



Thalassa
SEA & SPA
PREMIUM
PARTNER



Biarritz

SEAWATER SPA BREAKS 2024

SOFITEL
HOTELS & RESORTS



Your wellness
address

Journey to the Basque Country





Welcome to the Thalassa seawater spa experience

With our modern, busy lifestyles, which make it increasingly challenging to find serenity of mind and soul, Thalassa stands as a beacon of wellness, guiding those seeking greater personal balance towards the regenerating properties of the sea. Our seawater spas offer much more than a simple invitation to relax; they embody a philosophy of living rooted in the innumerable treasures of the sea.

Thalassa, which means "sea" in Greek, draws its inspiration from the infinite immensity of the oceans, where life takes shape and is continually renewed. Implementing a holistic approach, each of our destinations offers a unique experience dedicated to deeply revitalizing body and mind.

Immerse yourself in the soothing, calming world of Thalassa, where every aspect is curated to bring you a state of utter wellness. Explore with us the mysteries of the sea, discover the priceless benefits of its treasures, and let yourself be carried along by the regenerating flow of Thalassa, your guide in your quest for inner harmony.



Softel Biarritz Thalassa Sea & Spa

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S O F I T E L
HOTELS & RESORTS

An idyllic location

Nestled on one of the most beautiful beaches along the Basque Coast, Sofitel Biarritz le Miramar offers an unforgettable experience, whatever the season.

The experience

Your stay in our 5-star hotel is much more than a simple getaway. Experience full immersion in the timeless charm of the Basque Coast, where luxury and authenticity combine to make every moment truly unforgettable.

Rooms & Suites

Each of our 126 cozy and welcoming rooms and suites boasts its own terrace looking out over the ocean or the elegant architecture of Biarritz. At night, revel in the supreme comfort of your exclusive Sofitel MyBed™.

Restaurant & Bar

Having made Biarritz his home, Chef Robert Job demonstrates his love of Basque gastronomy through exquisite dishes inspired by the wealth of the ocean and fresh ingredients from the local terroir. His culinary ingenuity and his commitment to a healthy, balanced diet are reflected in every bite.

Four atmospheres

At the restaurant or bar, on the terrace or in the comfort of your room, each hour of the day has its own light, its own atmosphere and its own menu. In summer, discover our seasonal menu, "La Piscine", an ephemeral bar at the water's edge, for sweet treats on your sun lounger.

Two choices of cuisine

The regularly changing menu showcases seasonal ingredients, superbly crafted in authentic dishes that will delight the taste buds. Our daily "Market menu" features creative cuisine bursting with local flavors, while our "Wellness menu" offers a deliciously gourmet slimming experience.





Seawater Spa

The atmosphere

A unique experience awaits you in our intimate treatment pavilions with their subdued lighting. Here, the beautiful decor and the discreet staff work together to free your body and mind of all tension.

Our letting go workshops

Our team of experts supports you throughout your stay with unique workshops to enhance your daily wellness: micro nap, beach walk, Do In session and more.

Fitness & Vitality

Between treatments...

Relax*: Panoramic outdoor seawater pool.

Exercise:** Indoor hydrotherapy pool, high-tech fitness overlooking the ocean, individual coaching, aqua aerobics, Pilates, sea sand training.

Warmth and relaxation

For total relaxation, enjoy the heat of the sauna and the essential oils in the hammam to melt away tension and purify your skin.

Combine fitness, relaxation and wellness

Outdoor activities abound in the Basque Country. Whatever your level, discover one or more of the activities our region is famous for: Basque pelota, hiking, golf or surfing.

See the list of all our activities on p. 34 or ask one of our experts.

* Complementary and free access for guests staying at Sofitel Biarritz.

** An additional fee applies for some activities. For any further information, please call +33 (0)5 59 41 35 00.



A close-up, low-angle shot of a woman lying down, likely in a pool or spa. Her eyes are closed, and her arms are raised above her head. She is wearing a light blue swimsuit. The background is a blurred blue, suggesting water. The overall mood is relaxed and luxurious.

