



MIRAMAR LA CIGALE

HÔTEL THALASSO & SPA

Golfe du Morbihan
Southern Brittany





There is no "flagship season" for coming to Miramar La Cigale, which has the gift of revealing different facets of its personality each time. **Here, land and sea come together only to separate again in a wild and intoxicating natural setting.**



It is in this enchanting setting, bordered by the Ocean and surrounded by a sea lagoon where you will find the **Miramar La Cigale, one of the finest establishments of the Atlantic Coast hotel industry,** renowned for its refinement and its unusual and unique architecture, reminiscent of a docked ship, complete with decks, bridges, sea view cabins, chimneys and large glass surfaces.

A hotel offer that has been enriched by a Premium Residence, located a few metres from Miramar La Cigale and a Parcours Marin directly linked to the Thalassotherapy.

A hotel offer that has been enriched by a Premium Residence, located a few metres from Miramar La Cigale and a Parcours Marin directly linked to the Thalassotherapy.

At Miramar La Cigale, we focus on **the personalisation of our services and our Signature Thalasso programmes,** to always better meet your expectations. **Our qualified and passionate staff** are attentive to your every wish, a courteous and devoted team that will not hesitate to satisfy all your desires!

The same attention is paid once seated at **our panoramic restaurant** which will offer you various gourmet stopovers with the use of products from our region. **Le Safran offers you traditional cuisine where gastronomy and balance meet** by using local products and where products from the sea have a place of honour.

Once again this year, **the experts at Miramar La Cigale have come up with some new ideas** that I invite you to discover throughout our pages.

Your well-being starts now...

Sergio Tosati
Managing Director
Miramar La Cigale - Thalasso Hotel & Spa

Find us on:
www.miramar-lacigale.com



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Guided tour

Firmly anchored at the entrance to the Golfe du Morbihan, on the Rhuys peninsula in Arzon, **the Miramar La Cigale Hôtel Thalasso & Spa is one of the most prestigious 5* establishments in Brittany.**

Thanks to **its unusual architecture of a majestic liner**, from the very first glance you will have a charming view which transports its guests into a warm and friendly universe of tranquillity, where one comes to rest, to be revitalised, as well as to find calm and serenity.

In terms of rooms, there are 100 Deluxe rooms and 13 suites, available in 5 categories, which combine elegance and sophistication. All facing the sea and the marine lake, they **have a beautiful private terrace**, and thanks to a play of mirrors, inside and outside, these two water bodies meet, making this the ideal place to have a drink while watching the sunset.

In terms of the Residence, there are 24 apartments of both two to four bedrooms that can accommodate 2 to 9 people, some with a breathtaking view of the ocean. These apartments have a fully fitted kitchen granting you the freedom of a residence associated with the service of Miramar La Cigale.

Your well-being is at the heart of our expertise and **the Thalasso & Spa of Miramar La Cigale** offers 45 cabins, 3 seawater pools, all fitted with the latest technology to provide you with excellent personalised treatments.

So many places for exceptional moments
discover them through the pages...

Welcome to Miramar La Cigale





Miramar La Cigale

*Live the Ocean
experience*

Harmony of tones



The rooms *refinement, relaxation and softness*

In the rooms of the Miramar La Cigale, everything calls for relaxation, the soft harmony of tones and materials, bedding that is soft but not too soft, an incomparable quality of linen **and a selection of pillows to suit your tastes and desires.**

Depending on the room category, the bathrooms are equipped with large showers or bathtubs. **Hospitality products** add an extra touch of refinement.

Two rooms for disabled guests are available on each floor, meeting the latest standards but in keeping with all the charm of the establishment.



Grand Large - full ocean view

◆ The **Grand Large Rooms** (27m² with private balcony) are located on the 2nd and 3rd floors, close to the sea. They offer a clear view of the ocean.

Terre e³ Mer

◆ The **Terre & Mer Rooms** (27 m² with private balcony) are located on the 2nd and 3rd floors and offer a view of the ocean and the peninsula.

Escale

◆ The **Escale Rooms** with a surface area of 24 m² are located on the 2nd and 3rd floors, in the centre of the building, and have a private terrace.

Fil de l'Eau

◆ The **Fil de l'Eau rooms** (27 m² with private balcony) are located on the 1st floor, and offer an unobstructed view on a green environment, opening on to the lake and the sea horizon.

Passerelle

◆ The **Passerelle Rooms** with a surface area of 24 m² are located on the 1st floor, in the centre of the building, and have a private terrace.





More photos on

www.miramar-lacigale.com



Suite Grand Large

◆ Our 50 m² Suites Grand Large on the 2nd and 3rd floors offer a panoramic view of the ocean and the Fogo beach, where the long blades of grass dance along the dunes.

Suite Fil de l'Eau

◆ Our 3 Suites Fil de l'Eau offer you 50 m² on the 1st floor, close to nature, with a view on the lake and the sea horizon.



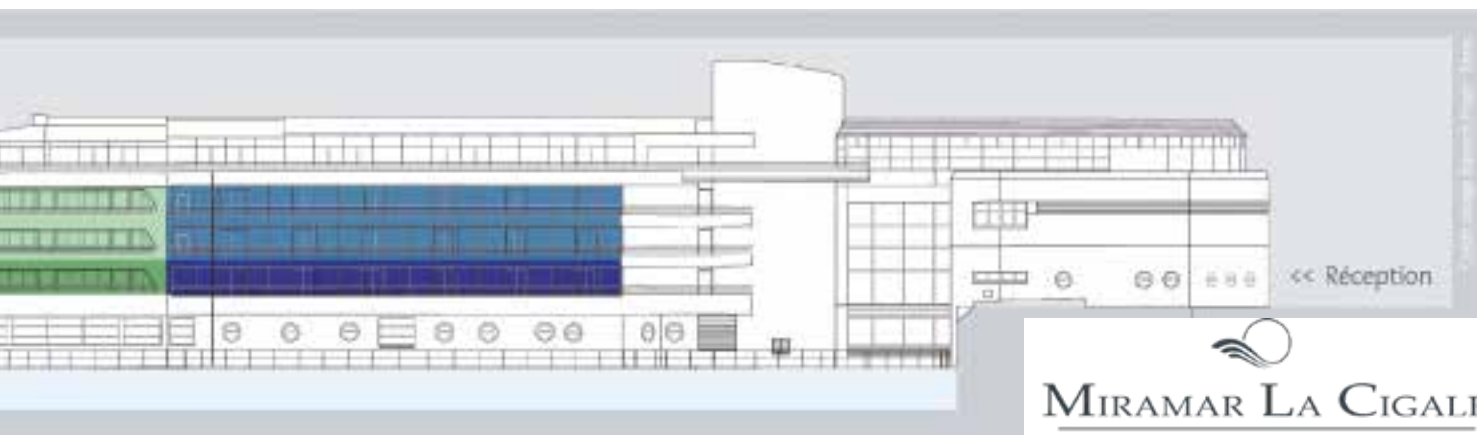


Suite Prestige Grand Large

◆ Suite Prestige Grand Large at Miramar La Cigale offer 80 m² of sleek, elegant style and a panoramic view of the ocean. Dressing room, bathroom, jacuzzi, separate toilets are very appreciated.

Suite Prestige Fil de l'Eau

◆ Suite Prestige at Miramar La Cigale offers 80m² of sleek and elegant style with a view of the lake and the sea horizon. Dressing room, bathroom, jacuzzi, separate toilets are very appreciated.




MIRAMAR LA CIGALE
 HÔTEL THALASSO & SPA



Residence *Miramar La Cigale*

A premium residence for a stay in complete freedom

The Residence Miramar La Cigale, with its magnificent apartments for 2 to 9 people, is ideal to spend an unforgettable moment.

In this contemporary space, blending into its environment, everything calls for relaxation and wellness. The softness of the colours and the precious materials are an ode to simple pleasures. The apartments are perfect for taking full advantage of the activities offered by the Golfe du Morbihan.

Find our offers on

www.residence-lacigale.com



◆ **A perfect place for families**

From two to four bedrooms, of between 80-140 m², our 24 apartments offer you luxury, space and conviviality. Fully fitted kitchen, living and dining room with large flat screen, refined and spacious bedrooms with private bathroom and toilet. Some of the apartments offer a breathtaking view of the ocean.

Accessibility to PRM.

Rental from €147per night for a 2-bedroom room (2 people)



THE RESIDENCE
ALSO OFFERS
EXCEPTIONAL
ROOMS FOR
YOUR EVENTS OR
SEMINARS







The Restaurants
of Miramar La Cigale

*Gastronomy,
Wellness
and Flavours*



XAVIER JEGOUX
LE SAFRAN CHEF



"Taste and freshness of the products"

The concept of Le SAFRAN is based on an immersion in the exceptional richness of the products of the sea and the earth that our generous Breton region offers.

Our "Euro Toque" Chef will help you discover and appreciate a different fish every day, enhanced by his know-how. In addition to the a la carte menu, you have access to a different menu every day, for lunch and dinner, which allows everyone to find the formula that suits them best. Whether you are on a specific course of treatment or on a relaxation and gastronomy stay, you will find the balance and well-being you are looking for in the suggestions.

Every Thursday evening, our Chef proposes you a "Breton Buffet" and each Sunday evening, the "Fisherman's Buffet" is a must, an assortment of seafood, smoked or marinated wild fish and other fresh products from the sea.



A unique know-how

In 1998, he joined the Miramar La Cigale. Chef de Partie, First Chef de Partie, Sous-chef under the orders of two Master Chefs; **Chef Xavier JEGOUX** knows the kitchens of the Miramar La Cigale very well.

