



MIRAMAR LA CIGALE

HÔTEL THALASSO & SPA

Golfe du Morbihan  
Southern Brittany





There is no "flagship season" for coming to Miramar La Cigale, which has the gift of revealing different facets of its personality each time. Here, land and sea come together only to separate again in a wild and intoxicating natural setting.



It is in this enchanting setting, bordered by the Ocean and surrounded by a sea lagoon where you will find the Miramar La Cigale, one of the finest establishments of the Atlantic Coast hotel industry, renowned for its refinement and its unusual and unique architecture, reminiscent of a docked ship, complete with decks, bridges, sea view cabins, chimneys and large glass surfaces.

A hotel offer that has been enriched by a Premium Residence, located a few metres from Miramar La Cigale and a Parcours Marin directly linked to the Thalassotherapy.

At Miramar La Cigale, we focus on the personalisation of our services and our Signature Thalasso programmes, to always better meet your expectations. Our qualified and passionate staff are attentive to your every wish, a courteous and devoted team that will not hesitate to satisfy all your desires!

The same attention is paid once seated at our panoramic restaurant which will offer you various gourmet stopovers with the use of products from our region. Le Safran offers you traditional cuisine where gastronomy and balance meet by using local products and where products from the sea have a place of honour.

Once again this year, the experts at Miramar La Cigale have come up with some new ideas that I invite you to discover throughout our pages.

Your well-being starts now...

Sergio Tosati  
Managing Director  
Miramar La Cigale - Thalasso Hotel & Spa

Find us on:  
[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



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## *Guided tour*

Firmly anchored at the entrance to the Golfe du Morbihan, on the Rhuys peninsula in Arzon, the **Miramar La Cigale Hôtel Thalasso & Spa** is one of the most prestigious 5\* establishments in Brittany.

Thanks to its unusual architecture of a majestic liner, from the very first glance you will have a charming view which transports its guests into a warm and friendly universe of tranquillity, where one comes to rest, to be revitalised, as well as to find calm and serenity.

In terms of rooms, there are 100 Deluxe rooms and 13 suites, available in 5 categories, which combine elegance and sophistication. All facing the sea and the marine lake, they have a beautiful private terrace, and thanks to a play of mirrors, inside and outside, these two water bodies meet, making this the ideal place to have a drink while watching the sunset.

In terms of the Residence, there are 24 apartments of both two to four bedrooms that can accommodate 2 to 6 people, some with a breathtaking view of the ocean. These apartments have a fully fitted kitchen granting you the freedom of a residence associated with the service of Miramar La Cigale.

Your well-being is at the heart of our expertise and the **Thalasso & Spa of Miramar La Cigale** offers 45 cabins, 3 seawater pools, all fitted with the latest technology to provide you with excellent personalised treatments.

So many places for exceptional moments discover them through the pages...

**Welcome to Miramar La Cigale**





Miramar La Cigale

*Live the Ocean  
experience*

# *Harmony of tones*



## **The rooms** *refinement, relaxation and softness*

In the rooms of the Miramar La Cigale, everything calls for relaxation, the soft harmony of tones and materials, bedding that is soft but not too soft, an incomparable quality of linen and a selection of pillows to suit your tastes and desires.

Depending on the room category, the bathrooms are equipped with large showers or bathtubs. Hospitality products add an extra touch of refinement.

Two rooms for disabled guests are available on each floor, meeting the latest standards but in keeping with all the charm of the establishment.



## *Grand Large - full ocean view*

◆ The Grand Large Rooms (27 m<sup>2</sup> with private balcony) are located on the 2<sup>nd</sup> and 3<sup>rd</sup> floors, close to the sea. They offer a clear view of the ocean.

## *Terre e Mer*

◆ The Terre & Mer Rooms (27 m<sup>2</sup> with private balcony) are located on the 2<sup>nd</sup> and 3<sup>rd</sup> floors and offer a view of the ocean and the peninsula.

## *Escale*

◆ The Escale Rooms with a surface area of 24 m<sup>2</sup> are located on the 2<sup>nd</sup> and 3<sup>rd</sup> floors, in the centre of the building, and have a private terrace.

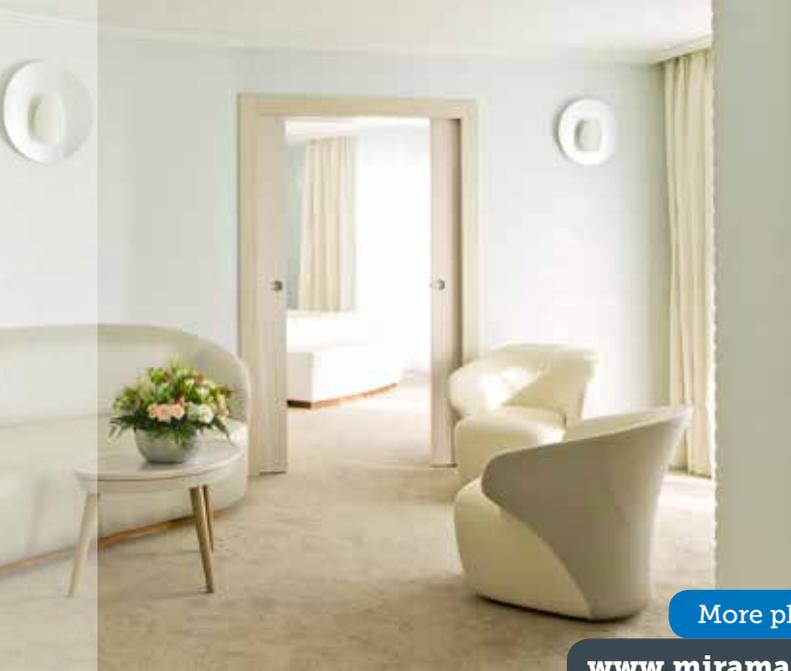
## *Fil de l'Eau*

◆ The Fil de l'Eau rooms (27 m<sup>2</sup> with private balcony) are located on the 1<sup>st</sup> floor, and offer an unobstructed view on a green environment, opening on to the lake and the sea horizon.

## *Passerelle*

◆ The Passerelle Rooms with a surface area of 24 m<sup>2</sup> are located on the 1<sup>st</sup> floor, in the centre of the building, and have a private terrace.





More photos on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



### *Suite Grand Large*

◆ Our 50 m<sup>2</sup> Suites Grand Large on the 2<sup>nd</sup> and 3<sup>rd</sup> floors offer a panoramic view of the ocean and the Fogo beach, where the long blades of grass dance along the dunes.

### *Suite Fil de l'Eau*

◆ Our 3 Suites Fil de l'Eau offer you 50 m<sup>2</sup> on the 1<sup>st</sup> floor, close to nature, with a view on the lake and the sea horizon.





### *Suite Prestige Grand Large*

◆ Suite Prestige Grand Large at Miramar La Cigale offer 80 m<sup>2</sup> of sleek, elegant style and a panoramic view of the ocean. Dressing room, bathroom, jacuzzi, separate toilets are very appreciated.

### *Suite Prestige Fil de l'Eau*

◆ Suite Prestige at Miramar La Cigale offers 80m<sup>2</sup> of sleek and elegant style with a view of the lake and the sea horizon. Dressing room, bathroom, jacuzzi, separate toilets are very appreciated.



  
**MIRAMAR LA CIGALE**  
 HÔTEL THALASSO & SPA



## **Residence** *Miramar La Cigale*

**A premium residence for a stay in complete freedom**

The Residence Miramar La Cigale, with its magnificent apartments for 2 to 6 people, is ideal to spend an unforgettable moment.

In this contemporary space, blending into its environment, everything calls for relaxation and wellness. The softness of the colours and the precious materials are an ode to simple pleasures. The apartments are perfect for taking full advantage of the activities offered by the Golfe du Morbihan.

Find our offers on

[www.residence-lacigale.com](http://www.residence-lacigale.com)



◆ **A perfect place for families**

From two to four bedrooms, of between 80-140 m<sup>2</sup>, our 24 apartments offer you luxury, space and conviviality. Fully fitted kitchen, living and dining room with large flat screen, refined and spacious bedrooms with private bathroom and toilet. Some of the apartments offer a breathtaking view of the ocean.

Accessibility to PRM.

Rental from €129per night for a 2-bedroom room (2 people)



THE RESIDENCE  
ALSO OFFERS  
EXCEPTIONAL  
ROOMS FOR  
YOUR EVENTS OR  
SEMINARS







The Restaurants  
of Miramar La Cigale

*Gastronomy,  
Wellness  
and Flavours*



XAVIER JEGOUX  
LE SAFRAN CHEF



## "Taste and freshness of the products"

The concept of Le SAFRAN is based on an immersion in the exceptional richness of the products of the sea and the earth that our generous Breton region offers.

Our "Euro Toque" Chef will help you discover and appreciate a different fish every day, enhanced by his know-how. In addition to the a la carte menu, you have access to a different menu every day, for lunch and dinner, which allows everyone to find the formula that suits them best. Whether you are on a specific course of treatment or on a relaxation and gastronomy stay, you will find the balance and well-being you are looking for in the suggestions.

Every Thursday and Sunday evening, "Fisherman's Buffet" is a must, an assortment of seafood, smoked or marinated wild fish and other fresh products from the sea.



### A unique know-how

In 1998, he joined the Miramar La Cigale. Chef de Partie, First Chef de Partie, Sous-chef under the orders of two Master Chefs; Chef Xavier JEGOUX knows the kitchens of the Miramar La Cigale very well.

He perpetuates the values of the Miramar La Cigale, respecting the local products that he works with in a simple manner so as not to spoil them. With a perfect knowledge of cooking that makes all the difference and a cuisine that favours local fish and vegetables, he is the guarantor of a renewed know-how since the opening of the thalasso hotel.



## Le Safran, a traditional and *gourmet cuisine*

To enhance your meals, a nice wine list, offering a wide choice, including by the glass, for food and wine pairing. Sweetness is not forgotten with the creations of our pastry chef. With respect for everyone's expectations, you will be able to taste gourmet desserts, which can be gluten-free or lactose-free, without forgetting a wellness offer to satisfy all palates.

JEROME LEGAVRE  
PASTRY CHEF





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Every day,  
from 07:00 to 10:30,  
the Miramar la Cigale  
team welcomes you  
with a smile and in  
good spirits to reveal  
their homemade  
delights.

