

THALION

CRÉATEUR DE COSMÉTIQUE MARINE



www.thalion.com



ST. GEORGE BEACH HOTEL & SPA RESORT

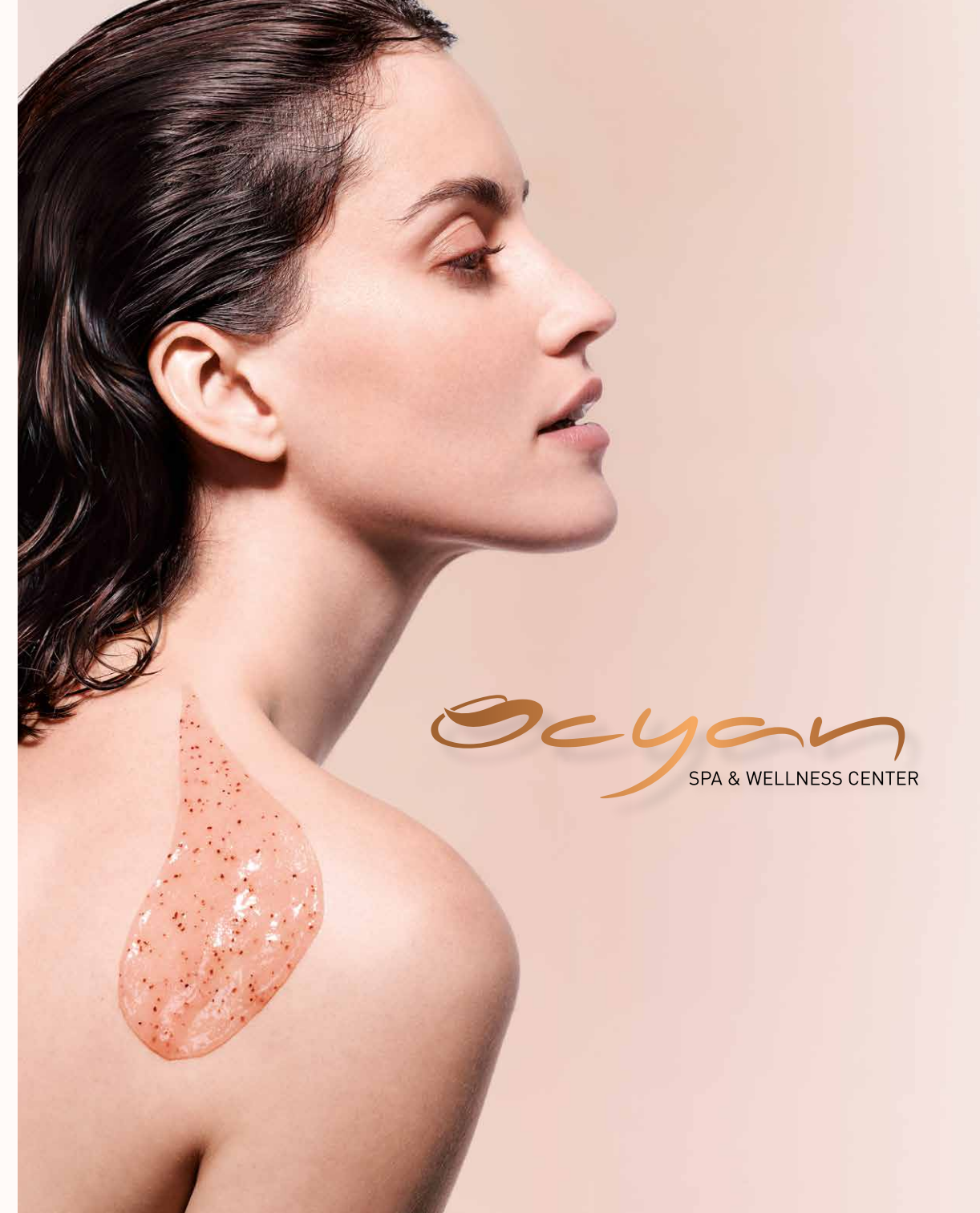
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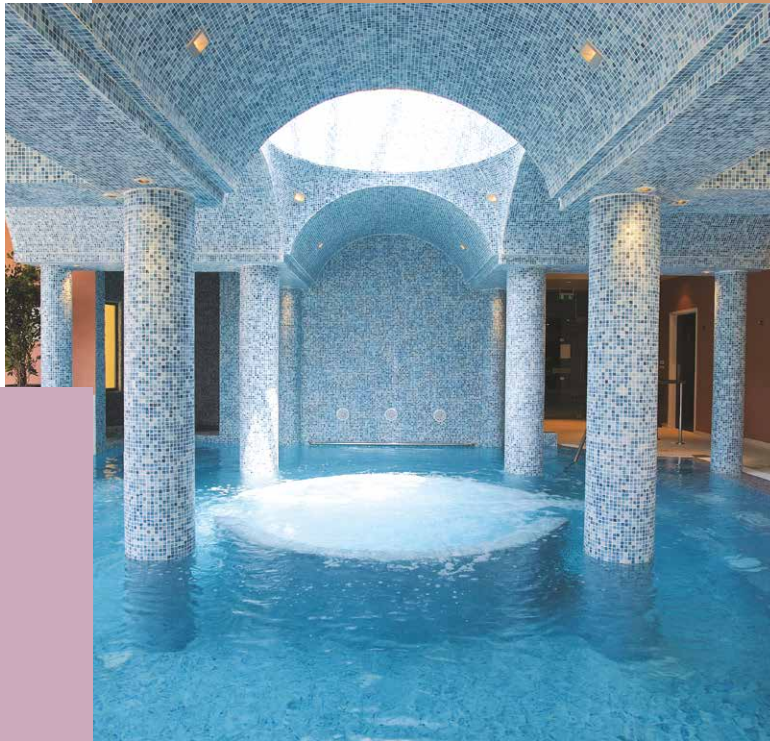
FIND OUT MORE