He perpetuates the values of the Miramar La Cigale, respecting the local products that he works with in a simple manner so as not to spoil them. With a perfect knowledge of cooking that makes all the difference and a cuisine that favours local fish and vegetables, he is the guarantor of a renewed know-how since the opening of the thalasso hotel.

**He is also a member of the
"Maîtres Cuisiniers de France"**





Le Safran, a traditional and *gourmet cuisine*

To enhance your meals, a nice wine list, offering a wide choice, including by the glass, for food and wine pairing. Sweetness is not forgotten with the creations of our pastry chef. With respect for everyone's expectations, you will be able to taste gourmet desserts, which can be gluten-free or lactose-free, without forgetting a wellness offer to satisfy all palates.

JEROME LEGAVRE
PASTRY CHEF





Every day,
from 07:00 to 10:30,
the Miramar la Cigale
team welcomes you
with a smile and in
good spirits to reveal
their homemade
delights.

Gourmet Breakfast

To start your day, **Le Ruban Bleu** welcomes you in a warm and luminous decor, with a **view on the ocean** where you will be able to enjoy a sumptuous buffet rich in flavours and variety, with a focus on regional specialities.

Every day, from 07:00 to 10:30, the Miramar la Cigale team welcomes you with a smile and in good spirits to reveal their **homemade delicacies** such as Kouign-amann and Far Breton, cut up seasonal fruits, yoghurts and a selection of the best teas and coffees from the Brûlerie d'Alré.



Bar Le Goéland

A LIVELY AND ENTERTAINING SPACE

Another place to discover at Miramar La Cigale, at any time of the day, is the bar "Le Goéland", where you can also enjoy a splendid view of the ocean. Antoine, our head bartender and his team offer you a range of cocktails combining product, delicacy and well-being with a menu of **creative cocktails** but also the possibility to create your own **customised cocktails**. Proof of this is our menu of **wellness cocktails** (without alcohol), made with fresh products to preserve all the vitamins.

Every day from 15:00 to 18:00, you can enjoy Tea Time where you can taste pastries made by our pastry chef accompanied by a selection of teas. Delicious and creative!

Every day from 18:30, you can enjoy one of our barmen's cocktails accompanied by a "Plancha Triskell"!

Once a week, **cocktail workshop** with one of our bartenders.

The bar Le Goéland hosts various events, for example a pianist who comes to play our Steinway piano... Do not hesitate to read the blog on our website miramar-lacigale.com.







Sensory awakening

in the Wellness areas
of Miramar La Cigale



The Panoramic Pool

OPEN FROM 09:00 TO 20:00

a few metres away, under a glass roof offering superb lighting, the incredible **12 m long** panoramic seawater swimming pool and its large **mosaic jacuzzi**

A serene area lined with deckchairs and soft towels, the environment is conducive to daydreaming or revitalising laps in the pool.

The Ocean Spa

OPEN FROM 09:00 TO 13:00 AND FROM 14:00 TO 18:00

Between the two Spa treatments, relax in the Thalasso Ocean Spa Area. Here, the decor is mineral and enchanting. The golden stones on the walls are reflected on the slate floor, bathed by the sun's rays that enter through the large windows.

AT your disposal, **a seawater swimming pool heated to about 31°C** which hosts an aquatic course composed of seven stages: swan neck, bubble deckchair, massaging jets, etc.

A cosy hammam, with its softly curved walls will contribute to the ultimate relaxation.



The Fitness *room*

OPEN FROM 07:30 TO 21:00

The building's ultimate extension is on the 4th floor, surrounded by glass and steel, our **fitness room of 160m²** facing the ocean.

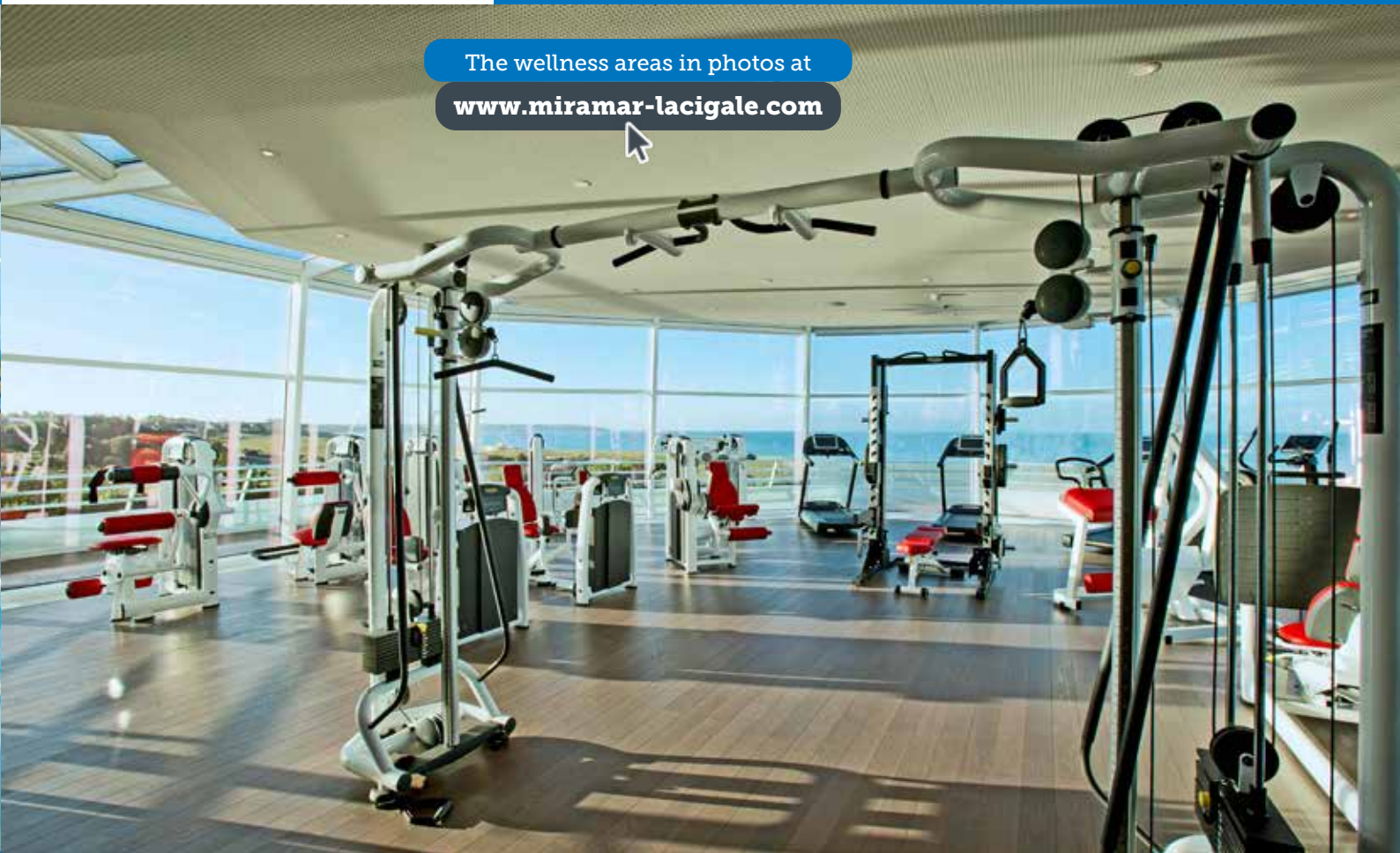
Here there is no zen attitude but there are personalised exercises coached by professionals who listen to you. The air-conditioned space, dedicated to getting in shape is equipped with **21 state-of-the-art Technogym machines** dedicated to weight training, cardio-training and gentle exercise.

Individual or group coaching session
to be discovered on pg. 60.

*To take full
advantage of
your stay,
our free
access areas*

The wellness areas in photos at

www.miramar-lacigale.com



Parcours Marin

In order to complete its wellness offer, the Miramar La Cigale offers a relaxing stopover: Parcours Marin. A 318m² space with pearly and luminous colours, a large bay window allowing a view of the marine lake surrounding the hotel and a skylight to take full advantage of the daylight.

Various animations and equipment of the latest generation decorate this space:

- 2 pools with different water temperatures
- a river against the current
- hydromassage beds
- sequential jets
- bubble seats

But also

- 1 sauna
- 1 hammam
- 1 sensory shower

Directly linked to thalassotherapy, this Parcours Marin will be an ideal complement to the treatments offered and the other relaxation areas available.

Open every day from 09:00 to 19:00.

Prices and conditions of access on request from the Reservation/Information Department.

Every day between 14:00 and 19:00

Tea Time & Sea for €89

- 1 Entry to the Parcours Marin
- 1 Food break at the Bar Le Goéland
- 1 Treatment of 20' among Hydro-massage bath /
Bubble bath /Hydromassage

Tea Time & Spa for €99

- 1 Entry to the Parcours Marin
- 1 Food break at the Bar Le Goéland
- 1 Treatment of 30' among Scrub /
Bed Wrap / Face Massage

New : Every Friday from 18.30

Apéri Time & Spa for €44

- 1 Entry to the Parcours Marin between 18:30 and 20:30
- 1 Aperitif (1 cocktail or 1 aperitif of your choice) accompanied by food from the Triskell Plancha grill







New in 2024

Supreme Beauty *Signature Stay*

Rejuvenate your skin with high-tech and manual expertise

by **ELLA BACHÉ**



This anti-ageing programme offers **a full face and body treatment** to prevent, reduce and delay the signs of ageing by drawing on the anti-ageing expertise of Ella Baché brand, combined with the **know-how of our experts** who will propose **tailor-made treatments** to preserve your youthful capital.



