

Spa & A la carte

THALASSA BAHRAIN



www.thalassa.com

LUXURY DESTINATION



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RESERVE
YOUR TREATMENT
IN ADVANCE
+973 1763-6391/92

BEAUTY CENTER & SPA

Feel a million miles away as you gaze out to sea. A thalassotherapy break is the perfect way to get back on form and feel full of vitality. Through experiencing a harmonious blend of our signature Thalassa & Spa treatments, your body will be replenished with essential mineral salts and trace elements which in turn boosts your immune system.

Our beauty center and spa reflects the thalassotherapy theme in its focus on health and wellness. You can choose from a range of treatments with a Western or Eastern flavor: face and body care, massages, slimming programs and rituals, all performed by beauty experts using traditional techniques. Treatments can be enjoyed individually or as a supplement to your stay: package or a la carte.

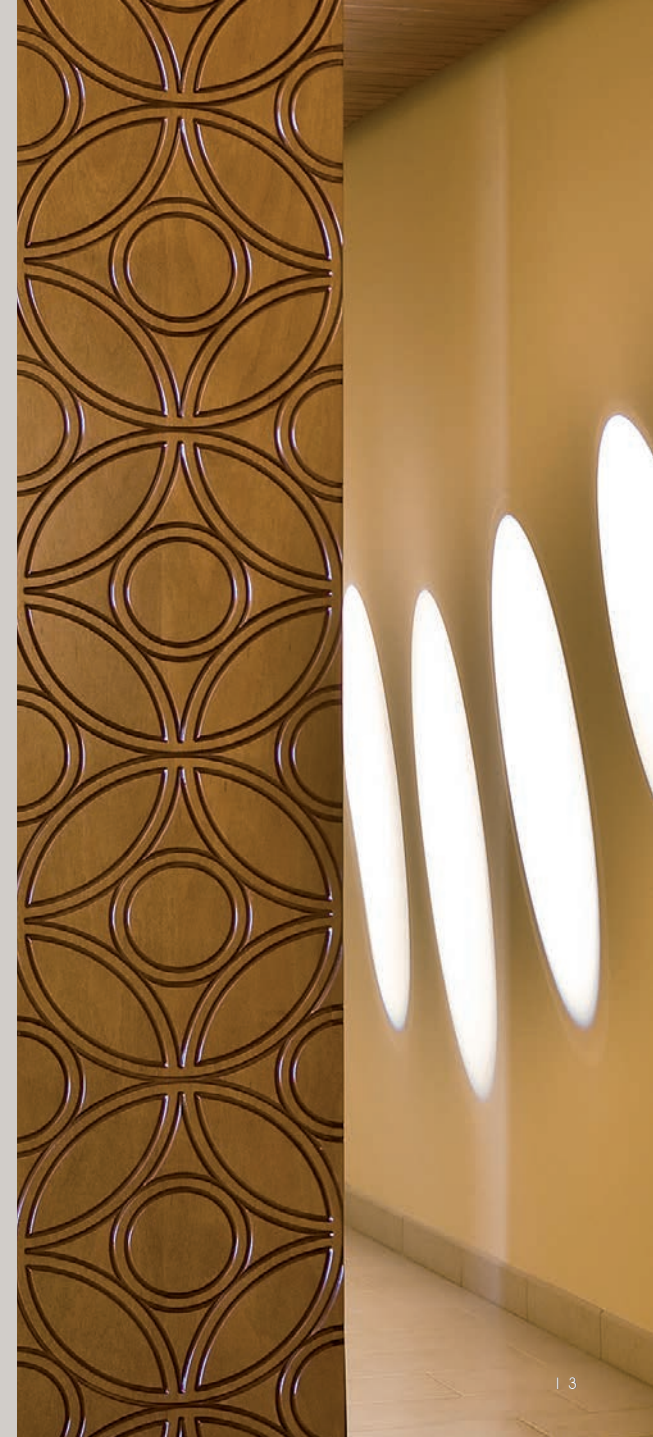
Our beauty partners: exceptional brands.

SKINCEUTICALS

is a pioneer in advanced research on antioxidants. This luxury brand promotes healthy skin and combats the main causes of aging.

PHYTOMER

a true pioneer in marine cosmetics, known for its high performance and instant results, a leader in marine cosmetics, innovative skin and body care treatments.