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## *Gourmet Breakfast*

To start your day, Le Ruban Bleu welcomes you in a warm and luminous decor, with a view on the ocean where you will be able to enjoy a sumptuous buffet rich in flavours and variety, with a focus on regional specialities.

Every day, from 07:00 to 10:30, the Miramar la Cigale team welcomes you with a smile and in good spirits to reveal their **homemade delicacies** such as Kouign-amann and Far Breton, cut up seasonal fruits, yoghurts and a selection of the best teas and coffees from the Brûlerie d'Alré.



## *Bar Le Goéland*

A LIVELY AND ENTERTAINING SPACE

Another place to discover at Miramar La Cigale, at any time of the day, is the bar "Le Goéland", where you can also enjoy a splendid view of the ocean. Our head bartender, Sylvie Massot and her team offer you a range of cocktails combining product, delicacy and well-being with a menu of **creative cocktails** but also the possibility to create your own **customised cocktails**. Proof of this is our menu of **wellness cocktails** (without alcohol), made with fresh products to preserve all the vitamins.

Every day, from 12:15 to 21:30, our team offers you a snack menu, for a pure moment of relaxation and conviviality while enjoying the ocean view.

Every day from 15:00 to 18:00, you can enjoy Tea Time where you can taste pastries made by our pastry chef accompanied by a selection of teas. Delicious and creative!

Once a week, **cocktail workshop** with one of our bartenders.

The bar Le Goéland hosts various events, for example a pianist who comes to play our Steinway piano... Do not hesitate to read the blog on our website [miramar-lacigale.com](http://miramar-lacigale.com).

## *Sylvie Massot, Head Bartender*

After professional studies in hotel and restaurant management, followed by an additional qualification as a bartender, Sylvie Massot unpacked her case for the last time at the Miramar La Cigale in 1993, where she has moved up the ladder to the present day.

Passionate about the products and the art of creating cocktails, she has made her mark in numerous competitions. She has participated in numerous competitions within the Association des Barmen de France, including the famous Calvados trophy which she won in 2001.

For 20 years now, she has been developing her creativity and continues to amaze the customers of the Bar Le Goéland with her fabulous cocktails made with fresh fruits and vegetables. She loves to surprise her guests with amazing flavours in her drinks. Whether it's with celery, red beetroot or even peppers, she loves to amaze young and old alike! The Bar Le Goéland has the most beautiful cocktail menu on the Rhuy peninsula, and it has something for children as well!





## *WHAT'S NEW*

The Miramar is  
constantly changing

# Re Pause & You

## 3 days to take a break

With true concentration on well-being, our new 3-day Short Stay will offer you all the benefits of the most invigorating seawater treatments combined with our massages and the most relaxing beauty treatments.

More dynamic, more contemporary, this Short Stay, combining the essence of Thalassotherapy and Spa, is perfect to quickly calm down the excitement of your daily life. For 3 days and 3 nights, take full advantage of all our quality facilities oriented towards well-being and the expertise of our practitioners.



### 9 TREATMENTS

- ◆ 2 "Lagoon water" hydromassage baths (20 mins)
- ◆ 1 aquatic scrub (30 mins including 10 mins of hammam)
- ◆ 1 Beauty Flash face and eyes (30 mins)
- ◆ 1 remineralising algae cream wrap (30 mins)
- ◆ 1 energising shower (15 mins)
- ◆ 1 iyashi Dome session (40 mins)
- ◆ 1 personalised massage (30 mins)
- ◆ 1 hydromassage bed (20 mins)

◆ FROM €914 per person  
In double Passerelle room and half board

◆ FROM €390 excluding accommodation

Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

# *The Miramar Elixir*

In addition to each treatment, Dr. Roche, in association with the experts at MIRAMAR LA CIGALE, has composed a judicious solution of plants that reinforces and prolongs the benefits of the chosen treatment.

An innovative and natural solution, formulated exclusively in France from rigorously selected plants, with impeccable traceability.

To be taken as a treatment, the Miramar Elixir reinforces the benefits of specific and personalised treatments, preserves and increases your health capital, all by allowing you to live better, longer and in good health.

## *The Miramar Elixir*

At the heart of the formula is a complex of plants and buds that act in synergy with the regenerative benefits of marine elements:

- Saffron improves sleep and acts on mental balance while also reducing tension and irritability.
- Eleutherococcus (a small shrub of the araliaceae family), whose main power is to increase longevity and the general resistance of the body to various forms of stress.
- Birch which helps digestion and detoxification of the body.
- Green tea with powerful anti-oxidant effects.

A formula made up of: Olive leaves, Nettle roots, Beech buds, Red Vine buds, Lime buds, mountain-ash buds, Fig tree and Wild rose.

Miramar Elixir: €29 per 100ml bottle

To be continued at home in the form of a 1-month treatment to prolong the benefits of the treatment and the de-stressing, detoxing and anti-ageing effects.

Recommended dosage: take 10ml per day for 10 days then 5ml per day for 20 days (i.e. 2 bottles of 100ml). Can be diluted in water or fruit juice. Treatments to be repeated 1 to 2 times a year.



CHRISTIAN  
ROCHE

SANTÉ | BEAUTÉ | BIEN-ÊTRE

# Marine Slimming

Start losing weight gently

Eliminate a few stubborn and unsightly curves? Drain and reduce swelling? Do you want to get back in shape and become more toned? Balance your diet?

Miramar La Cigale has designed a new treatment perfectly adapted to the needs and desires of each individual.

A complete treatment, mixing the latest advances in slimming technologies but also traditional massages and all the benefits of hydrotherapy and sports activities in sea water: the best of thalassotherapy with an overall vision of the person.

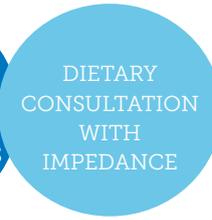


**28 TREATMENTS**

- ◆ 3 energising body showers (15 mins)
- ◆ 2 sessions of Iyashi-Dome (40 mins)
- ◆ 5 hydromassage baths with lipolytic EO (20 mins)
- ◆ 3 body wraps (30 mins)
- ◆ 3 body massages with or without suction cups (30 mins)
- ◆ 3 hydromassage beds (20 mins)
- ◆ 3 Icoone anti-cellulite treatments (30 mins) or energising showers for men
- ◆ 2 underwater jets (30 mins)
- ◆ 2 aquafitness sessions (30 mins)
- ◆ 2 aquabiking sessions (30 mins)

◆ FROM €1,866 per person  
In double Passerelle room and half board

◆ PRICE FROM €936 excluding accommodation



**18 TREATMENTS**

- ◆ 2 energising body showers (15 mins)
- ◆ 2 sessions of Iyashi-Dome (40 mins)
- ◆ 3 hydromassage baths with lipolytic EO (20 mins)
- ◆ 2 body wraps (30 mins)
- ◆ 2 body massages with or without suction cups (30 mins)
- ◆ 2 hydromassage beds (20 mins)
- ◆ 1 Icoone anti-cellulite treatment (30 mins) or energising shower for men
- ◆ 2 underwater jets (30 mins)
- ◆ 1 aquafitness session (30 mins)
- ◆ 1 aquabiking session (30 mins)

◆ FROM €1,244 per person  
In double Passerelle room and half board

◆ PRICE FROM €624 excluding accommodation

Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)







## *Sensory awakening*

in the Wellness areas  
of Miramar La Cigale



## The Panoramic Pool

OPEN FROM 09:00 TO 20:00

a few metres away, under a glass roof offering superb lighting, the incredible 12 m long panoramic seawater swimming pool and its large mosaic jacuzzi

A serene area lined with deckchairs and soft towels, the environment is conducive to daydreaming or revitalising laps in the pool.

## The Ocean Spa

OPEN FROM 09:00 TO 13:00 AND FROM 14:00 TO 18:00

Between the two Spa treatments, relax in the Thalasso Ocean Spa Area. Here, the decor is mineral and enchanting. The golden stones on the walls are reflected on the slate floor, bathed by the sun's rays that enter through the large windows.

AT your disposal, a seawater swimming pool heated to about 32°C which hosts an aquatic course composed of seven stages: swan neck, bubble deckchair, massaging jets, etc.

A cosy hammam, with its softly curved walls will contribute to the ultimate relaxation.



## The Fitness *room*

OPEN FROM 07:30 TO 21:00

The building's ultimate extension is on the 4th floor, surrounded by glass and steel, our fitness room of 160m<sup>2</sup> facing the ocean.

