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Thalassa Sea & Spa

At sites pre-selected for their outstanding beauty, experts from the Thalassa sea & spa network invite you to discover all the benefits of sea-water, rich in mineral salts and trace elements and indispensable to the organism. And the virtues of hot spring water and each and every spa-related therapy.

Discover the long term benefits of thalassotherapy in well-being places specially think for you.


16 beautiful destinations:

Le Touquet - Dinard - Quiberon - Les Sables d'Olonnes - Ile d'Oléron - Biarritz - Hières - Fréjus
- Porticcio - Aix-les-Bains - Timi Ama (Sardinia) - Capo Vaticano (Italia) - Kalidria (Italia) - Essaouira (Morocco) - Agadir (Morocco) - Zallaq (Barhain)

Key figures

16 destinations
15 thalassotherapy sites
1 Thermal spa
4 countries

at 12/31/2011

 Our locations

Accommodation and rooms package



With Sofitel, Novotel, Mercure, MGallery, ibis and Pullman, the Thalassa sea & spa network integrates the establishments from several Accor Group hotel brands.

The common denominator to all sites? All sites are selected for their exceptional beauty and privileged environmental location. Guests can experience a unique stay combining relaxation and revitalization.

The brand's star offer

In 2009, Thalassa sea & spa is launching one-week packages featuring a program that is common to all sites including thalassotherapy institutes and natural spring spas.

Slimness, Harmony, Fitness, Mother & Baby and Health... a wide variety for this one-week offer to meet the needs of an equally wide clientele who can come and enjoy the pleasure of being pampered, advised and coached in the art of caring for their health.

A new concept



Thalassa sea & spa is reinventing seminars and breaking new ground with the "**lasting benefits seminar**". This is a concept designed for businesses and revolves around sessions of work and rest, collective leisure activities and individualized thalassotherapy care.

Customers choose a made-to-measure formula adjusted to budget and their specific requirements with five modules on offer: Movement, Nutrition, Mental, Posture, Self-Image.

Available at Quiberon, Biarritz, Dinard, Le Touquet.

The full extensive offer from Thalassa sea & spa

Thalassa sea & spa has assembled the best of two worlds : the **sea**, whose benefits are an inexhaustible source of vitality, and the **spa**, synonymous with pleasure and relaxation.

Thalassa sea & spa helps the customer to take care of his body and lastingly protect it through a comprehensive approach that combines sports activities and health diet. During a stay providing deep-down regeneration and revitalization, the customer experiences all the benefits of thalassotherapy in an atmosphere where he can dream and relax the time away.

With a wide range of hotels, from 2 to 5 star ratings, Thalassa sea & spa opens the door to the world of wellness to every budget. And top quality food service is everything you could wish for : gourmet, local, low-calorie or health-food only. Always tasty and full of surprises.

www.thalassa.com