

Hotel & Sea water Spa

CABOURG

www.hotel-lesbains-cabourg.com

HÔTEL les bains de Cabourg ★★★★

les hôtels
by thalazur



Character

Facing the English Channel

ROMANTIC CHARM AND WELLNESS



Less than two hours from Paris, retrace the steps of Marcel Proust, discover Cabourg and its Romantic period beach. Seaside resort steeped in history,

Cabourg will win you over by its "Belle époque" atmosphere and splendid villas faithful to the Anglo-Normand architectural style.



"NATURE" outings

- Around the corner from the Institute, the Marcel Proust Promenade, Europe's longest with 4 km reserved for pedestrians.
- Plains, forests, valleys and verdant hillsides unfurl at the pace of your excursions: Normandy's little Switzerland, parks and gardens open to the public, marked paths designed for hiking, cycling or horseback riding.

"HERITAGE" visits

- Typical manor houses and villages of the Auge region, prestigious abbeys, Renaissance castles along with medieval fortresses, churches and cathedrals, D-day beaches, cemeteries, the Caen Memorial Museum, other exhibits.
- Famous cities of the "Flower Coast", including Houlgate, Deauville/Trouville and Honfleur.

"GASTRONOMY" tours

- Normandy gastronomy is a fixture, with products like: cider, Calvados liqueur, and cheeses
- Not to be overlooked is the abundance of delicacies from local waters: seafood, scallops and a variety of fish including sea bass, monkfish and sole.

"SPORTING" activities

- The wide range of nautical and other leisure activities spans: sailing, canoeing, land yachting, marine fishing, horseback riding.
- 2 golf courses (18 and 9 holes).
- Also on-site: tennis court, bicycle rental.

Adjacent to the Institute

- Horse racetrack, casino, cinema, museums, sailing port, kitesurfing base, shops, and restaurants.

hotel Dig your toes in the sand

ROMANTIC CHARM AND WELLNESS

Blessed with a sea view,

all hotel rooms feature either a balcony or deck. Decorated in light sandy tones emphasizing natural light, the rooms are dominated by the colors Baltic blue, aqua, poppy red and mauve, depending on their personality and status: "Premium", "Exclusive", or "Suites". All are equipped with air conditioning, a flat-screen TV (Canal+/satellite channels), phone, WiFi connection, a safe for valuables and a minibar.

Drift wood veneering conveys a maritime character and for even greater comfort while in the room, an ergonomic bathroom has been installed. Designed with a contemporary and natural feel, hotel decoration and furnishings perfectly match the panorama, making your stay an unforgettable one.

