

THALASSA TROUVILLE

THALASSOTHERAPY & SPA

OPENING 2015



LUXURY DESTINATION



www.thalassa.com







5 REASONS TO CHOOSE THALASSA TROUVILLE

1. **Get a taste of olden-day seaside glamour** in this newly remodeled grand hotel, with its rich history, subdued elegance and light, contemporary design.
2. **Be the first to discover the future of thalassotherapy** in this state-of-the-art institute with its comprehensive approach to health and balance of body and mind.
3. **Surround yourself with a team of 45 wellness experts** including fitness coaches, physical therapists and osteopaths.
4. **Take a well-deserved break for a few days**, or even just an afternoon, only two short hours by train from Paris.
5. **Enjoy a welcome change of scenery**, in the Pays d'Auge region with its beautiful Côte Fleurie coastline, just a stone's throw from Deauville and its beaches, casinos and boutiques.

“ RECHARGE YOUR BATTERIES AND FEEL REJUVENATED.
GET SOME EXERCISE OR JUST STROLL ALONG THE BOARDWALK.
COME AND EXPERIENCE THE REBIRTH OF A SEASIDE LEGEND.
WELCOME TO TROUVILLE! ”

Emile Viciano
General Manager - CURES MARINES, TROUVILLE
HOTEL, THALASSOTHERAPY AND SPA

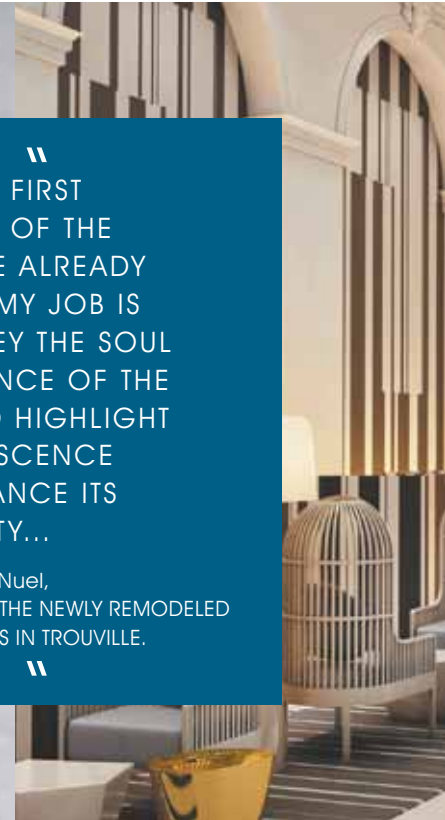
TROUVILLE

A SEASIDE
LEGEND ———
REBORN



“
WHEN THE FIRST
CHAPTERS OF THE
STORY ARE ALREADY
WRITTEN, MY JOB IS
TO CONVEY THE SOUL
AND ESSENCE OF THE
PLACE, TO HIGHLIGHT
ITS EVANESCENCE
AND ENHANCE ITS
LUMINOSITY...
”

Jean-Philippe Nuel,
ARCHITECT OF THE NEWLY REMODELED
CURES MARINES IN TROUVILLE.



SEASIDE ?
CHIC'

Elegance and audacity, simplicity and eccentricity, nostalgia and avant-gardism... For Jean-Philippe Nuel, that is the spirit of Trouville and where he found inspiration for the new design of the Cures Marines.

A BRIEF HISTORY OF THIS BOARDWALK PALACE



It was in 1830, that elegant Parisians started donning their very first bathing suits in Trouville, under the watchful eyes of Flaubert, Maupassant, Boudin, Caillebotte and Monet. What was once simply Trouville became Trouville-sur-Mer (Trouville-on-the-Sea). In 1867, the town constructed its boardwalk, the perfect addition to set off its now famous seafront and “Queen of Beaches”.

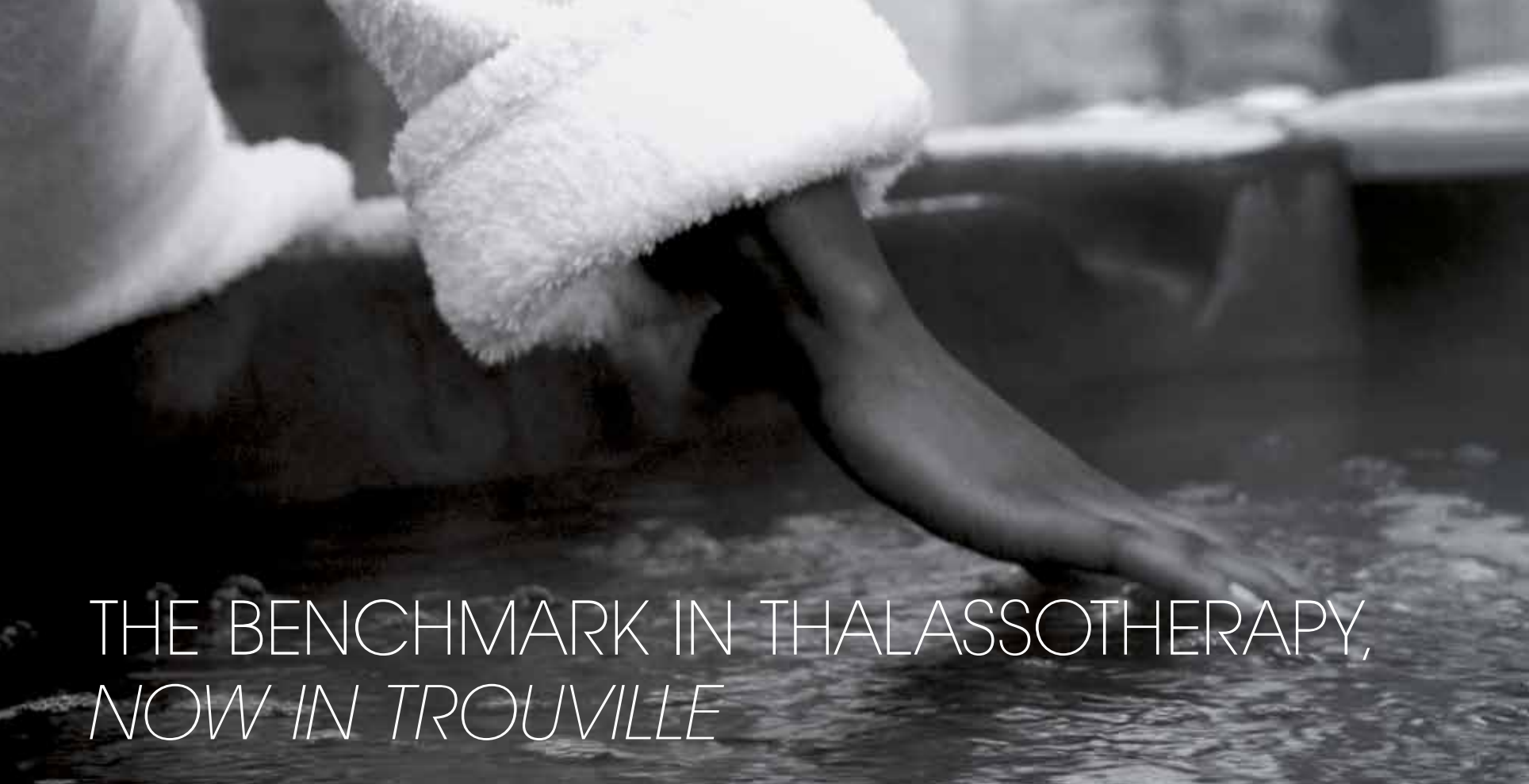
In 1912, a stunning white luxury hotel was built along the beach. Seawater therapy by day,

