THALASSO & SPA STAYS 2019
- Hendaye Beach -

THALASSO SERGE BLANCO

THE wellness destination of the Basque Coast...
Welcome to Serge Blanco Thalassotherapy Complex!
It has been more than 25 years that I have created this center with the only aim to offer you a relaxing place where your Well-Being is taken care of. My rugby career has made me understand that the values of sport can only be reached through a collective effort: commitment, trust and positive spirit. Based on these foundations I have built a team of passionate and professional men and women like we can often find in this region with a deep Basque cultural attachment. In this exceptional and peaceful environment, you will have the possibility and the privilege to stay in one of our three establishments. Throughout this brochure, take time to discover the different offers, each activity being designed for your special needs of relaxation, for your desire to recharge your body with natural energy. In the same time, you will also enjoy comfort while treating your palates to the real basque gastronomy.
During your stay we wish to provide you with all these "qualified keys" which are necessary to help you and lead you in your personal search for THE WELL BEING that you have come to find in our Center: Learn to let go..., preserve your health capital, care for your quality of life...and other essential behaviors which are requisite for your Health. Our Ambition: To help you find the best project which will fit your needs; to initiate and implement that special program to insure its sustainability. Your Well Being is as important for you than for us.

Serge Blanco
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HENDAYE BEACH
WHERE FRANCE STOPS

HISTORY
The last seaside resort destination on the French Basque coast, Hendaye is the furthest point in the South West of France you can go. This frontier town with Spain has always been in the thick of any conflict or happy events between both countries. (delimitation of waters, royal weddings, signing of Treaties...etc). Witnesses of this past the remains of The Vauban fortress, the famous Pheasants Island, etc. witness of its great historical past.

THE FAMOUS BEACH
A majestic bay lined with 3 km of fine sand adapted to different water and land sports activities. The reputed calm sea stretches between sand and typical Basque house. This has elevated Hendaye seafront to the top ranking of the most beautiful French beaches.

ARCHITECTURAL AND CULTURAL WEALTH
At the doorstep of Spain, Hendaye lives on Iberian time influenced by the lifestyle of genuine conviviality, and worldwide known gastronomy. At the heart of the city stands Gaztelu Zahar pediment, meeting place for all pelotaris. Below, on the Bidassoa river banks, the district of Caneta protects the house of Pierre Loti and the remains of the Vauban fortress. On the seafront, 70 villas from the BELLE EPOQUE (1915), a classified heritage which offer Hendaye beach area a particular and splendid character.

HENDAYE THE CITY OF CHARMS
At the doorstep of Spain
A mild ocean climate
A preserved natural heritage
A harmony of condensed and contrasted landscapes
Antoine d’Abbadia Observatory Castle
Film Festival
7 GOOD REASONS TO PREFER SERGE BLANCO FOR YOUR THALASSOTHERAPY

1. FOR OUR COMMITMENT to offer the best guaranteed prices and promotional offers throughout the year.

2. FOR OUR CUSTOMER SATISFACTION RATE More than 94% of our customers said they were fully satisfied with our Thalasso services.

3. FOR OUR PERSONALIZED SERVICE With special attention to each individual needs to develop customized protocols and spa treatments.


5. FOR OUR DEEP VALUES ENCOMPASSING Professionalism with a Caring attitude and an Ethical Human relation with our customers.

6. FOR THE EXTENSIVE OFFERINGS TO CHOOSE from, designed for all requirements and needs, and of course work out for all budgets.

7. FOR THE WIDE CHOICE OF ACCOMMODATIONS Hotel Thalasso & Spa Serge Blanco**** - Hotel & Résidence Ibaia***.
THE EXCLUSIVE BENEFITS
THALASSOTHERAPY FOR HEALTH

"SANITAS per AQUAM" is a saying left to us by the Greco-Roman when speaking about the water virtues and the advantages of using it in the baths. As Thalasso means "treatment through seawater" it brings an exceptional addition to our body.

Today, The Thalassotherapy Serge Blanco, with its successful latest targeted treatment programs, is able to "inject" and bring about all your needs to reach a positive and indisputable well-being of body & spirit.

For curative purposes, especially for rhumatism case, inflammatory conditions, circulatory and dermatological problems, thalassotherapy also plays an important role in preventing and role in correcting the imbalances and the deficiencies due to our stressful lives.

THE MARINE ENVIRONMENT PHYSIOLOGICAL CHARACTERISTICS

• MARINE CLIMATE •
Surf Therapy, Walks, Oxygenation

Exceptional environment, pure and rich in negative ions and microparticles, it revitalizes the respiratory tracks, soothes the nervous system and improves body tone.

• STUPES •
Cataplasms/stupes

A perfect and effective concentration of ionics, this is the spearhead of a thalassotherapy. Strive against circulatory disorders, skin diseases and rhumatism.

• SEA WATER •
Hydrotherapy treatments, Marine Spa

Exhausted and deficient organism will gain from the sea water as a nutritional reserve. It will extract the trace elements necessary for its natural biological re-balancing. In Hendaye, the water is captured at a depth of 8 meters, which guarantees its purity and its organic qualities.

• ALGAE •
Wraps, Baths, Nourishment

They concentrate in their cells all the important minerals, vitamins and amino acids necessary to life.

By acting like a sponge, they will transfer the best of the sea water contents to help eliminate toxins, to favor blood circulation and to relax muscle.
YOUR YEAR 2019

OUR NOVELTIES

THE BODY & SOUL BREAK
To gain comfort of life:
Based on empathic listening and coaching, this program leads on the path of well-being.
→ page 35

ACCESS BARS CONSCIOUSNESS
Cranial energetic practice of lightening the brain of accumulated judgments, emotions and dark thoughts that often prove to be limiting.

MODULAR CURES IN 6 OR 4 DAYS
Always on the move, Thalassotherapy Serge Blanco, a specialist in modern thalassotherapy, offers programs that are available in two versions to meet the specific needs of everyone.

CHI NEI TSANG MASSAGE
Taoist massage centered on the belly called the alchemical cauldron or second brain. Regulates the organs, stimulates their functions and helps the elimination of toxins.

MASSAGE TOK SEN
A unique massage whose therapeutic effect makes it one of the most effective in the world. Releases energy flows, reduces stiffness and tension.

OUR STRONG POINTS

THE SLIMMING CURE
Because this treatment is designed to refine your silhouette, pleasure is key in the process. Hence, start to slim in a fun way and without frustration, supported by a personalized dietary-sports program in order to preserve the whole health capital.
→ page 20

AYURVEDA
Beyond the aspect of a traditional therapy from India, Ayurveda is also an Art of Living, pledge of good health. By approaching the human being in its totality, it helps to clearly identify, in a deeper manner, all kind of specific needs required to built a Healthy mind in a Healthy body and reach a well balanced quality of life.
→ page 29

NATUROPATHY
Treatment which complements the conventional medicine. This fundamental science strengthens and protects the body’s defenses with natural and biological means. Through a combination of soft and non-invasive treatments, the naturopath will activate, nourish and accentuate the natural process of self-healing : An important Basic rule to set daily in order to self-drive ones well-being.
→ page 28
THE TEEN CORNER

A program made for 12-18 years old teenagers. These treatments are thought to match this generation fast way of life and teach them relaxation with of course an opportunity of meeting others and learn how to care about their own well-being.

The Junior Thalasso Pass

Package of 2 therapy treatments including remineralizing bath, hydrorelax and 1 surfing session.

The Teenager Card

To give him the freedom to choose from: remineralizing bath, marine affusion, hydrorelax, digito-cranial, foot massage, makeup advice, hand care, yoga, surfing.
Sensation Rugby: Thalasso Rugby Weekend

Objective : Escape

2 days - 1/2 board - 4 individual treatments

Olympic Biarritz match in VIP stand with Open Bar before the match and at half-time.

Combine your passion for rugby with the benefits of thalassotherapy with our winning duo. Rugby is an integral part of the basque country's identity. More than a sport, it is a passion animated by deep great values!

During the match, enjoy and participate with the entire region fans, support and “push” their team at the rhythm of Basque songs that “seton fire” the entire Aguilera stadium.

To witness and share these unique moments, get out of your sofa and join the 15000 fans at the stadium...and be thrilled !!

Treatments

1 marine affusion
1 tonic jet shower
1 remineralizing bath
1 application of self-heating marine mud
SMART BOOK
YOU HAVE EVERYTHING TO GAIN

EARLY BOOKING

20% discount *
for any stay reservation
Hotel & Thalasso
6 days / 6 nights or
4 days / 4 nights in
1/2 board, confirmed 60
days prior to arrival.

15% discount *
for any stay reservation
Hotel & Thalasso
1 to 3 days / 1 to 3 nights
or half board, confirmed
15 days before the arrival
date.

TEMPO BLANCO

10% discount*
for any stay reservation
Hotel & Thalasso
6 days / 6 nights or
4 days / 4 nights in
1/2 board, confirmed 15
days before the arrival
date.