THE THALASSA BAHRAIN INSTITUTE

Experience a subtle play of light and shadow, with 2 floors dedicated to thalassotherapy, beauty & the relaxation of body and mind. This timeless space is designed to protect the intimacy and tranquility of every guest and to allow our professionals to practice their craft in the finest settings. The subdued atmosphere of contemporary Eastern-inspired colors and fabrics is full of rich woods and delicate aromas.

POOLS AND HYDROTHERAPY

Indoor infinity freshwater pool with ocean views & seawater pool with hydrotherapy circuit.

HAMMAMS & SAUNAS

Warm eucalyptus vapor prepares the skin for treatment. Several saunas are available for those who enjoy dry heat.

SPORTS & FITNESS

So FIT fitness center, two lighted tennis courts at the beach club, two air-conditioned glass squash courts.

BEAUTY CENTER

Salons for men and women.

YOGA

Yoga and meditation sessions are led by specialists and are available at a charge of BD10 per class.

NUTRITION

A professional dietitian is on hand to offer guidance, perform nutritional assessments and create a customized fitness plan.

These facilities are complimentary to spa guests on their day of treatments. Hotel guests may access the facilities at a rate of BD15 per day. Sports activities, & private trainings are available for an additional fee. Please contact us for more information.



A LA CARTE TREATMENTS

Our menu offers a wide variety of face and body treatments. We advise you to book in advance to surely get the treatments you desire at your convenient time.

For information and reservations, call +973 1763 6391/92
or email H6722-TH3@sofitel.com.



Phytomer

PHYTOMER goes beyond the frontiers of traditional cosmetics and introduces new generation professional skin care: more effective, more sensorial and more eco-friendly. It's a highly effective and committed to nature, resolutely innovative and fundamentally holistic. PHYTOMER proposes a wide range of effective body treatments which draw on a variety of esthetical techniques and exclusive professional products. Discover the best adapted treatments for your body's requirements.

Thalassa Signature Rituals

Signature Oligomer® Spa Replenishing Holistic Treatment | 90 minutes / 80BD

It's a holistic journey into the heart of PHYTOMER DNA to recharge the body's batteries. Deeply relaxing and re-energizing, this new body treatment offers a unique multi-sensorial experience based on OLIGOMER®.

This signature massage was designed to rid the body of every possible feeling of stress. Deep tissue massage techniques on targeted muscle groups have been specifically developed to restore harmony and fluid movement of the body. Professional maneuvers targeting areas where tension is felt, completes your relaxation with an invigorating, energy-releasing effect..

Sea Holistic Relaxing Radiance Body Massage | 60 minutes / 60BD

Is an ultra-relaxing treatment with its gentle warmth and fragrant scent of lavender flowers with a combination of light strokes, pressure and stretching. This very original body massage uses sea boluses that eliminates tension knots and restores balance to the body.

This signature massage is inspired by Thai massaging techniques aimed at relieving physical tension and freeing up emotions. Marine boluses are made up of sea-salt crystals and lavender flowers. They are heated before being gently applied to tension zones where they diffuse a soothing lavender scent. A truly delicious relaxing moment... The ultimate in letting go...



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Body Care Treatments

Sculpt Zone Treatment | 60 minutes / 60BD

An all-in-one solution to refine the figure and reduced cellulites. The success of this treatment lies in a patented, self-heating body mask which is applied at the start of the treatment followed by a real symphony of sculpting massage strokes using specific high-performance contouring products. A combination of stroking, kneading and rolling movements is methodically employed on the abdomen, buttocks, hips and thighs.





A LA CARTE TREATMENTS

Massages



Hot Stone Massage | 90 minutes / 80BD | 60 minutes / 60BD

Soothing massage with hot stones that exerts warmth and pressure on your energy points. This therapeutic heat is slowly released into the muscles, helps lead to deep relaxation, relieve stress and fatigue. The penetrating effects of heated stones allow the massage to be delivered without excessive pressure.

Deep Tissue Massage | 90 minutes / 80BD | 60 minutes / 60BD

This massage is practiced in depth with specific work on certain parts of the body to relieve chronic muscle tensions especially back and shoulders. A deeper more intense massage uses slow, deep guided strokes and firm pressures designed to relieve severe tensions and reach below the superficial muscles.

Tresors des Mers Relaxation Massage | 90 minutes / 70BD | 60 minutes / 50BD

The essential art of massage as part of a relaxing treatment to eliminate tension for a relaxed body. A complete body massage performed using luxuriously textured product concentrate with benefits from seawater. An exceptional treatment, feels like a trip to the ocean...