18 INDIVIDUAL TREATMENTS

Facial treatments

- ◆ 1 Skintex'Diag treatment (25 mins)
- ◆ 1 Skinissime treatment (75 mins)
- ◆ 1 Skin Hydra Repulp treatment (60 mins)
- ◆ 2 LPG facial sessions (30 mins)
- ◆ 1 personalised IBeauty treatment (45 mins)
- ◆ 1 Kobido massage (60 mins)

Massages and Body Care

- ◆ 1 Scrub & moisturising (60 mins including 10 mins in the hammam)
- ◆ 1 LPG Body session (45 mins)
- ◆ 1 Californian massage (60 mins)
- ◆ 1 Balinese (60 mins)
- ◆ 3 Firming Anti-ageing wraps (30 mins)
- ◆ 3 Sessions of Iyashi Dome (40 mins)

Expert treatment (included in this stay)

- ◆ 1 individual sports coaching session (60 mins)

◆ FROM **€2,286** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,260** excluding accommodation

Find our offers on

www.miramar-lacigale.com



12 INDIVIDUAL TREATMENTS

Facial treatments

- ◆ 1 Skintex'Diag treatment (25 mins)
- ◆ 1 Skinissime Treatment (75 mins)
- ◆ 2 LPG facila sessions (30 mins)
- ◆ 1 Personalised IBeauty session (45 mins)

Massages and Body Care

- ◆ 1 Scrub & moisturising (60 mins including 10 mins in the hammam)
- ◆ 1 LPG Body session (45 mins)
- ◆ 2 Firming Anti-ageing wraps (30 mins)
- ◆ 1 Session of Iyashi Dome (40 mins)
- ◆ 1 Californian massage (60 mins)

Expert treatment (included in this stay)

- ◆ 1 individual sports coaching session (60 mins)

◆ FROM **€1,524** per person
In double Passerelle room and half board

◆ PRICE FROM **€840** excluding accommodation



For something extra
choose the IBeauty 2-session package
for €175 instead of €222 or the
Package of 3 I Pulse sessions
from €221 instead of €273



100 % Female

Turning 50 with peace of mind

Because this stage in a woman's life is often synonymous with anxiety, insomnia, weight gain...

We have put together an exclusive programme for you. Combining our seawater-based treatments to remineralise the body, our relaxing drainage massages, a check-up with our dietician-nutritionist and our full presence meditation sessions to completely let go, 100% Female promises to reconcile you with your body and to enhance your femininity.

6 days
nights

21 TREATMENTS

- ◆ 1 Dietary assessment and Oligo-Check (60 min)
- ◆ 3 Energising showers (15 min)
- ◆ 1 Hydromassage bath (20 min)
- ◆ 2 Underwater showers (20 min)
- ◆ 1 Balinese massage (60 min)
- ◆ 1 Body palp by Thalgo (45 min)
- ◆ 1 Hydrating I beauty (45 min)
- ◆ 1 Kobido (60 min)
- ◆ 1 Iyashi Dôme (40 min)
- ◆ 3 Pilates sessions (60 min)
- ◆ 1 Kansu (60 min)
- ◆ 1 Hyalu-Procollagène facial (60 min)
- ◆ 2 Lymphatic drainages (30 min)
- ◆ 1 Full presence meditation (60 min)
- ◆ 1 Individual coaching session (60 min)

◆ FROM €2,916

Passerelle single room and half board

◆ PRICE FROM €1,314 excluding accommodation

FREE
ACCESS
TO THE
OCEANIC SPA
AND PARCOURS
MARIN

3 days
nights

11 TREATMENTS

- ◆ 1 Dietary assessment and Oligo-Check (60 min)
- ◆ 1 Energising shower (15 min)
- ◆ 1 Hydromassage bath (20 min)
- ◆ 1 Underwater shower (20 min)
- ◆ 1 Iinese massage (60 min)
- ◆ 1 Body palp by Thalgo (45 min)
- ◆ 1 Hydrating I beauty (45 min)
- ◆ 1 Kobido (60 min)
- ◆ 2 Pilates sessions (60 min)
- ◆ 1 Full presence meditation (60 min)

◆ FROM €1,458

Passerelle single room and half board

◆ PRICE FROM €657 excluding accommodation

Balance

Harmonisation of energies and well-being

Our stomach and brain, an inseparable duo.

Our second brain protects us from infection and is responsible for 80% of our immunity.

Rebalancing our organs on a physiological and energetic level, detoxifying, harmonising our body and recovering lightness and vitality.

6 days
nights

18 TREATMENTS

+ 1 DIETETIC ORGANISATION*

- ◆ 3 Hydromassage baths (20 min)
- ◆ 2 Hydromassage beds (20 min)
- ◆ 2 Remineralising wraps (30 min)
- ◆ 2 Detoxifying Iyashi-Dôme sessions (40 min)
- ◆ 1 Aquafitness (30 min)
- ◆ 1 Aquabike (30 min)
- ◆ 1 Underwater jets (30 min)
- ◆ 6 Specific massages ou «experts» treatments
 - 1 Döskean (30 min) back massage
 - 1 Kansu (60 min) foot massage
 - 1 Chi Nei Tsang (60 min) belly massage
 - 1 Shirotchampí (60 min) head massage
 - 1 Kobido (60 min) facial massage
 - 1 Abhyanga (60 min) body massage

◆ FROM **€2,352 €** per person
Passerelle double room and half board

◆ PRICE FROM **€1,290 €** excluding accommodation

FREE
ACCESS
TO THE
OCEANIC SPA
AND PARCOURS
MARIN

4 days
nights

12 TREATMENTS

+ 1 DIETETIC ORGANISATION*

- ◆ 2 Hydromassage baths (20 min)
- ◆ 1 Hydromassage bed (20 min)
- ◆ 2 Remineralising wraps (30 min)
- ◆ 1 Detoxifying Iyashi-Dôme session (40 min)
- ◆ 1 Aquafitness (30 min)
- ◆ 1 Underwater jets (30 min)
- ◆ 4 Specific massages ou «experts» treatments
 - 1 Döskean (30 min) back massage
 - 1 Kansu (60 min) foot massage
 - 1 Chi Nei Tsang (60 min) belly massage
 - 1 Abhyanga (60 min) body massage

◆ FROM **€1,568** per person
Passerelle double room and half board

◆ PRICE FROM **€860** excluding accommodation

*Dietary consultation + Oligo-Check (60 min)

to measure your tissue reserves in vitamins and minerals, to detect possible excesses or deficiencies and to advise you in an optimal way on nutrition and micro-nutrition.

OPTIONAL (Additional €189) - 1 GNIOM CHECK TEST

DNA-based analysis of the gut microbiota to provide information and personalised recommendations on: gut bacterial balance and diversity, indicators of inflammation and constipation, gut mucosal integrity, vitamin synthesis, immune system, propensity to develop intolerances, type of microbiota, tendency to gain weight, diet and digestion, emotional balance and sleep.

If you have taken this test and received you results before the treatment (approximately 1 month between the test and the results), ou dietician will interpret your results on the spot. If you carry out your test during the treatment and obtain your results 4 weeks later, ou dietician will offer you a post-treatment telephone interview.



*THE MIRAMAR
FAVORITE*

Re Pause & You

3 days to take a break

With true concentration on well-being, our new 3-day Short Stay will offer you all the benefits of the most invigorating seawater treatments combined with our massages and the most relaxing beauty treatments.

More dynamic, more contemporary, this Short Stay, combining the essence of Thalassotherapy and Spa, is perfect to quickly calm down the excitement of your daily life. For 3 days and 3 nights, take full advantage of all our quality facilities oriented towards well-being and the expertise of our practitioners.

**FREE
ACCESS**
TO THE
OCEAN SPA
AND PARCOURS
MARIN

3 days
nights

9 TREATMENTS

- ◆ 2 "Lagoon water" hydromassage baths (20 mins)
- ◆ 1 Aquatic scrub (30 mins including 10 mins of hammam)
- ◆ 1 Beauty Flash face and eyes (30 mins)
- ◆ 1 Remineralising algae cream wrap (30 mins)
- ◆ 1 Energising shower (15 mins)
- ◆ 1 Iyashi Dome session (40 mins)
- ◆ 1 Personalised massage (30 mins)
- ◆ 1 Hydromassage bed (20 min)

◆ FROM **€885** per person
In double Passerelle room and breakfast

◆ FROM **€1,056** per person
In double Passerelle room and half board

Find our offers on

www.miramar-lacigale.com



Thalasso at Miramar La Cigale

High fashion spirit for a tailor-made programme

Welcome to the Miramar La Cigale's Thalasso & Spa area, a world of water in a soothing mineral setting. Let your mind wander through the large portholes, you are in communion with nature and the marine world at hand. Here silence is golden, words are whispered, you are in a cocoon surrounded and cuddled, left in the hands of experts. **The qualified and passionate staff is attentive to your every desire, the emphasis is on the personalisation of care and custom-made offers, to always better meet your expectations.**

45 cabins, most of which have natural light, 3 seawater pools drawn from 300 metres off the Atlantic Ocean opposite the Fogo beach, all equipped with the latest technology, contribute to the quality of the treatments provided.



A special feature of the premises is the collection of expert treatments offered by Miramar La Cigale based on 3 thematic clusters: Balance and personal development, diet and nutrition and coaching and sports activities. TO BE DISCOVERED ON PG.52

OPEN FROM MONDAY TO SUNDAY, FROM 09:00 TO 13:00 AND FROM 14:00 TO 18:00.



3 Signature Stays

With these 3 signature stays, Miramar La Cigale has focused on **personalised treatments and tailor-made programmes** to adapt to the expectations and wishes of its customers. Among these **3 signature stays** were created by the experts of Miramar la Cigale:

◆ **The "Privilege" programme** allows you to compose your stay by choosing from a range of 38 treatments. Whether it is for a wellness getaway or to discover thalassotherapy, this à la carte concept offers a programme where freedom and pleasure are the key words.