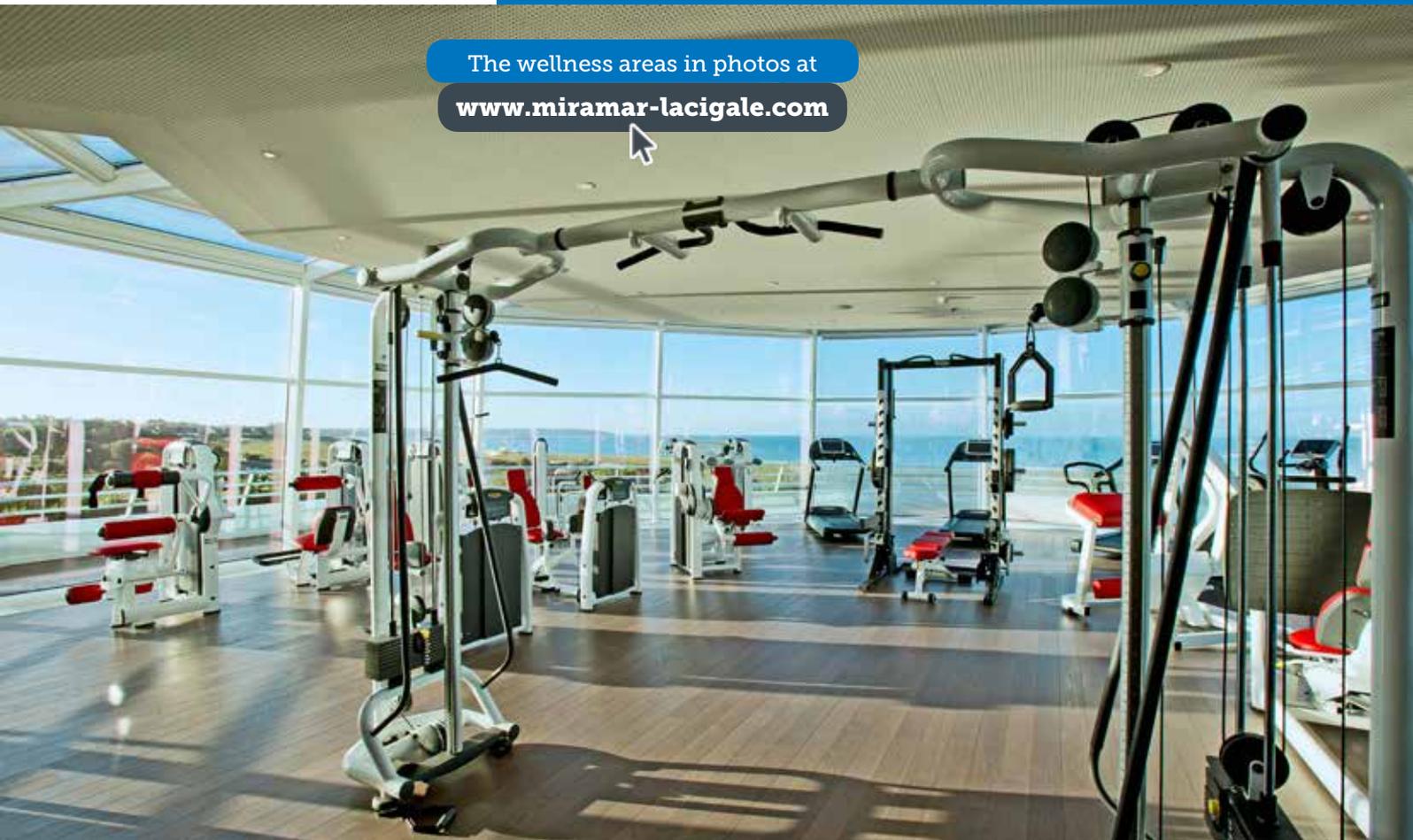
Here there is no zen attitude but there are personalised exercises coached by professionals who listen to you. The air-conditioned space, dedicated to getting in shape is equipped with 21 state-of-the-art Technogym machines dedicated to weight training, cardio-training and gentle exercise.

Individual or group coaching session to be discovered on pg. 58.

*To take full advantage of your stay, our free access areas*

The wellness areas in photos at

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



# *Parcours Marin*

In order to complete its wellness offer, the Miramar La Cigale offers a relaxing stopover: Parcours Marin. A 318m<sup>2</sup> space with pearly and luminous colours, a large bay window allowing a view of the marine lake surrounding the hotel and a skylight to take full advantage of the daylight.

Various animations and equipment of the latest generation decorate this space:

- 2 pools with different water temperatures
- a river against the current
- hydromassage beds
- sequential jets
- bubble seats

But also

- 1 sauna
- 1 hammam
- 1 sensory shower

Directly linked to thalassotherapy, this Parcours Marin will be an ideal complement to the treatments offered and the other relaxation areas available.

Open every day from 09:00 to 19:00.

Prices and conditions of access on request from the Reservation/Information Department.

## *Every day between 14:00 and 19:00*

Tea Time & Sea for €69

- 1 entry to the Parcours Marin
- 1 food break at the Bar Le Goéland
- 1 treatment of 20' to be chosen from Hydro-massage bath /  
bubble bath /Hydromassage

Tea Time & Spa for €89

- 1 entry to the Parcours Marin
- 1 food break at the Bar Le Goéland
- 1 treatment of 30' among Scrub /  
Bed Wrap / Face Massage





## Thalasso at Miramar La Cigale

### *High fashion spirit for a tailor-made programme*

Welcome to the Miramar La Cigale's Thalasso & Spa area, a world of water in a soothing mineral setting. Let your mind wander through the large portholes, you are in communion with nature and the marine world at hand. Here silence is golden, words are whispered, you are in a cocoon surrounded and cuddled, left in the hands of experts. The qualified and passionate staff is attentive to your every desire, the emphasis is on the personalisation of care and custom-made offers, to always better meet your expectations.

45 cabins, most of which have natural light, 3 seawater pools drawn from 300 metres off the Atlantic Ocean opposite the Fogo beach, all equipped with the latest technology, contribute to the quality of the treatments provided.



A special feature of the premises is the collection of expert treatments offered by Miramar La Cigale based on 3 thematic clusters: Balance and personal development, diet and nutrition and coaching and sports activities. TO BE DISCOVERED ON PG.52

OPEN FROM MONDAY TO SUNDAY, FROM 09:00 TO 13:00 AND FROM 14:00 TO 18:00.



## 3 Signature Stays

With these 3 signature stays, Miramar La Cigale has focused on **personalised treatments and tailor-made programmes** to adapt to the expectations and wishes of its customers. Among these 3 signature stays were created by the experts of Miramar la Cigale:

◆ The "Privilege" programme allows you to compose your stay by choosing from a range of 38 treatments. Whether it is for a wellness getaway or to discover thalassotherapy, this à la carte concept offers a programme where freedom and pleasure are the key words.

[TO BE DISCOVERED ON PG. 32.](#)

◆ The "Supreme Beauty" programme offers an overall and personalised response for the face and body to prevent, alleviate and delay the signs of time.

[TO BE DISCOVERED ON PG. 34.](#)

◆ The "Figure Coaching" programme revolutionises the slimming treatment to combine pleasure and success. Our team of experts will accompany you throughout your stay to make your slimming treatment a moment of pleasure.

[TO BE DISCOVERED ON PG. 36.](#)

*Free*

**with your Signature Stay**

A consultation with our dietician-nutritionist including an Oligocheck assessment, which measures the tissue reserves in minerals & trace elements.







## *Signature Stays*

Real innovations  
Health, Beauty and Wellness

# Privilege *Signature Stay*

Compose your programme according to your desires



**FREE  
ACCESS**  
TO THE  
OCEAN SPA  
AND PARCOURS  
MARINS

Luxury is a choice, and that's what we offer you with this exceptional stay, a real à la carte concept, consisting of Miramar la Cigale's best-selling and signature treatments.

A range of 38 treatments to choose from, with the possibility of selecting the same treatment several times. In order to be able to meet your expectations, we advise you to plan your stay at least 15 days before your arrival.

The opportunity to treat yourself to a rich massage treatment and individual treatments. Our team is at your disposal to advise you and make your stay an unforgettable experience.

## 1. Choose your essential treatments

- ◆ **Relaxation (20 mins):** hydromassage bath with Laminaria algae extracts or lagoon water, milk bubble bath, himalayan dream bubble bath, relaxing cinnamon bath, sensory hydromassage bed.
- ◆ **Draining:** underwater shower (20 mins), energising shower (15 mins), pressotherapy (30 mins), I Pulse (45 mins).
- ◆ **Scrub (30 mins including 10 mins of hammam):**  
Choose from our scrub bar.
- ◆ **Premium waterbed wraps (30 mins):**  
remineralising algae, slimming, anti-ageing wax, melting, velvet.
- ◆ **Iyashi Dome - 40 mins:** Intense relaxation and energisation thanks to this equipment whose long infrared technology allows to boost the whole metabolism by draining toxins from the body. The sweating system triggered is equivalent to the practice of an intense sports activity.

## 2. Choose your treatments Beauty Relaxation Escape

- ◆ **Massages from around the world (60 mins):** Californian, Abhyanga, Swedish Californian, Shirotchampi, Shirodhara, Kansu, Balinese, Zen massage, Hot stones.  
Aromavedic (a full body massage inspired by ayurveda)
- ◆ **Marine relaxation (30 mins)**
- ◆ **Facial treatment (60 mins):** Fundamental treatment from the sea, Skinceuticals personalised treatment, Kobido.

## 3. Choose your exclusive treatments

- ◆ **Signature Massages and World Massages (75 mins):** Odyssey Signature Massage, Thai Massage, Abhyanga Harmonisation of the 108 marmas or slimming or relaxing or articular.
- ◆ **Facial treatment (90 mins):** Skinc C Supreme anti-ageing treatment, Wonder of the Ocean facial.

6 days  
nights

### 18 INDIVIDUAL TREATMENTS TO CHOOSE FROM

- ◆ 10 Essential treatments
- ◆ 6 Beauty Relaxation escape treatments
- ◆ 2 Exclusive treatments

◆ FROM €2,514 per person  
In double Passerelle room and half board

◆ PRICE FROM €1,452 excluding accommodation

4 days  
nights

### 12 INDIVIDUAL TREATMENTS TO CHOOSE FROM

- ◆ 7 Essential treatments
- ◆ 4 Beauty Relaxation escape treatments
- ◆ 1 Exclusive treatment

◆ FROM €1,676 per person  
In double Passerelle room and half board

◆ PRICE FROM €968 excluding accommodation



Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



# Supreme Beauty *Signature Stay*

A source of youth between high-tech and manual expertise



This anti-ageing programme offers a holistic response to the face and body to prevent, reduce and delay the signs of ageing by relying on the anti-ageing expertise of the Skinceuticals brand, combined with the high-tech performance of IBeauty by Thalgo as well as the know-how of our experts who will offer you tailor-made sessions to preserve your youth capital.



