



The Purist

RETREAT & SPA

CURES MARINES TROUVILLE-SUR-MER — MGALLERY COLLECTION

BREATHE IN.

Some say there is a new haven where you can stay.
Some say it is a place where nothing is pushed away.

But where everything is transformed today:
habits and understanding, awareness and being.

Embracing nature, embracing one's pace.
Embracing others, embracing oneself.

Some say wellness is the most precious power.
The Purist has concentrated its essence, hour by hour.

Care	to nurture.
Movement	to reload.
Nutrition	to balance.
Sleep	to recharge.

BREATHE OUT.
YOU HAVE ARRIVED.

CARE

Our treatment menu is based on the concept of holistic wellbeing. The initial consultation and diagnostics we offer ensure an optimal experience from the very beginning of your time with us. Following this, you will discover high-precision, bespoke experiences that have been created in partnership with leading brands, which combine time-honoured techniques with the latest technologies. These restorative and sensorial experiences are delivered by our wellbeing experts, within treatment rooms that immerse you in a calm and relaxing cocoon.

MOVEMENT

From our very first and most natural movement – the breath – to more intensive sports activities, our experts have developed programmes to suit every need. Whether on your own or with others, indoors or outdoors – you can go at your own pace, to deeply strengthen your body.

NUTRITION

Regain your inner energy through nutrition, with our dining offer, which is based on the concept of energy-boosting cuisine. This traditional approach focuses on vitality and wellbeing, bringing you natural, delicious, and flavourful nourishment in every dish.

SLEEP

From sunrise to sunset: we work on sleep, bringing it into sync with circadian rhythms, and providing you with guidance and advice to ensure your sleep is as restorative as possible. A curation of tools and rituals that will help you rediscover the pleasure of sleep.





The Purist

10
Cures Marines
Trouville-sur-Mer

20
Cycles

32
Sequences

40
A la carte treatments

66
Movement

72
Your experience
The Purist

74
Our experts

TROUVILLE-SUR-MER

Cures Marines

A PALACE ON THE SEA ENTIRELY REDESIGNED
IN ITS WELLBEING DIMENSION





"To watch the sea is to look at the whole. And to gaze at the sand is to see the whole, one whole. At Trouville, I watched the sea until I saw nothing."

MARGUERITE DURAS
1962, Trouville and its Surrounding Area



“Delightful in all weather”: this is how Trouville lovers describe the city.

And they’re right. This Normandy seaside resort, home to The Purist, is a real haven of peace that has been prized for decades.

An ideal vacation spot, Trouville impresses with its boardwalk and iconic beach, its fishing port known for its lively atmosphere from morning till night, its invigorating air, and its heights, offering a breathtaking panoramic view of the Pays d’Auge area.

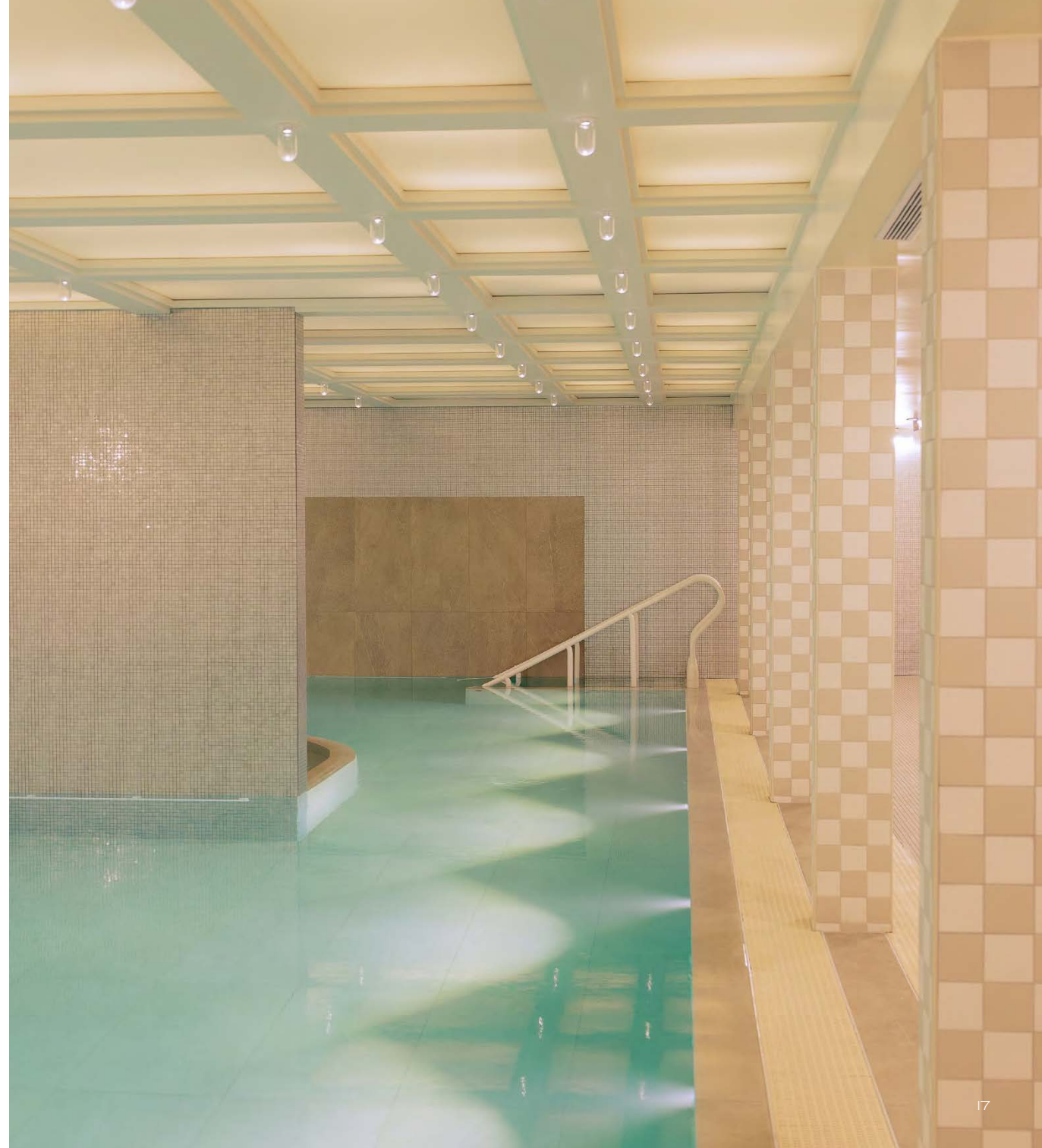
Inaugurated in April 1912 and initially intended to be the biggest casino in Europe, the building gradually transformed into an essential gathering place where the benefits of the sea are superbly showcased.

The sea.
A city.
A 5-star MGallery hotel.



The Purist. A majestic seafront hotel that has been completely redesigned, reopening its doors early 2024.

The start of a new cycle.