gambling and dancing by night: the Cures Marines embodied the spirit of Trouville throughout the twentieth century.

In 2015, following two years of renovation work, hundreds of sketches and thousands of ideas, Trouville’s Cures Marines will open its doors again, this time as a major thalassotherapy destination. Entirely remodeled by architect Jean-Philippe Nuel, this brand new establishment is the latest addition to the MGallery collection of unique and inspired hotels.

“ TROUVILLE’S RENOWNED BEACH, A VELVETY CARPET SOWN WITH FLECKS OF SILVER AND GOLD, IS OF UNPARALLELED BEAUTY. ”

L’ILLUSTRATION MAGAZINE, 1844.



THE BENCHMARK IN THALASSOTHERAPY, *NOW IN TROUVILLE*

THE MIRACLE OF THE SEA

The first modern thalassotherapy institute opened its doors in 1964 in Quiberon, a wellness resort combining pleasure, health and relaxation. At Thalassa sea & spa, we have been using the curative properties of the sea to enhance health and wellness for the past 50 years.

AN UNRIVALED COLLECTION OF THALASSOTHERAPY INSTITUTES

Today, Thalassa sea & spa has 15 destinations, from the western coast of France to the Persian Gulf: 15 exceptional coastlines, 15 shades of blue, 15 wellness experiences. The Cures Marines thalassotherapy institute in Trouville is the latest addition to this collection.

⊕ **BENEFITS:** Thanks to the regenerative properties of the sea and increasingly tailored programs, the thalassotherapy of tomorrow takes care of not only the body but also the mind, the objective being overall health to improve the quality of life.

⊕ **EXPERTISE:** Hydrotherapists, dietitians, massage therapists, fitness coaches, beauticians, osteopaths and more. Our 45 experts work together to ensure your well-being.

⊕ **INNOVATION:** The Cures Marines institute in Trouville combines cutting-edge technologies and treatment protocols with leading cosmetic brands. Our programs introduce you to the latest in letting-go techniques, healthy eating and fitness training.

⊕ **RELAXATION:** Just two short hours from Paris, you will find a private treatment suite and body scrub bar where you can enjoy volcanic stone or orange blossom massages, floral elixirs, music therapy and so much more. Whether you come for just a week-end or a whole week, this is a fabulous journey your body will never forget.

⊕ **NATURE:** In Trouville, as in each of the Thalassa sea & spa destinations, we believe that nature takes care of us, just as we take care of nature.

THE FUTURE OF THALASSOTHERAPY

In 2015, Trouville Thalassa sea & spa will be changing the face of thalassotherapy through long-and short-stay programs that meet the requirements of our everyday lives, providing specific answers to health problems and combining personalized pampering with powerful preventive care.

NATURALLY THALASSOTHERAPY

Taking care of yourself and taking care of nature: two inherent principles at Thalassa sea & spa, as defined in the Accor group's Planet 21 program: 21 commitments to a new vision for the hotel business, one of sustainable development. To ensure that our planet keeps on turning....



THALASSA TROUVILLE

DISCOVER
YOUR DESTINATION GUIDED TOUR

- 10 Hotel and Restaurant
- 12 The institute
- 14 The future of thalassotherapy

LONG STAYS

6 DAYS / 6 NIGHTS

18 WEEKLY PACKAGES
Immediate benefits for lasting effects. Choose your program.

4 DAYS / 5 NIGHTS

32 GETAWAYS
The perfect length of stay to relax and let go





SHORT STAYS

1-3 DAYS / 1-3 NIGHTS

36 GETAWAYS
Flexibility and choice
to satisfy your every need.

A LA CARTE

A FEW HOURS

**SPA, THALASSOTHERAPY, GETAWAYS,
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YOU COULD WANT**

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AN ORGANIZED STAY

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please refer to our Price List.*

INFORMATION
& BOOKINGS
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Choose
your
program

SEE PAGE 16





HOTEL AND RESTAURANT



THE ROOMS

The hotel boasts 103 spacious rooms and suites, all unique, and almost all of them overlooking the sea, havens of serenity with comfortable bedding and direct access to the thalassotherapy institute and the spa.

10



THE RESTAURANT

Inspired by local seafood and other specialties from the Côte Fleurie, Chef David Drans creates resolutely Norman cuisine with a generous dash of contemporary flair. He works closely with our dietitian, designing each menu with preventive health and body care in mind.



THE DESIGN

Soft colors. Light, airy spaces. Touches of nostalgia and graphic lines. Discover architect Jean-Philippe Nuel's inspirational and inspiring take on Seaside Chic.

THE EXPERIENCE

Relax and let go as you breathe in the fresh sea air, and while we do everything in our power to make your stay a truly unforgettable experience.



THE INSTITUTE



THE WELCOME AREA

The charm of yesteryear bathing beauties on the walls.
The delicate lighting and color scheme. The soothing music
and gentle babbling of the jets of water.

From the heated seawater pool to the hydrotherapy pool via
the hammam and the relaxation area, each space has been
designed with serenity and well-being in mind.



THE SEAWATER POOLS

Key seawater treatments, the excellence of our spa treatments and the very latest letting-go techniques: our experts are constantly on hand to look after you,

making each moment special. You have never felt so good. The Cures Marines institute in Trouville is a journey your body will never forget.