Swedish Massage | 90 minutes / 70BD | 60 minutes / 50BD

The classic relaxing full-body massage that uses long effleurage strokes, combined with kneading to increase the oxygen flow in the blood, releases toxins from the muscles, reduces stress and soothes you into a complete state of relaxation.

Aromatherapy Massage | 90 minutes / 70BD | 60 minutes / 50BD

A full-body massage using pre-blended pure essential oils creating a sense of comfort designed to balance the body's equilibrium improving mental and physical health.

Thai Massage | 90 minutes / 70BD | 60 minutes / 50BD

A powerful massage without using oil, applying deep pressure along energy lines to improve energy flow incorporates with overall manipulation, rocking and effective stretching, improves flexibility of the body.

Foot Reflexology | 60 minutes / 50BD | 30 minutes / 25BD

A pressure point massage applied to various zones on the feet to stimulate energy, reduces stress and improves blood circulation. It promotes relaxation and a sense of well-being.



Pregnancy Massage | 60 minutes / 50BD

A nurturing massage that focuses on the special needs of mothers-to-be with special attention to reduce stress, relieve aches and pains in muscles and joints. Positioning, pillows and cushions are used to enhance support, decrease pressure and increase relaxation for both body and mind, leaving you feeling balanced and energized. This is only performed after the first trimester. It is advised that you consult with your doctor to see if pre-natal massage is right for you.

Back & Shoulders Massage | 30 minutes / 25BD

It's deeply relaxing massage focusing on built up stress and muscle tensions in all areas around the neck, shoulders, with deeper more intense and firm pressures across the back. Starting with the back and shoulders, finishing with the neck and head you will feel completely relaxed.

Cellulite Treatments

Lymphatic Drainage of The Body | 60 minutes / 55BD

Slow smoothing manual massage with regular pressure to drain the lymphatic circuit. Consists of specific movements that are used to lightly push lymph through the system, helping it to drain out of the tissues and move throughout the body. It's effective in reducing water retention, insufficiency venous return and firming.

Lymphatic Drainage of The Legs | 30 minutes / 35BD

Anti Cellulite Massage | 30 minutes / 35BD

Designed to stimulate the body's system and target areas of fluid retention, cellulites and uneven skin tone. The subdermal tissue massage techniques increases the blood circulations on the affected areas and are highly effective in reducing cellulites in combination with proper diet and exercise.

Pressotherapy | 30 minutes / 25BD

It's a revolutionary process that promotes the body's natural functions and used in vascular treatment for the drainage of the lower limbs. This enhances extra-cellular fluid clearance and increasing venous flow. The toxins are then naturally flushed by the body through the lymphatic system.



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A LA CARTE TREATMENTS

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Thalassotherapy - Discover the secrets from the sea.

Thalassotherapy uses the restorative powers of the sea for your health and well-being. A Thalassotherapy break in Bahrain will transform you, body and soul, inside and out is Bahrain's best kept secret. The place to go for it!

Incorporating thalassotherapy as part of your pre-massage and body care treatments ritual is a great way to enhance your overall Thalassa Sea & Spa experience.

INDIVIDUAL THALASSOTHERAPY TREATMENTS

Seawater Hydromassage Bath | 30 minutes / 25BD

Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Allow your mind to unwind as your muscles gradually relaxes.

Underwater Shower Slimming | 30 minutes / 30BD

In a bath-tub with sea-water heated to 36°C, the hydrotherapist massages the whole body with a variable pressure jet, dwelling on each area. The jet always follows the direction of the return blood-flow. A specific slimming protocol is applied, ideal for relaxing the muscles, in addition to relieving stiff joints, and fighting cellulites.

Affusion Sculpture | 30 minutes / 30BD

A relaxing massage using oil done under a light shower of sea water. Ideal for relaxing and letting go, especially in cases of stress, overwork, or extreme fatigue.

Affusion Scrub | 30 minutes / 25BD

This purifying exfoliation is applied to the entire body, gently eliminating dead skin and impurities. Ideal for softening the skin and preparing it to absorb marine extracts.

Affusion Shower | 30 minutes / 25BD

In a lying position, your body receives a fine shower of sea-water combined with a gentle sweeping action. The treatment promotes physical and mental relaxation as it works on the skin's nerve endings and replenishes them through the absorption of trace elements.

