

RELAIS THALASSO

- ÎLE DE RÉ -



2021 TREATMENT MAP

LA MER
PREND SOIN
DE VOUS

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RELAIS THALASSO ÎLE DE RÉ

BETWEEN THE BEACH AND THE VINES

Right by the ocean, RELAIS THALASSO Île de Ré is a paradise in paradise. People come here to relax, treat themselves and enjoy themselves. They feel at home because of our welcoming environment. Let yourself go. Our welcoming and attentive teams will make every stay a dive into an ocean of well-being as, at the heart of the RELAIS THALASSO Wellness state of mind, sport, nutrition and sleep create the best path to lasting fulfilment.



Visit the
Île de Ré region

SAVOUR THE VIEWS

TOES IN THE SAND

With its breathtaking view, like diving into the ocean, the Loofa Bar is a thalassotherapy destination and a unique venue to enjoy at any time of the day and all year round. For a delicious and vitamin-packed lunch or a wellness aperitif by the water's edge, its healthy and tasty cuisine will delight every palate.



THE PLEASURE OF AN OUTDOOR SWIM

A SEAWATER POOL

For an exceptional swim, RELAIS THALASSO Île de Ré has a magnificent heated seawater pool (28°C). Just a few steps from the Loofa Bar, this well-being area has comfortable sofas and loungers, offering you an ideal moment of relaxation (open seasonally).

New: To fully appreciate our sea view and sunny poolside area, we have installed a fine sandy beach in front of our outdoor pool.

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A LOUNGE ATMOSPHERE
OVERLOOKING THE OCEAN





Sophrology



The marine spa



Cryotherapy

“

A DATE WITH
WELL-BEING

DIVE INTO

OUR MARINE SPA

Discover our heated seawater pool (32°C), our 3 hydro-massage jet areas, our swan-neck fountain, our special massage nozzles for light legs and our bubble bench.

You can also enjoy our different water activities adapted to each person's style and level.

Finally, relax in our sauna and steam bath.

FREE ACCESS

GYM

- 1 cardio-fitness room: treadmill, bikes and cross-trainers

WELLNESS ACCESS

As a Wellness* guest, during your stay you can enjoy activities in your Marine Spa and cardio-fitness gym.

WITH A BOOKING

COACHING

- Bike rides
- Nordic walking
- Discovery hiking
- Water activities

CRYOTHERAPY ZONE

- Full Body Cryotherapy Chamber: intense, dry cold for three-fold results: health, beauty and sport



TAKE CARE OF YOURSELF

FACIALS

FACIALS

KOBIDO

50 min | €109

An ancestral Japanese massage technique, this facial awakens dull skin tone and smooths fragile skin for visible and lasting radiance.

FACE MASSAGE

20 min | €69

Relaxation massage for the face

LABIOMER facials

THE EXPERTS

50 min | €99

NUTRI-YOUTH: Nourishing and restorative anti-age facial for mature skin. Lines and wrinkles are reduced, skin is revitalised, soft and radiant.

MARINE LIFT: Marine Lift restructures and redefines shape. This regenerative massage combined with the technical aspect of the tightening caviar mask brings a youthfulness to the skin.

OXYMARIN: An anti-age, anti-pollution treatment for dull and tired skin. It revitalises and eliminates toxins thanks to the combination of our oxygenating massage and the detoxifying properties of the Oxyamarin mask. Tone returns with freshness and radiance.

THE ESSENTIALS

50 min | €89

HYDRA FUSION: An intense hydration bath with this treatment that provides comfort, radiance and softness. Features are relaxed and the skin's natural beauty enhanced.

HIGH TOLERANCE: A soothing treatment that softens sensitive skin and strengthens its natural defences. The use of cool ceramics optimises the face mask's effectiveness for immediate softness.

A MAN'S WORLD: Is your objective hydration, nutrition, softness, anti-ageing? This treatment is a customised solution for men. Results: signs of tiredness and tension are reduced and the skin's natural radiance is enhanced.

YOUNG LADY / YOUNG MAN: A treatment package for teenagers to learn the essentials for taking care of your skin or pampering yourself! Skin is toned, fresh and radiant!

YOUTH REVELATION

75 min | €139

Smooth, soothe, relax. This anti-ageing treatment meets the requirements of the most demanding skin. This treatment combines a back, face and eye massage and is the perfect balance between relaxation and anti-age results.

Access to the Marine Spa and the cardio-fitness gym included during your half-day of treatments.