Signature Program

My Personalized Luxury Break

I want to create my own
exceptional spa experience**.

Signature Program

Program comprising 4 treatments per day, personalized to meet your every desire

Discuss and identify your needs at the beginning of your stay

- 1 nutrition consultation with impedance analysis and Wellness OligoScan
- 1 Skin Instant® Lab beauty assessment

2 seawater spa treatments or activities with a fitness trainer to choose from:

- All our à la carte seawater spa treatments
- All our activities in the pool or fitness area with a fitness trainer

1 massage (50 min) to choose from:

- Relaxing massages: hot stones, foot reflexology, serenity, regenerating
- Massages by our physical therapists: waterning, lymphatic drainage, Thai, sensory, deep tissue massage

1 exceptional beauty treatment (50 min) to choose from:

- Biologique Recherche facials
- Anti-aging technology treatments: Endermolift, Cryoskin, Softmesology and Cube O2+
- Thalassa Sea & Skin body treatments: cryo-active slimming treatment, intensive nourishing treatment, Bulle d'oxygène or essential wellness back treatment
- Thalassa Sea & Skin facials: aqua-nourishing soothing treatment, expert anti-aging treatment or purifying marine treatment

In addition to your treatments:

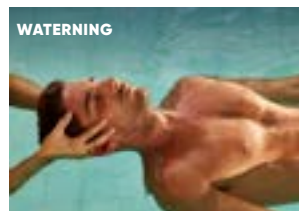
Throughout your stay, and subject to availability, you benefit from unlimited access to all our activities with a fitness trainer in the pool or the fitness area, as well as Do In or good back posture sessions. A personal wellness expert is assigned to you from the moment you book your stay, and remains at your disposal even after you have returned home.

And for even more relaxation and pampering, discover our Personalized Premium Luxury program to benefit from a dedicated therapist offering curated support throughout each of your exceptional treatments. For more information on the program and the price, call our hostesses at +33 (0)5 59 41 35 00.

We love...



HOT STONE MASSAGE



WATERNING



FACIAL TREATMENT

1 to 6 days

From 1 day /
4 treatments per day /
2 sessions with our experts /
1 night including breakfast

WITH ACCOMMODATION

À From €449*
per person double occupancy

WITHOUT ACCOMMODATION

From €335*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

** To ensure the availability of treatments, your dream program is designed with you at least 10 days prior to your arrival. For added effectiveness, choose the 2 meals per day option.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



Signature Program

My Ocean Magnificence Break

Signature Program

Personalized Beauty & Youth program comprising
2 treatments per day, for taking better care of yourself

Discuss and identify your needs at the beginning of your stay

- 1 nutrition consultation with impedance analysis and wellness OligoScan
- 1 Skin Instant® Lab beauty assessment

Each day, enjoy:

Purify and revitalize with the restorative properties of seawater and seaweed 1 seawater spa treatment to choose from:

- Our range of à la carte seawater spa treatments: vichy shower scrub, vichy shower massage, watermass silhouette, anti-cellulite shower, zenitude wrap, seawater cocoon, zen or toning purifying seawater bath, zen or sculpting ocean wave session, zen or toning horizontal hydromassage, hydromassage seawater bath, hydrorelax massage, well spa hydrojet, soothing vichy shower, pressotherapy, hydro-energy seawater bath, seaweed wrap, lighter legs wrap, marine mud application, detox wrap, slimming fucus seaweed wrap

Maintain youthfulness

1 exceptional beauty treatment (50 min) to choose from:

- Biologique Recherche facials
- Anti-aging technology treatments: Endermolift, Cryoskin, Softmesology and Cube O2+
- Thalassa Sea & Skin body treatments: cryo-active slimming treatment, intensive nourishing treatment, Bulle d'oxygène or essential wellness back treatment
- Thalassa Sea & Skin facials: aqua-nourishing soothing treatment, expert anti-aging treatment or purifying marine treatment

A personal beauty expert is assigned to you from the moment you book your stay, and remains at your disposal even after you have returned home.

