

# THALION

CRÉATEUR DE COSMÉTIQUE MARINE



[www.thalion.com](http://www.thalion.com)



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# Ocyan Spa

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ULTIMATE  
SECRETS  
OF WELLNESS



## THALION

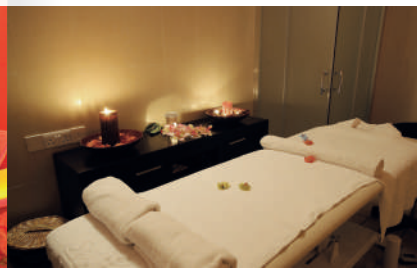
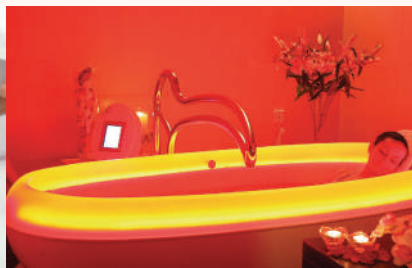
CRÉATEUR DE COSMÉTIQUE MARINE

Our revamped luxury spa is equipped with the latest equipment technology. Varieties of treatments are offered under the supervision of professional therapists. A La carte Treatments can be offered or combinations, as packages, according to the client's needs with the use of the following equipment and services:



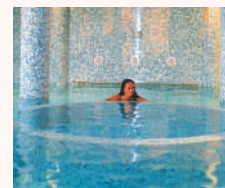
- Weight Management and Body Shaping Treatments *(For long stay clients)*
- Well-being
- Exercise and Physical Activities
- Beauty

Our team will assess your physical and mental well-being as part of a holistic analysis. Once you and our team worked out together and according to your needs, a personalized care program will be offer. This program will be based on the following four pillars:



Introducing our  
new luxury spa

### HEATED INDOOR HYDROTHERAPY POOL



Hydrotherapy is a method of using the physical properties of water (temperature and pressure) for therapeutic purposes. Water has a very positive effect on health. It contains all the main elements and minerals which are absorbed by the skin and needed to ensure cell growth.

Hydrotherapy is available in our OCYAN SPA either by Hydrotherapy Pool or Hydrotherapy Bathtub. A series of carefully positioned underwater jets are offering 6 different treatments. In this way they are not only provide a thermal effect but also stimulate the blood and lymph circulation. The correct balance of these systems is vital for the drainage of toxins and supply of elements essential for cell growth. The stimulating effect of these treatments is particularly useful in physiotherapy due to the movement of the water and its massaging action. It helps stimulate physiological functions while soothing away stress and tension.

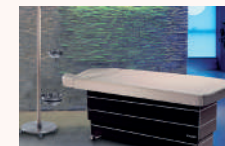
Hydrotherapy is recommended to several cases such as, fatigue-overwork – stress – after effect of injuries, rheumatic disorders, osteo-arthritis, blood circulation problems etc.

### HYDROTHERAPY BATHTUB



A modern and high performance automatic hydrobath, with the use of 180 nozzles is offering a fully under water massage on six anatomical zones combined with chromotherapy. The treatment can be done in combination with massage or other treatment. The benefits are, blood circulation increase, muscle relaxation, hydro massage, color therapy.

### AYURVEDA - SHIRONDARA



Sirodhara (Shirodhara) is the classic Ayurvedic cleansing therapy. "Siro" means head, and "Dhara" is an uninterrupted flow of liquid. In this oil pouring treatment, an even stream of warm herbal oil or herbal milk flows from a clay pot over the patient's forehead. The container is swung in a gentle rhythm from one side of the temples to the other. The relaxing and calming effect on nerve cells is evident: slowly, very slowly the body, mind and spirit are helped to return to an equilibrium, which is so easily lost in everyday life. Helps with: Insomnia, memory loss, headaches, stress, mental tension, physical tension and specific skin problems.

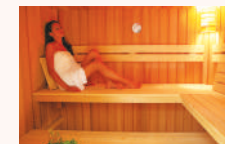
### RASUL BATH



RASUL Bath cleans and maintains the whole body. By the combination of welfare mud packing and herb steam bath it unfolds its effect; Rasul Bath energizes the metabolism, the blood circulation and maintains the skin.

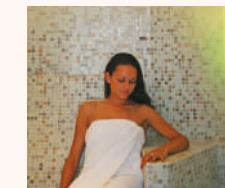
In the preparation area one lubricates oneself with the hands care or welfare chalk on face and body. The mushy substance dries in few minutes (in the wall heated cab) and separates only again in the steam. With circling movements one concentrates oneself the mud into the skin; some baths offer for it still coarse-grained sea salt. Thus dried skin cells are removed and the skin can take up mineral materials particularly well. After the herb steam bath the mud remains under the shower are rinsed off. Then one rubs oneself drying in rubbed down body with wax protective oils. In the end: a half hour of peace. The body is relaxed and cleaned.

### AROMA SAUNA



Sauna recreates a hot atmosphere within a harmonious mixing of old-fashioned and newly designed wood construction. It obtains a relaxing atmosphere and brings good benefits for health.

### AROMA STEAM BATH



When entering the Aroma Steam Bath, your body goes through a unique sensorial journey. Mild heat spread through the benches and the walls creating a temperature which enables relaxation.

### MULTIPURPOSE ROOMS

Well-equipped multipurpose rooms are constructed to offer several kinds of treatments for body and face under the supervision of THALION COSMETIQUES. Located in Brittany, France, in the core of a preserved nature, the THALION marine cosmetics laboratories collect and extract from algae the natural and powerful active ingredients that become the true essence of beauty and well-being. THALION offers you a universe of pure and revitalizing sensations that provide a new essential energy.

### BEAUTY SALOON



Manicures, Pedicures, make-up and other beauty treatments are offered in this area.

### GYM & PHYSICAL ACTIVITIES



The Gym is dedicated to toning muscle and improves cardio-vascular function. The latest equipment ensures exercise without strain. Staff will help select an appropriate programme. This result is a workout that is often easier than imagined but which achieves maximum effect.