[TO BE DISCOVERED ON PG. 32.](#)

◆ **The New "Supreme Beauty" programme** offers an overall and personalised response for the face and body to prevent, alleviate and delay the signs of time.

[TO BE DISCOVERED ON PG. 26.](#)

◆ **The "Figure Coaching" programme** revolutionises the slimming treatment to combine pleasure and success. Our team of experts will accompany you throughout your stay to make your slimming treatment a moment of pleasure.

[TO BE DISCOVERED ON PG. 36.](#)

Free

with your Signature Stay

A consultation with our dietician-nutritionist including an **Oligocheck Wellness assessment**, which measures the tissue reserves in minerals & trace elements.



Privilege *Signature Stay*

Compose your programme according to your desires



**FREE
ACCESS**
TO THE
OCEAN SPA
AND PARCOURS
MARINS

Luxury is a choice, and that's what we offer you with this exceptional stay, **a real à la carte concept, consisting of Miramar la Cigale's best-selling and signature treatments.**

A range of 38 treatments to choose from, with the possibility of selecting the same treatment several times. **In order to be able to meet your expectations, we advise you to plan your stay at least 15 days before your arrival.**

The opportunity to treat yourself to a **rich massage treatment and individual treatments.**
Our team is at your disposal to advise you and make your stay an unforgettable experience.

1. Choose

your essential treatments

- ◆ **Relaxation (20 mins):** hydromassage bath with Laminaria algae extracts or lagoon water, milk bubble bath, himalayan dream bubble bath, relaxing cinnamon bath, sensory hydromassage bed.
- ◆ **Draining:** underwater shower (20 mins), energising shower (15 mins), pressotherapy (30 mins), I Pulse (45 mins).
- ◆ **Scrub (30 mins including 10 mins of hammam):**
Choose from our scrub bar.
- ◆ **Premium waterbed wraps (30 mins):**
remineralising algae, slimming, anti-ageing wax, melting, velvet.
- ◆ **Iyashi Dome - 40 mins:** Intense relaxation and energisation thanks to this equipment whose long infrared technology allows to boost the whole metabolism by draining toxins from the body. The sweating system triggered is equivalent to the practice of an intense sports activity.

2. Choose

your treatments Beauty Relaxation Escape

- ◆ **Massages from around the world (60 mins):** Californian, Abhyanga, Swedish Californian, Shirotchampi, Shirodhara, Kansu, Balinese, Zen massage, Hot stones, Chi Nei Tsang (belly massage).
- ◆ **Marine relaxation (30 mins)**
- ◆ **Facial treatment (60 mins):** Fundamental treatment from the sea, Skin Hydra Repulp by Ella Baché, Kobido.

3. Choose

your exclusive treatments

- ◆ **Signature Massages and World Massages (75 mins):**
Odyssey Signature Massage, Thai Massage, Abhyanga Harmonisation of the 108 marmas or slimming or relaxing or articular.
- ◆ **Facial treatment (75 or 90 mins):** Skinissime treatment by Ella Baché, Wonder of the Ocean facial.

6 days
nights

18 INDIVIDUAL TREATMENTS TO CHOOSE FROM

- ◆ 10 Essential treatments
- ◆ 6 Beauty Relaxation escape treatments
- ◆ 2 Exclusive treatments

◆ FROM **€2,676** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,614** excluding accommodation

4 days
nights

12 INDIVIDUAL TREATMENTS TO CHOOSE FROM

- ◆ 7 Essential treatments
- ◆ 4 Beauty Relaxation escape treatments
- ◆ 1 Exclusive treatment

◆ FROM **€1,784** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,076** excluding accommodation



Find our offers on

www.miramar-lacigale.com



Figure Coaching *Signature Stay*

The revival of the Body treatment at Miramar La Cigale



**FREE
ACCESS**
TO THE
OCEAN SPA
AND

**FOLLOW-UP
BY OUR
DIETICIAN**
THROUGHOUT
THE STAY

PARCOURS MARINS

The Figure Coaching programme revolutionises the slimming treatment to **combine pleasure and success**. Our team of experts will accompany you throughout your stay to make your slimming treatment a moment of pleasure.

The Body programme combines the benefits of **a wellness cuisine offered in our panoramic restaurant**, the expert advice of our dietician, our sports coaches and **a programme of high-tech treatments specially developed to meet all your needs**.

In order to prepare for your treatment, Corinne Ducaud will contact you before your arrival.
She will also keep in touch with you after you return home if you wish.

6 days
nights

POSSIBILITY
TO DO THIS
PROGRAMME
IN 9 OR 12 DAYS

4 days
nights

18 INDIVIDUAL TREATMENTS

- ◆ 1 Hypno'Nutrition session (45 mins)
- ◆ 3 Energising body shower (15 mins)
- ◆ 2 Sessions of Iyashi Dome (40 mins)
- ◆ 3 Hydromassage baths with lipolytic essential oils (20 mins)
- ◆ 3 Body wraps (30 mins)
- ◆ 3 LPG Body session (30 mins)
- ◆ 1 IPulse session (50 mins)
- ◆ 1 Body Palp session (45 mins)
- ◆ 1 Relaxing face massage (30 mins)

Expert Coaching treatments (included in this stay)

- ◆ 5 group sports coaching sessions
- ◆ 1 interview with our dietician-nutritionist
- ◆ 1 Impedance measurement
- ◆ 1 Complete Oligocheck assessment
- ◆ 1 Evaluation of the slimming of the body
- ◆ Mindful Eating Workshop

◆ FROM **€2,172** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,290** excluding accommodation

TAKE ADVANTAGE OF THE MINDFUL EATING
WORKSHOP, LED BY OUR DIETICIAN-
NUTRITIONIST: CORINNE DUCAUD
(see page 59)

12 INDIVIDUAL TREATMENTS

- ◆ 2 Energising body showers (15 mins)
- ◆ 2 Iyashi Dome session (40 mins)
- ◆ 2 Hydromassage bath with lipolytic essential oils (20 mins)
- ◆ 2 Body wraps (30 mins)
- ◆ 1 Body massage (30 mins)
(with or without suction cups)
- ◆ 1 Slimming and draining treatment (45 mins)
- ◆ 1 IPulse session (50 mins)
- ◆ 1 LPG Body session (30 mins)
- ◆ 1 Relaxing face massage (30 mins)

Expert Coaching treatments (included in this stay)

- ◆ 3 group sports coaching sessions
- ◆ 1 interview with our dietician-nutritionist
- ◆ 1 impedance measurement

◆ FROM **€1,448** per person
In double Passerelle room and half board

◆ PRICE FROM **€860** excluding accommodation



In order to optimise the results
of your treatment: package of 2
additional IPulse sessions at the rate
of €149 instead of €198





Thematic Stays

The know-how of our experts
for your health
and your well-being

Personalised *fitness*

Customised well-being

Because each person is different and so are your desires, the experts at Miramar La Cigale have developed a **new generation fitness programme**. You benefit from essential thalassotherapy treatments to which **you add the tailor-made programme of your choice: "Beauty and Spa", "Relaxation and Spa" or "Fitness and Spa"**.

6 days
nights

15 TREATMENTS

+ 3 TAILOR-MADE TREATMENTS

- ◆ 1 Underwater massage shower (20 mins)
- ◆ 2 Hydromassage or bubble baths (20 mins)
- ◆ 2 Waterbed wraps (30 mins)
- ◆ 6 Underwater jets (30 mins)
- ◆ 1 Session on a sensory hydromassage bed (20 mins)
- ◆ 3 Personalised massages (30 mins)

◆ FROM **€1,902** per person
In double Passerelle room and half board

◆ PRICE FROM **€990** excluding accommodation

4 days
nights

9 TREATMENTS

+ 3 TAILOR-MADE TREATMENTS

- ◆ 1 Hydromassage or bubble bath (20 mins)
- ◆ 1 Waterbed wrap (30 mins)
- ◆ 4 Underwater jets (30 mins)
- ◆ 1 Session on a sensory hydromassage bed (20 mins)
- ◆ 2 Personalised massages (30 mins)

◆ FROM **€1,268** per person
In double Passerelle room and half board

◆ PRICE FROM **€660** excluding accommodation

TAKE AN OLIGO CHECK ASSESSMENT

The Oligocheck is a device that:

- ◆ Measures tissue reserves of minerals and trace elements
- ◆ Detects the presence of heavy metals and the level of intoxication
- ◆ Evaluates oxidative stress
- ◆ Vitamin assessment

The Oligocheck is associated with a consultation with our dietician-nutritionist in order to analyse the results, then to correct the deficiencies or excesses by personalised food advice and a targeted micro-nutritional supplementation.

◆ **€99** 60 mins

**FREE
ACCESS
TO THE
OCEAN SPA
AND PARCOURS
MARINS**





3 PROGRAMMES TO CHOOSE FROM

Personalise your wellness stay
according to your wishes

BEAUTY AND SPA

- ◆ 1 Fundamental Sea Facial (60 mins)
- ◆ 1 Relaxing facial massage (30 mins)
- ◆ 1 Marine body wrap on a water bed (30 mins)

RELAXATION AND SPA

- ◆ 1 Californian massage (60 mins)
- ◆ 1 Marine relaxation or 1 marine body wrap on a water bed (30 mins)
- ◆ 1 Personalised relaxing massage (30 mins)

COACHING AND NUTRITION

- ◆ 2 Individual sports coaching sessions (45 mins)
- ◆ 1 Consultation with our dietician (75 mins) including 1 Oligocheck assessment
- 1 Impedance measurement

Find our offers on

www.miramar-lacigale.com



Health Serenity

Relieve your chronic pain in wellness mode

This health and well-being stay has been entirely designed by our experts. 3 programmes are available: **light legs** to relieve pain and stimulate venous return **back programme** to relieve back pain, release tension and strengthen muscles **joint rehabilitation** to relieve arthritis and rheumatism.



