



Spa Brochure

VIRTUAL TOUR



ANANTARA

SPA

Thalion



THALION laboratories carefully cultivate and select the best seaweed for their products in Brittany, in the Mer d'Iroise. This unique harvesting know-how enables them to preserve the original qualities of these precious plants and restore them in original formulas, veritable elixirs of beauty and well-being.

CHO Nature



A brand of organic, eco-friendly and natural skin care products, using organically grown ingredients and wild plants to create gentle products. The brand is based in Mouans-Sartoux, one of Europe's most environmentally-friendly towns.

Bastien Gonzalez



We are proud to work with Bastien Gonzalez, a world-renowned French pedicure-podologist. Our therapist are trained in the exceptional beauty and well-being care protocols of the "Révérence de Bastien" brand, born of the desire to offer products and care for hands and feet that meet the highest standards of perfection and excellence.

Monika Heiligmann



Monika Heiligmann's science-led and couture-inspired formulas are a fusion of natural extracts and cutting-edge biotechnology, ensuring transformative results.

It is the first and only science-led couture-inspired lip care brand, created to set a new standard in luxury lip care cosmetics.

Signature
experiences

Essence of Anantara by Thalion

Recharge the body with minerals and neutralize the signs of stress and fatigue on the face and body.

This exceptional ritual begins with a facial treatment with a double marine mask which leaves the skin fresh, replumped and intensely moisturized.

The body is then immersed in a state of ultimate relaxation thanks to the signature massage, which combines deep muscle maneuvers and Marine Magnesium.

90 min - € 280

Supreme hot pebbles and herbal pouches

This signature massage with "CHO Nature" mimosa-ginger oil, alternating hot-cold pebbles and herbal pouches, invites you to let go and relax, eliminates toxins and stimulates blood circulation.

90 min - € 290

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

Facial treatments



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FACIALS

Discover the benefits of marine cosmetics from Bretagne with THALION

Beauty enhancer

A marine facial with a detoxifying scrub, creamy mask, and a relaxing massage for an instant healthy glow.

30 min - € 130

Sensi-marine

This facial instantly immerses the skin in a bubble of serenity. It leaves the skin protected and soothed.

60 min - € 195

Energy & radiance

This energizing facial gives your skin a shot of marine minerals, trace elements, and vitamins from “super seaweeds”, erasing the signs of fatigue. It leaves a fresh, rosy and glowing complexion.

60 min - € 195

Hydra-mineral

This facial features a unique combination of marine technology and luscious textures, with a double marine mask. Skin is intensely hydrated and bathed in minerals, leaving it fresh and plumped.

60 min - € 195

THALION

CRÉATEUR DE COSMÉTIQUE MARINE

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

FACIALS

Discover the benefits of marine cosmetics from Bretagne with THALION

Lift & firm

This facial, combines cutting-edge marine active ingredients developed by scientists with a firming massage and a unique tightening mask. Facial features are smoothed, skin is firmer, and contours are more well-defined.

60 min - € 205

Everlasting Youth Sculptor

This treatment combines high technology, high sensoriality and high efficacy to relaunch the cellular processes of youth. Every detail of this exceptional ritual has been designed to reshape the skin's architecture, layer by layer. Its manual massage, inspired by facialists techniques, is combined with a unique massage accessory, the Sculpting Marine Glaz, to redefine the contours, smooth and plump the skin. This is followed by an intense exfoliation, like a microdermabrasion, and then Caviar Pearls, with their wrinkle-by-wrinkle filling effect.

90 min - € 270

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CRÉATEUR DE COSMÉTIQUE MARINE

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FACIALS FOR MEN

Discover the benefits of marine cosmetics from Bretagne with THALION

Oxygen booster for men

This 100% effective facial designed for men is a burst of oxygen and marine minerals. Sixty minutes for stronger, more glowing skin.

60 min - € 195

Pure detox for men

This high-tech treatment combining relaxation and powerful marine active ingredients purifies skin and clears it of imperfections. The complexion is radiant.

30 min - € 130

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

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Bespoke massages



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MASSAGES

Discover our oil bar x "CHO Nature", natural and organic products made in Grasse.

Absolute calm

Relaxing body massage with an oil tailored to your needs at the time of your visit. Tensions are released and the body is free from all stress.

30min - € 130

60min - € 195

90min - € 260

Balinese

A complete massage that acts in depth, combining relaxation and tonicity. It brings a real harmony between body and mind.

60 min - € 195

90min - € 260

Mum to be

A gentle massage that relieves tension points and brings a feeling of lightness.

60 min - € 195



Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

ADD ON

LUNCH at restaurant
"SEEN BY OLIVIER NICE"
From € 38

PARAFFIN TOUCH 30 €
For dry or dehydrated hands. Helps the skin retain water and prevent dehydration.

