



MIRAMAR LA CIGALE  
NOTRE COLLECTION DE SOINS

PORT DU CROUESTY





# Thalasso at Miramar La Cigale

## *High fashion spirit for customised treatments*

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 are attentive to your every desire, the emphasis is on the personalisation of care and custom-made offers, to always better meet your expectations.

43 cabins, most of which have natural light, 3 seawater pools drawn from 300 metres off the Atlantic Ocean opposite the Fogeio 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
- ◆ Dietetics and Nutrition
- ◆ Coaching and sports activities

Your well-being starts now...



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

Find us on:  
[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



## *From page to page*

### *04* Messages

Embark on a journey to destinations here and elsewhere through our collection of world massages

### *12* Facial treatments

Our collection of varied and targeted aesthetic treatments

### *22* High-Tech equipment

The latest technological innovations for your well-being and beauty

### *26* Expert Treatments

Our collection to take care of your health capital

### *32* Thematic Days

True interludes of beauty and relaxation

### *37* Plan your visit

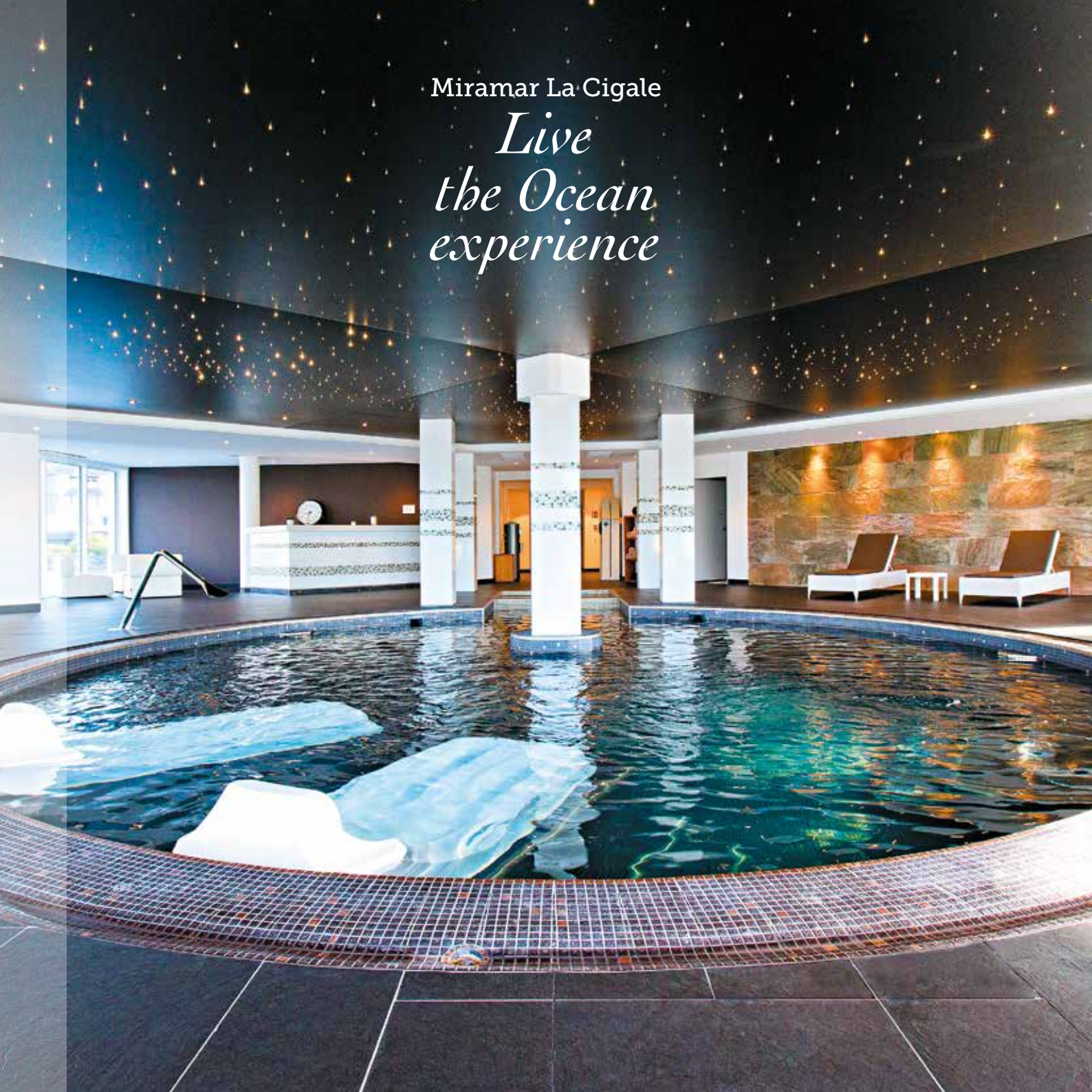
at Miramar La Cigale

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

**RESERVATIONS**  
02 97 53 49 00

Miramar La Cigale

*Live  
the Ocean  
experience*









## *Massages*

Embark on a journey to destinations here and elsewhere through our collection of world massages



## SIGNATURE MASSAGE

### ◆ **Odyssey Miramar**

This signature treatment was developed by the team of therapists at Miramar La Cigale.