24 TREATMENTS

- ◆ 3 Healthy massages (30 mins)
- ◆ 3 Hydromassage or bubble baths with algae (20 mins)
- ◆ 3 Sessions on a hydromassage sensory bed (20 mins)



16 TREATMENTS

- ◆ 2 Healthy massages (30 mins)
- ◆ 2 Hydromassage or bubble baths with seaweed (20 mins)
- ◆ 2 Sessions on a hydromassage sensory bed (20 mins)

TO RELIEVE PAIN AND BOOST VENOUS RETURN - PROGRAMME 1: LIGHT LEGS

- ◆ 3 Underwater massage showers (20 mins)
- ◆ 3 Aquabiking sessions (30 mins)
- ◆ 3 Marine cryotherapy wraps (30 mins)
- ◆ 3 Underwater jet pools (30 mins)
- ◆ 3 Pressotherapy sessions (30 mins)

- ◆ 2 Underwater massage showers (20 mins)
- ◆ 2 Aquabiking sessions (30 mins)
- ◆ 2 Marine cryotherapy wraps (30 mins)
- ◆ 2 Underwater jet pools (30 mins)
- ◆ 2 Pressotherapy sessions (30 mins)

TO NATURALLY RELIEVE BACK PAIN, RELEASE TENSION AND STRENGTHEN MUSCLES - PROGRAMME 2: BACK

- ◆ 3 Underwater massage showers (20 mins)
- ◆ 3 Sessions on a hydromassage sensory bed (20 mins)
- ◆ 3 Remineralising or marine mud wraps (30 mins)
- ◆ 3 Lumbar pools or water coaching (30 mins)
- ◆ 3 Pilates sessions (60 mins)

- ◆ 2 Underwater massage showers (20 mins)
- ◆ 2 Sessions on a hydromassage sensory bed (20 mins)
- ◆ 2 Remineralising or marine mud wraps (30 mins)
- ◆ 2 Lumbar pools or water coaching (30 mins)
- ◆ 2 Pilates gym sessions (60 mins)

TO REGAIN FLEXIBILITY IN DAILY LIFE, TO RELIEVE OSTEOARTHRITIS, ARTHRITIS AND RHEUMATISM - PROGRAMME 3: JOINT REHABILITATION

- ◆ 3 Sessions on a hydromassage sensory bed (20 mins)
- ◆ 3 Marine mud sessions (30 mins)
- ◆ 3 Remineralising wraps (30 mins)
- ◆ 3 Personalised rehabilitation pool sessions or aquatic coaching (30 mins)
- ◆ 3 Pilates gym sessions (60 mins)

- ◆ 2 Sessions on a hydromassage sensory bed (20 mins)
- ◆ 2 Marine mud sessions (30 mins)
- ◆ 2 Remineralising wraps (30 mins)
- ◆ 2 Personalised rehabilitation pool sessions or aquatic coaching (30 mins)
- ◆ 2 Pilates gym sessions (60 mins)

◆ FROM **€2,112** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,050** excluding accommodation

◆ FROM **€1,408** per person
In double Passerelle room and half board

◆ PRICE FROM **€700** excluding accommodation

Prasama

Inner renewal and sensory journey

Prasama means "Serenity" in Sanskrit, and that is the objective of this programme. Designed for very active people, **it offers you plenitude and inner renewal.** Between seawater treatments and **Massages from Asia**, forget your everyday worries and discover new sensations ...



Abhyanga harmonising of the 108 Marmas

6 days
nights

**FREE
ACCESS
TO THE
OCEAN SPA
AND PARCOURS
MARINS**

4 days
nights

20 INDIVIDUAL TREATMENTS

- ◆ 2 Relaxing cinnamon baths (20 mins)
- ◆ 2 Hydromassage baths with algae (20 mins)
- ◆ 3 Personalised massages (30 mins)
- ◆ 1 Marine relaxation (30 mins)
- ◆ 3 Shirodharas (60 mins)
- ◆ 2 Abhyangas (60 mins)
- ◆ 1 Abhyanga harmonising of the 108 marmas (75 mins)
- ◆ 1 Shiatsu (60 mins)
- ◆ 1 Thai (75 mins)
- ◆ 1 Shirotchampi (60 mins)
- ◆ 3 Kansu or 2 Kansu + 1 Reiki (60 mins)

◆ FROM **€2,442** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,494** excluding accommodation

12 INDIVIDUAL TREATMENTS

- ◆ 2 Relaxing cinnamon baths (20 mins)
- ◆ 2 Hydromassage baths with algae (20 mins)
- ◆ 2 Personalised massages (30 mins)
- ◆ 1 Marine relaxation (30 mins)
- ◆ 2 Shirodharas (60 mins)
- ◆ 1 Abhyanga (60 mins)
- ◆ 1 Abhyanga harmonising of the 108 marmas (75 mins)
- ◆ 1 Shirotchampi (60 mins)

◆ FROM **€1,628** per person
In double Passerelle room and half board

◆ PRICE FROM **€996** excluding accommodation

Find our offers on
www.miramar-lacigale.com



FOR EVEN MORE, OPT FOR 1 SESSION OF MEDITATION IN FULL PRESENCE OR MARINE RELAXATION, BUT ALSO KOBIDO OR A WRAP OF YOUR CHOICE

Intense Thalasso & Spa

The ideal alliance between Thalasso and Spa

This programme is the ideal compromise between the benefits of Thalasso and those of world massages. On the programme, **a different one-hour massage every day**, and only individual treatments to enjoy the benefits of seawater and achieve absolute well-being.

A true source of physical and psychological well-being, you will find energy and harmony in the exceptional setting of Miramar La Cigale.



1 one-hour massage each day

6 days
nights

18 INDIVIDUAL TREATMENTS

- ◆ 3 Lagoon water baths (20 mins)
- ◆ 3 Himalayan dream bubble baths (20 mins)
- ◆ 3 Remineralising wraps (30 mins)
- ◆ 6 World massages (60 mins)

Abhyanga - Californian - Balinese - Hot Stones - Shirotchampi - Kansu

- ◆ 1 Hammam & sensory scrub (30 mins including 10 mins hammam)
- ◆ 1 Relaxing face massage by Thalgo (30 mins)
- ◆ 1 Iyashi Dome session (40 mins)

◆ FROM **€2,322** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,284** excluding accommodation

FREE
ACCESS
TO THE
OCEAN SPA
AND PARCOURS
MARIN

4 days
nights

12 INDIVIDUAL TREATMENTS

- ◆ 2 Lagoon water baths (20 mins)
- ◆ 2 Himalayan dream bubble baths (20 mins)
- ◆ 1 Remineralising body wrap (30 mins)
- ◆ 4 World massages (60 mins)

Abhyanga - Californian - Balinese - Shirotchampi

- ◆ 1 Hammam & sensory scrub (30 mins including 10 mins hammam)
- ◆ 1 Relaxing face massage by Thalgo (30 mins)
- ◆ 1 Iyashi Dome session (40 mins)

◆ FROM **€1,548** per person
In double Passerelle room and half board

◆ PRICE FROM **€856** excluding accommodation

FOR EVEN MORE, OPT FOR 1 SESSION OF MEDITATION
IN FULL PRESENCE OR MARINE RELAXATION

Young Mum with baby

Share a moment of complicity with your baby

To be carried out between the 3rd and 9th month after giving birth, this very complete programme allows you to relax and share intimate moments with your baby. **THE MUST-TRIES OF THIS PROGRAMME: baby care, hypopressive gymnastics workshop for a gentle abdominal and perineal rehabilitation.** Take advantage, in the company of your baby, of unique and privileged moments to recover energy, serenity, vitality... and your shape!



Accommodation offered for the accompanying person or nursery offered during the mother's treatments

offer valid outside school holidays

6 days
nights

24 TREATMENTS

- ◆ 3 Hydromassage baths with algae (20 mins)
- ◆ 2 Underwater massage showers (20 mins)
- ◆ 2 Sessions of lyashi Dome (40 mins)
- ◆ 3 Underwater jet pools (30 mins)
- ◆ 3 Personalised massages (30 mins)
- ◆ 3 Firming wraps (30 mins)
- ◆ 3 Treatments with baby (1 baby massage workshop, 1 baby massage, 1 bubble bath with baby)
- ◆ 3 Hypopressive gymnastics sessions (60 mins)
- ◆ 1 Fundamental facial treatment by Thalgo (60 mins)
- ◆ 1 I Beauty moisturising facial (45 mins)

◆ FROM **€2,226*** per person
In double Fil de l'Eau room and half board

◆ FROM **€1,224** excluding accommodation

**FREE
ACCESS
TO THE
OCEAN SPA
AND PARCOURS
MARIN**

4 days
nights

16 TREATMENTS

- ◆ 1 Hydromassage bath with algae (20 mins)
- ◆ 1 Underwater massage shower (20 mins)
- ◆ 1 lyashi Dome session (40 mins)
- ◆ 2 Underwater jet pools (30 mins)
- ◆ 2 Personalised massages (30 mins)
- ◆ 2 Firming wraps (30 mins)
- ◆ 3 Treatments with baby (1 baby massage workshop, 1 baby massage, 1 bubble bath with baby)
- ◆ 2 Hypopressive gymnastics sessions (60 mins)
- ◆ 1 Fundamental facial treatment by Thalgo (60 mins)
- ◆ 1 I Beauty moisturising facial (45 mins)

◆ FROM **€1,484*** per person
In double Fil de l'Eau room and half board

◆ FROM **€816** excluding accommodation

* Rate does not include treatments for the accompanying person.