DISCOVER THE FUTURE OF THALASSOTHERAPY

A GLOBAL APPROACH TO HEALTH BUILT ON FIVE FOUNDATIONS

Our signature program, Elixir de Jouvence (see page 20), is designed around five basic principles for long-lasting action that is both personalized and synergetic.

- 1 **Check-ups and screenings** for a stay that is fully tailored to your specific needs and desires.
- 2 **Targeted thalassotherapy and spa treatments** to help you achieve your goals: drainage or relaxation, rejuvenation or recovery.
- 3 **Personalized nutritional follow-up** based on a preventive health approach and to cleanse and purify the system.
- 4 **Complete symbiosis** between body and mind thanks to coached fitness activities combined with personal development and letting-go techniques.
- 5 **Personalized support** following your stay to prolong the benefits of your thalassotherapy and take control of your own well-being.

“ REGENERATE BODY AND MIND. RELIEVE STRESS. GUARD AGAINST OVERWORK AND THE RAVAGES OF TIME... WE HAVE DEVISED EACH TREATMENT PROGRAM AS A TARGETED RESPONSE TO THE NEEDS AND DESIRES, STRESSES AND STRAINS ASSOCIATED WITH MODERN LIFESTYLES. ”

Karine Venière
MANAGER OF THE TROUVILLE CURES MARINES INSTITUTE

AT THE FOREFRONT OF INNOVATIONS

INNOVATIVE CHECK-UPS

The By Beflow system scans both your body and your mind to evaluate your physical, mental and emotional state of health, and determine your levels of stress and anxiety.

UPulse Health associates a complete fitness screening program with a device that acts as a portable electronic coach, tracking your every move while monitoring your heart rate and your progress.

INNOVATIVE TREATMENTS

Iyashi Dome is a Japanese sauna using long-wave infrared for a purifying and regenerating experience to restore balance and slim the figure.

Cryolift III is anti-aging technology devised by our partner Skin Perfusion by Filorga. It provides deep-down action, similar to an actual mesotherapy treatment but without the needles.

INNOVATIVE LETTING-GO TECHNIQUES

Respirology: Controlling the breath to cultivate balance and vitality. These sessions can be held in a fitness room, the pool or outdoors, and are the ideal complement to our seawater treatments. Developed exclusively for Thalassa sea & spa in partnership with Edouard Stacke, founder of the Vital'Respir™ method.

Music Care: Combining the miracle of the sea with the power of music to create infinite wellness possibilities.

INNOVATIVE TREATMENTS ?
EVEN !
FOR JUST A FEW DAYS

Tomorrow's thalassotherapy adapts to today's lifestyles. Discover our programs available over 1, 2, 3 or 4 days. Anti-toxins. Anti-burnout. Anti-dullness. Anti-9 to 5.

We have the right getaway for you.

4 day/5 night getaways: page 32

1-3 day/1-3 night getaways: page 36



6 DAYS / 6 NIGHTS

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— SIGNATURE PROGRAM —
I WANT A TAILORED STRATEGY TO MINIMIZE
THE SIGNS OF AGING

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— SIGNATURE PROGRAM —
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4 DAYS / 5 NIGHTS

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I WANT A REVOLUTION FOR MY SKIN

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1-3 DAYS / 1-3 NIGHTS

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- 43 LOVE TOTAL RELAXATION
TO LOOK AND FEEL YOUNGER

For more

- Information
- Bookings
- Special Offers
- Choice
of treatment program

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6 DAYS / 6 NIGHTS

WEEKLY PACKAGES

6 days and 6 nights for the ultimate in relaxation, to get away from it all and stimulate natural vitality at the deepest level. Our weekly thalassotherapy packages offer visible, tangible and long-lasting benefits. And if you want to stay longer, we will tailor your program accordingly.



6 DAYS / 6 NIGHTS

ELIXIR DE JOUVENCE

SIGNATURE PROGRAM

INFORMATION
& BOOKINGS
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FROM €2,070 PER PERSON

6 DAYS / 24 TREATMENTS + 4 SESSIONS WITH OUR EXPERTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

I WANT A TAILORED STRATEGY TO MINIMIZE THE SIGNS OF AGING.

What if it were really possible to slow down the passage of time?

Advanced diagnoses, regenerating treatments, gourmet yet healthy dining, anti-aging innovations, physical activity and personal development: this program is tailored to your needs. Based on a preventive approach, it draws on the five foundations of global health and the combined expertise of our teams.

The guidance you will continue to receive following your stay will help you change your daily habits and take control of your own well-being.

“ STRESS, ACHES AND PAINS, INSOMNIA
AND EVEN CELLULAR AGING ARE NOT NECESSARILY INEVITABLE.
THE FOOD WE EAT, A FEW GOOD HABITS AND FITNESS ACTIVITIES
CAN HAVE PHENOMENAL REGENERATIVE EFFECTS.
NOW IS THE TIME TO ADD YEARS
TO LIFE AND LIFE TO YEARS. ”

FOR MORE INFORMATION
ON THE TREATMENTS,
REFER TO THE GLOSSARY
ON PAGE 47

Karine Venière, Manager of the Trouville Cures Marines Institute

AN EXCLUSIVE THALASSA TROUVILLE PROGRAM

Sessions with our experts make it possible for us to personalize your program and put together a long-term longevity strategy. Throughout your stay, your personal Expert will be on hand to support and guide you every step of the way. The diagnoses allow us to select the right thalassotherapy treatments – purifying, regenerating, relaxing or remineralizing – based on your needs. The letting-go sessions help you focus and gain a new lease on life while our facials and body treatments eliminate toxins and fight cellular aging. Fitness sessions complete this program to improve muscle tone and boost your metabolism and your energy.

6 DAYS
24 TREATMENTS
4 SESSIONS
WITH OUR EXPERTS

Check-ups and screenings:

- 1 By Beflow scan to measure your physical, mental and emotional state of health
- 1 Nutrition and Anti-age consultation comprising an impedance analysis
- 1 UPulse Health fitness assessment with a fitness coach
- 1 "My Longevity Strategy" evaluation at the end of your stay

1 seawater body scrub to prepare your skin

8 post check-up individual thalassotherapy treatments including:

- 2 relaxation or toning jet showers
- 2 seaweed wraps depending on your needs

6 sessions to let go and regain control:

- 1 kansu bowl massage
- 2 Music Ô Relax hydrojet sessions
- 3 Respirology sessions

3 Detox and Balance body treatments including:

- 2 Iyashi Dôme sessions

3 Pro-age Skin Perfusion by Filorga facial treatments

- 1 "new skin" facial scrub
- 2 Perfusion Expert Cryolift treatments

3 sessions with a personal fitness coach (3 x 45 minutes)



OH! BEFLOW!