We love...

VICHY SHOWER SCRUB



TONING PURIFYING
SEAWATER BATH



FACIAL TREATMENT



4 to 6 days

2 treatments per day /
+ 2 sessions with our experts /
4 nights including
2 meals per day

WITH ACCOMMODATION

From €1 520*
per person double occupancy

WITHOUT ACCOMMODATION

From €205*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

**An additional fee applies.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

1 to 3 days

From 1 day /
3 treatments per day /
1 night including breakfast

My Sea & Spa Break

Each day, enjoy:

1 essential seawater spa treatment to choose from:

- hydromassage seawater bath, hydrorelax massage, soothing vichy shower, pressotherapy, hydro-energy seawater bath, well spa hydrojet, marine body wraps

1 seawater massage to choose from:

- horizontal hydromassage, ocean wave session or purifying seawater bath

1 50-minute treatment to choose from:

- Thalassa Sea & Skin body treatments: cryo-active slimming treatment, intensive nourishing treatment, Bulle d'oxygène or essential wellness back treatment
- Thalassa Sea & Skin facials: aqua-nourishing soothing treatment, expert anti-aging treatment or purifying marine treatment
- energy or serenity massage

Optional**:

Discover our Zenitude wrap on a floating bed.
Combining music therapy with a relaxing head and facial massage,
it guarantees deep relaxation.

WITH ACCOMMODATION

À From €319*
per person double occupancy

WITHOUT ACCOMMODATION

À From €205*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.
Sea & spa: mer et spa



4 to 6 days

From 4 days /
4 treatments per day /
4 nights including
2 meals per day

My Deep-relaxation Break

An anti-burnout program

Each day, enjoy:

- 2 essential seawater spa treatments to feel full of energy
- 1 zen treatment to relax
- 1 session with a coach to discover the keys to wellness

CONTENT OF MY DEEP-RELAXATION BREAK - 4 DAYS

Feel full of energy:

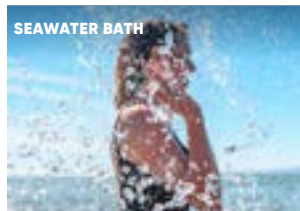
- 1 wellness OligoScan nutrition consultation
- 2 seawater massages to choose from: horizontal hydromassage, relaxing ocean wave session or purifying seawater bath
- 5 targeted treatments to choose from: hydromassage seawater bath, hydrorelax massage, well spa hydrojet, soothing vichy shower, pressotherapy, hydro-energy seawater bath, marine body wrap or full-body cryotherapy session

Feel comforted:

- 1 serenity massage (50 min)
- 1 soothing Back Treatment (50 min)
- 1 marine cocoon treatment (45 min)
- 1 vichy shower massage (25 min)

Discover the keys to wellness:

- 2 letting go sessions to choose from: do In, sophrology (25 min)
- 2 gentle activities in the pool or by the sea with a fitness trainer



SEAWATER BATH



SOPHROLOGY



WITH ACCOMMODATION

From €1,520*
per person double occupancy

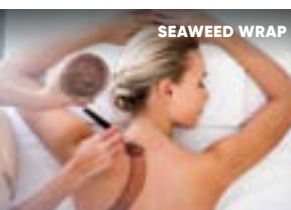
WITHOUT ACCOMMODATION

From €205*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

1 to 3 days

From 1 day /
3 treatments per day /
1 night including breakfast



My Zen Break

Each day, enjoy:

1 essential seawater spa treatment to choose from:

- hydromassage seawater bath, hydrorelax massage, soothing vichy shower, pressotherapy, hydro-energy seawater bath, marine body wrap, well spa hydrojet

1 seawater massage to choose from:

- relaxing ocean wave session, horizontal hydromassage or purifying seawater bath

1 zen or vichy shower massage (25 min)

Teen-friendly program

From 14 years of age: subject to provision of a medical certificate and a parental release form. A parent must be present at all times during the treatments.

