



TREATMENT MENU  
THALASSO & SPA

2026 EDITION

HOTEL THALASSO & SPA  
• DINARD •

EMERIA

BY FORSTYLE HOTELS COLLECTION



A photograph of a modern lounge area. In the foreground, a white, stylized human figure sculpture stands on a tiled pool deck. Behind it, a wooden platform holds a sofa with several cushions, including a prominent dark blue one. The wall behind the sofa is covered in a light-colored, textured wallpaper with a repeating pattern of overlapping circles. The overall aesthetic is clean and contemporary.

# CONTENTS

4 THE ART OF CARE BY EMERIA DINARD

6 MAISON EVOLUSKIN

8 DUO SUITES

10 RELAXING BREAKS

12 FACIAL TREATMENTS

By Phytomer  
By Vie Collection

14 BODY TREATMENTS

15 MASSAGES

Well-being massages  
Ayurvedic massages

17 KIDS & TEENS TREATMENTS

18 OUR EXPERTISE

Health Experts  
Expert assessments

20 THALASSO DAYS

22 WELLNESS AREA

Membership subscriptions

24 ACTIVITIES

Water activities  
Coachings

26 THALASSO PROGRAMS

27 PRACTICAL INFORMATIONS



# THE ART OF CARE

BY EMERIA DINARD

Born from a meeting between emerald waters, wind, waves and dreams, EMERIA Thalasso Hotel continues a long-standing expertise, remaining an iconic destination in France. For over 35 years, its thalassotherapy center, in harmony with the rhythm of the tides, has brightened your days and enhanced invigorating, iodine-rich seaside stays.

Sparkling and elegant, just like the Emerald Coast, EMERIA Dinard Hôtel Thalasso & Spa\*\*\*\* is a vibrant living space, immersing you in the region's sunny maritime lifestyle.

Whether for a few spring days, a weekend in autumn, or a winter afternoon, whether it is your first visit or you are a regular guest, coming to EMERIA guarantees an exciting experience at the heart of the Emerald Coast.

In this menu, you will find our treatments by Phytomer and Vie Collection, our partner brands, as well as our expert treatments, bringing together exclusive know-how.

*Let yourself be carried away by a wave of well-being...*



*maison*  
**EVOLUSKIN**  
BY EMERIA

• BEAUTY TREATMENTS & LASER CENTER •

Discover Maison EVOLUSKIN, the beauty destination where expertise, precision and attention to detail come together to enhance every skin type. Here, aesthetic treatments, from instant glow to targeted anti-aging and laser care rely on the very best of technology (JetPeel, Hydrafacial...) as well as the expert know-how of our Ambassadors, delivering visible results and a deeply personalised experience.

Designed as a modern and intimate sanctuary, Maison EVOLUSKIN features four individual cabins dedicated to the most advanced face and body treatments, with a truly bespoke approach: each protocol is tailored to your skin, your rhythm and your goals.

For an exceptional escape, our two Treatment Suites invite you to experience a unique duo moment facing the sea: exclusive massages, signature rituals, private sauna and double whirlpool bath... a rare experience that can be extended by privatizing the space.

At Maison EVOLUSKIN, every visit is designed as a precious appointment with your beauty—lasting, luminous and deeply respected.

Among the Maison EVOLUSKIN treatments, discover our face & body technologies\*, for instant results:

- 🌀 **Body** : Waves 21, Easy 21
- 🌀 **Face** : Skin analysis by IA Check, Hydrafacial, JetPeel
- 🌀 **Face & body laser** : Hair removal

*\*For full details of our treatments, please refer to the Maison EVOLUSKIN treatment menu.*



Laser



Hydrafacial

# DUO SUITES



The private use of the Suite includes, prior to your treatment, access to a sauna and a double whirlpool bath, as well as a gourmet moment with amuse-bouches and a glass of champagne per person before your departure, for a timeless experience for two.

*In the case of Suite privatization, time for changing and getting dressed is included, ensuring you can enjoy a seamless and truly relaxing experience without any constraints.*

## DUO TREATMENTS

Share a delightful moment of relaxation for two, by choosing from our exclusive massages and rituals, and enjoy the option of extending the experience by privatizing this space.