OFFERS ONLY

Single room supplement
offered *
for any booking of a stay
Hotel & Thalasso
6 days / 6 nights or
4 days / 4 nights in
1/2 board or full board.

FREE CHILD

Hosting offered
for children under 10
sharing parents’ room.

RESORT BENEFITS PASS

20% discount on the "à la carte" group sports activities for guests staying at one of our hotels. **

50% discount 2 or 4 hours access to the Marin Spa and cardio training for guests
at the Hotel and Residence Hotel Ibaia.

* Offers can not be combined with each other or any other promotion. See calendar, booking conditions and pricing conditions
in the 2019 price list.
** Off surf.
I LISTEN TO MY DESIRES

LONG-TERM STAYS

STAYS
Fitness

STAYS
Thinness

STAYS
Sport

STAYS
Health

I WANT
recover my vitality

I WANT
feel good in my body

I WANT
move

I WANT
resume my body

Wellness
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Essential
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Relaxation Oceane
- Page 19 -

Wellness Break
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Thinness
- Page 20 -

Silhouette
- Page 21 -

Detox Break
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Sport Attitude
- Page 22 -

Surf Attitude
- Page 23 -

Kine Amplitude
- Page 24 -

2nd Post-Cancer
Breath
- Page 25 -
I LISTEN TO MY DESIRES

LONG-TERM STAYS

**STAYS**
- **Zen**
- **Harmony**
  - Body & Spirit
- **Freedom**
  - Thalasso & Spa

**I WANT**
- let go
- recreate my inner harmony
- to draw my cure

**STAYS OVER THE WATER**
1, 2 OR 3 DAYS

**GETAWAYS**

**STAYS**
- **Zen**
- **Harmony**
  - Body & Spirit
- **Freedom**
  - Thalasso & Spa

**I WANT**
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- **Zen**
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  - Body & Spirit
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  - Thalasso & Spa

**I WANT**
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- to draw my cure

**STAYS OVER THE WATER**
1, 2 OR 3 DAYS

**GETAWAYS**

**Wellness Thalasso**
- Page 39
  - Initiation 1 day
  - Emotion 2 days
  - Passion 3 days

**Thalasso Duo**
- Page 40
  - Initiation 1 day
  - Emotion 2 days
  - Passion 3 days

**Thalasso Spa & Beauty**
- Page 41
  - Initiation 1 day
  - Emotion 2 days
  - Passion 3 days

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For Her
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OUR LONG STAYS

6 & 4 DAYS

- CURE WELLNESS -

Objective: To find the fishing

A lightened program with proven efficiency for fitness while fun.
This 100% Thalasso treatment, a real concentrate of marine energy combines rest and invigorating care for a guaranteed restorative effect.

Treatments

<table>
<thead>
<tr>
<th>6 days</th>
<th>4 days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Revitalizing Treatments •</strong></td>
<td><strong>Revitalizing Treatments •</strong></td>
</tr>
<tr>
<td>3 remineralizing baths, 3 hydrorelax, 3 jet tonic showers, 3 self-heating marine mud applications</td>
<td>2 remineralizing baths, 2 hydrorelax, 2 jet tonic showers, 2 self-heating marine mud applications</td>
</tr>
<tr>
<td><strong>Relaxing Treatments •</strong></td>
<td><strong>Relaxing Treatments •</strong></td>
</tr>
<tr>
<td>3 marine affections, 3 relaxing massages</td>
<td>2 marine affections, 2 relaxing massages</td>
</tr>
</tbody>
</table>

Le + Serge Blanco

100% individuals treatments

ONLY IN HOTELS AND RESIDENCES IBAIA ***

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR LONG STAYS
6 & 4 DAYS

- CURE ESSENTIAL -

Objective : Recharge sustainably

This is the reference for a treatment, the one which maximizes the benefits of the cure and increases the advantage of the marine elements.
A program rich in vital care, remineralizing and regenerating basic essential needs to rebalance deficient organisms.
A cure adapted to each one, any time of the year, to regain energy, dynamism and boost your potential of vitality.

Treatments

6 days

• Revitalizing Treatments •
3 hydromassage baths,
3 remineralizing baths,
6 jet showers,
3 revitalizing seaweed wraps
or self-heating marine mud applications

• Relaxing Treatments •
6 marine diseases,
2 relaxing massages
1 marine affusion massage

4 days

• Revitalizing Treatments •
2 hydromassage baths,
2 remineralizing baths,
4 tonic jet showers,
2 revitalizing seaweed wraps
or self-heating sea mud applications

• Relaxing Treatments •
4 marine affections,
1 relaxing massage,
1 marine affusion massage

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR LONG STAYS
6 & 4 DAYS

- CURE RELAXING OCEAN -

Objective: Relax and rejuvenate

This formula is the perfect compromise between the benefits of thalassotherapy and the pleasure of cocooning. A comprehensive seawater treatment program enriched with a daily relaxing massage to eliminate fatigue and unwind muscle tension.

A cure that suits all profiles to regain original vitality where each moment is made of deep relaxation, feeling of comfort, well being and great pleasure.

**Treatments**

<table>
<thead>
<tr>
<th>6 days</th>
<th>4 days</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Revitalizing Treatments •</td>
<td>• Revitalizing Treatments •</td>
</tr>
<tr>
<td>2 remineralizing baths,</td>
<td>2 remineralizing baths,</td>
</tr>
<tr>
<td>3 tonic jet showers,</td>
<td>2 tonic jet showers,</td>
</tr>
<tr>
<td>2 hydromassages,</td>
<td>4 applications of self-heating marine sludge,</td>
</tr>
<tr>
<td>6 revitalizing seaweed wraps or self-heating marine mud applications</td>
<td>1 hydromassage</td>
</tr>
<tr>
<td>• Relaxing Treatments •</td>
<td>• Relaxing Treatments •</td>
</tr>
<tr>
<td>2 marine affections,</td>
<td>1 marine affusion,</td>
</tr>
<tr>
<td>3 hydrorelax, 6 relaxing massages with essential oils</td>
<td>4 relaxing massages</td>
</tr>
<tr>
<td></td>
<td>2 hydrorelax</td>
</tr>
</tbody>
</table>

100% individuals treatments
1 Massage every day

ARRIVAL POSSIBLE EVERY DAY

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Les + Serge Blanco
Objective: To control "overweight"

The strong assets of this cure are: 3 joint actions to increase its effectiveness and to initiate the loss of weight. Specific thalassotherapy treatments to drain, destock, tone up and strengthen. Slimming menus concocted by the Chef to enjoy but in a lighty way without any qualm, cooking ans dietetic workshops to learn the basics of wellness food. Personalized supervision with coaches during the various indoor sport activities, pool exercises and beach sessions will help you regain control of your balance. The only aim we are targeting is to make sure that your cure ends with positive results through our professional assessment. That will demonstrate the importance of maintaining your body in a consistent manner and the pleasure brought by sports activities.

Treatments

- Revitalizing Treatments •
  3 tonic jet showers
  4 hydromassage baths with slimming essential oils

- Slimming Treatment •
  3 thermo-sweat wraps with spirulina algae,
  3 draining wraps with fucus algae, 2 slimming watermass, 6 "destock"
  massages, 3 detox Japanese sauna sessions

- Physical Activity •
  3 BungyPump sports marches, 1 tonic aquagym class, 1 session of
  Hiit Concept, 1 dynamic cardio training circuit, 1 silhouette sculptural
  circuit, 1 stretching class, 2 slimming aquabike classes

- Expert Appointment •
  1 start of treatment, 1 dietary consultation at the beginning of the
  treatment, 1 dietary workshop, 1 slimming cooking class, 1 end-of-cure
  dietary assessment

Les + Serge Blanco
100% individuals treatments
Breakfast in your room
Slimming herbal tea at will

MEDICAL CERTIFICATE OF NO CONTRAINDICATION TO THE PRACTICE OF SPORTS ACTIVITIES OF THE REQUESTED CURE

ONLY IN HOTEL SPA & SPA SERGE BLANCO ****
AND FULL BOARD

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
OUR LONG STAYS

6 & 4 DAYS

- CURE SILHOUETTE -

Objective: Shape your body

Without any sport activities or diet, this cure offers thalasso treatments and massages targeting only certain areas of the body to refine, tone up and shape the silhouette, you have come to look for. You will benefit of the exclusive technology from Carita : Technoled with ultrasound micro-massage sessions which have effective and positive results against localized cellulite and have the great benefit to restore your skin to its original state. A dietary consultation at the start and the end of the cure allows you to make an accurate assessment in order to help you embrace dietary habits that suit your morphology and your self.

