

# The Purist

RETREAT & SPA



BREATHE IN.

Some say there is a new haven where you can stay.  
Some say it is a place where nothing is pushed away.

But where everything is transformed today:  
habits and understanding, awareness and being.

Embracing nature, embracing one's pace.  
Embracing others, embracing oneself.

Some say wellness is the most precious power.  
The Purist has concentrated its essence, hour by hour.

Care	to nurtrure.
Movement	to reload.
Nutrition	to balance.
Sleep	to recharge.

BREATHE OUT.  
YOU HAVE ARRIVED





CARE

Our treatment menu is based on the concept of holistic wellbeing. The initial consultation and diagnostics we offer ensure an optimal experience from the very beginning of your time with us. Following this, you will discover high-precision, bespoke experiences that have been created in partnership with leading brands, which combine time-honoured techniques with the latest technologies. These restorative and sensorial experiences are delivered by our wellbeing experts, within treatment rooms that immerse you in a calm and relaxing cocoon.

MOVEMENT

From our very first and most natural movement – the breath – to more intensive sports activities, our experts have developed programmes to suit every need. Whether on your own or with others, indoors or outdoors – you can go at your own pace, to deeply strengthen your body.

NUTRITION

Regain your inner energy through nutrition, with our dining offer, which is based on the concept of energy-boosting cuisine. This traditional approach focuses on vitality and wellbeing, bringing you natural, delicious, and flavourful nourishment in every dish.

SLEEP

From sunrise to sunset: we work on sleep, bringing it into sync with circadian rhythms, and providing you with guidance and advice to ensure your sleep is as restorative as possible. A curation of tools and rituals that will help you rediscover the pleasure of sleep.







## The Purist

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TROUVILLE-SUR-MER

# Cures Marines

A palace on the sea entirely redesigned in its wellbeing dimension.







“Delightful in all weather”: this is how Trouville lovers describe the city.

And they’re right. This Normandy seaside resort, home to The Purist, is a real haven of peace that has been prized for decades.

An ideal vacation spot, Trouville impresses with its boardwalk and iconic beach, its fishing port known for its lively atmosphere from morning till night, its invigorating air, and its heights, offering a breathtaking panoramic view of the Pays d’Auge area.

Inaugurated in April 1912 and initially intended to be the biggest casino in Europe, the building gradually transformed into an essential gathering place where the benefits of the sea are superbly showcased.

The sea.  
A city.  
A 5-star MGallery hotel.

The Purist. A majestic seafront hotel that has been completely redesigned, reopening its doors in autumn 2023.

The start of a new cycle.








“To watch the sea is to look at the whole. And to gaze at  
the sand is to see the whole, one whole. At Trouville,  
I watched the sea until I saw nothing.”

MARGUERITE DURAS  
1962, Trouville and its Surrounding Area





“The body and mind used to be seen as two distinct  
and opposing entities. At The Purist, we bring them  
together – the two are interconnected.”

