

MONTE·CARLO
SOCIÉTÉ DES BAINS DE MER



THERMES MARINS
MONTE · CARLO

Treatment Menu

Our Expertise | QUALITY AGEING

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.

FACE TREATMENTS

La Prairie Caviar Instant Lifting Treatment Perfection, relaxation and well-being in under an hour	45'	€ 130
La Prairie Swiss Cellular Anti-Ageing Treatment Restructures, smooths and reduces wrinkles	60' / 90'	€ 155 / € 200
La Prairie Caviar Lifting and Firming Treatment With pearls of caviar to illuminate and lift	60' / 90'	€ 190 / € 230
La Prairie Platinum Ultimate Youth Treatment Platinum protects the skin, restoring balance and a more youthful appearance	90'	€ 330
Teoxane Radiance Treatment With hyaluronic acid to restore radiance	45'	€ 110
Resilient Skin Expert Treatment for dry or sensitive skin Moisturises, restructures and smooths dry or sensitive skin	90'	€ 230
Resilient Skin Expert Treatment for combination skin or pigmentation Moisturises and repairs the skin for a more even complexion	90'	€ 230

BODY TREATMENTS

La Prairie Caviar Body Treatment With nourishing caviar to lift and firm	90'	€ 230
La Prairie Caviar Body Massage A luxurious massage with the firming and lifting virtues of caviar	60'	€ 190
La Prairie Swiss Bliss Treatment Face and body treatment offering complete relaxation with the extraordinary virtues of caviar	180'	€ 350

TECHNOLOGICAL TREATMENTS

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

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

4 days	€ 2,200
Additional day	€ 500

* Accommodation option possible

Our Expertise | SILHOUETTE

TREATMENTS

Phytomer Sculpt Zone Specifically focuses on the stomach, buttocks and thighs	75'	€ 215
Phytomer Morpho Designer Redesigns the body contours	60'	€ 180
Phytomer Oligomer Silhouette Refines and reshapes	60'	€ 180
Lymphatic Massage The ideal massage for fluid retention	60'	€ 175

TECHNOLOGICAL TREATMENTS

Slimming Ultrasound Effective on wider areas of concern	20'	€ 65
Low Frequency Ultrasound Focuses on specific areas of concern	20'	€ 65
Mesoporation Uses an electric current to improve the absorption of active slimming ingredients	60'	€ 195
LPG CelluM6 Mechanical knead and roll technique effective for slimming	35'	€ 100
Cryolipolysis Uses cold to accelerate slimming	60'	€ 130

PACKAGES - 4 DAYS OR MORE

Silhouette Package * A 4-day slimming initiation package with 19 treatments and health consultations	4 days	€1,900
	Additional day	€ 375

* Accommodation option possible

Our Expertise | PERFORMANCE

TREATMENTS

Sea mud body wrap	20'	€ 80
Seaweed body wrap	20'	€ 80
Phytomer Oligomer Pure Fitness Energising seawater treatment	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 consultations	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
Fasciatherapy	45'	€ 140
Wellness Pedicure	60'	€ 175

*With our Monaco-based health partners

Wellness

TREATMENTS

Phytomer Light Legs Treatment Soothing leg treatment	30'	€ 120
Phytomer Satin Skin Treatment Exfoliation with salt crystals	45'	€ 150
Phytomer Oligomer Pure Fitness Treatment Energising and remineralising seawater treatment	60'	€ 180
Phytomer Oligomer Monte Carlo Spa Treatment Restorative holistic treatment	90'	€ 250
Customised Synergistic Treatment In a spa suite - two or three hydrotherapy treatment options depending on the selected treatment	60' / 90'	€ 180 / € 250
Foot Sensation	30'	€ 110
Jet Shower	10'	€ 65
Hydro Massage Bath	20'	€ 65
Hydro Massage Bath for Two	20'	€ 120

MASSAGES

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

DAY PACKAGES

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

PACKAGES - 4 DAYS OR MORE

Wellness Package ** 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

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

TECHNOLOGICAL TREATMENTS

Microdermabrasion Massage customised to meet your needs and expectations	60'	€ 155
Pulsating Light Permanent Depilation	15' to 60'	€ 65 to € 150
IO2 - Oxygen	30' / 75'	€ 85 / € 260

TRADITIONAL BEAUTY TREATMENTS

HANDS & FEET

Beauty treatment for the hands or feet - French or classic	75'	€ 75
Quick beauty treatment for the hands or feet	45'	€ 50
Permanent manicure	30'	€ 40
Permanent manicure removal	30'	€ 30
Manicure or pedicure	30'	€ 30

DEPILATION

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

Beauty

HAIR STYLING

WOMEN

Shampoo and blow-dry	€ 45 to € 90
Shampoo, cut and blow-dry	€ 105 to € 130
Shampoo, blow-dry and bun or braid	€ 80 to € 150

MEN

Shampoo and blow-dry	€ 25
Shampoo, cut and blow-dry	€ 50
Shampoo, cut and blow-dry (child)	€ 40

COLOUR

Standard dye / natural (plant-based) dye	€ 75 to € 125
Tone on tone	€ 75 to € 125

HIGHLIGHTS

Sun-kissed	€ 80€ to € 150
Classic	€ 125 to € 265

CHIGNON

€ 90 to € 180

SHAVES AND BEARD TRIMS

Shave (disposable razor)	€ 50
Old-fashioned shave (Plisson folding razor blade)	€ 70
Moustache trim	€ 20
Beard trim	from € 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

For a minimum purchase of €250 in services, access to the Wellness Area is free (for any purchase under €250, the access fee is €75).

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

L'HIRONDELLE RESTAURANT

Enjoy a gourmet break at L'Hirondelle restaurant where talented Chef Jean-Claude Brugel, *Meilleur Ouvrier de France*, will wow your taste buds with light, delicious cuisine just bursting with flavour. The Mediterranean-inspired dishes deftly combine gastronomy and nutrition.

Healthy Menu	€ 58
Market Menu	€ 58
Early Lunch Menu*	€ 45

* Menu served in 45 minutes between 12.00 and 13.00

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

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.

For customers not staying in one of our 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



**THERMES MARINS
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2, avenue de Monte-Carlo - MC 98000 Monaco - Principauté de Monaco
thermesmarinsmontecarlo@sbm.mc | T. +377 98 06 69 00
MONTECARLOSBM.COM | @MONTECARLOSBM | MONTECARLO-APPS.COM