*Accessible for 12-18 year-olds

FILLMED by Filorga facials

PRESTIGE

75 min | €169

PREMIUM GLOBAL REJUVENATION - GLOBAL ANTI-AGEING

A global anti-ageing treatment which combines the best of each technique. Intense rejuvenating effects.

INTENSIVE

60 min | €135

TIME ERASER – ANTI-WRINKLES

Anti-wrinkle treatment for smooth, radiant skin and filled wrinkles. Intense regenerating effect.

EXPRESS

25 min | €79

EYE 360° – EYE AREA

Special treatment for the eye area to decongest the eyes, reduce bags and dark circles. Revitalising and rejuvenating effect.



Discover gifts
to treat yourself or others here
www.relaisthalasso-iledere.com



LPG facials

COMPLETE FACIAL CELLU M6 “LATEST GENERATION”

To stimulate tissue and firm the skin, LPG research has developed a UNIQUE method claiming visible results after the first session through activating hyaluronic acid production. A new patented ERGOLIFT treatment for high performance care: cellular stimulation x 3.

3 session pack | 10 min | €75

3 session pack | 30 min | €169

LPG option in the LABIOMER
facial of your choice

10 min | €29

30 min | €69



TAKE CARE OF YOURSELF
BODY TREATMENTS

MASSAGES

SUPREME HARMONY MASSAGE

NEW FOR 2021

50 min | €109

This deep massage helps you really let go for absolute relaxation. Your mind wanders in time with the stretches and massage, your tensions are released thanks to the joint and muscle work. Breathing is improved.

RELAXATION MASSAGE*

20 min | €69

With sweet almond oil, it soothes away any nervous tension. Enjoy muscular release and rediscover relaxation and energy:

RELAXING FOOT MASSAGE*

20 min | €69

Give your feet the relaxation they deserve. The soothing foot message releases the tensions in your lower limbs, offering a general sense of well-being.

CALIFORNIAN MASSAGE

50 min | €109

A massage for your entire body for the ultimate in relaxation, bringing you comfort and reassurance. Let go and destress completely.

FOOT REFLEXOLOGY

50 min | €109

Locating energy points, sources of hypertonia... Then progressively massaging these reflex points for relaxation and energy refocus.

SHIATSU LIGHT FACIAL

50 min | €109

To rediscover energy, clarity and freshness for the

face... Eliminates toxins and soothes muscular tension using semi-precious stones.

SHIATSU

50 min | €109

75 min | €149

Stimulating energy centres through hand pressure, balancing the energy flow throughout the body and releasing physical tension.

AYURVEDA MASSAGE

75 min | €149

This body massage has its origins in the purest of Indian traditions and uses sesame oil. It lastingly strengthens energy levels through balance.

HOT STONE MASSAGE

75 min | €149

Volcanic basalt stones unlock tension areas with the heat they diffuse. The stones naturally inspire serenity and harmony.

4 MASSAGE PASS

€399

4 x 50-minute massages from the following: Californian, Shiatsu, Back Ritual, foot reflexology and Toumokalé. The massage pass can be shared.

Access to the Marine Spa and the cardio-fitness gym included during your half-day of treatments.

 Possibility of this treatment for two. *Accessible for 12-18 year-olds

LABIOMER body treatments

MARINE EXFOLIATION

30 min | €69

A bespoke body scrub adapted to your requirements, followed by intense hydration. This treatment softens the skin, magnifies its radiance, making it soft and supple.

LIGHT LEGS

30 min | €69

A treatment for heavy legs, this specific massage activates micro-circulation for an intense sense of lightness. The cryogenic wrap ensures maximum freshness.

MARINE SENSATION MASSAGE

50 min | €109

Relaxing massage built around the ocean, drawing inspiration from its movements... From head to toe, alternating gentle and deep massage to liberate the body's tensions and deeply relax.

OCEAN SILHOUETTE

50 min | €109

Targeted on the stomach, bottom and thighs to reshape the body and reduce orange-peel skin. It begins with a marine sponge scrub followed by a hot slimming wrap. A toning massage concludes this treatment for a real sense of lightness.

BACK RITUAL

50 min | €109

A cleansing and relaxing ritual, this treatment combines a marine scrub with a personalised back massage followed by self-warming marine mud application, to relax the muscles fully and relieve joint tightness.



Access to the Marine Spa and the cardio-fitness gym included during your half-day of treatments.

LPG targeted body treatments

COMPLETE BODY CELLU M6

“LATEST GENERATION”

The patented slimming technique that helps reactivate fat stores (lipolysis) to remove localised excess and imperfections. LPG research has developed a brand new method claiming visible results from your very first session. We decide your objectives together and choose the most adapted treatment protocol.

