

Thalasso Sables d'Olonne

Pays de la Loire

Sables d'Olonne

Thalassa Sables d'Olonne

Hotel Mercure 3***

Renowned for its atmosphere and its sun, the seaside resort Les Sables d'Olonne offers you to discover the centre Accor Thalassa which proposes you efficient stays to get you fit again. Linked to the hotel Mercure 3*, this very modern thalasso centre – which is the specialist in sea bioaesthetics – invites you to recharge your batteries thanks to 6-day cures and very popular short stays.



Allô Thalasso Voyages

Tarifs et réservations sur : www.allo-thalasso.com

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com

Les Sables d'Olonne

One of its three ports is the starting point of the mythical race Vendée Globe. With its beautiful sandy beach and its lake, this family seaside resort is perfect to go for a walk and enjoy many activities.

The centre Accor Thalassa

To restore the harmony between physique and image : this is the philosophy of Accor Thalassa, developed with a totally new concept : the sea bioaesthetics and its exclusive products.

Equipped with light rooms, this single-storey institute has 2 swimming-pools dedicated to treatments, a resting room, a fitness room and a cardio training area. Oriental hammam, sauna and whirlpool bath are open all day long to the guests who can also enjoy a solarium which offers them a view of the Ocean.

The programme of the cure "Sport Ocean" can be personalized according to the guest's expectations and motives. « This cure allows you to discover sport from a different view », Roger explains. This 42-year-old guest adds that the programme is made up by 16 thalasso treatments and sports activities and includes a full body assessment and the help of a personal coach.

In order to complete the thalasso programmes, the Beauty area proposes you an exclusive offer to oxygenate, moisturize and revitalize your skin thanks to sea elements. Facial and body care, endermology, chiropody and spa-jet are some examples of the treatments proposed in the centre.

Heading South with the Hotel Mercure 3***

Linked to the centre, the Hotel Mercure 3*** -which dominates one of the most beautiful beaches in Europe - has 100 comfortable rooms with a view of the sea or the East side. Its restaurant "Le Grand Large" is a good eating place where sea products are in the limelight. You can also ask the dietician to follow your diet. Gym, aquafitness, mountain bike, petanque, tennis, golf, sea fishing, windsurfing are some examples of the activities proposed near the hotel which also enjoys the presence of 2 casinos, a cinema and a discotheque.

Finally, the hotel Mercure is the perfect starting point to visit Puy du Fou or the islands of Yeu and Noirmoutier.

Access

- By car : Motorway via Nantes + expressways (460 km away from Paris)
- By train : TGV Atlantique les Sables d'Olonne (3h20 from Paris) + Taxi.
- By air : Airport of Nantes (90 km away) + Taxi.



Allô Thalasso Voyages

Tarifs et réservations sur : www.allo-thalasso.com

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com



Cures

Get back in shape

24 treatments among :

- 10 individual hydrotherapy treatments
- 3 seaweed wraps
- 3 relaxing or under affusion shower massages
- 2 hydrojet sessions
- 6 treatments in swimming pool.



Allô Thalasso Voyages

Tarifs et réservations sur : www.allo-thalasso.com

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com

Harmony

30 treatments among :

- 1 body scrub under affusion shower
- 17 individual hydrotherapy treatments
- 3 underwater jet showers
- 3 seaweed wraps
- 6 body massages.

Health

27 treatments among :

- 9 individual treatments
- 3 seaweed wraps
- 3 underwater jet showers
- 6 massages by a physiotherapist
- 6 physiotherapy treatments for reeducation in swimming-pool

Slimming

26 treatments among :

- 1 body scrub
- 11 individual slimming hydrotherapy treatments
- 4 seaweed wraps
- 3 slimming treatments
- 1 firming care
- 1 relaxing massage
- 3 underwater jet showers
- 6 sport sessions
- 3 meetings "balance" : 2 dietary consultations and 1 conference on food balance.

Full board low calorie obligatory.



