



MIRAMAR CROUESTY

HÔTEL THALASSO & SPA



MIRAMAR CROESTY HOTEL THALASSO & SPA

The Hotel

Discover an enchanting environment, between land and sea

3 to 13

Long stays

Enjoy unique experiences that will awaken your senses

14 to 23

- Well-being
- Slimming
- Health

Short stays

Recharge your batteries in a relaxing mineal environment close to the water

24 to 27

- Well-being
- Slimming

Treatments «à la carte»

Treat yourself: Zen attitude and superb views facing the ocean

28 to 37

Activities - Discover the region

Escape from the hustle and bustle, come and discover authentic pleasure and sensations

38 to 43



Discover Miramar Crouesty

A magical environment to sooth body and mind

There is no ideal season to come and stay at Miramar Crouesty: throughout the year Rhuy's peninsula reveals different facets of its personality. Some will enjoy the charm and peacefulness of the late season, with walks that make you feel alone in the world and the unique colours that come with the shorter days... Others will prefer the great summer days with many outdoor activities, and relaxing trips along the coast or to the islands. Regardless of the season, everyone falls under the spell of this most unique peninsula!

MIRAMAR CROUESTY HOTEL THALASSO & SPA



An initiatory journey

Here, land and sea come together and then separate again in an intoxicating and wild natural environment. The overall impression is that nature belongs to you. It is within this enchanting décor, bordered by the Ocean and surrounded by a sea lagoon that Miramar Crouesty – one of the finest establishments on the Atlantic coast – has dropped its anchor.

The resort is famous for the refinement it offers, but it also boasts unique architectural features reminiscent of a passenger ship docked at a port, complete with decks, walkways, sea view cabins, chimneys and large glass façade.

One of the striking features you notice upon arriving at Miramar Crouesty is the light! The hotel is literally bathed in natural light from all sides. Whether the sun is out and shining or playing hide-and-seek with the clouds so typical to the Breton climate, it finds its way through the large glass walls and the vast atrium on the 4th floor and floods the establishment with its pleasant rays.

The décor immerses you in a cosy ambiance. Soft pastel tones, harmonious white and ivory, sprinkled with touches of blue, green, or grey iridescent colours, which extend the surrounding environment. Nothing troubles the eyes. It is here that Baudelaire could have written: 'Here, all is luxury, peacefulness, and voluptuousness'.



Come and awaken your senses

Miramar Crouesty boasts two Spas that propose different ambiances, each conducive to sensory awakening, well-being and ultimate relaxation... A world of unique experiences.

Ocean Spa

The Ocean Spa is situated at the bow of the Thalassotherapy centre. It features a seawater pool – heated at 32°C – has a marine trail with seven stages (gooseneck shower, whirlpool loungers, massaging jets, etc.) designed to ease all your tensions. It is elegantly decorated in brown stone tiles with grey and gold tints, light coloured tiles, slate floor, complemented by comfortable loungers. A cosy hammam with gentle curved walls contributes to the ultimate in relaxation. It is the ideal place to come and relax in between two treatments, or read during the day, you can also enjoy a fresh fruit cocktail prepared in front of you.

The Ocean Spa will satisfy all your needs in terms of serenity and vitality



Panoramic pool

Under the impressive glass roof that opens up in the summer come and enjoy the beautiful panoramic pool with its large mosaic Jacuzzi. A serene environment with sunbeds and plush towels, it is the ideal place to relax or do some invigorating laps in the pool. The pool is open to all hotel guests from 9am to 9pm.



Spa experience

Situated on the second floor, the Spa Experience is a true haven of peace and sensuality. This unique place features a hammam, ice shower and an 'Experience shower'. It comprises two exceptional spaces decorated with great care. The purple, blue and raspberry shades of the hammam are crowned with a star-studded vault creating a truly magical atmosphere that soothes the mind and body. Hidden behind a mosaic pillar the «ice fountain» is guaranteed to offer invigoration and toning up. For another exciting and multi-sensory stop-over: enjoy the shower experience, either individually or with a friend.



Deluxe Rooms and Suites

Miramar Crouesty has 113 rooms and suites. Recently renovated with taste they are decorated in soft harmonies of white, mother-of-pearl and ivory, with a touch of Celadon green. Each room offers WiFi internet access and has a private terrace with a view over the ocean or sea lagoon.

Rooms

Grand Large

Our 27 m2 Grand Large rooms are located on the 2nd and 3rd floors at the prow of the hotel, close to the sea. They feature a lounge area and offer a side view over the ocean.

Terre et Mer

Our 27 m2 Terre et Mer rooms are located on the 2nd and 3rd floors and offer breath-taking views over the Ocean and the surrounding nature.

Au Fil de l'Eau

Our 27 m2 Au Fil de l'Eau rooms are situated at the sea lagoon level. They feature a lounge area and offer a unique view over the surrounding natural environment.

Escale

Our 23 m2 Escale rooms are located on the 2nd and 3rd floors and offer a side view over the ocean.

Passerelle

Our 24 m2 Passerelle rooms are located on the 1st floor and face the sea lagoon and the gardens.



Suites

Combining comfort and modernity, our suites also include access to the Executive Lounge - a space that proposes many services throughout the day. As a welcome gift, a tray with Champagne and mini cakes awaits you in the lounge area of your suite.

Prestige Suites

Our 3 brand new 80 m2 Prestige Suites are decorated with stylish elegance. They feature a dressing room, bathroom and shower, and separate toilet. Overlooking the sea lagoon or the ocean, they are also fitted with a whirlpool bath.

