




MIRAMAR LA CIGALE

HÔTEL THALASSO & SPA

COLLECTION 2026

Gulf of Morbihan
Southern Brittany



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Hôtel Thalasso & Spa



There is no “high season” for coming to the Miramar La Cigale which has the gift of unveiling, as time passes, a different side to its personality... Here, land and sea merge and separate in a landscape as captivating as it is wild.

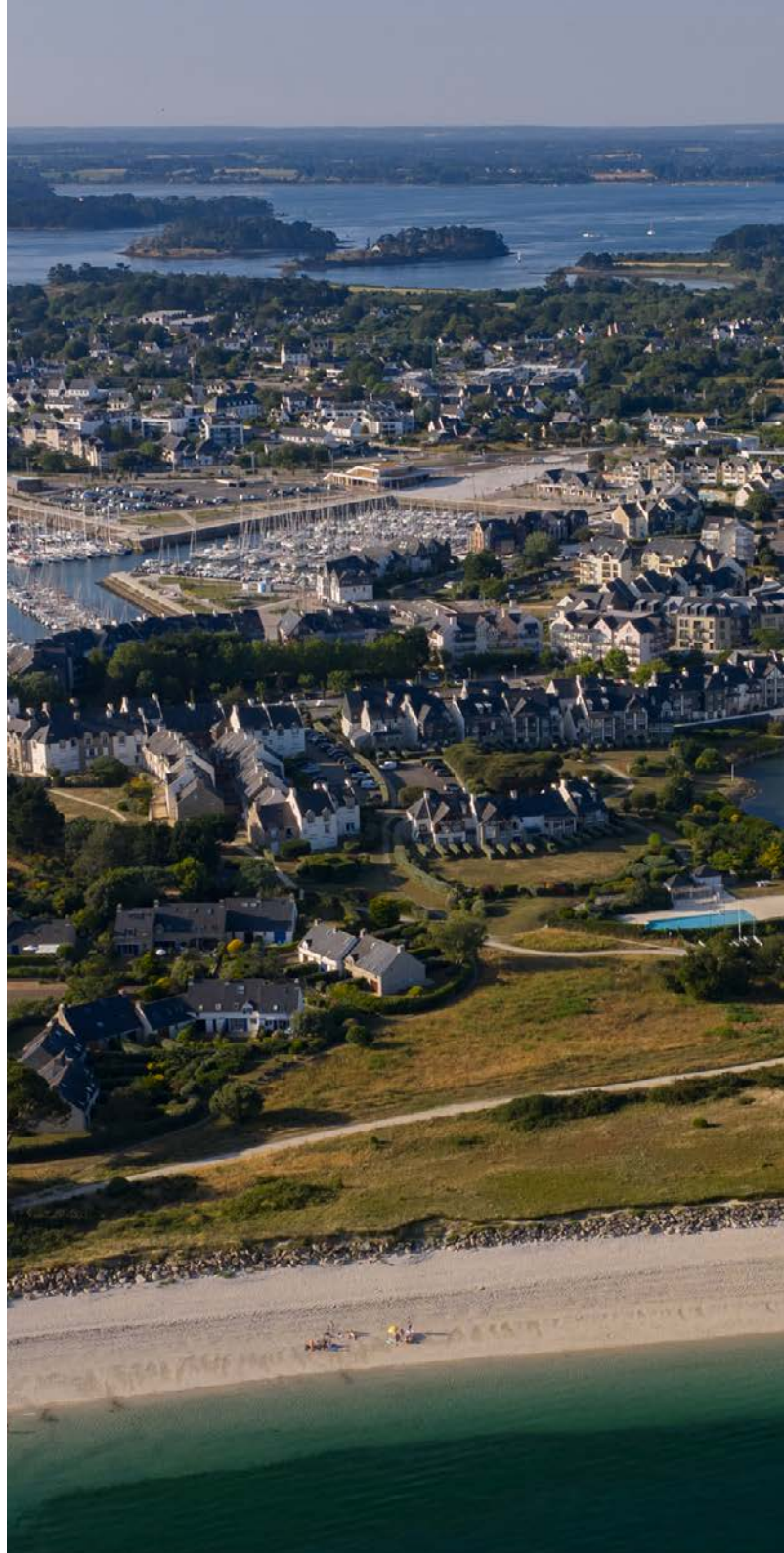
It is in this enchanting scenery, alongside the Ocean, and surrounded by a marine lake, in which Miramar La Cigale is anchored. One of the highlights of the hotel scene of the Atlantic Coast, renowned for its refinement and its surprising and unique architecture, that of a moored cruise ship with decks, bridges, sea-view cabins, funnels and massive panoramic windows.

A hotel provision enhanced by a Premium Residence, located a few metres from the Miramar La Cigale and a Parcours Marin

In Miramar La Cigale, we emphasise the personalisation of our services and our thalassotherapy programmes, so everyone can meet your expectations better. Our qualified and passionate staff are attentive to your smallest desires, a courteous and devoted team who won't hesitate to satisfy all your requirements!

The same attention is paid to the plate, with our panoramic restaurant, which provides you with various culinary excursions, as well as using the produce of our region. La Safran, meaning saffron, gives you a traditional cuisine where gastronomy and balance pays respect to local produce and where seafood is honoured.

Your wellness starts right now...





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MIRAMAR LA CIGALE
HÔTEL THALASSO & SPA

THALASSOTHERAPIE

THALASSOTHERAPIE



Firmly anchored at the mouth of the Gulf of Morbihan, on the Rhuys Peninsula in Arzon, the Miramar La Cigale Hôtel Thalasso & Spa is among the most prestigious 5* establishments in Brittany.

Thanks to its surprising architecture as a majestic cruise ship, it charms from the first time you see it and transports its guests into a universe of calm, conviviality and warmth, where you come to rest, recharge, find calm and serenity.

As for the rooms, 100 Deluxe and 13 Suites, divided into 5 categories, combine elegance and sophistication. All facing the sea and the marine lake, they have a nice private terrace, where, thanks to a mirror effect, interior and exterior combine, the ideal place to enjoy a glass while watching the sun go down.

As for the Residence, 24 apartments from T2 to T4 able to accommodate 2 to 6 persons, some with an unobstructed view of the ocean. These apartments have a complete fitted kitchen giving you the freedom of a residence associated with the Miramar La Cigale service.

Your wellness is at the core of our expertise, the Thalasso & Spa of the Miramar La Cigale gives you 45 booths, 3 seawater pools, everything provided with the latest technology equipment to give you excellent personalised care.

Welcome to Miramar La Cigale



ROOMS & SUITES

GRAND LARGE - 27m²

Located on the 2nd and 3rd floors, closest to the sea, the Grand Large rooms provide a clear view of the open sea from their private balcony.

TERRE & MER - 27m²

Located on the 2nd and 3rd floors, the Terre & Mer rooms provide a side view with their private balcony oriented towards the ocean and the peninsula.

FIL DE L'EAU - 27m²

Located on the 1st floor, the Fil de l'Eau rooms provide a clear view over the verdant environment with a private balcony over the lake and the marine horizon.

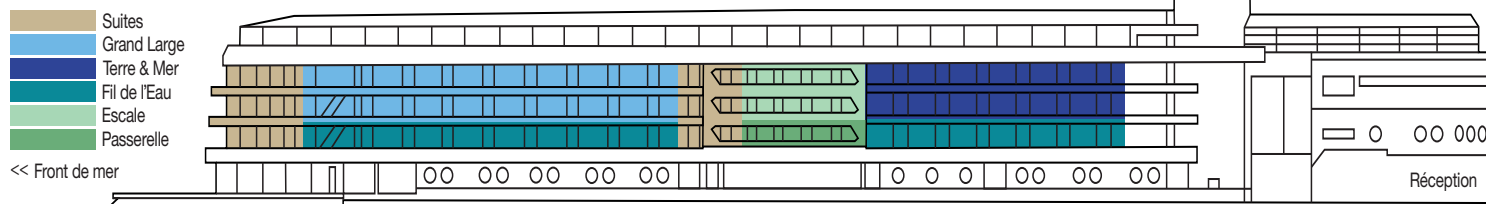
ESCALE - 24m²

Located on the 2nd and 3rd floors, the Escale rooms provide great comfort with a private balcony in the centre of the building.

