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*Thalasso & Spa*

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### **Marine Spa – The Art of Marine Well-being**

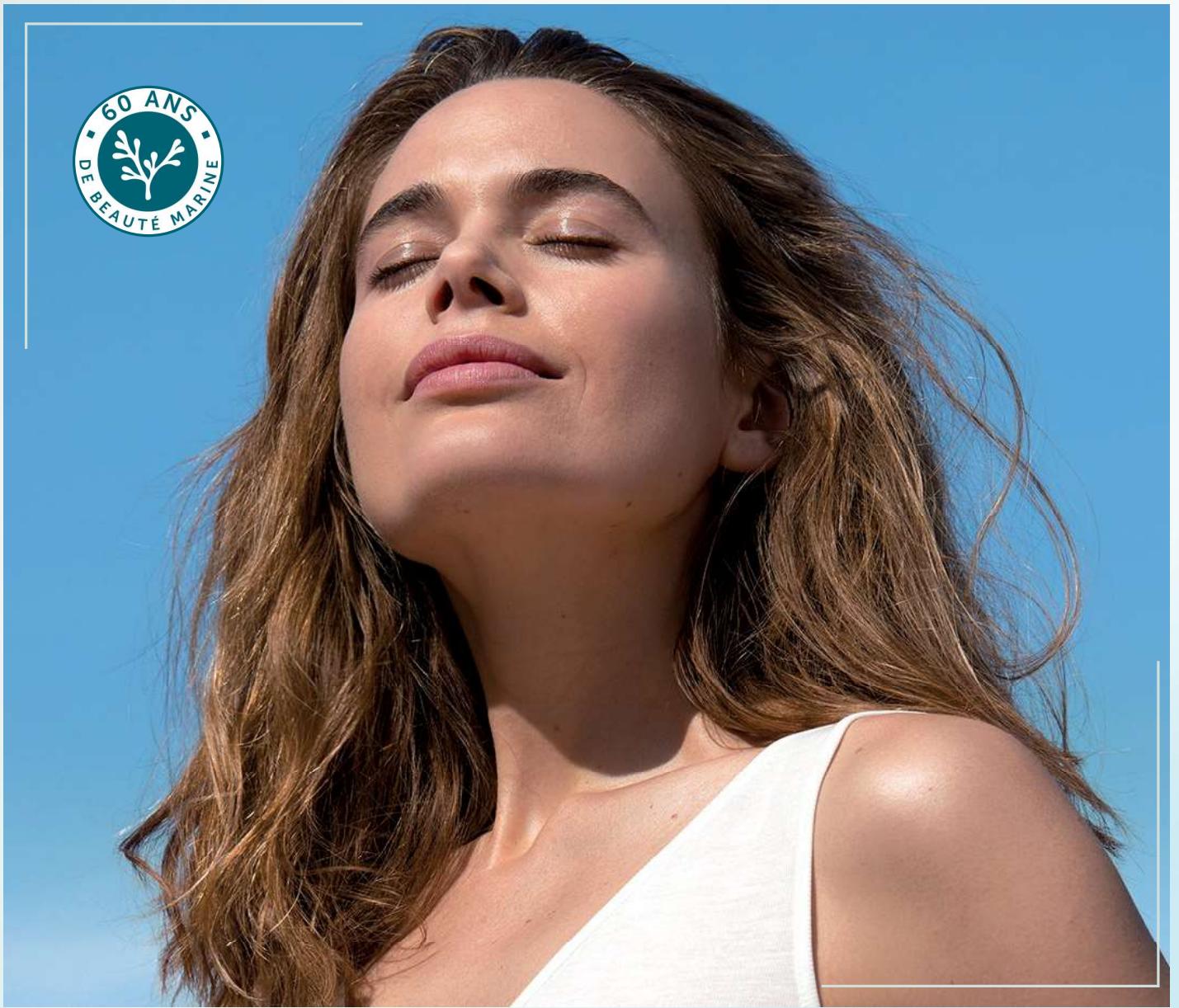
Immerse yourself in the soothing world of Marine Spa, a sanctuary dedicated to luxury, serenity, and the benefits of the sea.