## 18 INDIVIDUAL TREATMENTS

### Facial treatments

- ◆ 1 Skinscope diagnosis (30 mins)
- ◆ 1 Skinceuticals Supreme Anti-Ageing treatment (90 mins)
- ◆ 1 Skinceuticals personalised treatment (60 mins)
- ◆ 1 Skinceuticals eye and lip treatment (30 mins)
- ◆ 1 Skinceuticals neck and upper chest treatment (30 mins)
- ◆ 1 personalised IBeauty session (45 mins)
- ◆ 1 Kobido massage (60 mins)

### Massages and Body Care

- ◆ 1 scrub & moisturising (60 mins including 10 mins of hammam)
- ◆ 1 Body Palp by Thalgo session (45 mins)
- ◆ 1 Californian massage (60 mins)
- ◆ 1 Aromavédic treatment (60 mins)
- ◆ 3 anti-ageing and firming wraps (30 mins)
- ◆ 3 sessions of lyashi Dome (40 mins)

### Expert treatment (included in this stay)

- ◆ 1 individual sports coaching session (60 mins)

 FROM €2,118 per person  
In double Passerelle room and half board

 PRICE FROM €1,134 excluding accommodation

Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



## 12 INDIVIDUAL TREATMENTS

### Facial treatments

- ◆ 1 Skinscope diagnosis (30 mins)
- ◆ 1 Skinceuticals Supreme Anti-Ageing Treatment (90 mins)
- ◆ 1 Skinceuticals personalised treatment (60 mins)
- ◆ 1 Skinceuticals eye and lip treatment (30 mins)
- ◆ 1 personalised IBeauty session (45 mins)

### Massages and Body Care

- ◆ 1 scrub & moisturising (60 mins including 10 mins of hammam)
- ◆ 1 Body Palp by Thalgo session (45 mins)
- ◆ 2 anti-ageing and firming wraps (30 mins)
- ◆ 2 sessions of lyashi Dome (40 mins)

### Expert treatment (included in this stay)

- ◆ 1 individual sports coaching session (60 mins)

 FROM €1,412 per person  
In double Passerelle room and half board

 PRICE FROM €756 excluding accommodation



For something extra  
choose the IBeauty 2-session package  
for €170 instead of €212 or the  
Package of 3 I Pulse sessions  
from €202 instead of €252

# Figure Coaching *Signature Stay*

The revival of the Body treatment at Miramar La Cigale



**FREE  
ACCESS**  
TO THE  
OCEAN SPA  
AND

**FOLLOW-UP  
BY OUR  
DIETICIAN**  
THROUGHOUT  
THE STAY

PARCOURS MARINS

The Figure Coaching programme revolutionises the slimming treatment to combine pleasure and success. Our team of experts will accompany you throughout your stay to make your slimming treatment a moment of pleasure.

The Body programme combines the benefits of a wellness cuisine offered in our panoramic restaurant, the expert advice of our dietician, our sports coaches and a programme of high-tech treatments specially developed to meet all your needs.

In order to prepare for your treatment, Corinne Ducaud will contact you before your arrival. She will also keep in touch with you after you return home if you wish.



**POSSIBILITY  
TO DO THIS  
PROGRAMME  
IN 9 OR 12 DAYS**



### 18 INDIVIDUAL TREATMENTS

- ◆ 3 energising body showers (15 mins)
- ◆ 2 sessions of Iyashi Dome (40 mins)
- ◆ 2 hydromassage baths with lipolytic essential oils (20 mins)
- ◆ 3 body wraps (30 mins)
- ◆ 3 body massages (with or without suction cups) (30 mins)
- ◆ 1 slimming and draining treatment (45 mins)
- ◆ 1 IPulse session (50 mins)
- ◆ 1 Icoone anti-cellulite treatment (free tights) (30 mins) or 1 body energising shower for men (15 mins)
  - ◆ 1 Body Palp session (45 mins)
  - ◆ 1 relaxing face massage (30 mins)

### Expert Coaching treatments (included in this stay)

- ◆ 1 interview with the sports coach (20 mins)
- ◆ 5 group sports coaching sessions
- ◆ 1 interview with our dietician-nutritionist
- ◆ 1 impedance measurement
- + 1 complete Oligocheck assessment
- ◆ 1 evaluation of the slimming of the body
- ◆ Mindful Eating Workshop

◆ FROM €2,058 per person  
In double Passerelle room and half board

◆ PRICE FROM €1,176 excluding accommodation

TAKE ADVANTAGE OF THE MINDFUL EATING WORKSHOP, LED BY OUR DIETICIAN-NUTRITIONIST: CORINNE DUCAUD

### 12 INDIVIDUAL TREATMENTS

- ◆ 2 energising body showers (15 mins)
- ◆ 1 Iyashi Dome session (40 mins)
- ◆ 1 hydromassage bath with lipolytic essential oils (20 mins)
- ◆ 2 body wraps (30 mins)
- ◆ 2 body massages (with or without suction cups) (30 mins)
- ◆ 1 Slimming and draining treatment (45 mins)
- ◆ 1 IPulse session (50 mins)
- ◆ 1 Icoone anti-cellulite treatment (free tights) (30 mins) or 1 energising body shower for men (15 mins)
- ◆ 1 relaxing face massage (30 mins)

### Expert Coaching treatments (included in this stay)

- ◆ 1 interview with the sports coach (20 mins)
- ◆ 3 group sports coaching sessions
- ◆ 1 interview with our dietician-nutritionist
- ◆ 1 impedance measurement

◆ FROM €1,372 per person  
In double Passerelle room and half board

◆ PRICE FROM €784 excluding accommodation



In order to optimise the results of your treatment: package of 2 additional IPulse sessions at the rate of €135 instead of €168





## *Thematic Stays*

The know-how of our experts  
for your health  
and your well-being

# Personalised *fitness*

## Customised well-being

Because each person is different and so are your desires, the experts at Miramar La Cigale have developed a new generation fitness programme. You benefit from essential thalassotherapy treatments to which you add the tailor-made programme of your choice: "Beauty and Spa", "Relaxation and Spa" or "Fitness and Spa".

**6** days  
nights

### 15 TREATMENTS

#### + 3 TAILOR-MADE TREATMENTS

- ◆ 1 underwater massage shower (20 mins)
- ◆ 2 hydromassage or bubble baths (20 mins)
- ◆ 2 waterbed wraps (30 mins)
- ◆ 6 underwater jets (30 mins)
- ◆ 1 session on a sensory hydromassage bed (20 mins)
- ◆ 3 personalised massages (30 mins)

◆ FROM €1,662 per person  
In double Passerelle room and half board

◆ PRICE FROM €780 excluding accommodation

**4** days  
nights

### 9 TREATMENTS

#### + 3 TAILOR-MADE TREATMENTS

- ◆ 1 hydromassage or bubble bath (20 mins)
- ◆ 1 waterbed wrap (30 mins)
- ◆ 4 underwater jets (30 mins)
- ◆ 1 session on a sensory hydromassage bed (20 mins)
- ◆ 2 personalised massages (30 mins)

◆ FROM €1,108 per person  
In double Passerelle room and half board

◆ PRICE FROM €520 excluding accommodation

## TAKE AN OLIGO CHECK ASSESSMENT

The Oligocheck is a device that:

- ◆ Measures tissue reserves of minerals and trace elements
- ◆ Detects the presence of heavy metals and the level of intoxication
- ◆ Evaluates oxidative stress
- ◆ **New:** Vitamin assessment

The Oligocheck is associated with a consultation with our dietician-nutritionist in order to analyse the results, then to correct the deficiencies or excesses by personalised food advice and a targeted micro-nutritional supplementation.

◆ €82 60 mins

**FREE  
ACCESS  
TO THE  
OCEAN SPA  
AND PARCOURS  
MARINS**





# 3 PROGRAMMES TO CHOOSE FROM

Personalise your wellness stay  
according to your wishes

## **BEAUTY AND SPA**

- ◆ 1 Fundamental Sea Facial (60 mins)
- ◆ 1 relaxing facial massage (30 mins)
- ◆ 1 marine body wrap on a water bed (30 mins)

## **RELAXATION AND SPA**

- ◆ 1 Californian massage (60 mins)
- ◆ 1 marine relaxation or 1 marine body wrap on a water bed (30 mins)
- ◆ 1 personalised relaxing massage (30 mins)

## **COACHING AND NUTRITION**

- ◆ 2 individual sports coaching sessions (45 mins)
- ◆ 1 consultation with our dietician (75 mins) including 1 Oligocheck assessment
- 1 Impedance measurement

Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

# Health *Serenity*

## Relieve your chronic pain in wellness mode

This health and well-being stay has been entirely designed by our experts. 3 programmes are available: light legs to relieve pain and stimulate venous return back programme to relieve back pain, release tension and strengthen muscles joint rehabilitation to relieve arthritis and rheumatism.



### 24 TREATMENTS

- ◆ 3 physiotherapy massages (30 mins)
- ◆ 3 hydromassage or bubble baths with algae (20 mins)
- ◆ 3 sessions on a hydromassage sensory bed (20 mins)



### 16 TREATMENTS

- ◆ 2 physiotherapy massages (30 mins)
- ◆ 2 hydromassage or bubble baths with seaweed (20 mins)
- ◆ 2 sessions on a hydromassage sensory bed (20 mins)

#### TO RELIEVE PAIN AND BOOST VENOUS RETURN - **PROGRAMME 1: LIGHT LEGS**

- ◆ 3 underwater massage showers (20 mins)
- ◆ 3 aquabiking sessions (30 mins)
- ◆ 3 marine cryotherapy wraps (30 mins)
- ◆ 3 underwater jet pools (30 mins)
- ◆ 3 pressotherapy sessions (30 mins)

- ◆ 2 underwater massage showers (20 mins)
- ◆ 2 aquabiking sessions (30 mins)
- ◆ 2 marine cryotherapy wraps (30 mins)
- ◆ 2 underwater jet pools (30 mins)
- ◆ 2 pressotherapy sessions (30 mins)

#### TO NATURALLY RELIEVE BACK PAIN, RELEASE TENSION AND STRENGTHEN MUSCLES - **PROGRAMME 2: BACK**

- ◆ 3 underwater massage showers (20 mins)
- ◆ 3 sessions on a hydromassage sensory bed (20 mins)
- ◆ 3 remineralising or marine mud wraps (30 mins)
- ◆ 3 lumbar pools or water coaching (30 mins)
- ◆ 3 pilates sessions (60 mins)

- ◆ 2 underwater massage showers (20 mins)
- ◆ 2 sessions on a hydromassage sensory bed (20 mins)
- ◆ 2 remineralising or marine mud wraps (30 mins)
- ◆ 2 lumbar pools or water coaching (30 mins)
- ◆ 2 pilates gym sessions (60 mins)

#### TO REGAIN FLEXIBILITY IN DAILY LIFE, TO RELIEVE OSTEOARTHRITIS, ARTHRITIS AND RHEUMATISM - **PROGRAMME 3: JOINT REHABILITATION**

- ◆ 3 sessions on a hydromassage sensory bed (20 mins)
- ◆ 3 marine mud sessions (30 mins)
- ◆ 3 remineralising wraps (30 mins)
- ◆ 3 personalised rehabilitation pool sessions or aquatic coaching (30 mins)
- ◆ 3 pilates gym sessions (60 mins)

- ◆ 2 sessions on a hydromassage sensory bed (20 mins)
- ◆ 2 marine mud sessions (30 mins)
- ◆ 2 remineralising wraps (30 mins)
- ◆ 2 personalised rehabilitation pool sessions or aquatic coaching (30 mins)
- ◆ 2 pilates gym sessions (60 mins)

◆ FROM €1,866 per person  
In double Passerelle room and half board

◆ PRICE FROM €924 excluding accommodation

◆ FROM €1,244 per person  
In double Passerelle room and half board

◆ PRICE FROM €616 excluding accommodation

# Prasama

## Inner renewal and sensory journey

Prasama means "Serenity" in Sanskrit, and that is the objective of this programme. Designed for very active people, it offers you plenitude and inner renewal. Between seawater treatments and Massages from Asia, forget your everyday worries and discover new sensations ...



