

SEASON 2020  
March 30<sup>th</sup> to October 31<sup>th</sup>

# Le Grand Spa Thermal

THERMES DE BRIDES-LES-BAINS



SLIMMING EXPERTISE WITH LONG-LASTING EFFECTS, WELL-BEING AND PLEASURE

Welcome to the Grand Spa Thermal!

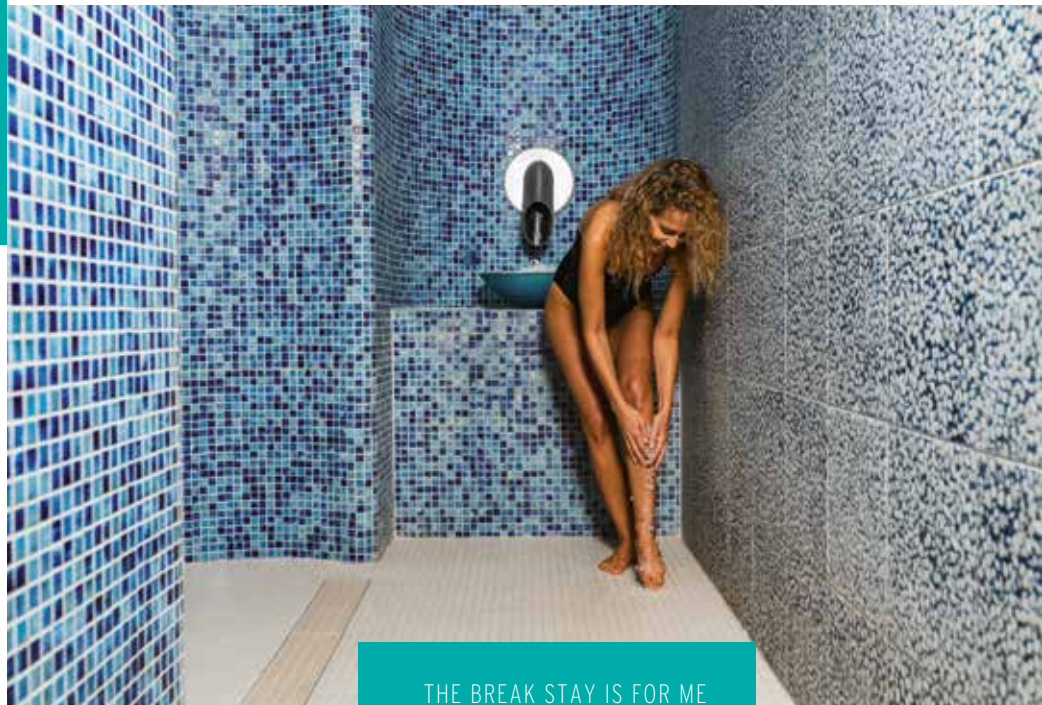
# 3-DAY BREAK STAY

Your thermal stop  
to get a new skin  
and regain your energy.

**Loss of energy and little time to find it? Need oxygen or disconnection?**

Welcome to the Grand Spa Thermal of Brides-les-Bains! At the heart of the mountains, in the 3 Vallées Domain and near the Vanoise National Park, enjoy the best thermal know-how.

During 3 days, our team of experts accompanies you. With them, unwind your tensions, find the pleasure of moving and reconnect with your inner well-being.



PRICE: €317 for 3 days

THE BREAK STAY IS FOR ME  
IF:

- ➔ I want to take care of myself
- ➔ I want to disconnect in a short time
- ➔ I want to fill up with energy

Special rates at certain periods, for more information contact us or visit our website.

# THE FULL PROGRAM (more than 14 treatments and activities of relaxation and well-being)

## TREATMENTS WITH THERMAL SPRING WATER

- **3 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **4 individual spa treatments:**
  - 2 affusion sculpting massages
  - 2 jet showers

## OTHER BODY TREATMENTS

- **1 slimming seaweed body wraps**
- **1 relaxing massage** by Sothys (30 min)

## PHYSICAL ACTIVITIES AND WELLNESS

- **2 aquafit sessions** supervised in a dedicated pool
- **3 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit

→ FREE ACCESS DURING YOUR STAY:

## RELAXATION ACTIVITIES

- An 82ft long swimming corridor, a relaxation pool in the **Aquatic Area**
- **Relaxation Spa** of the Grand Spa Thermal

- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1st of June to 10th of September)

## NUTRITIONAL ACTIVITIES

- 1 or 2 conferences a day
  - 1 or 2 cooking demonstrations a week
- FREE ACCESS, ANIMATED BY A DIETICIAN

The 3-Day Break Stay does not include individual nutritional benefits. If you wish to benefit from it you can opt in supplement for:

- **1 body composition assessment by impedance measurement** (20 min) at € 21
- **1 nutritional interview** (45 min) including impedance measurement and measurements at € 52

# 5-DAY HARMONY STAY

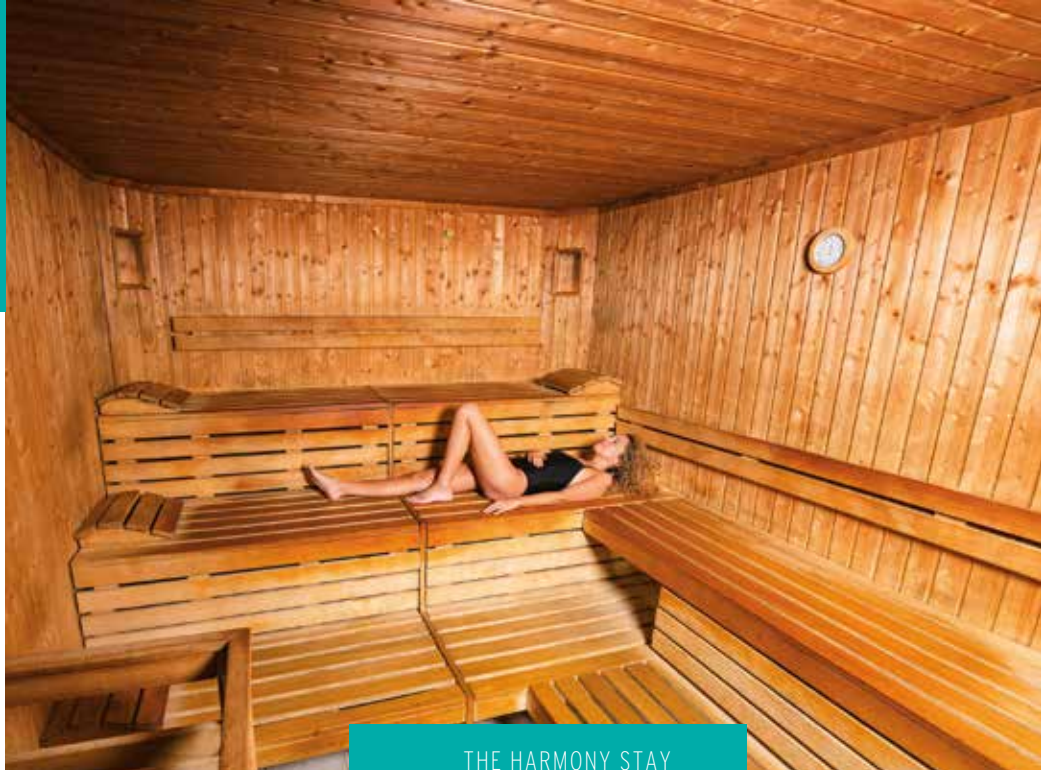
Your positive retirement  
to reconnect with  
your inner well-being.

**Need to blow, and reconcile with your body?  
What about taking time to purify and tone  
your figure?**

At the Grand Spa Thermal in Brides-les-Bains, our team of experts accompanies you to reconnect with a healthy life. With them, you will learn how to respect your organism, reintegrate physical activity into your daily life, boost your vitality and loosen up your body.

The Harmony stay alternates refreshing and relaxing treatments as well as supervised physical activities.

PRICE: €505 for 5 days



THE HARMONY STAY  
IS FOR ME IF:

- ➔ I want to eliminate accumulated tensions.
- ➔ I want to restore my health.
- ➔ I want to find a light body and spirit

Special rates at certain periods, for more information contact us or visit our website.