Thanks to their know-how, knowledge and dexterity, the masseur will bring you true wellness by personalising your massage. On the theme of the sea, this treatment is practised with plant-based oils that you can choose according to their virtues and their fragrance. A beautiful sensory journey.

During this real cocooning moment, the masseur will also offer you a hot algae drink that you can enjoy in a relaxing and hushed atmosphere.

◆ €199 - 75 mins





### ◆ Thai

The Thai Massage is inspired by traditional Ayurvedic (Indian) and Chinese practices. The Thai Massage focuses on all the energy lines of the body, it is performed on the floor and without oil, wearing light clothing. According to a very precise technique, the masseur practises pressurised movements and stretching. This treatment releases nervous tension, increases flexibility and soothes sleep disorders.

◆ €185 - 75 mins

### ◆ Balinese

The traditional Balinese massage technique is a synthesis of the two types of massages practised in Indonesia. It is a combination influenced by Chinese medicine that includes work on the meridians, acupressure points and stretching manoeuvres based on the energy flows that circulate throughout the body. Combined with more western techniques such as modeling, smoothing, pumping and effleurage recommended to maintain a good physical condition. With the Frangipani oil, this treatment brings relaxing, energising, circulatory and energetic effects.

◆ €149 - 60 mins

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.

## DISCOVER

### ◆ The Kobido

Kobido, which means "ancient way of beauty", is a facial massage technique popularised in Japan since 1472. This ritual, ancestor of shiatsu, stimulates the whole energy circulation of the face and neck.

The use of meridians, acupuncture points and lymphatic drainage through shiatsu movements as well as therapeutic techniques that stimulate the facial nerves, allows for a complete face lift and a total release of tension.

Its regular practice will allow supple and tonic muscles to be found and the skin will be purified with a radiant complexion. It frees the face from tension that promotes the formation of wrinkles. It helps to improve sleep and reduce stress.

◆ €146 - 60 mins



**New in 2025** - New in 2025: Thalassotherapy is joining forces with the Green Spa brand to offer you a different massage oil according to the season:

Winter: Patchouli Spice Oil - between softness and strength

Spring: Green Tea Oil - fresh and light

Summer: Mango Melon Oil - sweet and luscious

Autumn: Amber-Scented Oil - with oriental touches

1 season = 1 fragrance, i.e 4 scents  
to enrich the world of massages with sensoriality

### ◆ **Hot Stones**

This hot stone massage rests, relaxes and provides a deep relaxation of muscular and anxious tensions.

◆ €149 - 60 mins

### ◆ **Massage for two**

In a cabin specially designed for this moment of relaxation. Side by side, you will receive a relaxing massage in a cosy atmosphere. This treatment is practised with aromatic plant-based oils and in perfect harmony you will both experience a real moment of shared softness.

◆ €285 - 60 mins

### ◆ **Californian**

A gentle and cocooning massage, practised with fluid and relaxing movements, this treatment provides deep relaxation and a real psychological release. Performed with an aromatic plant-based oil, it envelops you with a great softness.

◆ €139 - 60 mins

### ◆ **Californian Swedish**

Particularly appreciated by athletes, this massage is performed with very deep movements on the whole body. This treatment will delight lovers of massages rich in sensations, by its energising techniques on muscles and joints. It releases tensions and tones up the body.

◆ €149 - 60 mins

### ◆ **Sea Swell Massage - New**

Massage inspired by the long and continuous movements of the sea, and the tranquillity of the tides, an awakening to the sea designed for engulfing you in a bubble of serenity.

A flow of well-being from the Atlantic for full relaxation of the body and mind

◆ €99 - 30 mins

### ◆ **Personalised Relaxing Massage**

A real source of relaxation that helps eliminate muscular tension while stimulating blood and lymphatic circulation. This manual technique allows for a total release. This massage with perfumed plant-based oil is offered in 3 variations: Back - Back + Legs (back side) - Legs Arms + Face + Head

◆ €99 - 30 mins

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.

## ◆ Shiatsu

Shiatsu is a massage technique of Japanese origin which is done by touch, in order to bring back the balance in the body. Inspired by Chinese medicine, it is practised by applying light or strong pressure with the hands, elbows and even the feet, on specific points. It is practised on the ground, wearing light clothing.