### Abhyanga harmonising of the 108 Marmas

6 days  
nights

**FREE  
ACCESS  
TO THE  
OCEAN SPA  
AND PARCOURS  
MARINS**

4 days  
nights

#### 20 INDIVIDUAL TREATMENTS

- ◆ 2 relaxing cinnamon baths (20 mins)
- ◆ 2 hydromassage baths with algae (20 mins)
- ◆ 3 personalised massages (30 mins)
- ◆ 1 marine relaxation (30 mins)
- ◆ 3 shirodharas (60 mins)
- ◆ 2 Abhyangas (60 mins)
- ◆ 1 Abhyanga harmonising of the 108 marmas (75 mins)
- ◆ 1 Shiatsu (60 mins)
- ◆ 1 Thai (75 mins)
- ◆ 1 Shirotchampi (60 mins)
- ◆ 3 Kansu or 2 Kansu + 1 Reiki (60 mins)

◆ FROM €2,346 per person  
In double Passerelle room and half board

◆ PRICE FROM €1,386 excluding accommodation

#### 12 INDIVIDUAL TREATMENTS

- ◆ 2 relaxing cinnamon baths (20 mins)
- ◆ 2 hydromassage baths with algae (20 mins)
- ◆ 2 personalised massages (30 mins)
- ◆ 1 marine relaxation (30 mins)
- ◆ 2 shirodharas (60 mins)
- ◆ 1 Abhyanga (60 mins)
- ◆ 1 Abhyanga harmonising of the 108 marmas (75 mins)
- ◆ 1 Shirotchampi (60 mins)

◆ FROM €1,564 per person  
In double Passerelle room and half board

◆ PRICE FROM €924 excluding accommodation

Find our offers on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



FOR EVEN MORE, OPT FOR 1 SESSION OF MEDITATION IN FULL PRESENCE OR MARINE RELAXATION, BUT ALSO KOBIDO OR A WRAP OF YOUR CHOICE

# Intense Thalasso & Spa

## The ideal alliance between Thalasso and Spa

This programme is the ideal compromise between the benefits of Thalasso and those of world massages. On the programme, a different one-hour massage every day, and only individual treatments to enjoy the benefits of seawater and achieve absolute well-being. A true source of physical and psychological well-being, you will find energy and harmony in the exceptional setting of Miramar La Cigale.



1 one-hour massage each day

6 days  
nights

### 18 INDIVIDUAL TREATMENTS

- ◆ 3 lagoon water baths (20 mins)
- ◆ 3 Himalayan dream bubble baths (20 mins)
- ◆ 3 remineralising wraps (30 mins)
- ◆ 6 world massages (60 mins)  
Abhyanga - Californian - Balinese -  
Hot Stones - Shirotchampi - Kansu
- ◆ 1 hammam & sensory scrub  
(30 mins including 10 mins hammam)
- ◆ 1 relaxing face massage  
by Thalgo (30 mins)
- ◆ 1 lyashi Dome session (40 mins)

◆ FROM €2,190 per person  
In double Passerelle room and half board

◆ PRICE FROM €1,140 excluding accommodation

FREE  
ACCESS  
TO THE  
OCEAN SPA  
AND PARCOURS  
MARIN

4 days  
nights

### 12 INDIVIDUAL TREATMENTS

- ◆ 2 lagoon water baths (20 mins)
- ◆ 2 Himalayan dream bubble baths (20 mins)
- ◆ 1 remineralising body wrap (30 mins)
- ◆ 4 world massages (60 mins)  
Abhyanga - Californian - Balinese -  
Shirotchampi
- ◆ 1 hammam & sensory scrub  
(30 mins including 10 mins hammam)
- ◆ 1 relaxing face massage  
by Thalgo (30 mins)
- ◆ 1 lyashi Dome session (40 mins)

◆ FROM €1,460 per person  
In double Passerelle room and half board

◆ PRICE FROM €760 excluding accommodation

FOR EVEN MORE, OPT FOR 1 SESSION OF MEDITATION  
IN FULL PRESENCE OR MARINE RELAXATION

# Young Mum with baby

Share a moment of complicity with your baby

To be carried out between the 3rd and 9th month after giving birth, this very complete programme allows you to relax and share intimate moments with your baby. **THE MUST-TRIES OF THIS PROGRAMME:** baby care, hypopressive gymnastics workshop for a gentle abdominal and perineal rehabilitation. Take advantage, in the company of your baby, of unique and privileged moments to recover energy, serenity, vitality... and your shape!



Accommodation offered for the accompanying person or nursery offered during the mother's treatments

offer valid outside school holidays

6 days  
6 nights

## 24 TREATMENTS

- ◆ 3 hydromassage baths with algae (20 mins)
- ◆ 2 underwater massage showers (20 mins)
- ◆ 2 sessions of lyashi Dome (40 mins)
- ◆ 3 underwater jet pools (30 mins)
- ◆ 3 personalised massages (30 mins)
- ◆ 3 firming wraps (30 mins)
- ◆ 3 treatments with baby (1 baby massage workshop,  
1 baby massage, 1 bubble bath with baby)
- ◆ 3 hypopressive gymnastics sessions (60 mins)
- ◆ 1 fundamental facial treatment with products from the sea (60 mins)
- ◆ 1 | Beauty moisturising facial (45 mins)

 FROM €2,280\* per person  
In double Fil de l'Eau room and half board

 FROM €1,038 excluding accommodation

\* Rate does not include treatments for the accompanying person.

FREE  
ACCESS  
TO THE  
OCEAN SPA  
AND PARCOURS  
MARIN

4 days  
4 nights

## 16 TREATMENTS

- ◆ 1 hydromassage bath with algae (20 mins)
- ◆ 1 underwater massage shower (20 mins)
- ◆ 1 lyashi Dome session (40 mins)
- ◆ 2 underwater jet pools (30 mins)
- ◆ 2 personalised massages (30 mins)
- ◆ 2 firming wraps (30 mins)
- ◆ 3 treatments with baby (1 baby massage workshop,  
1 baby massage, 1 bubble bath with baby)
- ◆ 2 hypopressive gymnastics sessions (60 mins)
- ◆ 1 fundamental facial treatment with products from the sea (60 mins)
- ◆ 1 | Beauty moisturising facial (45 mins)

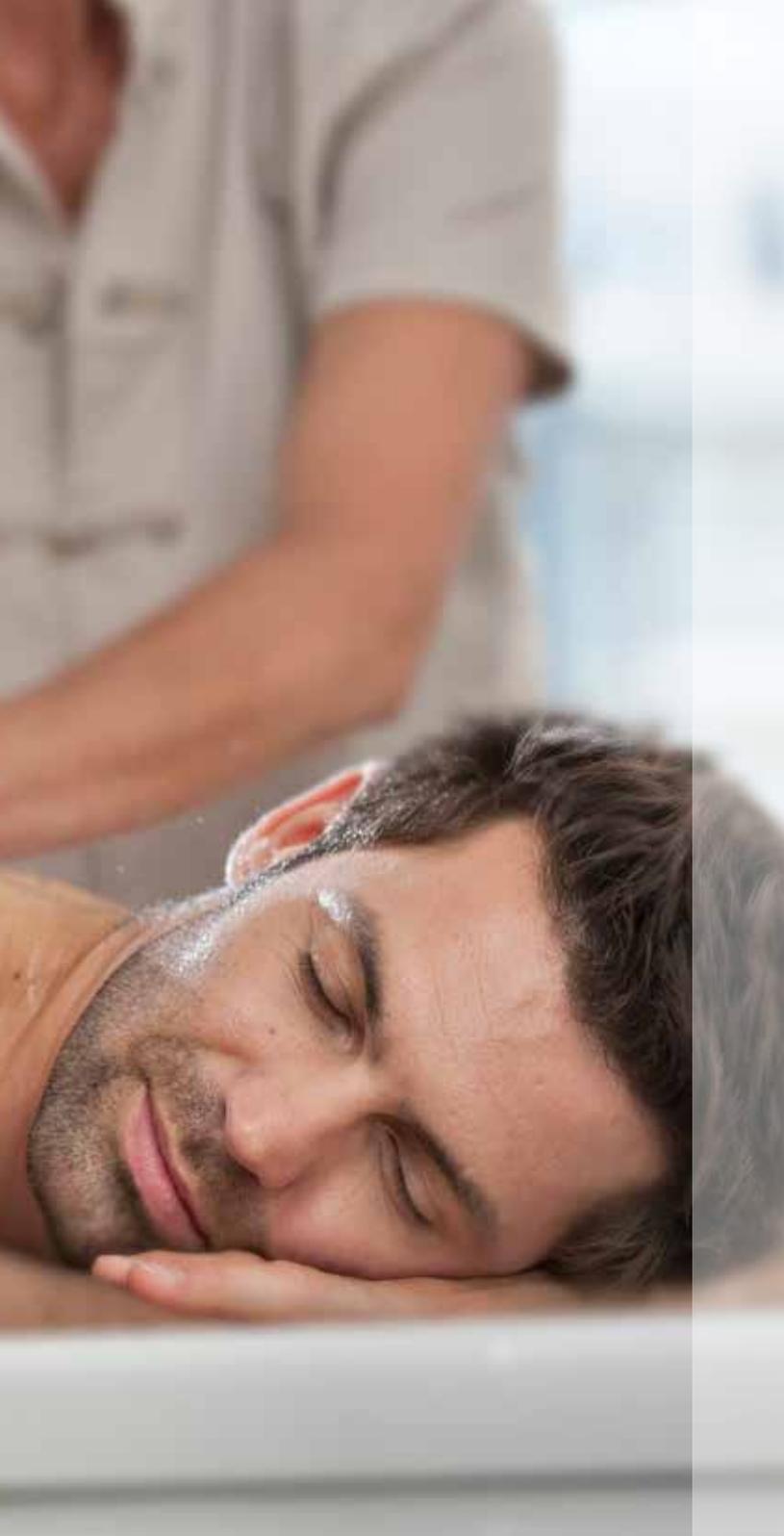
 FROM €1,520\* per person  
In double Fil de l'Eau room and half board

 FROM €692 excluding accommodation

OUR ADORABLE NURSERY "LES PETITS MOUSSES" WELCOMES BABIES FROM 3 MONTHS AND CHILDREN UP TO 3 YEARS to allow parents to enjoy their treatments in complete serenity. Located on the same level as the Thalasso, mothers can visit their children between treatments. Our childcare worker will speak with you to find out about your child's habits so that we can provide them with a personalised service.







