



montecarlothalasso

Information & prices from January 4th, 2010 to January 3rd, 2011*



LES THERMES MARINS DE
MONTE-CARLO

| Prices per person in euros Taxes and service charges included From January 10th 2010 to January 8th 2011 | | | Program 2 nights / 2 days | | Program 6 nights / 6 days | |
|--|-------------|----|---------------------------|-------------------------------|---------------------------|-------------------------------|
| | | | 2 nights / 2 days | Extra day room & 3 treatments | 6 nights / 6 days | Extra day room & 3 treatments |
| HÔTEL HERMITAGE Luxury room city / garden view LX | Demi-Double | PS | 610,00 | 305,00 | 1665,00 | 277,50 |
| | | SS | 575,00 | 287,50 | 1560,00 | 260,00 |
| | | LS | 510,00 | 255,00 | 1380,00 | 230,00 |
| HÔTEL HERMITAGE Exclusive room sea view EMS | Demi-Double | PS | 785,00 | 392,50 | 2130,00 | 355,00 |
| | | SS | 690,00 | 345,00 | 1890,00 | 315,00 |
| | | BS | 670,00 | 335,00 | 1815,00 | 302,50 |
| HÔTEL DE PARIS Superior room inside courtyards view SI | Demi-Double | PS | 715,00 | 357,50 | 1950,00 | 325,00 |
| | | SS | 675,00 | 337,50 | 1860,00 | 310,00 |
| | | LS | 590,00 | 295,00 | 1620,00 | 270,00 |
| HÔTEL DE PARIS Exclusive room sea view EM | Demi-Double | PS | 925,00 | 462,50 | 2535,00 | 422,50 |
| | | SS | 900,00 | 450,00 | 2490,00 | 415,00 |
| | | LS | 780,00 | 390,00 | 2145,00 | 357,50 |
| | Single | PS | 1560,00 | 780,00 | 4290,00 | 715,00 |
| | | SS | 1510,00 | 755,00 | 4200,00 | 700,00 |
| | | LS | 1270,00 | 635,00 | 3510,00 | 585,00 |

| | Peak Season (PS) | Shoulder Season (SS) | Low Season (LS) |
|--|--|--|--|
| HÔTEL DE PARIS, HÔTEL HERMITAGE | 02/07/10 to 25/09/10 30/12/10 to 08/01/2011 | 02/04/10 to 12/05/10 17/05/10 to 01/07/10 26/09/10 to 31/10/10 | 10/01/10 to 01/04/10 01/11/10 to 29/12/10 |

(DD/MM/YYYY)

These prices may be changed without prior notice and will be applied subject to availability. Black out dates may apply.

Monte-Carlo Thalasso Program

The effectiveness of the montecarlothalasso approach derives from a real philosophy: before well-being, there is a being. Each treatment is therefore personalised, each program is tailor-made to ensure unique results. The spirit of "haute couture".

WITH ACCOMMODATION (CF PRICE-LIST OPPOSITE)

From 2 nights in a double room with breakfast at the Hôtel de Paris or at the Hôtel Hermitage.

- 3 individual and personalised marine treatments per day, chosen from:
 - bodywrap with mud or seaweed
 - jet shower or underwater shower
 - bath with seaweed, essential oils or hydromassage
 - massage under affusion with shea butter (2 hands)
- 1 medical check-up
- 1 dietetic consultation
- Free admission to group classes (aqua-gym, body sculpt, stretching, buttocks / abdos / thighs, special back kiné form)
- Exclusively reserved for clients of the Monte-Carlo SBM Resort, the "Carte d'Or" is a passport to all its establishments:
 - free admission to the Casino de Monte-Carlo
 - 50% reduction on playing fees at the Monte-Carlo Golf Club and Monte-Carlo Country Club
 - free shuttle transport within the resort
 - all expenses billed to your hotel account

WITHOUT ACCOMMODATION

- 3 individual and personalised marine treatments per day, chosen from:
 - bodywrap with mud or seaweed
 - jet shower or underwater shower
 - bath with seaweed, essential oils or hydromassage
 - massage under affusion with shea butter (2 hands)
- 1 medical check-up
- 1 dietetic consultation

6-DAY PROGRAM

780 € (price per person)

2-DAY PROGRAM

290 € (price per person)