◆ €149 - 60 mins

## ◆ Foot Reflexology

Foot reflexology, also known as Podo, is an ancestral Chinese method. The reflex zones of the feet are rebalanced by pressure and stimulation techniques with the thumbs on the arch of the foot. This massage revives the energy current, improves blood circulation, cleanses the body and eliminates toxins.

◆ €125 - 45 mins

### FOR MUMS-TO-BE

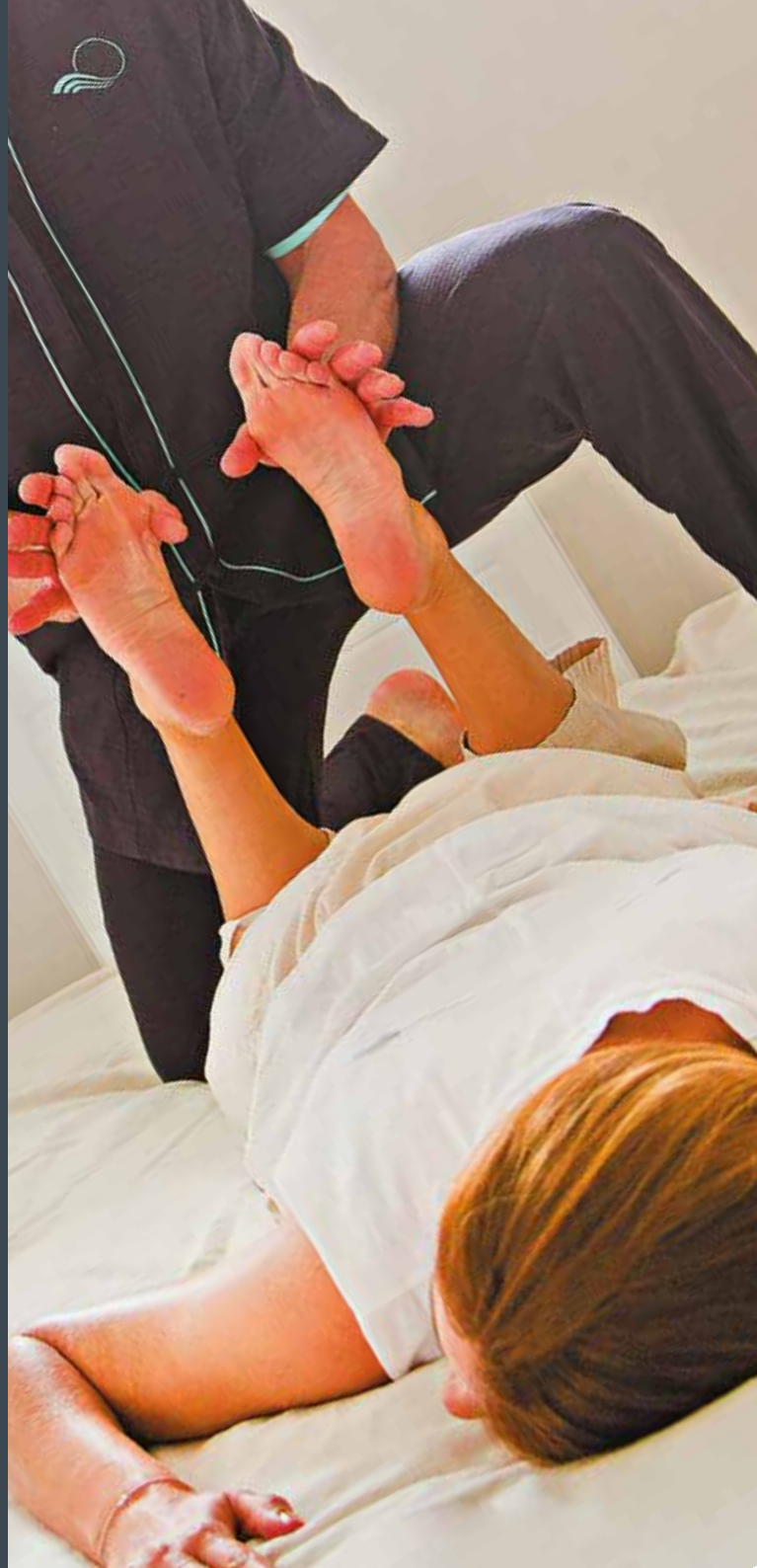
## ◆ Pre-natal Bubble Massage

From the beginning of the 4th month.

On a cushion specially adapted to the morphology of the pregnant woman who can lie on her stomach.

This massage begins with a session of sophrology to extend the benefits of touch. With its 3 precious oils, Argan oil, Baobab oil from Madagascar and Nigella oil from Egypt, this treatment provides a soft and smooth touch. This African-inspired massage and sophrology allow a gentle accompaniment that provides the pregnant woman with a soothing, relaxing and comfortable experience.