## *Thematic Weekends*

A moment or a getaway  
for a rejuvenating break



## Essential Spa

### 3 TREATMENTS OVER 1 DAY

The ideal way to discover the Miramar La Cigale in Zen and Beauty mode. On the programme:

- ◆ 1 relaxing face massage (30 mins)
- ◆ 1 personalised massage (30 mins)
- ◆ 1 bubble bath in lagoon water (20 mins)

FROM €277 per person  
In a double Passerelle room with breakfast

FROM €332 per person  
In a double Passerelle room with half board

**FREE AND UNLIMITED ACCESS TO THE OCEAN SPA**

## Getaway for two

### 1 TWO-PERSON TREATMENT WITH A GLASS OF CHAMPAGNE PER PERSON

A romantic getaway for a moment of complicity with zen and elegant accents. On the programme:

- ◆ 1 two-person massage with oils (60 mins)

FROM €247 per person  
In a double Passerelle room with breakfast

FROM €302 per person  
In a double Passerelle room with half board



## Gentle Stopover

### 4 TREATMENTS OVER 2 DAYS

A 100% wellness and marine weekend for absolute relaxation. On the programme:

- ◆ 1 personalised massage (30 mins)
- ◆ 1 milk bubble bath (20 mins)
- ◆ 1 energising shower (15 mins)
- ◆ 1 velvet wrap on a water bed (30 mins)

FROM €436 per person  
In a double Passerelle room with breakfast

FROM €546 per person  
In a double Passerelle room with half board

## Mum-to-be

### 3 TREATMENTS OVER 2 DAYS

Take care of yourself and relax while waiting for your baby to arrive. From the 4<sup>th</sup> month of pregnancy.

On the programme:

- ◆ 1 bubble massage (60 mins)
- ◆ 1 fundamental facial from the sea (60 mins)
- ◆ 1 leg comfort treatment (30 mins)

FROM €518 per person  
In a double Passerelle room with breakfast

FROM €628 per person  
In a double Passerelle room with half board

\* Rate does not include the treatment of the accompanying person

3 days  
nights

# Ocean Bubble

## 4 TREATMENTS OVER 3 DAYS

The best of Thalasso treatments combined with two exceptional Spa rituals. On the programme:

- ◆ 1 hydromassage bath with algae (20 mins)
- ◆ 1 algae wrap on a water bed (30 mins)
- ◆ 1 Mahana massage (60 mins)
- ◆ 1 great Aromavedic body and face ritual (90 mins)

◆ FROM €714 per person  
In a double Passerelle room with breakfast

◆ FROM €879 per person  
In a double Passerelle room with half board

**FREE  
AND  
UNLIMITED  
ACCESS**  
TO THE OCEAN  
SPA

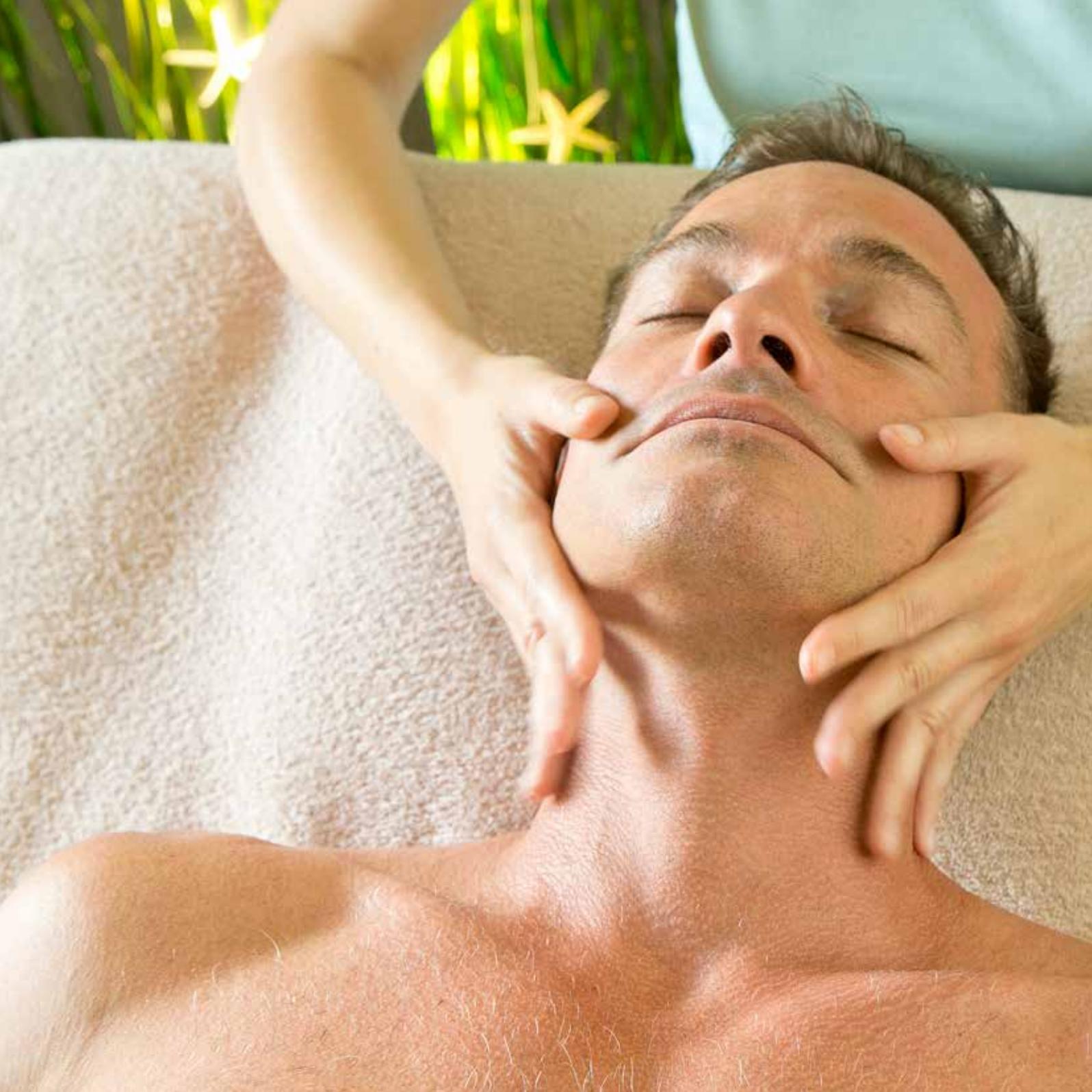
More Short Stays on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

## COMPLETE YOUR WELLNESS EXPERIENCE BY CHOOSING FROM OUR FAVOURITE TREATMENTS

◆ 1 hammam & sensory scrub of your choice	€71 (30 mins including 10 mins of hammam)
◆ 1 Thalgo personalised facial	€118 (60 mins)
◆ 1 Skinceuticals customised anti-ageing treatment	€140 (60 mins)
◆ SIGNATURE MIRAMAR: 1 Odyssey massage	€168 (75 mins)
◆ Californian massage	€118 (60 mins)
◆ Personalised massage	€82 (30 mins)

The treatment times indicated include the time taken to set up in the cabin and out of the cabin.





## *Thematic Days*

Beauty and relaxation  
for a full day  
or half a day

Book your day on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



**FREE  
AND  
UNLIMITED  
ACCESS  
TO THE  
OCEAN SPA**

## *Marine Day* **4 TREATMENTS**

Ideal for discovering the Thalasso spirit at Miramar La Cigale.  
A pure moment of relaxation under the sign of the sea.

On the programme:

- ◆ 1 personalised massage (30 mins)
- ◆ 1 hydromassage bath with marine essences (20 mins)
- ◆ 1 remineralising algae wrap (30 mins)
- ◆ 1 session on a sensory hydromassage bed (20 mins)

HIGHLIGHT: 1 "Assiette Plaisir" lunch served at the restaurant  
Le Safran and free and unlimited access to the Ocean Spa

€204

## *Day of Plenitude* **4 TREATMENTS**

A Zen and beauty day that combines thalasso treatments, a  
relaxing massage and a facial.

On the programme:

- ◆ 1 massage (60 mins) from Californian, Abhyanga or Zen
- ◆ 1 Himalayan Dream hydromassage bath (20 mins)
- ◆ 1 velvet wrap (30 mins)
- ◆ 1 relaxing face massage (30 mins)

HIGHLIGHT: 1 "Assiette Plaisir" lunch served at the restaurant  
Le Safran and free and unlimited access to the Ocean Spa

€260

**NEW**

## *Atlantic Jewels Ritual* **2 TREATMENTS**



This energising massage is inspired by the benefits of lithotherapy and ancestral African techniques to intensely stimulate and invigorate the body. Rhythmic, enveloping and invigorating manoeuvres are combined with precious energising stones to recharge and re-energise the body.

On the programme:

- ◆ 1 pink sand scrub (30 mins)
- ◆ 1 energising massage with rock crystal (60 mins)

Free and unlimited access to the Ocean Spa

€163

## *Thalasso ritual*

### 3 TREATMENTS

To introduce you to Thalasso.

On the programme:

- ◆ 1 underwater jet (30 mins)
- ◆ 1 hydromassage bath with marine essences (20 mins)
- ◆ 1 hydromassage bed (20 mins)

Free and unlimited access to the Ocean Spa

◆ €112

## *Ocean Ritual*

### 2 TREATMENTS (FOR MEN)

The sea and the stones for a return to the sources. On the programme:

- ◆ 1 hammam and water scrub with sea salt crystals (30 mins including 10 mins of hammam)
- ◆ 1 hot stone massage (60 mins)

Free and unlimited access to the Ocean Spa

◆ €163

## *Marine Ritual*

### 3 TREATMENTS

Marine remineralisation and personalised massage for an iodine-filled wellness break.