Watermass Relaxing | 30 minutes / 25BD

Hand-roll relaxation sculpture massage performed using a press-suction technique with seawater and essential oils.

Watermass Slimming | 30 minutes / 30BD

Hand-roll sculpture massage performed using a press-suction technique with seawater and essential oils. A specific slimming protocol is applied for stimulating blood circulation, firming the skin and breaking down cellulite.

TREATMENTS IN OUR HEATED SEAWATER POOL

Water Fitness | 30 minutes / 15BD

Hydrotherapy pool session, aqua aerobics, aqua gym: we offer a range of activities to improve your flexibility, muscle strength and stamina. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints.

Aqua Bike | 30 minutes / 15BD

The new water sports. Aquacycling combines the principles of classic cycling with the healthy and pleasant effect of sea water. It benefits the body by increasing the performance of the heart and circulation in addition to assisting in healthy slimming / weight loss.

PACKAGES



One Day Escapes

Our most glamorous packages lets you choose from our most luxurious Thalassotherapy treatments and gives you the opportunity to enjoy different massages. Enjoy a new kind of Thalassa Sea & Spa experience today.

Thalassa Escape | 120 minutes / 80BD

- Seawater Hydromassage Bath 30 minutes
- Affusion Body Scrub 30 minutes
- Marine Body Wrap 30 minutes
- Relaxing Massage 30 minutes

Ladies Escape | 150 minutes / 100BD

- Seawater Hydromassage Bath 30 minutes
- Relaxing Massage 60 minutes
- Facial Care 60 minutes

Gentlemen's Escape | 120 minutes / 80BD

- Body scrub 30 minutes
- Relaxing Massage 60 minutes
- Facial Care 30 minutes

Oriental Escape | 90 minutes / 45BD

- Moroccan Bath 60 minutes
- Relaxing Massage 30 minutes

Romantic Couples Escape | 150 minutes / 210BD

- Couples' Body scrub 30 minutes
- Couples' Relaxing Massage 60 minutes
- Couples' Facial Care 60 minutes



The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

For more information concerning our different thalassotherapy treatments, refer to the glossary at the end of the brochure.



PACKAGES

Getaways

FROM 185BD PER DAY



Our Getaways offer maximum flexibility in duration (1 to 4 days) and choice of treatments. You are free to mix and match different getaways and organize your treatments over half-days, thereby giving you all the time you need to explore the area.

Vitality Getaway

A thalassotherapy taster with revitalizing treatments.

Each day: 2 individual thalassotherapy treatments and 1 fitness session in our heated seawater pool
From 185BD per person per day / 3 treatments / 1 night in a double room including breakfast.

Benefits of the Sea Getaway

Individual thalassotherapy treatments to relax and revitalize your spirits.

Each day: 3 individual thalassotherapy treatments
From 200BD per person per day / 3 treatments / 1 night in a double room including breakfast.

Zen Getaway

The very best in thalassotherapy treatments and sculpting massages to help you let go.

Each day: 2 individual thalassotherapy treatments and 1 well-being massage
From 200BD per person per day / 3 treatments / 1 night in a double room including breakfast.

⊕ THALASSA BAHRAIN

With nine hectares (22 acres) of private beach, you will feel like you are on vacation the moment you arrive. Spend the morning or afternoon at the Beach Club. Tucked in between two pools, this is the ideal spot to gaze at the sea while enjoying tropical juices and reading a good book.

For more information concerning our different thalassotherapy treatments, refer to the glossary at the end of the brochure.

PRICE LIST

A LA CARTE TREATMENTS

Skinceuticals	Time	Price
Anti-aging Corrective Treatment	75 min	60 BD
Supreme Restructuring Treatment	75 min	60 BD
Intensive Hydration Skin Treatment	75 min	60 BD
Brightening Skin Treatment	75 min	60 BD
Detoxifying Skin Treatment	75 min	60 BD
Soothing Skin Treatment	75 min	60 BD
Deep Exfoliating Skin Treatment	75 min	60 BD

Phytomer

Thalassa Signature Rituals:

Time	Price
Signature Oligomer® Spa	
Replenishing Holistic Treatment	90 min 80 BD
Sea Holistic Relaxing Radiance	
Body Massage	60 min 60 BD