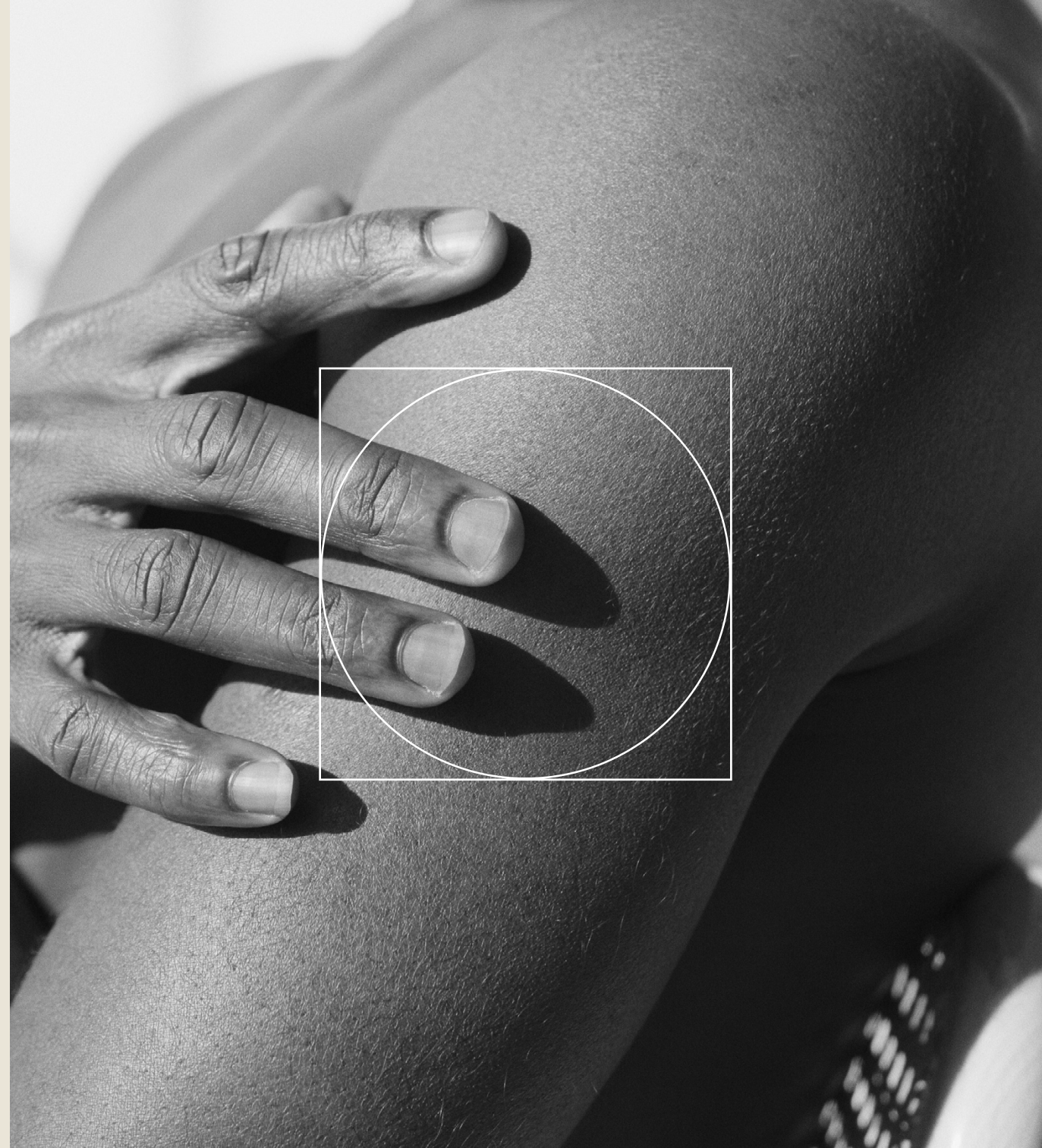




THE SOURCE OF COMPLETE WELLBEING

Cycles

THE PURIST CYCLES
TARGETED WELLBEING EXPERIENCE EXTENDING OVER MULTIPLE DAYS



A cycle that reveals the full intensity of marine active ingredients, through highly concentrated protocols and treatments, designed for sea lovers, seeking deep, lasting regeneration •

Marine Cycle

THE PLUS+

- Organic seaweed
- Exclusive VOYA products
- Pure marine experience

BENEFITS

- Re-mineralising the body
- Anti-fatigue and relaxation
- Deep hydration

3-day rate: €780
Additional day: €260
(excluding accommodation and dining)

After an expert consultation, benefit from a personalised programme featuring 4 targeted treatments/day, each designed to meet a specific objective:

- (Re)mineralisation
- Regeneration
- Oxygenation
- Relaxation

1 EXPERT CONSULTATION (25 min)

- Oligo-Check: Assessment of your mineral and trace-element levels, oxidative stress, and the presence of heavy metals in your body.

(RE)MINERALISATION (20 min)

Your choice

- Organic Sugar & Seaweed Scrub
 - Lavender
 - **or** Peppermint
- Laminaria Digitata Body Wrap
 - **or** Spiced Mud
 - **or** Fucus Serratus
- Seaweed Bath Ritual

REGENERATION (15 to 20 min)

Your choice

- Marine Wave
- Relaxing Seawater Bath
 - **or** Energising
- Floatation Pool
- Ocean Rain

OXYGENATION (25 to 50 min)

Your choice

- Sea Walk
- Beach Walk
- Aquabike
- Aquafitness
- Aquapilates

RELAXATION (50 min)

Your choice

- ‘Seaweed Pouched’ Massage
 - **or** ‘The heart of the waves’
- Seaweed Wrap Ritual
- Radiance Face Care
- Regeneration Face Care
- Intensity Face Care (men’s care)

A customised cycle to purify the body and promote deep regeneration. Ideal for eliminating toxins, refining the silhouette, and enhancing skin quality •

Detox Cycle

THE PLUS+

- State-of-the-art technology
- Personalised physical training
- Optional full-board Chrononutrition

BENEFITS

- Detoxifying the body
- Firming the silhouette
- Initiate weight loss

3-day rate: €780
Additional day: €260
(excluding accommodation and dining)

After two expert consultations, benefit from a customised programme featuring 4 treatments/day, each carefully designed to achieve a specific objective:

- Detoxification
- Toning
- Activation
- Refining

2 EXPERT CONSULTATIONS (25 min)

- Tanita impedancemetry: measurement tool used to analyse body composition.
- Rebalance Impulse®: a programme to regulate compulsive eating behaviors by acting on neural circuits, promoting lasting nutritional balance.

DETOXIFICATION (20 to 30 min)

Your choice

- Stendo®
- Iyashi Dôme
- Fucus Serratus Detox Body Wrap

TONING (15 to 20 min)

Your choice

- Energising Seawater Bath
- Energising Marine Wave
— **or** Sculpting
- Full-body Cryotherapy

ACTIVATION (50 min)

Private sports or nutrition coaching

- Sea Walk
- Beach Walk
- Bodysculpt
- Cardio Boxing
- Cardio HIIT
- Nutritional Coaching...

REFINING (20 min)

Your choice

- Watermass
- Silhouette Drainage
- Body Endermology by LPG

A cycle designed for anyone experiencing intense stress or mental overload. It helps release tension, purify the body and mind, and restore deep harmony by reconnecting with oneself •

Emotions Cycle

THE PLUS+

- Body-mind wellbeing assessment
- Energy healing
- Neuro-relaxation

BENEFITS

- Releasing tension
- Rebalancing emotions
- Soothing and reconnecting with oneself

3-day rate: €780
Additional day: €260
(excluding accommodation and dining)

After an expert consultation, benefit from a personalised programme featuring 4 targeted treatments/day, each designed to meet a specific objective:

- Liberation
- Reconnection
- Reboost
- Harmonisation

1 EXPERT CONSULTATION (25 to 50 min)
• BeFlow®: measures the body's bioelectrical activity to assess physical, mental and emotional wellbeing.