Grand Large Suites

Luxurious and spacious, with a surface of 50 m2, our Grand Large suites offer a unique view over the Ocean and Fogo beach.

Au Fil de l'Eau Suites

The Au Fil de l'Eau suites are situated on the 1st floor and offer a space of 50 m2. The view overlooking the sea lagoon ensures that you will enjoy a stay close to nature.

Junior Suites

Our 4 Junior Suites de 45 m2 offer a warm and cosy décor. Facing out from either side of the building, you can admire either the sunrise or sunset.



Gastronomy

At Miramar Crouesty we place the emphasis on refined and well-balanced cuisine prepared using fresh local products. The focus is on gastronomy and nutritional balance. Our chef Christian Bourhis works hand-in-hand with a nutritional dietician in order to bring you carefully developed contemporary dishes and delicious flavours.

Le Safran: the flavours of authentic cuisine

Boasting a panoramic view over the Ocean and bathed in light entering the dining room from all sides, Le Safran is an ode to joyous gastronomy. It has three sections that offer refinement and attention to detail. Pool side: le Safran proposes a well-being buffet with a selection of creative salads and colourful verrines, a seafood buffet with smoked fish and also a snacks menu. Facing West: for lunch and dinner the restaurant focuses on well-being and slimming and proposes delicious and varied dishes, with a predominance of seafood.



Le Ruban Bleu

With its modern décor boasting a taupe, ivory and amber colour theme, le Ruban Bleu welcomes you for breakfast.

The restaurant proposes large buffets composed of viennoiseries and freshly pressed fruit juices, as well as local Breton specialities such as galettes, prune fars and local charcuterie products: a wide selection of quality products to start your day serenely.



Le Goéland

Situated on the top floor of the hotel, the bar Le Goéland is a convivial and luminous space that is flooded with natural light.

For an aperitif you can meet up with your friends for a 'creation cocktail' with or without alcohol. On the more windy days, come and enjoy the great view over the ocean while sipping a delicious hot cocoa or one of our rare coffee blends.



Thalassotherapy

Welcome to the luxury world of Miramar Crouesty Thalasso & Spa, set in a relaxing oceanic and mineral environment. Gaze out of the large portholes and let your mind drift while you become one with nature and sea. Silence is golden, words are whispered, come and immerse yourself in a cosy cocoon, at the hands of our experts. Our qualified and dedicated staff are at your service. We place the emphasis on personalised sessions and treatments, as well as tailored solutions to always meet your expectations. 45 cabins, 3 swimming pools with seawater drawn 300 metres off the coast, all fitted with latest-technology equipment, contribute to ensure the excellent quality of the Thalasso treatments on offer.

At your very own pace

We propose treatments and programmes adapted to different themes (well-being, health, beauty, slimming) and to the length of your stay: extended stays, short stays or treatments and cares 'à la carte'. The list of sessions and treatments presented hereafter is not exhaustive. You will find the complete offering at www.miramarcrouesty.com

Miramar Crouesty innovative treatments

Spirulina

Marine spirulina is a powerful health and well-being cocktail. As such it is in line with our approach to thalassotherapy based on the benefits of marine products and is an important element in all our programmes.

Spirulina facial care

Discover a new facial care based on marine spirulina, including a face mask with fresh marine spirulina for optimal anti-oxidising effect and hydration.



Treatment from Dr Roche laboratories

The treatments by Doctor Christian Roche Laboratories represent the first global health solution to adopt an approach based on vital interfaces.

How it works

Thanks to pulsology (taking the pulse) a complete individual and simultaneous assessment of your vital interfaces provides instantaneous information as to the type of imbalance that needs to be treated: physical, psychological, emotional, nutritional, osteopathy etc.

At Miramar Crouesty, our practitioner trained by Dr Christian Roche begins by carrying out a complete energy diagnosis of the interfaces suffering from a potential imbalance, in order to correct these using specific dynamised products.

Four objectives can be targeted: achieving serenity, regenerating sleep, osteo-articular relief, and slimming. For all types of chronic conditions it is recommended you take two treatments over the course of your cure.

LONG
STAYS



Our Thalassotherapy and Spa programme combined with innovative treatments will enable you to find renewed serenity, health condition and tonus: well-being for your mind and body. Our team of specialists is at your service.

Fitness

Ideal to recharge your batteries from the inside, this well-being programme combines the benefits of trace-elements and algae with modelage-massages.

A programme offering essential treatments over 6 days to find renewed vitality and serenity by the sea.

6 days / 6 nights

- Double room
- half-board - normal or diet-focused

Advantages

- Dedicated staff, personalised advice and recommendations
- Benefits of trace elements



6 -day programme: 24 treatments

- 3 underwater showers (20min)
- 3 hydromassage sessions with laminaria-algae extracts (20min)
- 3 energy-boosting showers (15min)
- 3 body wraps with re-mineralising algae (30min)
- 6 underwater jet massages (30min)
- 3 personalised modelage massages sessions (30min)
- 3 session of hydro-massage bed (20min)

Well-being

Future mothers

Developed in collaboration with a physician this very gentle cocooning programme presents no risk to mothers and their babies. It is ideally followed between 4 and 7 months into the pregnancy and consists of a series of gentle treatments with marine relaxation sessions designed to ease tensions and contractions, sessions in the pool with our physiotherapist to relax the muscles of the back, and also beauty cares and Pilates gym sessions to preserve your tummy and perineum.