Optional**:

Consider booking a Biologique Recherche facial treatment. Discover these highly effective formulas that bring immediate, visible and lasting results.

WITH ACCOMMODATION

From €274*
per person double occupancy

WITHOUT ACCOMMODATION

From €160*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

**An additional fee applies.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



4 to 6 days

From 4 days /
4 treatments per day /
4 nights including
2 meals per day

My Zen Break

Each day, enjoy:

- 1 body treatment or massage (50 min) to relieve tension
- 1 seawater massage to re-energize
- 2 seawater spa treatments to revitalize

CONTENT OF MY ZEN BREAK - 4 DAYS

Relieve tension:

- 1 Bulle d'oxygène treatment (50 min) (body scrub and massage)
- 1 serenity massage (50 min)
- 1 soothing back treatment (50 min) (back treatment and massage)
- 1 signature massage (50 min)

Re-energize:

- 1 purifying seawater bath
- 1 relaxing ocean wave session
- 2 horizontal hydromassages

Revitalize:

- 3 revitalizing seaweed wraps
- 5 essential seawater spa treatments to choose from: hydromassage, seawater bath, hydrorelax massage, well spa hydrojet, soothing vichy shower, pressotherapy, hydro-energy seawater bath

SCULPTING MASSAGE



SEAWATER BATH



SERENITY MASSAGE



WITH ACCOMMODATION

From € 1,560*
per person double occupancy

WITHOUT ACCOMMODATION

From €215*
per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



1 to 3 days

From 1 day /
3 treatments per day /
1 night including breakfast



VICHY SHOWER MASSAGE



SEAWATER BATH



SEA SAND TRAINING

My High-vitamin Break

Each day, enjoy:

1 essential seawater spa treatment to choose from:

- hydromassage seawater bath, hydrorelax massage, soothing vichy shower, pressotherapy, hydro-energy seawater bath, marine body wrap, well spa hydrojet, seaweed wrap

1 seawater massage to choose from:

- relaxing ocean wave session, horizontal hydromassage or purifying seawater bath

1 fitness session with a trainer to choose from:

- aqua jogging, aqua aerobics, seawater self-massage, aqua vitality, sea sand training

Teen-friendly program

From 14 years of age: subject to provision of a medical certificate and a parental release form. A parent must be present at all times during the treatments.

Optional**:

Complete your program with a Thalassa Sea and Skin facial treatment.

WITH ACCOMMODATION

À From €229*
per person double occupancy

WITHOUT ACCOMMODATION

À From €115*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

**An additional fee applies.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



4 to 6 days

From 4 days /
4 treatments per day /
4 nights including
2 meals per day

My High-vitamin Break

Each day, enjoy:

- 1 seawater massage to relax
- 2 seawater spa treatments to revitalize
- 1 session with a fitness trainer to strengthen the body

CONTENT OF MY HIGH-VITAMIN BREAK - 4 DAYS

Relax:

- 2 vichy shower, Zen or Vitality massages (25 min)
- 1 purifying seawater bath
- 1 ocean wave session or horizontal hydromassage

Revitalize:

- 6 zen or vitality essential seawater spa treatments to choose from:
hydromassage seawater bath, soothing vichy shower, hydrorelax massage,
pressotherapy, well spa hydrojet
- 2 remineralizing wraps

Strengthen the body:

- 4 activities in the pool or outdoors with a fitness trainer to choose from:
energizing or relaxing seawater

AQUA AEROBICS



SEA SAND TRAINING



PURIFYING SEAWATER BATH




WITH ACCOMMODATION

From €1,260*
per person double occupancy

WITHOUT ACCOMMODATION

From €140*
per day and per person

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



Mother & Baby Getaway

Because your wellness is one of our top priorities, and because we know only too well how childbirth impacts a woman's life we have developed this program in partnership with a doula specializing in post-partum care.