As an exceptional thalassotherapy center, Marine Spa blends marine treasures with a refined selection of treatments for a rare sensory experience.

Open daily from 10 a.m. to 9 p.m., Marine Spa welcomes both hotel guests and external visitors in an elegant setting where every detail is designed to enhance well-being.

Guided by our experts, true artisans of wellness, our guests benefit from personalized programs, tailor-made for a luxurious, regenerating, and deeply rejuvenating experience.

**THALGO**  
LA BEAUTÉ MARINE



## FACIAL TREATMENTS

### Hydra-strengthening facial – source marine

⌚ 60 min 160 DT

Immerse your skin in deep hydration with remineralizing marine actives. This professional treatment combines Ocean Blue Sap with THALGO's Micro-Algae Extract to intensely hydrate and strengthen even the driest skin.

### Replenishing facial – cold cream marine

⌚ 60 min 160 DT

The ultimate comfort for dry and sensitive skin. This deeply nourishing treatment features an oil-serum and a "bandage" mask enriched with Omegas 3, 6, and 9, as well as a unique marine pro-ceramide. It replenishes lipids and visibly smooths the skin from the very first session.

### Purifying facial – pureté marine

⌚ 60 min 160 DT

Say goodbye to excess shine. This deep-cleansing treatment uses a duo of ancient algae with balancing properties to purify the skin and instantly reveal a clearer, fresher complexion.

### Soothing & repairing facial – cica marine

⌚ 60 min 160 DT

Designed for sensitive and reactive skin, this calming treatment soothes discomfort and boosts the skin's tolerance threshold, restoring long-lasting comfort and balance.

### Men's strengthening facial

⌚ 60 min 160 DT

Tailored to the specific needs of men's skin, this multi-action treatment provides hydration, nourishment, anti-irritation, and purifying benefits. Enriched with Vital Blue Algae and accompanied by a relaxing massage, it revitalizes and rebalances the skin.



## ⌚ Exception marine redensifying facial

⌚ 75 min 250DT

A luxurious marine "lifting" treatment designed to reshape facial contours and redensify the skin.

Powered by the patented Marine Replenishment Complex and the exclusive Energilift Massage, it delivers visible firmness and a more defined, youthful appearance.

## ⌚ Hyalu-procollagen wrinkle correcting facial

⌚ 60 min 230DT

This intensive, wrinkle-by-wrinkle treatment blends hyaluronic acids with marine pro-collagen and utilizes Booster Rollers for enhanced results.

Instantly, the skin looks younger and more relaxed, with even deep-set wrinkles visibly smoothed.

## ⌚ Face & eye contour treatment

⌚ 60 min 200DT

Boost your facial's effectiveness with focused care for the delicate eye area.

Puffiness and dark circles are reduced, fine lines are smoothed, and your eyes appear refreshed and visibly younger.

## ⌚ Eye expert treatment

⌚ 30 min 100DT

Thalgo's targeted eye treatment hydrates, firms, and smooths the fragile eye contour, visibly reducing puffiness, dark circles, and fine lines.

## ⌚ Express anti-fatigue facial

⌚ 30 min 120DT

A quick, revitalizing treatment for dull and tired skin.

Infused with energizing marine ingredients, this facial boosts radiance and instantly awakens the complexion.





## THALGO BODY TREATMENTS

### Frigi-thalgo light legs treatment

⌚ 45 min 150DT

Inspired by cryotherapy, this refreshing wrap treatment is perfect for relieving tired, heavy legs. Enjoy an instant sensation of lightness and improved tone.

### Body sculpt anti-cellulite & firming treatment

⌚ 45 min 150DT

An intensive contouring treatment that combines targeted manual “palper-rouler” massage with advanced equipment for enhanced results.

Firms the skin, refines body contours, and visibly smooths the silhouette.

