



MIRAMAR LA CIGALE

HÔTEL THALASSO & SPA

2026 TREATMENT COLLECTION

Gulf of Morbihan
Southern Brittany

Sergio Tosati
General Manager
Miramar La Cigale
Hotel Thalassotherapy
Centre & Spa



Welcome to the Thalassotherapy Centre & Spa area of the Miramar La Cigale, a world unfolding on the water's edge, in a serene, mineral setting.

Let your mind wander through the large portholes; you are in harmony with nature and the marine world at your fingertips. Here silence is golden, words are whispered, you are immersed in a cocoon and pampered, abandoned to expert hands.

Our qualified and passionate staff are attentive to your every need, with a focus on personalised treatments and bespoke offers to better meet your expectations.

Your well-being starts now...





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WELCOME TO THE MIRAMAR LA CIGALE THALASSOTHERAPY CENTRE

At the heart of the Miramar La Cigale, our 2,500 m² wellness area is a genuine marine sanctuary, designed to offer relaxation, balance, and rejuvenation. It houses 43 bright treatment rooms dedicated to massages, hydromassage baths, and invigorating jet showers; three seawater pools filled with water drawn from 300 metres off the Atlantic coast; a sauna; two hammams; a sensory shower; and a spacious, light-filled solarium.

The quality of our treatments relies on state-of-the-art equipment and the expertise of our practitioners.

A unique feature of the place is a collection of exclusive treatments focused on three themes: relaxation and wellness, beauty and anti-ageing expertise, nutrition and slimming.







Strongly discouraged for pregnant women and accessible from age 14



PARCOURS MARIN

To extend your wellness experience, the Miramar La Cigale invites you to discover its Parcours Marin, a 318m² aquatic space bathed in light, comprising a **large pool**, a **sauna**, a **hammam**, and a **sensory shower**. It is open daily from 09:00 to 19:00.

Here, the pearly tones and the large bay window overlooking the saltwater lake create a soothing atmosphere that lends itself to relaxation. Directly connected to the Thalassotherapy Centre, this space is designed as the perfect complement to your treatments.

1. Swan neck fountain
2. Geyser
3. Bubble seat
4. Walking corridor
5. Bubble lounger
6. Sequential massage
7. Bubble pool
8. Jet stream



Wellness & gourmet offers

Tea Time & Spa - 99€

Every day from 14:00 to 19:00
 1 admission to Parcours Marin
 1 gourmet break at the bar
 One 30-minute treatment of your choice: facial scrub, wrap or massage

Tea Time & Sea - 89€

Every day from 14:00 to 19:00
 1 admission to Parcours Marin
 1 gourmet break at the bar
 One 20-minute treatment of your choice: hydromassage bath, bubble bath or hydromassage bed

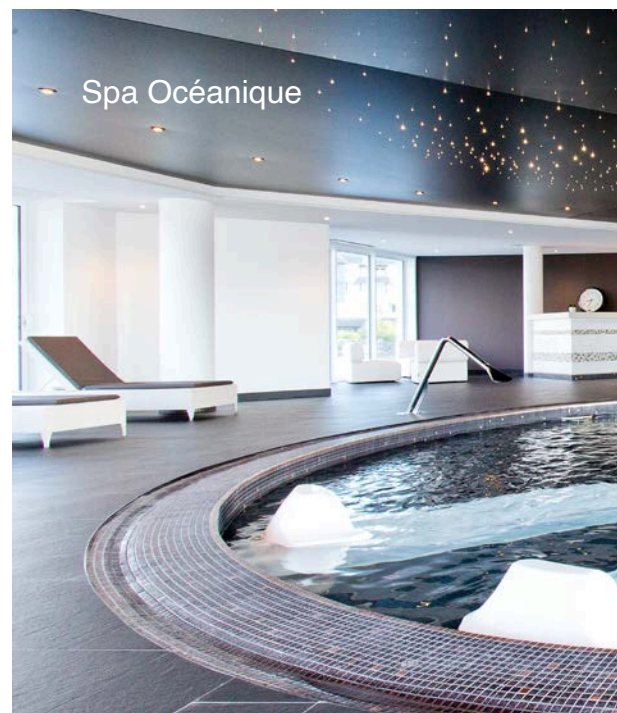
Bar l'Effet Mer



Solarium



Spa Océanique





THALASSOTHERAPY DAYS

MARINE DAY - 4 treatments

Ideal for discovering the Thalassotherapy experience at Miramar La Cigale. A pure moment of marine relaxation.

- 1 Personalised Massage - 30 min
- 1 Hydromassage Bath - 20 min
- 1 Algae Wrap - 30 min
- 1 Hydromassage Bed - 20 min

- + Lunch at Le Safran Restaurant with the «Pleasure Platter»
- + Access to Spa Océanique

226€

DAY OF ABUNDANCE - 4 treatments

Une journée zen et beauté qui conjugue soins de thalasso, massage relaxant et massage du visage.

