

MONTE·CARLO  
SOCIÉTÉ DES BAINS DE MER



THERMES MARINS  
MONTE · CARLO

TREATMENT MENU

## Our Expertise | SILHOUETTE

Presenting Thermes Marins Monte-Carlo, a haven of tranquillity in the heart of Monaco, where time stands still. Discover the amazing wellness centre that combines innovative technology with the calm and comfort of a luxury facility.

With an expertise built over 150 years, Thermes Marins Monte-Carlo is a world-renowned centre of wellness, performance and preventive health.

Give longevity to life, and life to longevity: this is Thermes Marins Monte-Carlo's philosophy based on 7 essential, synergistic principles:

- Clinical diagnosis and medical check-ups
- Nutrition and micronutrients
- Physical activity
- Technology
- Beauty treatments and products
- The benefits of the Mediterranean climate and the sea
- Stress management

Thermes Marins Monte-Carlo offers the expertise of a multidisciplinary team, a multidimensional approach, and treatments and protocols personalised according to your specific goals.

### TREATMENTS

<b>Cellcosmet Swiss Anti-cellulite</b> Reduces the cellulite and visibly reshapes the contours of the figure	<b>90'</b>	€230
<b>Lymphatic Massage</b> The ideal massage for fluid retention	<b>60'</b>	€175

### TECHNOLOGICAL TREATMENTS

<b>Slimming Ultrasound</b> Effective on wider areas of concern	<b>20'</b>	€65
<b>Low Frequency Ultrasound</b> Focuses on specific areas of concern	<b>20'</b>	€65
<b>Mesoporation</b> Uses an electric current to improve the absorption of active slimming ingredients	<b>60'</b>	€195
<b>Cellu M6 Alliance LPG</b> Mechanical knead and roll technique effective for slimming	<b>from 15' to 35'</b>	from €65 to €100
<b>Cryolipolysis in specific areas (Acryos)</b> Uses cold to accelerate slimming	<b>60'</b>	€130
<b>Cryolipolysis in specific areas (Medical)</b> Crystallises stubborn fat and redefines curves		Price varies according to treatment

### PACKAGES - 4 DAYS OR MORE

<b>Silhouette Package *</b> A 4-day slimming initiation package with 19 treatments and health consultation	<b>4 days</b>	€1,900
	<b>Additional day</b>	€375

\* Accommodation option possible

# Our Expertise | QUALITY AGEING

## FACE TREATMENTS

<b>La Prairie Caviar Instant Lifting Treatment</b> Perfection, relaxation and well-being in under an hour	<b>45'</b>	€ 130
<b>La Prairie Swiss Cellular Anti-Ageing Treatment</b> Restructures, smooths and reduces wrinkles	<b>60' / 90'</b>	€ 155 / € 200
<b>La Prairie Caviar Lifting and Firming Treatment</b> With pearls of caviar to illuminate and lift	<b>60' / 90'</b>	€ 190 / € 230
<b>La Prairie Platinum Ultimate Youth Treatment</b> Platinum protects the skin, restoring balance and a more youthful appearance	<b>90'</b>	€ 330
<b>Cellcosmet Swiss CellFacial Revitalising Anti-Ageing</b> This personalised cellular treatment revitalises, prevents the effects of ageing and restores a radiant complexion	<b>90' / 120'</b>	€ 230 € / € 280
<b>Cellcosmet Swiss Deluxe ProCollagen Face and Neck</b> Reshapes the lines of the face and instantly smooths the skin	<b>90'</b>	€ 350
<b>Cellcosmet Swiss Deluxe Intensive Elasto-Collagen</b> This highly hydrating treatment restores elasticity, firmness and suppleness to the skin	<b>90'</b>	€ 200
<b>Cellcosmet Swiss Deluxe Clarifying Elasto-Collagen</b> Its clarifying effect reduces brown spots, discolouration and pigmentation	<b>90'</b>	€ 200
<b>Cellcosmet Swiss Deluxe Pro-Collagen Eye Contour</b> For luminous and refreshed eyes	<b>60'</b>	€ 130
<b>Teoxane Radiance Treatment</b> With hyaluronic acid to restore radiance	<b>45'</b>	€ 110
<b>Resilient Skin Expert Treatment</b> Moisturises, restructures and smooths dry or sensitive skin	<b>90'</b>	€ 230
<b>Teoxane LED Hyaluronic Acid Mask</b>	<b>30'</b>	€ 110

## BODY TREATMENTS

<b>La Prairie Caviar Body Treatment</b> With nourishing caviar to lift and firm	<b>90'</b>	€ 230
<b>La Prairie Caviar Body Massage</b> A luxurious massage with the firming and lifting virtues of caviar	<b>60'</b>	€ 190
<b>La Prairie Swiss Bliss Treatment</b> Face and body treatment offering complete relaxation with the extraordinary virtues of caviar	<b>180'</b>	€ 350
<b>Cellcosmet Swiss CellMains Revitalising Anti-Ageing</b> For smoother, more supple and younger-looking hands	<b>30'</b>	€ 80
<b>Cellcosmet Swiss Bust Defining and Firming</b> Visibly firms and reshapes the contours of the bust	<b>60'</b>	€ 160
<b>Cellcosmet Swiss Body Defining and Firming</b> Firms the skin, reshapes the contours of the body and reduces stretch marks	<b>90'</b>	€ 230