5 days / 5 nights

- Double room
- Half-board - normal or diet-focused
- Programme from 4 days (enquire with us)

A medical certificate from your gynaecologist is required attesting that thalassotherapy is not contraindicated and mentioning the due date for the birth

Advantages

- Dedicated staff, personalised advice and recommendations
- Benefits of trace elements
- Bubble massage, specifically for future mothers



5-day programme: 15 treatments

- 2 special bubble massage for future mothers (1h)
- 2 hydromassage sessions (20min)
- 2 marine relaxation sessions (30min)
- 2 marine mud sessions (30min)
- 1 leg comfort session (30min)
- 2 lumbar pool sessions (30min)
- 2 pilates session for future mums (1h)
- 1 fundamental marine facial care (1h)
- 1 marine spirulina facial care (45min)

Young mother

Ideally followed between 3 and 9 months after your baby is born, this programme helps you to recharge your energy and find renewed serenity for your mind and body! It combines hydrotherapy treatment, modelage-massages, and expert advice given by our physiotherapists and hydro-therapists for you and for baby. Children aged 3 months to 3 years old are looked after free of charge at Miramar Crouesty day nursery.

6 days / 6 nights

- Double room
- Half-board - normal or diet-focused
- Programme starts on Monday

Advantages

- Hypo-pressure gym workshop – abs and perinea re-education
- Personalised care for your baby
- Play area and awareness games for children
- Baby facilities in your room



6 day programme: 25 treatments

- 3 Hydromassage sessions with Laminaria-algae extracts (20min)
- 3 Underwater showers silhouette (20min)
- 2 Thalaxion sessions (20min)
- 3 Underwater jet sessions (30min)
- 3 Personalised modelage-massages (30min)
- 3 Toning Spirulina body wraps (30min)
- 3 sessions with your baby (1 baby massage workshop, 1 baby massage, 1 whirlpool with baby)
- 3 Hypo-pressure gym sessions (1h)
- 1 Essential marine facial care (1h)
- 1 IBeauty hydration facial (45min)

Well-being

Prasama

Prasama means 'serenity' in Sanskrit and this is precisely the focus of this programme. Designed for highly active people it proposes a range of plenitude and resourcing treatments. Alternating between seawater treatments and Asian massages, you will leave your worries behind you and discover new sensations.

6 days / 6 nights

- Double room
- Half-board - normal or diet-focused
- Programme starts on Monday

Advantages

- Different types of massages
- Individual treatments
- Soothing of the mind



6-day programme: 20 treatments

- 2 Relaxing whirlpool with cinnamon (20min)
- 2 Hydromassage sessions with Laminaria-algae extracts (20min)
- 3 Affusion modelage (30min)
- 1 Marine relaxation session (30min)
- 3 Shirodhara (1h)
- 2 Shiatsu (1h)
- 1 Thai (1h30)
- 3 Dien Cham (1h) or 2 Dien Cham + 1 Reiki
- 2 Abhyanga (1h)
- 1 Abhyanga harmonisation of 108 marmas (1h30)

Triple Energy

This exclusive programme places the emphasis on achieving the perfect balance between mind and body. Our specialists in acupuncture, somato-psychopedagogy and osteopathy complement each other in order to relieve your tensions and release your energy. Associated with thalassotherapy treatment this programme brings wellbeing to both mind and body.

6 days / 6 nights

- Double room
- Half-board - normal or diet-focused
- 6-day programme. Starts on Monday

Advantages

- Balance of mind and body
- Highly qualified therapists
- Free medical consultation
- Recommendations made by our doctors to point you toward treatments specifically adapted to your needs.

6-day programme: 14 treatments

- 1 Hydromassage session with Laminaria algae extracts (20min)
- 1 Gentle cream whirlpool (20min)
- 1 Body wrap with re-mineralising algae (30min)
- 1 Californian (1h)
- 1 Zen modelage (1h)
- 2 Acupuncture sessions (1h)
- 1 Osteopathy session (45min)
- 1 Aquatic osteopathy session (45min)
- 2 Somato-psychopedagogy (1h)
- 2 Sensory gym sessions (1h)
- 1 Marine relaxation session (30min)



Well-being

Thalasso & Spa

A different one-hour massage each day with individual treatments exclusively. Massages from around the world are performed so as to help you achieve the ultimate in well-being. Ideal for deep relaxation and to recharge one's batteries.



6-day programme: 18 treatments

- 3 Hydromassage sessions with Laminaria-algae extracts (20min)
- 3 «Himalaya dream» whirlpool sessions (20min)
- 1 Affusion modelage massage (30min)
- 3 body wraps with re-mineralising algae (30min)
- 6 Massages of the world (Abhyanga, Californian, Balinese, Hot stones, Zen, Kansu) (1h)
- 1 Hammam and choice of exfoliation (30min)
- 1 Facial modelage (30min)

6 days / 6 nights

- Double room
- Half-board - normal or diet-focused
- Programme from 4 days (enquire with us)

Advantages

- Individual treatments
- A different massage each day
- The ideal compromise between Thalasso and Spa

Privilège: «à la carte» concept

Personalise your stay to suit your desires for a maximum of well-being. Ten days ahead of your stay we will determine together your programme of personalised treatments.