- 1 Relaxing Massage - 60 min
- 1 Himalayan Dreams Hydromassage Bath - 20 min
- 1 Velvet Wrap - 30 min
- 1 Facial Massage - 30 min

- + Lunch at Le Safran Restaurant with the «Pleasure Platter»
- + Access to Spa Océanique

287€

Note that the times indicated include set-up time.





RITUALS

THALASSO RITUAL - 3 treatments

- 1 Underwater Jet - 30 min (group session)
- 1 Hydromassage Bath - 20 min
- 1 Hydromassage Bed - 20 min

+ Access to Spa Océanique

151€

MARINE RITUAL - 3 treatments

- 1 Personalised Massage - 30 min
- 1 Hydromassage Bath - 20 min
- 1 Algae Wrap - 30 min

+ Access to Spa Océanique

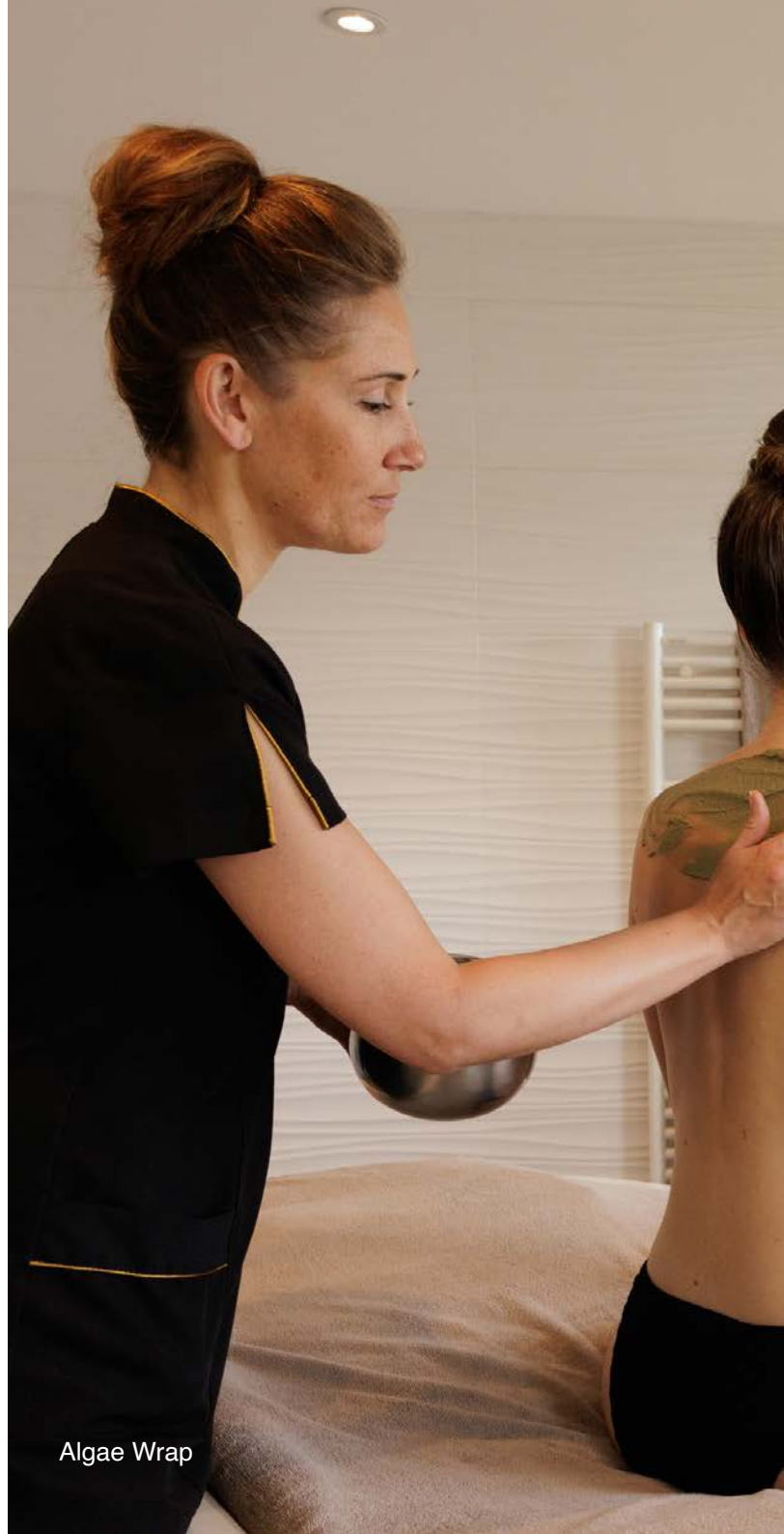
185€

OCEANIC RITUAL - 2 treatments

- 1 Hammam and Salt Crystal Scrub - 30 min
- 1 Hot Stone Massage - 60 min

+ Access to Spa Océanique

190€



Algae Wrap



PACIFIC RITUAL - 2 treatments

1 Hammam and Pacific Islands Scrub - 20 min
1 Mahana Massage with Warm Sand Bundles
- 60 min

+ Access to Spa Océanique

190€

Option (3 treatments) - **221€**

Includes a Lagoon Water Bath - 20 min

OCEAN PRODIGY RITUAL - 1 treatment

2 hours of body and face treatment during which the different massages and the richness of the products combine to send you into a state of extreme relaxation.