*The Suites are exclusively available for duo treatments. You may choose to enjoy the same treatment together or choose two different treatments from the list below.*

### SIGNATURE FACIAL MASSAGE

Combining manual expertise with the use of refined accessories, this anti-aging massage skillfully blends the benefits of the Ridoki and green Gua Sha stones, inspired by the color of our Emerald Coast. This lifting massage stimulates muscle fibers, promotes blood circulation and cell regeneration. The skin regains firmness and radiance, delivering a renewed feeling of youthfulness and vitality.

TREATMENT | 55 MIN | €145/PERSON

TREATMENT & SUITE PRIVATIZATION | 2H30  WEEK | €220/PERSON  WEEKEND\* | €245/PERSON

### SIGNATURE BODY MASSAGE

The essence of EMERIA and the inspiration of its location come together in a deep and captivating massage. Designed around the rhythm of the waves and natural elements such as pebbles and wood, this treatment offers a unique experience, a choreography where manual expertise blends harmoniously with accessories, for exceptional relaxation.

TREATMENT | 55 MIN | €155/PERSON

TREATMENT & SUITE PRIVATIZATION | 2H30  WEEK | €230/PERSON  WEEKEND\* | €255/PERSON

### SEA TREASURE RITUAL

This unique experience combines a body massage and a facial treatment for deep relaxation. Inspired by Ayurvedic techniques, this enveloping full-body massage promotes complete release and letting go. Combined with the regenerating effects of Phytomer products, this treatment provides a sensation of both relaxation and renewed energy. Delicate fragrances of vanilla, white flowers and coconut enhance this moment, for an unforgettable sensory journey for both face and body.

TREATMENT | 1H20 | €180/PERSON

TREATMENT & SUITE PRIVATIZATION | 3H00  WEEK | €255/PERSON  WEEKEND\* | €280/PERSON

### ISLAND DUO BY PHYTOCÉANE

NEW FOR 2026

Inspired by the Hawaiian Lomi Lomi ritual, this treatment transports you to the crystal-clear waters of tropical lagoons... Its enveloping and harmonising massage, using virgin coconut oil, offers an instant escape and a deep sense of letting go.

TREATMENT | 55 MIN | €155/PERSON

TREATMENT & SUITE PRIVATIZATION | 2H30  WEEK | €230/PERSON  WEEKEND\* | €255/PERSON

\*Our Weekend rates also apply on public holidays and bank holiday weekends in 2026.

**The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.**



# SPA ESCAPE

# RELAXING BREAKS

## BY PHYTOMER

**My Hawaiian Break** NEW FOR 2026 **1H10 | €185**  
*Body massage by Phytocéane (55 min) and facial massage (15 min)*

Inspired by the Hawaiian Lomi Lomi ritual by Phytocéane, this treatment transports you to the crystal-clear waters of tropical lagoons. Combined with a facial massage, it offers complete harmony for both body and mind. Its enveloping and soothing massage with virgin coconut oil provides an instant escape and a deep sense of relaxation and letting go.

**My Oligotherapy Break** NEW FOR 2026 **2H15 | €320**  
**Body & Face by Phytomer**  
*Draining remineralising body treatment & urban anti-pollution facial treatment*

This complete treatment combines a draining massage that releases tension and promotes toxin elimination with a refreshing remineralising body wrap, rich in magnesium and trace elements. Combined with an anti-pollution facial treatment, this ritual helps erase signs of fatigue from the face, allowing the skin to breathe again while restoring vitality to the body.

**My Serenity Break** **1H30 | €220**  
**Body & Face**

*Body massage (40 min) and facial treatment (50 min)*

This ritual combines a body massage and a Phytomer treatment, enhanced by a relaxing facial massage. This personalised break releases accumulated tension and reveals the skin's natural radiance, offering a unique moment of deep relaxation.

**My Serenity Break** **1H10 | €170**  
**Back & Face**

*Back massage (20 min) and Phytomer facial treatment (50 min)*

This treatment combines a relaxing back massage with a Phytomer facial treatment, enhanced by a soothing facial massage. This harmonious duo is designed to release accumulated tension in the back while revitalising the skin, for a complete sense of serenity.