On the programme:

- ◆ 1 personalised massage (30 mins)
- ◆ 1 hydromassage bath in lagoon water (20 mins)
- ◆ 1 remineralising algae wrap (30 mins)

Free and unlimited access to the Ocean Spa

◆ €159

## *Mum & Baby Ritual*

### 2 TREATMENTS

A moment of complicity between mother and baby to experience in Thalasso mode. On the programme:

- ◆ 1 baby massage (30 mins)
- ◆ 1 bubble bath to share with your baby (20 mins)

◆ €118

NEW

## *Pacific Ritual*

### 3 TREATMENTS (FOR WOMEN)

A journey of the senses for an ultra cocooning escape with international touches.

On the programme:

- ◆ 1 "Lagoon water" bath (20 mins)
- ◆ 1 hammam and Pacific Islands scrub (30 mins including 10 mins of hammam)
- ◆ 1 Mahana massage with bags of hot sand (60 mins)

Free and unlimited access to the Ocean Spa

◆ €193

## *Ocean Prodigy Ritual*

### 1 FULL FACE AND BODY TREATMENT

Experience a supreme treatment experience, where innovation and technology are combined with luxury and emotion. On the programme:

- ◆ 2 hours of treatment during which the different massages and the richness of the products combine to give you an extreme sense of relaxation.

Free and unlimited access to the Ocean Spa

◆ €193





## *Expert Treatments*

Our collection  
to take care  
of your health capital

# *Balance* and Personal Development

Miramar La Cigale's expert treatments are performed by  
Corinne Ducaud, dietician-nutritionist, Dany Cerisier, Somato-Educational Psychologist,  
and Arnaud Beaupérin Osteopath.

## ◆ Full Presence Meditation

Full Presence Meditation is practised in a seated position with the eyes closed. We learn to listen to the silence and to observe the manifestations of our body's insides. It is an invitation to listen to oneself, to others and to the world.

◆ €25 - 60 mins (group session)

## ◆ Sensory Gymnastics

Practice of well-being, rejuvenation and self-development. It consists of slow, simple and gentle movements. It can be practised individually or in pairs, sitting, standing or on the floor.

◆ €92 - 60 mins for 1 person

◆ €51 - 60 mins per person for 2 people

## ◆ Do In

Ancestral method originating from Japan that links acupuncture and reflex massage. Do In means the way of energy or how to promote the proper flow of energy in the body.

Loose clothing recommended.

◆ €25 - 60 mins (group session)

## ◆ Muscle Awakening

To be practised with a sports outfit suitable for the outdoors. Departure from the gym accompanied by a sports educator for a session of oxygenation, soothing and relaxation on the beach facing the sea.

◆ €25 - 45 mins (group session)

## ◆ Somato Educational Psychology

Somato-Educational Psychology will progressively untie tensions, restore symmetries and create overall relaxation, presence and self-awareness in all the depths of the body.

◆ €103 - 60 mins

## ◆ Osteopathy

A true manual medicine, the osteopath palpates the body to detect tensions and imbalances that cause discomfort or illness. With the help of practical work, it restores your balance.

◆ €103 - 45 mins

SOME TREATMENTS ARE ONLY AVAILABLE ON CERTAIN DAYS OF THE WEEK.  
WE RECOMMEND THAT YOU BOOK THEM BEFORE YOUR ARRIVAL AT THE THALASSO RECEPTION.

# *Dietetics* and Nutrition



Our experts advise you on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

## ◆ Dietary Consultation

Carried out by the dietician-nutritionist: research into expectations and motivations, analysis of eating habits and nutritional assessment (evaluation of deficits, excesses, etc.).

€51 - 45 mins

## ◆ Impedance assessment

Measurement of body composition: analysis of lean mass, fat mass and body water, indication of visceral fat level and resting metabolism. Combined with a dietetic and nutritional consultation, the impedance measurement makes it possible to define weight objectives.

◆ Impedance assessment only: €51 - 15 mins

◆ Consultation + Impedance assessment: €82 - 60 mins

◆ Consultation + Oligocheck assessment: €82 - 60 mins

◆ Consultation + Impedance assessment and Oligocheck:

€122 - 75 mins

## ◆ Oligocheck consultation and assessment

The Oligocheck is a device that:

- ◆ Measures tissue reserves in minerals and trace elements
- ◆ Detects the presence of heavy metals and the level of intoxication
- ◆ Evaluates oxidative stress

The Oligocheck assessment involves a consultation with our dietician-nutritionist in order to analyse the results, then to correct the deficiencies or excesses by personalised food advice and a targeted micro-nutritional supplementation.

◆ €82 - 60 mins

**NEW**

ASSESSMENT OF  
VITAMINS

## MINDFUL EATING WORKSHOP

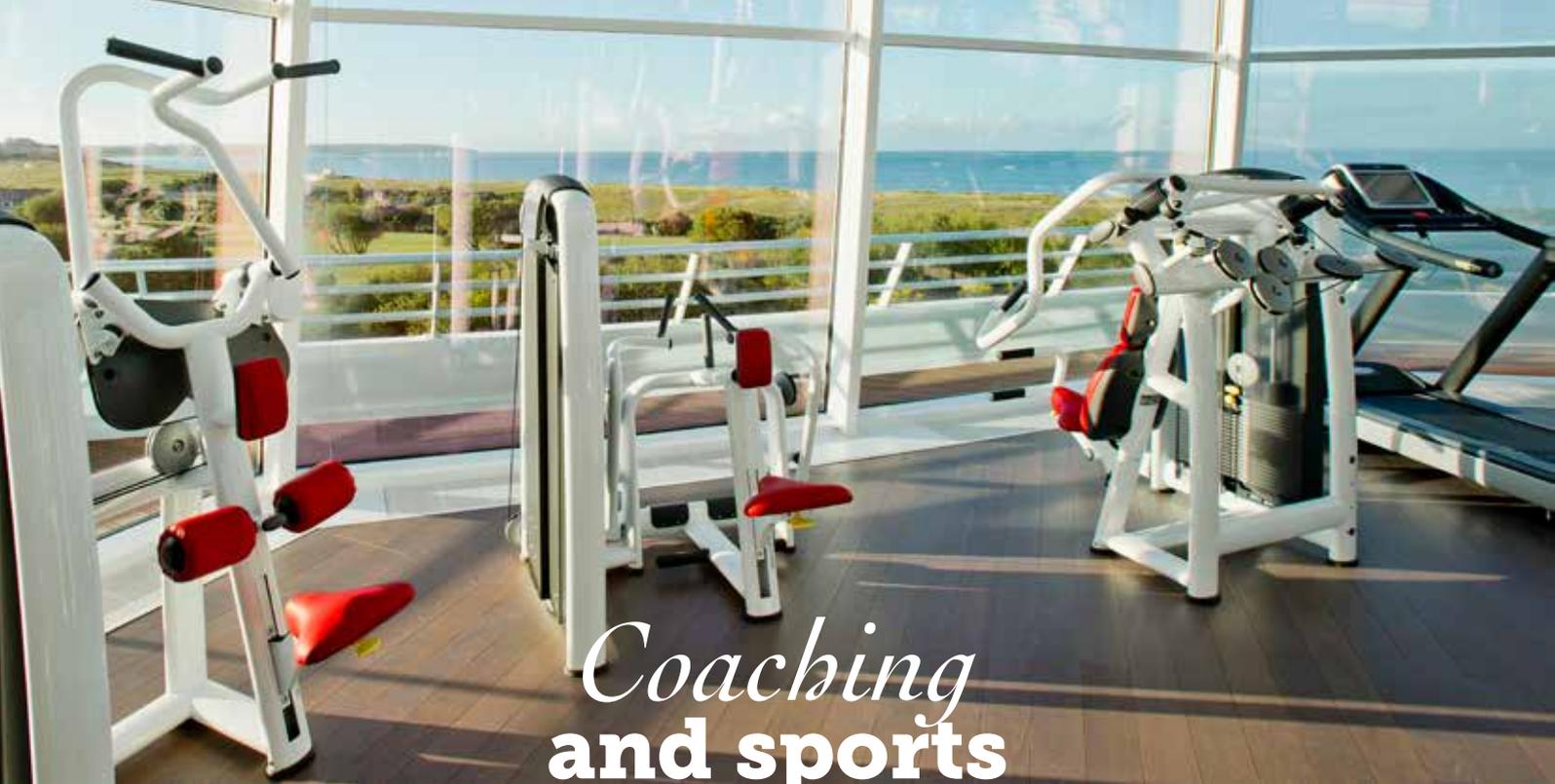
Every Tuesday, come and awaken your perception and increase your sensations tenfold by participating in our "MINDFUL EATING WORKSHOP".

With our dietician Corinne Ducaud, discover another way of eating.

After a little exercise in sophrology, you will be fully capable of tasting with full awareness, i.e. listening to your body and your sensations, in line with your needs and rediscovering the pleasure of eating in complete serenity.

As part of a Figure Coaching treatment and to prepare for your treatment as best as possible, Corinne Ducaud, will contact you before your arrival.

She will also keep in touch with you after you return home if you wish.



# Coaching and sports activities

Our three coaches are at your disposal to advise you during your session. Individual or group coaching sessions can help you go further to improve your performance or simply help you resume or continue with a regular sporting activity.

## ◆ **Group coaching**

Sports supervision in small groups of 5 people maximum in the fitness room equipped with the latest high-end Technogym equipment.

◆ €44 60 mins

## ◆ **Individual coaching**

Personalised session supervised by a sports instructor who, according to your capabilities and your objectives, will direct your coaching in the fitness room or outside.

◆ €44 30 mins / €76 60 mins

## ◆ **Pilates session**

Gentle gymnastics to develop the body in a harmonious way and to correct bad postures. The different exercises, with or without equipment, involve all the muscles of the body, especially the abdominal muscles, with specific Pilates breathing exercises.

◆ €36 60 mins



#### ◆ Aqua-Fitness

In a seawater pool, this group class offers a tonic aqua gym session focusing on cardiovascular activity and muscle strengthening.

🕒 €26 30 mins

#### ◆ Aqua-Biking

On a bike in a heated seawater pool, our sports coach helps you work all the muscle groups to firm up the lower body, increase endurance and improve blood circulation.

🕒 €26 30 mins

#### ◆ Paddle

Paddle in swimming pools is a new aquatic sport adapted to pools. It is a course that is both fun and involving. Thanks to the instability of the board, you work your posture and all your muscles in depth, alternating with cardio phases to burn as many calories as possible.

