

Programmes

- **Wellness**

Muscular and joint stiffness, tension, insomnia, weight gain: these stress-induced ailments are induced with the WELLNESS treatments. The seawater, which is heated to a temperature close to that of the human body, slowly loosens all types of stiffness. You'll feel soothed, serene and this feeling of well-being lasts long after the treatments are completed!

- **New Energy**

Cleanse and regenerate your body in order to regain muscle tone and vitality: this is what NEW ENERGY offers, through a combination of the following treatments: Jet showers, Aquagym, AquaRoyal® and Air-jet baths. After six days of treatment, fatigue vanishes and your body feels as new.

The "plus" of the NEW ENERGY programme: the gym programme and the Thalasso/SPA treatments, which all have a common goal: Stimulation. A truly energizing programme which erases the effects of stress and chronic fatigue.

- **Body Shape**

Refine your figure, shape your body, firm your muscles...this is the goal of the BODY SHAPE programme. Invigorating Thalasso/SPA treatments complemented by firming seaweed body wraps.

The "plus" of the BODY SHAPE programme: the combination of Thalasso treatments as well as personalized muscle-toning at the Fitness Centre

- **Anti - cellulite**

Two factors that contribute to the appearance of unbecoming cellulite on certain parts of the body are overindulgence and water retention. With its entire range of seawater treatments and special massages, the ANTI-CELLULITE programme enhances the break down of fat cells and regulates physiological exchanges.

The 'plus' of the ANTI-CELLULITE programme : a combination of treatments carried out at the Thalasso/SPA and the Beauty Centre, which consists of firming massages using essential oils and the Cellu-M6 treatment, a device, which contours the body and increases skin elasticity and blood circulation.

- **Beauty plus Madame**

A successful blend of Thalasso/SPA and beauty care, consisting of relaxing seawater and beauty treatments by the gifted hands of our beauticians for the achievement of outward radiance and internal harmony. The 'plus' of the BEAUTY PLUS MADAME programme: the use of the THALION products, which combine the benefits of seawater and algae. These creams, lotions and masks are highly efficient in nourishing, purifying and firming the skin, softening wrinkles and delaying the ageing process.

- **Slimming**

SLIMMING is an exceptional and intensive programme: 5 treatments per day to increase skin elasticity and blood circulation, Cellu-M6, as well as daily work out sessions in the Fitness Centre.

The 'plus' of the SLIMMING programme: personalized dietary guidance with imaginative gourmet dishes (at additional charge). Your personal dietary guidance is created by our dietician following an in-depth assessment of your tastes and nutritional habits. Satisfying and balanced, they will allow you to lose weight while savouring the famous Cretan diet, synonymous with health and longevity.

- **Harmonia**

The 'Zen' programme of the Centre. To erase tension and regain calm and tranquillity, Royal Mare Thalasso has developed an original programme of daily massages.

Added benefits of the HARMONIA programme: exceptional treatments such as the Thai massage (90 minutes of stretching and pressure application to energy points along the body) and the Ayurvedic massages: Abhyanga (relieving and relaxing), Vishesh (invigorating, muscle toning) and Shirogriva® (relaxing head massage), inherited from traditional Indian medicine and carried out by using warm sesame or apricot oil. Maximum refinement... ultimate joy!

- **Vertebral**

Back ache: the ailment of modern time. The VERTEBRAL programme is especially created to relax, stretch and soothe ailing backs. It is as effective in its preventive capacity as it is for soothing temporary or chronic pains.

The 'plus' of the VERTEBRAL programme: specialized back exercises in the Fitness Centre with guidance of a trainer, where one is instructed in the correct limbering, stretching and stimulating movements.

- **Vien tone**

The 'VEIN TONE' programme offers a variety of seawater treatments stimulating blood circulation with the fabulous phlebotonic watercourse in the AquaRoyal® pool, the Thalaxion bath and cold seaweed leg wraps, as well as specific 'dry' treatments such as pressotherapy and lymphatic drainage massage, reducing swelling of the legs.

- **Masculine**

Cleanse and regenerate your body to regain its muscle tone and vitality: this is what the programme 'AU MASCULINE' offers through an attractive package of treatments including: AquaRoyal®, Aqua Gym, Aromatic Air-jet bath, Seaweed body wrap... and massages such as: Masculine Back "Special", Shirogriva® massage and LaStone massage.