Designed to adapt to your schedule, this program enables you to smoothly transition to your new life as a mother while enjoying exquisite treatments and unique moments of bonding with your baby, for a sense of true belonging together.

Program comprising 4 treatments per day
to gently recover and bond with your baby

Each day, enjoy:

- 1 essential seawater spa treatment to slim the body and revitalize
- 1 treatment to relax and re-energize
- 1 session with a fitness trainer to tone the body and improve posture
- 1 session for Mother or for Baby

MOTHER & BABY GETAWAY – 6-DAY PROGRAM

Slim the body and revitalize:

- 6 targeted treatments to choose from: hydromassage seawater bath, hydorelax massage, soothing vichy shower, pressotherapy session, hydro-energy seawater bath, well spa hydrojet session, full-body cryotherapy session, or slimming, revitalizing or detox seaweed wraps

Relax and re-energize:

- 2 vichy shower massages or 1 zen massage (25 min)
- 1 Thalassa Sea & Skin facial or body treatment (50 min)
- 1 horizontal hydromassage
- 1 ocean wave session
- 1 purifying seawater bath

Tone the body and improve posture:

- 6 sessions in the pool or fitness area with a trainer to choose from: sculpting seawater self-massage, muscle strengthening, thighs-abs-glutes, good back posture session or Do In session

For Mother or for Baby:

- 2 mother & baby baths
- 1 mother & baby massage (25 min) with a physical therapist
- 1 nutrition consultation with impedance analysis and wellness OligoScan
- 2 sessions with our doula**

SEAWATER SPA and BABY

Our professional nursery team will look after your baby, up to the age of nine months, during your treatments. We also supply all the equipment your baby needs, from crib and bathtub to bottle-warmer.

WITH ACCOMMODATION

From €1,620*
per person double occupancy

WITHOUT ACCOMMODATION

From €230*
per day and per person



4 to 6 days

From 4 days /
4 treatments per day /
4 nights including
2 meals per day

Program takes place from Monday to Saturday.

* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

** Our nanny will take care of Baby during your sessions with your doula.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



My Body-repair Break

We love...

Program comprising 4 treatments per day
to relieve pain and improve your posture

Each day, enjoy:

**2 sessions with a physical therapist to realign the body
and enjoy freedom of movement**
2 seawater spa treatments to revitalize

CONTENT OF MY BODY-REPAIR BREAK - 6 DAYS

- 1 check-up with a physical therapist

Realign the body and enjoy freedom of movement:

- 2 seawater self-massage sessions
- 1 good back posture session
- 3 physical therapy sessions in the pool (25 min)
- 6 therapeutic massages with a physical therapist (25 min)

Revitalize:

- 5 targeted treatments to choose from: hydromassage seawater bath, hydromassage, soothing vichy shower, pressotherapy, hydro-energy seawater bath, well spa hydrojet or full-body cryotherapy session
- 4 relaxing marine mud wraps
- 3 marine massages to choose from: ocean wave session, horizontal hydromassage or purifying seawater bath

A personal wellness expert is assigned to you from the moment you book your stay, and remains at your disposal even after you have returned home.



4 to 6 days

From 4 days /
4 treatments per day /
4 nights including
2 meals per day

WITH ACCOMMODATION

From €1,540*
per person double occupancy

WITHOUT ACCOMMODATION

From €210*
per day and per person

Program organized from Monday to Saturday.

* Double occupancy in a Classic room during low season. See details and conditions at thalassa.com.