A veritable scanner for both the body and the mind, By Beflow notably measures your level of stress and its impact on your body.



6 DAYS / 6 NIGHTS

MARINE FITNESS WEEK

SIGNATURE PROGRAM

FROM €1,992 PER PERSON

6 DAYS / 23 TREATMENTS + 2 SESSIONS WITH OUR EXPERTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

INFORMATION
& BOOKINGS
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I WANT A COACH TO HELP ME GET BACK IN SHAPE.

You have decided to take back control. Breath, muscle tone, stamina and endurance: it is never too late to boost your physical fitness. Let yourself be guided by one of our professional coaches and experience outstanding recovery treatments worthy of top athletes. Thanks to UPulse Health screening technology, your program will be fully tailored to your specific needs. A series of sports-related medical tests will be carried out, including running, posture control and stress management. You will be able to follow your progress daily, both during your stay and then at home, for lasting balance.

Keeping your finger on the pulse...

Your UPulse Health sensor is connected to your smartphone and to our central control system, allowing us to analyze your progress, breathing and heart rate to adapt each exercise and adjust your fitness strategy in real time.

FOR MORE INFORMATION
ON THE TREATMENTS,
REFER TO THE GLOSSARY
ON PAGE 47

AN EXCLUSIVE THALASSA TROUVILLE PROGRAM

Your very own personal coach sets up your fitness strategy and guides and motivates you throughout your week-long stay. Thalassotherapy treatments promote drainage and recovery. Therapeutic massages loosen up muscles while soothing the mind. Fitness sessions provide energy and vitality. You learn to enjoy working out, while the UPulse Health program tracks your progress both during and after your stay.

6 DAYS
2 SESSIONS
WITH OUR EXPERTS
23 TREATMENTS

TESTS AND CHECK-UPS :

1 nutritional check-up with an impedance analysis

1 UPulse Health check-up:

- 10 physical tests to personalize your program

FITNESS:

3 individual and personalized sessions with a coach (3 x 45 minutes)

2 water fitness sessions with a coach:

- Aquabiking
- Longe-côte sea wading

10 recovery treatments:

- 3 cryo-tonic body wraps
- 2 massages with our physical therapists
- 2 purifying seawater baths
- 3 jet showers

8 relaxation and balance treatments including:

- 1 regenerating Aquascience treatment by Thalassa sea & spa
- 2 Music Ô Relax hydrojet sessions
- 2 iyashi Dôme sessions





6 DAYS / 6 NIGHTS

WATERS OF THE WORLD

SIGNATURE PROGRAM

FROM €1,992 PER PERSON

6 DAYS / 24 TREATMENTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

INFORMATION
& BOOKINGS
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I WANT AN ODYSSEY OF SPA TREATMENTS.

The seas and oceans of our world take you on a journey for the senses. Each day of this imaginary cruise brings a new ritual, new sensations and exotic horizons. Our beauticians pamper you from head to toe. Every last trace of stress melts away as body and mind are relaxed, soothed and energized. You have never felt so good.

“ ULTIMATE RELAXATION ON ODD DAYS.
PURIFICATION AND ENERGY ON EVEN DAYS.
THE SECRET OF THIS PROGRAM LIES IN ALTERNATING
BETWEEN THE TWO... ”

Anne-Claire Chauvot de Beauchêne, Treatment Manager, Trouville Cures Marines Institute

6 DAYS / 5 SENSES

From music therapy to hot seashell massages and from orange blossom to green tea, an unforgettable experience for all the senses.

FOR MORE INFORMATION
ON THE TREATMENTS,
REFER TO THE GLOSSARY
ON PAGE 47

AN EXCLUSIVE THALASSA TROUVILLE PROGRAM

The thalassotherapy treatments are selected for their powers of relaxation as well as their regenerating properties. Exclusive precious stone rituals provide you with a unique therapeutic experience, while massages from around the world take you on a journey your body will never forget.



6 DAYS
24 TREATMENTS

Day 1: Mediterranean Sea

- 1 hammam ritual (25 minutes)
- 2 individual relaxing thalassotherapy treatments
- 1 Zen massage with orange blossom oil (25 minutes)

Day 2: Tasman Sea

- 3 individual thalassotherapy treatments including 1 detoxifying Iyashi Dôme session
- 1 remineralizing Rotorua volcano treatment (50 minutes)

Day 3: Coral Sea

- 2 individual thalassotherapy treatments
- 1 honey and shea butter hydrating body wrap
- 1 hot seashell massage with Monoï oil

Day 4: China Sea

- 2 individual thalassotherapy treatments including 1 watermass session
- 1 energizing green tea body wrap
- 1 kansu bowl massage (25 minutes)

Day 5: Caribbean Sea

- 3 individual thalassotherapy treatments including 1 Music Ô Relax hydrojet session
- 1 volcanic stone massage

Day 6: Atlantic Ocean

- 1 seaweed wrap
- 1 three-salt body scrub
- 1 purifying seawater bath
- 1 vichy shower massage



6 DAYS / 6 NIGHTS

FITNESS & WELLNESS

FROM €1,620 PER PERSON
6 DAYS / 24 TREATMENTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

INFORMATION
& BOOKINGS
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I WANT THE KEY BENEFITS OF THALASSOTHERAPY.

This program includes all of our signature thalassotherapy treatments. The sea takes care of you. Your body is recharged with minerals and trace elements. You gain lasting regeneration. Zen or Vitality: you have a choice of two options.

6 DAYS
24 TREATMENTS

FOR MORE INFORMATION
ON THE TREATMENTS,
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Core regeneration program

- 3 seaweed wraps
- 3 relaxing or vichy shower massages
- 9 individual thalassotherapy treatments including 2 purifying seawater baths

ZEN treatments to relax and relieve fatigue

- 3 relaxing vichy showers
- 3 aqua relax sessions in our heated seawater pool
- 3 relaxing underwater jets sessions

OR

VITALITY treatments to feel full of energy

- 3 jet showers
- 3 aquabiking sessions
- 3 energizing underwater jets sessions

6 DAYS / 6 NIGHTS

WELLNESS YOUR WAY

FROM €1,992 PER PERSON
6 DAYS / 24 TREATMENTS / 6 NIGHTS INCLUDING 2 MEALS PER DAY

I WANT TO DESIGN MY OWN TREATMENT PROGRAM.

Thalassotherapy, spa treatments, massages, beauty and fitness...