LIBERATION (25 min)
Private and personalised liberating coaching
• Breathwork
• Cardio Boxing
• Beach Walk
• Bodysculpt...

RECONNECTION (15 to 30 min)
Your choice
• Rebalance Impulse®
• Floatation Pool
• Hydrojet Musicô Relax
• Iyashi Dôme
• Aqua-relaxation Ritual with a Crystal Bowl

REBOOST (20 min)
Your choice
• Stendo®
• Spiced Mud Wrap
• Fucus Serratus Wrap
• Seaweed Bath Ritual
• Full-body Cryotherapy

HARMONISATION (50 to 80 min)
Your choice
• Signature Rock Crystal Massage and Sonotherapy Ritual (80 min - 1 time per stay)
• Shiatsu
• Foot Reflexology
• Reiki

A cycle for discovering well-being rituals and beauty rituals from around the world, inspired by ancestral secrets, with one destination per day. Perfect for those seeking a true escape •

World Wisdoms Cycle

THE PLUS+

- Sensory journey
- Beauty rituals
- CINQ MONDES products

BENEFITS

- Disconnection and wellbeing
- Sensory escape
- Pleasure and wrapping

3-day rate: €780
Additional day: €260
(excluding accommodation and dining)

After an expert beauty consultation, enjoy 3 treatments a day.
Choose a new destination every day:

- Serenity from Polynesia
- Soothing from India
- Harmony from Japan
- Gentleness from Atlas
- Energy from Brazil

1 BEAUTY EXPERT
CONSULTATION (25 min)
• Beauty Diagnosis Observ 520®

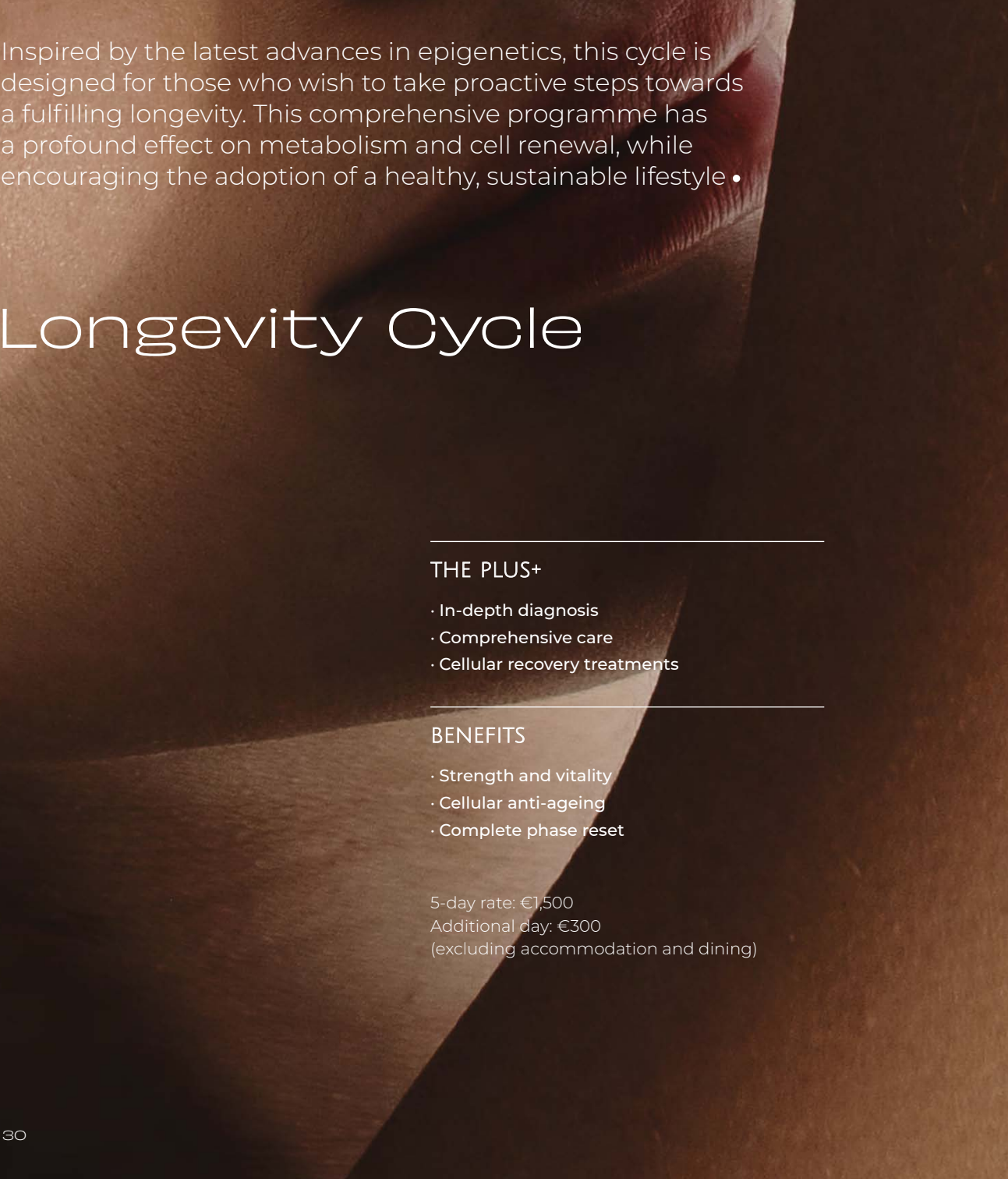
HARMONY RITUAL FROM JAPAN
• Iyashi Dôme Japanese Sauna
• Balancing Shiatsu Treatment (50 min)
• Kobido Facial Massage

SERENITY FROM POLYNESIA
• Sublime Scrub with Tahitian Monoi
• Blue Lagoon Ocean Bath
• Sublime Polynesian Massage (50 min)

GENTLENESS RITUAL FROM THE ATLAS MOUNTAINS
• Egyptian Milk Bath
• Pearl and Hibiscus Body Wrap
• Traditional Oriental Massage (50 min)

SOOTHING RITUAL FROM INDIA
• Ocean Rain and the Bangalore Mist
• Indian Ayurvedic Massage (50 min)
• Balinese Flower Facial Massage

ENERGY RITUAL FROM BRAZIL
• Ocean Wave and Brazilian Mist
• Fucus Serratus Detox Body Wrap
• Brazilian Massage (50 min)



Inspired by the latest advances in epigenetics, this cycle is designed for those who wish to take proactive steps towards a fulfilling longevity. This comprehensive programme has a profound effect on metabolism and cell renewal, while encouraging the adoption of a healthy, sustainable lifestyle •

Longevity Cycle

THE PLUS+

- In-depth diagnosis
- Comprehensive care
- Cellular recovery treatments

BENEFITS

- Strength and vitality
- Cellular anti-ageing
- Complete phase reset

5-day rate: €1,500
Additional day: €300
(excluding accommodation and dining)

Following a comprehensive epigenetic consultation, benefit from a tailor-made programme featuring 5 treatments per day, each designed to achieve a specific daily objective:

- Advanced diagnosis
- Internal balance
- Boost health capital
- Metabolic activation
- Advanced beauty

DAY 1 • ADVANCED DIAGNOSIS

- Beflow®
- Observ 520®
- Oligo-Check
- Fitness Analysis

DAY 2 • INTERNAL BALANCE

- Seaweed Bath Ritual
- Laminaria Digitata Body Wrap
- Floatation Pool
- Rebalance Impulse®
- Balance Treatment (50 min)