EXTRA DAY

- from 3 to 5 days: **145 €** (per day and per person)
- 7 days and more: **130 €** (per day and per person)

The following options can be added to the Monte-Carlo Thalasso program:

- "Specific Slimming"
- "Specific Anti-ageing"
- "Specific Relaxation"
- 'Specific Beauty for Men' - La Prairie
- 'Specific Beauty for Women' - La Prairie
- "Specific for Sport"
- "Specific half-board"

“SPECIFIC” OPTIONS

The options complement and add an individual character to the Monte-Carlo Thalasso program by contributing specific and precisely targeted solutions: the program's three marine treatments are personalised as per the guest's choice and the "Specific" options are distinguished by the flexibility of their protocols to achieve an ideal "tailormade" program.

“SPECIFIC ANTI-AGING”

The keys to well-being and aging gracefully.

A few examples of personalised marine treatments from the Monte-Carlo Thalasso program:

- soothing and regenerating underwater shower
- bath with sea-salt crystals and mother-of-pearl
- massage under affusion with shea butter rich in vitamins A, D, E and F, with anti-wrinkle, scar-healing and reconstructive virtues.

“Specific” treatments:

- 1 fat test
- biological check-ups
- 1 stress test with consumption of O₂
- 3 sessions for correct posture with HUBER
- 1 beauty treatment for the face, 60'
- 1 beauty treatment for the body, 90'
- 1 La Prairie beauty treatment for the hands or feet
- 3 anti-ageing massages with grapeseed oil enriched with polyphenol, 60'

“SPECIFIC ANTI-AGING” 6 DAYS:

1 500 € (price per person)

EXTRA DAY:

250 € (price per person)

“SPECIFIC BEAUTY” LA PRAIRIE

When serenity rhymes with beauty...

A few examples of personalised marine treatments from the Monte-Carlo Thalasso program:

- relaxing underwater shower or soothing “yin” jet shower
- bath with sea salts and regenerating essences
- massage under affusion with aromatized shea butter with stimulating essences to reconstruct the dermis.

“Specific” La Prairie treatments

FOR WOMEN (6 days):

- 1 toning facial with caviar, 85'
- 1 Sea Luxury combo, 120'
- 1 micro-dermabrasion cell treatment for the face, 85'
- 1 detoxifying cell treatment for the back, 60'
- 1 classic beauty treatment for hands or feet
- 1 fitness-beauty coaching session with travel kit

“Specific” La Prairie treatments

FOR WOMEN (2 days):

- 1 toning facial with caviar, 85'
- 1 Sea Luxury combo, 120'

“Specific” La Prairie treatments

FOR MEN (6 days):

- 1 Swiss anti-aging cellular treatment, 60'
- 1 Sea Luxury combo, 120'
- 1 micro-dermabrasion cellular treatment for the face, 85'
- 1 detoxifying cellular treatment for the back, 60'
- 1 classic beauty treatment for hands
- 1 fitness-beauty coaching session with travel kit

“Specific” La Prairie treatments

FOR MEN (2 days):

- 1 Swiss anti-ageing cellular treatment for the face, 60'
- 1 Sea Luxury combo, 120'

“SPECIFIC BEAUTY” LA PRAIRIE 6 DAYS

795 € (price per person)

“SPECIFIC BEAUTY” LA PRAIRIE 2 DAYS

350 € (price per person)

EXTRA DAY

155 € (price per person)

“SPECIFIC SLIMMING”

On the path to slimness and equilibrium.

A few examples of personalised marine treatments from the Monte-Carlo Thalasso program:

- cellu-marine shower or bath with slimming oils
- seaweed bodywrap with laminary fucus
- massage under affusion with amber shea butter aromatised with slimming and draining essences.

“Specific” treatments:

- 1 fat test
- biological check-ups
- 1 stress test with consumption of O₂
- 3 Bodysculptor sessions
- 3 physiotherapy sessions per day (LPG Cellu M6, slimming ultrasounds...)
- 6 dietetic lunches at the restaurant L'Hirondelle at Les Thermes Marins
- 6 snacks at the bar L'Atlantide
- 6 dietetic dinners at the restaurant Le Vistamar at the Hôtel Hermitage

“SPECIFIC” SLIMMING 6 DAYS

2 010 € (price per person)

EXTRA DAY:

245 € (price per person)

“SPECIFIC RELAXATION”

How to master stress and its effects.