A la Carte Treatments

- **Massage** 30 or 60 min.

Stimulation of upper and underlying tissues. The therapist's hands skim, smooth, knead or palpate the various tissues, thus achieving either general relaxation or a therapeutic effect.

Indications:

- Relaxing or invigorating (whole body or specific areas)
- Back & Neck
- Lymphatic drainage
- Enhancement of the blood circulation

- **Thai** 90 min.

Carried out while you are lying first on your back, then on your side and on your abdomen and finally while seated. The therapist uses palms, thumbs, elbows and feet to exert pressure on your energy lines and specific points of the body. Stretching various muscle groups, invigorating and loosening movements: this therapeutic massage is a complete and remarkable treatment. Subject to medical advice.

Indications:

- Enhanced suppleness
- General relaxation
- Improvement of the blood circulation
- Elimination of toxins
- Attenuation of insomnia

- **Royal Balance Massage** 60 min.

The most unique massage ever created, inspired by all techniques of our classic as well as our oriental massages in the centre. Don't miss this 'royal' experience.

Indications:

- Anti-stress
- General relaxation

- **Abhyanga** 60 min.

Recommended for conditions of tension and stress, this treatment is a soothing massage of the whole body using warm sesame oil. From head to toe, there is not a single part of the body that is not soothed, caressed and gently "kneaded". Absolute relaxation guaranteed!

Indications:

- Relaxation
- Stress-reducing
- Soothing effect

- **Radjamandari** with 4 hands 60 min.

A 4-hands ayurvedic massage embracing the body with smooth rhythmical movements, easing the muscles, soothing the joints and eliminating toxins. Radjamandari massage is recommended at the beginning of your Thalasso treatment, as it will prepare body and spirit to fully enjoy the beneficial effects of your cure. An unforgettable experience!

Indications:

- Elimination of toxins
- Attenuation of insomnia
- Soothing effect
- Stress-reducing

- **Vishesh** 60 min.

Using warm sesame oil, this intense massage begins with gentle pressure applied to the head and face. Then, it is time to recline on your back and your body, arms and legs are subjected to a vigorous treatment. At the end of the session, you will experience a return to calmness and relaxation.

Indications:

- Toning and stimulating
- Drainage of toxins

- **Shirogriva®** 60 min.

A very special and unique massage derived from ancient Indian knowledge. Head, face and neck are treated to coordinate body functions using reflexology techniques, offering relaxation for body and soul. Results are immediate and amazing... You will instantly be relieved of stress, insomnia and headaches.

Indications:

- Complete relaxation
- Anti-stress
- Attenuation of insomnia

- **Aromatherapy** 60 min.

The specialist performs a gentle body massage using the ideal combination of essential oils (eucalyptus, rosemary, sage, lavender etc.) to each individual's needs.

Indications:

- Anti-stress
- Relaxing or invigorating
- Calming effect

- **Reflexology** (foot massage) 60 min.

A stimulating massage by applying pressure to the foot arches to improve the function of vital organs of the body.

Indications:

- Elimination of toxins
- Improving the function of vital organs

- **The Original Hot & Cold LaStone MASSAGE** 60 min.

Warm, smooth, volcanic basalt stones, together with cool marble pebbles are placed alongside the spinal chord and body, in the palms of the hands and between the toes to create a flow of positive energy. You will experience the beneficial effects of alternating temperature and energy work during this massage, known since ancient times. This is a physical and spiritual journey to relieve stiffness and offer you an amazing relaxation.

Indications:

- Complete relaxation
- Easing muscle tension
- Anti-stress
- Attenuation of insomnia

- **Pinda Swedana** 60 min.

A very relaxing massage performed with heated pads (Pinda Swedana), filled with different herbs and essential oils, according to the need of each part of the body.

Indications:

Relaxation

Elimination of toxins

Affusion Massage 2 or 4 hands 30 min.

Relaxing 2- or 4 handed massage, using apricot oil, under a horizontal shower, exuding a fine mist of warm seawater.

Indications:

- Relaxation & anti-stress
- Easing of muscles
- Soothing

- **Physiotherapy** 30 min.

Rehabilitation/functional treatment by means of manual techniques or by applying electrotherapy to painful areas, according to medical instructions.