New Program

Treatments

6 days

• Revitalizing Treatments •
6 tonic jet showers

• Silhouette Treatment •
3 firming seaweed wraps, 4 anti-cellulite watermass, 2 pressotherapy, 3 sessions of Japanese sauna aimed at toning

• Treatment Beauty Spa •
1 green tea cereal body scrub, 5 carita technoled cares rebellious zones & firming massages

• Expert Appointment •
1 dietary consultation at the beginning of the treatment, 1 dietary assessment at the end of the treatment

4 days

• Revitalizing Treatments •
4 tonic jet showers

• Silhouette Treatment •
2 pressotherapy, 2 sessions of invigorating Japanese sauna, 2 watermass, 2 firming algae wraps

• Treatment Beauty Spa •
1 green tea cereal body scrub, 4 carita technoled cares rebellious zones & firming massages

STAYS Thinness

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR LONG STAYS

6 DAYS

- CURE SPORT ATTITUDE -

Objective: Aiming to get you back to physical activities

Aimed at people who want to live a thalasso dynamic, this course combines hydrotherapy care and sports activities supervised by professionals. To choose according to his preferences and aptitudes. The chosen formula will then be adapted to your physical condition. Because it’s never too late to reclaim your body and enjoy the benefits of sport on its shape.

Sport is health!
The “Cure Sport Attitude” is for all those who want to put themselves or get back to the sport with confidence and also fitness addicts. With the advice of our coaches, recover the taste of effort and the pleasure of going beyond.

Treatments

- Revitalizing Treatments -
  3 jet tonic showers, 4 remineralizing baths with marines, 3 hydromassages, 3 revitalizing seaweed wraps or self-heating marine mud applications

- Relaxing Treatments -
  3 recovery massages with essential oils of gaultherie, 3 muscular flexibility massages with rosemary essential oils

- Physical Activity -
  1 BungyPump sports walk, 1 Hiit Concept session, 2 dynamic fit training circuits, 1 tonic aquabike course

Le + Serge Blanco
100% individuals treatments

MEDICAL CERTIFICATE OF NO CONTRAINDICATION TO THE PRACTICE OF SPORTS ACTIVITIES OF THE REQUESTED CURE

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
OUR LONG STAYS
6 DAYS

- CURE SURF ATTITUDE -

Objective: Searching for the perfect wave!

From 31/03/19 to 31/10/19

Boosting sensations and relaxing, these are the goals of this surf treatment, a natural extension of thalassotherapy. Theoretical and practical lessons to learn to slide on the waves or to improve your technique.

To you the good spots!

Treatments

• Revitalizing Treatments •
2 tonic jet showers, 1 remineralizer bath with seaweeds, 2 revitalizing seaweed wraps or self-heating sea mud applications

• Relaxing Treatments •
1 massage with essential oils of gaultherie,
2 muscular flexibility massages with essential oils of rosemary,
2 hydrorelax

• Physical Activity •
5 surf sessions of 2 hours *

* The duration of the service includes reception, undressing time and equipment.

Le + Serge Blanco
100% individuals treatments

MEDICAL CERTIFICATE OF NO CONTRAINDICATION TO THE PRACTICE OF SPORTS ACTIVITIES OF THE REQUESTED CURE

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
A cure whose primary goal is to relieve the pain of various rheumatic, inflammatory or degenerative disorders. With the weightlessness state from the seawater, the expertise of our physiotherapists and a comprehensive care program specially developed to reduce joint stiffness, you will surely gain in flexibility, mobility and great comfort.

The thalassotherapy fundamental treatments and massages bring you a renovating relaxation and restful well-being. You feel at ease with very fluide body movements and that fills you with energy.

**Treatments**

- **Revitalizing Treatments**
  3 applications of self-heating marine sludge analgesic, 4 remineralizing baths with essential oils, 3 hydromassages

- **Relaxing Treatments**
  3 hydrorelax, 3 decontracting massages

- **Kine Activities**
  3 aquados in heated seawater basin 5 sessions of dry rehabilitation or heated seawater

- **Expert Appointment**
  1 kine consultation of beginning of cure, 1 physio assessment of end of treatment

**Les + Serge Blanco**

100% individuals treatments  
Kineticized rehabilitation protocols

**FREE AND UNLIMITED ACCESS**

AT THE MARINE SPA AND THE FITNESS AREA

*Treatment from Monday to Saturday*
OUR LONG STAYS

6 DAYS

- CURE POST-CANCER 2ND BREATH -

Objective: To regain trust and certitude in your body

Post-therapeutic treatment for people in total remission who have suffered a painful and invasive medical journey. A caring and considerate support to relieve and soothe the physical and psychological effects resulting from the heavy treatments such as chemotherapy or radiotherapy. Based on a body-spirit and sense approach, this cure will help boost your strength, energy and will power to bring you confidence and ease your return to normal life.

Regenerating spa treatments and other specific ones suiting each different need in order "to reconnect" and move forward in total harmony with your body.

Treatments

- Revitalizing Treatments -
  3 hydromassages, 3 applications of self-heating marine mud, 3 hydromassage baths with essential oils, 3 remineralizing baths with oligo-marine

- Relaxing Treatments -
  3 relaxing massages with essential oils, 3 hydorelax, 1 session of Japanese detox sauna

- Regenerating Treatment -
  1 sensory awakening massage, 1 yoga session, 1 sensitive foot reflexology, 1 vertebral reflexology, 1 holistic energy session

- Expert Appointment -
  1 sophrotherapeutic interview beginning of cure, 1 sophrotherapeutic end-of-cure assessment

Le + Serge Blanco
100% individuals treatments

MEDICAL CERTIFICATE OF CONS-INDICATIONS FROM YOUR ONCOLOGIST IS REQUIRED TO FOLLOW THE CURE PROGRAM.

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
OUR LONG STAYS

6 DAYS

- CURE ANTI-STRESS & BURN-OUT -

Purpose: A healthy, beneficial and protective break

Mad pace life, tension, pressure, stress ans anxiety...
Your life shows stressor elements and signs that you do not know nor feel which are affecting your health, behavior and your personal relationships.

This cure is focusing on a "reconnexion to one self"! helping you to erase your mental fatigue, your exhaustion and regain a feeling of great physical state and well being.
Become yourself again...regain control of your feeling.

Treatments

• Revitalizing Treatments •
3 hydromassages, 4 wraps of cotton algae

• Relaxing Treatments •
2 sessions of relaxing Japanese sauna, 3 hydorelax,
3 relaxing massages with essential oils

• Anti-stress Treatment •
1 sensory awakening massage, 1 digito-cranial massage,
1 vertebral reflexology, 2 holistic energy sessions,
1 mindfulness meditation session, 1 psycho-corporal relaxation session, 1 foot reflex relaxation massage, 1 yoga session

• Expert Appointment •
1 sophrotherapeutic interview beginning of cure,
1 sophrotherapeutic end-of-cure assessment

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
# OUR LONG STAYS

## 6 DAYS

### - CURE NATURE PREVENTION -

**Objective:** Take care of yourself naturally

Using nature as preventive medicine is the goal of this cure that comes in seasonal version for better adaptation to the dynamics of the body. With the advice of a naturopath, help your body do not cross its physiological limits. Let yourself be guided towards wellness and leave with concrete orientations to continue in the way of personal development 100% nature. Gluten-free and lactose-free meals are offered during this program to benefit from a diet that improves digestive comfort.

## New Program

### Treatments

<table>
<thead>
<tr>
<th>6 days spring / summer</th>
<th>6 days fall / winter</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>From 03/03/19 to 30/06/19</strong></td>
<td><strong>From 01/09/19 to 24/11/19</strong></td>
</tr>
<tr>
<td><strong>Relaxing Treatments</strong></td>
<td><strong>Relaxing Treatments</strong></td>
</tr>
<tr>
<td>3 relaxing massages with personalized essential oils, 2 sessions of detoxifying Japanese sauna, 1 massage with medicinal plants, 1 session of mindfulness meditation, 1 massage “History of Belly” (Chi Nei Tsang)</td>
<td>3 relaxing massages with personalized essential oils, 1 marine affusion, 1 hydrorelax, 2 sessions of relaxing Japanese sauna, 1 massage with medicinal plants, 1 session of mindfulness meditation, 1 massage “History of Belly” (Chi Nei Tsang)</td>
</tr>
<tr>
<td><strong>Revitalizing Treatments</strong></td>
<td><strong>Revitalizing Treatments</strong></td>
</tr>
<tr>
<td>4 remineralizing baths, 4 revitalizing seaweed wraps, 2 tonic jet showers</td>
<td>4 remineralizing baths, 4 revitalizing seaweed wraps</td>
</tr>
<tr>
<td><strong>Relaxation Treatments</strong></td>
<td><strong>Relaxation Treatments</strong></td>
</tr>
<tr>
<td>1 vertebral reflexology</td>
<td>1 vertebral reflexology</td>
</tr>
<tr>
<td><strong>Naturopathic Treatment</strong></td>
<td><strong>Naturopathic Treatment</strong></td>
</tr>
<tr>
<td>1 introductory workshop on natural cosmetics</td>
<td>1 introductory workshop on natural cosmetics</td>
</tr>
<tr>
<td><strong>Physical Activity</strong></td>
<td><strong>Physical Activity</strong></td>
</tr>
<tr>
<td>1 BungyPump walk, 1 session of Thai yoga with relaxing seasonal essential oils</td>
<td>1 BungyPump walk, 1 session of Thai yoga with relaxing seasonal essential oils</td>
</tr>
<tr>
<td><strong>Expert Appointment</strong></td>
<td><strong>Expert Appointment</strong></td>
</tr>
<tr>
<td>Naturopathic consultation and iridology session at the beginning of the treatment, 1 naturopathy report at the end of the treatment</td>
<td>Naturopathic consultation and iridology session at the beginning of the treatment, 1 naturopathy report at the end of the treatment</td>
</tr>
</tbody>
</table>

### ONLY IN HOTEL THALASSO & SPA SERGE BLANCO ****

**Le + Serge Blanco**

100% individuals treatments

FREE AND UNLIMITED ACCESS

AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
At the same time preventive and curative, this stay based on a global approach of Ayurvedic medicine strives to restore: the physical balance, mental, emotional and assimilate the elements of a healthier life. A true antidote to overworked life, find your way back to inner harmony with a custom-made treatment protocol based on your dominant dosha and an ayurvedic diet rich in flavors and colors, perfectly balanced nutritionally. This experience opens up new sensory and spiritual horizons and gives you the keys to pursue, beyond the cure, your path towards self-realization.