+ Access to Spa Océanique

221€

MOTHER AND BABY RITUAL

- 2 treatments

Babies from 3 to 8 months old

1 baby massage - 30 min
1 bubble bath to share with baby - 20 min

+ Access to Spa Océanique

168€

Note that the times indicated include set-up time.

MASSAGES

MIRAMAR ODYSSEY SIGNATURE MASSAGE

Developed by our therapists, this personalised massage draws inspiration from the marine world and is performed using plant-based oils with specific benefits.

A true sensory interlude, it concludes with a hot seaweed infusion, to prolong relaxation.

210€ - 75 min

THAI ASIAN

Performed on the floor, without oil and while wearing light clothing, this ancient massage combines pressure and stretching to release tension, improve flexibility, and promote restful sleep.

191€ - 75 min

BALINESE ASIAN

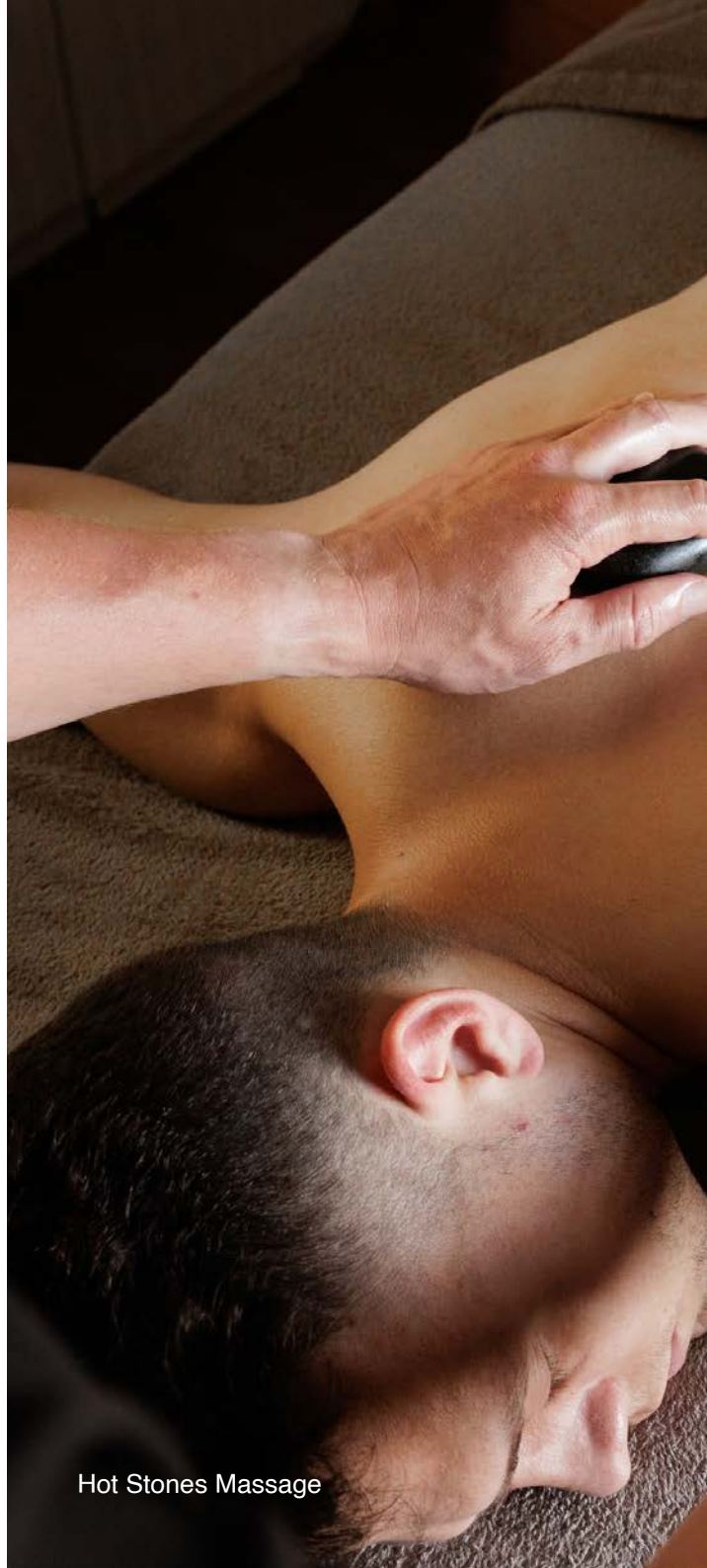
Alliance de techniques indonésiennes et occidentales, ce massage associe pressions, étirements et lissages pour rétablir l'équilibre énergétique. Il procure à la fois détente, vitalité et harmonie corporelle.