PASSERELLE - 24m²

Located on the 1st floor, at the heart of the establishment, the Passerelle rooms have an ideal private balcony to savour a moment of calm.

CATÉGORIES DE CHAMBRES :



SUITE FIL DE L'EAU - 50m²

Located on the 1st floor, this spacious Fil de l'Eau suite combines comfort with serenity. It has a separate lounge and private balcony providing a view of the lake and the marine horizon.

SUITE PRESTIGE FIL DE L'EAU - 80m²

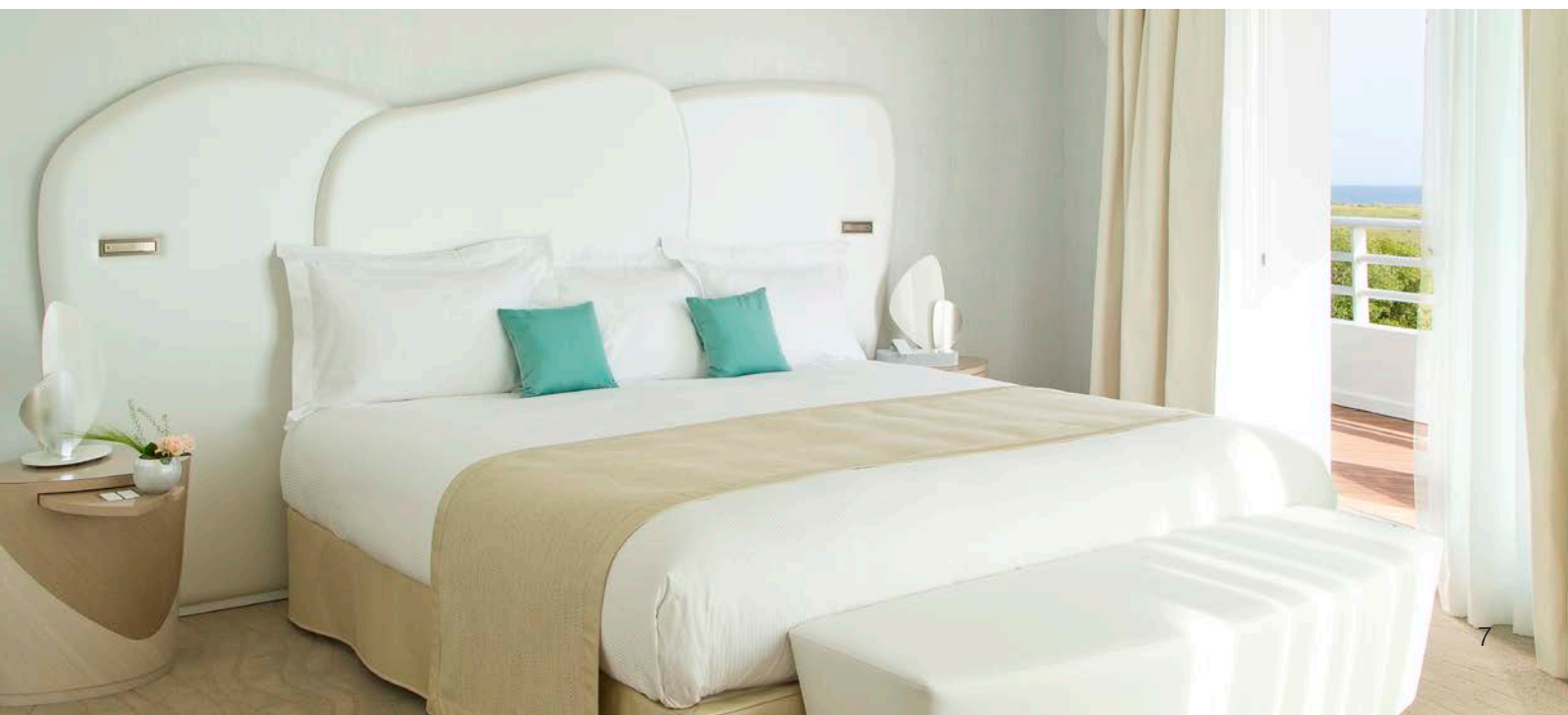
Elegant and spacious, this Fil de l'Eau Prestige Suite located on the 1st floor benefits from a remarkable view over the lake and the Marine Horizon. It comprises a lounge, dining room, dressing room, bathroom, private jacuzzi.

SUITES GRAND LARGE - 50m²

Located on the 2nd and 3rd floors, the Grand Large suites are seductive due to their panoramic view over the ocean and the Fogeio beach. It provides a separate lounge and a private balcony for optimum comfort.

SUITES PRESTIGE GRAND LARGE - 80m²

A veritable ode to space and light, the Grand Large Prestige suites provide a clear view of the ocean and the Fogeio dunes. It has a well-lit lounge, dining room, dressing room, a bathroom and a private jacuzzi. The discrete luxury of a stay facing the ocean.



CIGALE RESIDENCE

A premium residence for a stay in complete freedom

The La Cigale Residence, with its magnificent 2 to 6 person apartments, is ideal for spending an unforgettable moment.

In this contemporary space melting into its environment, everything is created for relaxation and wellness. The softness of the colours and precious materials are an ode to simple pleasures. The apartments are the perfect base for enjoying the activities on offer in the Gulf of Morbihan to the full.

A perfect place for families

From T2 to T4, from 80 to 140 m², our 24 apartments give you luxury, space and conviviality. A fully-equipped kitchen of the latest generation, lounge-diner with a large flat screen, refined and spacious rooms with private bathroom and toilets. Accessibility to persons with reduced mobility. Rent from 147 a night for a T2 (2 people)





The residence also provides exceptional rooms for your celebrations and seminars



LE SAFRAN RESTAURANT

Local flavours and seasonal food facing the ocean

Le Safran invites you on a culinary journey through the heart of Brittany's riches. Between land and sea, our Chef member of Euro-Toques and Maîtres Cuisiniers de France brings out a different fish every day, selected according to the catch that is landed and worked with respect to seasonality. À la carte or from the menu, renewed every day, everyone can compose their experience as they want it: wellness spa, thalassotherapy stay or gourmet escapade.

Fisherman's Buffet - Unmissable at the Miramar: From January to March, every Thursday and Sunday evening, then from April to December, every Monday and Thursday evening. Live a signature moment with our Fisherman's Buffet, oysters, prawns, smoked or pickled fish are honoured and prepared with excellence and freshness. This exceptional buffet is accompanied by refined garnishes, a lovely cheese selection and gourmet desserts.



Chef Xavier JÉGOUX **The heritage of a culinary master**

Here at the Miramar La Cigale since 1998, Xavier Jégoux has climbed the ladder to take the helm. Trained by two Maîtres Cuisiniers, he continues those values today with a sincere, elegant cuisine, respecting the produce. He highlights local products coastal fish, seasonal vegetables in a cuisine that is both simple and refined, faithful to the spirit of the Miramar La Cigale.





Pool & Lunch - 39€

Available every day, from 11:30 to 15:00
Enjoy a pool lunch facing the ocean.

With our Pool & Lunch formula, start with a moment of relaxation in our panoramic pool and its jacuzzi. Pursue this moment with a pleasing dish of your choice: gourmet or wellness version, accompanied by a dessert, a glass of wine and a coffee.

A Blue Ribbon Gourmet Awakening

From 7am, be seduced by a generous buffet served in a setting lit by the facing ocean scene. Pastries, fresh fruit, Breton house specials, yoghurts, cereals, a selection of teas and coffees from the Brûlerie d'Alré... All blended for a good start to the day. Until 10:30, our team will receive you with a smile and invite you to savour a breakfast as gourmet as it is recharging.



BAR - LE GOÉLAND

Real living space nested on the 4th floor of the Miramar La Cigale, Le Goéland accommodates you in an elegant, relaxing atmosphere, facing the marine horizon. Every day, savour the moment around signature cocktails, mocktails made fresh, based on fresh produce, detox infusions or fruitful creations, not forgetting our “Contraste” selection, for an original sensory experience.