**Treatments**

<table>
<thead>
<tr>
<th>6 days</th>
<th>4 days</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Relaxing Treatments</strong> •</td>
<td><strong>Relaxing Treatments</strong> •</td>
</tr>
<tr>
<td>6 hydromassage baths with personalized essential oils, 6 custom revitalizing seaweed wraps</td>
<td>3 hydromassage baths with personalized essential oils, 4 personalized revitalizing seaweed wraps</td>
</tr>
<tr>
<td><strong>Treatments Beauty Spa</strong> •</td>
<td><strong>Treatments Beauty Spa</strong> •</td>
</tr>
<tr>
<td>1 Vedic body scrub with precious spices</td>
<td>1 Vedic body scrub with precious spices</td>
</tr>
<tr>
<td><strong>Ayurvedic Treatments</strong> •</td>
<td><strong>Ayurvedic Treatments</strong> •</td>
</tr>
<tr>
<td>1 panchakarma massage, 1 abhyanga massage, 1 shirodara massage, 1 kansu bowl foot massage, 1 marmas point massage</td>
<td>1 panchakarma massage, 1 abhyanga massage, 1 shirodara massage, 1 kansu bowl foot massage</td>
</tr>
<tr>
<td><strong>Relaxation Treatments</strong> •</td>
<td><strong>Relaxation Treatments</strong> •</td>
</tr>
<tr>
<td>1 mindfulness meditation session, 1 yoga session</td>
<td>1 mindfulness meditation session, 1 yoga session</td>
</tr>
<tr>
<td><strong>Expert Appointment</strong> •</td>
<td><strong>Expert Appointment</strong> •</td>
</tr>
<tr>
<td>1 ayurvedic consultation of beginning of cure, 1 Ayurvedic assessment advice of end of cure</td>
<td>1 ayurvedic consultation of beginning of cure, 1 Ayurvedic assessment advice of end of cure</td>
</tr>
</tbody>
</table>

**ONLY IN HOTEL THALASSO & SPA SERGE BLANCO ****

Les + Serge Blanco

100% individuals treatments
Organic food of Indian inspiration, Ayurvedic herbal tea, fruits available at the bar between meals and a cocktail of fruit juice daily

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA
Treatment from Monday to Saturday
OUR LONG STAYS
6 & 4 DAYS

- CURE FOR HER -

Objective: To indulge onseself

A program solely ans specially design for female. This cure meets both your desire for body care and beauty care. The restorative and beneficial effect of the thalassotherapy, the relaxation and sensorial pleasure of massages with ‘enchanting’ scents : your body goes into relaxation and looseness mood. Facial treatments performed by our Spa Pratitioner Experts will hydrate, nourish and deeply “smooth” your skin. An apparent and noticeable anti-aging result. A session of customized beauty recommendation will show and confirm that you are at the top, splendid and radiant ! A “treat”, for all women who want to look good and please themselves.

Treatments

6 days

• Revitalizing Treatments •
3 sea affusions, 3 jet tonic showers, 3 seaweed revitalizing wraps or self-heating marine mud applications

• Relaxed Treatments •
3 relaxing massages with essential oils, 4 remineralizing baths with oligo-marine

• Draining Treatments •
3 pressotherapy

• 5 different Liberty Treatments to choose from when booking •
1 sea crystal body scrub, 1 oriental body scrub, 1 shea butter body massage & argan oil, 1 radiance vitality facial treatment, 1 beauty spa consultation session, 1 digito-cranial massage, 1 floral fairy body massage, 1 face-lift thermo facial, 1 face care prestige excellence anti-aging

4 days

• Revitalizing Treatments •
2 marine affusions, 2 jet tonic showers, 2 seaweed revitalizing wraps or self-heating marine mud applications

• Relaxed Treatments •
2 relaxing massages with essential oils, 4 remineralizing baths with oligo-marine

• Draining Treatments •
2 pressotherapy

• 4 different Liberty Treatments to choose from when booking •
1 sea crystal body scrub, 1 oriental body scrub, 1 shea butter body massage & argan oil, 1 radiance vitality facial treatment, 1 beauty spa consultation session, 1 digito-cranial massage, 1 floral fairy body massage, 1 face-lift thermo facial, 1 face care prestige excellence anti-aging

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR LONG STAYS

6 & 4 DAYS

- CURE FOR HIM -

Objective: To feel simply good

Real "bath of youth" to experience in a masculine way. A type of care adapted to specific men needs. According to your desires, the thalassotherapy treatments will be adjusted: relax or tonic, but in any case restorative and strengthening. Massages, scrubs and facial, hair, hands care are offered in our Spa beauty menu.

Let go and release the tension during these delightful moments in a "wadded atmosphere and perfumed richness of the aromatic oils and balms. A program of sport activities established by the physical trainers is at your disposal. A cure which gives everyone freedom to put together their own wellness program.

Treatments

6 days

- Revitalizing Treatments •
  4 marine affusions, 3 jet tonic showers, 3 seaweed revitalizing wraps or self-heating marine mud applications

- Relaxing Treatments •
  3 relaxing massages with essential oils, 3 remineralizing baths with oligo-marine, 3 hydromassage baths with essential oils

- 5 different Liberty Treatments to choose from when booking •
  1 salt body scrub from Salies-de-Béarn, 1 peppermint tonic body scrub, 1 body massage with aromatic balms, 1 wellness body massage with oriental oils, 1 purifying facial tonic, 1 gentle hand care, 1 digito-cranial massage, 1 Christophe Robin hair treatment, 1 old-fashioned shaving treatment

4 days

- Revitalizing Treatments •
  3 sea affusions, 3 jet tonic showers, 2 seaweed revitalizing wraps or self-heating marine mud applications

- Relaxing Treatments •
  2 relaxing massages with essential oils, 4 remineralizing baths with oligo-marine

- 4 different Liberty Treatments to choose from when booking •
  1 salt body scrub from Salies-de-Béarn, 1 peppermint tonic body scrub, 1 body massage with aromatic balms, 1 wellness body massage with oriental oils, 1 purifying facial tonic, 1 gentle hand care, 1 digito-cranial massage, 1 Christophe Robin hair treatment, 1 old-fashioned shaving treatment

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS

AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
As the feeling of freedom influences our way of life, hence concoct your own cure according to your likings or your curiosity. This freedom of choice will be a specific privilege which give your treatment program a pleasing feel.

A cure tailored for 100% satisfaction!
Upon reservation, feel free to choose from the range of treatments offered.

The irreplaceables
- 6 Treatments -
Relaxing massage with essential oils, lymphatic drainage, salt body scrub from Salies-de-Béarn, "palpate-roll" slimming massage, foot massage with kansu bowl, digito-cranial massage

The precious
- 1 Spa Treatment -
Serge Blanco signature treatment by Carita, kansu bowl body massage

The Heteroclites
- 2 activities / workshops -
Taste workshop, tonic aquabike class, BungyPump sports walk

Timelessness
- 12 Hydrotherapy Treatments -
Remineralizing bath (with trace elements, algae, essential oils, marine crystals), tonic jet shower, marine affusion, hydrelax, algae wrapping (laminaria, fucus, spirulina, cotton, 3 teas), application of sludge self-heating marine

The Irresistibles
- 2 Cocooning Treatments -
Serge Blanco signature massage, Carita mythical facial treatment, body massage of the world, sensory awakening massage

Le Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Treatment from Monday to Saturday
OUR LONG STAYS

6 & 4 DAYS

- CURE MASSAGES OF THE WORLD -

Objective: To live an everlasting escape

Ceremonial and rituals for your body, harmony of the senses, care and exotic scents are here the key words.
In addition to our comprehensive spa treatments, enjoy the option our massage of the world which will carry you away to discover enchanting far away well being cares: Japan, Tibet, China, Hawaii... discover the ancestral manual ways of treatments lasting from the oriental philosophies for therapeutic purposes: shiatsu, ayurveda, reflexology.
The aim is to treat and to balance body and spirit since they are inseparable! Softness and warmth of the massage, mysterious blend of scents, relaxing music... You can indulge in multisensory pleasure and enjoyment.