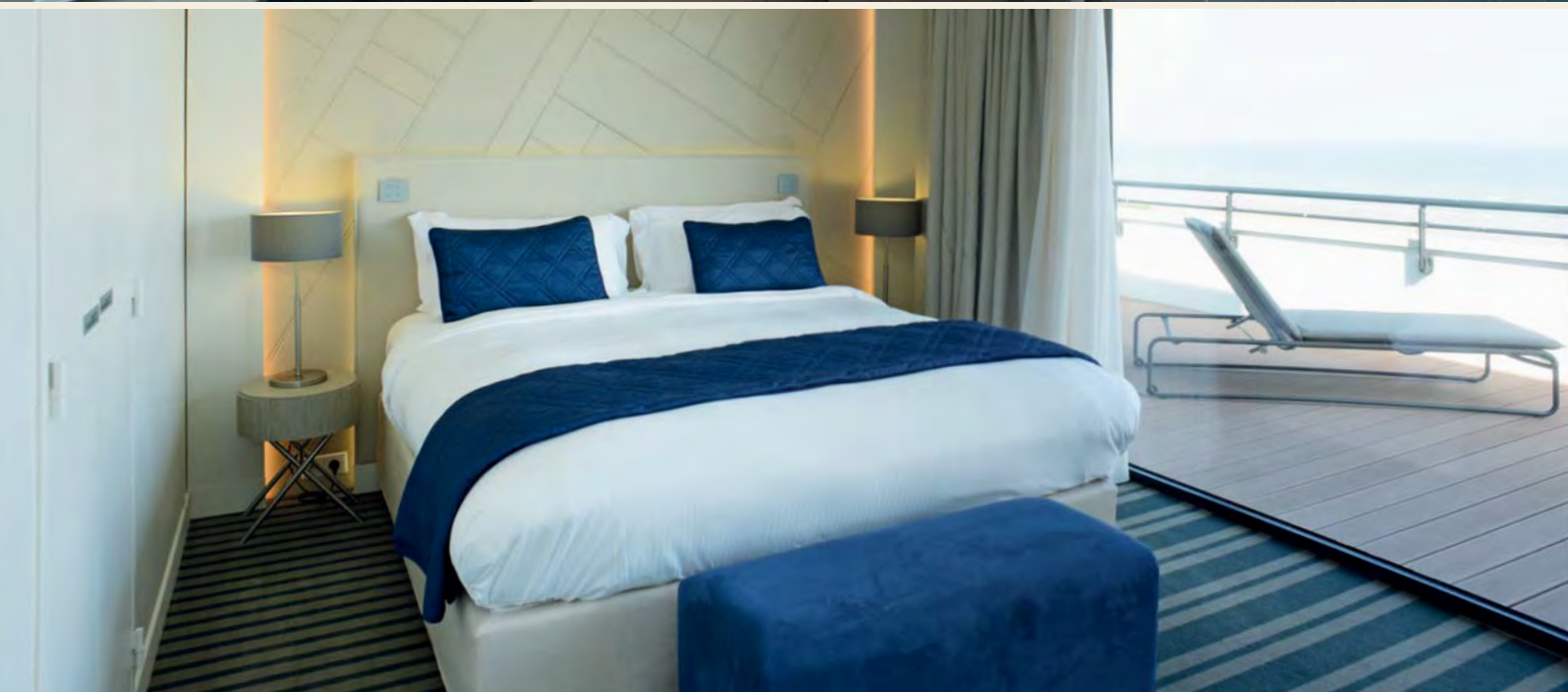
An outdoor heated seawater pool, open from Easter through September, overlooks the dunes in front of the Channel.

Make your stay
a truly unforgettable moment



les hôtels
by thalazur





"Romantic" suite



"Premium" room



"Exclusive" room with balcony and a partial water view



"Exclusive" room overlooking the water - "Privilege"

restaurant

Panoramic restaurant

ROMANTIC CHARM AND WELLNESS

Le poisson RESTAURANT d'Argent



A modern and friendly atmosphere awaits patrons of this restaurant offering a panoramic view and garden patio. Soft natural colors imbue this spot with a faraway flavor. Tasteful lighting effects and a substantial collection of contemporary artwork add to the appreciation of a gourmet break.

The middle of the restaurant opens onto a prized space composed of a magnificent glass-enclosed wine cellar, fireplace and library, all enhanced by the open sky above. Complement your "wellness" stay to perfection when savoring this high-quality cuisine underpinned by our own culinary concept that insists upon fresh seasonal foods filled with flavor, originating from extraordinary geographic locations and cooked with health and simplicity in mind.

In this aim, our Chef Arnaud Boinet invites you on an eco-responsible gastronomic journey through the joyous Seine waterway system and Normandy pastureland, in showcasing regional products that he crafts through refinement and simplification into well-balanced and energizing fare. The menus advised by our team of professionals are specifically intended to enhance your stay to the fullest.

The *Poisson d'Argent* restaurant is also the ideal venue for your business meals and personal functions (birthdays, baptisms), with the possibility of reserving a private room and customizing menus to fit the mood.

The "Les Embruns" bar

Indoors within a relaxing and modern setting or else on the deck facing the sea, get your fill of vitamins at the "Les Embruns" bar while enjoying a well-deserved break, try our cocktails or available selection of herbal beverages and teas.