### Slim & firm flash program

⌚ 120 min 250DT

An express full-body program designed to detoxify, tone, and slim in just two hours.

Includes: detoxifying hydromassage bath, smoothing body scrub, slimming wrap, sculpting massage, and a final firming treatment.

Leaves the skin visibly smoother, firmer, and deeply revitalized.





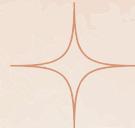
# CINQ MÔNDÉS

PARIS

## Facial treatments

### Radiance face massage – “Bali Flowers Ritual ®”

⌚ 25 min 150DT



Surrender to the delicate scents of tropical flowers during this deeply relaxing facial massage.

Leaves your skin radiant and your complexion visibly enhanced.

### “Ko Bi Do” lifting & plumping facial massage

⌚ 50 min 250DT

Inspired by the traditional Japanese Ko Bi Do technique, this intensive anti-aging treatment targets the face and neck.

It smooths wrinkles, tones the skin, and restores a youthful, lifted appearance.



## Specific massages

### Traditional Oriental relaxing massage

⌚ 50 min 200DT

Embark on a journey through Oriental traditions with this full-body massage using warm argan oil. Slow, enveloping movements release deep-seated tension and invite total relaxation and well-being.

### Indian Ayurvedic toning massage

⌚ 50 min 210DT

Inspired by the traditional Abhyanga massage, this revitalizing treatment uses warm oil and a combination of slow and vigorous strokes.

It releases tension, stimulates circulation, and reawakens the body's vital energy.

### Sublime Polynesian relaxing massage

⌚ 50 min 230DT

Inspired by traditional Polynesian healing rituals and the flowing movements of Lomi-Lomi, this massage delivers deep relaxation.

Performed with warm Sublime Oil and Sublime Balm certified by Cosmébio, and infused with the delicate scent of tropical flowers, it offers a truly sensory escape.



## Signature wellness rituals

### Oriental Ritual

⌚ 120 min 280DT

- Purifying Black Soap Scrub – Hammam Ritual
- Detoxifying Rassoul Wrap
- Traditional Oriental Relaxing Massage (50 min)

### Revitalizing Tropical Ritual

⌚ 1h50 290DT

- Japanese Aromatic Flower Bath (25 min)
- Energizing Precious Spices Scrub (25 min)
- Indian Ayurvedic Toning Massage (50 min)

### Sublime Polynesian Ritual

⌚ 1h50 320DT

- Japanese Aromatic Flower Bath (25 min)
- Monoi Sublime Scrub from Tahiti® (25 min)
- Polynesian Sublime Massage (50 min)

### Imperial Youth Ritual "Ko Bi Do"

⌚ 1H50 320DT

- Japanese Aromatic Flower Bath (25 min)
- Back Relaxation Massage (25 min)
- "Ko Bi Do" Youthful Face Massage (50 min)



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*Our signature treatments*

# Marine Spa Body Treatments

## Body scrubs

Exfoliation is a vital ritual that eliminates dead skin cells, enhances treatment absorption, and leaves the skin smooth, soft, and radiant.

Sahara sand scrub	⌚ 25 min	80DT
Rose petal scrub	⌚ 25 min	90DT
Monoi scrub	⌚ 25 min	100DT

## Body wraps

Detox wrap with seaweed / green tea

⌚ 25 min 80DT - 50 min 100DT

A detoxifying and anti-aging treatment that firms, purifies, and revitalizes the skin while eliminating toxins.

Rheumatic wrap with double seaweed / mud / olive / rosemary

⌚ 25 min 90DT - 50 min 120DT

Rich in minerals and trace elements, this therapeutic wrap relieves muscular tension, soothes rheumatism, stimulates circulation, and rebalances the body's nutrients.

Regenerating wrap with shea butter / chocolate / sesame and honey / or coconut cream

⌚ 25 min 100 DT - 50 min 130DT

A deeply nourishing and rejuvenating treatment that stimulates cell renewal, boosts elasticity, and enhances hydration—ideal for dry or mature skin.

