxing Back Massage 50 min
- Hydra Marine Facial Treatment 1 h 10
- Total Balance Body Treatment 1 h 20
- 4 Hands full Relaxation Body Massage 1 h 00
- Cocooning Polar Algae Body Beauty Mask 40 min

• RELAXATION, WELL-BEING €620

6 spa treatments

• INTENSE RELAXATION €710

6 spa treatments + 3 entrances to the Aquatonic Pool, the Sauna and the Hammam

• RELAXATION PRESTIGE* €756

6 spa treatments with an "Émeraude" 2-course lunch at the Cap Horn Restaurant (drinks not included) + 3 entrances to the Aquatonic Pool, the Sauna and the Hammam.



A gift for each Regata package

BEAUTY CARE

Hand and foot care:

- Manicure treatment from €55
 - Foot beauty treatment from €55
 - Nail varnish application from €20
- ### Waxing
- from €15

We highly recommend that you do not make appointments for hair removal just after water activities such as Thalasso treatments, Aquatonic, swimming.

* Excluding public holidays. Émeraude 2-course lunch (starter+main course or main course+dessert), drinks not included.



PRACTICAL INFORMATION

PLEASE BOOK YOUR TREATMENTS IN ADVANCE

CONTACT CUSTOMER SERVICE AT +33 2 99 40 75 00

Open Monday to Friday from 8:30 AM to 8:00 PM, Saturday and Sunday from 9:30 AM to 6:30 PM.

BATHROBE AND BATH TOWEL

A bathrobe and a bath towel are at your disposal in the changing room.
Please bring plastic sandals, your bathing cap and bathing suit.

WARNING

Some treatments are **not recommended**, especially for **pregnant women** and certain **medical conditions**.
Please ask our team for any advice.

CANCELLATION

All cancellations must be made at least 24 hours before the start of the treatment.
Otherwise, payment will be due.

THALASSOTHERAPY

02 99 40 75 00

OPENING HOURS*

- Monday to Saturday from 8am to 6:45pm
- Sunday from 8am to 12:15pm.

UPON ARRIVAL

Please arrive 30 minutes before your appointment.

LATE ARRIVAL

Rescheduling of treatments will not be accepted for late arrivals.

AQUATONIC / CLUB FORME

02 99 40 75 33

OPENING HOURS

- Monday to Saturday from 9am to 20pm
- Sunday from 9am to 19pm.

*Open on public holidays (except on December 25th and on January 1st).

SPA

02 99 40 75 23

OPENING HOURS*

- Monday to Saturday from 9am to 7pm
- Sunday from 9am to 1pm.

UPON ARRIVAL

Please arrive 15 minutes before your appointment.

LATE ARRIVAL

Late arrival will not enable treatment prolongation.

TREATMENT DURATION

Treatment duration includes welcoming, undressing and dressing time and with certain treatments the necessary relaxation time.

SPA COSMETIC

THERMES MARINS DE SAINT-MALO

The Thermes Marins de Saint-Malo Cosmetics combine efficiency and sensoriality through a line of products Global Anti-Ageing, Face and Body.



www.cosmetique-thermesmarins.com

LES THERMES MARINS DE SAINT-MALO • CS 11745 • 35417 SAINT-MALO CEDEX

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