3 session pack | 35 min | €165

10 session pack | 35 min | €495

LPG body treatment | 35 min | €69



Discover gifts
to treat yourself or others here
www.relaisthalasso-iledere.com



SIGNATURE BODY RITUALS

TOUMOKALE

50 min | €109

This massage is exceptionally relaxing and stimulates the energy channels of the skull and face for dazzling radiance.

MARINE OSMOSIS

80 min | €139

- 1 facial selected from Labiomer Essentials
- 1 relaxation massage (20 min)

Access to the Marine Spa and the cardio-fitness gym included during your half-day of treatments.



Possibility of this treatment for two.

LABIOMER body escapes

DETOX ESCAPE

80 min | €149

This treatment begins with a perfect body scrub to oxygenate and cleanse your skin deeply. It continues with a hot body wrap in a detoxifying and purifying cocoon. A complete body massage ends this treatment for an intensely relaxing sensation.

TROPICAL ESCAPE

80 min | €149

This ritual with delicious fragrances invites you to a sensual escape: a grapefruit scrub prepares and softens your skin. Hot honey and shea butter wax envelops you in a hydrating cocoon. A complete body massage ends this treatment for the ultimate in deep relaxation. Your skin is radiant and intensely nourished.

GENTLE ESCAPE

80 min | €149

The soothing treatment for sensitive skin... Lose yourself in the delicate comfort of our 3 tea scrub followed by our calming and soothing marine magnesium wrap. A complete body massage releases tension for relaxation and well-being. Your skin is soft and perfectly hydrated.

THALASSO ESCAPE

80 min | €149

A package to discover the benefits of thalassotherapy, this treatment draws all its richness in trace elements from the sea. It begins with an ocean scrub with sea salts and essential oils followed by a remineralising seaweed wrap. A whole body relaxing massage rounds off this parenthesis of revitalising well-being.



TAKE CARE OF YOUR BODY AND ITS BALANCE

EXPERT MARINE TREATMENTS

EXPERT OSTEOPATHY TREATMENTS

CRYOTHERAPY

3 min | €50 - EXCLUSIVE

Cryotherapy involves exposing the body to extreme temperatures, up to -180°C for 3 minutes. It increases the body's general resistance and helps it recover quicker.

MAQAM (aquatic manual therapy)

20 min | €75 - EXCLUSIVE

Relaxation of the body and mind in the heated seawater pool (32°C). Weightlessness is ideal for muscle stretching. With music.

AQUAQSTEO (aquatic manual therapy)

20 min | €75

Diagnosis of dysfunctions in joint and tissue mobility. Therapy performed in the heated seawater pool (32°C).

DEEP MUSCLE MASSAGE

20 min | €69

Absolute relaxation that focuses on the tissue, releases and nourishes the muscles, facilitating blood circulation.

OSTEOPATHY

30 min | €75

Diagnosis of dysfunctions in joint and tissue mobility. Rehabilitation of functional disorders

MANUAL LYMPHATIC DRAINAGE

50 min | €109

To evacuate surplus fluid and metabolic waste through lymphatic massage. Achieved by compression and evacuation techniques.

CHROMATHERAPY

30 min | € 50

In a private room with an osteopath, chromatherapy is colour therapy treatment. This energy therapy applies a specific colour to part of the body in pain, the colour depending on the issue to be treated. Efficient treatment for sciatica.

METRIC IMPEDANCE ASSESSMENT

15 min | € 15

Analysis of body composition and interpretation with the dietician.

Includes access to the marine spa and cardio-fitness gym.



AN IMMENSE SOURCE OF BENEFIT

THALASSOTHERAPY TREATMENTS

THALASSOTHERAPY treatments

TONING JET

10 min | €45

Powerful seawater jet that massages, encouraging tone and energy. Decongests fatty areas and cellulite.

HYDROMASSAGE BED

15 min | €45

Lying on a water bed, you will enjoy the relaxation, stimulation and blood circulation activation caused by the water jets.

MASSAGE BATH

15 min | €45

Hydro-massage jets targeting areas of the body that need invigorating for total relaxation.

SEAWATER SHOWER MASSAGE*

15 min | €59

Lying under a shower of hot seawater combined with beeswax balm, body massage with sliding and circular pressure.

SCRUB AND SEAWATER SHOWER MASSAGE

30 min | €89

The skin releases all its impurities and absorbs the beneficial effects of the seawater. Your whole body is radiant.