# THE FULL PROGRAM (more than 22 treatments and activities of relaxation and well-being)

## TREATMENTS WITH THERMAL SPRING WATER

- **5 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **7 individual spa treatments:**
  - 2 affusion sculpting massages
  - 2 aérojet baths
  - 1 massaging jet bath
  - 2 jet showers

## OTHER BODY TREATMENTS

- **1 slimming seaweed body wraps**
- **1 relaxing massage** by Sothys (30 min)

## PHYSICAL ACTIVITIES AND WELLNESS

- **3 aquafit sessions** supervised in a dedicated pool
- **5 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit

→ FREE ACCESS DURING YOUR STAY:

## RELAXATION ACTIVITIES

- An 82ft long **swimming corridor**, a **relaxation pool** in the Aquatic Area
- **Relaxation Spa** of the Grand Spa Thermal

- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1<sup>st</sup> of June to 10<sup>th</sup> of September)

## NUTRITIONAL ACTIVITIES

- **1 or 2 conferences** a day
- **1 or 2 cooking demonstrations** a week

The 5-Day Harmony Stay does not include individual nutritional benefits. If you wish to benefit from it you can opt in supplement for:

- **1 body composition assessment by impedance measurement** (20 min) at € 21
- **1 nutritional interview** (45 min) including impedance measurement and measurements at € 52

# 6-DAY KICK-START STAY

Your starter stay to start weight loss and learn to lose weight on the long run.

**Extra pounds that undermine your morale?  
Too much waist centimeters?**

The Kick-start stay is the ideal answer to stop weight gain, lose weight and stay healthy or get back to some good life habits.

This program combines all the ingredients to trigger the slimming down: Brides thermal water drink cure, targeted thermal spa treatments, nutritional consultations and workshops, and physical activity.

**During 6 days, professionals teach you how to lose weight. A stay with motivating and immediate effects.**



THE KICK-START STAY  
IS FOR ME IF:

- ➔ I want to learn how to lose weight.
- ➔ I want to start losing weight.
- ➔ I want to change my lifestyle.

PRICE: €775 for 6 days

Special rates at certain periods, for more information contact us or visit our website.

# THE FULL PROGRAM (more than 32 treatments and slimming activities)

## TREATMENTS WITH THERMAL SPRING WATER

- **6 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **11 individual spa treatments:**
  - 3 affusion sculpting massages
  - 3 aérojet baths
  - 2 massaging jet baths
  - 3 jet showers

## BODY MASSAGE

- **1 Brides' massage** with draining, anticellulitic and relaxing actions with a qualified physiotherapist (30 mins)

## OTHER BODY TREATMENTS

- **2 slimming seaweed body wraps**

## NUTRITION

- **1 dietary consultation (45 mins)** with a measuring body composition with the dietician at the beginning of the stay: measurements and bioelectrical impedance analysis to measure the effects of the treatment. Diagnosis, personalised advice and lifestyle change objectives.
- **1 personal nutritional consultation at the end of the stay:** measurement and bioelectrical impedance analysis (20 mins)

- **1 group workshop** led by a dietician (1 hr 30 mins/max 12 people) to help you to adopt healthy cooking methods, or another course of your choice.
- **1 "Réussir votre retour de cure" (Post-treatment success) guide** packed with useful advice.
  - FREE ACCESS, ANIMATED BY A DIETICIAN
- **1 or 2 conferences** a day
- **1 or 2 cooking demonstrations** a week

## PHYSICAL ACTIVITIES AND WELLNESS

- **3 aquafit sessions** supervised in a dedicated pool
- **6 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit
  - RELAXATION ACTIVITIES IN FREE ACCESS DURING YOUR STAY:
- A long **swimming corridor**, a long **relaxation pool** in the Aquatic Area
- **Relaxation Spa** of the Grand Spa Thermal
- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1 June to 10 September)