DAY 3 • BOOST HEALTH CAPITAL

- Iyashi Dôme
- Fitness Coaching
- Nutrition Coaching
- Hydrojet Musicô Relax
- Sparta Massage by CINQ MONDES (50 min)

DAY 4 • METABOLISM STIMULATION

- Full-body Cryotherapy
- Stendo®
- Energising Sea Bath
- Marine Wave
- Body Endermology by LPG (40 min)

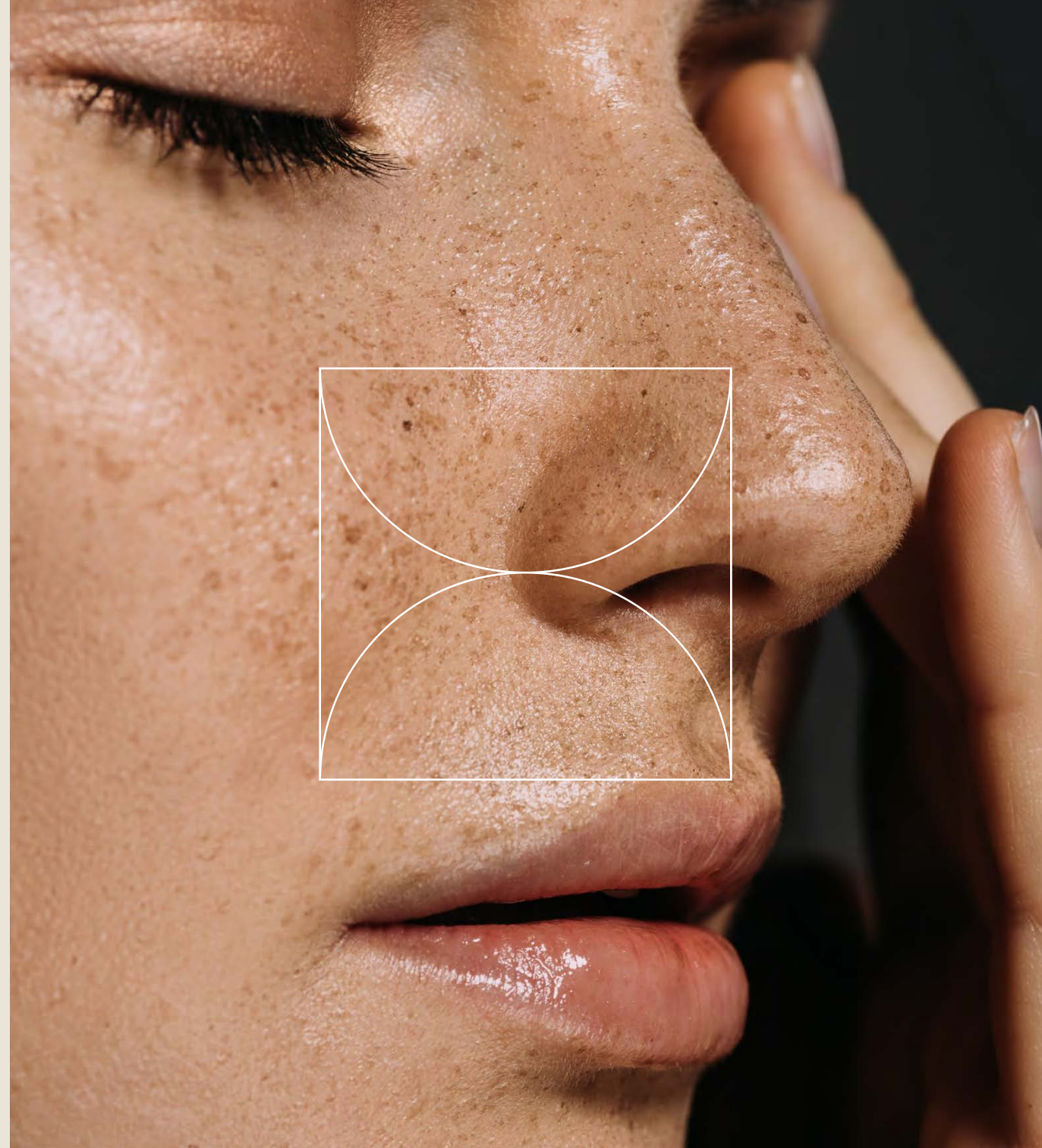
DAY 5 • ADVANCED BEAUTY

- Body Scrub by CINQ MONDES
- Ocean Rain
- Pearl and Hibiscus Body Wrap
- Rebalance Impulse®
- Swiss Instant Radiance by CELLCOSMET® (50 min)

REBALANCE BODY AND MIND,
STEP BY STEP

Sequences

THE PURIST SEQUENCES DAY WELLNESS EXPERIENCE



A sequence to create according to your needs and desires •

Liberty Sequence

3 treatments of your choice/day from:

- Marine Experiences
- or Wellness Experiences
- or Group Coaching Activities*

Price: €140
(excluding accommodation and dining)

*Group coaching activities vary depending on the half-day treatment chosen.



MARINE EXPERIENCES (15 to 20 min)

Your choice

- Relaxing — **or** Energising Seawater Bath
- Ocean Rain
- Relaxing Marine Wave
- **or** Energising — **or** Sculpting
- Floatation Pool

or WELLNESS EXPERIENCES (15 to 30 min)

Your choice

- Iyashi Dôme
- Stendo®
- Hydrojet Musicô Relax
- Rebalance Impulse®

or GROUP COACHING ACTIVITIES (25 to 50 min)

Your choice

- Aquafitness
- Yoga
- Aquabike
- Sea Walk
- Aquapilates

Liberty+ option

+ 1 TARGETED ZEN MASSAGE (additional charge: + €60)



A moment of calm and deep disconnection to refocus and release tension •

Unwinding Sequence

- 3 treatments/day
- 2 Marine or Wellness Experiences
 - 1 Targeted Zen Massage

Price: €170
(excluding accommodation and dining)



MARINE EXPERIENCES (15 to 20 min)

- Your choice
- Relaxing Seawater Bath
 - Ocean Rain
 - Relaxing Marine Wave
 - Floatation Pool

WELLNESS EXPERIENCES (15 to 30 min)

- Your choice
- Iyashi Dôme
 - Stendo®
 - Hydrojet Musicô Relax
 - Rebalance Impulse®

1 TARGETED ZEN MASSAGE (25 min)

- Your choice
- Back
 - Face and Scalp
 - Feet

A program designed to harness the active and relaxing benefits of marine trace elements •

NEW

Iodine Sequence

- 3 treatments/day
- 1 Marine Experience
 - 1 Marine Body Wrap
 - 1 Marine Massage

Price: €180
(excluding accommodation and dining)



1 MARINE EXPERIENCE (15 to 20 min)

- Your choice
- Energising Seawater Bath
 - or Relaxing
 - Ocean Rain
 - Relaxing Marine Wave
 - or Energising
 - or Sculpting
 - Floatation Pool

1 MARINE BODY WRAP (20 min)

- Your choice
- Laminaria Digitata Body Wrap
 - Fucus Serratus Body Wrap
 - Spiced Mud Wrap