HOT WRAP

20 min | €55

Application of special body cream with essential oils under a heated cover helps eliminate toxins.

MARINE MUD APPLICATION

20 min | €55

Applied locally to the back and the joints, the marine mud soothes tension and joint pain. They are rich in mineral salts and trace elements and help efficiently remineralise the body.

SEAWEED WRAPS by LABIOMER

20 min | €55 – Choose between:

LABIOrelax: Anti-stress

CHRONDUS CRISPUS red seaweed with hydrating and soothing properties is combined with the anti-inflammatory and nourishing properties of ALOE VERA. And COTTON extract with its moisturising and relaxing qualities is a delicate addition for absolute relaxation.

LABIOboost: Revitalising

To help your body rediscover its vitality, we combine LAMINARIA SEAWEED, the most concentrated in minerals and trace elements, with a complex of ORANGE, CARROT and LEMON with energising properties.

LABIOdetox: Purifying

FUCUS and SPIRULINA seaweeds combine with natural GUARANA and GINGER extracts to release the toxins in your body and reactivate. Skin tone is refined.

THALASSOTHERAPY PASS

10 treatments | €425

Valid 1 year - Cannot be transferred.

Access to the Marine Spa and the cardio-fitness gym included during your half-day of treatments.

*Accessible for 12-18 year-olds



EXPERT
APPOINTMENTS

DIETARY
APPROACH

PERSONALISED DIETICIAN CONSULTATION

50 min | €60

FOLLOW-UP DIETICIAN CONSULTATION

30 min | €30

A BALANCED DIET NOT FORGETTING THE PLEASURE OF FLAVOUR.

Meet our micro-nutritionist and dietician at the beginning of your stay, have lunch with her in our restaurant to learn about good habits and choices which will help you lastingly improve your daily life in line with your objectives.

THE ADVANTAGES: Combine diet and movement with our themed "Wellness Attitude" trips, a food and health conference on Tuesdays and themed weeks (no supplement) throughout the year, for fun, culture, sharing, discovering.

OUR GOAL: eat better, move better, sleep better, be better!

DISCOVER THE **IMPEDANCE ASSESSMENT**

15 min | € 15

Analysis of body composition and interpretation with the dietician.

WELLNESS
APPROACH

As a **WELLNESS** guest, during your stay you can enjoy free access to our activities in your Marine Spa and cardio-fitness gym.

FREE ACCESS

THE SPA

- 1 indoor seawater pool with underwater jets, bubble bench
- 1 outdoor seawater pool with swimming lane (20 metres)
- Sauna and steam bath

GYM

- 1 cardio-fitness room: treadmill, bikes and cross-trainers

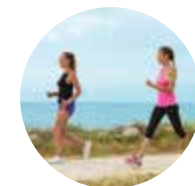
WITH A BOOKING

COACHING

- Bike rides
- Nordic walking
- Discovery hiking
- Water activities

CRYOTHERAPY ZONE

- Full Body Cryotherapy Chamber: intense, dry cold for three-fold results: health, beauty and sport





TREAT YOURSELF
THALASSOTHERAPY DAYS

BUBBLE DAYS

MARINE BUBBLE*

3 TREATMENTS | €139

- 1 seawater shower massage with toning essential oils
- 1 LABIOboost seaweed wrap
- 1 energising massage bath

SPA BUBBLE*

3 TREATMENTS | €139

- 2 thalassotherapy treatments. Choose from:
1 massage marine jet - 1 massage bath or
1 hydromassage bed
- 1 massage (20 min)

ESCAPE BUBBLE*

2 TREATMENTS | €139

- 1 thalassotherapy treatment. Choose from:
1 massage marine jet - 1 massage bath or
1 hydromassage bed
- 1 Californian massage (50 min)

MOTHER-TO-BE BUBBLE*

2 treatments | €139

- 1 soothing happiness massage (hands, feet, legs)
- 1 facial

*Available with lunch option at 159.
Requires booking and subject to availability.

WELL-BEING BUBBLE**

2 treatments | €95

- 1 seawater shower massage
- 1 remineralising massage bath

LOOFA BUBBLE

€42 per person

- 1 lunch at the Loofa Bar
- Access to the Marine Spa

Offer available outside of school holidays and Monday to Friday

RELAXATION BUBBLE FOR 2

€99 for 2 people

- 1 massage bath per person
- 1 lunch at the Loofa Bar

Offer available outside of school holidays and Monday to Friday

**Available with lunch option at 115.
Requires booking and subject to availability.



Find gifts to treat yourself and others here:
www.relaisthalasso-iledere.com

Access to the marine spa is offered for the half-day of treatments for all bubble packages.
Day with lunch at the Loofa Bar and treatments in the afternoon: free access from 11.30am. For the other person not getting treatments: access at the same time as the Bubble customer for a €20 fee.