ANTOINE LECOQ  
Wellness & SPA Director, Les Cures Marines, Trouville-sur-Mer

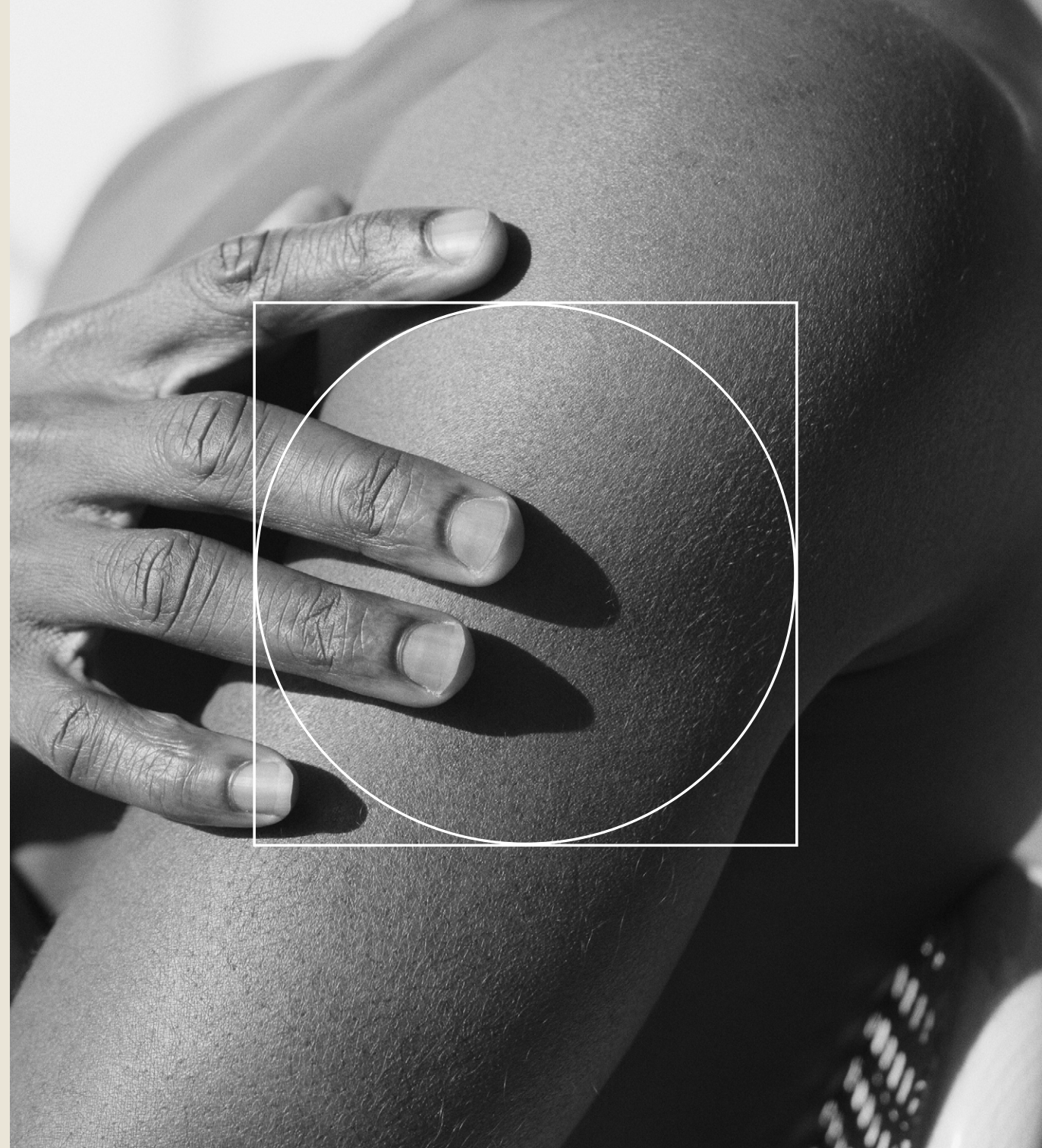




THE SOURCE OF COMPLETE WELLBEING

# Cycles

THE PURIST CYCLE [NOUN]  
TARGETED WELLBEING EXPERIENCE EXTENDING OVER MULTIPLE DAYS





# MARINE CYCLE WITH VOYA

THE VITAL FORCE OF THE SEA

Available for the first time in France.  
Discover pure, handpicked Organic seaweed with this range of highly concentrated products. Ideal for those who love the sea and who are looking for intense remineralisation •

## BENEFITS

- Pure marine experience
- Energy boost and relaxation
- Organic products

3 - 6 DAYS | €260 per day  
(excluding accommodation and dining)

Example of a basic 3-day programme.

## TO START

- 1 Oligoscan Consultation
- 1 Sugar and Seaweed Scrub **ORGANIC**
  - Peppermint
  - **or** Lavander

## (RE)MINERALISATION

- 1 Pure Seaweed Bath **ORGANIC**
- 1 Body Wrap **ORGANIC**
  - Laminaria digitata
  - **or** Fucus serratus
- 3 Marine Experiences

## OXYGENATION

- 3 Seawater-based Group Activities
  - in a marine pool
  - **or** in the sea

## RELAXATION

- 1 Body Wrap Ritual with seaweed leaves **ORGANIC** (50 min)
- 1 Massage
  - 'Heart of the Waves' **ORGANIC** (50 min)
  - **or** 'Seaweed Pouches' **ORGANIC** (50 min)
- 1 'Radiance' Facial by VOYA **ORGANIC** (50 min)

# BALANCE CYCLE

RECONNECTING  
WITH EMOTIONS

A signature cycle comprising  
3 stages, to align the body and mind  
by working on the emotions.  
Ideal for anyone in search of harmony •

## BENEFITS

- Sensorial experience
- Emotional alignment
- Grounding

4 - 6 DAYS | €260 per day  
(excluding accommodation and dining)

Example of a basic 4-day programme.

## TO START

- 1 By Beflow Diagnostics

## 1 RELEASE PHASE

### Energy release

- 1 Release Session with a coach

### Skin release

- 1 VOYA Marine Scrub with lavender and rosemary

ORGANIC

### Toxin release

- 1 Iyashi Dôme Japanese Sauna
- 1 VOYA Pure Seaweed Bath ORGANIC

## 2 RECONNECTING PHASE

### To mind

- 1 Rebalance® Impulse
- 1 Floatation pool session

### To nature

- 1 Meditation in the heart of nature
- 3 Marine Experiences

### To the emotions

- 1 Reflexology session (50 min)
- 1 Shiatsu session (50 min)

## 3 MINDFULNESS PHASE

### Body

- 1 Cryotherapy session\*

### Enhanced with 2 energy-boosting experiences

- 1 Aqua-relaxation Ritual with Crystal Bowl (25 min)
- 1 Crystal Healing Massage Ritual with Rock Crystal (80 min)

\*Subject to contraindications



A close-up, high-resolution photograph of a person's face, focusing on the skin texture and features like the nose, lips, and eyes. The skin appears to be undergoing a treatment, with some areas looking slightly moist or glistening. The person's hand is visible near their face, possibly applying a product.