Treatments

6 days

- **Revitalizing Treatments**
  3 sea affusions, 3 jet showers, 3 hydromassages,
  3 revitalizing seaweed wraps or self-heating marine mud applications

- **Relaxing Treatments**
  3 hydrorelax, 4 remineralizing baths with marine crystals Serge Blanco by Les Cabines Blanches

- **5 different Liberty Treatments to choose from when booking**
  1 lomi-lomi spa massage, 1 Balinese spa massage, 1 spa massage with bamboo, 1 Siam Spa Massage, 1 Panchakarma Spa Massage, 1 Sensitive Plantar Reflexology, 1 Oriental Earth Spa Massage, 1 Tuina Spa Massage, 1 Shiatsu Massage, 1 Tibetan spa massage

4 days

- **Revitalizing Treatments**
  1 marine affusion, 1 tonic jet shower, 1 seaweed revitalizing wrap or self-heating marine mud application

- **Relaxing Treatments**
  1 hydrorelax, 2 remineralizing baths with oligo-marine, 2 hydromassage baths

- **4 different Liberty Treatments to choose from when booking**
  1 lomi-lomi spa massage, 1 Balinese spa massage, 1 spa massage with bamboo, 1 Siam Spa Massage, 1 Panchakarma Spa Massage, 1 Sensitive Plantar Reflexology, 1 Oriental Earth Spa Massage, 1 Tuina Spa Massage, 1 Shiatsu Massage, 1 Tibetan spa massage

Le + Serge Blanco

100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR BREAKS ESCAPE
4 DAYS

- BREAK BODY & SOUL -

New in 2019

Objective: To gain in comfort of life

From 03/03/19 to 30/06/19
From 01/09/19 to 24/11/19

A return to the sources of Asian wisdom for this pause based on the empathic listening and accompaniment that leads you on the path of ancient welfare. Focused on vital organs, this comprehensive care program is based on a thousand years of knowledge to enable physical, emotional and psychic cleansing ... A global renewal of being based on an energetic regeneration ...

Treatments

- Relaxing Treatments -
  1 affusion massage, 1 relaxing massage

- Specific Treatments -
  1 session of laser acupuncture, 1 massage "History of Belly" (Chi Nei Tsang), 1 vertebral reflexology, 1 acces bar consciousness, 1 massage Tok Sen

- Revitalizing Treatments -
  1 application of self-heating marine mud, 1 revitalizing seaweed wrap, 1 session of detoxifying Japanese sauna

- Expert Appointment -
  1 precise entry assessment carried out by a Psycho Corporal Practitioner who, using an Organometer, will "scan the body" in order to discern energetic blockages, 1 exit report with a Psycho Corporal Practitioner

Les + Serge Blanco

100% individuals treatments
Specific treatment carried out by a dedicated "Psycho Corporal Practitioner", a daily check-up for evolving care that adapts and nuances in respect of the individuality of each, personalized protocols for accompanying the spa therapist in energy therapy, painless and without stress with the laser acupuncture apparatus.

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
OUR BREAKS ESCAPE

4 DAYS

A true alternative to the classic 6-day formula for all those who wish to take an effective break. They allow easier organization and even improvise a break at the last minute. Mini format for a concentrate of benefits: attractive prices, relaxation and cocooning guaranteed.

- BREAK WELFARE -

Objective: Boost vitality

Reference fitness in concentrate over 4 days to discover the undeniable “thalassotherapy effect” through basic hydrotherapy treatments. All the regenerative benefits of marine elements with this toning and vitalizing break. The perfect parenthesis to relax and get away from it all.

Treatments

- Revitalizing Treatments -
  1 application of self-heating marine sludge,
  1 marine affusion, 1 jet tonic shower, 2 relaxing baths with oligo-marine, 2 hydromassage baths with essential oils

- Relaxing Treatments -
  2 relaxing massages with essential oils, 2 hydromassage baths

- Spa Beauty Treatments -
  1 salt body scrub Salies-de-Béarn

- BREAK DETOX -

Objective: Open to a new lifestyle

Give your tired, saturated metabolism a cocktail of detoxifying treatments to breathe new energy into your body. This treatment thought of as a great “cleansing of the body” opens to a depurative kitchen and sports activities by the sea to boost oxygenation.

Treatments

- Revitalizing Treatments -
  2 wraps with spirulina algae,
  2 purifying wraps with fucus algae,
  2 detoxifying Japanese sauna sessions, 2 tonic jet showers

- Relaxing Treatments -
  2 Atlantic detox massages, 2 hydromassage baths with Atlantic essential oils

- Spa Beauty Treatments -
  1 detox body scrub

- Physical Activity -
  2 BungyPump sports marches, 1 tonic aquabike class

Les + Serge Blanco

100% individuals treatments
Specific diet, daily seaweed cocktail, dietary advice cards given at the end of treatment

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
In 4 days also
...

- WELLNESS - page 16
- ESSENTIAL - page 17
- OCEAN RELAXATION - page 19
- SILHOUETTE - page 21
- AYURVEDIC MEETING - page 29
- FOR HER - page 30
- FOR HIM - page 31
- MASSAGES OF THE WORLD - page 33
A nice personalized escape. 1, 2, 3 nights (weekend or weekday you choose!) Come and rejuvenate, recharge, and fill your body up with energy. LET GO...and enjoy care and benefit of the different massages. This "escape" is the opportunity to discover the thalassotherapy, to be able to improvise a short break which a need in this daily frantic life! Everyone gains and benefits in its own way. Experience on your own fully and practice "solo" or share these moments of well-being and pleasure with friend, lover.... Thalasso treatments, beauty treatments, massages for single or couple, relaxation at the marine spa, you have the choice...
3, 2, 1 GO...
OUR GETAWAYS WELLNESS THALASSO

Really concentrated well-being to recharge
the batteries in a minimum of time.

- INITIATION WELLNESS THALASSO GETAWAY -
  1 day / 1 night - 3 individual treatments

  Treatments
  1 hydromassage bath with essential oils,
  1 marine affusion, 1 revitalizing seaweed wrap

- EMOTION WELLNESS THALASSO GETAWAY -
  2 days / 2 nights - 6 individual treatments

  Treatments
  1 remineralizing bath with oligo-mariners, 1
  hydromassage bath with essential oils, 1 marine
  affusion, 1 revitalizing seaweed wrap,
  1 hydrorelax, 1 relaxing massage with essential oils

- THALASSO WELLNESS PASSIONATE GETAWAY -
  3 days / 3 nights - 9 individual treatments

  Treatments
  1 remineralizing bath with oligo-mariners, 1
  hydromassage bath with essential oils, 2 marine
  affusions, 2 revitalizing seaweed wraps, 1 hydrorelax, 1
  relaxing massage with essential oils, 1 jet shower

Le + Serge Blanco
100% individuals treatments

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
3, 2, 1 GO...

OUR THALASSO SPA GETAWAYS

The essential of the thalasso coupled with the benefits massages to enjoy a moment of relaxation for two.

- INITIATION THALASSO DUO GETAWAY -
1 day / 1 night - 2 individual treatments - 1 duo treatment

Treatments

1 bain hydromassant aux huiles essentielles,
1 enveloppement revitalisant aux algues

• Spa treatment to share in Cabin Duo •
1 oriental body massage aromakarity

- EMOTION THALASSO DUO GETAWAY -
2 days / 2 nights - 4 individual treatments - 2 duo treatments

Treatments

1 hydromassage bath with essential oils,
1 marine affusion, 1 revitalizing seaweed wrap,
1 relaxing massage with essential oils

• Spa treatment to share in Cabin Duo •
1 aromakarity oriental body massage, 1 energy & serenity spa ritual (digito-cranial and kansu feet bowl)

- THALASSO DUO PASSIONATE GETAWAY -
3 days / 3 nights - 6 individual treatments - 3 duo treatments

Treatments

1 remineralising bath with oligo-mariners, 1 hydromassage bath with essential oils, 1 marine affusion, 1 revitalizing seaweed wrap, 1 hydrorelax, 1 relaxing massage with essential oils

• Spa treatment to share in Cabin Duo •
1 aromakarity oriental body massage, 1 energy & serenity spa ritual (digito-cranial and kansu feet bowl), 1 Balinese body massage

STAYS
Thalasso Duo

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day

100% individuals treatments

Le Serge Blanco
3, 2, 1 GO...

OUR THALASSO SPA & BEAUTY GETAWAYS

Unique moments of escape...
Succumb to the subtle marriage of highly relaxing spa treatments and ancestral manual techniques from elsewhere. Every day trust the expert hands of our Spa Practitioners for a real release during a ritual of 1h50.