Experience a stay that is fully tailored to your specific needs. Choose your treatments à la carte, and the time of day that suits you best. Any questions or doubts?

Our experts will be there to guide you.

Individual thalassotherapy treatments

Wraps to choose from:

- Detox, slimming, remineralizing, marine mud, hydrating, tired legs or Slim Cel

Massages (50 minutes) to choose from:

- Zen, relaxing or vichy shower massage
- Soothing back or silhouette sculpting massage
- "Light feet" or face and scalp massage

Beauty treatments to choose from:

- Seawater body scrub
- Body scrub bar
- Aquascience Souffle de Fraîcheur or Souffle d'Éternité treatment

Fitness sessions in our heated seawater pool to choose from:

- Underwater jets
- Aquabiking
- Aqua relax

6 DAYS
24 TREATMENTS





6 DAYS / 6 NIGHTS

EXPERT SLIMMING

FROM €1,860 PER PERSON
6 DAYS / 24 TREATMENTS + 2 OR 3 SESSIONS WITH OUR EXPERTS / 6 NIGHTS

INFORMATION
& BOOKINGS
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I WANT TO FEEL GOOD ABOUT MY BODY.

Kick-start your weight loss. Relearn good habits. Get back into your favorite pair of jeans.

No two slimming projects are alike. D-STOCK or SILHOUETTE? Choose your objective and we will provide you with a personalized slimming program, including specific treatments, menus and fitness activities. A tailored method for lasting balance.

6 DAYS
2 OR 3 SESSIONS
WITH OUR EXPERTS
24 TREATMENTS

D-STOCK

Kick-start
your weight loss

or

SILHOUETTE

To reshape,
firm and sculpt

FOR MORE INFORMATION
ON THE TREATMENTS,
REFER TO THE GLOSSARY
ON PAGE 47

“ WE WORK HAND IN HAND WITH OUR DIETITIAN
TO ENSURE GOURMET, FRUSTRATION-FREE MEALS
TO RESTORE BALANCE TO THE BODY,
GENTLY GUIDING YOU TOWARD YOUR GOALS. ”

Chef David Drans, Trouville Cures Marines

D-STOCK

6 DAYS / 6 NIGHTS

INCLUDING MEALS

3 SESSIONS
WITH OUR EXPERTS

24 TREATMENTS

Prepare a personalized action plan

- 2 consultations with our dietitian
- 1 nutritional workshop

Prepare your skin

- 1 seawater body scrub

Drain and eliminate toxins

- 7 individual thalassotherapy treatments including 2 toning purifying seawater baths
- 2 purifying Iyashi Dôme sessions
- 2 body sculpting massages
- 6 slimming seaweed wraps

Tone and strengthen

- 3 toning underwater jets sessions
- 3 sessions with a fitness coach to choose from: aquabiking, muscle strengthening, longe-côte sea wading or sea air walks

Review your habits

- 1 consultation with our dietitian
- 1 nutritional workshop

Prepare your skin

- Drain and eliminate toxins

Drain and eliminate toxins

- 3 slimming fucus seaweed wraps
- 8 individual thalassotherapy treatments including 3 toning jet showers and 2 pressotherapy sessions

Tone and shape

- 2 Slim Cel body wraps
- 2 body sculpting massages
- 3 toning underwater jets sessions
- 3 sessions with a fitness coach to choose from: aquabiking, longe-côte sea wading or Pilates
- 2 watermass sessions

SILHOUETTE

6 DAYS / 6 NIGHTS

INCLUDING
2 MEALS PER DAY

2 SESSIONS
WITH OUR EXPERTS

24 TREATMENTS





ULTIMATE RELAXATION

Body scrubs, hot and bubbly marine mud treatments, self-warming massages... Our back essentials program is exactly what you need.

6 DAYS / 6 NIGHTS

EXPERT HEALTH BACK ESSENTIALS

FROM €1,860 PER PERSON
6 DAYS / 24 TREATMENTS + 1 SESSION WITH OUR EXPERTS / 6 NIGHTS

I WANT LASTING PAIN RELIEF.

Acute or chronic, inflammatory or mechanical, back pain is a daily reality for many of us. What if you could find lasting pain relief? Our expert physical therapists will work with you to ease tension, help you strengthen your back, and teach you new postures and techniques that will help you take control of your own well-being.

6 DAYS
1 SESSION
WITH OUR EXPERTS
24 TREATMENTS

Personalize your program

- 1 check-up with a physical therapist

Relax and regenerate

- 1 seawater body scrub
- 8 individual thalassotherapy treatments

Relieve tension and pain

- 2 soothing back massages
- 2 massages with our physical therapist
- 3 marine mud poultice treatments
- 1 Aquascience soothing back treatment

Correct posture and strengthen supporting muscles

- 1 postural re-education session
- 2 seawater physical therapy sessions for the back
- 1 respirology session
- 3 sessions with a fitness coach to choose from: aqua relax, aquabiking or longe-côte sea wading

INFORMATION
& BOOKINGS
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DISCOVERY WEEK COMPANION

ADDITIONAL FEE OF €360 PER PERSON FOR A 6-DAY PROGRAM COMPRISING 9 TREATMENTS

I WANT TO TRY THALASSOTHERAPY.

This 6-day program is specifically designed for spouses, partners, parents or friends accompanying our guests. An opportunity to discover the benefits of thalassotherapy that is simply too good to miss.

6 DAYS
9 TREATMENTS

1 vichy shower scrub
6 individual thalassotherapy treatments
2 seaweed wraps

Special rate for the person accompanying a guest receiving treatments. Does not include accommodation or meals.

TREAT YOUR TEEN WEEK

ADDITIONAL FEE OF €474 FOR A 6-DAY PROGRAM COMPRISING 14 TREATMENTS + 1 SESSION WITH OUR EXPERTS

I WANT TO INTRODUCE MY TEENAGER TO THALASSOTHERAPY.

You are never too young to start taking care of yourself... This energizing program, approved by our medical team, has been inspired by teens and specifically designed for them. A variety of treatments.

6 DAYS
1 SESSION
WITH OUR EXPERTS
14 TREATMENTS

1 consultation with our dietitian to learn good habits
9 individual thalassotherapy treatments including:

- Hydromassage seawater bath, Music Ô Relax hydrojet session and relaxing vichy shower

 1 Aquascience Souffle de Fraîcheur facial
1 foot massage
3 underwater jets sessions with a coach

Special rate for teens aged 14 to 18 accompanying a guest receiving treatments. Does not include accommodation or meals.