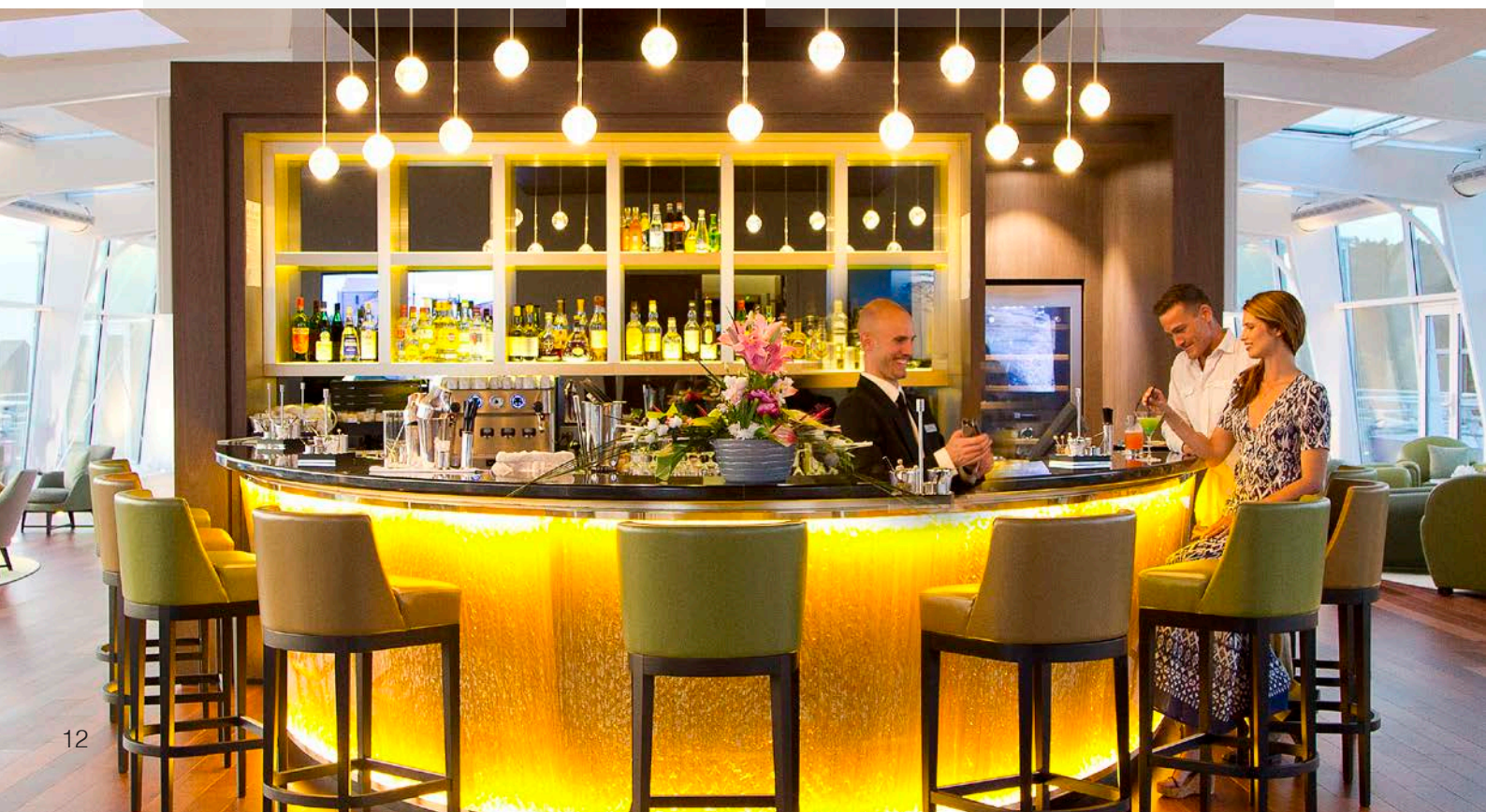
Tea Time 12€
Every day from 15:00 to 18:00

Be tempted by the refined pastries accompanied by carefully-selected teas or coffees.

Aperitime & Spa 46€

From April to October: every day from 18:30
From November to March: every Friday from 18:30

1 starter in the Parcours Marin (access between 18:30 and 20:30) 1 aperitif (cocktail or glass of your choice)
1 planche Triskel à partager



BAR - L'EFFET MER



As the weather gets sunnier, be seduced by L'Effet Mer, our new open-air bar, moored on the water.

Open every day in season, depending on weather conditions, this unique space invites you to savour a coffee, a cocktail, a light dish in a marine and casual atmosphere, closest to the waves.

A lively and inspired place, L'Effet Mer also provides one-time events to be discovered throughout the season. So you don't miss out, consult our programme on the social networks.



WELLNESS

LEVEL 0

Solarium

Accessible from 9:00 to 13:00 and 14:00 to 18:00
Located at the front of the building in the extension of the Oceanic Spa, the solarium opens up like a wide exterior terrace suspended over the water.

It's the dream place to relax in the sun, savour the calm, read a book or simply contemplate the marine lake.

Oceanic Spa

Accessible from 9:00 to 13:00 and 14:00 to 18:00
Between two treatment sessions, give yourself a moment to relax in the Oceanic Spa.

Benefit from a seawater pool heated to 32°C, with gooseneck, bubble lounger, jet stream, then finish with a break in the hammam.



WELLNESS

LEVEL 4

Gym

Accessible from 7:30 to 21:00

On the 4th floor, at the farthest point of the building, discover our 160 m² gym, bathed in light and open to the ocean.

Here is a place of tailored workouts: personalised programmes, designed by attentive professionals in a perfectly-equipped room.



Panoramic Pool

Accessible from 09:00 to 20:00, discover our panoramic seawater pool, 12 metres long, bathed in light under a spectacular sun roof.

Surrounded by loungers, the pool is completed by a jacuzzi in an ideal environment to relax, dream or do a few lengths.





Strongly discouraged for pregnant women and accessible from age 14



PARCOURS MARIN

To extend your wellness experience, Miramar La Cigale invites you to discover its Parcours Marin, an aquatic space of 318m² bathed in light, comprising a large pool, a sauna, a hammam and a sensory shower, it is open every day from 9:00 to 19:00.

Here, the pearlescent hues and the large bay window over the marine lake create a peaceful atmosphere, suitable for relaxation. Directly connected to the Thalasso therapy space, this place is designed as an ideal complement to treatments.

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



Wellness and gourmet provisions

Tea Time & Spa - 99€

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

Tea Time & Sea - 89€

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

PREPARING FOR YOUR STAY

A tailored accompaniment to live your thalassotherapy experience to the full.

With each stay being unique, our team accompanies you from when you book to provide you with a personalised programme, suited to your objectives and your needs. With regard to relaxation, fitness and wellness, we work with you to build a stay that suits you.

Practical Information

- From when you arrive, a personalised schedule shall be provided for you. It is generally made up of 3 treatments per alternating half-day, allowing you to live your experience to the full by benefiting from the facilities.
- If you are staying at the hotel, the treatments will generally start the day after your arrival.
- The treatments included in our packages are scheduled before your stay and cannot be changed.
- To benefit from our tea room, a cup will be provided on request for a deposit of 4. You can also bring your own.

Prepare your suitcase

- 2 chlorine-resistant swimsuits (bathing shorts are not allowed)
- Sports clothing and comfortable shoes
- A book, to savour a moment next to the pool or on our terrace
- Sun creme and sunglasses
- Wearing a swim cap is not mandatory. However, people with long hair must tie it back to ensure comfort and hygiene in the aquatic areas.





During your stay

- Please introduce yourself 10 minutes before the start of each treatment, in treatment clothing.
- To maintain tranquillity, phones must be turned off in the Thalasso therapy space

Contra-indications to thalassotherapy

As a precaution, thalassotherapy is contra-indicated in certain medical cases: while pregnant, heart failure, cardio-vascular diseases, skin diseases, while being treated for cancer, infectious and contagious diseases, psychiatric disorders, iodine allergies, recent operations, specific medical treatments (must be indicated when booking)

We invite you to indicate to us any particular medical situation before your arrival, so we can better adapt your treatment programme.

Reduced mobility access: for treatments, being accompanied by an able-bodied person is required when the disabled person is not independent. Thank you for informing us beforehand.

Treatments are accessible from 16 years of age.