Indications:

- Enhanced suppleness of joints
- Re-education of certain movements

- **Pressothérapie** 30 min.

Massage of the lower limbs using specific boots with progressive pressure, stimulating the lymphatic and blood-circulation system.

Indications:

- Anti-cellulite & slimming effect
- Enhancement of circulation
- Reactivates the lymphatic system (appropriate in cases of oedema and heavy legs)

- **Lymphatic Drainage** 30 min.

Gentle, slow manual movements (pressure) applied to the ganglion network, in order to improve the lymphatic and tissue function

Indications:

- Activation of the blood circulation
- Elimination of toxins
- Reactivates the lymphatic system (appropriate in case of oedema)

- **Seaweed Body Wrap** 30 min.

Warm micro-processed seaweed (algae) is applied to the whole body and subsequently is wrapped in a thermo cover, allowing the active components to penetrate the skin.

Indications:

- Loosening of muscles
- Pain relief (rheumatism)
- Anti-cellulite
- Skin revitalization
- Elimination of toxins through perspiration

- **Guérande Marine Mud Body Wrap** 30 min.

A warm sea mud from Guérande is applied to the following joints: shoulders, arms, wrists, hips, knees, ankles and along the spine. The whole body is then wrapped in a thermo cover, allowing the valuable components of this mud to penetrate the skin.

Indications:

- Elimination of toxins through perspiration
- Pain relief (arthritis, osteoporosis)
- Skin revitalization

- **Cryotherapy** 30 min.

Application of micro-processed seaweed (algae) to the legs, enriched with a refreshing gel to improve the blood circulation and to relieve the “heavy legs” feeling.

Indications:

- Relief of “heavy legs”
- Blood circulation improvement

- **Air-Jet Bath** 20 min.

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage. Sea water may be enriched with algae or essential oils.

Indications:

- Relaxing or toning effect
- Loosening of muscles
- Drainage and improvement of blood circulation

- **Aromatic Air-Jet Bath** 20 min.

A special seawater bath with multiple, adjustable jets for local or overall hydro-massage, enriched with a blend of aromatic oils.

Indications:

- Loosening of muscles
- Relaxation

- **Thalaxion Bath** 20 min.

Prototype hydrotherapy treatment with alternating hot and cold seawater massage, focusing on the areas such as: stomach, hips, thighs and legs. Speeds up breakdown of cellulite, aids firming and improves the blood circulation.

Indications:

- Stimulation of tissue (cellulite and slimming treatment)
- Improves blood circulation.

- **Affusion Shower** 20 min.

Overall hydro-massage consisting of a fine mist of warm seawater applied to the whole body by means of an horizontal shower (additional charge: 2- or 4 hands massage).

Indications:

- Relaxation
- Easing of muscles
- Soothing

- **Underwater Jet Shower** 20 min.

To relieve muscular pain and stiffness, a hydro-massage is applied in a warm seawater bathtub using an underwater jet (under pressure) with specific movements, directed by a hydro-therapist.

Indications:

- Loosening of muscles and joints
- Lymphatic drainage
- Stimulation of tissue (cellulite & slimming treatment)

- **Jet Shower** 15 min.

Powerful individual jet massage for the improvement of the blood circulation, combating cellulite or loosening the muscles, directed from a distance of 4-5 meters by a hydro-therapist.

Indications:

- Relaxation of muscles & joints
- Stimulating effect
- Stimulation of tissue (cellulite & slimming treatment)

- **Pediluve** 15 min.

Stimulation of the lower limbs through hydro-jets, alternately using hot and cold water to improve the blood circulation.

Indications:

- Improvement of blood circulation
- Absorption of oedemas

- **Inhalation** 15 min.

Inhalation of seawater mist in the form of a nasal solution. Indications:

- Respiratory improvement
- Builds resistance to atmospheric pollution

- **Boule Marine** 15 min.

Immersion of hands and wrists in warm sea mud to improve joint mobility and to relieve pain in case of arthritis.

Indications:

- Enhanced suppleness of joints (arthritis)
- Pain relief

- **Aquaroyal®** 35 min.

A magnificent aquatic walkway pool with seawater heated at 32-33° C. It consists of a circuit, where geysers, under-water jets, counter-current walkways, umbrella, waterfalls, Jacuzzi, massage jets, hydro-massage beds and seats provide a workout for revitalization and relaxation of your whole body.