◆ €149 - 60 mins



A woman with dark hair is lying on her back, eyes closed, in a relaxed state. Above her forehead, a copper oil pot (shirodhara) is suspended, with a thin stream of oil dripping down onto her forehead. The background is a solid, warm orange color.

## AYURVEIDIC

### ◆ Shirodhara

Following a massage of the face, head and shoulders, the masseur drips a continuous stream of warm sesame oil onto the forehead. The therapist's sure and precise gestures bring physical and mental calm. Anxiety decreases and insomnia fades. It allows for a state of deep relaxation and a better perception of the outside world.

€149 - 60 mins

NEW

### ◆ Chi Nei Tsang Massage

A term from the Chinese Taoist tradition which means “working the internal energy of the organs”, this abdominal massage of the internal organs (intestines, liver, lungs, spleen, stomach, pancreas etc...) harmonises our emotions, detoxifies and releases tension. It is a comprehensive massage which acts on the digestive, respiratory, cardiovascular, lymphatic, endocrine, urinary and reproductive spheres.

◆ €149 - 60 mins

AYURVEIDIC

### ◆ Abhyanga

Originally from India, this treatment is performed with hot sesame oil with soothing, relaxing and nourishing properties. This massage has many benefits, through its energy work with circular pressure, friction and also stretching, it brings relaxation and harmony to the body.

◆ €149 - 60 mins

AYURVEIDIC

### ◆ Abhyanga Marmas

Ayurvedic technique that consists in stimulating or unblocking by circular pressure or acupressure on the MARMAS, which are physiological intersections where nerves, blood vessels, lymphatic channels, muscles, bones and joints meet. It is available in 4 orientations: Harmonisation / Slimming / Relaxation / Joints.

◆ €190 - 75 mins

NEW

### ◆ Döeskean Massage

A synergy of an Indian “Picchu” massage and fasciatherapy, the application of hot towels accompanied by slow and precise movements aim to release tension in the back, revive and restore the rhythm of the fascias.

◆ €105 - 30 mins

AYURVEIDIC

### ◆ Kansu

Exclusive feet massage. The Kansu bowl is composed of 5 alloys, used in friction on the skin with Ghee (clarified butter) which gives it many properties. It attracts toxins, which allows them to be expelled, it acts on the fire (fast irritation, anger, impatience, stress...), it works on the liver and the digestive system. This massage will bring you an immediate calm and a deep relaxation.

◆ €149 - 60 mins

AYURVEIDIC

### ◆ Shirotchampi

Shirotchampi is a massage technique on the upper back, shoulders, face and head, to bring about an energetic rebalancing. The gestures are precise and the effect of relaxation and letting go is immediate. It can act on headaches, insomnia and lack of concentration.

◆ €139 - 60 mins

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.





## *Facial Treatments*

Our collection  
of varied and targeted  
aesthetic treatments



EB





# *Ella Baché, pioneer of* **Dermo-Esthetic**

"The skin is a fragile organ that is always exposed, and our overall state of health has a huge influence on our skin. This is why I created a medical beauty consultancy, to provide a targeted response to every skin concern" Ella BACHÉ

Maison Dermo-Esthétique adopts this scientific approach by offering personalised professional methods and targeted treatments.

## ◆ **Hydra Repulp treatment (Hydratation)**

A powerful moisturising treatment, Hydra Repulp is an intensive skin plumper with Hyaluronic Acid. It resurfaces and replenishes even the most dehydrated skin. Ideal for all ages, it helps maintain the skin's moisture balance, which is essential for optimal skin function.

◆ €149 - 60 mins

## ◆ **Green Filler treatment (Wrinkles-Firmness)**

A micro-filling treatment combining formulas enriched with Maca Peptides + Spirulina micro-nutrients with a double mask and a micro-vibrating device to optimise the skin's absorption of the treatments for visible results.

◆ €159 - 75 mins

### OUR BEST SELLER

## ◆ **Tomato Glow treatment (Radiance-Smoothing)**

An AHA-enriched Signature treatment from Ella Baché that combines dermo-aesthetic techniques inspired by meso-peeling with a micro-vibrating device to optimise the skin's absorption of the treatments. Skin quality is visibly improved from the 1st session.

◆ €99 - 30 mins

◆ €159 - 75 mins

## ◆ **Skinissime treatment (All-rounder anti-ageing)**

The SKINISSIME exceptional youth treatment resurfaces the skin's texture and includes a triple anti-ageing massage, both by hand and with accessories, to reduce the signs of ageing, boost radiance, even out the complexion and reduce wrinkles on the face, neck and décolleté.