The management reserves the right to cancel or change, without notice, any service booked, if the conditions for performing this are incompatible with the training of our hydrotherapists and aestheticians (state of health, independence).





4 and 6 day stay

Health and wellness

Sport and Vitality **NEW**
Silhouette Coaching Fitness
Fitness
Equilibrium
Marine Slimming
Health Serenity

Beauty and Body

100% Feminine
Supreme Beauty

Relaxation and Ease

Ego Essencia
Prasama
Privilege
Thalasso & Spa

NEW FOR 2026

SPORT AND VITALITY

Sport and thalassotherapy, both combined for your health capital.

The aim is to rediscover the taste for sport with varied activities drawn up by professionals. The mornings are devoted to physical activities and the afternoons are oriented around recovery. You will benefit from personalised nutritional advice to optimise your food habits and rediscover your vitality.

+ Free access to the Oceanic Spa and Parours Marin

3 expert sessions

Nutritional consultation
Impedance measurement
Complete Oligocheck assessment

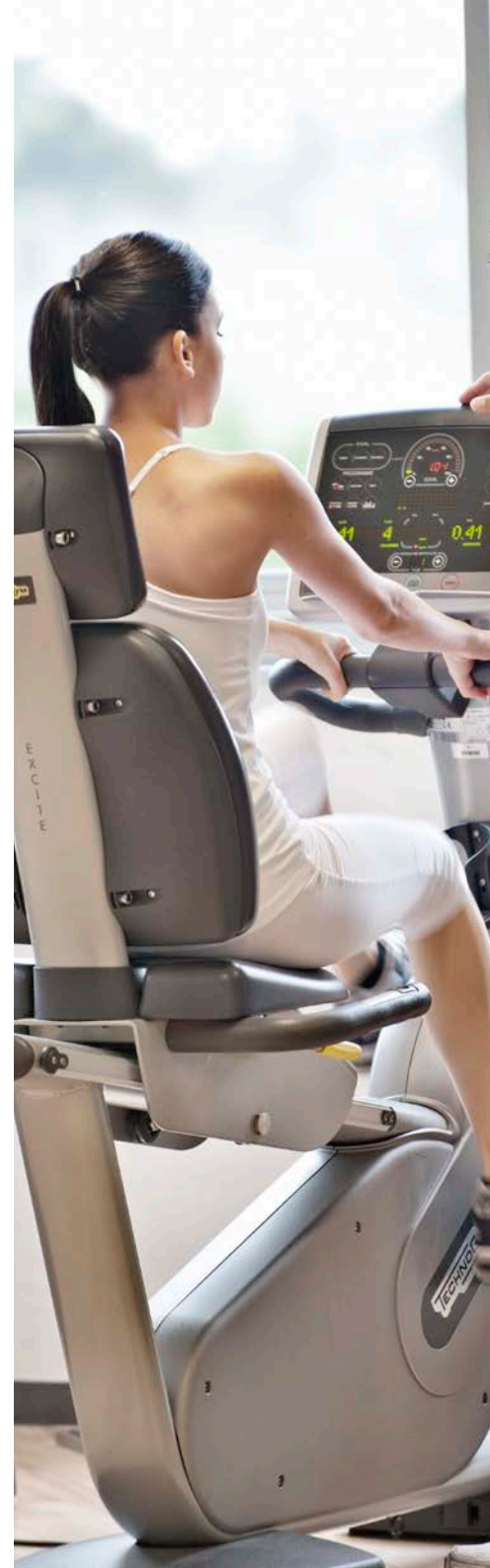
This program starts exclusively on Monday mornings.

5 DAYS / 6 nights
20 treatments

- 3 Personalised massages - 30 min
- 2 Health massages - 30 min
- 2 Underwater jets sessions - 30 min
- 2 Collective coaching - 60 min
- 2 Aquastretching session - 30 min
- 1 Outdoor walking - 75 min
- 1 Muscle awakening - 45 min
- 1 Pilates session - 60 min
- 1 Aquafitness session - 30 min
- 1 Hydromassage bath - 20 min
- 1 Underwater shower- 20 min
- 1 Algae wrap - 30 min
- 1 Energising shower - 15 min
- 1 Hydromassage bed - 20 min

From **2132€** /person
(Fil de l'Eau room and half board)

Without accommodation **925€** /person





SILHOUETTE COACHING

This programme rethinks slimming by combining performance and well-being. Drawn up by our team of experts - dietician, sports coaches and practitioners - you will benefit from targeted treatments, personalised monitoring and light cuisine to reach your objectives in complete serenity.

+ Free access to the Oceanic Spa and Parcours Marin

3 expert sessions

Nutritional consultation
Impedance measurement
Complete Oligocheck assessment

Program available for
9 and 12 days

Nutritional
Expertise

4 DAYS

15 treatments

3 Group sports coaching sessions
2 Energising showers - 15 min
2 Iyashi Dôme sessions - 40 min
2 Hydromassage baths- 20 min
2 Silhouette wraps - 30 min
2 LPG body sessions - 30 min
1 Leg silhouette massage - 30 min
1 Relaxing facial massage - 30 min

From **1628€** /person
(Fil de l'Eau room and half board)

Without accommodation **840€** /person

6 DAYS

22 treatments

5 Group sports coaching sessions
3 Energising showers - 15 min
3 Hydromassage baths- 20 min
3 Silhouette wraps - 30 min
3 LPG body sessions - 30 min
2 Iyashi Dôme sessions - 40 min
1 Leg silhouette massage - 30 min
1 Relaxing facial massage - 30 min
1 Hypno-nutrition session - 45 min

2 additional expert sessions

Evaluation and refinement of the silhouette
Mindful eating workshop

From **2442€** /person
(Fil de l'Eau room and half board)