1 MARINE MODELING (20 min)

- Your choice
- Marine Drainage
 - Watermass Silhouette
 - Marine Rain Massage

An ideal interlude to recharge your energy and rejuvenate your skin •

Glow Sequence

1 expert beauty consultation + 2 treatments/day

- 1 Skin Diagnosis Observ 520®
- 1 Body Scrub
- 1 Facial Treatment

Price: €210
(excluding accommodation and dining)



1 BODY SCRUB (20 min)

Your choice

By VOYA

- Organic Sugar & Seaweed Scrub
 - Lavender
 - **or** Peppermint

By CINQ MONDES

- Aromatic Spice Scrub
- Papaya Purée Scrub
- Sublime Tahiti Scrub

1 FACIAL TREATMENT (50 min)

Your choice

By VOYA

- Radiance
- Intensity (men's care)
- Regeneration

By CINQ MONDES

- Kobido Massage
- Bali Flower Massage

A sequence focused on global recovery, harmonising body and mind, to optimise performance and reveal full vitality •

NEW

Recovery Sequence

3 treatments/day

- 1 Physical Recovery Experience
- 1 Mental Recovery Experience
- 1 Special Recovery Massage

Price: €230
(excluding accommodation and dining)



1 PHYSICAL RECOVERY EXPERIENCE (15 to 30 min)

Your choice

- Full-body Cryotherapy
- Stendo®
- Iyashi Dôme
- Hydrojet Musicô Relax
- Seaweed Bath Ritual

1 MENTAL RECOVERY EXPERIENCE (20 à 25 min)

Your choice

- Rebalance Impulse®
- Floatation Pool

1 SPECIAL RECOVERY MASSAGE (50 min)

Your choice

- Sparta Massage by CINQ MONDES
- Swedish Massage
- Deep Tissue Massage 'Theragun'

DIAGNOSIS & TREATMENTS

A la carte treatments

DIAGNOSIS · MARINE TREATMENTS · HARMONY TREATMENTS
BEAUTY TREATMENTS · MASSAGES





A la carte

Diagnosis

- 45 Beauty
- Balance
- Vitality
- Wellness

Marine Treatments

- 47 Marine Experiences
- 48 VOYA Signature Marine Rituals

Harmony Treatments

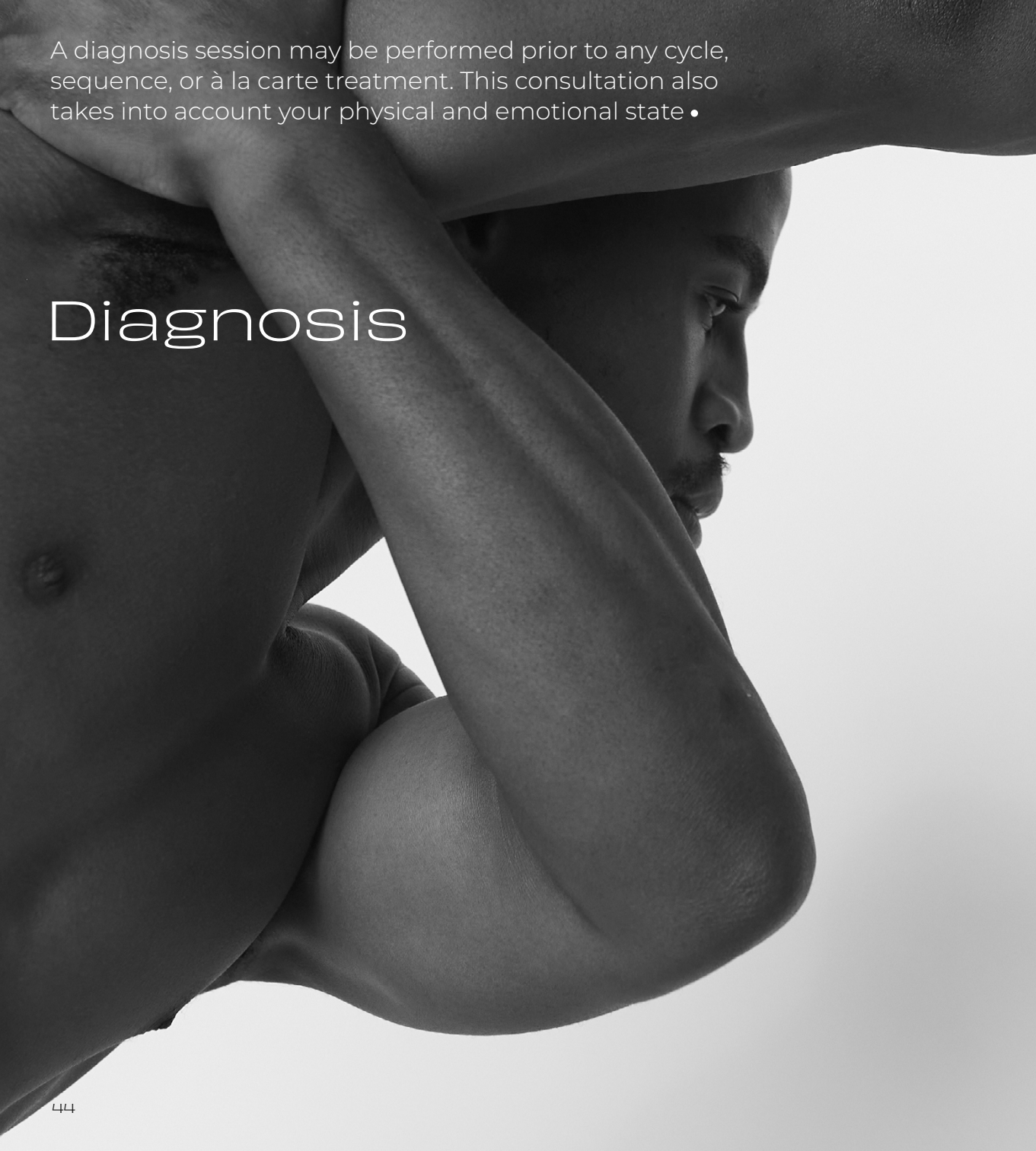
- 51 Wellbeing Experiences
- 51 Rebalancing Treatments
- 52 Energy-boosting Experiences

Massages

- 55 Essential Massages
- Massages
- 56 VOYA
- 57 CINQ MONDES
- 58 Body Toning Massages

Beauty Treatments

- Body Scrubs
- 61 VOYA
- 61 CINQ MONDES
- Facials Treatments
- 62 VOYA
- 63 CINQ MONDES
- 64 CELLCOSMET



A diagnosis session may be performed prior to any cycle, sequence, or à la carte treatment. This consultation also takes into account your physical and emotional state •

Diagnosis

BEAUTY	Observ 520®	20 min €30
	Skin analysis using digital imaging, assessing skin health on the surface and at a deeper level.	
BALANCE	By Beflow® Diagnosis	50 min €60
	This technique allows us to determine your physical, mental and emotional state at any given moment, by analysing the body's impact zones.	
VITALITY	Tanita Analysis	15 min €30
	Measures body composition, including fat mass, muscle mass, bone mass and water mass.	
	Oligo-Check	50 min €60
	Evaluates the body's needs in terms of minerals and trace elements, as well as oxidative stress levels. This technique also detects whether there are any heavy metals present within the body.	
WELLNESS	Fitness Analysis	50 min €60
	Assessment of the body's physical aptitudes.	
	Nutrition Consultation	50 min €80
	— or Naturopathy	80 min €140
	On-site or via video call.	(Follow-up) 25 min €50
	Recovery	
	Whole-body cryotherapy, latest generation.	
		3 min €60
		Package of 3 sessions €160
		Package of 10 sessions €510



Enjoy the benefits of the sea with treatments designed by The Purist, for you •

Marine Treatments

MARINE
EXPERIENCES

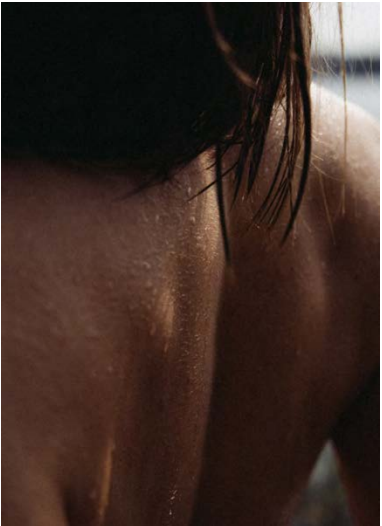
Energising Seawater Bath 15 min | €50
For a hydromassage immersion.