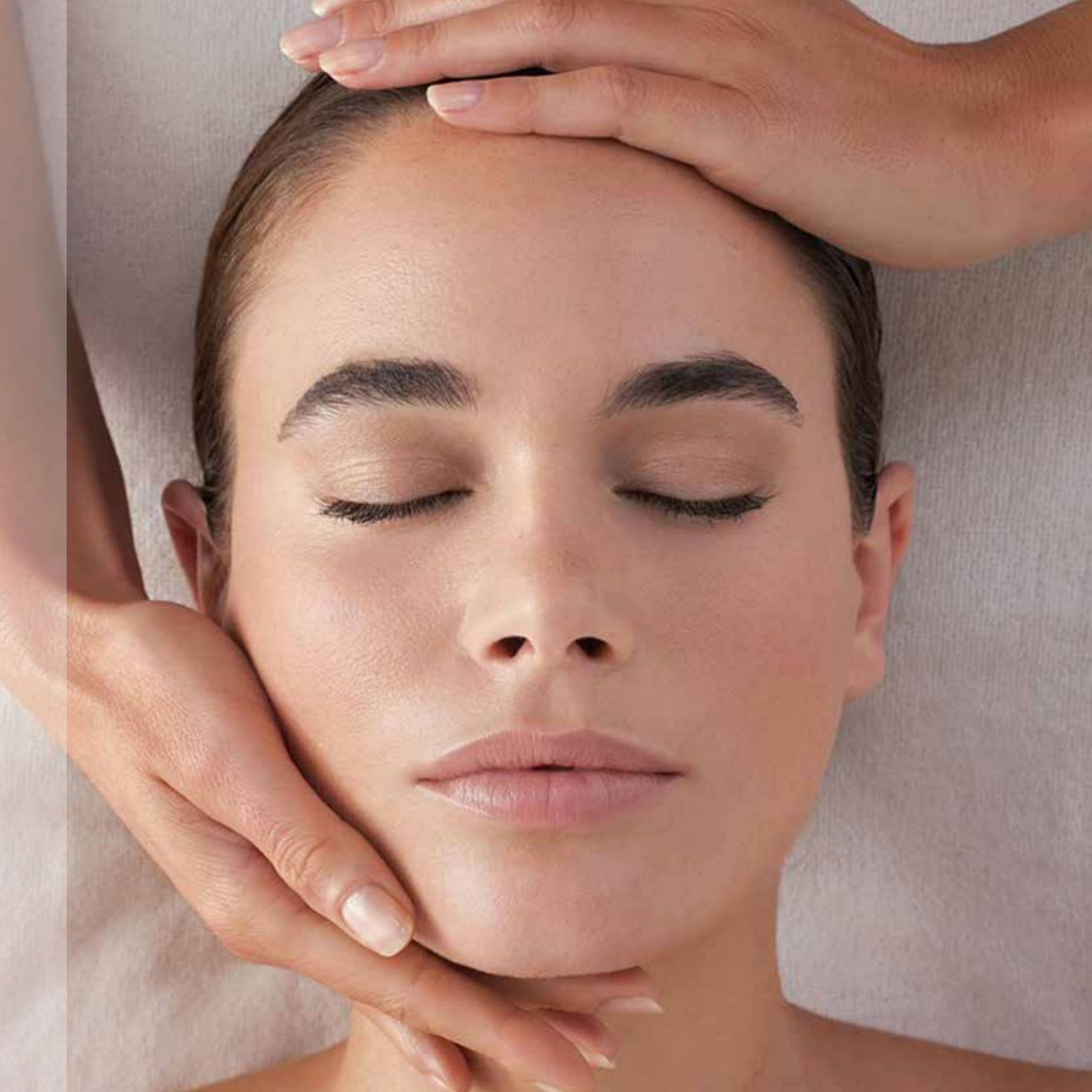
◆ €159 - 75 mins

## **SKINTEX®LAB - Targeted Dermo-Cosmetic Correction**

Inspired by medi-aesthetic technologies, SKINTEX®LAB provides targeted, long-lasting treatment for all skin concerns.

Ella Baché fully equipped treatments combine 5 exclusive technologies for instant visible results after just 1 treatment.

Each of the Ella Baché treatments listed here can be combined with the SKINTEX®LAB device.



# Marine Beauty with Thalgo

The sea has always been a source of vital energy for human being. THALGO has been inspired by it for more than 50 years by combining efficiency and well-being. Discover marine energy through our products and protocols that revitalize body and mind for luminous beauty.

## ◆ Beauty Flash face and eyes

The marine energy shot for city dwellers, for a radiant and luminous complexion.

◆ €99 - 30 mins

## ◆ I Beauty Moisturiser

This treatment boosts natural hydration by filling your skin with remineralising and revitalising active ingredients. Your face is moisturised and your skin is more luminous from the first session. Depending on your expectations, this treatment can be used as a moisturising, pure freshness or anti-ageing treatment. This treatment is not recommended for pregnant women.