# 6-DAY BOOSTER STAY

Your reminder stay  
to move forward  
in your slimming process

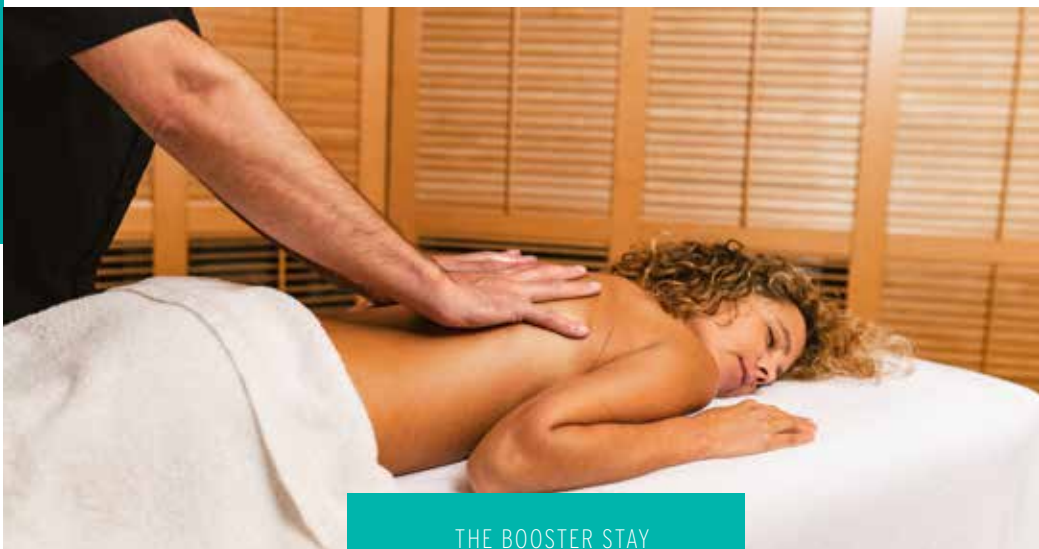
**Have you already started losing weight? Have you reached a plateau and need a bit of help to achieve long-term weight loss?**

The 6-day booster stay is perfect for you.

This spa weight loss program focuses on body treatments and tonifying physical activity.

This formula includes three Brides massages, the must to dislodge cellulite and many physical activities to adopt a more active lifestyle.

**During 6 days, you benefit from a powerful care panel that activates blood circulation and acts against cellulite.**



## THE BOOSTER STAY IS FOR ME IF:

- ➔ I want to keep losing weight.
- ➔ I need a bit of help to consolidate my weight loss.
- ➔ I want to tone and refine my silhouette.

PRICE: €795 for 6 days

Special rates at certain periods, for more information contact us or visit our website.



# THE FULL PROGRAM (more than 31 treatments and slimming activities)

## TREATMENTS WITH THERMAL SPRING WATER

- **6 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **11 individual spa treatments:**
  - 3 affusion sculpting massages
  - 3 aérojet baths
  - 2 massaging jet baths
  - 3 jet showers

## BODY MASSAGES

- **3 Brides' massages** with draining, anticellulitic and relaxing actions with a qualified physiotherapist (30 mins)

## OTHER BODY TREATMENTS

- **2 slimming seaweed body wraps**

## PHYSICAL ACTIVITIES AND WELLNESS

- **3 aquafit sessions** supervised in a dedicated pool
- **6 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit

→ FREE ACCESS DURING YOUR STAY:

## RELAXATION ACTIVITIES

- An 82ft long **swimming corridor**, a 59 ft long **relaxation pool** in the Aquatic Area
- **Relaxation Spa** of the Grand Spa Thermal
- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1<sup>st</sup> of June to 10<sup>th</sup> of September)

## NUTRITIONAL ACTIVITIES

- **1 or 2 conferences** a day
  - **1 or 2 cooking demonstrations** a week
- FREE ACCESS, ANIMATED BY A DIETICIAN

The 6-Day Booster Stay does not include individual nutritional benefits. If you wish to benefit from it you can opt in supplement for:

- **1 body composition assessment by impedance measurement** (20 min) at € 21
- **1 nutritional interview** (45 min) including impedance measurement and measurements at € 52

# 9-DAY METAMORPHOSIS STAY

Your Metamorphosis stay is the slimming bestseller stay of the Grand Spa Thermal!