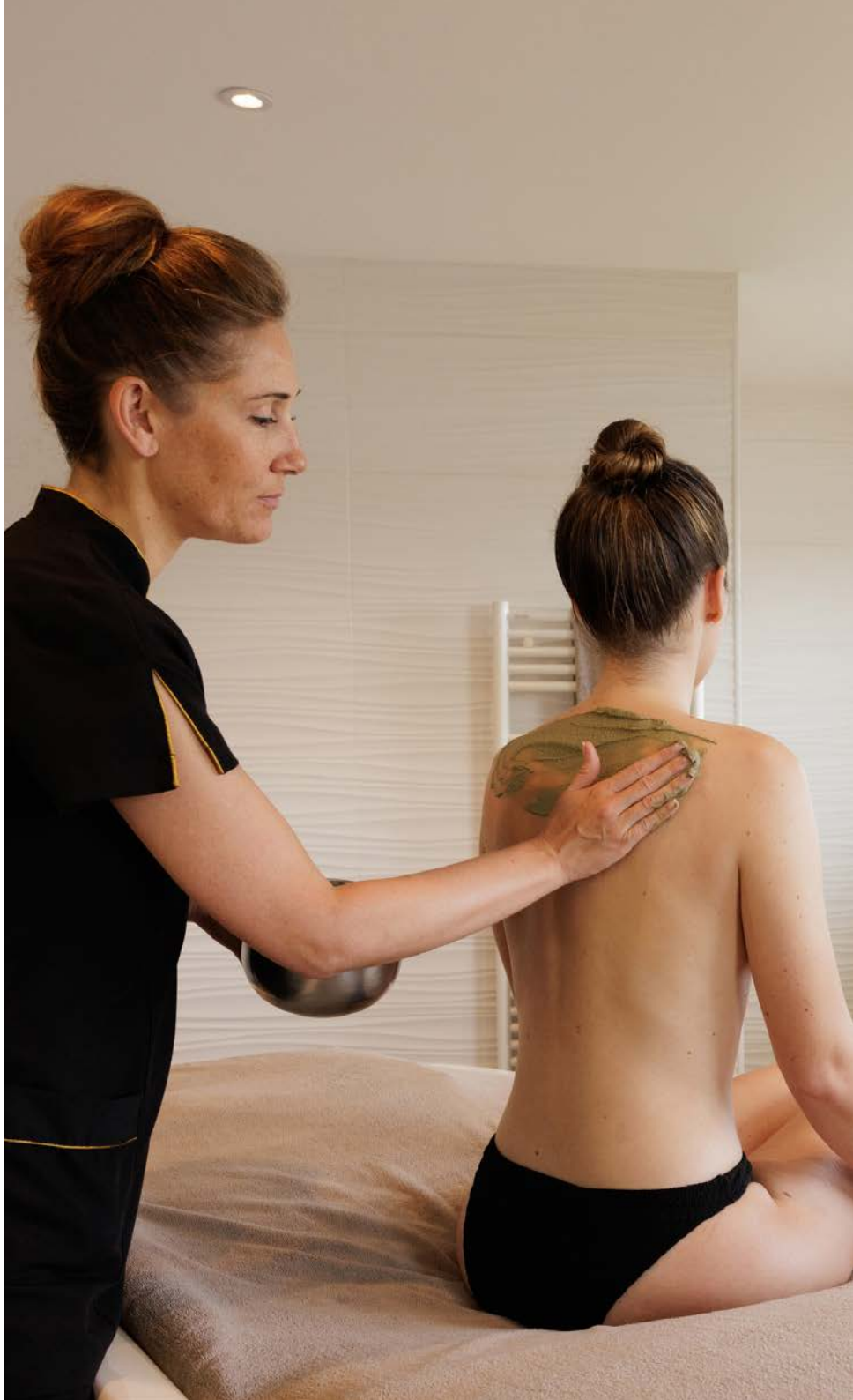
Without accommodation **1260€** /person

FITNESS

Because every person is different, and so is what you want, experts at the Miramar La Cigale have worked out a next generation fitness programme. You will benefit from essential thalassotherapy treatments to which you add the tailored programmes of your choice.

+ Free access to the Oceanic Spa and Parours Marin

Customisable



4 DAYS

9 treatments + 3 treatments on the tailored programme

- 4 Underwater jets - 30 min
- 2 Personalised massages - 30 min
- 1 Hydromassage or whirlpool bath - 20 min
- 1 Wrap on water bed - 30 min
- 1 Sensorial hydromassage bed - 20 min

From **1448€** /person
(Fil de l'Eau room and half board)

Without accommodation **660€** /person

6 DAYS

15 treatments + 3 treatments on the tailored programme

- 6 Underwater jets - 30 min
- 3 Personalised massages - 30 min
- 2 Hydromassage or whirlpool baths - 20 min
- 2 Wraps on water bed - 30 min
- 1 Massaging underwater shower - 20 min
- 1 Sensorial hydromassage bed - 20 min

From **2172€** /person
(Fil de l'Eau room and half board)

Without accommodation **990€** /person

3 TAILORED PROGRAMMES OF YOUR CHOICE

Personalise your wellness stay according to your needs

BEAUTY & SPA

- 1 Fundamental sea facial treatment - 60 min
- 1 Relaxing facial massage - 30 min
- 1 Marine wrap on water bed - 30 min

RELAX & SPA

- 1 Californian massage - 60 min
- 1 Marine wrap on water bed - 30 min
- 1 Personalised relaxing massage - 30 min

COACHING & NUTRITION

- 2 Individuals sports coaching sessions - 45 min
- 1 Consultation with our dietician - 90 min including 1 Oligo/check balance
- + 1 impedance measurement

EQUILIBRIUM

The stomach and brain, an inseparable duo.

Our second brain protects us from infection and is responsible for 80% of our immunity. Rebalances its organs on a physiological and energetic level, detoxifying, harmonising our body to recover lightness and vitality.

+ Free access to the Oceanic Spa and Parours Marin

2 expert sessions

Nutritional consultation
Complete Oligocheck
Balance

100% Individual
Treatments

Gniomcheck Test Option €189

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

4 DAYS

12 treatments

- 4 specific massages
 - 1 Doëskan - 30 min
 - 1 Kansu - 60 min
 - 1 Chi Nei Tsang - 60 min
 - 1 Abhyanga - 60 min
- 2 Hydromassage baths- 20 min
- 2 Wraps- 30 min
- 1 Iyashi Dôme Session - 40 min
- 1 Aquafitness - 30 min
- 1 Underwater jets - 30 min
- 1 Hydromassage bed - 20 min

From **1728€** /person
(Fil de l'Eau room and half board)

Without accommodation **940€** /person

6 DAYS

18 treatments

- 6 specific massages
 - 1 Doëskan - 30 min
 - 1 Kansu - 60 min
 - 1 Chi Nei Tsang - 60 min
 - 1 Shirotchampi - 60 min
 - 1 Kobido - 60 min
 - 1 Abhyanga - 60 min
- 3 Hydromassage baths - 20 min
- 2 Hydromassage beds - 20 min
- 2 Wraps- 30 min
- 2 Iyashi Dôme Sessions - 40 min
- 2 Aquafitness - 30 min
- 1 Underwater jets - 30 min

From **2592€** /person
(Fil de l'Eau room and half board)

Without accommodation **1410€** /person





MARINE SLIMMING

Do you want to get rid of some curves, rediscover tone and lightness, or rebalance your food?

The Miramar La Cigale has designed a high-end programme combining slimming technologies, traditional massages, hydrotherapy and seawater activities: a global approach to wellness, at the heart of the thalassotherapy.

+ Free access to the Oceanic Spa and Parcours Marin

2 expert sessions

- | Nutritional consultation
- | Impedance measurement

4 DAYS

16 treatments

- | 2 Energising silhouette showers - 15 min
- | 2 Iyashi Dôme sessions - 40 min
- | 2 Hydromassage slimming baths - 20 min
- | 2 Silhouette wraps - 30 min
- | 2 Underwater jets - 30 min
- | 1 Silhouette massage with or without ventouses - 30 min
- | 1 Balinese massage - 60 min
- | 1 LPG body session - 30 min
- | 1 Sports coaching session - 60 min
- | 1 Aquafitness - 30 min
- | 1 Aquastretching - 30 min

From **1568€** /person
(Fil de l'Eau room and half board)

Without accommodation **780€** /person

6 DAYS

24 treatments

- | 3 Slimming hydromassage baths - 20 min
- | 3 Silhouette wraps - 30 min
- | 3 Energising silhouette showers - 15 min
- | 2 Iyashi Dôme sessions - 40 min
- | 2 Silhouette massages with or without ventouses - 30 min
- | 2 LPG body sessions - 30 min
- | 2 Underwater jets - 30 min
- | 2 Aquafitness - 30 min
- | 2 Aquastretching - 30 min
- | 1 Balinese massage - 60 min
- | 1 Hypno'Nutrition Session - 45 min
- | 1 Sports coaching session - 60 min

From **2352€** /person
(Fil de l'Eau room and half board)

Without accommodation **1170€** /person

HEALTH SERENITY

**Relieve your chronic pain
in a framework dedicated to
wellness.**

**This stay, designed by our
experts, combines health and
relaxation around three targeted
programmes:**

light legs, to relieve pain and
stimulate circulation;

Back, to relieve tension, reinforce
muscles and relax lumbago;

Articular re-education, to attenuate
the effects of arthrosis, arthritis and
rheumatism.

+ Free access to the Oceanic Spa
and Parcours Marin

Customisable





4 DAYS

16 treatments

2 Health massages - 30 min
2 Hydro-massage or whirlpool baths with algae - 20 min
2 Sensorial hydromassage beds - 20 min
+ your chosen programme with 2 sessions per treatment

From 1588€ /person

(Fil de l'Eau room and half board)

Without accommodation **800€ /person**

6 DAYS

24 treatments

3 Health massages - 30 min
3 Hydro-massage or whirlpool baths with algae - 20 min
3 Sensorial hydromassage beds - 20 min
+ your chosen programme with 3 sessions per treatment

From 2382€ /person

Without accommodation **1200€ / person**

Light legs programme

To relieve pain and energise venous return

Massaging underwater showers - 20 min
Aquastretching sessions - 30 min
Cryotherapy marine wraps - 30 min
Piscines à jets sous-marins - 30 min
Pressure therapy - 30 min

Back Programme

Naturally relieve lumbar and back pain, relieve tension and reinforce muscles

Massaging underwater showers - 20 min
Sessions on sensorial hydromassage bed - 20 min
Remineralising or marine mud wraps - 30 min
Lumbar pools or aquatic coaching - 30 min
Pilates gym sessions - 60 min

Articular Re-Education Programme

To recover daily flexibility, relieve arthrosis, arthritis and rheumatism

Sessions on sensorial hydromassage bed - 20 min
Marine mud - 30 min
Remineralising wraps - 30 min
Personalised re-education pools or aquatic coaching - 30 min
Pilates gym sessions - 60 min

Provide T-shirt and flexible trousers for pilates gym sessions

100% FEMININE

Every woman deserves to feel good about her body, developed and serene, regardless of her lifestyle. If you feel like reconnecting with your femininity, taking complete care of yourself and restoring gentle and revitalising energy, we have designed an exclusive programme for you which is 100% dedicated to your wellness.

