

# Relais Thalasso La Baule

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Pays de la Loire

La Baule

## Résidence Les Pins

Between Brittany and Vendée, in the heart of the "Côte d'Amour", La Baule-les-Pins is a seaside resort renowned for its sandy beach, the longest one in Europe (9 kilometres). Facing the Atlantic Ocean, the Relais Thalasso La Baule is a very bright and modern centre which offers a large selection of cures and treatments given by a very professional staff. One hour away from the airport of Nantes and three hours away from Paris by train, the Relais Thalasso La Baule offers a very revitalizing "wellness" stay and also proposes thalasso packages to enjoy the benefits of the sea for a week-end.

### La Baule les Pins

Since its creation in the 19th century, La Baule-les-Pins hasn't stopped developing. This very lively seaside resort enjoys a mild and bracing climate and is famous for its architectural heritage and its numerous cultural and sporting events.



Allô Thalasso Voyages

*Tarifs et réservations sur :* **[www.allo-thalasso.com](http://www.allo-thalasso.com)**

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## Relais Thalasso La Baule

Bathed in sunlight, the Relais Thalasso of 2500 m<sup>2</sup> proposes to discover its Hydrotonic area topped with a glass roof and equipped with a 25m swimming-pool of heated sea water, underwater jets, whirlpool seats, geysers, sauna, hammam and aromatherapy room. Spacious cubicles, a relaxing area, a solarium and a fitness room complete the facilities of this centre which proposes a large selection of treatments such as affusion shower, massage, hydromassage, whirlpool bath, contouring tonic jet, seaweed wrap, sea mud wrap or pressure therapy. Furthermore, the Relais Thalasso La Baule uses five different seaweed mixtures to get the best of seaweeds rich in minerals and trace elements in particular. Finally, many efficient beauty treatments for the face or body are proposed in the Beauty area where beauticians judge the skin in order to choose the most appropriated treatments.



## Residence Les Pins

Ideally located 300 metres away from the thalasso centre and just in front of the sea, the Residence les Pins has been completely renovated in 2007. Surrounded with pine trees, this modern and practical residence proposes coloured and very sunny studio flats for 2 to 4 persons. The Residence les Pins doesn't house any restaurant but enjoys a privileged situation not far from the restaurants of La Baule. Casino, golf, riding, tennis and shops can also be found nearby.

Finally, the Residence is the perfect place to start the discovery of the varied and preserved landscapes, the avenues whose villas make a medley of periods, but also the Briere Nature Park, the "Côte Sauvage", the salt marshes, the fishing ports of Le Croisic and La Turballe,



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and the medieval city of Guérande with its amazing fortifications.

## Log book

By air : 1 hour away from the airport of Nantes.

By train : 10 minutes away from the station of La Baule.

By car : 452 km away from Paris.

## Cures

### Health Visit

5 days of thalasso: the ideal length of time !

- 2 marine crystal baths
- 2 whirlpool baths with oils
- 3 essential algae wraps
- 2 contouring tonic jets
- 1 seawater shower contouring treatment.

### Thalasso health

5-day thalasso visit

- 2 marine crystal baths
- 2 whirlpool baths with oils
- 3 essential seaweed wraps
- 2 contouring tonic jets
- 1 seawater shower contouring treatment.

### Post Natal Course

10 individual treatments: the ideal basis for your programme...

- 2 marine crystal baths
- 2 whirlpool baths with oils



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- 3 essential algae wraps
- 2 contouring tonic jetsbr
- 1 seawater shower contouring treatment

**The Post-Natal Plus with 19 treatments :**

- 1 body scrub with salt
- 1 cold wrap
- 1 physio contouring treatment
- 1 mum and baby contouring treatment
- 1 baby swimming session
- 3 physio marine aquagyms or 2 water massages.

**Slimming Course**

5-day thalasso health visit.

- 2 marine crystal baths
- 2 whirlpool baths with oils
- 3 essential algae wraps
- 2 contouring tonic jets
- 1 seawater shower contouring treatment

**The Slimming Plus with 19 treatments :**

- 1 seawater shower exfoliating treatment
- 1 contouring tonic jet
- 1 cell-smoothing contouring treatment (beneficial for slimming)
- 2 Thermo sudation wraps
- 2 Revitaligne contouring treatments
- 2 water massages.



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