# Hydrotherapy Treatments

## Relaxing floral aromatic bath

⌚ 25 min 80DT

Immerse yourself in a warm, soothing bath delicately scented with floral notes selected to match your mood. A deeply relaxing and hydrating escape for body and mind.

## Milk bath – honey / coconut / vanilla

⌚ 25 min 90DT

This nourishing bath soothes the skin, relieves irritation, and deeply hydrates. Perfect after a body scrub, it leaves the skin soft, silky, and deliciously scented.

## Detox bath – algae serum / citrus / olive

⌚ 25 min 100DT

A purifying bath that combines detoxifying ingredients with deep hydration. Leaves your skin revitalized, refreshed, and renewed.

## Stimulating jet shower

⌚ 25 min 90DT

A high-pressure water massage that stimulates circulation, tones the skin, and helps reduce the appearance of cellulite. An energizing and invigorating treatment.

## Underwater shower massage

⌚ 25 min 90DT

Combines the benefits of water pressure with massage techniques to ease tension, stimulate blood flow, and target cellulite.

## Vichy shower (affusion shower)

⌚ 25 min 100DT

A relaxing ritual under a cascade of warm, fine water jets.

This gentle yet stimulating shower enhances circulation, eases stress, and prepares the body for other treatments.

## Kneipp path therapy

⌚ 25 min 100DT

A sensory walking journey alternating hot and cold water baths, guided step-by-step by your therapist. Stimulates circulation, reawakens energy, and brings a deep sense of lightness and balance.

# Our Hammam Experiences

All hammam rituals include complimentary access to the men's and women's saunas, sensory showers, and the ice fountain.

## Beldi hammam ritual

⌚ 25 min 80DT

Bask in warm steam as your body relaxes and your pores open.

Traditional black soap deeply purifies, while the Kessa glove exfoliates, revealing soft, radiant, and renewed skin. A timeless sensory journey rooted in ancestral Tunisian traditions.

## Imperial hammam ritual

⌚ 50 min 120DT

Begin with a soothing foot bath to ease tension and prepare for the ritual.

The body is coated with nourishing black soap, followed by a revitalizing Kessa exfoliation. To conclude, choose a body mask—algae, marine mud, or rosemary—for its natural, detoxifying, and remineralizing properties.

## Carthaginian ritual

⌚ 70 min 180DT

This luxurious experience begins with a calming foot soak to invite total relaxation.

Enjoy a full-body cleanse with traditional black soap, followed by a deep Kessa exfoliation. Refreshing rose water tones the skin, preparing it for a gentle application of Tfall, a silky cleansing foam. A relaxing, enveloping massage follows, and the ritual ends with the application of a nourishing orange blossom cream, leaving your skin delicately perfumed, soft, and deeply hydrated.



# Our Massage Treatments

## Relaxing scalp massage

⌚ 25 min 85DT

Expert hands gently glide over the scalp, releasing built-up tension and creating a soothing sensation of lightness and clarity.

## Relaxing facial massage

⌚ 25 min 85DT

Gentle yet deep movements smooth facial features, revive radiance, and calm the mind for a glowing complexion and inner peace.

## Relaxing leg massage

⌚ 25 min 90DT

Using draining and enveloping movements, this massage restores vitality and lightness to tired, heavy legs

## Relaxing back massage

⌚ 25 min 100DT

Focused on areas of accumulated tension, this massage delivers immediate relief and lasting relaxation to the back.

## Marine spa signature massage

⌚ 55 min 150DT - 85 min 220DT

A fully personalized massage tailored to your body's needs, alternating between soft and deep techniques to release stress and induce total harmony. A timeless ritual of fluid, intuitive movements.

## Foot reflexology

⌚ 45 min 100DT

This precise therapy applies pressure to reflex zones on the feet, rebalancing the body's energy and fostering deep, holistic well-being.



### **Hot stone massage**

⌚ 70 min 200DT

With slow, soothing strokes and the comforting warmth of volcanic stones, this massage melts away deep-seated tension for ultimate relaxation.