Advantages

- Enjoy Thalasso & Spa «à la carte»
- A large selection of treatments: Essentials, Relaxation, Exclusives
- Individual sessions

6 days / 6 nights

- Double room
- Half-board - normal or diet-focused

Choice of 20 individual sessions over 6 days

12 Essentials:

- Hydromassage session with Laminaria algae extracts or lagoon water (20min)
- Gentle cream whirlpool, Himalayan dream or relaxing bath with cinnamon (20min)
- Underwater shower (20min)
- Affusion shower (20min)
- Toning shower (15min)
- Thalaxion (20min)
- Pressure therapy (30min)
- Algae body wrap, silhouette, anti-ageing wax, smooth, silk (30min)
- Hydrmassage bed (20min)
- Facial modelage (30min)
- Indo-Ocean, Delicious, Aquatic, Sensitive Exfoliation (30min)

6 Relaxation:

- Affusion modelage (30min)
- Draining slimming session (45min)
- Shirodhara (1h)
- Californian (1h)
- Californian Swedish (1h)
- Abhyanga (1h)
- Shirotchampi (1h)
- Balinese (1h)
- Shiatsu (1h)
- Zen Modelage (1h)
- Kansu (1h)
- Tui Na (1h)
- Plantar reflexology (45min)
- Heart of the ocean ritual (1h)
- Marine relaxation (30min)

2 Exclusives:

- Odyssey Massage (1h30)
- Thaï Massage (1h30)
- 4 hands affusion modelage (30min)
- Hot stones modelage (1h30)
- Supreme anti-ageing facial care (1h30)
- Intensive dehydrated skin care (1h)
- Corrective anti-ageing care (1h)
- Facial radiance and unifying (1h)
- Perfecting facial care for men (1h)
- Abhyanga harmonisation of 108 marmas or slimming or relaxing or articular (1h30)

Slimming

Silhouette

Efficiency is the word! Benefit from a delicious personalised health-nutrition diet. Follow your coaching programme day after day and observe the results.

6-day programme : 24 treatments

- 3 Energy and figure boost showers (15min)
 - 2 Thalaxion sessions (20min)
 - 2 Hydromassage sessions with sage lypolitic essential oils (20min)
 - 4 Silhouette body wraps (30min)
 - 3 Hydromassage beds (20min)
 - 3 Silhouette modelages (30min)
 - 3 Aquabike sessions (30min)
 - 1 Hammam and choice of exfoliation (30min)
 - 3 Icoone anti-cellulite treatment (tights included) (30min) (or energy boosting shower for men)
- + Fitness and nutrition coaching :
- 5 Collective sports sessions (1h)
 - 1 Interview with our dietician
 - 1 Impedance measurement
 - 1 Health nutrition monitoring during your stay
 - 1 Assessment of figure improvement

6 days / 6 nights

- Double room
- Full health-nutrition board
- The programme can be extended by 3 or 6 days :
 - 9 days / 9 nights with 36 treatments
 - 12 days / 12 nights with 48 treatments

Morpho Plus

Personalised slimming programme targeted to sculpt your figure.

6-day programme : 17 treatments + 1 fitness and health nutrition monitoring

- 3 Hydromassage sessions with sage lypolitic essential oils (20min)
- 2 Energy and figure boost showers (15min)
- 2 Underwater showers (20min)
- 2 Icoone anti-cellulite treatment (tights included) (30min) (or toning showers for men)
- 1 Slimming Abhyanga (1h30)
- 2 Silhouette body wraps (30min)
- 2 Lymphatic draining (1h)
- 2 Thalgo high precision sculpting sessions (1h)
- 1 Hammam and choice of exfoliation (30min)
- 3 Individual sessions of fitness coaching (1h)
- 2 Aquabike sessions (30min)
- 1 Consultation plus health nutrition monitoring during your stay
- 1 Impedance measurement
- 1 assessment of figure improvement

6 days / 6 nights

- Double room
- Full health nutrition board
- Arrivals possible every day except on Saturday

Health and Serenity

A choice of 3 programmes : 'Light legs' to relieve pain and boost venous drainage, 'back programme' to relieve dorsal-lumbar pain, relieve tensions and strengthen muscles, 'articular re-education' programme to help relieve arthrosis, arthritis and rheumatisms.



6 days / 6 nights

- Double room
- Half-board - normal or diet-focused
- Programme runs from Monday to Friday

Advantages

- Complimentary medical consultation
- Personalised medical approach
- Accompaniment by our physiotherapists

6 day programme: 24 treatments

- Treatments common to the 3 programmes:
 - 3 Physiotherapy massages (30min)
 - 3 Hydromassage baths with Laminaria algae extracts (20min) or 3 whirlpool sessions with algae extracts (20min)

Light legs

- 3 Underwater showers (20min)
- 3 Thalaxion sessions (20min)
- 3 Spirulina cryotherapy body wraps (30min)
- 3 Underwater jet massages (30min)
- 3 Hydromassage beds (20min)
- 3 Pressotherapy sessions (30min)

Back

- 3 Underwater showers (20min)
- 3 Affusion showers (20min)
- 3 Spirulina body wraps or marine mud (30min)
- 3 Lumbar pool sessions (30min)
- 3 Hydromassage beds (20min)
- 3 Pilates gym sessions (1h)

Articular re-education

- 3 Affusion showers (20min)
- 3 Hydromassage beds (20min)
- 3 Marine mud (30min)
- 3 Spirulina body wraps (30min)
- 3 personalised re-education sessions (30min)
- 3 Pilates gym sessions (1h)

SHORT
STAYS



Essentiel Spa

The ideal way to discover Miramar Crouesty and enjoy maximum relaxation.