- SPA & BEAUTY INITIATION GETAWAY -

1 day / 1 night

Treatments
1 Ritual Spa Dream of Elsewhere

- SPA & BEAUTY EMOTION GETAWAY -

2 days / 2 nights

Treatments
1 Ritual Spa Dream of Elsewhere
1 Ritual Spa of the Rising Sun

- SPA & BEAUTY PASSIONATE GETAWAY -

3 days / 3 nights

Treatments
1 Ritual Spa Dream of Elsewhere
1 Ritual Spa of the Rising Sun
1 Spa Ritual Féérie du Lagon

Ritual Spa Dream of Elsewhere 1h50 *
Body scrub salt and black soap, oriental earth wrap, oriental body massage with melted shea butter and argan oil

Ritual Spa of the Rising Sun 1h50 *
Zen algo-serum wrap 3 teas, panchakarma body massage, asia facial treatment

Ritual Spa Lagoon Fairy 1h50 *
Exotic wrap, lomi-lomi massage, cocoon facial aloha

Le + Serge Blanco
100% individuals treatments

*THE TIMES MENTIONED CORRESPOND TO THE ACTUAL DURATION OF CARE

FREE AND UNLIMITED ACCESS
AT THE MARINE SPA AND THE FITNESS AREA

Arrival possible every day
BEAUTY SPA SERGE BLANCO BY CARITA
DISCOVER A WORLD OF EXPERIENCE

Benefit from the unique and inimitable Carita Brand, care with fragrance and perfumed oils a whole magic thrill of new feels, a true invitation to the hourney towards “senses”
Enjoy the peace and tranquility, this is a unique and special moment which you will treasure for ever.

• Open 7 days / 7 •
• Monday to Saturday from 9:00 to 13:00 and from 14:00 to 19:00 •
• Sunday from 09:00 to 13:00 and from 14:00 to 18:00 •

Our Beauty Partners

The world of “haute-couture” care, enriched over the years by the expertise and the know-how of the skilled artists of “the beauty”. A higher and enhanced vision of the beauty with the support of an extensive range of skincare products featuring ingredients rich in active elements that reveal the uniqueness of each woman beauty.

A completely organic range, not tasted on animals, created in the Basque Country that combines plant ingredients with products from the region like the sea grass or the salt flower. Eco-certified products that combine the power of the ocean and the smoothness of the terroir. Fully Basque Country Spirit !

A range of products made to meet the specific needs for colored or sensitized hair. Different textures, visible and lasting effects, it is a high level of experience with a strong focus in the requirements.

Map of treatments to download on www.thalassoblanco.com
Booking strongly recommended before your arrival at 05.59.51.36.47
The water of the ocean at 33 ° a real promise of happiness in the heart of our Complex! This vast bright space encourages to enjoy the virtues of the marine baths. The iodized atmosphere, the vapors, everything is good to reconstitute its capital of trace elements of mineral salts and negative ions.

While you fully enjoy the pleasant and comforting sensations of aquatic activities, you increase the effectiveness of your treatments. Walking or swimming, hot or cold, massages or bubble baths each one composes its course and chooses its sensations.

The outdoor jacuzzi offers a magical view of the Jaizkibel, the first mountain in the Pyrenees born in the sea. 1 hammam and 2 saunas are at your disposal. Alone, in total plenitude mode, as an accomplice duo or as a family, the marine spa is appreciated in your own way and without moderation.

The gym, with its generous natural lighting and sophisticated equipment of last generation, is a real incentive to maintain muscle. Supporters of the soundness of physical activity on the mental potential, the coaches of the Thalasso Serge Blanco will guide you according to your objectives, your needs and your physical abilities throughout fitness classes, aqua-fitness, or individualized coaching sessions.

Indoor or outdoor sports, intensive or fun version, to each one his program, his activities with innovative courses:

Classic version with cardio training, Hiit Concept, Playful version with aquabike and water aerobics ... and Surf therapy version with BungyPump, surfing and hiking paddle ...

**THINK ABOUT IT! WEARING A SWIMMING CAP AND CLAPPERS MANDATORY IN OUR POOLS.**

MARINE SPA AND CARDIO-TRAINING ROOM, FREE ACCESS AND UNLIMITED FOR ANY SPA STAY.
RATES AT PREFERENTIAL RATES FOR ANY STAY WITH ACCOMMODATION, BY RESERVATION AND AVAILABILITY.

Brochure of activities to download on www.thalassoblanco.com
Booking strongly recommended before your arrival at 05.59.51.36.98
Located on the coast of the largest Basque Country Bay, the Thalasso Resort & Spa Serge Blanco offers, for a seaside stay, several accommodations in hotels or apart-hotel.

Between the 3 stars hotel residence or the comfort of the 4 stars hotel, you will find the ideal accommodation to fully enjoy your next holidays according to your expectations and your budget.

Whatever the establishment you choose, you will find comfortable rooms, a culinary experience and possibility of access to the fitness area: marine Spa, heated seawater pools, saunas, steam room, fitness.
A stone throw away from the lively Spanish barrios, the ocean and the mountain for horizon background and the huge sand carpet at its feet, the 4* Hotel Serge Blanco enjoys a privileged location conducive for a delightful stay.

For an optimal comfort, the hotel has its own direct access to the thalassotherapy center and the marine spa.

An original and contemporary decoration that is fully in perfect harmony with the natural Atlantic coast environment.

Air-conditioned rooms with colorful and trendy furniture, large window bay with furnished balcony overlooking the sea, the port or patio with the pyrenees mountain chain in the background.

**On fingertips**

Shops (supermarket, tobacco shop, news stand), Beach clubs for children in July and August, Shuttle boat to Spain and tapas tasting in Hondarribia, Surf and other water activities, Summer entertainment (folklore, Basque strength, pelota), Casino...

Les + Serge Blanco

«Resort Benefits Pass» 20% discount on sports activities à la carte. **
Free train station / airport transfer for cure packages 6 days by reservation
Accommodation available for children under 10 sharing their parent’s room (maximum 1 child per room).
Free breakfast for children under 6 years old

*Extra
**Off surf
HOTEL & APARTHOTEL IBAÏA ***

A PEACEFUL AND RELAXING SANCTUARY

This harmonious hotel complex, well integrated in its environment, has an outstanding location between the marina and the beach. Located 250m away from the Thalassotherapy Center, you just have to walk either along the marina or by the beach to get to it...

A great turquoise color pool is ready for a lazy mood or for exercises, a garden space and a maritime pine trees make it a tranquil retreat where a weekend break or even more is worth.!

Not too far away, on the other side of the port, the Spanish bank with the fortified city of Hondarribia is a must to visit.

On fingertips

Shops, beach clubs for children in July & August, boat shuttle to Spain and tasting tapas in Hondarribia, Surf and other water activities, summer entertainment (folklore, Basque strength, pelota ...), casino.

Les + Serge Blanco
Free train station / airport transfer for cure packages 6 days by reservation
Accommodation available for children under 10 sharing their parent’s room (maximum 1 child per room).
Free breakfast for children under 6 years old

Resort benefits pass
20% discount on group sports activities à la carte *
50% discount on the 2 or 4 hour access to the Marin Spa
* Off surf
HOTEL IBAÏA SERGE BLANCO ***

A true haven of serenity nestled on the borders of the Basque Country, where the rooms enjoy an incredible view on the marina, the mountains and the neighboring Spain.

*Hotel Ibaia combines charm and authenticity for an exceptional stay.*

Air-conditioned rooms with simple, contemporary decor, all with balconies equipped with table and armchairs to allow themselves breaks of daydreaming or contemplation.

- Safe
- Furnished balcony
- Free wifi access
- Animals*
- Solarium
- Bathroom with bathtub and separate wc
- Dry cleaning *
- Canal + & Canal Sat
- Luggage
- Covered parking*
- Outdoor pool

** Fully equipped apartments for 4 or 6 people**

- Large beds & pull-out beds **
- Furnished terrace
- Equipped kitchen***
- Animals*
- Solarium
- Bathroom with bathtub and separate wc

* Extra
** Side by side or superimposed. Sheets provided by us.
*** Plates, dishwasher, crockery & cutlery, microwave, fridge.
Make your choice...

The Serge Blanco Complex offers you 3 restaurants for your meals.

With very different moods and maps, they interpret the culture in their own way regional gastronomy.

FEED ON PLEASURE ...

GREEDY EMOTIONS

TO TASTE WITHOUT MODERATION IN BIDASSOA

Stopover at sea
Every Thursday evening our Chef offers a seafood buffet.
Wide selection of shellfish, prawns, lobster ... 

Basque land stopover
Every Wednesday evening, authentic Basque atmosphere with choir and a colorful buffet inspired by the terroir: serrano ham, chorizo, piquillos farçis, veal axoa, sheep cheese, Basque cake ....
... & DIVERSITY
ART OF LIVING

THE BIDASSOA

BALANCED

David Hamon sign a refined cuisine that unites tradition and creativity for a happy marriage.

The result delights both the eyes and the palate: classic recipes revisited, a very neat and sometimes spectacular presentation.