159€ - 60 min

KOBIDO ASIAN

Kobido, an ancient Japanese facial ritual, stimulates the meridians, acupressure points, and facial nerves for a natural lifting effect. It releases tension, brightens the complexion, improves sleep, and provides deep relaxation.

139€ - 60 min



Hot Stones Massage



HOT STONES WESTERN

The gentle warmth of volcanic stones releases muscular and nervous tension, promoting deep relaxation and letting go.

159€ - 60 min

DUO WESTERN

Side by side, in a cozy cabin, share a relaxing massage with aromatic plant oils. Experiencing a connection combining gentleness and serenity.

285€ - 60 min

CALIFORNIAN WESTERN

This gentle massage with fluid, enveloping movements provides deep relaxation and mental release, ideal for gently recharging your batteries.

139€ - 60 min

SEA SWELL WESTERN

Inspired by the rhythm of the tides, the fluid movements of this massage evoke the tranquillity of the ocean. It offers profound serenity and total relaxation of body and mind.

99€ - 30 min

Note that the times indicated include set-up time.

MASSAGES

DOËSKEAN **WESTERN**

This back massage combines the enveloping warmth of hot towels with slow, precise movements. It releases tension, restores rhythm and suppleness to the tissues, and provides a profound sense of well-being, both physical and mental.

112€ - 30 min

KANSU **AYURVEDIC**

This massage focuses exclusively on the feet. Made with a five-metal alloy bowl and ghee (clarified butter), it helps eliminate toxins, soothes inner turmoil (anger, stress, impatience), and benefits the liver and digestive system. It provides instant calm and a deep sense of peace.

149€ - 60 min

SHIROTCHAMPI **AYURVEDIC**

Traditional Indian massage targeting the upper back, shoulders, face, and scalp. Precise movements rebalance energy, provide instant relaxation, and promote letting go. Ideal for relieving headaches, improving sleep, and boosting concentration.

139€ - 60 min

Note that the times indicated include set-up time.





MASSAGES

PERSONALISED **WESTERN**

A tailor-made treatment that releases tension, stimulates circulation and encourages letting go. Made with scented vegetable oil, it is available for the back, the front of the back, or the legs.

99€ - 30 min

SHIATSU **ASIAN**

Japanese massage inspired by Chinese medicine, Shiatsu uses finger pressure and stretching on specific points to restore energy balance.

159€ - 60 min

FOOT REFLEXOLOGY **ASIAN**

An ancient Chinese technique, reflexology works by applying targeted pressure to reflex points on the feet. It restores energy balance, stimulates circulation, and helps the body to purify itself.

131€ - 45 min

PRENATAL BUBBLE **WESTERN**

From the 4th to the 8th month of pregnancy, this treatment combines sophrology and gentle massage, performed on a cushion specially designed for expectant mothers. Thanks to sweet almond oil, it provides comfort, relaxation, and soothing while nourishing the skin.

149€ - 60 min





Abhyanga massage

SHIRODHARA **AYURVEDIC**

Savour the soothing sensation of a scalp, face, and shoulder massage, before experiencing the unique calming effect of a gentle flow of warm oil across your forehead. This ancient treatment encourages letting go, dispels anxiety, promotes restful sleep, and provides a deep sense of calm.

149€ - 60 min

CHI NEI TSANG **ASIAN**

Originating from Chinese Taoist tradition, this abdominal massage works deeply on the internal organs (liver, stomach, intestines, etc.). It releases tension, facilitates detoxification, and harmonises emotions. A true energy treatment, it acts on the digestive, respiratory, cardiovascular and lymphatic systems.

159€ - 60 min

ABHYANGA **AYURVEDIC**

Originating in India, this warm sesame oil massage nourishes the skin while providing soothing and relaxation. Through circular pressure, friction, and stretching, it acts on vital energy and releases tension.

149€ - 60 min

MARMAS ABHYANGA **AYURVEDIC**

This massage works on the Marmas, key points where nerves, blood vessels, muscles, and joints meet. Through circular pressure and targeted acupressure, it stimulates vitality, releases blockages, and promotes overall balance. Abhyanga Massage : Offered in four styles to suit your specific needs: Harmonisation, Slimming, Relaxation, Joint Health

190€ - 75 min

OUR TREATMENT PARTNERS

ELLA BACHÉ

PARIS . 1936

Since 1936, Ella Baché has been creating innovative skincare products that enhance the skin with formulas concentrated in natural active ingredients. At Miramar La Cigale, we have chosen the anti-ageing range, powered by SkintexLab technology: a cutting-edge device that optimises the effectiveness of treatments, combined with the precise diagnosis of SkintexDiag for a truly bespoke approach.