4 DAYS / 5 NIGHTS

GETAWAYS

For those who want more than just a week-end away, Thalassa sea & spa has created Getaways. 5 nights to make the most of the sea. 4 days of targeted treatments and the regenerative properties of seawater. Programs of just the right duration, not too long and not too short. To relax and unwind, without feeling guilty. Learn to let go. Get away for a while and take care of yourself, your beauty and your youth.



SEASIDE GETAWAY

FROM €1,250 PER PERSON

4 DAYS / 16 TREATMENTS / 5 NIGHTS INCLUDING 2 MEALS PER DAY

I WANT KEY THALASSOTHERAPY TREATMENTS.

Spend a few days discovering the very best of thalassotherapy to feel completely rejuvenated and refreshed. The perfect getaway for both body and mind!

4 DAYS

16 TREATMENTS

8 individual thalassotherapy treatments including:

- 3 jet showers
- 1 Music Ô Relax hydrojet session

2 seaweed wraps

2 relaxing or vichy shower massages

4 underwater jets sessions with a coach

From €1,250 per person for 4 days of treatments / 16 treatments / 5 nights in a double room including 2 meals per day



INFORMATION
& BOOKINGS

+33 (0)2 31 14 42 80
www.thalassa.com



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CITY DETOX GETAWAY

FROM €1,390 PER PERSON

4 DAYS / 16 TREATMENTS / 5 NIGHTS INCLUDING 2 MEALS PER DAY

I WANT TO ELIMINATE STRESS.

Pressure at work, physical and emotional fatigue, crazy lifestyles... Regain control before hitting burnout. Regenerating treatments and leisurely strolls along the boardwalk will help restore balance and focus. Discover key letting-go techniques, learn to breathe and feel alive again on the beautiful Côte Fleurie.

4 DAYS

16 TREATMENTS

Let go and relax

- 4 respirology sessions to regain control
- 3 individual thalassotherapy treatments including 2 Music Ô Relax hydrojet sessions
- 1 kansu bowl massage
- 1 vichy shower massage
- 1 Californian massage

Eliminate toxins and regenerate

- 2 iyashi Dôme sessions
- 2 seaweed wraps
- 1 purifying seawater bath
- 1 regenerating treatment by Thalassa sea & spa

From €1,390 per person for 4 days of treatments / 16 treatments / 5 nights in a double room including 2 meals per day.

ALSO AVAILABLE: The By Beflow scanner scans both body and mind in order to identify destructive habits and understand the effect of stress on your body.

PRO-AGE PERFECT GETAWAY

FROM €1,550 PER PERSON FOR 4 DAYS OF TREATMENTS / 15 TREATMENTS
+ 1 SESSION WITH OUR EXPERTS / 5 NIGHTS INCLUDING 2 MEALS PER DAY

I WANT A REVOLUTION FOR MY SKIN.

Each day, we help you look visibly younger thanks to proven regenerating thalassotherapy treatments, individual sessions with a fitness coach to shape and tone, and expert Skin Perfusion by Filorga skin renewal treatments.

4 DAYS

1 SESSION
WITH OUR EXPERTS

15 TREATMENTS

Day 1: Prepare and detoxify

- 1 expert skin analysis
- 1 body scrub
- 1 Iyashi Dôme session
- 1 Pro-Age Skin Perfusion by Filorga treatment (50 minutes)

Day 2: Purify and shape

- 1 individual fitness session with a coach
- 1 purifying seawater bath
- 1 hydrating body wrap
- 1 Expert Perfusion Cryolift treatment or LED-booster Skin Perfusion by Filorga treatment (25 minutes)

Day 3: Remineralize and lift

- 1 seaweed wrap
- 1 watermass
- 1 Iyashi Dôme session
- 1 Expert Perfusion Cryolift treatment or LED-booster Skin Perfusion by Filorga treatment (25 minutes)

Day 4: Regenerate and stimulate

- 1 individual fitness session with a coach
- 1 hydromassage seawater bath
- 1 regenerating treatment by Thalassa sea & spa
- 1 Expert Perfusion Cryolift treatment or LED-booster Skin Perfusion by Filorgaent (50 minutes)



1-3 DAYS / 1-3 NIGHTS

GETAWAYS

Seawater treatments, Spa & Beauty, relaxation...
Just a few days can be enough because
thalassotherapy is also about instant well-being.



Trouville is the ideal destination for short stays. Your journey here is quick and easy. Before you know it, you have arrived in the town's picturesque half-timbered train station. Outside, the call of the seagulls circling overhead and the fishing vessels bobbing up and down on the blue-gray sea provide a welcome change of scenery. By yourself or alone together, for 1, 2 or 3 days? Our Getaways can be adapted to your pace of life and professional or personal obligations, for a day, a last-minute or planned weekend break. And because variety is the spice of life, you can even try a different Getaway every day.

VITALITY GETAWAY

FROM €195 PER PERSON PER DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

I WANT A TASTER OF THALASSOTHERAPY.

An invigorating and restorative introduction to seawater treatments, during which you will also enjoy deep sleep, delicious breakfasts, and a few excursions to visit the area. There is no better way to recharge the batteries.

EACH
DAY

2 individual thalassotherapy treatments to choose from:

- Hydromassage seawater bath, jet shower, relaxing vichy shower, seaweed wrap or pressotherapy

1 underwater jets session

From €195 per person and per day / 3 treatments / 1 night in a double room including breakfast.

ZEN GETAWAY

FROM €210 PER PERSON PER DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

I WANT A MASSAGE EVERY DAY.

Thalassotherapy & Spa, the perfect combination of regenerating seawater treatments and exquisite massages to help you relax and unwind.

EACH
DAY

2 individual thalassotherapy treatments to choose from:

- Hydromassage seawater bath, jet shower, relaxing vichy shower, seaweed wraps, pressotherapy, purifying seawater bath or watermass

1 massage to choose from:

- Relaxing, "light feet", Zen or back massage

From €210 per person and per day / 3 treatments / 1 night in a double room including breakfast.

PRECIOUS STONE GETAWAY

FROM €250 PER PERSON PER DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

I WANT POWERFUL WELLNESS RITUALS.

The Gemology rituals associate the mysterious powers of semi-precious stones and minerals with the curative properties of seawater treatments. The ideal combination for the ultimate in relaxation and regeneration.