A few examples of personalised marine treatments from the Monte-Carlo Thalasso program:

- baths with essential anti-stress oils
- relaxing underwater shower or “yin” type jet shower
- Massage with “emerald shea butter” aromatized with relaxing and soothing essences.

“Specific” treatments:

Choice of one massage per day, 60':

- Tailormade Monte-Carlo massage
- Monte-Carlo “Star” massage
- Californian massage
- Foot reflexology
- Traditional Thai massage
- Ayurvedic massage
- Shiatsu

“SPECIFIC RELAXATION” 2 DAYS:

275 € (price per person)

“SPECIFIC SPORT”

To feel good mentally and physically.

A few examples of personalised marine treatments in the Monte-Carlo Thalasso program:

- bath with invigorating essential oils
- stimulating “yang” jet shower
- massage with “ruby shea butter”; aromatised with essences of peppermint and rosemary

Specific treatments (6 days):

- 1 fat test
- 1 effort test with consumption of O₂
- biological check-ups
- 4 coaching sessions including two with HUBER
- 2 sports massages, 60'

“SPECIFIC SPORT” 6 DAYS

1 185 € (price per person)

EXTRA DAY:

205 € (price per person)

“SPECIFIC HALF-BOARD” 1 DAY

1 lunch (slimming menu or market menu) at the dietetic restaurant L'Hirondelle.

Drinks not included.

54 € (price per person)

THALASSOTHERAPY TREATMENTS

UNDER-WATER SHOWER 12'

Shower massage administered in the sea-water pool heated to 34°. This treatment will be appreciated for its relaxing, soothing, slimming and circulatory properties.

JET SHOWER 12'

This tonifying sea-water jet shower allows for an in-depth massage which decongests fatty areas with cellulite. It is also a toning treatment, very effective against muscle spasms.

SEAWEED OR MUD WRAP 20'

With seaweed, mud from the Dead Sea or the Atlantic, these warm bodywraps have remineralising, slimming and relaxing effects.

HYDROMASSAGE 20'

Individual treatment in a bath. The body is progressively massaged from the feet to the cervicals by numerous jets, with respect for blood circulation.

HYDROMASSAGE BATH WITH SEAWEED OR COLORED SALTS 20'

This treatment is dispensed in a bath of natural sea-water heated to a temperature ranging from 34° to 37°, with seaweed or colored salts. A massage which procures complete relaxation of the muscles

MASSAGE UNDER AFFUSION TWO HANDS WITH SHEA BUTTER

Massage with oils beneath a fine spray of warm sea-water. Synchronised movements alternating skimming touches and smooth pressure, for a sensation of general well-being.

PRACTICAL INFORMATION

- The massages offered are non-therapeutic wellness treatments.
- Treatments are dispensed alternatively on mornings and afternoons.
- On arrival, you will be given a bathrobe, bath towel, slippers and bag.
- Slippers must obligatorily be worn when entering the pool and treatment areas.
- Clients should bring gym wear for admission to the fitness area.
- It is recommended to bring two bathing costumes.

OPENING HOURS

Every day from 7 a.m. to 9 p.m.
(aquafitness area)

During your stay, our hostesses are at your service to provide information concerning the organisation of your program and to book any additional services (beauty care, coiffure, massages etc.).

For thalassotherapy treatments, the medical consultation is included in programs lasting 2 days or more.

CONTRA-INDICATIONS FOR MARINE THERAPIES:

- non-compensated heart or blood pressure conditions (cardiopathies, recent infarct, poorly controlled high blood pressure)
- all feverish, acute evolutive, lung or kidney diseases etc.
- skin disorders (except acne or psoriasis), suppurating wounds, scabs etc.
- overly evolutive venous or recent postphlebitic conditions
- malignant, evolutive, non-operated tumoral conditions digestive disorders
- cirrhosis, evolutive hepatitis
- allergies to iodine
- non-compensated dysthyroid conditions

In accepting the services of Les Thermes Marins de Monte-Carlo, you thereby accept these conditions and confirm that you have no medical or physical contra-indications which may affect the satisfactory course of the treatment or cure.

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*Prices subject to modifications.