THALGO

LA BEAUTÉ MARINE

A pioneer in marine cosmetics for over 50 years, Thalgo draws its inspiration and active ingredients from the heart of the oceans. Its treatments with active marine ingredients offer energy, radiance and vitality, for a unique sensory experience and re-energised beauty.



A wide range of Ella Baché and Thalgo products is available for purchase at the Thalasso reception.
Our therapists and aestheticians are on hand to advise you and guide you toward the treatments best suited to your needs.



FACIAL TREATMENTS

ELLA BACHÉ

HYDRA REPULP

An intensely hydrating treatment inspired by dermo-aesthetic techniques. Enriched with hyaluronic acid, it rehydrates the skin, smooths lines, and restores volume. It addresses the three dimensions of dehydration to restore supple, comfortable, and radiant skin.

149€ - 60 min

TOMATO GLOW

This treatment, enriched with natural AHA actives, smooths skin texture and reveals its radiance. Thanks to a micro-vibrating device, the active ingredients penetrate deeply for visibly transformed skin from the very first session.

99€ - 30 min

159€ - 75 min

GREEN FILLER

This anti-ageing treatment combines Maca peptides and Spirulina to restore energy and density to the skin. With its double mask and micro-vibrating device, it smooths wrinkles and visibly firms the features.

159€ - 75 min

MORPHO STRUCTURE

A treatment designed to lift the oval of the face and redefine facial contours. Recommended for mature skin suffering from sagging and loss of definition.

159€ - 75 min



Tomato Glow Treatment

A close-up photograph of a woman lying down, receiving a facial treatment. A hand is gently resting on her forehead. The background is softly blurred, focusing attention on the treatment.

ELLA BACHÉ

PARIS . 1936

SKINTEX LAB OPTION

Every Ella Baché treatment can be offered with Skintex Lab, a technology inspired by medical aesthetics that allows for targeted and lasting treatment of all skin concerns.

No additional charge

MIRAMAR LA CIGALE SIGNATURE TREATMENT

Developed by our expert aestheticians to provide the most suitable solutions for your needs, this Ella Baché treatment combines manual techniques with Skintex Lab technology to enhance effectiveness. This ritual combines a deep peel for better absorption of active ingredients, leaving skin visibly smoother, more radiant, and revitalised.

159€ - 75 min

FACIAL TREATMENTS

THALGO

BEAUTY FLASH

A revitalising eye contour treatment, enriched with a spirulina mask. A true shot of marine energy that revitalises city-weary skin and reveals a radiant, rested complexion.

99€ - 30 min

ESSENTIALS OF THE SEA

The vital force of the oceans concentrated at the heart of a customised treatment to meet the specific needs of every skin type. High-performance signature professional products and a sensory, relaxing massage are offered in four corrective rituals: • Marine Source Ritual • Marine Purity Ritual • Marine Cold Cream Ritual • Marine Cica Ritual for sensitive skin