◆ €119 - 45 mins

## OUR BEST SELLER

## ◆ Fundamental treatment using products from the sea

The vital force of the oceans concentrated in a customised treatment to meet the specific needs of each skin type.

Professional signature products, sensory and relaxing modeling are available in 3 corrective rituals:

- Marine Source Ritual
- Marine Purity Ritual
- Cold Cream Marine Ritual
- Cica Marin Ritual

◆ €139 - 60 mins

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.

## NEW

## ◆ Spirulina Boost care

Spirulina Boost care is THE radiant and anti-wrinkle beauty response for combating the harmful effects of fatigue. Leading energising and smoothing care which refreshes the facial features, smooths wrinkles and revives the radiance of the complexion thanks to a fresh Spirulina and Marine Magnesium-based peel-off mask.

◆ €139 - 60 mins

## ◆ Wonder of the Oceans

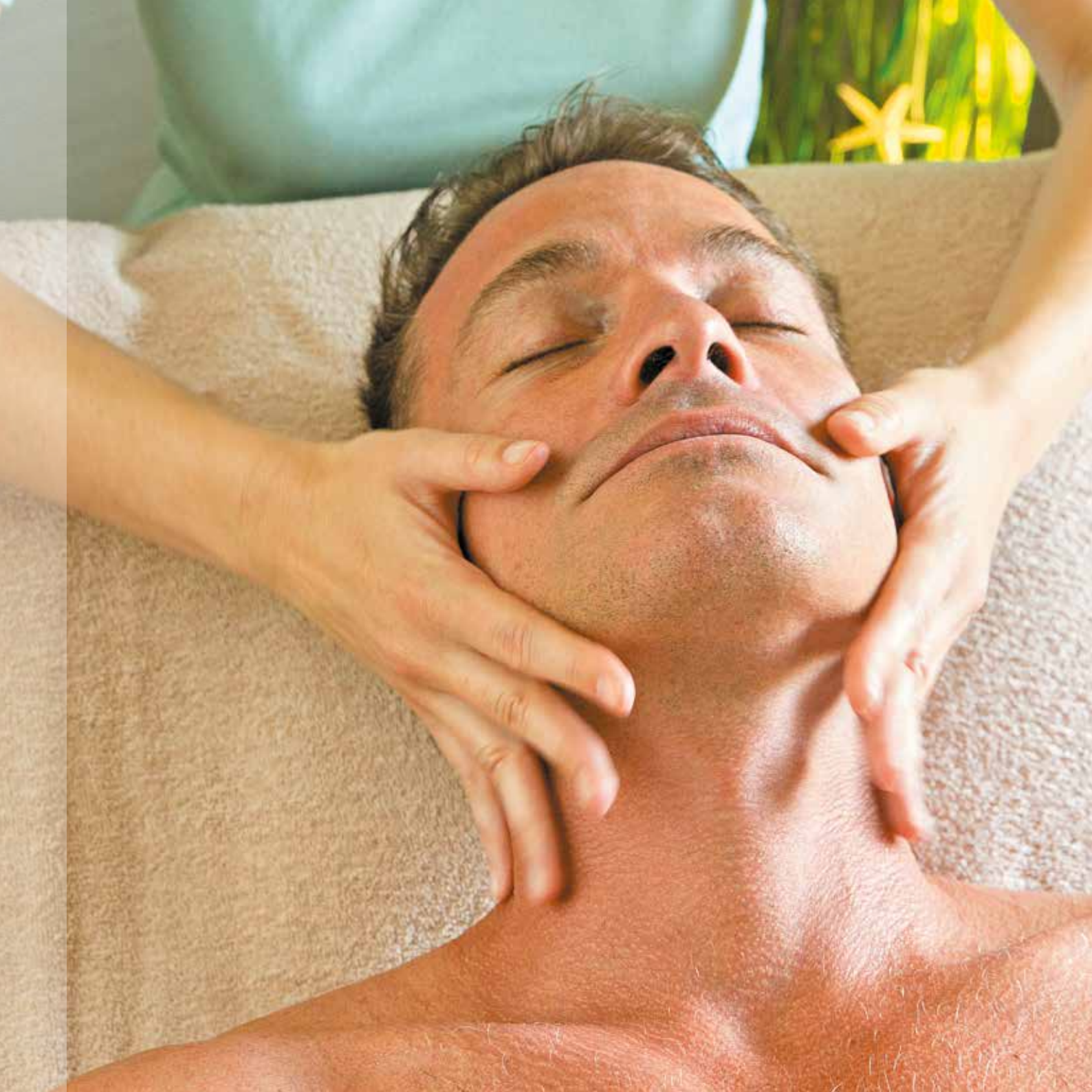
This innovative ritual offers ultimate regeneration for overall youthfulness and deep relaxation. The revitalising benefits of regenerative marine intelligence (an absolute concentrate of 63 active marine ingredients - exclusive Thalgo patent) are combined with a facial massage, inspired by the ancestral Japanese manual lifting technique, to visibly smooth out wrinkles and restore the skin's firmness and elasticity. The body massage combines massage techniques that release all tension for total relaxation.