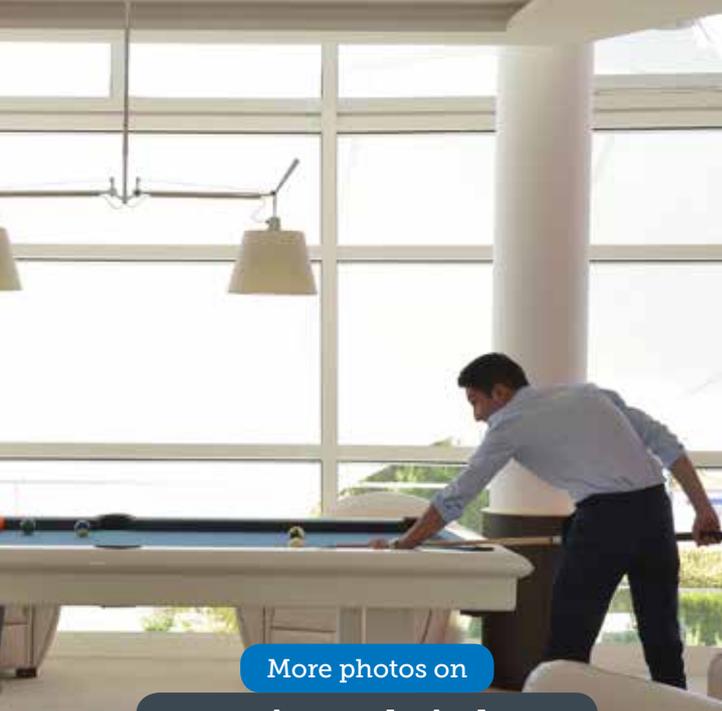
🕒 €26 30 mins





*At Miramar*

and the surrounding areas



More photos on

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



# Life *at Miramar La Cigale*

Miramar La Cigale is a place to live in its own right, reinventing itself throughout the year to offer its guests a comfortable and serene atmosphere. In addition to the thalasso and spa programmes and treatments, we offer you animations and equipment for your daily pleasure.

## IN TERMS OF EQUIPMENT

### For your well-being

- ◆ Technogym equipped fitness room with ocean view
- ◆ 12m swimming pool with panoramic view and jacuzzi
- ◆ Parcours Marin with sauna and hammam
- ◆ Ocean Spa with hammam
- ◆ Spa Beauty
- ◆ Espace Thalasso

### For children

- ◆ Nursery "Les Petits Mousse" from 3 months to 3 years old (Possibility to also welcome children over 3 years of age) - Prices can be provided on request
- ◆ Babysitting service in the room (on request)

### For your leisure

- ◆ Lounge with pool table
- ◆ Business centre with board games



## *The services* **at the Miramar**

**We meet all your requirements!**

Because at Miramar La Cigale your comfort is our priority, we do everything possible to meet your expectations.

Our qualified and passionate staff are attentive to your every wish, day and night.

Our Chief Concierge: Stéphane Rouxel, who belongs to the prestigious Clefs d'Or association in France, distinguishing the elite of Concierges, will be at your disposal to meet your expectations.

Availability, dedication and excellence are the key words of Stéphane but also of all staff at Miramar La Cigale, to make your stay exceptional.

**To make your stay both pleasant and unforgettable, the Miramar La Cigale offers you a wide range of services:**

- ◆ Concierges who never lack inspiration to offer you a range of activities and excursions in and around the Miramar La Cigale, according to your wishes and tastes.
- ◆ A personalised welcome orchestrated by our staff who will be able to advise you on our offers. For example: Bottle of Champagne or a 1/2 bottle in your room. Bouquet of fresh flowers placed in your room. Seasonal fruit basket in your room.
- ◆ Shuttles from Vannes train station or Nantes airport to facilitate your access to Miramar La Cigale.

# Discover *the region*

Take advantage of your stay at Miramar La Cigale to discover the Golfe du Morbihan, a region with as many islands and islets as there are days of the year! Thus, the word "escape" takes on its full meaning for this destination so appreciated by lovers of authentic nature... Whether you are a sports or heritage enthusiast, someone who likes to relax or go for a walk by the sea, the Rhuys Peninsula welcomes you with its **listed sites, its cultural and sporting events.**

Let yourself be guided and choose, among all the possibilities, those that will perfectly complete your stay at Miramar La Cigale.



## **WALKS WITHIN WALKING DISTANCE OF THE HOTEL**

- ◆ Direct access to the Fogeio beach and the Crouesty marina.
- ◆ Walk along the "Petit Mont", a charming country path that runs alongside the ocean, at the foot of the hotel.
- ◆ Market in the port of Crouesty every Monday in the summer season and all year round on Tuesdays in Arzon.

## **SPORTS ACTIVITIES WITHIN WALKING DISTANCE OF THE HOTEL**

Tennis, riding centre, sailing school.

# As you wander through the *alleys of* *Miramar La Cigale*

Located opposite the Miramar hotel, discover the shops and businesses that have been set up to meet your expectations.

## **TRINITY**

Discover the Trinity Mode & Maison boutiques in the heart of the Résidence Miramar La Cigale. You will find more than 100 ready-to-wear brands for men and women, leather goods, shoes, lifestyle decoration, accessories...

Originality and exclusivity are the order of the day in these places where people like to stroll around, be surprised by an unexpected room or appreciate the beauty of a print. A privileged moment with advisors who are passionate about their work.

Opening the door of Trinity Mode & Maison, is like discovering a continuously renewed selection of products that fit perfectly in tune with the times.

## **CECILE B**

The Cécilé B Hair Salon welcomes you in a Zen and warm atmosphere. French Champion and finalist of the European Championship in Zurich and the World Championship in Tokyo, Cécile B and her team of professionals use their skills and know-how to satisfy you as much as possible.

**DISCOVER THE NEW SHOPS  
OPEN IN 2021**

## BUT ALSO

### ◆ **The Golf of Rhuys-Kerver**

A magnificent 18-hole course by the sea. As a customer of Miramar La Cigale, you benefit from a 20% discount on the green fee (Blue Green Network).

### ◆ **The Branféré Animal Park**

An original concept in France, dedicated to respecting nature. Discover more than 120 animal species from all over the world.

### ◆ **The Brittany Nature Reserve of Séné**

A privileged place to discover the birds of the Golfe du Morbihan and the exceptional fauna and flora of the region.

### ◆ **The Butterfly Garden of Vannes**

In a tropical climate, marvel at the butterflies and exotic plants around you and discover the dazzling scents of exotic flowers.

### ◆ **Belle-Ile-en-Mer**

1 hour crossing from Port Navalo (April to October). More than a simple crossing, it is a real cruise that will give you the opportunity to discover the beauty of the Golfe du Morbihan, one of the most beautiful gulfs in the world.

### ◆ **The Oceanographic Aquarium of Vannes**

2 hours of a complete change of scenery to discover



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Do not hesitate to share your wishes with the Concierge, which will be able to advise you and organise your excursions and other discoveries of our beautiful region

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three aquatic universes, to see local or distant species of temperate seas in their natural environment.

### ◆ **The Island of Houat**

45-minute crossing from Port Navalo (direct in July and August). Houat is a fishermen's island of excellence, with colourful boats and traps piled up on the quays! There are only about thirty fishing families left who sell sea bass, sea bream and lobster at the Quiberon fish market...

### ◆ **And more...**



# Access *Miramar La Cigale*

## **BY ROAD**

480 km from Paris  
120 km from Nantes  
30 km from Vannes  
From Vannes, follow the direction of the Rhuys peninsula, Sarzeau, Arzon (GPS: indicate Arzon)

## **BY TRAIN**

2 hours 29 minutes from Paris:  
departure from Gare Montparnasse,  
direction Gare de Vannes. Several direct  
daily connections by TGV/LGV.

## **BY AIR**

Nantes International Airport  
(120 km from the hotel)  
Lorient International Airport  
(97 km from the hotel)  
Vannes Airport  
(44.4 km from the hotel)

COVERED AND CLOSED PARKING AT YOUR DISPOSAL  
€15 PER DAY - €80 FOR 6 DAYS - €12 PER ADDITIONAL DAY  
ELECTRIC VEHICLE CHARGING: €13

## ◆ **SHUTTLES**

In order to facilitate your travels, our Shuttle Service guarantees you an exceptional service to facilitate your access to the Miramar La Cigale by ensuring the transfers of departure or arrival at the Airport of Nantes or Vannes Station.

→ To Le Miramar La Cigale, Monday to Sunday: The train arrives around 15:30 at Vannes station and leaves for the hotel as soon as all the guests have arrived.

← Departures to Vannes station, from Monday to Sunday, for the 16:30 train.

For all other schedules, a private car service can be provided at the following rates: one way: €62 (+10% night) - return trip: €110.

From Nantes airport, 7 days a week - 24 hours a day

Transfers from the airport are provided by our Concierge Service or by individual taxi.

Rate: €190 per journey

Shuttle and taxi fares subject to change according to the prefectural order

Online reservations at

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)



TAKE ADVANTAGE OF OUR EXCLUSIVE INTERNET OFFERS FOR YOUR STAYS, TREATMENTS, WEEKENDS, RESTAURANTS, ETC.  
FOR THE PROGRAMMES OF THE TREATMENTS SUBJECT TO CHANGE, DO NOT HESITATE TO CONSULT OUR INTERNET SITE.

## ◆ **SCHEDULES AND CONTACTS**

The Miramar La Cigale is open all year round - Tel: 02 97 53 49 00.

The Thalasso and the Ocean Spa are open from 09:00 to 13:00 and from 14:00 to 18:00 every day - Tel: 02 97 53 49 00.

The panoramic swimming pool, the fitness room are open from 09:00 to 21:00 every day (hotel customers only).

Le Parcours Marin is open from 09:00 to 19:00 every day.

The Concierge is open from 07:00 to 21:30 every day - Tel: 02 97 53 49 00.

Schedules subject to change





MIRAMAR LA CIGALE  
HÔTEL THALASSO & SPA

Find us on:

[www.miramar-lacigale.com](http://www.miramar-lacigale.com)

Information and reservations:

Standard: 02 97 53 49 00 - Reservations: 02 97 53 49 13

Port du Crouesty  
Route du Petit Mont  
56640 Arzon - France



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