ESCAPE
WONDERFUL WEEKENDS



RÉ IN LOVE WEEKEND

1 DAY | 1 NIGHT


From € 289 based on 2 people sharing half-board, double room overlooking the ocean

Low season rate, not discountable,

- 1 wonderful night in a sea view room
- 1 romantic dinner (not including drinks)
- 1 romantic gift in your room
- 1 breakfast
- Free access to the Marine Spa

From €349 for 2 people with massages:

1 treatment per person from: 1 seawater shower massage or 1 relaxing massage or 1 facial massage (choose when booking)

 Wellness access (p. 05)



WELLNESS WEEKEND

1 DAY | 1 NIGHT | 3 TREATMENTS

From €218 per person. Half-board, double room overlooking the vines, comfort room rate.

From €139 per person, without accommodation.
Low season rate, not discountable.


CHOOSE BETWEEN:

MARINE WEEKEND

- 1 seawater shower massage
- 1 LABIBoost wrap
- 1 massage bath

SPA WEEKEND

- 1 seawater shower massage
- 1 relaxation massage
- 1 massage bath

 Wellness access (p. 05)

Also available as 2 DAYS | 2 NIGHTS | 6 TREATMENTS
From €436 without accommodation
From €278 without accommodation



WELLBEING
THE WELLNESS CLUB

OUR WELLNESS CLUB

SUBSCRIPTIONS



Subscriptions for our water activities and access to the marine spa!

5 DAYS ACCESS PER WEEK INCLUDING:

- **Aqua lessons***: aqua gym, aqua relax and aqua training
* depending on the subscription.
- **Access to the Marine Spa**: Free access to the heated indoor seawater pool (32°C), sauna, steam bath and gym and the outdoor heated seawater pool (only in season).

CHOICE OF SUBSCRIPTION:

monthly | quarterly | half-yearly | annually

See reception for more information.

OUR WATER ACTIVITIES

AQUA GYM 30'

Movements and exercises for the whole body to work the different muscle systems. Targeted on mobility, balance and muscle strength, this dynamic lesson is ideal for muscle strength and breathing.

AQUA RELAX 30'

Stretching and rolling movements in the water encourage physical and mental relaxation (Duration: 30 min Place: osteopathy pool - maximum 10 people)

AQUA TRAINING 30'

A lesson with music in the form of a circuit. It is ideal for several water sport activities in one lesson. Effective for losing weight and refining orange peel effects. (Duration: 30 min Place: osteopathy pool - maximum 10 people)

THE MARINE SPA

Entry to the Marine Spa | €20

Card with 10 entries | €170

Card with 25 entries | €350

Entry for children aged 7 to 18 | €16

(sandals and towels are not provided)

Free for children under 7.

Marine spa entry + an aqua activity | €32 (with booking)

OPENING HOURS AT THE MARINE SPA WITHOUT TREATMENT:

Monday to Saturday: 11 am to 12.45pm and 4 to 7pm. Sunday: 11am to 1pm

Prepare yourself for your thalassotherapy day:

For any treatment programme less than 2 days,
please bring your own sandals.

Wear a swimming costume for the pool and all treatments.

Towels and robes provided for treatments (linen
not provided for spa access only).

You will find all our terms and conditions here: www.relaisthalasso-iledere.com

OUR COSMETIC BRANDS

LABIOMER
SEA WELLNESS COSMETICS



MARINE COSMETIC EXPERTISE

The result of 30 years of thalassotherapy treatments in RELAIS THALASSO HOTELS, the LABIOMER range has its own unique vision of beauty. This range of face and body products uses the benefits of the SEA and NATURE to offer marine cosmetic treatments that combine effectiveness and sensuality.

FILLMED
BY FILORGA

PROFESSIONAL
RANGE



COSMETIC ANTI-AGE EXPERTISE

The leading French laboratory in cosmetic medicine, FILORGA has dedicated over 30 years to skin ageing products, offering complete anti-age solutions to the greatest specialists all over the world. We have chosen the professional SKIN PERFUSION range for our anti-age programme, to provide you the very best and guarantee visible results.

You can find our **LABIOMER** and **FILLMED**
by **FILORGA** cosmetic ranges in our
RELAIS THALASSO PORNICHET store

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SEA WELLNESS: AN EXPERIENCE TO SHARE



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