**My Energy Break** **1H15 | €200**

*Anti-stress treatment for back, abdomen & Kansu*

This holistic treatment works on the abdomen, often referred to as the "second brain" and a true centre of emotions, to restore deep inner balance. Combining a targeted massage of the back and abdomen, it helps release tension and relieve accumulated stress. It is enhanced with a Kansu foot massage, performed using a bowl made of five alloys, promoting mental calm and a deep sense of letting go.

**My Cocooning Break** **1H10 | €165**

*Body hydration & facial massage*

This hydrating Phytomer wrap with delicate fragrances is a true moment of softness and comfort. The treatment includes a relaxing scalp or foot massage, of your choice. The ritual concludes with full-body hydration combined with a facial massage, for absolute relaxation and complete well-being.

**My Glow Break** **50 MIN | €120**

*Deep massage of the décolleté, trapezius & neck and Radiance facial treatment*

This treatment begins with a deep massage of the décolleté, trapezius and neck area to release accumulated tension. The facial treatment, combining marine skincare with expert massage techniques, completes this break to reveal a radiant, luminous complexion.

**My Relax Break** **40 MIN | €110**

*Relaxing treatment for legs, arms & facial massage*

This treatment features specific massages for the legs and arms to promote deep muscular relaxation. It is also combined with a facial massage to provide a profound sense of relaxation and overall well-being.

**\*The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.**

# BESPOKE FACIALS

## BY PHYTOMER

A 100% Breton brand based in Saint-Malo, offering skincare treatments and products with innovative textures, where efficacy and sensoriality come together to reveal the beauty of both men and women.

### Global Anti-Aging Pioneer Treatment 1H20 | €170

*Signature Phytomer treatment – Face, lips & décolleté*

This exceptional global anti-aging treatment restores youthfulness, softness and radiance to the skin. The expert facial massage, combined with products highly concentrated in marine active ingredients, delivers immediate visible results. The dedicated lip module helps plump the lips and smooth the lip contour area. The application of self-heating mud along the spine provides exceptional relaxation and recharges the body with energy.

### Personalised Facial Treatment 50 MIN | €115

This treatment combines high performance with deep relaxation, blending ultra-sensorial skincare textures, a detoxifying step and a relaxing massage. It is fully personalised thanks to the expert advice of the spa therapist, who tailors the treatment to your needs: a hydrating version enriched with organic algae, an anti-aging version using targeted products, or a soothing version with cocooning textures. It helps restore a luminous, radiant complexion.

### Personalised Facial Treatment for Men 50 MIN | €115

Designed specifically for men, this personalised facial treatment uses skincare products adapted to the specific needs of male skin.

### Purifying Facial Treatment 50 MIN | €110

This deep-cleansing, mattifying treatment with proven efficacy against imperfections helps restore a visibly healthier, clearer complexion.

### BIO Cyfolia Facial Treatment 50 MIN | €115

*Face and eye contour*

A radiant glow and deeply hydrated skin thanks to a well-being focused treatment combining a 30-minute revitalising massage with highly effective organic skincare products. The skin is bathed in comfort and nourishment through a customised modelling concentrate using organic oils. The mind is soothed by the slow, gentle rhythm of a comforting manual massage. From the very first treatment, the eye contour looks refreshed, the skin appears luminous and plumped.

### Accept Cica Facial Treatment 45 MIN | €90

*Fragrance-free high-tolerance repairing treatment*

Specifically designed for atypical sensitive skin, this high-tolerance treatment, free from exfoliation and fragrance, is formulated with 99% natural-origin ingredients. It hydrates, regenerates and strengthens the skin barrier while respecting the balance of even the most delicate skin types. This comforting ritual ends with a soothing massage performed using metal roll-ons, delivering a decongesting effect and an absolute sense of comfort.

### Radiance Facial Treatment 35 MIN | €85

This treatment oxygenates and illuminates the skin. Combined with marine skincare and expert massage techniques, the complexion regains an instant boost of radiance within just a few minutes.