+ Free access to the Oceanic Spa and Parcours Marin

2 expert sessions

Nutritional consultation
Complete Oligocheck Balance

100% Individual
Treatments

4 DAYS 13 treatments

- 2 LPG face sessions - 30 min
- 2 Energising showers - 15 min
- 2 Pilates sessions - 60 min
- 1 Hydromassage bath - 20 min
- 1 Underwater shower - 20 min
- 1 Balinese massage - 60 min
- 1 Iyashi Dôme session - 40 min
- 1 Kobido - 60 min
- 1 Full presence meditation - 60 min
- 1 Individual coaching session - 60 min

From **1768€** /person
(Fil de l'Eau room and half board)

Without accommodation **980€** /person

6 DAYS 20 treatments

- 3 Energising showers - 15 min
- 3 Pilates sessions - 60 min
- 2 Underwater showers - 20 min
- 2 LPG body sessions - 30 min
- 2 LPG face sessions - 30 min
- 1 Hydromassage bath - 20 min
- 1 Balinese massage - 60 min
- 1 Kobido - 60 min
- 1 Iyashi Dôme session - 40 min
- 1 Kansu - 60 min
- 1 Hyalu-Procollagen face treatment - 60 min
- 1 Full presence meditation - 60 min
- 1 Individual coaching session - 60 min

From **2652€** /person
(Fil de l'Eau room and half board)

Without accommodation **1470€** /person





SUPREME BEAUTY

This anti-aging programme provides a global face and body response to prevent, attenuate and hold back the signs of aging by relying on the anti-aging expertise of the Ella Baché brand, associated with the knowledge of our experts which will provide you with tailored sessions to preserve your youthfulness.

+ Free access to the Oceanic Spa and Parcours Marin

2 expert sessions

Nutritional consultation
Wellness Oligocheck
Balance

100% Individual
Treatments

Anti-Aging Expertise

ELLA BACHÉ
PARIS - 1936

4 DAYS

12 treatments

2 Firming anti-aging wraps - 30 min
2 LPG face sessions - 30 min
1 Skintex'Diag - 25 min
1 Morpho Structure treatment - 75 min
1 Skin Hydra Repulp treatment - 60 min
1 Exfoliation & Hydration - 60 min
1 LPG body session - 30 min
1 Iyashi Dôme session - 40 min
1 Californian massage - 60 min
1 Individual sports coaching session - 60 min

From **1688€** /person
(Fil de l'Eau room and half board)

Without accommodation **900€** /person

6 DAYS

18 treatments

3 Iyashi Dôme sessions - 40 min
3 Firming anti-aging wraps - 30 min
2 LPG face sessions - 30 min
1 Skintex'Diag - 25 min
1 Soin Signature Ella Baché - 75 min
1 Skin Hydra Repulp treatment - 60 min
1 SkintexLab session - 45 min
1 Kobido massage - 60 min
1 Exfoliation & hydration - 60 min
1 LPG body session - 30 min
1 Californian massage - 60 min
1 Balinese massage - 60 min
1 Individual sports coaching session - 60 min

From **2532€** /person
(Fil de l'Eau room and half board)

Sans hébergement **1350€** /personne

EGO ESSENCIA

Plunge into the universe of Ego Essencia, a unique thalassotherapy experience taking care of you from head to toe, designed for those seeking a deeply personal, tailored experience.

With Ego Essencia, you are the master of your wellness. You choose the rhythm of your spa, for a moment of relaxation designed for you, in complete freedom.

+ Free access to the Oceanic Spa and Parcours Marin

100% Individual
Treatments

Choose between alternating
morning or afternoon

4 DAYS

12 treatments

- 2 Hydromassage baths - 20 min
- 2 Hydromassage beds - 20 min
- 2 Wraps- 30 min
- 1 Marine Relaxation - 30 min
- 1 Underwater shower - 20 min
- 1 Exfoliation of your choice - 30 min
- 1 Personalised massage - 30 min
- 1 Kansu - 60 min
- 1 Fundamental Sea treatment - 60 min

From **1548€** /person
(Fil de l'Eau room and half board)

Without accommodation **760€** /person

6 DAYS

18 treatments

- 3 Hydromassage baths - 20 min
- 2 Hydromassage beds - 20 min
- 2 Wraps- 30 min
- 2 Personalised massages - 30 min
- 1 Iyashi Dôme session - 40 min
- 1 Marine Relaxation - 30 min
- 1 Underwater shower - 20 min
- 1 Exfoliation of your choice - 30 min
- 1 Energising shower - 15 min
- 1 Shirotchampi - 60 min
- 1 Kansu - 60 min
- 1 Doëskan massage - 30 min
- 1 Fundamental Sea treatment - 60 min

From **2322€** /person
(Fil de l'Eau room and half board)

Without accommodation **1140€** /person





PRASAMA

Interior recharging and sensorial journey. Prasama means “Serenity” in Sanskrit and is the aim of this programme.

Designed for very active people, it provides you with inner fulfilment and recharging. Between seawater treatments and massages from Asia, free your daily constraints and immerse your spirit with new sensations.

+ Free access to the Oceanic Spa and Parcours Marin

Ayurvedic
experience

100% Individual
Treatments

4 DAYS

12 treatments

- 2 Relaxing baths - 20 min
- 2 Hydromassage baths- 20 min
- 2 Shirodharas - 60 min
- 1 Personalised massage - 30 min
- 1 Doëskan massage - 30 min
- 1 Marine relaxation - 30 min
- 1 Abhyanga - 60 min
- 1 Abhyanga harmonising the 108 marmas - 75 min
- 1 Shirotchampi - 60 min

From **1848€** /person
(Fil de l'Eau room and half board)

Without accommodation **1060€** /person

6 DAYS

18 treatments

- 2 Relaxing baths - 20 min
- 2 Hydromassage baths- 20 min
- 3 Shirodharas - 60 min
- 3 Kansu - 60 min
- 1 Abhyanga - 60 min
- 1 Doëskan massage - 30 min
- 1 Marine relaxation - 30 min
- 1 Kobido - 60 min
- 1 Abhyanga harmonising the 108 marmas - 75 min
- 1 Shiatsu - 60 min
- 1 Thai massage - 75 min
- 1 Shirotchampi - 60 min

From **2772€** /person
(Fil de l'Eau room and half board)

Without accommodation **1590€** /person

PRIVILEGE

Create the stay that suits you

The real luxury is the freedom to choose. With this exceptional stay, imagine your own interlude of wellness: a formula that is entirely personalised, built around signature, indispensable treatments from Miramar La Cigale.

Our team will remain attentive to you to advise you to make your stay an unforgettable experience.