Relaxing Seawater Bath 15 min | €50
For a sensory immersion.

Ocean Rain 15 min | €50
A soothing sea mist over the whole body.

Marine Wave Energising 15 min | €50
— **or** Relaxing
— **or** Sculpting
High-pressure seawater jets.

Floatation Pool
This pool, filled with Epsom salt water, invites you to truly let go and completely disconnect.
20 min | €60
(Duo session) 20 min | €90



VOYA
SIGNATURE
MARINE RITUALS

Spiced Mud Wrap ORGANIC 20 min | €70
A purifying, antioxidant treatment within a floating cocoon.

Laminaria Digitata Body Wrap ORGANIC 20 min | €70
A remineralising, moisturising treatment within a floating cocoon.

Fucus Serratus Detox Body Wrap 20 min | €70
A naturally rebalancing treatment, within a floating cocoon.

Seaweed Bath Ritual ORGANIC 25 min | €70
This traditional revitalising bath is prepared with pure Irish seaweed, and offers remineralising, moisturising and rebalancing benefits.

Seaweed Wrap Ritual ORGANIC 50 min | €130
In this unique ritual, strips of fresh, concentrated kelp are applied to the body, for their soothing, rebalancing and restorative properties.



Letting go and finding harmony with your body: that is what we have brought to these treatments, and much more •

Harmony Treatments

WELLBEING
EXPERIENCES

15 min | €50
Hydrojet Musicô Relax
A heated, relaxing and soothing massage mattress.

30 min | €60
Iyashi Dôme Japanese Sauna
Powerful infrared therapy treatment, with detoxifying, purifying and relaxing properties.

25 min | €60
Rebalance Impulse®
Guided neuro-meditation with synchronised colour therapy, for deep relaxation that improves sleep quality, combats chronic stress and strengthens the immune system.

20 min | €60
Stendo®
Cardio-synchronised stimulation, to reactivate the circulatory system and provide highly effective lymphatic drainage.

REBALANCING
TREATMENTS

25 min | €90
50 min | €140
Reflexology
Applying pressure to the reflex zones along the arch of the foot, to release energy.

50 min | €140
Shiatsu
This technique works with applying pressure to the body, to harmonise energy flows.

50 min | €140
Energy-boosting Acupressure
This traditional therapy brings all types of consciousness into harmony, whether connected to energy, emotions, or the body. A gentle but intense reset, to help you reconnect with your full potential.

50 min | €140

Traditional Tui Na Massage
A deep, revitalising massage focusing on the tissues and meridians that carry energy and blood through the body, to relieve pain and promote deep relaxation.

50 min | €140

Reiki
A healing technique that uses touch to channel energy, reconnecting body and mind.

80 min | €140

Hypnosis
Where the subconscious and our inner resources meet.

80 min | €140

Touch for Health
Relieves blockages in the body, by using pressure points to rebalance muscle groups.

80 min | €140

Emotional Release
Generates renewed energy by relieving you of the emotional burden that may be weighing you down.

ENERGY-BOOSTING
EXPERIENCES
BY ELIZABETH CONTAL

25 min | €80

Aqua-relaxation Ritual with Crystal Bowl
Immersed in a heated seawater pool, you will completely unwind, as the gentle frequencies of the crystals help your body to feel totally relaxed.

80 min | €210

Signature Rock Crystal Massage and Sonotherapy Ritual
A holistic experience that promotes true harmony, this treatment amplifies vital energy through the combination of crystal waves and a relaxing crystal pebble massage.





Recentre yourself, unwind and relax.
A unique invitation •

Massages

ESSENTIAL
MASSAGES

Focused Zen 25 min | €80
Concentrating on an area of your choice:
face and scalp, or back, or feet.

'Under Marine Rain' NEW 20 min | €80
Relaxing and remineralising, under a fine shower
of heated seawater.

Californian 50 min | €140
An enveloping and relaxing massage,
with warm oils.

Swedish 50 min | €140
A deep and energising massage that works
on the muscles.

Deep Tissue 'Theragun' NEW 50 min | €140
Percussive massage for deep relaxation
of muscle chains.



VOYA
MASSAGES

‘Heart of the Waves’ 50 min | €140

Relaxing and moisturising massage, preceded by a gentle dry scrub. The subtle techniques mimic the gentle and stimulating motion of the sea, using an oil tailored to the time of day.

‘Seaweed Pouches’ 50 min | €140

A gentle, exfoliating, and nourishing massage that uses warm pouches containing Fucus Serratus seaweed, orange, clove and ginger.

The Mère’veilleuse (Marvellous Mummy) 50 min | €140

EXPERIENCE

A body treatment designed for expectant mothers, combining gentle dry exfoliation and a seaweed wrap. This treatment focuses particularly on the belly, providing comfort and intense hydration.

The Mère’veilleuse (Marvellous Mummy) 80 min | €190

RITUAL

An exceptional ritual specially designed for expectant mothers: a gentle dry exfoliation, followed by a relaxing body massage and intense facial hydration, for a moment of absolute wellbeing and serenity.



CINQ MONDES
MASSAGES

Traditional Oriental 50 min | €140

A journey to the heart of Oriental traditions, this massage works on the whole body, using warm argan oil and incorporating slow, deep strokes, for a moment of pure wellbeing.

Indian Ayurvedic 50 min | €140

This massage is inspired by traditional Abhyanga techniques. Warm oil is applied through alternating slow and fast movements, to release tension and reawaken the body.

Polynesian Sublime **ORGANIC** 50 min | €140

Inspired by the slow rhythms of Lomi-Lomi, this massage draws on the knowledge passed down by Polynesian healers, and features delicate notes of tropical flowers, for an experience of deep relaxation.

Udarabhyanga 50 min | €140

Deep, invigorating techniques inspired by traditional Indian medicine, for deep muscle relaxation and intensive toxin release.

Sublime Bola 50 min | €140

Enveloping, smoothing movements incorporating a sound massage ball, to calmly welcome all the changes associated with pregnancy and restore a feeling of lightness and relaxation in the body.

Royal Balinese 50 min | €140

Experience a world of tranquillity and a true moment of escape for the senses, with this Balinese massage, which combines traditional smoothing movements with gentle stretching.

Sparta **NEW**

Inspired by the ancestral medicine of ancient Greece, this massage, combined with stretching techniques and products derived from traditional Greek botanicals, provides deep relief for muscle chains and lasting release of tension.