Allô Thalasso Voyages

Tarifs et réservations sur : **www.allo-thalasso.com**

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com



Ocean Sport

16 treatments among :

- Individual hydrotherapy treatments
- 3 massages
- Treatments in swimming pool
- 1 complete check-up
- 1 nutrition check-up
- 1 rebalancing osteopathic
- 1 individual coach to practice physical activities (fitness, natation, aquajogging, VTT, walking, athletics, tennis, golf...)

Quiétude des Sables – New 2010

24 treatments among :

- Individual hydrotherapy treatments
- Treatments in swimming pool
- 5 individual energy reharmonisation sessions
- 1 reflexology



Allô Thalasso Voyages

Tarifs et réservations sur : www.allo-thalasso.com

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com

PACKAGE SHORT WEEK - 4 days / 5 nights

Short week – Get back in shape

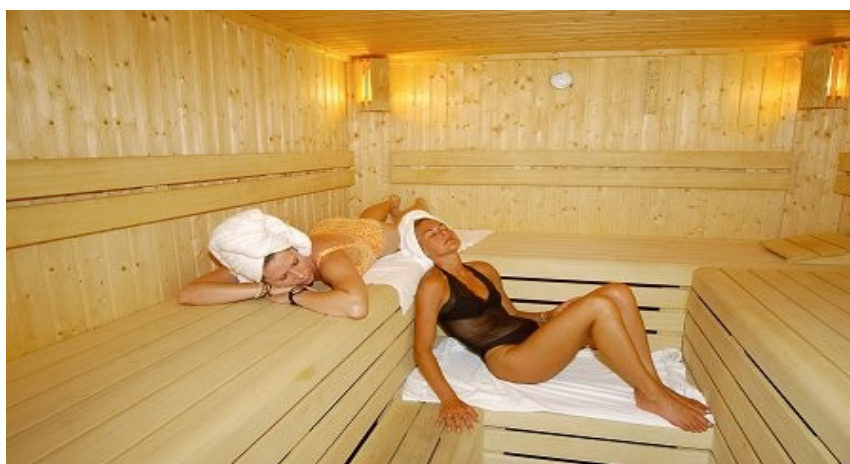
16 treatments among :

- 6 individual hydrotherapy treatments
- 2 seaweed wraps
- 2 relaxing or under affusion shower massages
- 2 hydrojets sessions
- 4 swimming pool sessions

SHORTS STAYS - 2 DAYS / 2 NIGHTS OR 3 DAYS / 3 NIGHTS

Escales TempsDenses Zen or Beauty

(Arrival the day of your choice) :



Escales TempsDenses Zen – 2 days

6 treatments among :

- 1 relaxing back massage
- 1 hydrojet
- 1 seaweed wrap
- 1 whirlpool bath with relaxing essential oils
- 1 underwater shower
- 1 spa jet



Allô Thalasso Voyages

Tarifs et réservations sur : **www.allo-thalasso.com**

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com

Escales TempsDenses Zen – 3 days

9 treatments among :

- 2 relaxing back massage
- 1 hydrojet
- 2 seaweed wraps
- 1 whirlpool baths with relaxing essential oils
- 1 underwater shower massage
- 2 spa jet.

Escales TempsDenses Beauty – 2 days

6 treatments among :

- 1 facial massage with essential oils
- 1 comfort massage
- 1 moisturizing wrap with beeswax
- 1 beauty spa jet with essential oils
- 1 hydrojet
- 1 whirlpool bath with essential oils of rosemary.

Escales TempsDenses Beauty – 3 days

9 treatments among :

- 1 facial massage with essential oils
- 1 comfort massage
- 1 moisturizing wrap with beeswax
- 2 beauty spa jet with essential oils
- 2 hydrojets
- 2 whirlpool baths with essential oils of rosemary.



Allô Thalasso Voyages

Tarifs et réservations sur : **www.allo-thalasso.com**

Tél : 01 53 21 86 11 - Fax : 01 53 21 86 13 – Email : resa@allo-thalasso.com