DAY 1	<ul style="list-style-type: none"> 1 hammam ritual or body scrub to prepare the skin 1 hydromassage seawater bath 1 warm candle massage 1 seaweed wrap
DAY 2	<ul style="list-style-type: none"> 1 Music Ô Relax hydrojet session 1 signature "Bains de mer" massage with semi-precious stones
DAY 3	<ul style="list-style-type: none"> 1 purifying seawater bath 1 hydromassage seawater bath 1 treatment to choose from: <ul style="list-style-type: none"> • Remineralizing Rotorua volcano treatment • Pink garnet anti-aging body treatment • Volcanic stone massage

From €250 per person and per day / 3 treatments / 1 night in a double room including breakfast.

COTE FLEURIE GETAWAY

FROM €270 PER PERSON AND PER DAY / 3 TREATMENTS / 1 NIGHT INCLUDING BREAKFAST

WE WANT A SPECIAL GETAWAY FOR TWO.

Imagine a completely privatized treatment suite for just the two of you, with massages, seawater treatments and a few delicacies to enjoy. The ultimate in luxury and indulgence under the fleecy Normandy skies.

DAY 1	<ul style="list-style-type: none"> 1 seawater body scrub 1 seaweed wrap 1 Zen, relaxing or back massage (25 minutes)
DAY 2	<ul style="list-style-type: none"> 1 hydrating body wrap 1 purifying seawater bubble bath 1 vichy shower massage
DAY 3	<ul style="list-style-type: none"> 1 purifying seawater bubble bath 1 "light feet" massage (25 minutes) 1 expert zone treatment or Skin Perfusion by Filorga treatment (25 minutes)

From €270 per person and per day / 3 treatments / 1 night in a double room including breakfast.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation. This Getaway may only be booked for 2 people.

FOR MORE INFORMATION
ON THE TREATMENTS,
REFER TO THE GLOSSARY
ON PAGE 47

INFORMATION
& BOOKINGS
+33 (0)2 31 14 42 80
www.ihalassa.com



A FEW HOURS

SPA & BEAUTY

Conveniently close to your thalassotherapy appointments, the Zen atmosphere of the Spa treatment rooms awaits you while our teams take care of your every need. Each minute of your treatment helps you relax and unwind.

OUR BEAUTY PARTNERS

The Trouville Cures Marines Spa invites you to discover exclusive brands with proven results. Treat your skin or your figure to a technological revolution as our experts pamper you from head to toe. You have never felt so good.



A line of Marine Spring Water skincare products by Thalassa sea & spa.

Skin Perfusion by Filorga

An innovative anti-aging treatment, Skin Perfusion combines medically-inspired procedures with high-resolution treatment formulas.

Gemology

Gemology's secret lies in the power of precious stones. Scientifically tested and paraben-free formulas with proven results for rituals that stimulate the senses.



TAKE THE SEA HOME WITH YOU

Thalassa sea & spa has created a collection of Marine Spring Water products rich in marine trace elements, 100 percent natural and paraben-free, to rejuvenate your skin. Aquascience is the Thalassa sea & spa brand of marine skincare products.



A FEW HOURS

OUR TREATMENT MENU

Our spa and seawater treatments are complementary and work in synergy with each other. Please ask us for advice on the rituals that will further enhance the benefits of your thalassotherapy treatments. All the Spa & Beauty treatments are available à la carte, either individually or as a complement to the program organized for your stay.

BOOK YOUR
TREATMENT
IN ADVANCE
+33 (0)2 31 14 42 80

THE SPA EXPERIENCE

A TASTER OF OUR TREATMENT MENU...

A JOURNEY FOR THE BODY AND MIND

- Sensory rituals from around the world
- Serenity massages
- Energy massages

MINIMIZE THE SIGNS OF AGING

- "Nutrition and anti-age" consultation with our dietitian
- Cryolift or LED-booster Pro-age Skin Perfusion by Filorga sessions
- Expert skin rituals by Aquascience or Gemology

TAKE CARE OF YOURSELF

- Body scrub bar
- Facials and body treatments by Aquascience or Gemology
- Manicures and pedicures
- Hair removal

SHAPE YOUR BODY

Nutritional assessment and impedance analysis with our dietitian

Watermass

Iyashi Dôme

Slim Cel wraps

Aquascience Idéal Silhouette treatments

FIND BALANCE

Fitness and stress assessments: By Bellow scan

Letting-go sessions in our heated seawater pool

Respirology sessions outdoors, in a fitness room or in the heated seawater pool

Personalized fitness sessions with a coach

Fitness activities in the pool or outdoors: longe-côte sea wading, aquabiking and more

ONLY AT THALASSA TROUVILLE: THE TREATMENT SUITE

Imagine an unforgettable moment with your beloved or with a friend. Now imagine a cozy, private area reserved for just the two of you. Add a glass of champagne and some delicacies to share, and you have the perfect recipe for deliciously relaxing treatments.

ONLY AT THALASSA TROUVILLE: THE BODY SCRUB BAR

There is more than one way to get soft skin. Sea salts, mango extract, mother of pearl: you choose the intensity, the texture and the scent.

DISCOVER, CHOOSE, DREAM...

For your Spa and Beauty appointments,
see the treatment menu.





A FEW HOURS

I LOVE...

BOOK YOUR
TREATMENT
IN ADVANCE
+33 (0)2 31 14 42 80

When was the last time you really treated yourself?
A few hours are all you need to discover thalassotherapy or a beauty ritual.

I LOVE SEAWATER | €105

To discover thalassotherapy

3 thalassotherapy treatments:

- 2 individual thalassotherapy treatments to choose from: hydromassage seawater bath, jet shower, relaxing vichy shower or seaweed wrap
- 1 underwater jets session

I LOVE SKIN PERFUSION | €320

To look and feel younger

Individually or as a complement to your program, this 5-treatment package over 5 days covers the range of pro-age skincare solutions by our partner Skin Perfusion by Filorga.

- 1 Skin Perfusion analysis
- 1 Pro-Age Perfusion anti-blemish treatment (50 minutes)
- 2 Perfusion Expert Cryolift treatments (25 minutes)
- 2 Perfusion LED-booster treatments (25 minutes)

I LOVE LUNCH & SPA | €245

A half-day of delicious well-being

Thalassotherapy institute

- 1 treatment to choose from: body scrub bar or vichy shower massage
- 1 individual thalassotherapy treatment to choose from: hydromassage seawater bath, jet shower, relaxing vichy shower, seaweed wrap, pressotherapy, purifying seawater bath or watermass
- 1 Aquascience treatment for the face or body (50 minutes)

Restaurant

- A delicious lunch awaits you after your treatments

Each "I Love..." package offers free access to the Fitness Area, the hammam and the hydrotherapy pool. Accommodation not included. The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

I LOVE SEASIDE SERENITY | €125

To discover the benefits of seawater

- 3 individual thalassotherapy treatments to choose from: hydromassage seawater bath, jet shower, relaxing vichy shower, seaweed wrap, purifying seawater bath or Music Ô Relax hydrojet session

I LOVE TOTAL RELAXATION | €264

The combination of massages and beauty treatments

- 2 massages (50 minutes) to choose from: Californian, volcanic stones, warm candle or our signature "Bains de mer" massage using semi-precious stones
- 1 Aquascience facial (50 minutes)

Program carried out over a minimum of 2 days.