Pioneer Treatment  
Global Anti-Aging

## BY VIE COLLECTION

A cutting-edge dermo-cosmetic anti-aging range designed to combat skin aging.

Expert Redensifying

1H20 | €175

Anti-Aging Treatment

*Our Signature treatment*

*Face, eye contour & décolleté*

A wrinkle and fine line diagnosis is carried out by the spa therapist in order to fully personalise the treatment. Inspired by medical-aesthetic techniques, this protocol smooths and plumps wrinkles one by one. This anti-aging ritual combines highly concentrated active ingredients with expert massage techniques for immediate visible results. It is an ideal complementary or alternative treatment to Botox and hyaluronic acid injections.

**\*The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.**



# BODY TREATMENTS

## Oligotherapy Treatment

NEW FOR 2026

*Front Body Draining Massage & Full-Body Wrap* 55 MIN | €140

*Draining massage & full-body wrap* 1H25 | €210

This complete treatment combines a draining massage, which releases tension and promotes toxin elimination, with a refreshing remineralising full-body wrap rich in magnesium and trace elements. The tissues are reoxygenated, and the body regains lightness, vitality and balance.

**Sea Bubbles Treatment - by Phytomer** 45 MIN | €120

This complete back treatment combines a relaxing massage with the application of self-heating mud to release accumulated tension. During the treatment time, a scalp or foot massage is offered, allowing you to enjoy a moment of absolute relaxation.

**Body Scrub** 40 MIN | €90

*Forstyle Hôtels Collection range*

Suitable for all skin types, this salt scrub exfoliates the skin, while its nourishing oils deeply hydrate it and revive its natural radiance.

**Feetcalm Foot Treatment** 25 MIN | €75

This complete foot treatment includes an exfoliation and the use of specially adapted products. A moisturizing step is offered at the end of the treatment so you can leave feeling refreshed and ready to go.

**P5 Slimming Treatment - by Phytomer** 1H15 | €170

This slimming treatment combines a firming massage with a body wrap to reduce curves, reshape the body, and tone the silhouette. The spa therapist carries out a personalized assessment and adapts both the technique and the wrap for optimal results.

### P5 SLIMMING TREATMENT PACKAGE :

• 4-session package - €630

## WELLNESS MASSAGES

### Hawaiian Massage NEW FOR 2026 55 MIN | €150

- by *Phytocéane*

Inspired by the Hawaiian Lomi Lomi ritual, this treatment transports you to the crystal-clear waters of tropical lagoons. Its enveloping and harmonizing massage, performed with virgin coconut oil, offers an instant escape and a deep sense of relaxation and letting go.

### Foot Reflexology 50 MIN | €125

This is a manual technique used since ancient times. It helps relax and harmonize the body as a whole. By stimulating the different reflex zones of the foot's arch, the body is re-energized and toxins are eliminated, providing deep relaxation.

### My Prenatal Relaxation Bubble NEW FOR 2026 20 MIN | €75

*Light trapezius, shoulders, and face massage*

A gentle, light massage designed to release built-up tension in the trapezius, shoulders, and face. A true moment of letting go, it soothes the face, relaxes facial features, and brings a feeling of lightness and absolute well-being.

### Pregnancy Massage NEW FOR 2026 45 MIN | €130

*Can be performed from the 4th to the 8th month of pregnancy*

This prenatal massage aims to relieve the lower limbs and muscular tension in the back. Designed with the help of an osteopath, it directly addresses the specific needs of pregnant women. The treatment begins with a breathing session to promote relaxation and allow you to fully enjoy the massage.



Body Massage

### Body Massage 55 MIN | €150

A true moment of relaxation, this personalized massage offers complete release. The spa therapist adapts the technique and pressure according to your needs, providing deep relaxation to release tension and revitalize the body.

### Signature Kiné Massage 25 MIN | €80

A tailor-made massage focused on relaxation, comfort, and overall well-being, adapted to your current needs. This treatment is designed as part of a relaxation and wellness approach, with no therapeutic purpose.

### Head Massage NEW FOR 2026 20 MIN | €75

This treatment provides deep relaxation of the scalp and trapezius muscles.