Seasonal products always have a place of choice and our young Chef is very inspired to find new harmonies or ideas to make a sensation on the plate.

Let yourself bluff!

AYURVEDIC

The Chef also offers an Ayurvedic menu, an amazing dining experience, rich in colors and flavors. Meals at the Bidassoa are moments of discovery, ask our butler or his team. Complicit exchanges that will help you make the best choice.

DIETETIC

For the “wisest”, possibility of diet menu with dietary and taste qualities favoring steamed cooking that preserve nutrients, minerals and trace elements. Some cures like Nature Prevention have a specific meal associated with it: gluten-free, lactose-free products.

TO DISCOVER ALSO

The cooking class "The Workshop of taste" *

Convivial invitation to dietary culinary art to relearn fresh food, simple dining, cooking with the right ingredients.

*In addition
Another register for this very friendly Basque-Spanish restaurant.

Inaki Telilla, the Chef and boss is a local personality, old torero remains aficionado and displays his passion to the walls of the room.

Pata Negra hams are hanging from the ceiling, cider is drunk at the barrel, and tapas can not be missed on the tables. The rib of beef à la plancha has also made the reputation of the house. A meal in the colors of Spain for thrills.

On the terrace or at the counter, atmosphere guaranteed!
FEED ON PLEASURE
AND FRIENDLINESS

THE ENBATA

Hotel Ibaia’s restaurant offers a menu of the market with balanced dishes with authentic tastes and a bistro menu with tasty red meats.

Special Mention Signature Signature Chef with foie gras and spices.

There are classic Tartars and grills with homemade fries, but also local recipes. Hard to resist the inevitable regional gastronomy.

Relaxed atmosphere and value for money studied for this cuisine that makes everyone happy: families, spa guests, travelers ...
AROUND YOUR STAY
VISITS TO HENDAYE’S GATES

1. BAYONNE
Rich of a history of 20 centuries, Bayonne offers today an interesting architectural landscape. Gourmet and festive traditions make it a city of daily pleasure.

2. BIARRITZ
Open city on the ocean, Biarritz was the holiday resort of Empress Eugenie. From this prestigious past, it preserves various monuments such as the Hotel du Palais.

3. SAINT-JEAN-DE-LUZ
The wedding of Louis XIV, the city of corsairs ... One of the most typical cities of the Basque Country which is told and discovered.

4. LA RHUNE
Mythical Summit of the Basque Country where a panorama of 360 ° is offered to you. Exceptional view of the coast to the endless beaches of the Landes.

5. BIRIATOU
Backed by the mountains, the village with steep streets and typically Basque architecture is ranked among the most beautiful in France.

6. FONTARRABIE
Old fortified city located on the other side of Hendaye Bay, it keeps its authenticity with its many tapas bars and superbly crafted houses.

7. SAN SEBASTIÁN
Nicknamed “The Pearl of Cantabria”, you will be distracted by its historic district where there is a festive atmosphere in the evening.

BLOC NOTE
of the week
MONDAYS AT 12:30
Welcome cocktail in the presence of the Management at the bar.

TUESDAYS AT 11:30
Dietary workshop, with our dietician.

WEDNESDAYS EVENING
Basque buffet restaurant the Bidassoa.

THURSDAYS AT 15:00
Taste workshop, restaurant the Bidassoa.

THURSDAYS AT 19:30
Tasting & sale of regional products, at the bar.

THURSDAY NIGHTS
Seafood buffet, restaurant the Bidassoa.

MUSICAL ANIMATIONS
Animations and choirs 3 times a week.
AROUND YOUR STAY
VISITS & ANIMATIONS HENDAYAISES

CASTLE OBSERVATORY
ANTOINE OF ABDADIA

Relive Antoine d’Abbadie’s travels in his home, erected at the end of the 19th century by the famous architect Eugène Viollet le Duc. Of neo-Gothic architecture, bears the Orientalist mark of its owner. Fully furnished and restored, all rooms of the Castle can be visited: the observatory and its meridian lunette, the library, the chapel, the bedrooms, the lounges and boudoirs ...

CHURCH
SAINT VINCENT

Typical Basque church, its white walls and its red roof emerge in the streets of the old town of Hendaye. Inside, you will discover beautiful pieces of decorations: polychrome bas reliefs of the 17th century, a tabernacle of 1550, a beautiful crucifix of the 13th century, paintings of the Spanish school and a golden retable of the virgin of the 16th century.

THE PORT
OF CANETA

Below the city center, on the banks of the Bidasoa, nestles the district of Canéta. It houses the remains of the ramparts of Vauban and two houses listed in the Historical Monuments of France since 2011. Bakhar Etchea is the villa where lived the writer Pierre Loti (1850 - 1923). He administered the naval base of Bidasoa, settling disputes between fishermen and wrote his novel "Ramuntcho".

MARKETS

Throughout the year, food market on Wednesday morning downtown and Saturday morning at the marina. The 4th Sunday of the month, flea market place Sokoburu side marina.

APPOINTMENT
PALM TREE

Located on the roundabout of Palm, these friendly fairs take place every Tuesday from 9:00 to 19:30 and bring together about twenty exhibitors. Boulevard du Maréchal Leclerc.

NIGHTS
PORT

Designer jewelry, bags and accessories, aquarelle paintings and reproductions on the theme of the Basque Country. Every Monday evening in July and August, place Sokoburu. Boulevard du Maréchal Leclerc.

THURSDAYS
PORT

Nearly 50 exhibitors mix world crafts and colors, every Thursday evening at the marina, Sokoburu district.
THALASSO TREATMENTS

Cold Algotheraphy
Leg treatment by application of a particular composition of fresh kelp seaweed. Circulatory stimulation and strengthening of tone.

Marine Affiliate
Sweeping the whole body with a fine shower of warm seawater diffused by a mobile boom of micro-jets. Gentle care essentially sedative and relaxing.

Application of Marine Sludge
Cataplasm of self-heating sludge for analgesic purposes on oedematous and cellulitic areas.

Thalasso baths
Remineralizing or hydromassage baths. Treatment in heated seawater bath enriched with seaweed, essential oils or oligo-marine. Improvement of venous circulation, relaxation.

Tonic Jet Shower
Remote hydromassage of medically defined areas by pressure jet and custom temperature. Ideal for treating infiltrated tissues and muscle tension.

Algae wrap
Complete body wrap with a specific seaweed cream according to the desired effects, in a bubble of sea water vapor to intensify the elimination of toxins by sweating and the absorption of minerals in marine micro-organisms. Remineralizing and revitalizing treatment.

Whirlpool
Underwater jet massage from the soles of the feet to the cervical, practiced in a bath of hot sea water by a technician. Recommended for the treatment of muscle tension. Circulatory action, anti-oedematous.

Massage under Affusion Marine
Complete body massage under a fine rain of hot seawater made by a technician, for a physical-sensory relaxation.

THALASSO MASSAGES

Tok Sen Massage
Massage using wooden instruments along the meridians. Unique in its kind, its recognized therapeutic effect makes it one of the most effective massages in the world.

Massage “History of Belly”
Chi Nei Tsang is a massage that integrates the physical, mental, emotional aspects of being. With a light and deep touch, it aims to regulate organs, stimulate their functions and help the body eliminate toxins.

Balletine massage
A winning combination for this massage that combines a gentle gesture and the active benefits of previously heated plants. The body is freed from stress and the skin is cleared of impurities.

Relaxing massage
Back and leg massage based on fresh seaweed pulp or essential oils by fluid and enveloping movements. Relaxing or toning treatment releasing the body of its muscular tensions.

Sensory Awakening Massage
Relaxing massage of the whole body by alternating gentle and harmonious movements aiming to awaken the senses and promote the proper functioning of the body while respecting the individuality of each. The anti-stress response par excellence.

Serge Blanco Signature Massage
Custom made. Your desires and needs will determine your choice. Various techniques with particular aspects: relaxing, energetic, invigorating, relaxing, circulatory, slimming.

Thai Yoga Massage
Dressed on a futon on the floor. Sequence of yoga postures punctuated by pressures and acupressure on the energetic lines.

TREATMENTS AND SPECIFIC ACTIVITIES

Laser Acupuncture
Special form of acupuncture that uses laser light instead of needles to stimulate acupuncture points for therapeutic purposes.

Access Bars Consciousness
A cranial energy practice that consists to lighten the brain of judgments, emotions and accumulated block ideas that are often limiting.

Lymphatic Drainage Body or Face
Slow, smooth and regular manual pressure along the lymphatic pathways with a particularly effective anti-infiltration circulatory effect in the case of edema and cellulitis.

Hydrorelax
Lying on a hot water mattress, the body in weightlessness relaxes under the undulating movements produced by jets with adjustable pressure. Massage with optimal relaxing effect.

Mindfulness Meditation
Gentle therapy that directs the subject to direct his attention to the present moment and to apprehend, through practical exercises, his thoughts, feelings or environment to restore the emotional and physical balance.