### **Marine spa exceptional massage**

⌚ 80 min 220DT

An exceptional experience blending hot stone massage, foot reflexology, and relaxing techniques to restore deep relaxation and release negative energies from the body.

### **Herbalia massage**

⌚ 55 min 180DT

Inspired by Thai tradition, warm herbal poultices release their soothing essences during this cocooning massage.

It relieves muscular tension, warms the joints, and rebalances body and mind in deep harmony.

### **Maternity massage (Mum To Be)**

⌚ 55 min 180DT

A gentle and nurturing massage specially designed to support the well-being of mother and baby throughout pregnancy.

### **L'instant shiro**

⌚ 45 min 140DT

A meditative journey drawn from Indian traditions, focusing on the head, neck, and shoulders.

Flowing, comforting movements invite deep calm and spiritual elevation.

### **Lymphatic drainage massage**

⌚ 50 min 180DT

A light and detoxifying massage that stimulates lymphatic circulation, eliminates toxins, and relieves heaviness for a sensation of full-body lightness and deep purification.





# Beauty Treatments



### Hand care treatment

⌚ 50 min 100DT

A complete hand ritual including nail filing, polishing, deep hydration, a soothing massage, and nail polish application. Leaves your hands soft, nourished, and perfectly groomed.

### Foot care treatment

⌚ 50 min 120DT

A comprehensive foot care session with nail shaping, massage, hydration, and polish application. Add the paraffin oil mask for an ultra-soft, velvety finish.

(With paraffin oil mask – 150 DT)

### Express hand care

⌚ 30 min 60DT

A quick, nourishing treatment to hydrate the skin and restore shine to the nails.

Perfect for hands in need of a refresh.

Does not include polish application.

### Express foot care

⌚ 30 min 60DT

A revitalizing foot treatment with gentle massage and hydration for refreshed, relaxed feet.

Does not include polish application.

### Paraffin oil mask

⌚ 30 min 60DT

A deeply hydrating and nourishing treatment for hands or feet.

This warm paraffin wrap restores softness, suppleness, and radiance—ideal for dry or tired skin.

### Nail polish application

⌚ 15 min 40DT



# Marine spa rituals

## Trip To Tunisia

⌚ 2h15 min 230DT

A tribute to Tunisian heritage and its iconic scents. Begin with a soothing foot bath, followed by a traditional hammam and purifying scrub. The body is then wrapped in Tfal with rose water before receiving a 55-minute jasmine oil massage. The experience ends with a soft hydration ritual using orange blossom cream—an immersion of the senses and soul.

## African body ritual

⌚ 2h25 min 280DT

A sensory voyage celebrating the richness of the African continent.

This ancestral ritual begins with a welcoming foot bath, followed by a purifying Saharan sand scrub. The body is then enveloped in a nourishing milk and honey bath, before surrendering to our 55-minute signature Marine Spa massage. The ritual concludes with the application of a rich date and honey butter, leaving the skin deeply hydrated and radiant.

## Marine spa escape

⌚ 3h 350DT

Let yourself be carried away on a multi-sensory journey of deep relaxation.

Begin with a calming foot ritual, followed by a hammam and purifying scrub. A warm milk and honey bath cocoons the body in softness.

Next, enjoy our 55-minute Marine Spa signature massage to release all tension.

The ritual ends with a radiance-boosting fundamental facial for a luminous, revitalized complexion.

## Duo Marin Ritual

⌚ 3h30 min    650 DT

An exclusive shared experience in the comfort of our private suite.

Begin with a rosemary foot bath and a revitalizing herbal infusion. A Saharan sand scrub in a private hammam is followed by a sensory shower and a milk and honey bath. An algae wrap on floating beds sets the stage for an 85-minute signature Marine Spa massage. The ritual ends with gentle hydration and a platter of fresh fruits and juices for a shared moment of well-being and connection.