Body Care Treatments

Time	Price
Sculpt Zone Treatment	60 min 60 BD
Oligomer® Silhouette Refining	
Remodeling Marine Body Treatment	80 min 75 BD
Oligomer® Pure Invigorating	
Energizing Re-mineralizing Balneo and	
Massage Treatment	80 min 60 BD

Marine Body Wraps

Time	Price
Firming Marine Body Wrap	60 min 40 BD
Contouring Detoxifying Marine Body Wrap	60 min 40 BD
Re-mineralizing Invigorating Marine Body Wrap	60 min 40 BD

Massages

Time	Price
Hot Stone Massage	90 min 80 BD
	60 min 60 BD
Deep Tissue Massage	90 min 80 BD
	60 min 60 BD
Tresors des Mers Relaxation Massage	90 min 70 BD
	90 min 70 BD
Abhyanga Massage	90 min 70 BD
	60 min 50 BD
Swedish Massage	90 min 70 BD
	60 min 50 BD
Aromatherapy Massage	90 min 70 BD
	60 min 50 BD
Thai Massage	90 min 70 BD
Shiatsu Massage	60 min 50 BD

Massages

Time	Price
Foot Reflexology	60 min 50 BD
	30 min 25 BD
Pregnancy Massage	60 min 50 BD
Back & Shoulders Massage	30 min 25 BD
Cellulite Treatments	
Lymphatic Drainage of	60 min 55 BD
The Body	
Lymphatic Drainage of The Legs	30 min 35 BD
Anti Cellulite Massage	30 min 35 BD
Pressotherapy	30 min 25 BD

Thalassotherapy

Individual Thalassotherapy

Treatments:

Time	Price
Seawater Hydromassage Bath	30 min 25 BD
Underwater Shower Slimming	30 min 30 BD
Affusion Sculpture	30 min 30 BD
Affusion Scrub	30 min 25 BD
Affusion Shower	30 min 25 BD
Watermass Relaxing	30 min 25 BD
Watermass Slimming	30 min 30 BD
Moroccan Bath	60 min 30 BD

Treatments in our

Heated Seawater Pool:

Time	Price
Water Fitness	30 min 15 BD
Aqua Bike	30 min 15 BD

PACKAGES

Getaway

Vitality Getaway

From 185BD per person per day / 3 treatments / 1 night in a double room including breakfast.

Benefits of the Sea Getaway

From 200BD per person per day / 3 treatments / 1 night in a double room including breakfast.

Zen Getaway

From 200BD per person per day / 3 treatments / 1 night in a double room including breakfast.

Secrets of the Orient Getaway

From 330BD per person for 2 days of treatments / 6 treatments + 1 ritual / 3 nights in a double room including 2 meals per day.



**MORE INFO
AND BOOKINGS**
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INTRODUCTION PACK FOR MEMBERSHIP

SPA MEMBER PROGRAM BENEFITS:

Ruby Membership Additional Benefits:

1. 1 week pass to SoFit Fitness Centre
2. 400 points to be used for Thalassa treatments*
3. 2 sessions of 60 minute body massage
4. 1 session of 30-minute Thalassotherapy treatment

Sapphire Membership Additional Benefits:

1. 2 week pass to SoFit Fitness Centre
2. 650 points to be used for Thalassa treatments*
3. 2 sessions of 60 minute body massage
4. 1 30-minute Thalassotherapy treatment
5. 1 session of 60-minute facial treatment

Diamond Membership Additional Benefits:

1. 1 Month Fitness membership
2. 1100 points to be used for Thalassa treatments*
3. 3 sessions of 60 minute body massage
4. 2 session of 30-minute Thalassotherapy treatment
5. 1 session of 45-minute Moroccan Bath
6. 1 session of 60-minute facial treatment

SPA PACKAGE RATE:

Ruby: BD300

Sapphire: BD500

Diamond: BD900

MEMBERSHIP BENEFITS ON ALL MEMBERSHIP PACKAGES:

1. 15% discount on spa a la carte
2. 25% discount on flexible room rate of the day
3. 15% discount on all food & beverage outlets
4. Complimentary consultation with the dietitian
5. Complimentary access to Thalassa facilities

Note: Listed discounts do not apply on promotions & packages.

*1 point = BD1 to be used for thalassa treatments



GIFT IDEAS

More than a gift: the beginnings of a Thalassotherapy journey...



Gift voucher

Discover the secrets from the sea...