Indications:

- Improves blood-circulation
- Toning
- Stimulation of tissues (cellulite & slimming treatment)
- Easing of muscles

- **Aqua Gym** 30 min.

Gymnastics in warm seawater under the supervision of a qualified trainer. Specific exercises aim at gently stretching and strengthening your muscles.

Indications:

- Toning Aqua Gym: muscle tone, slimming and soothing your silhouette
- Stretching Aqua Gym: stretching and relaxation exercises, gentle muscle improvement
- Vertebral Aqua Gym: loosening, stretching and toning exercises designed to alleviate back pain

- **Aqua Bike** 30 min.

Gymnastic exercises carried out on a water-bike in a heated seawater pool to improve your condition, under the supervision of a qualified teacher

Indications:

- Loosening and/or toning of muscles
- Improvement of the blood circulation
- Tissue mobilization (anti-cellulite & slimming effect)

- **Aquastream** 30 min.

Various exercises carried out against powerful (adjustable) underwater jets with the guidance of a qualified trainer.

Indications:

- Improvement of the blood circulation
- Tissue mobilization (anti-cellulite & slimming effect)

Beauty centre

In our elegant, spacious and refined Beauty Centre, our qualified beauticians are more than happy to welcome you and carry out highly effective and innovative treatments, which are adapted to suit the needs of your skin type. These lotions, gels, creams and serums from THALION with their genuine ocean concentrates full of mineral salts, basic elements and vitamins, benefit the skin and help you stay radiant from head to toe, for whatever result is desired: moisturizing, purification, nutrition, toning, softening of wrinkles or delaying of the ageing process...

So many benefits that you can continue to enjoy even after you have returned home, by purchasing your favourite THALION products at the Boutique. We will be more than pleased to forward products to your home-address all year round.

Facial Treatments

- **Beauty Hydration** 30 min.

A very effective THALI'SOURCE hydration! A purifying and deep moisturizing treatment, which mineralizes tired and dehydrated skin.

- **Beauty Relax** 30 min.

Massage for facial relaxation, using a nourishing cream and finishing with a "Moisturizing Mask" of THAL'ION.

- **Massage 4 Fingers** 30 min.

A spectacular four finger massage, which improves skin tone and gives an energizing radiance.

- **Beauty Royal Look** 30 min.

The perfect eye treatment, which restores eye tissue and helps prevent wrinkles, while leaving the skin with an ultra youthful look.

- **Beauty Recovery** 60 min.

A cleansing facial, which restores and revitalizes the skin with algae-based products for every skin type. (Hydrating, nourishing, soothing, purifying).

- **Beauty Essential** 60 min.

A firming and moisturizing treatment with peeling, serum, massage and mask to contour the face and to improve the texture and elasticity of the skin.

- **Beauty Anti-Age** 60 min.

An ultimate treatment, which combines special massage techniques with nourishing mask, anti-wrinkle serum and modelling marine mask "Eclat Jeunesse" with vitamin C of THAL'ION, softening the fine lines and delaying skin ageing.

- **Beauty Royal "Exceptional"** 60 min.

An amazing innovative treatment, which combines marine enzymes with vitamin C, that brightens, rejuvenates and firms your skin with immediate visible results. Ideal for all skin types, the Beauty Royal Exceptional is especially efficient in reducing pigmentation spots.

- **Beauty Royal Lifting** 90 min.

A superior facial which includes a deep cleanse, peeling, steam, THAL'ION "Force Marine" Serum, an ultimate radiance mask completed by a 4 fingers massage offering a "lifting" effect visible with the first application.

- **Beauty Royal "Le Must"** 90 min.

A deep cleansing facial for all skin types combining peeling, steam, hydrating mask, massage with a regenerating and oxygenating serum, completed by the THALI'SOURCE "Nourishing Mask" to obtain a clear and bright complexion. The ultimate relaxation!

Men's Treatments

- **Masculine Beauty Recovery** 60 min.

A deep cleansing facial for all skin types including peeling, steam, massage and a mask to re-balance and restore the skin texture.

- **Masculine Beauty Hydration** 30 min.

A purifying and deep moisturizing treatment, which mineralizes tired and dehydrated skin.