1 day / 1 night

- Double room
- Half-board - normal or diet-focused

3 treatments

- 1 Facial modelage (30min)
- 1 Personalised massage-modelage (30min)
- 1 Sea lagoon whirlpool session

Gentle stopover

This 2-day stay is 100% focused on well-being and enables you to enjoy the different experiences offered at Miramar Crouesty.



2 days / 2 nights

- Double room
- Half-board - normal or diet-focused

4 treatments over 2 days

- 1 Personalised massage-modelage (30min)
- 1 cream whirlpool session
- 1 stimulating shower
- 1 silky smooth body wrap (30min)

Ocean Bubble

This unique programme proposes the essential thalassotherapy treatments and introduces you to the benefits of trace elements.

6 treatments over 3 days

- 1 Hot stones modelage (1h)
- 1 Personalised massage-modelage (30min)
- 1 Hydromassage session with Laminaria algae extracts
- 1 Body wrap with re-mineralising algae
- 1 Facial modelage (30min)
- 1 Hydromassage bed

3 days / 3 nights

- Double room
- Half-board - normal or diet-focused



Duo Escapade

Ideal for a romantic and relaxing getaway.

1 day / 1 night

- Double room
- Half-board - normal or diet-focused
- One glass of champagne per person

1 duo treatment

- 1 Duo massage-modelage (1h)

Figure slimming starter

A slimming programme to charge your batteries and tone your body. Relaxing sessions combining Thalasso and Spa.

3 days / 3 nights

- Double room
- Full board - health nutrition

12 treatments over 3 days

- 1 Health nutrition consultation
- 1 Hydromassage session with marine extracts
- 3 Stimulating showers or figure sculpt showers
- 3 Silhouette body wraps
- 2 Underwater jets sessions
- 1 Silhouette modelage (30min)
- 1 Icoone session
- 1 Thalaxion session
- 2 Group fitness coaching session (1h)
- 1 Impedance measurement

At Miramar Crouesty, our team of multi-disciplinary specialists is at your service to help you achieve your objectives: a doctor specialised in acupuncture and sophrology, a doctor specialised in health nutrition, a somato-psycho-pedagogue, an osteopath (osteopathy and aquatic osteopathy), an acupuncture specialist. Our dietician Corinne Ducaud will carry out a general assessment of your eating habits, sports activities, your lifestyle etc, and will determine your objectives as well as the means to achieve them. Our chef Christian Bourhis will prepare for you light and delicious slimming menus to help you loose weight effortlessly, without feeling frustrated.

A LA CARTE TREATMENTS



The Rituals

Gentle Ritual (1h10)

Awaken your senses gently.

- 1 Silky smooth body wrap
- 1 Cream whirlpool session
- 1 Hydromassage bed

Marine Ritual (1h15)

A concentrate of iodine dedicated to relaxation, for a highly peaceful sensation

- 1 Relaxing massage-modelage (30min)
- 1 Hydromassage session with sea lagoon water
- 1 Body wrap with re-mineralising algae

Ocean Ritual (1h50)

The benefits of the sea for your body!

- 1 Hot stones modelage (1h)
- 1 Hydromassage with marine essences
- 1 Body wrap with re-mineralising algae

Pure plenitude (1h30)

The relaxation ritual par excellence!

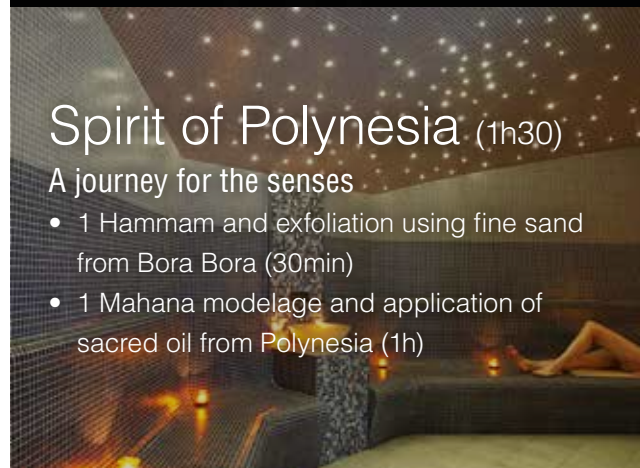
Enjoy a 1h30 session including a body modelage with essential sea facial care.



Spirit of Polynesia (1h30)

A journey for the senses

- 1 Hammam and exfoliation using fine sand from Bora Bora (30min)
- 1 Mahana modelage and application of sacred oil from Polynesia (1h)



Treatments from the East

Reiki (1h)

This Japanese relaxation method is based on “energetic treatment” that is applied by placing the hands on various points. It strengthens the body and mind, restoring harmony and well-being. This treatment is recommended for those who seek well-being for both body and soul.

Tui na (1h)

This traditional Chinese massage uses a wide variety of techniques and aims to remobilise your internal fluids, which re-harmonises your energies.

Thai (1h30)

This massage combines traditional Indian and Chinese techniques. Following a precise sequence, it includes various techniques (pressure, stretching, articular stimulation etc.). No oil is used for this massage, and you will be dressed in a lightweight garment. This massage increases the flexibility of the body and facilitates blood circulation; it is also good for draining toxins.

Balinese (1h)

This complete massage is performed with coconut oil. It is gentle and invigorating, relaxing and energetic and also highly draining, stimulating energy points on the body. When these points are stimulated they activate blood circulation and boost the body's immune system.



Shiatsu (1h)

This Japanese massage is practised lying down, dressed wearing a loose fitting garment. The aim is to correct potential imbalances in energy by applying acupressure techniques on meridians, vital points of the body. It releases energy and acts effectively to combat stress, insomnia, and fatigue. It also relieves physical pain, enhances energy and provides a great calming effect.