Introduce your loved ones to a whole new world of well-being.

Choose the amount you want to spend or the treatment program you want to offer.

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AROUND BAHRAIN

There is so much to see in Bahrain. Beautiful landscapes of hot sands and ocher fortresses, one of which is recognized as a UNESCO World Heritage Site. The largest necropolis in the world. Magical deserts where unexpected palm groves shield orange and lemon trees from the fierce winds. A tradition of pearl diving. A pulsing capital city with a fascinating national museum. And even Formula 1 Bahrain Grand Prix, held every April in the heart of the desert.

Manama is Bahrain's hip, modern capital. With restaurants, bars, nightlife, a traditional souk, shopping centers and amusement parks, there is something for everyone.

Royal Camel Farm. Children can watch young camels being nursed by their mothers.

Bahrain National Museum is truly remarkable, a must-see for history lovers and anyone interested in learning about the country's culture, riches and people.

Al Fateh Mosque is a majestic building. Al Khamis Mosque, one of the oldest in the world, is open to visitors.

Bahrain Fort helps visitors imagine Bahrain in the time of the mysterious Dilmun civilization, whose territory supposedly included the Garden of Eden.

The Tree of Life. The water source of this ancient acacia tree remains a mystery to this day. How did it find itself in the middle of the desert, approximately 2 kilometers (1.2 miles) from Djebel Dukhan? To some, it is just a tree. But when you realize that Bahrain is believed to be the site of the mythical Garden of Eden, it is easy to imagine that this could be the garden's last trace. Arrive early to see this legend up close.



SPA ETIQUETTE

Access to the well-being areas (heated seawater pools, sauna, fitness area and hammam) is strictly reserved for hotel guests, thalassotherapy clients not staying at Sofitel and those who reserve individual thalassotherapy or beauty treatments

Bookings

For more information and bookings, please contact the institute's reception at **00 973 17636391**. We advise you to reserve your treatments in advance to ensure availability. Reservations constitute a confirmed booking. For clients not staying at the hotel and for all reservations by telephone, bookings must be guaranteed by credit card. Published rates (including VAT) are indicative and are subject to change without prior notice.

Methods of payment accepted: Visa, MasterCard, American Express, Eurocard, cash and Le Club Accorhotels voucher.

Cancellation policy: All appointments will be charged if canceled less than 24 hours in advance.

Your arrival

We advise you to arrive 15 minutes before your appointment. In case of delay, we reserve the right to reduce the duration of your treatment by the time equivalent to the delay. Our rates include the loan of a robe and towels.

Disposable underwear is available for use during your treatments. Sandals must be worn inside the institute. To access the Fitness Area, appropriate sports clothing and shoes are required.

Health and comfort

We ask that you share with us any useful information concerning your state of health and any allergies or injuries at the time of booking. This will allow us to provide an appropriate service to meet your needs. Please do not hesitate to request advice from our team. For thalassotherapy programs of less than four days, you will be required to sign a release form before starting your treatments.

Treatment times

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation. Relaxing and well-being massages are non-therapeutic and are performed by beauticians and hydrotherapists.

Our thalassotherapy and beauty treatments are designed for adults over the age of 18. Persons under the age of 18 are not allowed in the swimming pool of warmed sea water and fresh water, the sauna, hammam or fitness studio.

For stays of four days or more, a medical certificate dated less than one month and stating that you are fit for thalassotherapy, physical activity and hammam treatments is required.

LE CLUB ACCOR
HOTELS
GUEST LOYALTY PROGRAM



**WITH LE CLUB ACCORHOTELS,
YOU KNOW WE ARE FOCUSING ON YOU.**

Special offers, great rewards, exclusive services,
and lovely surprises.

It is our pleasure to provide you with that extra something
to make your stay truly remarkable.

**Register for free membership on [accorhotels.com](https://www.accorhotels.com)
or at any of our 2700 participating hotels.
Discover exciting benefits and rewards.**

THALASSA SEA & SPA
SEAWATER SPAS AND RESORTS BY THE ACCOR GROUP

15 thalassotherapy and spa resort
in France and around the world

- Le Touquet
- Trouville New
- Dinard
- Quiberon
- Île d'Oléron
- Biarritz
- Fréjus
- Hyères
- Golfe d'AJaccio
- Kalidria
- Timi Ama
- Capovaticano
- Essaouira
- Agadir



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INFORMATION AND RESERVATIONS

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