** Or a hydromassage seawater bath, based on the indications of your doctor.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

My Body-repair Break: Time to recuperate

4 to 6 days

From 4 days /
4 treatments per day /
2 sessions with our experts /
4 nights including
2 meals per day



ACTIVITY WITH A FITNESS TRAINER



ESSENTIAL SLIMMING TREATMENT



SLIMMING WRAP



My Body-slimming Break

Program comprising 4 treatments per day to slim and tone your figure

Each day, enjoy:

- 1 treatment to slim and shape the figure
- 2 treatments to purify and eliminate toxins
- 1 treatment to tone the body

CONTENT OF MY BODY-SLIMMING BREAK - 4 DAYS

Adopt healthy habits:

- 2 nutrition consultations with impedance analysis and wellness OligoScan

Slim and shape the figure:

- 1 vichy shower scrub or seawater scrub (25 min)
- 1 slimming purifying seawater bath
- 1 cryo-active slimming treatment (50 min)
- 1 seawater massage to choose from: slimming watermass, toning hydromassage or sculpting ocean wave session

Purify and eliminate toxins:

- 3 slimming fucus seaweed wraps
- 5 targeted treatments to choose from: hydromassage seawater bath, hydrorelax massage, soothing vichy shower, slimming pressotherapy, hydro-energy seawater bath or full-body cryotherapy session

Tone the body:

- 2 sculpting seawater self-massage sessions
- 2 activities in the pool, the fitness area or by the sea with a fitness trainer

A personal dietitian is assigned to you from the moment you book your stay, and remains at your disposal even after you have returned home.

WITH ACCOMMODATION

From €1,480*
per person double occupancy

WITHOUT ACCOMMODATION

From €195*
per day and per person

*Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.

**An additional fee applies.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

6 days

From 6 days /
4 treatments per day
+ 3 sessions with our experts
6 nights, all body-slimming
meals included

My Body-slimming Break

Program comprising 4 treatments per day to kick-start your weight loss

Each day, enjoy:

- 1 treatment to slim and shape the figure
- 2 treatments to purify and eliminate toxins
- 1 treatment to tone the body

CONTENT OF MY BODY-SLIMMING BREAK - 6 DAYS - all meals included

Adopt healthy habits:

- 2 nutrition consultations with impedance analysis and wellness OligoScan
- 1 fitness assessment

Slim and shape the figure:

- 1 vichy shower scrub or seawater scrub (25 min)
- 1 slimming purifying seawater bath
- 2 cryo-active slimming treatments (50 min)
- 2 seawater massages to choose from: slimming watermass, toning hydromassage or sculpting ocean wave session

Purify and eliminate toxins:

- 4 slimming fucus seaweed wraps
- 2 full-body cryotherapy sessions or 1 seawater bath based on the indications of your doctor
- 6 essential slimming seawater spa treatments to choose from: hydromassage seawater bath, hydrorelax massage, soothing vichy shower, slimming pressotherapy, hydro-energy seawater bath

Tone the body:

- 3 sculpting seawater self-massage sessions
- 3 activities in the pool, the fitness area or by the sea with a fitness trainer

A personal dietitian is assigned to you from the moment you book your stay, and remains at your disposal even after you have returned home.

WITH ACCOMMODATION

From €2,610*
per person double occupancy

WITHOUT ACCOMMODATION

From €195*
per day and per person

SLIMMING WRAP



ACTIVITY WITH A FITNESS TRAINER



VICHY SHOWER SCRUB



* Double occupancy in a Classic room during low season. See details and conditions at spa.accor.com.
The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

À la carte treatments

To complete your treatment program, we invite you to discover our "We love..." selection of à la carte treatments.

Fully comprehend what wellness truly means through luxuriously pampering personalized treatments. For both men and women.

Discover our full collection of treatments at spa.accor.com.

For greater availability, we recommend that you book your à la carte treatments prior to your arrival at the hotel.

OUR "WE LOVE..." SELECTION

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High-tech treatments	31
Spa body treatments	32
By Thalassa Sea & Skin	
Massages and sculpting massages	
Gift card	33

Our teams are on hand to advise you and book your treatments. Contact us on +33 (0)5 59 41 35 00 or by e-mail at h2049-th@sofitel.com.