+ Free access to the Oceanic Spa and Parcours Marin

2 expert sessions

| Nutritional consultation
| Wellness Oligocheck Balance

A must have

4 DAYS

12 treatments

7 Essential treatments
4 Relaxation Escape Beauty treatments
1 Exclusive treatment

From **1948€** /person
(Fil de l'Eau room and half board)

Without accommodation **1060€** /person

6 DAYS

18 treatments

10 Essential treatments
6 Relaxation Escape Beauty treatments
2 Exclusive treatments

From **2922€** /person
(Fil de l'Eau room and half board)

Without accommodation **1740€** /person



Your Essential Treatments

Relaxation - 20 min : hydromassage bath of laminar extracts of algae or lagoon water, milky-smooth bubble bath, Himalaya dream bubble bath, relaxing bath, hydromassage sensorial bed
Detoxifying: underwater shower - 20 min, energising shower - 15 min, pressure therapy - 30 min, LPG - 30 min
Exfoliation - 30 min, including 10 min hammam: Choose from our range of exfoliations
Premium wraps on water bed - 30 min: remineralising algae, slimmer, anti-aging wax, velvet.
Iyashi Dôme - 40 min : intense relaxation and energisation with infrared technology

Your Relaxation Escape Beauty Treatments

Massages of the world - 60 min : Californian, hot stone, Abhyanga, Shirotchampi, Shirodhara, Kansu, Balinese, Chi Nei Tsang.
Marine relaxation - 30 min
Facial treatment - 60 min : fundamental sea treatment by Thalgo, Hydra Repulp treatment by Ella Baché, Kobido

Your Exclusive Treatments

Signature massages and massages of the world - 75 min : Odyssey Signature Massage, Thai Massage, Abhyanga Harmonisation of 108 marmas or slimmer or relaxing or articular.
Facial treatment - 75 or 90 min : Morpho Structure treatment by Ella Baché, Prodigy of the Oceans by Thalgo facial treatment.

FAVORITE

THALASSO & SPA

This programme is the ideal compromise between the benefits of Thalasso and those of world massages. In the programme, a different massage of one hour every day, and only individual treatments to gain the benefits of seawater and reach absolute wellness. Real source of physical and psychological wellness, you will find energy and harmony

+ Free access to the Oceanic Spa and Parours Marin

1 one-hour
massage
every day

100% Individual
Treatments

4 DAYS

12 treatments

- 2 Lagoon water baths - 20 min
- 2 Himalaya Dream bubble baths - 20 min
- 4 World massages - 60 min
Abhyanga, Californian, Shirotchampi, Kansu
- 1 Wrap - 30 min
- 1 Exfoliation - 30 min (including 10 min hammam)
- 1 Facial massage 30 min
- 1 Iyashi Dôme session - 40 min

From **1768€** /person

(Fil de l'Eau room and half board)

Without accommodation **980€** /person

6 DAYS

18 treatments

- 6 World massages - 60 min
Abhyanga, Californian, Balinese, Hot Stones, Shirotchampi, Kansu
- 3 Lagoon Water Baths - 20 min
- 3 Himalaya Dream bubble baths - 20 min
- 3 Wraps- 30 min
- 1 Exfoliation - 30 min (including 10 min hammam)
- 1 Facial massage 30 min
- 1 Iyashi Dôme session - 40 min

From **2652€** /person

(Fil de l'Eau room and half board)

Without accommodation **1470€** /person





THEMED STAYS

Experience a unique break, guided by inspirational experts

And if your stay becomes a source of impetus and transformation?

Throughout the year, we provide you with exclusive themed stays carefully worked out around wellness, exceeding yourself and internal reconnection. Yoga facing the ocean, cycling escapades in the countryside, workshops to reinforce your self-confidence...

Every stay is oriented by a passionate personality, chosen by their inspiring story and their expertise.

More than a programme, it is an experience. With a place, a guide and above-all... yourself.

Discover your next themed stays directly on the home page of our website, in the Thematic Stays section or scanning the QR code.







Escapades de 1 à 3 jours

3 days / 3 nights

Repause & You
Oceane Bubble

2 jours / 2 nuits

Atlantic Wave
Soft Stopover

1 jour / 1 nuit

Spa Essentiel
Couple's Escapade
California Break

ESCAPADES

3 days / 3 nights

REPAUSE & YOU - 9 treatments

The quintessence of Thalassotherapy, perfect to appease the bustle of your daily life.

- 2 Hydromassage baths - 20 min
- 1 Exfoliation of your choice - 30 min including 10 min hammam
- 1 Tomat Glow treatment by Ella Baché - 30 min
- 1 Remineralising wrap - 30 min
- 1 Energising shower - 15 min
- 1 Iyashi Dôme session - 40 min
- 1 Personalised massage - 30 min
- 1 Hydromassage bed - 20 min

From **696€** /person

(Fil de l'Eau room and breakfast)

OCEAN BUBBLE - 6 treatments

The best Thalasso treatments combined with two exceptional spa rituals.

- 1 Exfoliation of your choice - 30 min including 10 min hammam
- 1 Hydro-massage with algae - 20 min
- 1 Algae wrap on waterbed - 30 min
- 1 Hydra Repulp treatment by Ella Baché - 60 min
- 1 Californian massage - 60 min
- 1 Iyashi Dôme session - 40 min

From **696€** /person

(Fil de l'Eau room and breakfast)





ESCAPADES

2 days / 2 nights

ATLANTIC WAVE - 4 treatments

Be captivated by the ocean spray and dive into the revitalising energy of the Atlantic.

- 1 Brown iodine exfoliation - 30 min
- 1 Hydromassage bed - 20 min
- 1 Milk-based energy bath - 20 min
- 1 Sea swell massage - 30 min

From **404€** /person
(Fil de l'Eau room and breakfast)

SOFT STOPOVER - 4 treatments

100% wellness and marine weekend for absolute relaxation.

- 1 Personalised massage - 30 min
- 1 Hydromassage bath - 20 min
- 1 Energising shower - 15 min
- 1 Velvet wrap on water bed - 30 min

From **404€** /person
(Fil de l'Eau room and breakfast)

ESCAPADES

1 day / 1 night

SPA ESSENTIAL - 3 treatments

The ideal formula to discover Miramar La Cigale in zen and wellness mode

- | 1 Relaxing facial massage - 30 min
- | 1 Personalised massage - 30 min
- | 1 Lagoon water bath - 20 min

From **234€** /person
(Fil de l'Eau room and breakfast)

COUPLE'S ESCAPADE - 1 treatment

Romantic interlude for a moment of joining zen and marine accents.

- | 1 Couple's oil massage - 60 min
- + glass of champagne served at the bar

From **224€** /person
(Fil de l'Eau room and breakfast)

CALIFORNIA BREAK - 1 treatment

Weekend switch-off ideal for simply relaxing.

- | 1 Californian massage - 30 min
- | 1 Boisson au choix et une planche à partager au bar Le Goéland

From **199€** /person
(Fil de l'Eau room and breakfast)





**Access to Fogo beach
- just a few steps from the hotel**

TREATMENT GLOSSARY

MASSAGES

Abhyanga - 60 min : Ayurvedic hot oil massage to reharmonise your bodily energy.

Balinese - 60 min : Massage combining stretching, acupressure and massage to harmonise body and spirit.

Californian - 30 min / 60 min : Cocooning massage with slow and enveloping movements, ideal to relax mental tensions.

Chi Nei Tsang - 60 min : Deep abdominal massage acting on internal organs, facilitating digestion and freeing up emotions.

Doëskean - 60 min : Hot towel back massage to liberate muscular tension.

Sea Swell - 60 min : Fluid massage inspired by the movements of the ocean, for sensorial marine relaxation.

Kansu - 60 min : Foot massage with a bowl of blends and Ghee, relaxing the nervous and digestive system.

Kobido - 60 min : Japanese facial massage with lifting, energising and relaxing effects. Real anti-aging ritual.

Personalised - 30 min : Relaxing massage depending on the chosen zones: back or legs or head or rear side

Hot Stone - 60 min : Relaxing massage with hot volcanic rocks to relax muscles and spirit.

Relaxing - 60 min : Fluid and enveloping massage for deep-down relaxation of the body and spirit.

Shirodhara - 60 min : Warm sesame oil trickle placed over the forehead after a head massage: a voyage to the heart of calmness.

Shirothampi - 60 min : Ayurvedic massage targeting the head, face and shoulders, to relax tension and sleeping disorders.

Shiatsu - 60 min : Japanese method by pressure on the meridians to re-establish energy balance. Practised in

T-shirt and flexible trousers.

Odyssey Signature - 60 min : Tailored massage conceived by the Miramar, accompanied by an algae infusion to extend the wellness experience.

Silhouette - 60 min : Targeted treatment with or without ventouses to work the cellulite on muscles

Thai - 60 min : Tonal movement by pressure and stretching, done on the ground, to retrieve mobility and energy. Practised in T-shirt and flexible trousers.

FACIAL TREATMENT

Fundamental of the Sea - 60 min : Personalised Thalgo facial treatment depending on your skin type.