OUR ADORABLE NURSERY "LES PETITS MOUSSES" WELCOMES BABIES FROM 3 MONTHS AND CHILDREN UP TO 3 YEARS to allow parents to enjoy their treatments in complete serenity. Located on the same level as the Thalasso, mothers can visit their children between treatments. Our childcare worker will speak with you to find out about your child's habits so that we can provide them with a personalised service.





Marine Slimming

Start losing weight gently

Eliminate a few stubborn and unsightly curves? Drain and reduce swelling? Do you want to get back in shape and become more toned? Balance your diet?

Miramar La Cigale has designed a new treatment perfectly adapted to the needs and desires of each individual.

A complete treatment, mixing the latest advances in slimming technologies but also traditional massages and all the benefits of hydrotherapy and sports activities in sea water: the best of thalassotherapy with an overall vision of the person.

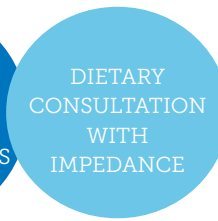


24 TREATMENTS

- ◆ 1 Hypno'Nutrition session (45 mins)
- ◆ 3 Energising body showers (15 mins)
- ◆ 2 Sessions of Iyashi-Dome (40 mins)
- ◆ 3 Hydromassage baths with lipolytic EO (20 mins)
- ◆ 3 Body wraps (30 mins)
- ◆ 2 Body massages with or without suction cups (30 mins)
- ◆ 1 Balinese massage (60 mins)
- ◆ 3 LPG Body sessions (30 mins)
- ◆ 2 Underwater jets (30 mins)
- ◆ 2 Aquafitness sessions (30 mins)
- ◆ 2 Aquabiking sessions (30 mins)

◆ FROM **€2,112** per person
In double Passerelle room and half board

◆ PRICE FROM **€1,080** excluding accommodation



16 TREATMENTS

- ◆ 2 Energising body showers (15 mins)
- ◆ 2 Sessions of Iyashi-Dome (40 mins)
- ◆ 2 Hydromassage baths with lipolytic EO (20 mins)
- ◆ 2 Body wraps (30 mins)
- ◆ 1 Body massage with or without suction cups (30 mins)
- ◆ 1 Balinese massage (60 mins)
- ◆ 2 LPG Body sessions (30 mins)
- ◆ 2 Underwater jets (30 mins)
- ◆ 1 Aquafitness session (30 mins)
- ◆ 1 Aquabiking session (30 mins)

◆ FROM **€1,408** per person
In double Passerelle room and half board

◆ PRICE FROM **€720** excluding accommodation

Find our offers on

www.miramar-lacigale.com







Thematic Weekends

A moment or a getaway
for a rejuvenating break



Essential Spa

3 TREATMENTS OVER 1 DAY

The ideal way to discover the Miramar La Cigale in Zen and Beauty mode. On the programme:

- ◆ 1 Relaxing face massage (30 mins)
- ◆ 1 Personalised massage (30 mins)
- ◆ 1 Bubble bath in lagoon water (20 mins)

FROM €300 per person
In a double Passerelle room with breakfast

FROM €357 per person
In a double Passerelle room with half board

FREE AND UNLIMITED ACCESS TO THE OCEAN SPA

Getaway for two

1 TWO-PERSON TREATMENT WITH A GLASS OF CHAMPAGNE PER PERSON

A romantic getaway for a moment of complicity with zen and elegant accents. On the programme:

- ◆ 1 Two-person massage with oils (60 mins)

FROM €285 per person
In a double Passerelle room with breakfast

FROM €342 per person
In a double Passerelle room with half board



Gentle Stopover

4 TREATMENTS OVER 2 DAYS

A 100% wellness and marine weekend for absolute relaxation. On the programme:

- ◆ 1 Personalised massage (30 mins)
- ◆ 1 Milk bubble bath (20 mins)
- ◆ 1 Energising shower (15 mins)
- ◆ 1 Velvet wrap on a water bed (30 mins)

FROM €510 per person
In a double Passerelle room with breakfast

FROM €624 per person
In a double Passerelle room with half board

Mum-to-be

3 TREATMENTS OVER 2 DAYS

Take care of yourself and relax while waiting for your baby to arrive. From the 4th month of pregnancy.

On the programme:

- ◆ 1 Bubble massage (60 mins)
- ◆ 1 Fundamental facial from the sea (60 mins)
- ◆ 1 LPG legs session (30 mins)

FROM €580 per person
In a double Passerelle room with breakfast

FROM €694 per person
In a double Passerelle room with half board

* Rate does not include the treatment of the accompanying person

3 days
nights

Ocean Bubble

5 TREATMENTS OVER 3 DAYS

The best of Thalasso treatments combined with two exceptional Spa rituals. On the programme:

- ◆ 1 Hammam and Scrub of your choice (30 mins)
- ◆ 1 Hydromassage bath with algae (20 mins)
- ◆ 1 Algae wrap on a water bed (30 mins)
- ◆ 1 Fundamental facial treatment by Thalgo (60 mins)
- ◆ 1 Californian massage (60 mins)

◆ FROM **€885** per person
In a double Passerelle room with breakfast

◆ FROM **€1,056** per person
In a double Passerelle room with half board

**FREE
AND
UNLIMITED
ACCESS**
TO THE OCEAN
SPA

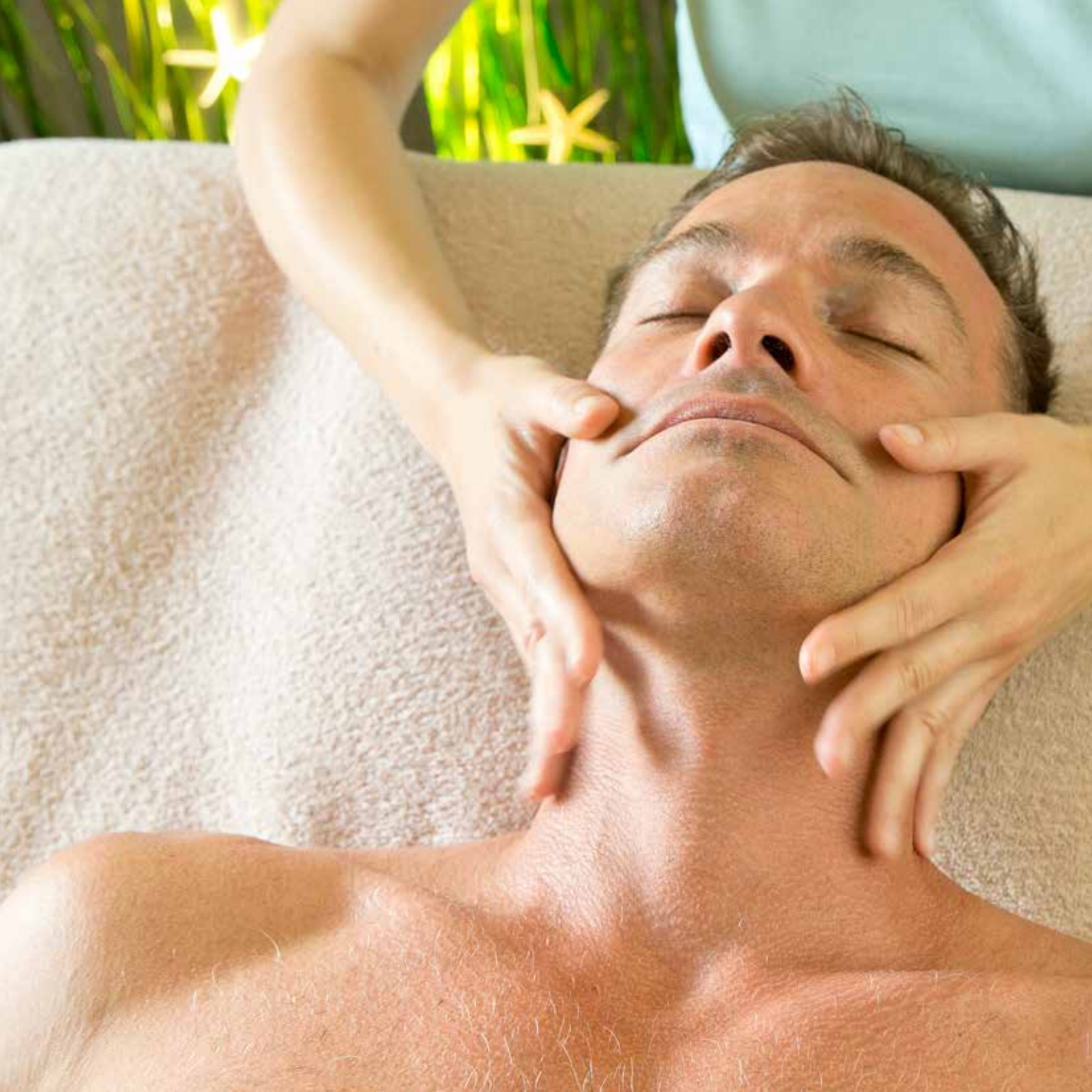
More Short Stays on

www.miramar-lacigale.com

COMPLETE YOUR WELLNESS EXPERIENCE BY CHOOSING FROM OUR FAVOURITE TREATMENTS

◆ 1 Hammam & sensory scrub of your choice	€89 (30 mins including 10 mins of hammam)
◆ 1 Thalgo personalised facial	€139 (60 mins)
◆ 1 Anti-ageing Skin Green Filler treatment by Ella Baché	€159 (75 mins)
◆ SIGNATURE MIRAMAR: 1 Odyssey massage	€189 (75 mins)
◆ Californian massage	€139 (60 mins)
◆ Personalised massage	€99 (30 mins)

The treatment times indicated include the time taken to set up in the cabin and out of the cabin.