## Life In Pink

⌚ 2h25 min    500 DT

Step into serenity with a rose petal body scrub, followed by a deeply hydrating floral essence bath. Enjoy a relaxing Four-Flower Massage that envelops the body in softness, ending with a mini facial for added glow. The ritual concludes with a fresh fruit platter, enhancing this moment of beauty and lightness.

## Duo Pure Pleasure

⌚ 2h25 min    450 DT

This ritual begins with a soothing foot bath and a Saharan sand scrub to purify and soften the skin. A duo spa bath with marine salts invites deep relaxation, followed by a comforting hot stone massage. To complete the experience, a fresh fruit platter is served, extending the calm and serenity you've rediscovered.

## Spa Day Pass

90DT ONE DAY

Enjoy full access to our wellness spaces: sip herbal teas in our serene relaxation lounges, swim in the heated seawater pool, and unwind in the sauna and multisensory showers. A perfect escape to recharge, refresh, and restore balance.

# Marine Spa Cures

Our cures are designed to support deep well-being over 1 to 9 days. Upon arrival, you will complete a medical questionnaire to ensure your treatments are fully personalized. We offer both predefined and custom programs tailored to your needs and goals. Please note : certain treatments may be restricted due to medical contraindications. Our team is here to guide and support you throughout your wellness journey.

## Mini relax cure

(2 hydrotherapy treatments of 20 minutes and 1 full-body relaxing massage of 40 minutes per day)

Each day, choose one treatment from each group A, B, and C, plus a 40-minute full-body relaxing massage.



## Fitness cure

(3 hydrotherapy treatments of 20 minutes and 1 localized massage of 25 minutes per day)

Each day, select one treatment from each group A, B, and C, plus a 25-minute localized massage (back, face, scalp, or legs).

## Anti-stress cure

(3 hydrotherapy treatments of 20 minutes and 1 full-body relaxing massage of 55 minutes per day)

Each day, choose one treatment from each group A, B, and C, followed by a 55-minute full body relaxing massage.

**GROUPE A :** Hammam scrub, Saharan sand scrub, moisturizing milk bath (with honey, coconut, or vanilla), seaweed bath, marine salt bath.

**GROUPE B :** Seaweed body wrap, mud wrap, Tfal body wrap with rose water, green tea wrap (all body wraps are performed either in a hammam cabin or on a floating bed).

**GROUPE C :** Jet shower, affusion shower, underwater shower, hydro-massage bath.

# Specific Cures

## Rheumatism cure

(3 hydrotherapy treatments of 20 minutes per day and 1 massage of 50 min):

- A preparatory treatment to relax the skin: Traditional hammam with exfoliation, Saharan sand scrub, olive oil bath, seaweed bath or rosemary salt bath.
- A body wrap: mud wrap, seaweed wrap, dual-seaweed wrap, or olive oil wrap.
- Seawater treatments: affusion shower, jet shower, underwater shower or Kneipp path.
- Alternating every other day:
  - Day 1: Herba massage with warm herbal compresses (50 min)
  - Day 2: Back and leg massage with eucalyptus oil (50 min)

## Light legs cure by THALGO

(3 hydrotherapy treatments of 20 min and 1 leg treatment per day) :

- A preparatory treatment : Traditional hammam with exfoliation, Saharan sand scrub, PLASMALG gel application, seaweed bath, rosemary salt bath, or detox bath.
- A body wrap : mud wrap, cryo-seaweed wrap, green tea wrap, or rosemary wrap.
- Seawater treatments : underwater shower, jet shower, affusion shower or Kneipp path.
- Daily alternated treatment : leg massage, Thalgo Light Legs treatment, or lymphatic drainage for the legs.



## Slimming cure by THALGO

(3 hydrotherapy treatments of 20 min and 1 40-minute massage per day):

- Daily combination of 4 treatments selected from: – Preparatory treatment: Saharan sand scrub, traditional hammam scrub, Silhouette Prep Peeling, citrus bath, seaweed bath.
- Body wrap: Thalgo Slimming Seaweed Wrap, marine purifying wrap, Thalgo Firming Gel Wrap, or green tea wrap.
- Hydro-toning treatment: underwater shower, jet shower, or affusion shower. – Anti-cellulite & firming massage using Silhouette Modeling Concentrate, targeting cellulite areas with a refining corrective concentrate.
- Final application: Performance Firming Cream and Intense Correction Cream.