Ocean
SPA & WELLNESS CENTER

Ocyan Spa

AND WELLNESS CENTER



UNLOCK THE
ULTIMATE SECRETS
OF WELLNESS

Our team will assess your physical and mental well-being as part of a holistic analysis. After working closely with you to understand your unique needs, we will offer a personalized care program tailored just for you. This program will be based on the following four pillars:

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

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

Our newly revamped luxury spa is equipped with state-of-the-art technology, offering a wide range of treatments supervised by professional therapists.

Clients can choose from à la carte treatments or customized packages tailored to their specific needs, utilizing the following equipment and services:



Discover our
unique spa

HEATED INDOOR HYDROTHERAPY POOL



Hydrotherapy leverages the physical properties of water—such as temperature and pressure—for therapeutic purposes, offering numerous health benefits. Water is rich in essential elements and minerals that are absorbed by the skin, promoting cell growth and overall well-being.

At our OCYAN SPA, hydrotherapy is available through our Hydrotherapy Pool or Hydrotherapy Bathtub. These facilities feature strategically positioned underwater jets that provide six distinct treatments, offering both thermal effects and stimulation of blood and lymph circulation. Proper circulation is crucial for detoxification and the delivery of nutrients necessary for cell growth.

The invigorating effects of hydrotherapy are particularly beneficial in physiotherapy, as the movement and massaging action of the water help stimulate physiological functions while alleviating stress and tension.

Hydrotherapy is recommended for various conditions, including fatigue, overwork, stress, post-injury recovery, rheumatic disorders, osteoarthritis, and circulation issues.

HYDROTHERAPY BATHTUB



Our modern, high-performance automatic hydrobath features 180 nozzles that deliver a comprehensive underwater massage across six anatomical zones, enhanced by chromotherapy. This treatment can be combined with massage or other therapies, offering multiple benefits, including improved blood circulation, muscle relaxation, hydro massage, and color therapy.

AROMA SAUNA



The sauna recreates a soothing, hot atmosphere within a harmonious blend of traditional craftsmanship and modern wood design. This combination creates a relaxing environment that offers significant health benefits.

AYURVEDA- SHIRODARA



Sirodhara (Shirodhara) is a classic Ayurvedic cleansing therapy, where 'Siro' means head, and 'Dhara' refers to a continuous flow of liquid. In this treatment, a steady stream of warm herbal oil or herbal milk is gently poured from a clay pot over the patient's forehead. The container is rhythmically swung from one temple to the other, creating a soothing and calming effect on the nervous system. This therapy gradually restores balance to the body, mind, and spirit—an equilibrium often disrupted by the stresses of daily life.

Sirodhara is beneficial for conditions such as insomnia, memory loss, headaches, stress, mental and physical tension, and certain skin issues.

RASUL BATH



The Rasul Bath is a holistic treatment that cleanses and revitalizes the entire body. Combining the benefits of therapeutic mud applications and an herbal steam bath, the Rasul Bath stimulates metabolism, enhances blood circulation, and nourishes the skin.

The experience begins in the preparation area, where you apply a healing mud or mineral-rich clay to your face and body. As the mixture dries in the warm cabin, it begins to work its magic, softening only when exposed to steam. By massaging the mud into your skin using circular motions, dead skin cells are exfoliated, allowing your skin to absorb essential minerals more effectively. Some treatments may also incorporate coarse sea salt for added exfoliation.

After the herbal steam bath, the remaining mud is rinsed off under a shower, leaving your skin refreshed and rejuvenated. To complete the treatment, you'll apply a protective layer of wax-based oils, followed by a half hour of rest, allowing your body to fully relax and absorb the benefits of the Rasul Bath.

AROMA STEAM BATH



Upon entering the Aroma Steam Bath, your body embarks on a unique sensory journey. Gentle heat radiates from the benches and walls, creating a soothing temperature that promotes deep relaxation.

MULTIPURPOSE ROOMS

Our well-equipped multipurpose rooms are designed to offer a variety of body and face treatments under the expert supervision of THALION COSMETIQUES. Based in Brittany, France, within the heart of pristine nature, the THALION marine cosmetics laboratories harvest and extract potent active ingredients from algae. These natural elements form the essence of beauty and well-being. THALION invites you to experience a world of pure, revitalizing sensations that infuse your body with essential energy.

BEAUTY SALOON

Manicures, pedicures, make-up applications, and a range of other beauty treatments are available in this area.



GYM & PHYSICAL ACTIVITIES

The gym is designed to tone muscles and enhance cardiovascular function. With the latest equipment, you can exercise effectively and comfortably. Our staff will assist you in selecting a personalized program, ensuring a workout that is both efficient and surprisingly manageable, delivering optimal results.