- **Masculine Back 'Special'** 60 min.

A deep cleansing back treatment, which includes peeling, steam, elimination of impurities and a purifying mask, completed by a back massage to obtain a well nourished and revitalized skin.

- **Masculine Back Massage** 30 min.

A relaxing back and shoulder massage soothing away stress and tiredness and improving hydration through application of moisturizing body milk enriched with marine oils.

Body Treatments

- **Body Peeling** 30 min.

A deep body peel to remove dead cells allowing the skin to better absorb the rich minerals of the sea water and spa treatments, while leaving the skin smooth and silky.

- **Hydrating Body Massage** 30 min.

A relaxing body-massage soothing away stress and tiredness and improving hydration through application of 'Velvet Moisturizing Body Milk' from THAL'ION enriched with marine oils.

- **Hydrating Body 'Special'** 60 min.

The ultimate body hydrating care combining the two above mentioned treatments beginning with a body peeling and finishing with a body massage to obtain a well nourished and revitalized skin.

- **Royal S.O.S Sunburn** 30 min.

A specific treatment adapted to areas which have been over exposed to the sun. Extremely soothing, nourishing and calming, it gives a refreshed sensation to the sunburned skin. (Facial as well body treatment).

- **Firming Body Massage** 30 min.

A body-massage focusing on toning and firming, using the special 'Firming Body Cream' THAL'ION, with extracts of Spirulina and toning essential oils.

- **Firming Body Wrap** 30 min.

A local body peel followed by a special firming algae-based detoxifying body wrap, visibly improving the skin texture. The treatment finishes with an intensive 'Firming Body Cream' of THAL'ION.

- **Firming Body Tri-Actif** 60 min

An energizing and revitalizing treatment with a marine phytoplankton peeling which prepares the skin for an application of the “Three Action” body wrap (slimming, firming and re-mineralizing) completed with the ‘Thali’ Svelt Resculpting Body Cream’ of THAL’ION.

- **Bust Algoplast** 30 min.

Modelling mask -moisturizing and firming- with extracts of brown algae and Spirulina seaweeds. Activates the microcirculation, firms and increases the skin elasticity.

- **Bust Firming** 60 min.

A firming bust treatment consisting of a local peel, massage and a bust firming wrap enriched with phyto-essential toning oils, completed with ‘Firming Bust Serum’ by THAL’ION. The perfect solution for a charming décolleté!

- **Anti-Cellulite Massage** 30 min. ***

A manual, intensive massage focusing on fighting cellulite on various parts of the body.

- **Anti-Cellulite Special** 60 min. ***

A spectacular treatment performed with a very high concentration of brown Laminaria seaweed body wrap to improve the texture of the skin, completed by anti-cellulite massage with the “Firming Body Cream” of THAL’ION.

- **Anti-Cellulite Toning Pinda – Swedana** 60 min.

This treatment begins with a manual, intensive anti-cellulite massage on specific parts of the body, followed by the use of heated pads (Pinda’s) containing specific herbs and essential oils, offering an amazing feeling of relaxation and skin rejuvenation.

- **Endermology - Cellu M6 Anti-Cellulite-** 30 min. ***

A treatment, which reduces topical cellulites and increases skin elasticity and blood circulation, completed with ‘Thali’ Svelt Resculpting Body Cream’ by THAL’ION.

- **Endermology - Cellu M6 Advanced** 45 min. ***

Very effective treatments, which will combat cellulite, improve the contour of the body, maintain the effects of cosmetic surgery and stimulate blood circulation.

Additional Treatments

- **Hand Care Perfection** 30 min.

Revitalizing hand care treatment to improve hydration through a peel, moisturizing massage and firming algae wrap with toning essential oils.

- **Hand Care With Paraffin** 30 min.

An ideal hand care treatment with a paraffin bath to nourish and repair dry, damaged and chapped hands.

- **Foot Care Restore With Paraffin** 30 min.

Foot care, restoring the elasticity and hydration of the skin, consisting of a peel, a paraffin footbath and a relaxing massage with moisturizing cream.

- **Hand & Foot Care Perfection** 60 min.

The ultimate hand and foot care treatment, combining the two above mentioned treatments.

***Please note that clients are kindly requested to take a shower prior to each treatment.**