139€ - 60 min

SPIRULINA BOOST

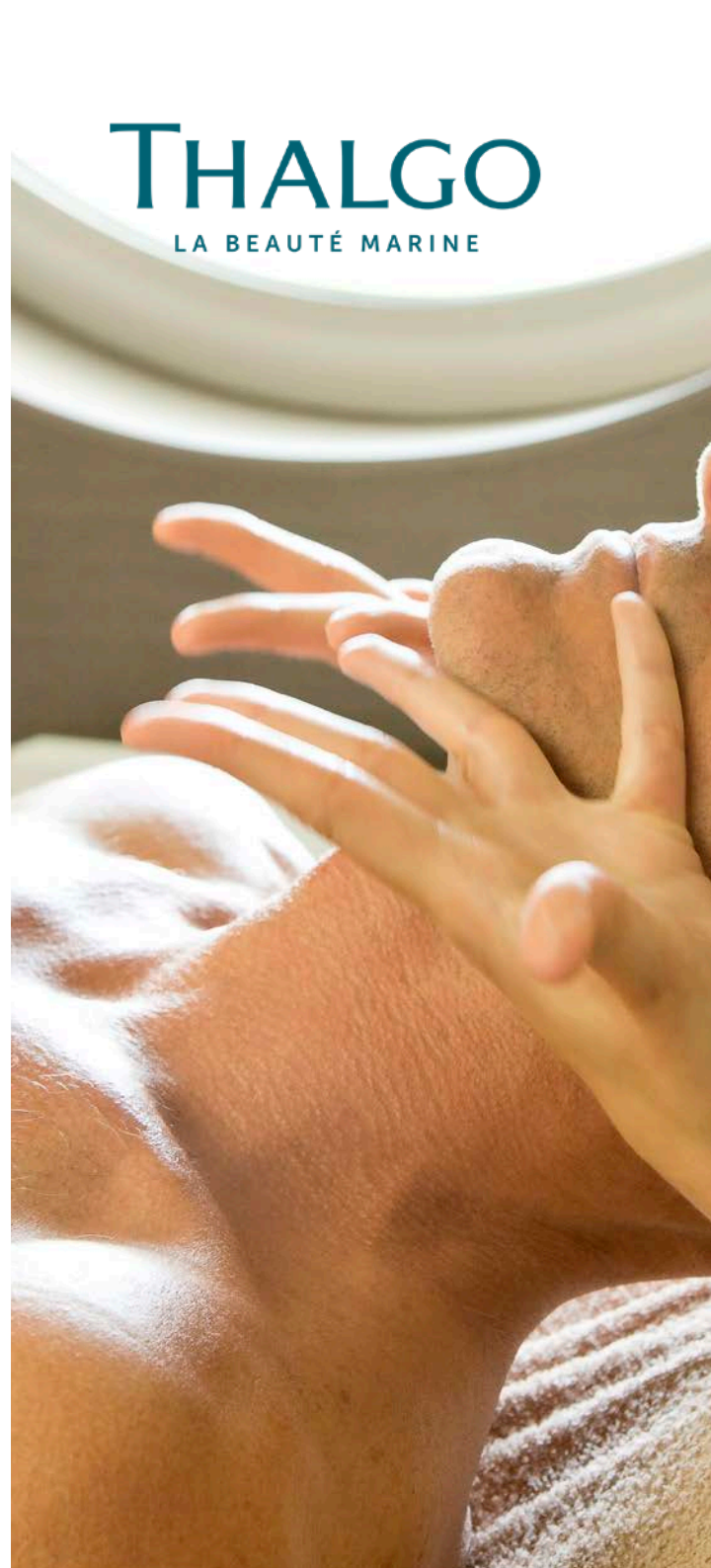
Spirulina Boost treatment is THE radiance and anti-wrinkle beauty solution to combat the effects of fatigue. The first energising and smoothing treatment that reduces signs of fatigue, smooths wrinkles and revives the complexion's radiance thanks to a fresh peel-off mask based on Spirulina and marine Magnesium.

139€ - 60 min

HYALUPROCOLLAGEN

An intensive treatment that smooths visible wrinkles thanks to a combination of three hyaluronic acids, marine procollagen, and an algae fibre mask. It plumps the skin, revives its radiance, and provides an immediate youthful effect.

139€ - 60 min





THALGO MEN

MEN'S OCEAN

Hydrating, balancing, and anti-fatigue treatment with marine ingredients and energising active ingredients.

139€ - 60 min

GREEN FILLER FOR MEN

A micro-filling treatment combining Maca peptides and Spirulina micronutrients. With its double mask and micro-vibrating device, it optimises the absorption of active ingredients to smooth wrinkles and visibly firm the skin.

159€ - 75 min

RELAXING FACIAL MASSAGE

Massage of the entire face and upper body. Enchanting and relaxing, this massage restores your sense of well-being.

89€ - 30 min

Note that the times indicated include set-up time.

BODY TREATMENTS

SCRUB RITUAL

Before your treatment begins, your aesthetician will invite you to choose one of the following three scrubs, each offering a unique sensory experience:

Îles Pacifiques Scrub

With its sun-kissed scent, this treatment combines Bora Bora sand, sea salt, and coconut shells to gently exfoliate the skin. The plant oils it contains leave a soft, silky finish.

Mer des Indes Scrub

Rich in ginger powder, this delicate scrub envelops the body with woody and spicy notes of amber sandalwood, for an exfoliation that is as gentle as it is energising.

Aquatic Scrub

Evoking the freshness of lagoons, this treatment combines the exfoliating power of sea salt with nourishing oils. Revitalised, your skin regains radiance and a velvety feel.

Once you've chosen your scrub, you'll enjoy a ten-minute hammam session, ideal for preparing your skin and maximising the benefits of the treatment.

95€ - 30 min (including 10 minutes in the hammam)

For ultimate comfort - Moisturising Cream

Extend the gentleness of your scrub by applying a moisturising cream to your entire body. Your skin regains suppleness, radiance, and a silky feel.

149 € - 60 min (scrub & moisturising)



Indian Sea Scrub



IYASHI DÔME

Inspired by an ancient Japanese ritual, the Iyashi Dôme diffuses gentle heat through far-infrared rays, triggering intense perspiration comparable to sunbathing. Results: elimination of toxins and heavy metals, stimulation of slimming, firmer, hydrated, and visibly younger-looking skin.