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A maritime theme

ROMANTIC CHARM AND WELLNESS



Relish a seaside getaway

Waterfront path

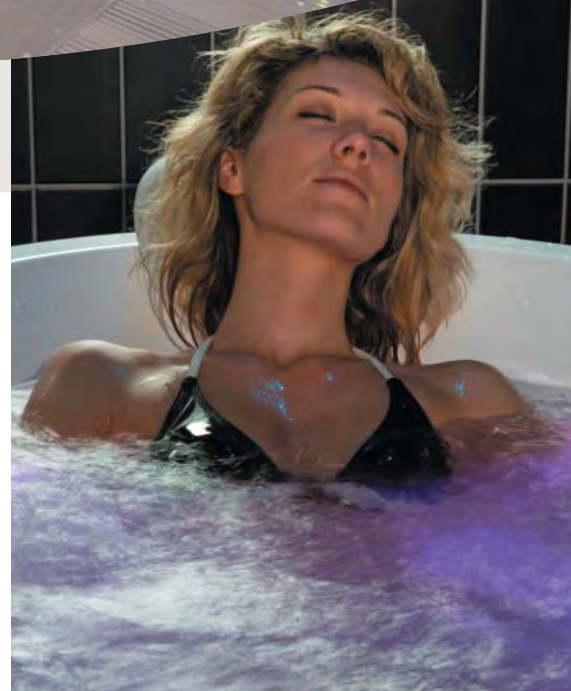
Amidst our establishment, along a stretch of fine sandy Cabourg beach-front, a maritime course in seawater heated to 32°, over a 290-m² area, has been laid out for you to enjoy a completely relaxing experience.

Included along this course are a Jacuzzi, a geyser, waterbeds, massage chairs, underwater jets, foot jets, a corridor for walking against current, the "Cobra" waterfall and an outdoor solarium.



The hydrotherapy facility

Discover our water-based care center and take advantage of Thalazur's expertise in a highly sensorial and natural atmosphere decorated in slate and turquoise shades. The talents of our therapists, combined with the latest high-technology equipment, are at your disposal to extend your wellness experience, including: chromotherapy in our booths, fully enveloping waterbeds, seaweed body wraps, hydro-massage tubs and the very latest shower jets.



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Wellness

ROMANTIC CHARM AND WELLNESS

beauty corner



■ Sauna / steam baths

Step into our specially designed hot spa area offering a sauna, two warm steam baths and a hot steam tub, and be on your way to purifying mind and body thanks to our daily Camylle-based aromatherapy program.

Our stacked icefall, placed at the center of the spa, is available whenever you seek refreshment. Optimize the benefits of your stay by starting out with a scrub in our private steam room before stretching out beneath our in-house rainfall.

■ Rest & Relaxation room

To make the most of your stay, a room overlooking the water allows you to rest and relax between treatments.





■ Beauty & spa facility

Striking a perfect balance between wellness and beauty, between authenticity and refinement, our partner *Terrake* leads you on a trip back to the source. A beautician notes your every desire regarding wellness and beauty and helps in choosing your particular itinerary. Fragrances, rare ingredients, undiscovered textures, savors, sculpting and musical selections are assembled in a complementary way to create a *bona fide* sensorial experience.

Our partner *Thalgo* is on hand exploring the full therapeutic benefits of seawater and seaweed, introducing you to its expert aesthetic marine treatments. *Thalgo* and *Thalazur* have specially designed an array of dieting programs just for you.

Facials, body care, sculpting techniques from the world over and hair removal round out your menu of available care options.

Consult one of our beauticians for personalized advice.

TERRAKÉ

Sensorial journey to the heart of our spa
BODY CARE PRODUCTS

THALGO

Marine beauty
FACIAL AND BODY BEAUTY CARE

Widely renowned in the field of anti-age treatment, *SkinCeuticals* proposes a selection of facial and body care products intended to prevent, eliminate and protect against the physical signs of aging.

Our beauticians also administer hair treatment in partnership with *René Furterer*, specialist in capillary care through the use of essential oils and natural plant extracts, which enhance and highlight the beauty of your hair.

■ Cardio-fitness room

Walking/running treadmill, bicycles, elliptical trainers and a state-of-the-art multifunction workout bench fill a room and provide an unobstructed view over the swimming pool and sea.

■ Herbal tea room

To ensure you're drinking plenty of fluids during treatment, water fountains are readily available. Every day, taste and enjoy the virtues of our herbal teas at no charge.