Rolling massage
Modeling practiced manually and used to treat cellulite such as saddlebags and orange peel.

Pressotherapy
Sequential lymphatic drainage of the lower limbs by a system of progressive pneumatic pressure boots. The application of a cryotonic gel optimizes and prolongs the benefits of the treatment.

Vertebral Reflexology
Manual technique of vibration by static and slipped pressure centered on the subcutaneous points of the spine. Stimulates and strengthens the entire body and increases the body's regenerative abilities.

Psycho-corpo1ral Relaxation
Session aimed at inducing a state of relaxation and quietude for a let go of body and mind.

Japanese sauna
Care based on the emission of long infrared penetrating deep below the epidermis to actively stimulate the body. Innovative method with detox, anti-aging and relaxing effects while improving blood circulation.

Holistic energy session
Gentle handshaking energy transmission treatment that addresses both the causes and symptoms of energy nodes and aims to rebalance body and mind.

Watermass
Mechanical palper-rolling combining the virtues of hot sea water and essential oils. Optimum efficiency on localized overload points or cellulite areas.
# BEAUTY SPA TREATMENTS

## TAKE A MOMENT FOR YOURSELF

### MASSAGES

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Abhyanga massage</td>
<td>50 mn</td>
<td>Ayurvedic massage with sandalwood butter tiédi based on the 7 energy centers of the body. Slippery massage that is gentle, invigorating and very relaxing, it brings relaxation and harmony.</td>
</tr>
<tr>
<td>Balinese massage</td>
<td>50 mn</td>
<td>Bali’s traditional wellness ritual made from mango butter and papaya. A complete massage that is both gentle and invigorating, relaxing and energetic for harmony and a perfect balance between body and mind.</td>
</tr>
<tr>
<td>Bamboo Massage</td>
<td>50 mn</td>
<td>Bamboo massage is very popular in Asia. Known in China to provide complete well-being, it symbolizes vital energy. Amazing massage by its depth, it promotes the regeneration of tissues and gives a real feeling of lightness.</td>
</tr>
<tr>
<td>Digito-Cranial Massage</td>
<td>20 mn</td>
<td>Massage targeting tension in the head and neck. It is based on digital pressure and gentle and precise movements providing deep relaxation. Immediate impact on stress problems.</td>
</tr>
<tr>
<td>Reflex Foot Massage</td>
<td>20 mn</td>
<td>Localized acupressure technique to instantly relieve tired feet. Brings energy and balance to the body.</td>
</tr>
<tr>
<td>Indian Massage at Kansu Bowl</td>
<td>1h20</td>
<td>Inspired by traditional Abhyanga Indian massage. Made with warm sesame oil and sandalwood butter, this treatment ends with a modeling session using a Kansu bowl. Overall re-energizing, it brings well-being, calm and inner peace.</td>
</tr>
<tr>
<td>Lomi-Lomi massage</td>
<td>50 mn</td>
<td>Ancestral polynesian fluid, rhythmic and enveloping massage that uses slid pressure of the forearms. A moment of exotic relaxation in the mesmerizing scent of sesame and tiare flower oils. Relieves muscle tension and improves circulation of blood and lymph.</td>
</tr>
<tr>
<td>Shirodhara</td>
<td>40 mn</td>
<td>Frontal massage by the continuous flow of a slightly heated vegetable oil fillet. It induces a deep state of mental and physical tranquility. A jewel of holistic care, it helps to tone the nervous system.</td>
</tr>
<tr>
<td>Tuina massage</td>
<td>50 mn</td>
<td>Chinese manual technique practiced under the scent of basil, oil and lime using vigorous movements, friction, kneading, acupressure points for a release of physical and emotional tensions.</td>
</tr>
<tr>
<td>Serge Blanco Signature Massage by Carita</td>
<td>1h20</td>
<td>Multi-sensorial body and face treatment combining “Fluid of beauty” mythical product of the house Carita to a subtle mix of enveloping movements and pressures slid for a deep physical and psychic relaxation.</td>
</tr>
<tr>
<td>Shiatsu</td>
<td>50 mn</td>
<td>Technique of Japanese tradition based on digito-pressures, percussions and hammering, acting on the energy channels of the body.</td>
</tr>
<tr>
<td>Technoled Carita Treatment</td>
<td>50 mn</td>
<td>Innovative program, which targets cellulite and its consequences: refines, smooths and firms where the “orange peel” nestles. It combines the exclusive features of the Cinetic Lift TM Expert machine. micro-currents, Leds, ultra sounds - and the properties of two new concentrates from the Carita range.</td>
</tr>
</tbody>
</table>

### BODY TREATMENTS

<table>
<thead>
<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scrub</td>
<td>20 mn</td>
<td>A real rejuvenating treatment for the skin, the scrub eliminates impurities and exfoliates dead cells gently. Sweet or salty, unique moment of relaxation with gourmet flavors.</td>
</tr>
<tr>
<td>Foot reflexology</td>
<td>50 mn</td>
<td>Succession of pressures and stimuli on the reflex zones of the arch. Helps relaxation, releases blockages.</td>
</tr>
<tr>
<td>Shiatsu</td>
<td>50 mn</td>
<td>Technique of Japanese tradition based on digito-pressures, percussions and hammering, acting on the energy channels of the body.</td>
</tr>
<tr>
<td>Technoled Carita Treatment</td>
<td>50 mn</td>
<td>Innovative program, which targets cellulite and its consequences: refines, smooths and firms where the “orange peel” nestles. It combines the exclusive features of the Cinetic Lift TM Expert machine. micro-currents, Leds, ultra sounds - and the properties of two new concentrates from the Carita range.</td>
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### FACE TREATMENTS

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<tr>
<th>Treatment</th>
<th>Duration</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sculpting Perfect Gold</td>
<td>50 mn</td>
<td>A global anti-aging treatment that smoothes, re-densifies and sculpts mature skin.</td>
</tr>
<tr>
<td>Treatment Cinetic Carita</td>
<td>50 mn</td>
<td>Exceptional treatment combining Carita’s expertise with the real jewel of technology: CINETIC TM, an aesthetic device associating exclusively 3 technologies: micro-current, light therapy and ultrasonic micro-massage for a real alternative to cosmetic surgery.</td>
</tr>
</tbody>
</table>

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The times mentioned correspond to the actual duration of treatment.
**PHYSICAL ACTIVITY**

**THE ALLY WELL-BEING**

Aquabike • 40 mn
Aquatic discipline on a bike immersed in a pool. It cleans the joints, remodels and refines the body. Group of 6 people maximum.

Aqua Gym • 40 mn
Gymnastics in weightlessness in seawater heated at 33 °C, for general muscular and articular work.

Hiit Concept by BH • 30 mn
Revolutionary sports concept based on a fractional intensive training mode that allows in just 24 minutes, 3 times a week, to lose weight, gain tone and increase metabolism.

Ayurvedic assessment • 1h00
Maintenance according to a protocol including the observation, the investigation and a test of constitution in order to determine the Ayurvedic profile, to identify the causes of possible imbalances and to evaluate the needs to reach a healthy life.

Kine report • 30 mn
Evaluation of postural and pathological disorders to customize your skincare program.

Rando-Paddle • 2h00
Fun nautical activity par excellence consisting of moving at sea, using a paddle, standing on a large and wide board carried by the wave. Very physical activity that mobilizes the entire body helps tone the body and maintain the cardiovascular system.

Surf • 2h00
The most iconic sport of skiing, which consists of staying balanced on a board carried by the wave. Very physical activity that mobilizes the entire body helps tone the silhouette and maintain the cardiovascular system.

Yoga • 1h00
Discipline of body and mind that combines sequences of static or dynamic postures and breathing exercises to circulate vital energy.

Bungy Pump • 45 mn
Walking with dynamic sticks increasing energy expenditure and eliminating, by its pump system, any risk of negative impacts at the joint level. Simultaneous work of the dorsal and abdominal muscles. Prevention of low back pain.

Introductory workshop on natural cosmetics • 1h00
Moment of exchange and sharing to discover the basics of natural cosmetics and the virtues and benefits of the raw materials used: vegetable oils, essential oils, hydrosols, cosmetic active ingredients ...

Taste Workshop
The Chef offers dietetic cooking classes: recipes and tips will be disclosed to find the right reflexes!

**EXPERT APPOINTMENT**

**TARGETED DIAGNOSIS**

Dietetics Workshop • 1h30
Animation and group counseling around the theme of nutrition.

Introductory workshop on natural cosmetics • 1h00
Moment of exchange and sharing to discover the basics of natural cosmetics and the virtues and benefits of the raw materials used: vegetable oils, essential oils, hydrosols, cosmetic active ingredients ...

Diet Consultation • 1h00
(Personed 30 minutes)
Personalized advice to find a balanced diet.

Sephrotherapeutic interview • 1h00
Dialogue in which the aspirations and problems will be asked as well as the objectives to reach for a return to the balance Body and Spirit.

The times mentioned correspond to the actual duration of the activities.
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