

Thermes Marins de St Jean-de-Monts

Pays de la Loire

St Jean-de-Monts

Hotel Best Western Mercure Atlantic Thalasso 3*

On the coast of Light, near Yeu island and Puy du Fou, St Jean-de-Monts is a seaside resort where you can find one of the most beautiful beaches in France. Only 60 km away from Nantes, the Thermes Marins de St Jean-de-Monts enjoys an exceptional sunshine and offers you an ideal setting to recharge your batteries. This thalasso centre – which has picture windows opening on to a pine forest – is linked to the hotel Best Western Atlantic Thalasso 3*. It also enjoys the beneficial effects of the invigorating climate of the Atlantic and proposes you well-known cures such as "Back and rheumatology" or "Postnatal cure". Only 70 km away from Nantes airport, this thalasso centre attracts tourists from all over the world thanks to efficient treatments and an exceptional know-how.

St-Jean-de-Monts

You will find the Thermes Marins de St Jean-de-Monts nestled along a beach lined with dunes. In the heart of this exceptional environment, this thalasso proposes an ideal training area to high level sportsmen and amateurs alike

Thalasso in St Jean-de-Monts

The Thermes Marins de St Jean-de-Monts proposes you the fresh sea mud – natural and unrecycled – from the bay of Bourgneuf known to work wonders in rheumatology, one of the specialities of the centre. In the swimming-pool of 300m² heated to 34°, you can test a lot of musical relaxation techniques in the water, thanks to the sophisticated address system of the place. The well-known Perineum School is one of the strong points of the centre. The "Postnatal cure", proposed between the 2nd and the 9th month



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following the delivery, includes four activities for baby and daddy : 2 sessions dedicated to the introduction to water and 2 sessions to learn how to massage the baby.

Hotel Best Western Atlantic Thalasso 3*

Between a pine forest and a golf, only 300m away from the beach, the hotel Best Western Atlantic Thalasso *** is directly linked to the centre by a gallery. Its 44 rooms with balcony and minibar offer you a nice view of the golf or the thalasso. The menu of the restaurant "Le Sloï" – which opens on to the pine forest – proposes you seafood as well as local products.

A 18 hole golf, ranked among the 5 most beautiful courses in France, is reachable nearby. You can enjoy many sports such as tennis, sand yacht or riding. You can also go cycling or go on an excursion to Yeu island or Noirmoutier which are very popular places.

Access

- By car : A10 and A11 motorways to Nantes then D177 to Machecoul, D32 to Challans and N160.

- By train : TGV Nantes then TER Challans (bus connection during the summer).

- By air : Nantes airport (70km away from the centre). The Thermes Marins proposes you a shuttle service to the train station/airport (on demand).

Cures

Get back in shape/Anti-stress

Relax your mind and your body on one or more days !

4 treatments per day.

-3 individual treatments among :

-dry body massage or under affusion shower body massage

-seawater treatments : whirlpool bath, jet shower, pédiluve.

-algototherapy treatment : seaweed wrap

1 body scrub under affusion shower

-1 collective treatment with free access to the Relax marine area, swimming pool and tearoom.



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Thalasso wellness

6 days, 6 massages, 6 sensations...Our advice : 6-day cure.
An unforgettable experience that combines sweet and well-being!

4 treatments per day among :

- 1 body massage every day (30 minutes) :
 - * massage with seaweed extracts
 - * massage with essential oils of lavender and seaweed
 - * massage with virgin argan oil
 - * massage with oil apricot kernel, sesame and macadamia

The 6th day, choose your favorite massage among those tested during the week

- Seaweed wrap
- Whirlpool bath
- Jet shower
- Pressotherapy
- 1 body scrub under affusion shower (for 5-day cure minimum)
- 1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.



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Atlantique

Recommended duration : 6 days.
A course with more individual treatments.
Enjoy all the benefits of the ocean !
5 treatments per day.

-4 individual treatments among :

-body massage (1 day/2)

-Under affusion shower massage

-Seaweed wrap

-Whirlpool bath

-Jet shower

-1 body scrub under affusion shower

(for 5-day cure minimum)

-2 applications of fresh marine mud

-1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.



Back and Rheumatology

Recommended duration : 6 days.

Health and harmony...

To relieve the pain of the spine, rheumatism, arthritis ...

Use of natural mud, not recycled, a real concentrate of trace elements, applied at 45 ° C according to the requirements of a doctor. They are from the Bay of Bourgneuf nearby, famous for the quality of its waters. For the affections : osteoarthritis and spinal arthritis, neck pain, back pain...

5 treatments per day.

-3 individual treatments among :

* application of natural marine mud (20 minutes) every day

* body massage

* under affusion shower massage



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- sweet jet shower
- electrotherapy
- 1 body scrub under affusion shower (for 5-day cure minimum)
- 1 collective treatment with a physiotherapist :
- 2 special back gym sessions
- 4 special back aquagym sessions
- 1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.

Marine Beauty

Recommended duration : 6 days.

A new approach to beauty therapy with even more aesthetic treatments ...

Formula : anti-aging, slimness or comfort. A personalized cure according to your desires.

4 treatments per day.