50 min | €140
80 min | €190

Brazilian Body Toning

Bespoke

This treatment, inspired by traditional Brazilian medicine, features draining and detoxifying movements, resulting in a relaxed body, a soothed mind, and a refined silhouette.

50 min | 140€

BODY TONING
MASSAGES

Endermology Body by LPG

Direct action on adipocytes and cellular fibroblasts for a slimming, smoothing, and firming effect. This technology also activates modes targeting lymphatic drainage, hydration, and skin texture enhancement.

1 area - 20 min | €70 — 10 sessions | €560
Multiple areas - 40 min | €100 — 10 sessions | €800

Silhouette-enhancing Lymphatic Drainage

This marine massage treatment uses an underwater jet to eliminate toxins and improve circulation.

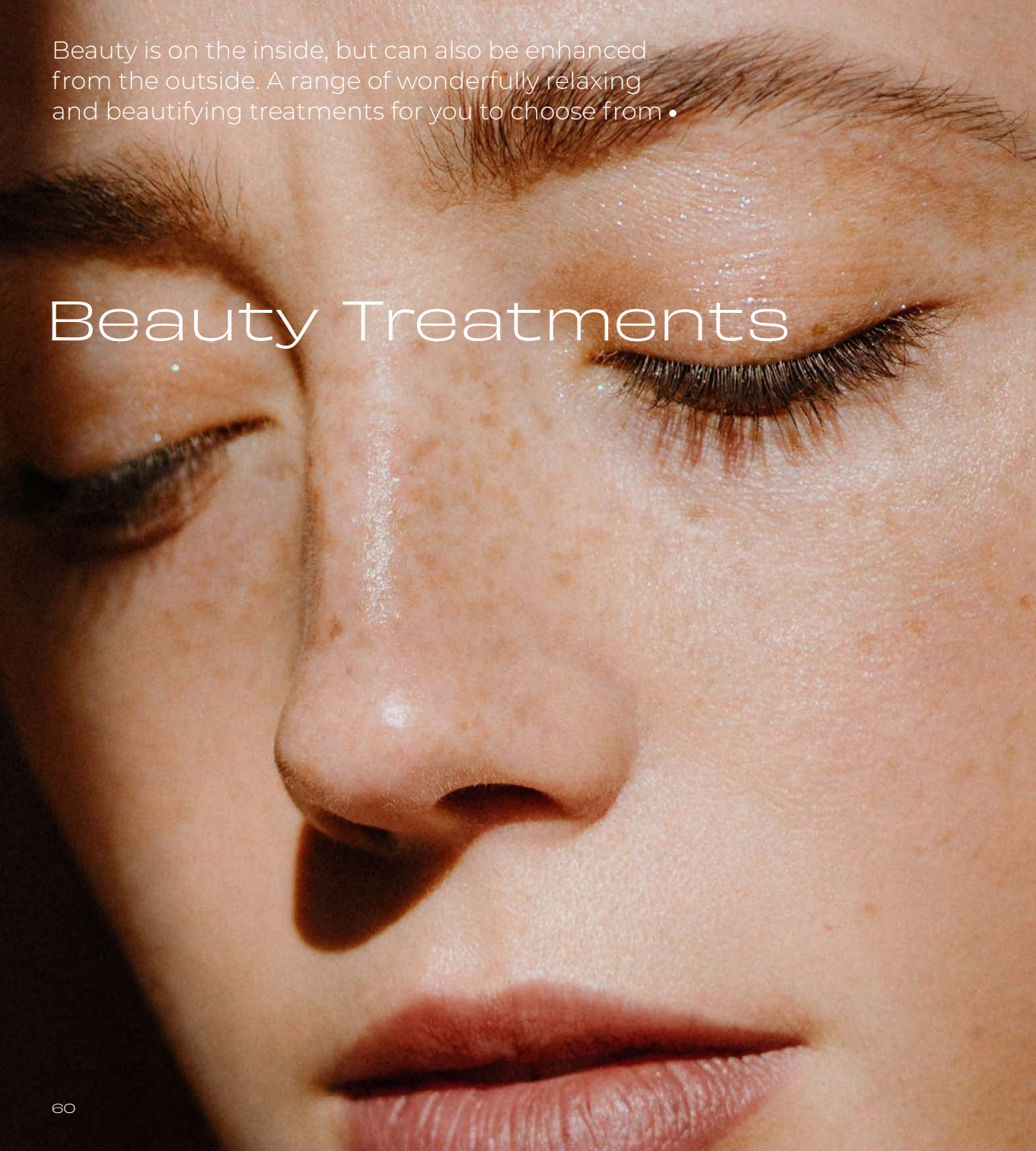
20 min | €80

Watermass Silhouette

A marine-based lymphatic drainage palpate-roll massage with sculpting movements.

20 min | €80





Beauty is on the inside, but can also be enhanced from the outside. A range of wonderfully relaxing and beautifying treatments for you to choose from •

Beauty Treatments

VOYA
BODY SCRUBS

Sugar, Peppermint
and Seaweed Scrub **ORGANIC** 25 min | €80
Exfoliating, detoxifying, refreshing and smoothing.

Sugar Scrub 25 min | €80
with Lavender and Seaweed **ORGANIC**
Exfoliating, detoxifying and relaxing.

CINQ MONDES
BODY SCRUBS

Aromatic Spice Scrub 25 min | €80
Energising exfoliation with sea salt,
ground almond and vanilla.

Papaya Purée Scrub 25 min | €80
Radiance-boosting exfoliation, with papaya
and ground coconut.

Sublime Tahiti Scrub **ORGANIC** 25 min | €80
Nourishing exfoliation with sugar granules
and ground coconut.



VOYA
FACIALS

Intensity **MEN'S TREATMENT**
ORGANIC

50 min | €140

A powerful marine-based treatment with real seaweed leaves, designed to meet the specific needs of men's skin.

Radiance **ORGANIC**

50 min | €140

A deeply detoxifying, revitalising and radiance-enhancing marine treatment.

Regeneration **ORGANIC**

50 min | €140

This marine treatment focuses on collagen stimulation, harnessing the most effective organic marine ingredients, including antioxidant seaweed complexes and real seaweed leaves.

Gold of the Sea **ORGANIC**

80 min | €190

The ultimate VOYA experience, combining the relaxing benefits of a back massage with the remineralising properties of a real seaweed mask.

ENDERMOLOGY By LPG x VOYA

Sublime Eyes and Lips **ORGANIC**

25min | €90

This treatment stimulates the natural synthesis of essential youth-supporting resources. The smoothing, plumping and anti-fatigue effect is enhanced by the VOYA marine skincare line.

Anti-ageing Expert **ORGANIC**

50min | €140

A skin fitness treatment, combined with VOYA marine expertise, for a tailor-made objective: plumping, firming or refining.



CINQ MONDES
FACIALS

Kobido Massages
Expert manual lifting techniques inspired by rituals originating in Japan. Ko means ancient, Bi, the beauty of the face, and Do, the right action.

1 Session (20min) | €80
1 Session with scrub and mask (50min) | €140
1 Session with scrub, mask, acupressure and smoothing with Ridokis (80min) | €190

Bali flower Massage Treatments
A treatment for radiant skin and a beautiful complexion, enhanced with the delicate scents of tropical flowers.

1 Session (20min) | €80
1 Session with facial massage (50min) | €140
1 Session with double exfoliation, pore extraction, facial massage and acupressure (80min) | €190



CELLCOSMET
FACIALS

Swiss Instant Radiance
Designed to plump skin tissue, for an immediate anti-ageing effect. The therapist will select a mask according to your skin type, to ensure optimum results.