## TECHNOLOGICAL TREATMENTS

<b>Electrolift - face</b>	<b>30' / 45' / 60'</b>	€ 145 / € 190 / € 230
<b>Radio frequency</b>	<b>30' / 75'</b>	€ 105 / € 195
<b>Mesoporation</b>	<b>30' / 75'</b>	€ 105 / € 195
<b>Cryotherapy - face</b>	<b>45' / 60' / 75'</b>	€ 120 / € 195 / € 230

## PACKAGES - 4 DAYS OR MORE

**Quality Ageing Package \***  
A 4-day package to restore energy and a more youthful appearance with 17 treatments and health/beauty consultations

<b>4 days</b>	€ 2,200
<b>Additional day</b>	€ 500

\* Accommodation option possible

## Our Expertise | PERFORMANCE

### TREATMENTS

Sea mud body wrap	20'	€ 80
Seaweed body wrap	20'	€ 80
Cellcosmet Swiss Body Detox Detoxifies and purifies deep in the skin	60'	€ 180
Maxi-Mineral Reap the benefits of remineralising sea mud with a salt exfoliation, sea mud wrap and massage	90'	€ 250

### TECHNOLOGICAL TREATMENTS

Huber 360 Use and increase your physical and cognitive aptitude simultaneously	30'	€ 65
Human Tecar Radio Frequency Massage using Human Tecar technology	60'	€ 195
Miha Body Tec Dynamic whole-body electrostimulation One 20-minute session is the equivalent of a 2-hour workout	30'	€ 150

### DAY PACKAGES

Performance Spa Package * Cryotherapy, seaweed wrap and a 60' customised Monte Carlo massage		€ 235
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### PACKAGES - 4 DAYS OR MORE

Potential Booster Package ** A 4-day package to boost your potential with 19 treatments and health consultation		
	4 days	€ 1,900
	Additional day	€ 425

\* Lunch option - €45 additional fee

\*\* Accommodation option possible

## OUR EXPERTISE

### CRYOTHERAPY WHOLE BODY -110°C

3' of intense cold to boost your capacity for maximum recovery.  
Effective for jet lag, sleep issues, boosting physical and intellectual abilities, certain pain symptoms and much more!

Per session	€ 55
Set of 10 sessions	€ 495

### PREVENTIVE HEALTH

Medical examination	60'	€ 150
Bio-impedancemetry body composition analysis	45'	€ 110
Consultation with a nutritionist	60'	€ 130
Health check-up and tests (biology, cardiology, etc.) *		on request
Fasciotherapy	45'	€ 140
Wellness Pedicure	60'	€ 175

\*With our Monaco-based health partners

## Wellness

### TREATMENTS

<b>Cellcosmet Swiss Body Exfoliation</b> After exfoliation, your body will be rid of impurities	30'	€100
<b>Cellcosmet Swiss Body Relaxation</b> For a long-lasting relaxation	60'	€180
<b>Tension Release Coaching</b> Deep relaxation, reduces stress and eliminates tension	60'	€175
<b>Customised Synergistic Treatment</b> In a spa suite - two or three hydrotherapy treatment options depending on the selected treatment	60' / 90'	€180 / €250
<b>Signature Pedi-Spa</b> A relaxing beauty treatment for the feet	45'	€95
<b>Foot Sensation</b>	30'	€110
<b>Jet Shower</b>	10'	€65
<b>Hydro Massage Bath</b>	20'	€65
<b>Hydro Massage Bath for Two</b>	20'	€120

### MASSAGES

<b>Customised Monte Carlo Massage</b> Massage customised to your needs and expectations	30' / 60' / 90'	€110 / €175 / €245
<b>Traditional Thai / Pinda Sweda / Shiatsu / Swedish / Sports / Deep Tissue Massage</b>	60'	€175
<b>Somatic Massage</b> To restore your inner energy balance	55' / 85'	€165 / €240
<b>Table Shower Massage - 2 hands</b>	20' / 40'	€95 / €140
<b>Table Shower Massage - 4 hands</b>	20' / 40'	€140 / €220

### DAY PACKAGES

<b>Initiation Spa *</b> Seaweed body wrap - jet shower or bath - table shower massage	€175
<b>Exclusive Spa *</b> Two hydrotherapy treatments and a 60' customised Monte Carlo massage	€235
<b>Absolu Spa *</b> Two hydrotherapy treatments, a 60' customised Monte Carlo massage and a 60' facial	€375

### PACKAGES - 4 DAYS OR MORE

<b>Wellness Package **</b> A 4-day package dedicated to wellness with 14 treatments and health consultations	
4 days	€1,500
Additional day	€350