Western-style treatments

Affusion modelage (30min)

Under a soft and fine seawater rain at the pleasant temperature of 33/35°C, relax, while a therapist performs a gentle and relaxing massage using vegetal oil.

4-handed massage (30min)

The unique feature of this affusion massage is that it is performed by 2 therapists who practice a perfectly synchronized, soft and slow massage using vegetal oil.

Plantar reflexology (45min)

Chinese ancestral medicine which exerts pressure on the reflex zones of the arch to stimulate acupressure points, each of which correspond to an area of the body. This technique enhances your energy levels, improves blood circulation, cleanses the body and eliminates toxins.

Miramar Odyssey (1h30)

This unique and complete signature treatment is a creation by our own therapists at Miramar Crouesty.

In the large treatment cabin, you choose your own ambience music and your seaweed massage oil depending on its properties and fragrance.

This treatment improves circulation and the production of endorphins, it stimulates the immune system, eliminates muscle and intramuscular tensions, blockages and fatigue. A wonderful journey for the senses accompanied by a regenerating drink for a gentle return to the real world.



Western-style treatments

Duo modelage (1h)

Side by side, in total harmony, enjoy a perfect gentle relaxing moment together.

Zen modelage (1h)

This whole body massage is personalised to your needs. It soothes, eases tension, relaxes muscles and brings about a deep sense of relaxation.

Personalised modelage-massage (30min)

The personalised massages are performed by our physiotherapists and the modelages by our hydrotherapy specialists or our beauticians. The modelage proposed is highly relaxing and uses warm vegetal oil (grape pips) applied to the nape of the neck, the back, legs and feet.



Swedish Californian (1h)

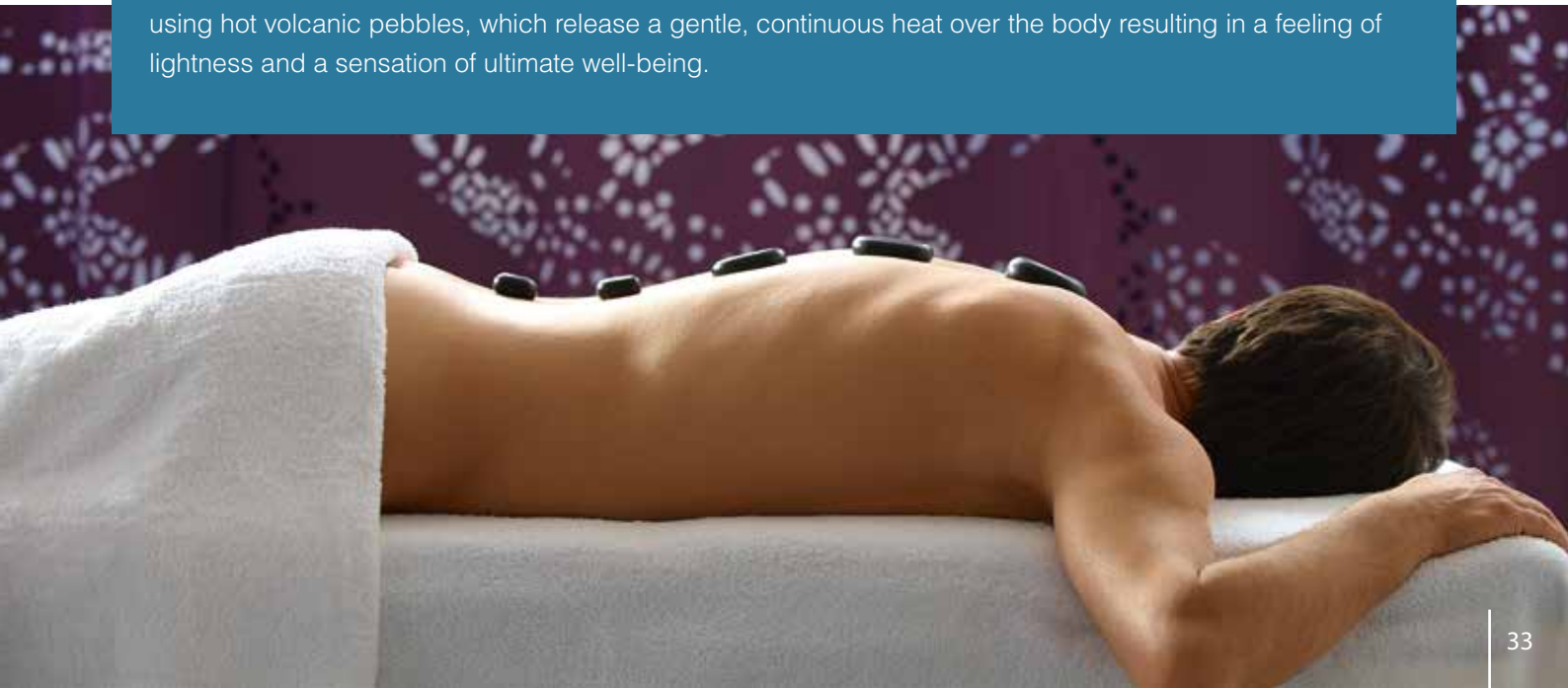
This massage will particularly delight those who seek massages that offer rich sensations! Combining enveloping and soothing movements with deeper techniques, this treatment will allow you to resolve and release tensions. It relieves stress and provides peaceful relaxation.