Tomat Glow - 30 min / 60 min : AHA natural active ingredient treatment smoothes skin texture and reveals its radiance thanks to a micro-vibrating device.

Hyalu-Procollagen Treatment - 60 min : Treatment with hyaluronic acid and marine collagen to plump and smooth wrinkles.

Hydra Repulp Treatment - 60 min : Intensive hydrating treatment with hyaluronic acid to rediscover comfort and radiance.

Signature by Ella Baché Treatment - 75 min : Care combining manual manoeuvres and technicity of SkintexLab for maximum effectiveness.

Morpho Structure Treatment - 60 min : Anti-aging facial care combining lifting massage and specific active agents to firm, redensify and redraw contours.

Skintex Diag - 15 min : Precise analysis of needs for your skin to choose the care suitable for you.

Face - 30 min : Facial massage to relax features and restore radiance.

HYDROTHERAPY TREATMENTS

Whirlpool bath - 20 min : Swirling bath to relax muscles and ease the body.

Hydromassage bath - 20 min : Bath fitted with targeted jets to stimulate circulation and give a sensation of lightness.

Marine mud - 30 min : Application of hot marine muds to purify and remineralise.

Energising shower - 15 min : Water jet under pressure over the entire body to stimulate, tone and reactivate blood circulation

Underwater shower - 30 min : Treatment undertaken in immersion in a bath with seawater jets directed by the therapist to favour mobility and lightness.

Exfoliation - 30 min : Exfoliation of the body with natural salts or powders, for smooth, soft skin.

Hydromassage bed - 20 min : Massage extended on a water mattress, for contactless relaxation.

Wrap - 30 min : Application of marine algae to calm, hydrate or detoxify.

Cryotherapy Wrap - 30 min : Combination of hot algae on the upper body and cold ice on the legs for a sensation of lightness.

Marine relaxation - 30 min : Immersion session in an aquatic environment designed to relieve tension and favour calm.

POOLS (group treatments)

Aquastretching - 30 min : Stretching in a pool to gain flexibility and muscular range

Aquafitness - 30 min : Energising aquagym course in seawater, combining cardio and strength-building.

Underwater jets - 30 min : Aquatic course with massaging jets to relieve muscular tension.

Lumbar pool - 30 min : Soft activity in the pool to relieve the lower back.

Re-education pool - 30 min : Muscular and articular work designed for progressive fitness.

SPORT

Pilates - 60 min : Soft method of muscular reinforcement that improves posture, flexibility and balance.

Individual Coaching - 60 min : Session of personalised sport according to your objectives (form, tone, recovery, etc.).

Muscle Awakening - 45 min : Soft stretching session and light movement to prepare the body and stimulate energy..

SPECIFIC TREATMENTS

Iyashi-Dôme - 40 min : Japanese infrared sauna allowing an intense sweating that detoxifies the organism. *Contra-indicated treatment for any cardiac problem, pace-maker, varicose veins etc.*

LPG face - 30 min : Thanks to its patented technology, LPG endermologie facial treatment, a true skin fitness treatment, reactivates the natural production of collagen, elastin, and hyaluronic acid for a radiant complexion and visibly firmer, rejuvenated skin.

LPG body - 30 min : Thanks to its patented technology, LPG Endermologie body targets stubborn fat, smooths orange peel skin, and redensifies the skin deep down.

Pressure Therapy - 30 min : Treatment by pneumatic compression to boost venal and lymphatic circulation of legs

SOINS TREATMENTS

Find our expert treatments on page 48.

Note that the durations indicated for treatments include set-up time and effective treatment time.

HEALTH EXPERTS

DIETICIAN-NUTRITIONIST

Corinne DUCAUD

Present from Monday to Friday by appointment

for Behavioural and Nutritional Balance appointments 69€ - 60min

Impedance Measurement Balance 25€ - 15min
Detailed report on your bodily composition.

Oligo/ Check Balance + consultation 99€ - 60min
Detailed report on your tissue and mineral reserves, oligo-elements, vitamins and heavy metals Blood group needed

Hypno'Nutrition 69€ - 60min
Sensorial experience stimulating the imagination to develop new, positive behavioural dispositions.

Discover the rest of our services in our care brochure

SOMATO-PSYCHOPEDAGOGY

Dany CERISIER

Present by appointment

Somato-educational psychology combines a manual approach, sensory gymnastics, speech and full presence meditation.

Relieves physical pain and psychological suffering

Sensorial gymnastics 99€ - 60min (individual session)
Combinations of simple and precise movements carried out slowly.

Full Presence Meditation 25€ - 60min (group session)
Listen to the silence and observe the manifestations of your own inner being.



OSTEOPATH

Stéphane CHEVALOT

Present by appointment on Friday morning

Osteopathy is a global manual approach aiming to re-establish bodily balance by acting on tensions and blockages. It allows mobility to be improved, pain to be relieved and general wellness to be favoured.

Osthéopathie - Manual Approach 99€ - 45min

A targeted manual session to reduce tension, improve mobility, and rebalance stressed areas. Precise movements designed to restore smoother joint and muscle function.



EXPERT TREATMENTS

By booking

Health Massage 159€ - 60min

115€ - 30 min

Undertaken by a physiotherapist, the aim of this massage is to relieve people affected by blockages and muscular or articular pain but also sportspeople, with a view to recovery and monitoring or preventing injuries. The massage is done on the specific area of the body defined with physiotherapy according to needs.

Hypnotherapy 90€ - 60min (individual session)

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 wellness.

Auto-Hypnosis 90€ - 60min (individual session)

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

Yoga 25€ - 60min (group session)

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

SURROUNDINGS



Fogeo Beach



St Gildas de Rhuys



Château de Suscinio



Port Crouesty



Chapelle de Penvins



Rhuys-Kerver Golf



Gulf of Morbihan



Port-Navalo

CONCIERGE SERVICE :

Need advice? Want to explore? Our concierge service remains at your disposal to advise you on cultural and natural discoveries to be made on the Rhuys Peninsula

To simplify your movements, we provide **bicycle hire**

Classic : 5 per half-day, 10 per day - **Electric** : 19 per half-day, 26 per day

Activities :

Hiking on the GR34 - Tennis - Golf - Windsurfing - Paddleboarding - Kayaking - Cycling - Discovering megalithic monuments (Gavrinis, Petit Mont...) - Boat trip on the Gulf of Morbihan - Local produce markets - Visit the "Dantelezh" Rhuys Vineyard - JOA d'Arzon Casino - Ostréapolis - Cider House

Shops :

"Trinity Mode & Maison" boutique - "Cécile B" hairdressers - Joaillerie Alexandre Régent Jeweller's - La Trinitaine Biscuits

Boat Trip - Prestige Excursion

Board 100 metres from the hotel for an unforgettable escapade on the sea on board high-end rigid inflatable boats. Among secluded creeks, gourmet boats at sunset, discover the Gulf of Morbihan from the sea.



Megalith Site - Cairn du Petit Mont

Recently registered on the list of UNESCO World Heritage Sites, this 6 000 year old relic plunges you into history, a short walk from the hotel, between prehistoric heritage and the memory of the Second World War.



PRACTICAL INFORMATION

Car Park (indoor and secure)

15€ /day 80€ for 6 days

Payable electric charging point provided on the outdoor car park

Shuttles (for compulsory prior booking)

15:45 - from Vannes Station to Miramar La Cigale (7 days a week)

15:00 - from Miramar La Cigale to Vannes Station for TGV from 16:30 (7 days a week)

For any other timetable, an individual car service can be provided at a rate of: 68€/trip
+10% night, Sunday and public holidays : 125€ : return According to prefectural decree

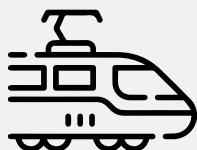
According to prefectural decree

For any other transfer, contact our concierge service.



CAR

480 km (298 miles) from Paris
120 km (75 miles) from Nantes
and Rennes
30 km (19 miles) from Vannes
Free Breton road network



TRAIN

Daily direct route 2h 29min
Vannes-Montparnasse



PLANE

Nantes Airport 120 km (75 miles)
Rennes Airport 120 km (75 miles)





MIRAMAR LA CIGALE

HÔTEL THALASSO & SPA

www.miramar-lacigale.com

02 97 53 49 00

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Find us at