SKINCEUTICALS
ADVANCED PROFESSIONAL SKINCARE

**ANTI-AGE CARE
FACE & BODY**

RENÉ FURTERER
PARIS

**WORKOUT RITUALS
AND CAPILLARY CARE**

Seminars

Wellness Healthy businesses



The proximity of Thalazur Cabourg to the Paris Region is also a huge advantage for companies seeking to change seminar settings. Access is smooth via the A13 motorway, the Caen train station 25 km away or the Caen-Carpiquet Airport. The establishment offers optimal working conditions, for a combined professional and wellness stay at a stimulating waterfront setting. A sure way to break the routine!

Wellness seminar

Thalazur Cabourg is the ideal venue for any type of event, combining work and wellness, organizing a convention, seminar, daylong workshop or business lunch. This contemporary well-appointed facility contains:

- 5 extremely well-lit meeting rooms

Four modular rooms measuring 60 m² (capable of hosting up to 230 attendees in the theater and 350 for a cocktail), plus a 40-m² room.

These rooms bear the equestrian names "*Pur sang*", "*Selle français*", "*Trotteur*", "*Cob normand*" and "*Lipizzan*"; each has been equipped with a sound system, flip-chart, video projector and WiFi connection

- A dedicated 80-m² break room, opposite the restaurant and garden patio.
- The *Hotel les bains de Cabourg***** features 165 rooms, including 29 twins and 14 suites, all of which have been designed with large bay windows extended by balcony space.

Possibility of hosting up to 150 guests at a seminar in residence, depending on the time of year.



Relaxation Leisure and entertainment

The Thalazur Cabourg team calls upon the expertise of its partners to organize customized seminars that incorporate amusing activities to help build team spirit:

Visit of the Auge region in a vintage 2 CV vehicle, beach Olympic Games, golf instruction, cultural or sports activities (e.g. land yachting, sea wading, Nordic walking). Possibilities abound, between land and sea, in the aim of providing you with an intense authentic Normandy experience and guaranteeing the success of your event.

Extras:

The Thalazur Cabourg advantage lies in its on-site thalassotherapy and state-of-the-art spa facilities, ideally suited to recharge one's batteries and enjoy relaxation time. For any full or partial seminar in residence, access to waterfront amenities is free of charge and unrestricted from 9 am to 8 pm. After a productive work session, appreciate a dip in the seawater pool heated to 32°C, offering a magnificent sea view. A Jacuzzi, geysers, water beds, massage chairs, underwater jets, foot jets, walking corridor against the current, "Cobra" waterfall, steam bath and sauna have all been combined in this dedicated wellness and relaxation space.

Beyond this wonderful discovery, the seminar can also be enhanced by adding a few spa treatments, whether out of

water (hydro-massage, seaweed body wrap) or through individual hydrotherapy programs benefiting from the seawater (hydro-massaging tub, seaweed wrap).

The proximity of a Casino (15-min walk along the waterfront) is another option for your festive evenings.

The resort is also well endowed with leisure amenities: 2 nearby golf courses (9 and 18 holes), horse racetrack, equestrian center, nautical activities (land yachting, etc.). The Thalazur Cabourg team, in conjunction with its partners, is on hand to customize your seminar programs.

Restaurant service

The "*Poisson d'Argent*" restaurant, directly integrated into this establishment, is a friendly and ideal venue for work colleagues to spend quality time together. In a natural setting, this restaurant's panoramic view and garden patio are both highly appreciated. The menu displays a seasonal cuisine, simple and refined, supplied at the Chef's insistence solely by regional products between the Seine waterway and Normandy pastureland.

For groups of 20 or more, the *Hotel les bains de Cabourg***** proposes private restaurant seating.

Give in to the temptation of a special theme coffee break:

Freshness and Vitality / Vitality and Taste treats

Local delicacies / Sea and Savors.

Information and reservations
33 (0)1 48 88 89 90

■ ACCESS

By car: Use the A13 motorway, exit at Dozule, then follow road signs for Cabourg (Cabourg is 10 km from the Dozule exit).

Rail stations: Dives/Cabourg at 2 km, Deauville/Trouville at 20 km, Caen at 25 km.

Shuttle service:

"Free train station-to-hotel transfer for spa guests" (6-day stays, solely upon reservation).

Airport: Caen-Carpiquet at 30 km, Deauville-Normandie at 30 km.



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Hôtel ■ Thalassothérapie & Spa

The art of taking care of you

www.thalazur.fr
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