Candle modelage (30min)

This treatment is an invitation to travel and provides deep relaxation. When burning, the candle gives off a pleasant subtle fragrance that envelops you. The modelage treatment combines gentle massage movements with broad and enveloping movements. Your mind is free to wander while your body releases all its tensions and your skin is nourished and hydrated.

Hot stones modelage (1h)

This massage relaxes and provides deep relaxation of muscular and nervous tensions. It is practised using hot volcanic pebbles, which release a gentle, continuous heat over the body resulting in a feeling of lightness and a sensation of ultimate well-being.



Ayurveda treatments



Shirodhara (1h)

Lying on your back, this treatment consists of a trickle of warm sesame oil poured on your forehead and scalp. This helps to induce a profound state of physical and mental peace. It relaxes the facial muscles and helps achieve a state of deep relaxation that heightens perception of the outside world.

Kansu (1h)

A slow, circulatory massage of the soles of the feet. Hypnotic and relaxing this treatment acts on the reflex points of the feet by stabilising energy levels. It is recommended to treat insomnia or anxiety.

Abhyanga (1h)

Using slightly warm sesame oil, this gently rubbing modelage of the whole body is soft and tonic, at the same time relaxing and energetic.

Shirothampi (1h)

This massage focuses on the shoulders, neck, head and face and is performed using coconut oil. It is ideal for releasing tension in the upper body and ensuring sustainable well-being. The effect produced by the speed of the movements and the dexterity of the therapist is striking. It has an immediate impact on stress, headaches, insomnia and lack of concentration.

Slimming treatments

Lymphatic drainage (1h)

Performed by a physiotherapist lymphatic drainage massage aims at activating lymphatic circulation and boosts the circulatory systems, eliminates toxins and has beneficial effects on oedema and cellulite.

Icoone (45min)

Icoone is a true revolution in body care. This device re-sculpts your figure, efficiently combats orange-peel skin, and is gentle on the skin tissue. Icoone proposes personalised programmes adapted to your needs and delivers lasting results!

Draining slimming massage (45min)

A detoxifying and re-mineralising body wrap based on algae, followed by manual anti-orange peel modelage focused on the Bermuda area.

High precision sculpting massage (1h)

The first treatment to target and correct cellulite or excess curves and skin slack. Active oxygen body wraps reactivates the slimming metabolism. The PerfectSculpt manual modelage technique uses concentrated products to re-sculpt your figure.



Thalgo body treatments

Indocean exfoliation (30min)

This exfoliation is performed using fresh and sweet fragrances. It relaxes and purifies the skin thanks to the effects of Mediterranean essential oils. Sacred lotus flower calms and soothes the epidermis. Your skin finds renewed softness...

Delicious exfoliation (30min)

This exfoliation finds its origin in Polynesian tradition. Immersed in relaxing and intoxicating vanilla-coconut fragrances, your skin is smoothed, nourished and cleansed of its impurities.

Sensitive exfoliation (30min)

This exfoliation treatment is suited to all skin types, even sensitive or irritable. It smoothens out your skin and removes dead skin cells without causing any irritation. The active agents contained in red algae and Ruscus soothe, hydrate and stimulate microcirculation.

Aquatic exfoliation (30min)

Blue Lagoon exfoliation using invigorating fragrances associated with nourishing oils.



Anti-ageing corrector (1h)

Corrects and visibly smoothens out wrinkles and finer lines thanks to the unique synergy of highly efficient active agents (vitamin C) and targeted modelages.

Supreme anti-ageing (1h30)

The global anti-ageing experience!

This treatment smoothens out and deeply tones up your skin. It reduces durably the deeper wrinkles thanks to a unique association unique de modelage (back, scalp Shiatsu, complete care for your hands) and highly efficient dermatological agents.

Perfecting facial care for men (1h)

Particularly adapted to men's skin suffering from a lack of radiance and tone this modelage relies on different techniques including 'palper rouler'. Your skin is durably rebalanced and toned up.



ACTIVITIES



Facilities

Each living space has been designed with utmost care in order to create a comfortable and serene atmosphere. In addition to thalassotherapy programmes and treatments Miramar Crouesty also proposes activities and facilities for you to enjoy on a daily basis

- Glass room with a panoramic bar set on the roof of Miramar Crouesty
- Gym room: at the prow of the hotel on the 4th floor, surrounded by stainless steel and glass. Here more than anywhere else communion with nature is absolute! A breath-taking view facing the ocean while you follow personalised exercises coached by our professional staff. Open every day: 9am to 9pm
- Thalassotherapy centre with Ocean Spa
- Beauty Spa with Spa experience
- Billard room with billard table
- Business center with board games and video games consoles
- Day nursery « les Petits Mousse » (for children from 3 months to 3 years old)
- In-room babysitting available (upon request)
- Boutique: prêt-à-porter, beauty products, souvenirs, jewellery...
- Hair beauty salon - scalp massage
- Executive Lounge featuring larges comfortable armchairs and sofas. Situated on the reception floor it is accessible 24/7, with hot and cold beverages and snacks available from 7am to 7pm. This lounge is accessible to guests staying in our Suites and Grand Large rooms (large screen TV, local and national newspapers, art books)



Activities

Year round Miramar Crouesty proposes animations and themed weeks (check the schedule of activities organised for a minimum of 3 participants).