### Relaxing Facial Massage NEW FOR 2026 20 MIN | €75

This treatment helps release tension in the face and trapezius muscles. Deep, enveloping movements provide relaxation to the décolleté and trapezius area, leaving the face refreshed and less tired.

**\*The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.**



Relaxing Facial Massage

## AYURVEDIC MESSAGES

### My Ayurvedic Break NEW FOR 2026 1H25 | €230

*Abhyanga and Kansu*

This Ayurvedic massage, performed with warm sesame oil, brings energy and helps detoxify the entire body, releasing tension. It is followed by a Kansu foot massage, using a small bowl made from a five-metal alloy (copper, zinc, tin, silver, and gold), providing deep mental relaxation and improving sleep quality.

### Ayurveda Massage NEW FOR 2026 55 MIN | €165

This Ayurvedic massage, performed with warm sesame oil, brings energy and helps detoxify the entire body, releasing tension. A comforting treatment that envelops the body in deep well-being.

### Kansu 50 MIN | €130

This foot sole massage uses a small bowl made from a five-metal alloy (copper, zinc, tin, silver, and gold). It provides deep mental relaxation and improves sleep quality, beginning with a gentle relaxing massage around the eye contour.



## RELAXATION

### Trio Relaxation LPG 1H10 | €190

*Combination of LPG and manual treatments – back and face*

This treatment begins with a deep massage of the back and buttocks using LPG endermologie, a mechanical rolling technique that helps release accumulated tension. To extend this deep relaxation, a manual massage with warm oil is performed, followed by the application of self-warming mud. To complete this full upper-body treatment, a massage of the face, neck, and trapezius muscles provides deep relaxation.

*This treatment requires the wearing of Endermowear® tights, which are provided free of charge.*



#### For all Children & Teen treatments:

The accompanying adult will be required to sign a waiver confirming the absence of contraindications.

Access to our pools is included, provided the child is accompanied by an adult. If the accompanying adult is not receiving any treatment, a €49 entry fee will apply.

# CHILDREN & TEEN TREATMENTS

## CHILDREN'S TREATMENTS

*Ages 6 to 11*

### Soft Little Face and Max Relax

This treatment, featuring gentle textures and fruity scents, provides overall relaxation for the body and face. The spa therapist playfully teaches your child good daily hygiene habits and the importance of self-care from an early age. Your child also becomes an active participant in the treatment by trying to identify the different fragrances.

**Face and body**  
**Face**

50 MIN | €95  
25 MIN | €65



Children must be accompanied by a parent in the treatment room.

## TEEN TREATMENTS

*Ages 12 to 17*

### Young Skin Facial - *Organic Products*

50 MIN | €105

An oxygenating facial treatment for visibly healthier, clearer skin and a fresher complexion.

### My Teen Relaxing Moment

45 MIN | €105

This ritual combines a soothing back massage, ideal for releasing tension in the upper back, with a facial massage that promotes deep relaxation. A gentle break to unwind and feel an absolute sense of calm.

### Relaxing Facial Massage

20 MIN | €75

This treatment helps release tension in the face and trapezius muscles. Deep, enveloping movements provide relaxation to the décolleté and trapezius area, leaving the face refreshed and less tired.

### Kansu

25 MIN | €75

A foot sole massage using a bowl made from a five-metal alloy (copper, zinc, tin, silver, and gold), designed to bring deep mental relaxation and improve sleep quality.

**\*The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.**

# OUR EXPERTISES

## HEALTH EXPERTS

### Osteopathy Session 45 MIN | €85

This session with a qualified osteopath helps relieve pain, tension, or joint restrictions.

*Reserved for guests staying at the hotel.*

### Aquatic Osteopathy Session 45 MIN | €95

This session, carried out in a seawater pool heated to 32°C by a qualified osteopath, allows the body to be treated gently and helps release tension. The water creates a sensation of weightlessness, enabling complete relaxation.