◆ €215 - 2 hours (body and face ritual)

## ◆ Hyalu-Procollagen treatment

This treatment fills in pronounced wrinkles and plumps up the entire face. Activation combining 3 hyaluronic acids with marine procollagen and a mask of algae fibers to deeply erase wrinkles and rejuvenate your skin.

◆ €139 - 60 mins





# *Facial treatments* **for men**

Because men's skin has specific needs, we offer targeted solutions that combine effectiveness and relaxation. To help you make your choice, our Beauty and Wellness experts will advise you. Exceptional treatments, a complete feeling of letting go, a guaranteed sensory escape.

◆ **Ocean Facial treatment for men by Thalgo**

Moisturising, balancing and anti-fatigue care with marine ingredients and energising active ingredients.

◆ €139 - 60 mins

◆ **Relaxing face massage**

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

◆ €96 - 30 mins

◆ **Green Filler treatment (Wrinkles-Firmness)**

A micro-filling treatment combining formulas enriched with Maca Peptides + Spirulina micro-nutrients with a double mask and a micro-vibrating device to optimise the skin's absorption of the treatments for visible results.

◆ €159 - 75 mins

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.





# The Scrub Bar

The scrub is THE essential treatment at the beginning of all treatments. It is used to remove dead cells from the surface of the skin, it refines the skin texture producing smooth skin, it stimulates cell renewal and allows for better effectiveness of the care product applied afterwards.

## ◆ The Scrub ritual at Miramar La Cigale

At the beginning of the treatment the beautician will make you choose from 4 scrubs:

**The Pacific Islands scrub:** this scrub with Bora-bora sand, sea salt and coconut shells gently exfoliates the body and leaves your skin feeling soft and velvety, thanks to the plant-based oils.

**Inian Sea Scrub:** rich in ginger powder, this scrub gently exfoliates the skin while enveloping it with delicate and aromatic notes of amber sandalwood.

**Aquatic scrub:** a concentrate of the invigorating benefits of the ocean, this blue lagoon scrub combines the exfoliating power of sea salt with nourishing oils to reveal a refined skin texture with a velvety feel.

**Salt flake scrub:** an amazing texture with micro-flakes of exfoliating salts, which purifies the body and leaves the skin wonderfully soft and velvety.

After selecting your scrub, you will head to the hammam for about ten minutes to prepare your skin to receive the scrub of your choice. This scrub is done on dry skin (no hammam before).

◆ €95 - 30 mins (including 10 mins of hammam)

Please note that the durations indicated include the installation time. The actual time of the care is 5 minutes less than the time indicated.

## AND FOR EVEN MORE COMFORT

Opt for the application of a moisturising cream all over the body at the end of your scrub.

◆ €149 - 60 mins (scrubbing + moisturising)



SAVANA DÔME





## *The High-Tech equipment*

The latest  
technological innovations  
for your well-being  
and your beauty



### ◆ The Iyashi Dome

Traditionally, and for several centuries, the Japanese buried themselves in the sun-heated sand in the summer to eliminate toxins from their bodies.

Today, the Iyashi Dome, thanks to the deep action of its long infrared rays, triggers a sweating process that eliminates heavy metals from the body and activates slimming while keeping the pleasant sensation of a sun bath.

Waste accelerates ageing and weakens the body's natural resistance. Purifying the body will encourage detoxification, reduce wrinkles, refine your figure, hydrate and firm the skin.

◆ x1 30-minute session €75

◆ For best results, choose a session every other day:

x3 30-minute sessions €165 instead of €225



## ◆ LPG

Endermologie for body: The new endermologie for body patent combines the best efficiency of its patented technologies for more intense and faster skin stimulation.

A triple action in the same treatment:

Destocking of resistant fats/ Smoothing of the orange peel/ Natural redensification of the dermis

Endermologie face: True fitness of the skin, endermologie face awakens the natural synthesis of essential substances of youth.

- ◆ x1 30-minute session LPG for body €109
- ◆ For an optimal result, choose the packages:
  - x3 30-minute sessions €239 instead of €327
  - x5 30-minute sessions €406 instead of €545

- ◆ x1 30-minute session LPG face €85
- ◆ For an optimal result, choose the packages:
  - x3 30-minute sessions €223 instead of €255
  - x5 30-minute sessions €345 instead of €425



## ◆ I Pulse

Exclusive Thalgo method that combines 5 technologies in 1 treatment by simultaneously using a selection of micro-currents and painless ultrasounds.