FOOT MASSAGE
20min - € 80

BODY SCRUB
30min - € 90

MASSAGES

Discover the benefits of marine cosmetics from Bretagne with THALION

Intense revitalization with marine magnesium

A set of techniques to relax muscles and joints is performed. The body is put into a state of ultimate relaxation thanks to the signature massage, which associates deep muscular gestures through the power of marine magnesium and seawater.

60 min - € 205

Oceanic bliss

True immersion, the massage combines marines and solar choreographies, and “Hypno-slow” techniques to offer exquisite sensation of relaxation.

60 min - € 205

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Sports care



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MASSAGES

Deep tissue

This vigorous yet relaxing remedy, classic massage strokes, works deeply into the muscles to stretch fibers and release tension.

60 min - € 210

90 min - € 280

Go with the flow by Julien B.

An exceptional healing treatment by our in house specialist in deep tissue, sports and Thai massage. This treatment combines generous and complete advanced movements, stretching and mobilization for an incomparable relaxation experience.

60 min - € 220

90 min - € 305

Thai massage

Passed down through generations, this unique and exotic technique is known to many as ‘passive yoga’, as it offers the ultimate body workout, without any effort. Let your expert therapist do all the work while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

60 min - € 220

90 min - € 290

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

Body treatments



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BODY TREATMENTS

The spa body treatments have been combined with marine efficiency of THALION to give you wonderful skin and ultimate relaxation.

Oceanic bliss ritual scrub + massage

A unique multi-sensory experience designed to immerse the body and mind in a state of deep relaxation. The body is enveloped in a gourmet scrub, then slowly immersed in a cocoon of well-being thanks to the Oceanic bliss ritual massage.

90 min - € 270

Scrub bar

Let yourself be seduced by our scrubs of your choice: Sea Salt Scrub Fluid, Oily Mineral Scrub, Divine Tiare Scrub or Divine Sparkling Citrus Scrub.

45 min - € 120

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CRÉATEUR DE COSMÉTIQUE MARINE

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Silhouette treatments



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SILHOUETTE TREATMENTS

3D silhouette

This anti-cellulite treatment uses a new technique: the superposition, in thin layers, of a multitude of textures to saturate the skin with marine active ingredients. Combined with a deep massage of the adipose tissue, the formulas target the 3 dimensions of cellulite.

For enhanced treatment efficiency, we recommend undergoing between 3 and 10 sessions subsequent to a diagnosis provided by one of our expert therapists.

60 min - € 195

10 x 60 min - € 1 755

Zen abdomen

An unprecedented curative and preventive approach to fighting excess abdominal fat and deep relaxation. This treatment combines the Zen Abdomen massage technique developed by a physiotherapist with a trio of magnesium oil, Guérande mud, and Stomach & Waist Reshaper.

45 min - € 150

Slimming pearls

The slimming massage rolls marine pearls and melts them on the skin to deliver Algoslim®, a precious THALION patented marine active ingredient that activates fat burning.

30 min - € 120

THALION

CRÉATEUR DE COSMÉTIQUE MARINE

Treatments over 60 minutes include access to
our relaxing room, steam room and sauna

Wellness escapes



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WELLNESS ESCAPES

Relax

- Steam room, sauna and relaxing room - 60min
- Mineral Scrub - 30min
- Ocean Magnesium Massage - 60min
- Hydra-Mineral Facial Massage - 60min

3h30 - € 450

Detox

- Steam room, sauna and relaxing room - 60min
- Sea salt fluid - 30min
- Detox massage - 60min
- Éclat sublime or oxygen booster facial treatment - 60min

3h30 - € 450

Gourmet

- Steam room, sauna and relaxing room - 60min
- Divine exfoliant - 30min
- Seas voluptuous massage - 60min
- Personalized facial massage - 60min

3h30 - € 450

ADD ON

Lunch at “SEEN by Olivier Nice” - From € 38

SPA MEMBERSHIPS

Relax

5 relaxing massages or facial treatment (excluding anti-ageing and sports massage) + access steam room and sauna.

5 x 60 min - € 975
+ 1 free body scrub - 45 min
Valid : 6 months

Escape

10 relaxing massages or facial treatment (excluding anti-ageing and sports massage) + access steam room and sauna.

10 x 60 min - € 1 755
+ 1 free body scrub - 45 min
Valid : 1 year

Steam room & sauna

Access to the steam room and sauna · 1h

Access to the steam room and sauna is included from 60 minutes of treatment.

Please, book in advance your session

Hotel guests - € 25

External guests - € 50

Sports packages



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SPORTS PACKAGES

Preparation

Access to the gym

steam room, sauna and relaxation room - 60min

Sport massage with marine magnesium - 30min

Foot weelness (scrub & massage) - 30min

3h - € 290

Recovery

Access to the gym

steam room, sauna and relaxation room - 60min

Relaxing massage with marine magnesium - 30min

Cryotherapy legs & feet treatment - 30min

3h - € 290

Hands & Feet



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HANDS & FEET

Bastien Gonzalez, podiatrist pedicure, its unique concept is based on the synergy between care, beauty and well-being.