50 min | €170

Swiss Elasto-Collagen
Perfectly moisturised, firmer skin, and a radiant, glowing complexion... These are the benefits delivered by the synergy of precious ingredients and the dermo-relaxing massage.

80 min | €210

Swiss Anti-ageing and Eye-revitalising
This signature cellular treatment is a true youth booster. With its double mask and smoothing eye contour treatment, it instantly revitalises, visibly reduces signs of ageing and reboots cells lacking in energy, to reveal a more radiant complexion.

110 min | €300

Swiss Procollagen Face and Neck
Through the application of a sheet of pure collagen, which is concentrated in cellular energy, this treatment smooths and plumps fine lines and wrinkles, softens features, and delivers immediate and extreme hydration while soothing redness, to reveal a truly radiant complexion.

80 min | €330

BY CRYOSKIN x CELLCOSMET

The frosted touch of eternity
The immediate anti-fatigue and smoothing effect of CRYOSKIN facial cryotherapy, amplified by CELLCOSMET's biocellular expertise.

50 min | €180



SPORTS ACTIVITIES

Movement

MOVING, WHILE BEING GUIDED: A PROGRAMME PROPOSED BY OUR EXPERTS



GROUP SESSIONS	Mindfulness	50 min €30
	— Respirology	
	— or Meditation	
	— or Mindful walking	
	Posture	50 min €30
	— Yoga	
	— or Pilates	
	— or Aquapilates	
	Endurance	
	— Gentle Running	
	— Beach Walk	
	— Sea Walk (loan of wetsuit included)	
		Gentle Running, Beach walk €30
		Sea walk €40
	Fitness Sculpt	50 min €30
	Cardio Boxing	
	— or Thighs, abs & glutes	
	— or Aquabike	
	— or Aquafitness	
	— or Circuit Training	
BESPOKE SESSIONS	Coaching	25 min €50
	Bespoke private coaching.	50 min €80
	Private Group Session	50 min €40 per person
Session of your choice, private group starting from 2 people.		





€75

Spa Access
Access for half a day, excluding weekends and public holidays.

Holistic Coaching **NEW**
This innovative method provides exclusive, holistic, and personalised care designed to foster lasting wellbeing and unlock each individual's full potential. By seamlessly integrating the key dimensions of body and movement, nutrition, sleep, lifestyle, and social wellbeing, this approach promotes a harmonious and balanced way of living.

50 min | €90

Holistic Consultation
Integrative consultation grounded in the universal pillars of wellbeing.

3 Months | 12 Sessions
ON-SITE
— 2 on-site consultation sessions (first and last sessions)
— 10 on-site coaching sessions

€280/month
(or €70 per session)

ONLINE
— 2 on-site consultation sessions (first and last sessions)
— 10 online coaching sessions

€240/month
(or €60 per session)

LOYALTY ADVANTAGE
Benefit from a 15% discount on the purchase of a cycle and a sequence with all holistic coaching subscriptions.

Your experience The Purist

How do I book a treatment?

If you are not (yet) on-site, call +33 (0)2 31 14 25 70 to make an appointment. From your room, press the «Institut» button on the telephone, or go to Reception. For both options, a 50% deposit will be requested.

How do I postpone or cancel a treatment?

You have up to 24 hours before your appointment time to cancel it, resulting in a full refund. Once this deadline has passed, we will not be able to refund the 50% deposit. To reschedule your appointment, please call the Spa Reception.

Do I need to arrive in advance of my treatment time?

We recommend that you arrive at The Purist Spa at least 30 minutes before your appointment time. This will give you time to get changed (if necessary), discover the premises, and settle in.

What are the contraindications for attending an appointment or stay at The Purist?

A medical certificate will be required for the following conditions: infectious and contagious diseases, acute neurological conditions, acute cardiovascular conditions or known heart failure, recent surgery, and cancer treatment. Aside from these specific conditions, a "wellbeing | health discharge" questionnaire must be completed before your treatment.

What is the youngest age at which you can visit The Purist?

Anyone over the age of 18 has access to all the

treatments on offer. Children and teenagers aged 14 to 18 must provide a parental waiver to gain access to the hydrotherapy and non-therapeutic wellbeing treatments. Guests under the age of 18 are not permitted access to the Sauna and Hammam facilities.

What treatments are recommended for pregnant women?

A selection of treatments is available for between the 4th and 8th month of pregnancy, subject to a medical certificate being provided. Some of our treatments have been specially designed for pregnant women. Don't hesitate to contact our on-site teams for more information.

How can I give a The Purist experience as a gift?

You can choose to offer one or more services (a cycle, sequence, or à la carte treatment) or opt for a gift voucher for the amount of your choice (available from €50, via the website: lescuresmarines.com). The voucher will be valid for one year from the date of purchase.

How can I extend my The Purist experience at home?

All the products used by our teams are available in the spa and/or hotel boutique. You can also opt to have your new treatment routine sent to your home (with free postage for purchases over €50).

PARTNER BRANDS AND EXPERTS

Our partners

CAREFULLY CHOSEN FOR THEIR HOLISTIC WELLBEING PHILOSOPHY





Our brand partners

VOYA

VOYA
From sea to skin. VOYA offers marine experiences, as well as a range of face and body products based on pure, organic seaweed, which is hand-picked, in keeping with the Irish traditions of being natural, responsible and sustainable. These highly concentrated products combine the expertise of the world's leading cosmetic scientists with VOYA's knowledge of the therapeutic benefits of seaweed.



Many VOYA treatments can be adapted for individuals undergoing or recovering from cancer treatment, performed by our specially trained therapists.



CINQ MONDES
Explore the world, as you go in search of the great age-old traditions of wellbeing and beauty, and discover the ultimate pharmacopoeias. CINQ MONDES offers a holistic experience that provides a true sense of escapism, through products and treatments that are both sensorial and responsibly sourced.



CELLCOSMET
At the forefront of research, development and cosmetic science, CELLCOSMET is a Swiss range of expert skincare products that has been designed to meet the specific needs of the skin. With their extensive biocellular expertise and rigorously selected plant and marine ingredients, these premium products improve skin health over the long term.

Our experts



ANTOINE LECOQ

A sports coach, Pilates teacher, swimming instructor and respirologist, Antoine Lecoq has been passionate about wellbeing for 25 years. Convinced that a holistic approach contributes to individual balance, he is now Wellness & Spa Director at Les Cures Marines.



ÉMILIE FÉLIX

As a chef specialising in nutrition and energy-boosting cuisine, Émilie Félix has trained our kitchen teams to offer tailor-made menus to suit the objectives and desires of each individual guest. Her expertise enables us to rebalance our lifestyles – through the foods we eat and the way they are cooked – in order to regain and protect our vitality.



DR. ALEXANDRA DALU

Specialising in anti-ageing medicine, Dr Alexandra Dalu is a nutritionist and mesotherapy expert, author and lecturer who focuses her work on helping people to age optimally through a multidisciplinary perspective. For The Purist, she recommends a comprehensive, personalised medical approach that is tailored to daily life: by working on different tangible aspects to achieve more restorative sleep and a regenerative lifestyle. A framework that includes a readjusting of circadian rhythms and new rituals to adopt into everyday living for optimal health, from morning till night.



Cures Marines
MGALLERY TROUVILLE-SUR-MER

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