- 2 individual treatments among :
 - under affusion shower massage
 - Seaweed wraps
 - whirlpool bath
 - jet shower
- 1 aesthetic treatment per day :
 - Day 1 : body scrub with marine salts (30 minutes)
 - Day 2 : anti-aging face care or comfort (1 hour)
 - Day 3 : body treatments - wrap or massage – Relax "Californian massage" (50 minutes) or Slimness (50 minutes) or Entretien "aroma-wrap" (50 minutes)
 - Day 4 : world care (1 hour) : rhassoul wrap with orange blossom and argan oil or chocolate treatments or Indian massage with essential sesame oil
 - Day 5 : choose your aesthetic care (1 hour)
 - Day 6 : Scalp relax with brushing and shampoo,
- 1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.



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Slimness and cellulite

Recommended duration : 6 days.

Lose weight with pleasure, thanks to the synergy of spa care and diet!

Targeted treatments such as application of slimming essential oils, fucus seaweed, Cellu M6 et stimulo-lipolyse.

Refine your silhouette, fight against cellulite and restore skin tone.

4 treatments per day :

-Application of slimming muds in alternation with fucus seaweed wraps.

-5 stimulo-lipolyse sessions (30 minutes)

-Cellu M6 (30 minutes) in alternation with hydrotherapy treatments (whirlpool bath, jet shower, under affusion shower massage)

-1 aesthetic care : firming cryo-slimness (30 minutes)

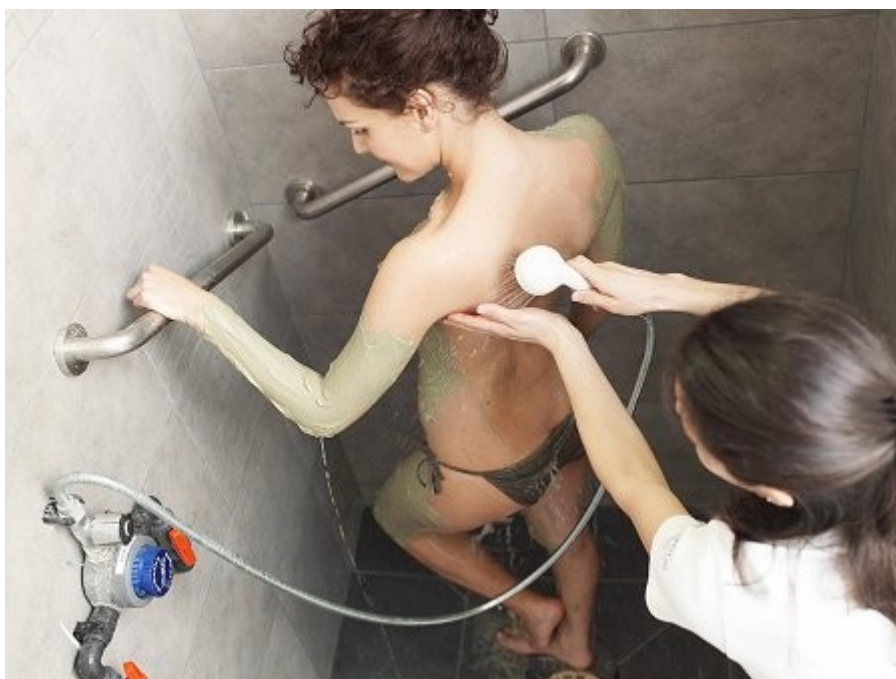
-1 dietary consultation with personalized check-up (45 minutes)

-Visit in a local supermarket with a dietetician (2 hours)

-1 workshop "suggestion and explanation of dietetic recipes (45 minutes)

-Every thuesday evening : dietetic conference

-1 collective care every day with free access to the Relax marine area, swimming pool and tearoom.



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-Free and personalized monitoring on internet.

Young mother

Recommended duration : 6 days.

To have fun with baby and dad. Ideal between 2 and 9 months after childbirth, this cure specially designed for mom, baby and dad, helps you find your energy and fight against the baby blues.

4 treatments per day :

- 3 individual treatments among :

-dry body massage or under affusion shower massage

-seaweed wraps

-whirlpool bath

-jet shower

-stimulo-lipolyse (slimming treatment)

-pressotherapy

-1 body scrub under affusion shower (for 5-day cure minimum)

- During the week :

-1 relax shampoo care with scalp massage (30 minutes)

-1 personalized dietary consultations with the dietitian (45 minutes)

-2 learning sessions for baby massage with Mom and Dad

-2 sessions of awakening in the sea water with baby, Mom and Dad

-1 learning session about baby feeding with Mom and Dad (1hour)

- 1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.

Tired legs

Recommended duration : 6 days.

Say stop to the sensation of heavy legs! A special cure to relax your legs and to reduce your pain and edema.



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4 treatments per day.

- 3 individual treatments among :

-drainage by pressure therapy every day

-pediluve in seawater every day

-cold seaweed applications in alternation with body massage

-circulatory whirlpool bath

-jet shower

-1 body scrub under affusion shower (for 5-day cure minimum)

-1 collective treatment per day with free access to the Relax marine area, swimming pool and tearoom.

Week-end Get back in Shape

Discover the benefits of thalasso !

A getaway to relax. Program : 2 half days for treatments : saturday afternoon and sunday morning.

5 treatments during the week-end :

- 3 individual treatments :

- massage

- seaweed wraps

- circulatory whirlpool bath or jet shower

- 2 collective sessions

-aquagym get back in shape

-Taï chi chuan initiation

-Relax and seawater swimming pool 34° with whirlpool baths and Actimer journey

- Free access to sauna, hammam, gymnasium, solarium, tearoom, relaxation area, cardio-training area.

- Free access to the seawater swimming pool on saturday evening et on sunday afternoon.



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