VISITING THE AREA

Trouville is only two short hours from Paris. If you come by train, the picturesque half-timbered station marks the start of your stay and a welcome change of scenery. A short stroll across the River Touques and you reach Trouville's famed boardwalk that runs along the Cures Marines' bright and emblematic facade

STAYING FOR 2 OR 3 DAYS?

THE IDEAL GETAWAY TO (RE)DISCOVER TROUVILLE

ITS BEACH, perfect for strolling at leisure along the boardwalk, walking or riding on the sand, or quietly sailing past. The beach also boasts a pool, yacht club, tennis courts, mini-golf course and more. Admire the whimsical blend of neo-architectural styles of the 19th century villas that line the coast (neo-Norman, neo-classical, neo-Louis XIII, neo-Italian and neo-Moorish).

ITS HARBOR, with the cheerful colors of the fishing trawlers, a reminder of days gone by, and Trouville's lively market, held every Wednesday and Sunday.

ITS CENTER, the pretty boutiques, art galleries, historic sites and casino. Today, this former sleepy fishing village buzzes with year-round exhibitions and cultural events.

STAYING FOR 4 OR 5 DAYS?

TAKE A TRIP ALONG THE CÔTE FLEURIE

Discover the towns of Deauville, Villers-sur-Mer or Houlgate. Visit Dives-sur-Mer, William the Conqueror's starting point on the Norman conquest of England. Or go further afield to Honfleur, the birthplace of Alphonse Allais, or Cabourg, home for a while to Marcel Proust.

STAYING FOR 6 DAYS OR MORE?

SPEND A WEEK DISCOVERING THE BEAUTIFUL PAYS D'AUGE.

From half-timbered houses to rolling pastures, apple orchards to local cheeses, traditional farms to cozy inns, there are so many reasons to explore the region. Take the scenic back roads to Lisieux and its famous Carmelite convent, Caen and its Memorial for Peace, or Bayeux and its remarkable Tapestry.



GIFT IDEAS



The Gift Voucher

A few days away or a few treatments at the Cures Marines, Trouville Hotel, Thalassotherapy & Spa. This is more than just a gift. It is an appointment with the sea, and the start of a journey...

How?

Call us on **+33 (0)2 31 14 42 80**
and we will take care of the rest.

ORGANIZE YOUR STAY

Important information concerning your stay at the Cures Marines Hotel Trouville.

YOUR BOOKING

See our Price List enclosed with this brochure for details about our rates and special offers, as well as all practical information concerning our destination. Please contact our teams for all questions and bookings on **+33 (0)2 31 14 42 80**

YOUR HEALTH

For stays of four days or more, a medical certificate dated less than one month and stating that you are fit for thalassotherapy and hammam treatments is required. With the exception of our Teen program, all of our thalassotherapy treatments are designed for adults over the age of 18.

FOR MORE PRACTICAL INFORMATION

Consult the Price List.

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TREATMENT GLOSSARY

THE BEST THALASSOTHERAPY TREATMENTS

HYDROMASSAGE SEAWATER BATH / Seawater relaxation

Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Allow your mind to unwind as your muscles gradually relax.

VICHY SHOWER / Soothing the senses

Lying face-down on the treatment table, a fine mist of heated seawater is sprayed over your body. This treatment is designed to soothe nerve endings in your skin and induce relaxation.

JET SHOWER / Targeted efficacy

The hydrotherapist shapes and tones your body using a jet of seawater. Temperature and pressure are adjusted depending on whether you want this precise and toning treatment to stimulate circulation or sculpt and tone your body.

PURIFYING SEAWATER BATH / A sculpting seawater massage

You relax in a bath of heated seawater while a hydrotherapist massages your body with a jet shower. The focus is on loosening up your muscles and joints, or on targeting specific areas for a draining effect and to get rid of cellulite.

VICHY SHOWER MASSAGE OR SEAWATER BODY SCRUB / A multisensory experience

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the three-salts scrub or manual massage using a marine serum and an exclusive technique.

MUSIC Ô RELAX HYDROJET / Relaxing waterbed massage, to music

Lying on a waterbed, your entire body is massaged by two powerful jets of water, from your neck to your ankles. This treatment includes a personalized musical ambiance to complete the relaxation experience.

PRESSOTHERAPY / Anti-gravity boots

Your legs are wrapped in boots and alternatively compressed and released to boost circulation. This helps reduce cellulite and orange peel by promoting the elimination of toxins.

WATERMASS / Rolling massage technique using seawater

The therapist uses a suction head to gently massage your skin with heated seawater. Depending on the intensity chosen, this treatment can have either a relaxing effect or a draining anti-cellulite action.

SEAWEED WRAP / A cocktail of active ingredients and minerals

Laminaria to remineralize and fucus to slim. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

UNDERWATER JETS / Water toning exercises

Working with a hydrotherapist, you carry out simple movements against the force of targeted jets of water. This treatment can be either relaxing or toning, depending on the effect you are looking for, and works on increasing flexibility, improving circulation and sculpting muscles.

WATER FITNESS / Toning and relaxation

Aquatraining, Aqua cardio-training, Aqua relax and Aqua Pilates. We offer a range of activities to improve your flexibility, muscle strength and stamina. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

KEY TREATMENTS AT THALASSA TROUVILLE

SLIM CEL / To slim the figure

The strips used for this wrap are first soaked in active ingredients renowned for their slimming properties. Pressotherapy boots enhance the effects of the wrap, optimizing slimming and cellulite reduction.

IYASHI DÔME / Deep cleansing

Lying on a dome-covered bed, long-wave infrared purifies, regenerates and restores balance to the body while sculpting the figure.

THALASSA SEA & SPA
THE ACCOR GROUP'S THALASSOTHERAPY AND SPA BRAND

15 thalassotherapy and spa resorts
in France and around the world



Cures Marines de Trouville
Hôtel, Thalasso & Spa
Boulevard de la Cahotte
14360 Trouville-sur-mer

INFORMATION AND BOOKINGS

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