- Restaurant Le Safran: Sunday evenings, our Chef invites you to come and enjoy a « Seafood Buffet ». Thursdays: Breton themed evenings.
- Restaurant Le Ruban Bleu: cooking lessons (chocolate, pastries).
- Art exhibitions: in collaboration with gallery l'Escarpolette at Port Navalo (Arzon), Miramar Crouesty proposes temporary exhibitions at the hotel.
- Weekly conferences : Nutritional medicine, discovery of the Golfe du Morbihan...

Walks close to the hotel:

- Direct access to the beach of Fogeo and Crouesty harbour.
- « Petit Mont » trail at the foot of the hotel.
- Markets: Crouesty harbour every Monday during the summer, and year round on Tuesday at Arzon.



Discover the region

Take the opportunity of your stay to discover a region that boasts a rich heritage. There are many sport activities and themed tours to be enjoyed.

Rhuys peninsula and the Golfe du Morbihan

- Take a boat to visit the islands: within the gulf: île aux Moines and île d'Arz; ocean side: Belle-Île-en-mer.
- Sites and monuments: Château de Suscinio, Abbatial St-Gildas de Rhuys, city of Vannes, Rochefort en terre, Lorient and the Interceltic Festival.



Themed visits

- Guided tour: spirulina farming.
- Visit to an oyster farm.

Sport activities

- Rhuys Kerver Golf links: 3 km from the hotel, a superb 18 hole looking out over the ocean.
- Tennis.
- Horse riding.
- Sailing school.
- For running enthusiasts: the Golfe du Morbihan raid



Preparing your stay at Miramar Crouesty

15 days ahead of your stay

- In order to reserve your personalised schedule: we will send you by mail a form for you to fill out and return to us (contact the hotel).

What to pack?

- We recommend you bring two outfits: 2 swimwear, sports outfits, sport shoes (we provide bathrobes, bathing towels, Thalasso bag, 1 pair of sandals).

Medical consultation

- For the 'Health Serenity', 'Future mother' and 'Triple Energy' programmes a medical consultation is mandatory, but can be replaced by a certificate delivered by your own doctor.
- For the other programmes a medical consultation is optional. Our doctors and thalassotherapy specialists are familiar with the different programmes on offer at Miramar Crouesty. Depending on your health condition they can orient you toward specific types of treatments and offer advice and recommendations (osteopathy, somato-psycho-pedagogy...).
- Medical consultations: Monday to Friday (€35 per consultation).

Coaching sessions

- Following a personalised assessment your coach will point you to the adequate sport activities and will monitor your progress: fitness, weight loss, tonus, flexibility, etc...
- The sessions are adapted to your health condition and abilities as well as to your objectives: Pilates, aqua-training, fitness, training programme and monitoring.

School holidays: family oriented

- During the school holidays, Miramar Crouesty looks after your children while you enjoy your programmes and treatments.
- The day nursery welcomes children between 3 months and 3 years old.
- Miramar Crouesty has several rooms and suites adapted to families.

Seminars and Incentives

- Miramar Crouesty proposes bespoke programmes designed to combine work sessions, team building and relaxation activities (capacity: 50 guests, 76m2 conference room).

Getting to Miramar Crouesty

By car: from Vannes, follow the direction Presqu'île de Rhuys, Sarzeau, Arzon (GPS: enter Arzon).

By train: Vannes station 35 km (4 direct connections per day via TGV), free shuttle (check with us for schedule).

By plane: Nantes international airport or Lorient or Vannes airport (transfer: enquire with us).

Informations / reservations:

Phone: +33 (0)2 97 53 49 00

Fax: +33 (0)2 97 53 49 37

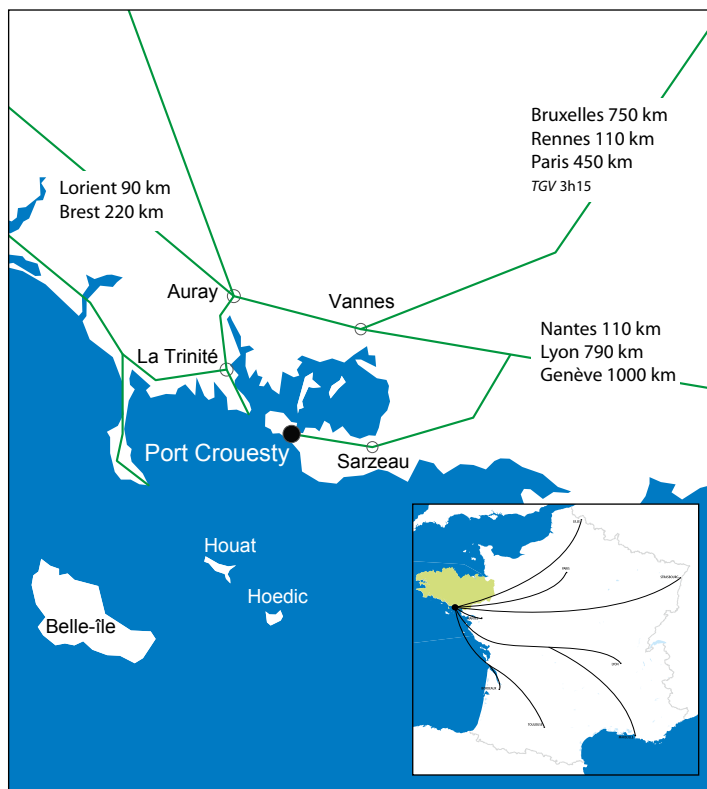
Email: reservation@miramarcrouesty.com

Internet: www.miramarcrouesty.com/en/

Opening hours

Thalasso and Spa : Monday to Sunday 9am to 7pm

Annual closure: January





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