## Vip Marine Spa Cure

(3 hydrotherapy treatments of 20 min and 1 specific massage per day):

- Preparatory treatment: hammam with scrub, Saharan sand scrub, rose petal scrub, Monoï scrub, or moisturizing milk bath (with honey, vanilla, or coconut).
- Body wrap: seaweed wrap, mud wrap, green tea wrap, chocolate cocoon wrap, or dualseaweed wrap.
- Seawater treatments: underwater shower, jet shower, affusion shower or Kneipp path.
- Specific massage: Marine Spa Signature Massage, Herballia Massage, Hot Stone Massage, L'Instant Shiro Massage, Exceptional Massage, or a Facial Treatment.



# Cinq Mondes Ritual Cure

1 ritual per day (4 treatments per day) : 3 hydrotherapy treatments + 1 specific massage (50 min). Choose one ritual per DAY :

## Oriental Ritual

- Beldi® Black Soap Purifying Scrub or olive oil bath
- Purifying & Detoxifying Rassoul® Cream Wrap or shea butter wrap
- Hydro TREATMENT : jet shower, underwater shower, or affusion shower
- Traditional Oriental Relaxing Massage (50 min)

## Indian Ritual

- Aromatic Energizing Scrub with Spices or Indian citrus bath
- Sesame and honey wrap
- Hydro treatment: jet shower, underwater shower, or affusion shower
- Revitalizing Indian Ayurvedic Massage (50 min)

## Polynesian Ritual

- Sublime® Tahitian Monoï Scrub or vanilla/coconut bath
- Coconut wrap
- Hydro treatment: jet shower, underwater shower, or affusion shower
- Sublime Polynesian Relaxing Massage (50 min)