Spa facial treatments

By Thalassa Sea & Skin

EXPERT ANTI-AGING TREATMENT ⌚ 50 min / €105

For smooth, radiant, younger-looking skin.

AQUA-NOURISHING SOOTHING TREATMENT ⌚ 50 min / €105

For rehydrated, soothed, and silky-soft skin.

PURIFYING MARINE TREATMENT ⌚ 50 min / €105

For purified skin with a smoothed texture.

By Biologique Recherche

PERSONALIZED FACIALS ⌚ 50 min / €130 – 80 min / €180

Our beauty experts begin this treatment by determining the Biologique Recherche program best suited to your personal Skin Instant®.

SECOND SKIN TREATMENT* ⌚ 80 min / €300 – 3 treatments / €800

An innovation in the cosmetics industry, this treatment regenerates and lifts thanks to an electrospun mask made up of 80% pharmaceutical-grade hyaluronic acid. For mature Skin Instants® that show signs of aging.

* Treatment not included in the "Timeless Youth" and "Prestige & Freedom" programs.

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.



High-tech treatments

Proven and effective results against signs of aging, for long-lasting youthfulness.

SOFTMESOLOGY® BOOSTER TREATMENT ⌚ 50 min / €135

A treatment that boosts cell renewal. A non-invasive and painless, high-tech anti-aging treatment method that is highly personalized. Micro-currents infuse the skin with serums in conjunction with cryotherapy and LED technology.

CRYOSKIN TREATMENT ⌚ 25 min / €90 – 3 sessions / €240 – ⌚ 50 min / €135 – 3 sessions / €375

Targeted cryotherapy treatment. A natural way to fight aging, improve circulation or slim down.

OXY PULSE LE CUBE O2+ TREATMENT ⌚ 50 min / €135

Reactivates the skin's basic functions using jets of oxygen charged with hyaluronic acid, vitamins and antioxidants.

ENDERMOLIFT TREATMENT ⌚ 50 min / €135 – 3 sessions / €375

One Endermolift session plus a massage, a serum and a moisturizing mask.

All these treatments are also available in our à la carte program.

TIMELESS YOUTH

3 DAYS: 2 x 50-minute treatments and 1 x 80-minute treatment / €425

5 DAYS: 4 x 50-minute treatments and 1 x 80-minute treatment / €660

SLIMMING ICEKUB* ⌚ 50 min / €170 – 80 min / €230

This noninvasive cryolipolysis procedure naturally reduces fat deposits on targeted zones for a trimmer figure and astonishing results after only one month.

* Treatment not included in the "Timeless Youth" and "Prestige & Freedom" programs.





Spa body treatments

By Thalassa Sea & Skin

INTENSIVE NOURISHING TREATMENT ⌚ 50 min / €105

The body is pampered and wrapped in a gentle cocoon.

ESSENTIAL WELLNESS BACK TREATMENT ⌚ 50 min / €105

Bliss for stiff backs.

BULLE D'OXYGÈNE ⌚ 50 min / €105

A multisensory treatment combining a body scrub and a massage to soften and moisturize the skin.

Massages and sculpting massages

Massages performed by our physical therapists.

MASSAGES ⌚ 50 min / €135 - 25 min / €85

Sculpting massages performed by our beauticians or hydrotherapists.

SCULPTING MESSAGES ⌚ 50 min / €119 - 25 min / €75

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

A man is shown from the chest up, standing in the ocean. A large wave is crashing over his head, creating a spray of water. The man's eyes are closed, and he has a peaceful expression. The background is a soft, hazy view of the sea and sky.

Gift Card

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Immerse yourself in a whole world of relaxation
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Experience moments of pure bliss and serenity to
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Treatment Glossary

Prices of our à la carte treatments to create your very own, personalized treatment program.