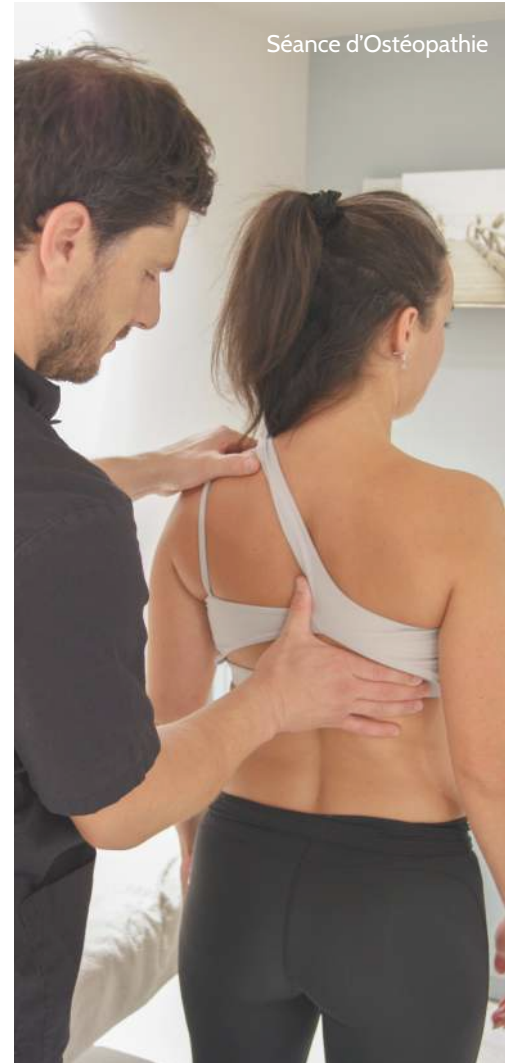
### Cryotherapy 15 MIN | €55

*Treatment time : 3 minutes of cold exposure*

Whole-body cryotherapy is a treatment using intense dry cold (-156°C to -196°C) in an individual cabin. It helps rapidly reduce pain, decrease inflammation and provide a genuine sensation of relaxation. The cold exposure session lasts a maximum of 3 minutes and is supervised by qualified professionals holding a State diploma.

#### LES FORFAITS CRYOTHÉRAPIE :

- Forfait 5 séances - €250
- Forfait 10 séances - €450



## EXPERT ASSESSMENTS

### CONSULTATIONS

#### Bach Flower Consultation

50 MIN | €75

During a one-to-one consultation, our advisor certified by the Bach Centre (UK) helps you restore emotional balance. You will leave with your personalised blend of floral elixirs, composed of 1 to 7 flowers.

#### Colour Analysis

50 MIN | €75

This colour analysis session helps identify the shades that enhance you best. They are determined according to your complexion, facial features and personality. You will then leave with a personalised colour keyring featuring the shades that suit you best.

### NUTRITION

#### Oligocheck Assessment

25 MIN | €70

The Oligocheck assessment is a rapid and painless tissue analysis that provides an evaluation of trace elements, minerals, heavy metals and vitamins present in the body. The results are analysed by our dietitian, who will advise you on the best way to restore your balance.

*Knowing your blood type is required for this assessment.*

#### Bioelectrical Impedance Analysis

25 MIN | €70

Bioelectrical impedance analysis measures body composition, including fat mass, muscle mass and body water, as well as visceral fat index and basal metabolic rate. These valuable indicators reflect your diet, level of physical activity and lifestyle habits. The results enable our dietitian to guide your nutrition and help you achieve balanced and sustainable weight management.

OLIGOCHECK & BIOELECTRICAL IMPEDANCE ANALYSIS PACKAGE :

50 MIN | €130

\*The durations indicated correspond to treatment time only, excluding time spent settling into the treatment room.