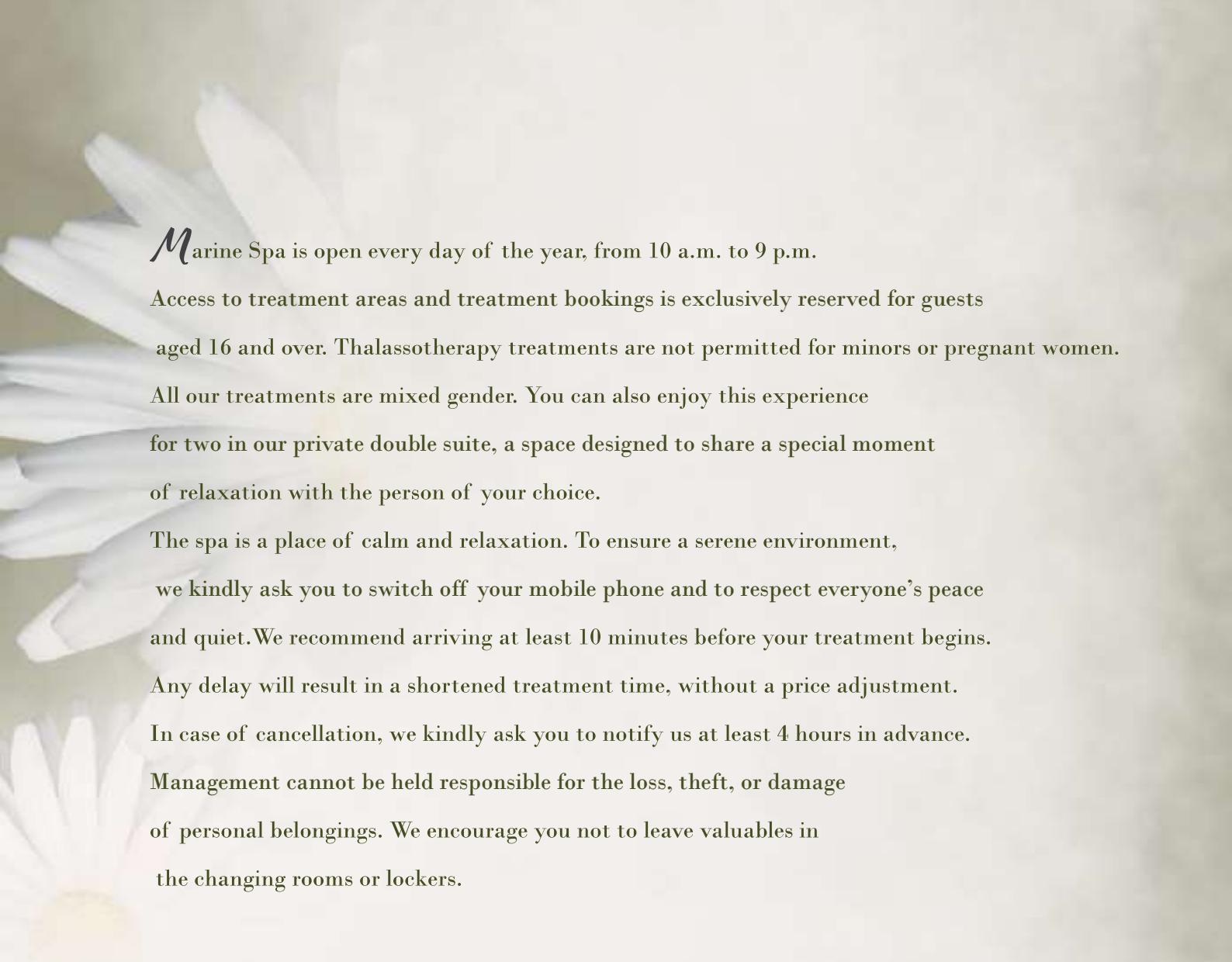
## Japanese Ritual

- Rose petal scrub or relaxing bath
- Green tea wrap
- Hydro treatment: jet shower, underwater shower, or affusion shower
- KOBIDO Facial Massage (50 min)



Cures	1 day	4 days	6 days	9 days
Mini Relax Cure (3 treatments/day)	250	870	1240	1760
Fitness Cure (4 treatments/day)	265	1000	1430	2030
Anti-Stress Cure (4 treatments/day)	310	1150	1650	2370
Rheumatism Cure (4 treatments/day)	310	1150	1650	2370
Light Legs Cure by Thalgo (4 treatments/day)	315	1180	1680	2440
Slimming Cure by Thalgo (4 treatments/day)	325	1200	1780	2600
VIP Marine Spa Cure (4 treatments/day)	380	1440	2050	2900
Cinq Mondes Ritual Cure (4 treatments/day)	380	1440	2050	2900





**M**arine Spa is open every day of the year, from 10 a.m. to 9 p.m.

Access to treatment areas and treatment bookings is exclusively reserved for guests aged 16 and over. Thalassotherapy treatments are not permitted for minors or pregnant women.

All our treatments are mixed gender. You can also enjoy this experience for two in our private double suite, a space designed to share a special moment of relaxation with the person of your choice.

The spa is a place of calm and relaxation. To ensure a serene environment, we kindly ask you to switch off your mobile phone and to respect everyone's peace and quiet. We recommend arriving at least 10 minutes before your treatment begins. Any delay will result in a shortened treatment time, without a price adjustment.

In case of cancellation, we kindly ask you to notify us at least 4 hours in advance. Management cannot be held responsible for the loss, theft, or damage of personal belongings. We encourage you not to leave valuables in the changing rooms or lockers.

The contents of this brochure, including the duration and cost of care, are subject to change without notice.



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Mövenpick Resort & Marine Spa Sousse  
Boulevard du 14 Janvier, P.O.Box 114 / 4039 / Tunisia  
Phone +216 73 202 000 / Fax +216 73 202 111  
Marine Spa , Phone +216 73 203 858 / +216 73 203 868

[movenpick.com](http://movenpick.com)