Thematic Days

Beauty and relaxation
for a full day
or half a day

Book your day on

www.miramar-lacigale.com

**FREE
AND
UNLIMITED
ACCESS
TO THE
OCEAN SPA**

Marine Day 4 TREATMENTS

Ideal for discovering the Thalasso spirit at Miramar La Cigale.
A pure moment of relaxation under the sign of the sea.

On the programme:

- ◆ 1 Personalised massage (30 mins)
- ◆ 1 Hydromassage bath with marine essences (20 mins)
- ◆ 1 Remineralising algae wrap (30 mins)
- ◆ 1 Session on a sensory hydromassage bed (20 mins)

HIGHLIGHT: 1 "Assiette Plaisir" lunch served at the restaurant
Le Safran and free and unlimited access to the Ocean Spa

👉 €219

Day of Plenitude 4 TREATMENTS

A Zen and beauty day that combines thalasso treatments, a
relaxing massage and a facial.

On the programme:

- ◆ 1 Relaxing Massage (60 mins)
- ◆ 1 Himalayan Dream hydromassage bath (20 mins)
- ◆ 1 Velvet wrap (30 mins)
- ◆ 1 Relaxing face massage (30 mins)

HIGHLIGHT: 1 "Assiette Plaisir" lunch served at the restaurant
Le Safran and free and unlimited access to the Ocean Spa

👉 €279

NEW



Arctic Wonder Ritual 3 TREATMENTS

Pristine white glacial landscapes, hot springs and unexpected underwater flora are all part
of this thermotherapy-inspired experience. Discover the benefits of Boreal Algae and ancient
Nordic rituals where soothing warmth and invigorating freshness work in tandem to relax the
body and relieve tension.

On the programme :

- ◆ 1 Effervescent crystal bath (20 mins)
- ◆ 1 Salt flake body scrub (30 mins)
- ◆ 1 Relaxing water bubble massage (60 mins)

Free unlimited access to the Ocean Spa

👉 €209

Possibility to choose a 2 treatments package with a choice of 1 bath or 1 scrub + Massage : 👉 €179

Thalasso ritual 3 TREATMENTS

To introduce you to Thalasso.

On the programme:

- ◆ 1 Underwater jet (30 mins)
- ◆ 1 Hydromassage bath with marine essences (20 mins)
- ◆ 1 Hydromassage bed (20 mins)

Free and unlimited access to the Ocean Spa

◆ €130

Ocean Ritual 2 TREATMENTS (FOR MEN)

The sea and the stones for a return to the sources. On the programme:

- ◆ 1 Hammam and water scrub with sea salt crystals (30 mins including 10 mins of hammam)
- ◆ 1 Hot stone massage (60 mins)

Free and unlimited access to the Ocean Spa

◆ €179

Marine Ritual 3 TREATMENTS

Marine remineralisation and personalised massage for an iodine-filled wellness break.

On the programme:

- ◆ 1 Personalised massage (30 mins)
- ◆ 1 Hydromassage bath in lagoon water (20 mins)
- ◆ 1 Remineralising algae wrap (30 mins)

Free and unlimited access to the Ocean Spa

◆ €175

Mum & Baby Ritual 2 TREATMENTS

A moment of complicity between mother and baby to experience in Thalasso mode. On the programme:

- ◆ 1 Baby massage (30 mins)
- ◆ 1 Bubble bath to share with your baby (20 mins)

◆ €139

Pacific Ritual 3 TREATMENTS (FOR WOMEN)

A journey of the senses for an ultra cocooning escape with international touches.

On the programme:

- ◆ 1 "Lagoon water" bath (20 mins)
- ◆ 1 Hammam and Pacific Islands scrub (30 mins including 10 mins of hammam)
- ◆ 1 Mahana massage with hot sand pouches (60 mins)

Free and unlimited access to the Ocean Spa

◆ €209

Wonder of the Ocean 1 FULL FACE AND BODY TREATMENT

Experience a supreme treatment experience, where innovation and technology are combined with luxury and emotion. On the programme:

- ◆ 2 Hours of treatment during which the different massages and the richness of the products combine to give you an extreme sense of relaxation.

Free and unlimited access to the Ocean Spa

◆ €209





Expert Treatments

Our collection
to take care
of your health capital

Balance and Personal Development

Miramar La Cigale's expert treatments are performed by
Corinne Ducaud, dietician-nutritionist, **Dany Cerisier**, Somato-Educational Psychologist,
Sonia Veilt, Naturopath and **Caroline Di Gallo**, Ericksonian hypnotherapist

◆ Full Presence Meditation

Full Presence Meditation is practised in a seated position with the eyes closed. We learn to listen to the silence and to observe the manifestations of our body's insides. It is an invitation to listen to oneself, to others and to the world.

◆ €25 - 60 mins (group session)

◆ Sensory Gymnastics

Practice of well-being, rejuvenation and self-development. It consists of slow, simple and gentle movements. It can be practised individually or in pairs, sitting, standing or on the floor.

◆ €99 - 60 mins for 1 person

◆ €55 - 60 mins per person for 2 people

◆ Do In

Ancestral method originating from Japan that links acupuncture and reflex massage. Do In means the way of energy or how to promote the proper flow of energy in the body.

Loose clothing recommended.

◆ €25 - 60 mins (group session)

◆ Naturopathy & Reflexology

Evaluate your vital energy in order to rebalance it, optimise your health and strengthen your body's defences by natural and biological means.

◆ €90 - 60 mins (Naturopathie only)

◆ €159 - 120 mins (Naturopathie & Reflexology)

◆ Muscle Awakening

To be practised with a sports outfit suitable for the outdoors. Departure from the gym accompanied by a sports educator for a session of oxygenation, soothing and relaxation on the beach facing the sea.

◆ €25 - 45 mins (group session)

◆ Somato Educational Psychology

Somato-Educational Psychology will progressively untie tensions, restore symmetries and create overall relaxation, presence and self-awareness in all the depths of the body.

◆ €110 - 60 mins

◆ €150 - 90 mins

◆ Osteopathy

A true manual medicine, the osteopath palpates the body to detect tensions and imbalances that cause discomfort or illness. With the help of practical work, it restores your balance.

◆ €108 - 45 mins

◆ Hypnorelaxation

Hypnosis session for complete relaxation and total calm. The body relaxes, the mind lightens up in order to regenerate and become calm

◆ €90 - 60 mins

SOME TREATMENTS ARE ONLY AVAILABLE ON CERTAIN DAYS OF THE WEEK.
WE RECOMMEND THAT YOU BOOK THEM BEFORE YOUR ARRIVAL AT THE THALASSO RECEPTION.

Dietetics and Nutrition

with Corinne DUCAUD - Dietician Nutritionist



Our experts advise you on

www.miramar-lacigale.com

◆ Dietetics and Nutrition Consultation or self-care through food

After a nutritional assessment and an analysis of your eating habits, the consultation will help you find the right balance to nourish your body, your heart (emotionally) and your brain.

◆ Impedance assessment

Measurement of body composition: analysis of lean mass, fat mass and body water, indication of visceral fat level and resting metabolism. Combined with a dietetic and nutritional consultation, the impedance measurement makes it possible to define weight objectives.

- ◆ Impedance assessment only: €49 - 15 mins
- ◆ Hypno'Nutrition Consultation : €69 - 60 mins
- ◆ Dietetics Consultation : €69 - 60 mins
- ◆ Consultation + Impedance assessment: €99 - 60 mins
- ◆ Consultation + Oligocheck assessment: €99 - 60 mins
- ◆ Consultation + Impedance assessment and Oligocheck: €139 - 90 mins

◆ New for 2024 : Hypno'Nutrition

A sensory experience that stimulates the imagination using hypnotherapy to help you develop new and more positive patterns of behaviour.

Indications : weight management, emotional management, regulation of appetite and satiety, compulsive eating.

◆ Oligocheck consultation and assessment

The Oligocheck is a device that:

- ◆ Measures tissue reserves in minerals and trace elements
- ◆ Detects the presence of heavy metals and the level of intoxication
- ◆ Evaluates oxidative stress

The Oligocheck assessment involves a consultation with our dietician-nutritionist in order to analyse the results, then to correct the deficiencies or excesses by personalised food advice and a targeted micro-nutritional supplementation.

◆ Gnom Check test (see page 27)

MINDFUL EATING WORKSHOP

Every Tuesday, come and awaken your perception and increase your sensations tenfold by participating in our "MINDFUL EATING WORKSHOP".

With our dietician Corinne Ducaud, discover another way of eating. After a little exercise in relaxation, you will be fully capable of tasting with full awareness, i.e. listening to your body and your sensations, in line with your needs and rediscovering the pleasure of eating in complete serenity.



Coaching and sports activities

Our three coaches are at your disposal to advise you during your session. **Individual or group coaching sessions** can help you go further to improve your performance or simply help you resume or continue with a regular sporting activity.

◆ **Group coaching**

Sports supervision in small groups of 5 people maximum in the fitness room equipped with the latest high-end Technogym equipment.

◆ **€48 - 60 mins**

◆ **Individual coaching**

Personalised session supervised by a sports instructor who, according to your capabilities and your objectives, will direct your coaching in the fitness room or outside.

◆ **€48 - 30 mins / €82 - 60 mins**

◆ **Pilates session**

Gentle gymnastics to develop the body in a harmonious way and to correct bad postures. The different exercises, with or without equipment, involve all the muscles of the body, especially the abdominal muscles, with specific Pilates breathing exercises.