75€ - 40 min

165€ - 3 sessions

LPG ENDERMOLOGIE

Thanks to its patented technology, LPG Endermologie Corps targets resistant fat, smooths orange peel skin and deeply redensifies the skin. LPG Visage, true skin fitness, reactivates the natural production of collagen, elastin and hyaluronic acid for a radiant complexion and visibly firmer and rejuvenated skin.

Body - **109€** - 30 min

Face - **85€** - 30 min

Cures - 3 sessions

Body 239€ (was 327€)

Face 223€ (was 255€)

Cures - 5 sessions

Body 406€ (was 545€)

Face 345€ (was 425€)

PRESSOTHERAPY

A treatment that stimulates circulation through gentle pressure applied to the legs. It reduces water retention, relieves the feeling of heaviness, and provides a true sense of well-being with light and revitalised legs.

69€ - 30 min

Note that the times indicated include set-up time.

HYDROTHERAPY TREATMENTS

BODY WRAP

The body is wrapped in warm, mineral-rich algae. Lying on a heated water mattress, you float while the gentle heat promotes the penetration of active ingredients. Absolute relaxation that purifies, hydrates, and regenerates the skin.

85€ - 30 min

CRYOTHERAPY BODY WRAP

A bodily minerals replenishment treatment combining the warmth of an algae cream applied to the upper body and the freshness of a cooling lotion on the legs. This thermal contrast stimulates circulation, firms tissues and provides an intense feeling of lightness.

89€ - 30 min

UNDERWATER SHOWER

Lying in a heated seawater bath, your body is massaged by a jet directed by the therapist. This treatment combines the relaxing effect of hydrotherapy with the invigorating action of massage to relax muscles, stimulate circulation, and refine your silhouette.

68€ - 20 min

MARINE RELAXATION

A soothing experience that relieves tension and replenishes the minerals of the body thanks to the benefits of seawater.

99€ - 30 min



Whirlpool Bath



HYDROMASSAGE BED

Lying on a soft mattress through which jets of hot water pass, you enjoy an enveloping massage without being immersed. This treatment deeply relaxes, loosens muscles, and provides a pleasant feeling of immediate well-being.

64€ - 20 min

ENERGISING SHOWER

Standing in front of the heated seawater jet, the body is toned and deeply stimulated. This invigorating treatment reactivates circulation, releases tension, and provides a pleasant feeling of lightness.

58€ - 15 min

WHIRLPOOL BATH

Immersed in a heated seawater bath, the body is enveloped in thousands of massaging bubbles. This relaxing treatment stimulates circulation, releases tension, and provides a gentle feeling of well-being.

58€ - 20 min

HYDROMASSAGE BATH

Comfortably settled in a heated seawater bath, your body is massaged by powerful, targeted jets. This treatment stimulates circulation, relaxes muscles, and promotes toxin elimination, while providing a pleasant feeling of lightness.

58€ - 20 min

Note that the times indicated include set-up time.

COACHING AND SPORTS ACTIVITIES

GROUP COACHING

In small groups of up to 5 people, benefit from personalised sports coaching in our fitness room equipped with the latest Technogym equipment. An effective session to progress and achieve your goals.

25€ - 60 min

INDIVIDUAL COACHING

Personalised coaching with a sports instructor who adapts each session to your abilities and goals, indoors or outdoors.

20€ - 30 min

40€ - 60 min

PILATES

Gentle gymnastics that strengthens the body deeply, improves posture and particularly targets the abdominal muscles, thanks to precise exercises combined with specific breathing.

30€ - 60 min

YOGA

Accessible to all, yoga combines fluid movements, breathing, and concentration for a supple and toned body, and a deeply peaceful mind.

25€ - 60 min min (group session between 2 and 6 people)

Available Mondays and Thursdays, with 24-hour advance booking, subject to a minimum of 2 people.



Aqua-fitness



AQUA-FITNESS

In a heated seawater pool, this group class combines invigorating movements and targeted exercises to boost your cardio, strengthen your muscles, and sculpt your figure. A complete, energising activity accessible to all.

29€ - 30 min

AQUA-STRETCHING

In a heated seawater pool, this group class combines gentle stretches and fluid movements to loosen joints, improve posture, and deeply relax muscles. Ideal for gaining flexibility and lightness.

29€ - 30 min

MUSCLE WAKE-UP

Accompanied by a sports instructor, start your day with an outdoor session on the beach. Breathing exercises, oxygenation, and stretching will structure this time to gently awaken your body and restore tone and energy.

25€ - 45 min

PADDLE

New and fun, stand-up paddleboarding in the pool uses the board's instability to improve posture and tone the entire body. Alternating with cardio phases, this complete course works the muscles deeply and promotes calorie expenditure.

29€ - 30 min

Note that the times indicated include set-up time.