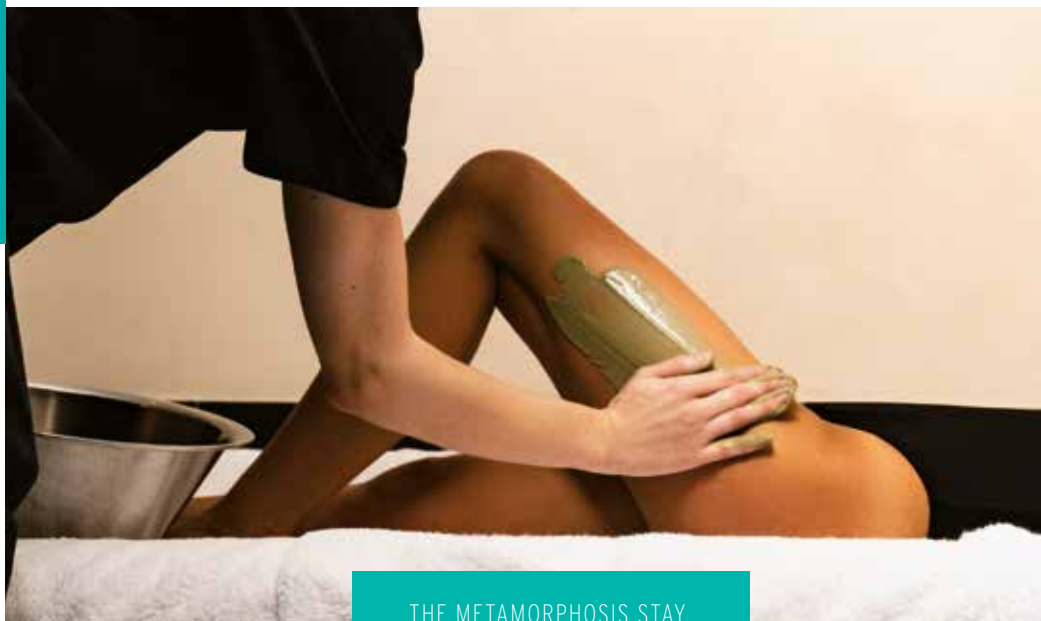
**Do you want to take time to adopt a new balanced diet? Need a bigger break in your daily life?**

The Metamorphosis stay gives you time to learn how to lose weight in a healthy way.

The spa professionals provide you draining slimming treatments, nutrition advices adapted to your life and targeted physical activities. At the end of the stay, the habits of life are anchored and the postcure objectives fixed, without stress, nor privations.

**During 9 days, you learn how to lose weight, adopt a new balanced diet and set up a real plan of action.**

Special rates at certain periods, for more information contact us or visit our website.



PRICE: €1200 for 9 days

## THE METAMORPHOSIS STAY IS FOR ME IF:

- ➔ I want to get good and long-lasting results on my weight loss
- ➔ I want to reconcile with my body as well as with my diet
- ➔ I want to implement a realistic and efficient action plan once back home

# THE FULL PROGRAM (more than 50 treatments and slimming activities)

## TREATMENTS WITH THERMAL SPRING WATER

- **9 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **17 individual spa treatments:**
  - 4 affusion sculpting massages
  - 3 aerojet baths
  - 4 massaging jet baths
  - 6 jet showers

## BODY MESSAGES

- **3 Brides' massages** with draining, anticellulitic and relaxing actions with a qualified physiotherapist (30 mins)

## OTHER BODY TREATMENTS

- **3 slimming seaweed body wraps**
- **1 hammam scrub**
- **1 relaxing massage** by Sothys (30 mins)

## NUTRITION

- **1 dietary consultation (45 mins)** with a measuring body composition with the dietician at the beginning of the stay: measurements and bioelectrical impedance analysis to measure the effects of the treatment. Diagnosis, personalised advice and lifestyle change objectives.

- **1 personal nutritional consultation at the end of the stay:** measurement and bioelectrical impedance analysis (20 mins)
- **1 group workshop** led by a dietician (1 hr 30 mins/max 12 people) to help you to adopt healthy cooking methods, or another course of your choice.
- **1 "Réussir votre retour de cure" (Post-treatment success) guide** packed with useful advice.
  - FREE ACCESS, ANIMATED BY A DIETICIAN
- **1 or 2 conferences** a day
- **1 or 2 cooking demonstrations** a week

## PHYSICAL ACTIVITIES AND WELLNESS

- **4 aquafit sessions** supervised in a dedicated pool
- **9 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit
  - RELAXATION ACTIVITIES IN FREE ACCESS DURING YOUR STAY:
- An 82ft long **swimming corridor**, a 59 ft long **relaxation pool** in the Aquatic Area
- **Relaxation Spa** of the Grand Spa Thermal
- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1<sup>st</sup> of June to 10<sup>th</sup> of September)



Le Grand Spa Thermal  
Season 2020 - March 30<sup>th</sup> to October 31<sup>th</sup>

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