◆ **€40 - 60 mins**



◆ Aqua-Fitness

In a seawater pool, this group class offers a tonic aqua gym session focusing on cardiovascular activity and muscle strengthening.

🏊 €29 - 30 mins

◆ Aqua-Biking

On a bike in a heated seawater pool, our sports coach helps you work all the muscle groups to firm up the lower body, increase endurance and improve blood circulation.

🏊 €29 - 30 mins

◆ Paddle

Paddle in swimming pools is a new aquatic sport adapted to pools. It is a course that is both fun and involving. Thanks to the instability of the board, you work your posture and all your muscles in depth, alternating with cardio phases to burn as many calories as possible.

🏊 €29 - 30 mins





At Miramar

and the surrounding areas



More photos on

www.miramar-lacigale.com

A work of art at the Miramar where serenity goes hand in hand with creativity.

Delphine Izzo has been a guest at the hotel for many years and it was only natural that she should wish to exhibit her lost wax bronzes at the entrance to the hotel and her paintings in the corridors of the spa center.



Life *at Miramar La Cigale*

Miramar La Cigale is a place to live in its own right, reinventing itself throughout the year to offer its guests a **comfortable and serene atmosphere**. In addition to the thalasso and spa programmes and treatments, we offer you **animations** and **equipment** for your daily pleasure.

IN TERMS OF EQUIPMENT

For your well-being

- ◆ Technogym equipped fitness room with ocean view
- ◆ 12m swimming pool with panoramic view and jacuzzi
- ◆ Parcours Marin with sauna and hammam
- ◆ Ocean Spa with hammam
- ◆ Spa Beauty
- ◆ Espace Thalasso

For children

- ◆ Nursery "Les Petits Mousse" from 3 months to 3 years old (Possibility to also welcome children over 3 years of age) - Prices can be provided on request
- ◆ Babysitting service in the room (on request)

For your leisure

- ◆ Lounge with pool table
- ◆ Business centre with board games



The services **at the Miramar**

We meet all your requirements!

Because at Miramar La Cigale **your comfort is our priority**, we do everything possible to meet your expectations.

Our qualified and passionate staff are attentive to your every wish, day and night.

Our Chief Concierge: Stéphane Rouxel, who belongs to the prestigious Clefs d'Or association in France, distinguishing the elite of Concierges, will be at your disposal to meet your expectations.

Availability, dedication and excellence are the key words of Stéphane but also of all staff at Miramar La Cigale, to make your stay exceptional.

To make your stay both pleasant and unforgettable, the Miramar La Cigale offers you a wide range of services:

◆ **Concierges who never lack inspiration** to offer you a range of activities and excursions in and around the Miramar La Cigale, according to your wishes and tastes.

◆ **Shuttles** from Vannes train station or Nantes airport to facilitate your access to Miramar La Cigale.

◆ **A personalised welcome** orchestrated by our staff who will be able to advise you on our offers. For example: Bottle of Champagne or a 1/2 bottle in your room. Bouquet of fresh flowers placed in your room. Seasonal fruit basket in your room.

Discover *the region*

Take advantage of your stay at Miramar La Cigale to discover the Golfe du Morbihan, a region with as many islands and islets as there are days of the year! Thus, the word "escape" takes on its full meaning for this destination so appreciated by lovers of authentic nature... Whether you are a sports or heritage enthusiast, someone who likes to relax or go for a walk by the sea, the Rhuys Peninsula welcomes you with its **listed sites, its cultural and sporting events.**

Let yourself be guided and choose, among all the possibilities, those that will perfectly complete your stay at Miramar La Cigale.



WALKS WITHIN WALKING DISTANCE OF THE HOTEL

- ◆ Direct access to the Fogeio beach and the Crouesty marina.
- ◆ Walk along the "Petit Mont", a charming country path that runs alongside the ocean, at the foot of the hotel.
- ◆ Market in the port of Crouesty every Monday in the summer season and all year round on Tuesdays in Arzon.

SPORTS ACTIVITIES WITHIN WALKING DISTANCE OF THE HOTEL

Tennis, riding centre, sailing school, Longe-côte.

As you wander through the *alleys of* *Miramar La Cigale*

Located opposite the Miramar hotel, discover the shops and businesses that have been set up to meet your expectations.

TRINITY

A style in its own right and an established identity. Carried by a high sensibility to Fashion and Decoration, the two Trinity boutiques in the Miramar Gallery are attested odes to elegance, refinement and the unprecedented.

TRINITY FASHION & ACCESSORIES

Anine Bing, Momoni, Ba&sh, Soeur Paris, Chloé Stora, Rivecour, Birkenstock... Unmissable brands in a confidential environment where our passionate advisers are only too happy to help you.

TRINITY HOME & DECORATION

Carefully designed furniture and objects, elegant lighting, natural materials and an uncluttered atmosphere... Discover a unique place combining design and essentials where you can benefit from tailor-made service.

CECILE B

The Cécile B Hair Salon welcomes you in a Zen and warm atmosphere. French Champion and finalist of the European Championship in Zurich and the World Championship in Tokyo, Cécile B and her team of professionals use their skills and know-how to satisfy you as much as possible.

PRESTIGE EVASION

Specialized in private and personalized cruises since 2016, Prestige Evasion offers services and nautical activities in yachts and semi-rigid from the port of Crouesty. Discover one of the most beautiful bays in the world: the Golfe of Morbihan and its offshore islands thanks to Vivien and his team of professional skippers.

BUT ALSO

◆ **The Golf of Rhuys-Kerver**

A magnificent 18-hole course by the sea. As a customer of Miramar La Cigale, you benefit from a 20% discount on the green fee (Blue Green Network).

◆ **The Branféré Animal Park**

An original concept in France, dedicated to respecting nature. Discover more than 120 animal species from all over the world.

◆ **The Brittany Nature Reserve of Séné**

A privileged place to discover the birds of the Golfe du Morbihan and the exceptional fauna and flora of the region.

◆ **The Butterfly Garden of Vannes**

In a tropical climate, marvel at the butterflies and exotic plants around you and discover the dazzling scents of exotic flowers.

◆ **Belle-Ile-en-Mer**

1 hour crossing from Port Navalo (April to October). More than a simple crossing, it is a real cruise that will give you the opportunity to discover the beauty of the Golfe du Morbihan, one of the most beautiful gulfs in the world.

◆ **The Oceanographic Aquarium of Vannes**

2 hours of a complete change of scenery to discover



Do not hesitate to share your wishes with the Concierge, which will be able to advise you and organise your excursions and other discoveries of our beautiful region

three aquatic universes, to see local or distant species of temperate seas in their natural environment.

◆ **The Island of Houat**

45-minute crossing from Port Navalo (direct in July and August). Houat is a fishermen's island of excellence, with colourful boats and traps piled up on the quays! There are only about thirty fishing families left who sell sea bass, sea bream and lobster at the Quiberon fish market...

◆ **And more...**



Access *Miramar La Cigale*

BY ROAD

480 km from Paris
120 km from Nantes
30 km from Vannes

From Vannes, follow the direction of the Rhuys peninsula, Sarzeau, Arzon (**GPS: indicate Arzon**)

BY TRAIN

2 hours 29 minutes from Paris:
departure from Gare Montparnasse,
direction Gare de Vannes. Several direct
daily connections by TGV/LGV.

BY AIR

Nantes International Airport
(120 km from the hotel)
Lorient International Airport
(97 km from the hotel)
Vannes Airport
(44.4 km from the hotel)

COVERED AND CLOSED PARKING AT YOUR DISPOSAL
€15 PER DAY - €80 FOR 6 DAYS - €12 PER ADDITIONAL DAY
ELECTRIC VEHICLE CHARGING: €13

◆ SHUTTLES

In order to facilitate your travels, our Shuttle Service guarantees you an exceptional service to facilitate your access to the Miramar La Cigale by ensuring the transfers of departure or arrival at the Airport of Nantes or Vannes Station.

→ To Le Miramar La Cigale, Monday to Sunday: The train arrives around 15:30 at Vannes station and leaves for the hotel as soon as all the guests have arrived.

← Departures to Vannes station, from Monday to Sunday, for the 16:30 train.

For all other schedules, a private car service can be provided at the following rates: one way: **€66 (+5% night, Sunday)**
return trip: **€120**.

From Nantes airport, 7 days a week - 24 hours a day

Transfers from the airport are provided by our Concierge Service or by individual taxi.

Rate: **€230** per journey

Shuttle and taxi fares subject to change according to the prefectural order

Online reservations at

www.miramar-lacigale.com



TAKE ADVANTAGE OF OUR EXCLUSIVE INTERNET OFFERS FOR YOUR STAYS, TREATMENTS, WEEKENDS, RESTAURANTS, ETC.
FOR THE PROGRAMMES OF THE TREATMENTS SUBJECT TO CHANGE, DO NOT HESITATE TO CONSULT OUR INTERNET SITE.

◆ SCHEDULES AND CONTACTS

The Miramar La Cigale is open all year round - Tel: 02 97 53 49 00.

The Thalasso and the Ocean Spa are open from 09:00 to 13:00 and from 14:00 to 18:00 every day - Tel: 02 97 53 49 00.

The panoramic swimming pool is open from 09:00 to 20:00 every day (hotel customers only).

Le Parcours Marin is open from 09:00 to 19:00 every day.

The Concierge is open from 07:00 to 21:30 every day - Tel: 02 97 53 49 00.

Schedules subject to change





MIRAMAR LA CIGALE
HÔTEL THALASSO & SPA

Find us on:

www.miramar-lacigale.com

Information and reservations:

Standard: 02 97 53 49 00 - Reservations: 02 97 53 49 13

Port du Crouesty
Route du Petit Mont
56640 Arzon - France



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