# THALASSO & VITALITY

# THALASSOTHERAPY DAYS

## 100% THALASSOTHERAPY DAYS

### My Marine Escape €153

#### 4 thalassotherapy treatments :

- 1 hydromassage seawater bath
- 1 hydrorelax session
- 1 tonic jet shower or 1 marine rain shower
- 1 supervised session in a heated seawater pool

### My Relaxation Escape €178

#### 4 individual thalassotherapy treatments :

- 1 hydromassage seawater bath
- 1 hydrorelax session
- 1 algae body wrap
- 1 tonic jet shower or 1 marine rain shower

### My Detox Escape €188

#### 4 draining thalassotherapy treatments :

- 1 silhouette jet shower
- 1 marine silhouette drainage treatment
- 1 fucus algae body wrap
- 1 supervised dynamic session in a heated seawater pool

## DAYS INCLUDING LUNCH

### My Full Sea Day

including 2 individual treatments and lunch\*

#### • Full Sea « Escape » €118

- 1 hydromassage seawater bath
- 1 hydrorelax session
- 1 lunch (excluding drinks) at Bar l'Horizon

#### • Full Sea « Thalasso » €129

- 1 hydromassage seawater bath
- 1 algae body wrap
- 1 lunch (excluding drinks) at Bar l'Horizon

#### • Full Sea « Relax » €139

- 1 hydromassage seawater bath
- 1 back massage
- 1 lunch (excluding drinks) at Bar l'Horizon

#### \*Lunch details :

Dish of the day, salad or toast + gourmet coffee or tea.  
Subject to availability.

## LUNCH

### Bar l'Horizon

Whatever you feel like...  
Salads, toast or daily specials,  
enjoy a healthy and gourmet  
break.



# FITNESS & WELL-BEING AREA

Bathed in natural light, our Fitness & Well-Being Area welcomes you in an exceptional setting, featuring state-of-the-art equipment. The Aquatic Area offers all the benefits of seawater drawn directly from La Manche, continuously renewed and heated.

## **Aquatic Area**

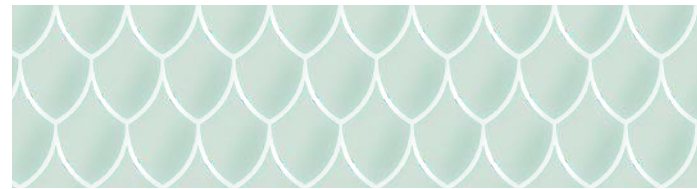
Indoor marine course featuring massage jets, bubble seats, aquabeds, swan neck jets, geysers, a walking lane and two swimming lanes, as well as a new outdoor marine course and an activity pool (accessible outside class times).

## **Sensory Area**

Sauna, steam room and cold-water pool.

## **Fitness Studio**

Cardio training room equipped with Matrix Fitness machines (treadmills, rowing machines, functional training station, upright and recumbent bikes...).





# CLUB MEMBERSHIPS

Our memberships include access to the Fitness & Well-Being Area every day from 9:00 am to 7:00 pm, as well as the tea lounge.

## RATES

1-Month Membership	€275
3-Month Membership	€465
6-Month Membership	€720
9-Month Membership	€945
Annual Membership*	€1070



### Welcome Pack

Depending on the duration of your membership, a complimentary welcome pack is included\*.



\*Our memberships are valid from 1 January 2026 until the annual closure in December 2026.

\*For more information, please contact the institute reception desk.

# AQUATIC ACTIVITIES

## GROUP CLASSES

*Reserved for members and hotel guests.*

### **Aqua Gym** 25 MIN

Muscle-strengthening and coordination exercises (with or without equipment).

### **Aqua Bike** 25 MIN

Cardio exercises on a stationary bike designed to improve leg circulation.

### **Aqua Jump** 25 MIN

Trampoline exercises designed to slim and tone the body while improving balance.

### **Aqua Training** 25 MIN

A circuit-based combination of Aqua Gym, Aqua Bike and Aqua Jump exercises.

#### RATES

Hotel guests	€15
Fitness & Well-Being Area members	€10



## PRIVATE LESSONS

*Reserved for members and hotel guests.*

### **Swimming Lessons - from 6 years old** 25 MIN

*All levels - from aquaphobia to advanced swimming.*

1 session	€30
5 sessions	€120



# FITNESS COACHING

## INDOOR OR OUTDOOR

### GROUP COACHING

#### Swiss Ball 50 MIN | €30

This activity helps correct and improve posture using an exercise ball. It works the entire body while strengthening deep muscles and improving posture, stretching, balance and stability.

#### Stretching 25 MIN | €15

This session focuses on muscle flexibility and improving joint mobility. The stretches performed help reduce tension, improve posture and promote overall relaxation.