Seawater spa essentials

SEAWATER BATH

Seaside relaxation ⌚ 15 min / €45

Immersed in a deliciously warm seawater bath, massaging underwater jets or microbubbles of air relax the body from head to toe.

HYDRO-ENERGY SEAWATER BATH

Thousands of massaging beads ⌚ 15 min / €45

Slide your feet into a seawater bath filled with tiny beads that knead and massage them.

SOOTHING VICHY SHOWER

Salty sea spray ⌚ 15 min / €45

The soothing effects of a fine mist of seawater sprayed over the body, topping up the trace elements so essential to wellness.

HYDRORELAX MASSAGE

Relaxing waterbed massage ⌚ 15 min / €45

The body and mind let go as two powerful jets massage your body from the ankles to the shoulders.

PRESSOTHERAPY

Anti-gravity boots ⌚ 15 min / €45

Tones the legs and promotes the elimination of toxins in the body thanks to boots that alternate compression and release.

Seawater massages and marine body wraps

SEAWEED WRAP

A cocktail of active ingredients and minerals ⌚ 20 min / €55

Boost the skin's levels of vitamins, minerals and trace elements thanks to a cocoon of hot seaweed cream. Laminaria seaweed to revitalize, fucus to slim down, marine mud to relax...

PURIFYING SEAWATER BATH

Underwater massage ⌚ 20 min / €60

Experience the benefits of an underwater massage with a jet of seawater on your muscles, joints or cellulite areas.

VICHY SHOWER MASSAGE OR BODY SCRUB

A multisensory experience ⌚ 20 min / €75

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.

OCEAN WAVE

Massaging jet ⌚ 15 min / €50

Feel your tension melt away during a relaxing massage. Reboot energy levels, sculpt the figure, or relax, during a special back session.

HORIZONTAL HYDROMASSAGE

Targeted efficacy ⌚ 15 min / €50

Relieve back tension and stimulate blood circulation under a jet of warm seawater controlled by expert hands.

WATERMASS

Rolling massage technique using seawater ⌚ 20 min / €80

Feel the benefits for the body of a draining massage performed using a suction head that sprays seawater. Revive the skin and feel deeply relaxed, or target and sculpt problem zones.

Activities with a fitness trainer

SEAWATER SELF-MASSAGE

Energizing, sculpting or relaxing ⌚ 25 min / €35

Carry out a series of exercises in a heated seawater pool, guided by a professional and against a jet of water.

BY THE SEA

The secret to vitality ⌚ 50 min / €90

Beach run, beach walk, mind body walk, sea sand training... your fitness trainer makes use of the beach to offer a fun outdoors experience in the invigorating sea air.

SEA SAND TRAINING

On the sand and in the sea ⌚ 25 min / €35

Power workout that combines muscle strengthening and cardio training.

IN THE FITNESS AREA

Absolute results ⌚ 50 min / €90

Meditation-relaxation, total body gym, Yin Yang Yoga... your fitness trainer uses all the latest techniques.

Biarritz Signature treatments

SEAWATER COCOON

Relaxing wrap ⌚ 25 min / €80

This seawater wrap takes place on a floating bed. Combined with a relaxing head and facial massage, as well as Sound Care music therapy, it guarantees deep relaxation for the body and mind.

ZENITUDE WRAP

A scented ritual ⌚ 25 min / €80

A hot moisturizing wrap with a subtle citrus fragrance, combined with a relaxing facial massage, refreshing mask and foot massage.

WATERNING

Physical therapy expertise ⌚ 50 min / €135

While you are immersed in heated seawater, gently rocked by the water's movements, a physical therapist combines relaxation techniques with gentle but stimulating strokes to help you let go.

As a precaution during the pandemic and depending on the health measures in force, certain treatments may be subject to changes or substitutions. For example: Ocean wave, vichy shower massage or body scrub.

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Thalassa

SEA & SPA

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