A high performance treatment where, from the first session, centimetric loss is measurable.

Session after session, the orange peel skin is smoothed, the curves are reduced and the body is refined.

In addition and in order to optimise the results, our beauticians are at your disposal to advise you on the product that suits you:

- the performance firming cream - 200 ml / €56
- belly and waist sculptor cream - 150 ml / €49

- ◆ x1 50-minute session €115
- ◆ For an optimal result, choose the packages:
  - x3 30-minute sessions €249 instead of €345
  - x5 30-minute sessions €422 instead of €575







## *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

## ◆ Hatha Yoga - **New**

To maintain a flexible and toned body, Hatha Yoga, accessible to all, is practised with simple and smooth movements, breathing postures and concentration exercises. Flexible clothing is recommended.

👉 €25 - 60 mins (collective session between 3 and 6 people)

## ◆ 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 (Naturopathy only)

👉 €159 - 120 mins (Naturopathy & Reflexologie)

## ◆ 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

## ◆ 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

## ◆ Hypnotherapy - **New**

The hypnotherapist, through their voice and a certain number of visualisation exercises, takes you to "a state of modified consciousness" in which you can let go for an overall greater well-being.

👉 €90 - 60 mins (individual session)

## ◆ Specific addiction session (smoking, sugar etc.)

This session is designed for those who are already dead set on ending their addiction. Motivation is very important.

👉 €180 - 120 mins (individual session)

## ◆ Self-Hypnosis Workshop - **New**

Learn to manage stress, your emotions, regain self-confidence and find the resources essential for everyday life.

👉 €90 - 60 mins (individual session)

👉 €40 - 60 mins (collective session between 3 and 6 people)

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](http://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 : 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.

ADDITIONAL TO A DIETARY CONSULTATION - A GNIOM CHECK TEST - €189

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.



# *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

#### ◆ 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

#### ◆ 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

#### ◆ 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)





## *Thematic Days*

Beauty and relaxation  
for a full day  
or half a day

Book your day on

[www.miramar-lacigale.com](http://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 min)
- ◆ 1 Salt flake body scrub (30 min)
- ◆ 1 Relaxing water bubble massage (60 min)

Free unlimited access to the Ocean Spa

🍷 €215

Possibility to choose a 2 treatments package with a choice of 1 bath or 1 scrub + Massage : 🍷 €184

## *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

◆ €140

## *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

◆ €184

## *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

◆ €180

## *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)

◆ €153

To be carried out between the 3rd and 9th month of the baby

## *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

◆ €215

## *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

◆ €215

# *The Parcours Marin*

## *The Parcours* **Marin**

In order to complete its wellness offer, the Miramar La Cigale offers a relaxing stopover: Parcours Marin. A 318m<sup>2</sup> 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.

Every day from 2.00 pm to 7.00 pm - Tea Time & Sea (€89) ou Tea Time & Spa (€99)

- 1 entry to the Parcours Marin + 1 treatment '20 mins or 30 mins) + 1 tea time in the Bar

Every Friday from 6.30 pm - Aperitime & Spa (€46) (only Friday off-season)

- 1 entry to the Parcours Marin between 6.30 pm and 8.30 pm + 1 aperitif (1 cocktail or aperitif of your choice) accompanied by food from the Triskell Plancha in the Bar

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

## **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 32°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 experience.

DISCOVER OUR SIGNATURE STAYS,  
OUR THEMATIC STAYS AND WEEKENDS  
ON [WWW.MIRAMAR-LACIGALE.COM](http://WWW.MIRAMAR-LACIGALE.COM)



Online reservations at

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



TAKE ADVANTAGE OF OUR EXCLUSIVE INTERNET OFFERS FOR YOUR STAYS, TREATMENTS, WEEKENDS,  
RESTAURANTS, ETC.



◆ **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 18:00 every day - Tel: 02 97 53 49 00.

Le Parcours Marin is open from 09:00 to 19:00 every day. Tel: 02 97 53 49 00.

Schedules subject to change



# MIRAMAR LA CIGALE

---

NOTRE COLLECTION DE SOINS

Find us on:

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

Information and reservations: 02 97 53 49 13

Port du Crouesty  
Route du Petit Mont  
56640 Arzon - France



© Design Sense of Wellness Communication: [ichARRIER@senseofwellness-mag.com](mailto:ichARRIER@senseofwellness-mag.com)

© Photos Denis Ozouf, Eric Cuvillier, Philippe Marchand, Alexandre Lamoureux, Serge Detalle, Christophe Morin, Isabelle Chanal, Sylvie Maffre Berteloot, Laurent Rannou and Gaëlle Le Boulicaut.