### PERSONAL COACHING

#### Personalised Coaching 50 MIN | €50

Designed following a one-to-one consultation, this personalised training session is tailored to your needs, abilities and goals. The coach adapts the session to your physical condition, fitness preferences and specific constraints, such as lifestyle habits or any physical limitations or injuries.

A bespoke approach to optimise your desired results.

#### iMove Fit® 25 MIN | €45 50 MIN | €60

Designed following a one-to-one consultation, this personalised training session is tailored to your needs, abilities and goals. The coach adapts the session to your physical condition, fitness preferences and specific constraints, such as lifestyle habits or any physical limitations or injuries.

A bespoke approach to optimise your desired results.

#### IMOOVE FIT® PACKAGES :

*All sessions last 25 minutes and are coach-led.*

- 8-session package - €280
- 12-session package - €360
- 16-session package - €400



# THALASSO PROGRAMMES

## EXCLUDING ACCOMODATION

### MY ESCAPE

	4 days 16 <i>treatments</i>	5 days 20 <i>treatments</i>	6 days 18 <i>treatments</i>	6 days 24 <i>treatments</i>
Marine	€556	€695		€832
Silhouette	€724	€905		€1083
Zen	€796	€995		€1193
À la carte Wellness	€936	€1170		€1401
Men's				€1083
Golf				€912
Joint Flexibility				€1120
Back Relaxation				€1120

### Experts Programmes

Fountain of Youth		€1112		
Essential Beauty			€1345	
Young Mothers by Gasquet®				€1083
Sea of Sleep				€1164

	5 days 18 <i>treatments</i>	5 days 21 <i>treatments</i>	6 days 21 <i>treatments</i>	6 days 23 <i>treatments</i>
Second Life				1163€
Woman's Heart			1128€	
Sportive by Vivalto Sport	969€			
Letting Go				1163€
Longevity		1225€		

For full programme details, please refer to our general brochure:  
"Well-being Has an Address".

# PRACTICAL INFORMATIONS

For any treatment purchase\*, complimentary access to the Fitness & Well-Being Area is included for the day.

Access to the Fitness & Well-Being Area includes: indoor & outdoor marine courses, activity pool, sauna, steam room, cold-water pool and Fitness Studio.

## TELEPHONE BOOKINGS

Our team of advisors are available on **02 99 16 78 10**, Monday to Friday from 9:00 am to 7:00 pm, Saturday from 9:00 am to 6:30 pm, and Sunday from 9:00 am to 5:30 pm.

## EQUIPMENT

Plastic sandals are mandatory (complimentary for programmes of 4 treatment days or more; available for purchase in our boutique), as well as swimwear and sportswear for the Fitness Studio. For men, only swim shorts or swim briefs are permitted. The list of authorised swimwear is displayed at the entrance to the aquatic areas. Bath towels and bathrobes are provided in your room or in the changing rooms if you are not staying at our hotel\*\*.

*We recommend that you do not bring valuables, in order to avoid any risk of loss or theft, for which the establishment cannot be held responsible.*

## ADDITIONAL INFORMATION

The Fitness & Well-Being Area is open daily from 8:00 am to 8:00 pm (hotel guests) and from 9:00 am to 7:00 pm (external guests).

The Thalasso & Spa reception is open 7 days a week, including public holidays, from 8:30 am to 7:00 pm.

Our establishment is entirely non-smoking.

## ACCESSIBILITY

Our establishment and rooms are designed to accommodate guests with reduced mobility. However, not all treatments are suitable. In order to provide the best possible guidance, we kindly ask you to inform us of any health conditions.



Discover our treatments recommended for pregnant women and guests with disabilities thanks to these symbols. Access to these treatments will nevertheless depend on the guest's mobility and any medical contraindications.

\*Excluding 25 and 50-minute iMoove sessions. Access authorised for iMoove memberships.

\*\*Excluding holders of the membership welcome pack.



[www.emeriadinard.com](http://www.emeriadinard.com)

by Forstyle Hôtels Collection

[www.forstyle-hotels.com](http://www.forstyle-hotels.com)

Information and reservations

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