Reverence hand ritual

A cuticle and nail treatment, including a natural beauty finish to the nails and thorough massage of the forearms, wrists, hands and fingers.

Suggested cocktail or mocktail : Céleste – 20 €

45 min - € 95

Reverence foot ritual

A complete pedicure including a nail treatment, followed by a skin treatment to eliminate hard skin and dryness, complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness

Suggested cocktail or mocktail : Céleste – 20 €

60 min - € 140

Reverence duo

This synchronized four hands treatment focuses on your feet, legs and arms. The ultimate in manicure and pedicure luxury, offering total relaxation.

Suggested cocktail or mocktail : Céleste – 20 €

75 min - € 215



Révérence de Bastien

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

ADD ON

PARAFFIN TREATMENT - 30 €
Ideal for dry or dehydrated hands. Helps the skin retain water and prevent dehydration

Nail polish - 25 €

HANDS & FEET

Foot de-stress

This truly relaxing toes-to- knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub facilitates the absorption of the cream used during the massage, optimizing the effects of its active ingredients.

30 min - € 105

File & paint touch

HANDS OR FEET.

Select your favorite nail polish color. Includes nail shaping.

30 min - € 35

Hand & foot synchronicity

This four hands synchronized massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

30 min - € 140

Paraffin touch

HANDS OR FEET

This care supplement intensifies the foot and hand rituals. With its occlusive effect and its warmth, the paraffin mask allows better penetration of the moisturizing ingredients applied beforehand. It promotes optimal relaxation of the joints and muscles.

20 min - € 35

Gel color removal

25 min - € 25



Révérence de Bastien

Fitness memberships



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FITNESS MEMBERSHIPS

Fitness

VIRTUAL TOUR

A fully equipped fitness space with cardiovascular equipment, resistance machines and free weights. Our state-of-the-art Technogym connected equipment offers members a totally immersive workout experience.

Our wellness area features a sauna, steam room and relaxation room, offering our members a total escape.

Find us on **STRAVA** app to discover our race courses designed by our team. Whether you're a beginner or a seasoned runner, our courses are adapted to every level, allowing you to enjoy magnificent scenery while staying active.



A team of coaches is dedicated to helping you achieve your goals.

OPEN 24h/24h
(hotel guests)

OPEN FROM 7am to 10pm
(external clients)

GROUP CLASSES FROM

Book your group lessons with spa reception or via this [link](#)

PRIVATE LESSONS

On demand from € 95

SCAN THE QR CODE BELOW TO ACCESS
THE FITNESS LESSON SCHEDULE



Fitness membership benefits

1 – 3 – 6 - 12-month membership

- Access to the gym every day from 7:00 am to 10:00 pm
 - Complimentary towels while using facilities
 - Access to changing rooms
 - Complimentary sports snacks
 - Complimentary refreshments
 - Administration fee included
 - Access to sauna, steam room and relaxation room
 - 25% discount on the treatment menu (Monday to Thursday)
- 3 guest passes per year
 - 1 Group classes per month for 12 months membership

Personal Training

Personal training is available to members at an additional cost. Please speak to a member of the Spa team for more details.

Prices

	1 PERS.	2 PERS.
12 MONTHS	€ 1 440	€ 2 760
6 MONTHS	€ 750	€ 1 440
3 MONTHS	€ 390	€ 750
1 MONTH	€ 150	300 €

Sponsorship

For every 12-month subscription sponsored, 1 month free for the sponsor.
Limited to 2 referrals per year.

General conditions



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GENERAL CONDITIONS

Access

External guests have access to all the treatments at the Anantara Spa, as well as the Gym Club. Parking and valet parking are available at an additional cost.

Opening hours

Anantara Spa is open daily from 10am to 7pm, the Fitness Club 24 hours a day.

Please contact us for timetables in high season.

Your arrival at the spa

For your treatment to run smoothly, we recommend that you arrive at the spa reception desk 15 minutes before your appointment time. Late arrival will result in a reduction of the initial treatment time.

Age requirement

Access to the spa and treatments is reserved for people over 16 years old, with an adult.

Care, health and comfort

Our treatments are non-medical, wellness and relaxation treatments. Please inform us of any health problems, allergies or injuries that could interfere with your treatment and/or the use of the spa facilities.

GENERAL CONDITIONS

Tranquility of the place

The Anantara Spa is a place of relaxation and well-being. In order to maintain this environment conducive to well-being, we ask you to respect the tranquility of the premises and that of other users. Please speak softly and turn off your cell phones. Smoking is not allowed.

Cancellations

Any cancellation that is not notified within 24 hours will be charged in full.

Lost or damaged items

The Spa Anantara Plaza Nice provides clients with a changing room and linen. The Spa will not be responsible for any personal belongings.

Valet parking

€ 15