\* Lunch option - €45 additional fee  
\*\* Accommodation option possible

## Beauty

### FACE TREATMENTS

<b>La Prairie Signature Treatment</b> Detoxifies - energises - restores balance	60' / 90'	€155 / €200
<b>La Prairie Signature Treatment for Men</b> Energises and moisturises	60'	€155
<b>La Prairie Radiance and Perfection Treatment</b> With pure gold droplets to revitalise and restore subtle radiance	60' / 90'	€190 / €230
<b>La Prairie White Caviar Firming and Lightening Treatment</b> Evens out the complexion and reduces imperfections due to pigmentation	60' / 90'	€190 / €230

### TECHNOLOGICAL TREATMENTS

<b>Microdermabrasion</b>	60'	€155
<b>Pulsating Light Permanent Depilation</b>	15' to 60'	€65 to €150
<b>IO2 - Oxygen</b>	30' / 75'	€85 / €260

### TRADITIONAL BEAUTY TREATMENTS

#### HANDS & FEET

<b>Beauty treatment for the hands or feet - French or classic</b>	75'	€75
<b>Quick beauty treatment for the hands or feet</b>	45'	€50
<b>Application of nail polish on hands or feet</b>	30'	€30

#### DEPILATION

<b>Lips or underarms</b>	€20
<b>Half-arm or half-leg</b>	€35
<b>Full arm or full leg</b>	€45
<b>Extended bikini</b>	€35
<b>Brazilian bikini</b>	€45
<b>Full bikini</b>	€60
<b>Eyebrows (trim)</b>	€20
<b>Eyebrows (shaping)</b>	€30

## WELLNESS AREA

With your relaxation and well-being in mind, Thermes Marins Monte-Carlo features a splendid heated seawater pool with a superb view of the Mediterranean. Sentorium, sauna, hammam, solarium and jacuzzi facing the Port and the Rocher complete this area dedicated to your wellness and fitness.

Because sports deeply enhance wellness, Thermes Marins Monte-Carlo offers a panoramic fitness room with super sophisticated Technogym sport and exercise equipment.

Access to the Wellness Area: €150

A purchase of €250 or more in treatments or services comes with complimentary access to the Wellness Area on the day of the service\*.

For a purchase of €150 to €250 in treatments or services, the fee to access the Wellness Area is €75 on the day of the service\*.

Thermes Marins Monte-Carlo offers several membership plans. Please contact us for more information.

## L'HIRONDELLE RESTAURANT

At L'Hirondelle, the products of the Mediterranean inspire the Chef to create healthy cuisine that combine well-being and gourmet flavours. Enjoy the healthy menus on the terrace as you admire Monaco Port and the Rock.

Our Chef has designed a menu with light and flavourful dishes that are as delicious as they are healthy. Three set menus change daily, offering balanced and nutritional cuisine featuring gluten-free fare, green detox dishes, and fish and seafood from sustainable fishing practices.

Market Menu, Veggie Menu, and Wellness Menu (drinks not included):

3-course menu (starter/main dish/dessert)	€58
2-course menu (starter/main course or main course/dessert)	€45

The restaurant L'Hirondelle is open daily for lunch:

Monday to Thursday: 12.00 to 15.00  
Friday to Sunday and bank holidays: 12.00 to 15.30

\* Per person / Not used for the purchase of Carnet to use on the day of the purchase

## HOW TO THOROUGHLY ENJOY YOUR STAY AT THERMES MARINS MONTE-CARLO

Thermes Marins Monte-Carlo is a place for rest and relaxation. Please help us respect the calm atmosphere and privacy of others.

Thermes Marins Monte-Carlo is open:

	From 01/10 to 31/05	From 01/06 to 30/09
• Wellness Area	7.00 to 21.00	7.00 to 21.00
• Reception	8.00 to 20.00	8.00 to 20.30
• Spa Ô	9.00 to 19.00	9.00 to 19.00
• Massages and technological treatments	9.00 to 21.00	9.00 to 21.00
• Beauty Salon	9.00 to 19.00	9.00 to 20.00
• Hair Salon	10.00 to 19.00	10.00 to 20.00
• Shop	8.00 to 20.00	8.00 to 20.00

All our services can be bought as a single session, a pack of 5 sessions (5% discount), or a pack of 10 sessions (10% discount).

We recommend arriving at least 20 minutes before your appointment so you can prepare for your experience and treatments without rushing.

If you arrive late, your treatment will be shortened but due in full.

During your treatments, you can leave your personal belongings in a locker\*. The locker uses a combination and opens automatically every night once the changing rooms close. We provide robes, towels and slippers.

Management can in no way be held liable for personal items that are lost, stolen, left behind or damaged in our facility.

Children under 18 years of age must be accompanied when moving from one area of the centre to another, including the changing room.

For appointments cancelled or postponed with less than 24 hours notice, 100% of the price is due. Total payment is also due in the case of a missed appointment or no-show. Same-day bookings for treatments or services cannot be modified or cancelled.

For customers not staying in one of our Monte-Carlo Société des Bains de Mer hotels, credit card information will be requested as a guarantee when you make your reservation.

We hope the time you spend at Thermes Marins Monte-Carlo is truly restful, enjoyable and restorative.

\* For day packages, hotel stays or combined packages



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