EXPERT TREATMENTS

By Dany CERISIER

Somato-psycho-pedagogue

Available by appointment

SOMATO-PSYCHOPEDAGOGY

Gentle touch and slow movements release tension, restore the body's symmetry, calm the mind, and bring harmony back to body and mind.

120€ - 60 min

150€ - 90 min

FULL PRESENCE MEDITATION

Practiced seated with eyes closed, this meditation invites you to calm the mind, listen to your body, and reconnect with yourself, others, and the world.

25€ - 60 min (group session between 3 and 6 people)

SENSORY GYMNASTICS

A gentle practice combining slow, simple movements to promote rejuvenation and inner harmony. In individual or duo sessions, seated, standing, or on the floor, with deep respect for body and mind.

99€ - 60 min (1 person)

55€ /personne - 60 min (2 people)





By Stéphane CHEVALOT

Osteopath

Available by appointment on Friday mornings

OSTEOPATHY

Using manual medicine, the osteopath detects tensions and imbalances in the body and then, through targeted manipulations, restores mobility and balance.

99 € - 45 min

By Caroline DI GALLO

Ericksonian Hypnotherapist

Available by appointment on Friday mornings

SELF-HYPNOSIS WORKSHOP

Support to help you better manage your stress and emotions, boost your self-confidence, and access your inner resources in everyday life.

90€ - 60 min (individual session)

40€ - 60 min (group session between 3 and 6 people)

HYPNOTHERAPY

Guided by the hypnotherapist's voice and visualisation exercises, you enter an altered state of consciousness that promotes letting go and well-being.

90€ - 60 min (individual session)



EXPERT TREATMENTS

By Corinne DUCAUD

Dietician-nutritionist

Available by appointment from Monday to Friday

DIETARY CONSULTATION

An interview combining nutritional assessment and analysis of eating behaviour, to find the right balance and nourish the body and mind.

BIOELECTRICAL IMPEDANCE ANALYSIS

A precise examination of body composition: lean mass, fat mass, water, visceral fat, and resting metabolic rate.

OLIGOCHECK ASSESSMENT

An Oligo/check assessment that measures your vitamin and mineral reserves, detects heavy metals, and evaluates oxidative stress.

Knowledge of your blood type required

Dietary Consultation 69€ - 60 min

Bioelectrical impedance analysis 25€ - 15 min

Consultation + Oligocheck Assessment 99€ - 60 min

Consultation + Bioelectrical impedance analysis 84€ - 60 min

Consultation + Bioelectrical impedance analysis + Oligocheck 124€ - 90 min

HYPNO'NUTRITION

A sensory experience guided by hypnosis techniques, stimulating the imagination to foster new, positive behaviours. Ideal for managing weight, emotions, and food cravings.

69€ - 60 min

GNIOM CHECK

A gut microbiota DNA test that analyses digestive balance, immunity, and overall well-being. Results are performed by an external laboratory and interpreted by our dietitian, either on-site or during a post-treatment consultation.

189€



OUR GIFT IDEAS

Want to give the gift of a moment of well-being?

All our **daily packages**, **rituals**, and **à la carte treatments** are available as gift vouchers. You can also choose our **Liberté gift vouchers**, in the amount of your choice, to give your loved ones the freedom to select their wellness experience.

Gift vouchers are valid for one year from the date of purchase.

Book online on our website www.miramar-lacigale.com, under the gift vouchers section, in person, or by phone at +33 2 97 53 49 13



Days



Rituals



**A la carte
treatments**



Scan the QR code to access the gift voucher page

Opening Hours:

Thalassotherapy Centre Reception: 9h00 - 18h00

Oceanic Spa/Solarium: 9h00 - 13h00 : 14h00 - 18h00

Parcours Marin: 9h00 - 19h00

Bar l'Effet Mer (level 0): 12h00 - 21h00 (en période estivale)

Bar Le Goéland - (level 4): 14h00 - 23h00

Practical Information

- To enjoy our tea room, a cup will be provided upon request for a 4 deposit. You also have the option of bringing your own.
- A bathrobe, towel, and sandals are provided during your treatments.
- The thalassotherapy centre does not have a shop: no swimsuits are sold on-site. However, there are shops on Port du Crouesty, directly opposite the establishment.
- Please remember to remove your jewellery on the day of your treatments.
- Wearing a swimming cap is not mandatory. However, those with long hair must tie it back to ensure comfort and hygiene in the aquatic areas.
- For a complete digital detox, we recommend turning off your phone during your treatment.

Essentials to bring

- A chlorine-resistant swimsuit (swim shorts are not permitted).
- Sportswear and comfortable shoes (if needed).
- A book to enjoy by the pool or on our terrace.
- Sunscreen and sunglasses.







MIRAMAR LA CIGALE

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www.miramar-lacigale.com

02 97 53 49 00

Port du Crouesty, Rue de Lenn Vihan, 56640 Arzon

Find us on