# REBIRTH CYCLE WITH MAISON EPIGENETIC

THE BEAUTY OF TIME

A ground-breaking cycle based on epigenetic science, in partnership with Maison Epigenetic, Paris. Ideal for kickstarting a new, healthier, and more sustaining lifestyle. Energy-boosting cuisine to effectively reset your plate - with full board •

## BENEFITS

• Improved health and vitality • Renewal and radiance • Advanced diagnostics

6 DAYS | €385 per day (excluding accommodation and dining)

Example of a basic 6-day programme.

### PRELIMINARY ASSESSMENT

#### IN ADVANCE OF THE CYCLE

We schedule a video consultation with an expert from Maison Epigenetic, to prepare to make the most of your time with us.

#### ON ARRIVAL

- 1 Appointment with a wellbeing expert
- 1 One-day epigenetic assessment (if not already carried out beforehand with an expert from Maison Epigenetic)

#### FOLLOWING YOUR CYCLE

- 1 Appointment with a wellbeing expert
- 1 Video consultation with an expert from Maison Epigenetic
- 1 Invitation to Maison Epigenetic for a seminar

### TREATMENTS

#### BOOST

- 1 Iyashi Dôme Japanese sauna
- 1 Stendo® cardio-synchronised session

#### VITALITY

- 2 One-on-one coaching sessions
- 2 Group sports activities
  - **or** tailored group wellbeing sessions
- 1 Naturopathy consultation
- 3 Marine Experiences
- 1 VOYA Marine Body Wrap **ORGANIC**

#### RADIANCE

- 1 Cellcosmet bespoke facial (80 min)
- 1 Cryoskin x Cellcosmet Everlasting Frost Facial (50 min)
- 1 Evoleum nutricosmetic treatment

#### REGENERATION

- 1 Tui Na (50 min)
  - **or** Acupressure (50 min)
  - **or** Reiki (50 min)
- 3 Massages (50 min)
  - **or** Balance Treatments (50 min)
- 2 Rebalance® Impulse sessions
- 1 Hypnosis & sleep session (80 min)



# RESET CYCLE

THE DEEP  
BODY DETOX

A bespoke cycle for deep rebalancing. Ideal for anyone wishing to gain a new lease of life.  
A complete reset, providing nourishing energy and a healthy boost - with full board •

## BENEFITS

• Enhanced silhouette • Detox • Regulation

3 - 6 DAYS | €170 per day (excluding boosters, accommodation and dining)

Example of a basic 3-day programme

### THE BASICS

#### TO START

• 1 Tanita Impedance consultation

• 3 Reinvigorating treatments  
of your choice:

- Sculpting Marine Wave
- **or** Invigorating Bath

• 3 Detox treatments of your choice:

- Iyashi Dôme
- **or** Fucus serratus Detox Body Wrap
- **or** Stendo® cardio-synchronised massage session

• 3 Body toning massages (20 mins) of  
your choice:

- Endermolift Body by LPG
- **or** Watermass body toning treatment
- **or** Silhouette-enhancing drainage massage

### BOOSTERS

Tailor your cycle according to your specific needs, with our BOOSTERS, and benefit from a 15% discount off the "à la carte" price, as part of this programme.

#### MOVEMENT

Sports activity — **or** bespoke Coaching

#### NUTRITIONAL EXPERTISE

Consultation with a dietician

#### EXPERTISE IN NATUROPATHY

Consultation with our naturopath

#### HYPNOSIS & ADDICTION

This session is designed to help you break free from food addictions.

#### REGULATING EMOTIONS

A Rebalance Impulse® session, which focuses on the relationship between your diet and your emotions.

#### MICRONUTRITION AND DETOX

Nutritional supplements to regulate the digestive system



# WORLD CYCLE WITH CINQ MONDES

THE BEST OF ANCESTRAL  
BEAUTY RITUALS

With this cycle, you will explore a variety of wellbeing destinations, one day at a time, discovering rituals from around the world that have been inspired by age-old beauty and wellbeing secrets. Ideal for anyone seeking a true sense of escapism and wishing disconnection •

### BENEFITS

- One day, one journey
- Pharmacopoeias of the world
- Sensorial and natural

3 - 5 DAYS | €260 per day  
(excluding accommodation and dining)

Example of a basic 5-day programme.

### TO START

- 1 Observ 520 Skin Diagnosis

### SERENITY RITUAL FROM POLYNESIA

- Sublime scrub with Tahitian monoi **ORGANIC** (20 min)
- Blue lagoon ocean bath
- Sublime Polynesian massage **ORGANIC** (50 min)

### SOOTHING RITUAL FROM INDIA

- Relax under the ocean rain and the Bangalore mist
- Indian Ayurvedic massage (50 min)
- Bali flower facial massage (20 min)

### HARMONY RITUAL FROM JAPAN

- Iyashi Dôme Japanese Sauna
- Balancing Shiatsu treatment (50 min)
- Ko Bi Do facial massage (20 min)

### SOFTNESS RITUAL FROM THE ATLAS MOUNTAINS

- Egyptian milk bath
- Pearl and hibiscus body wrap (20 min)
- Traditional Oriental massage (50 min)

### ENERGY RITUAL FROM BRAZIL

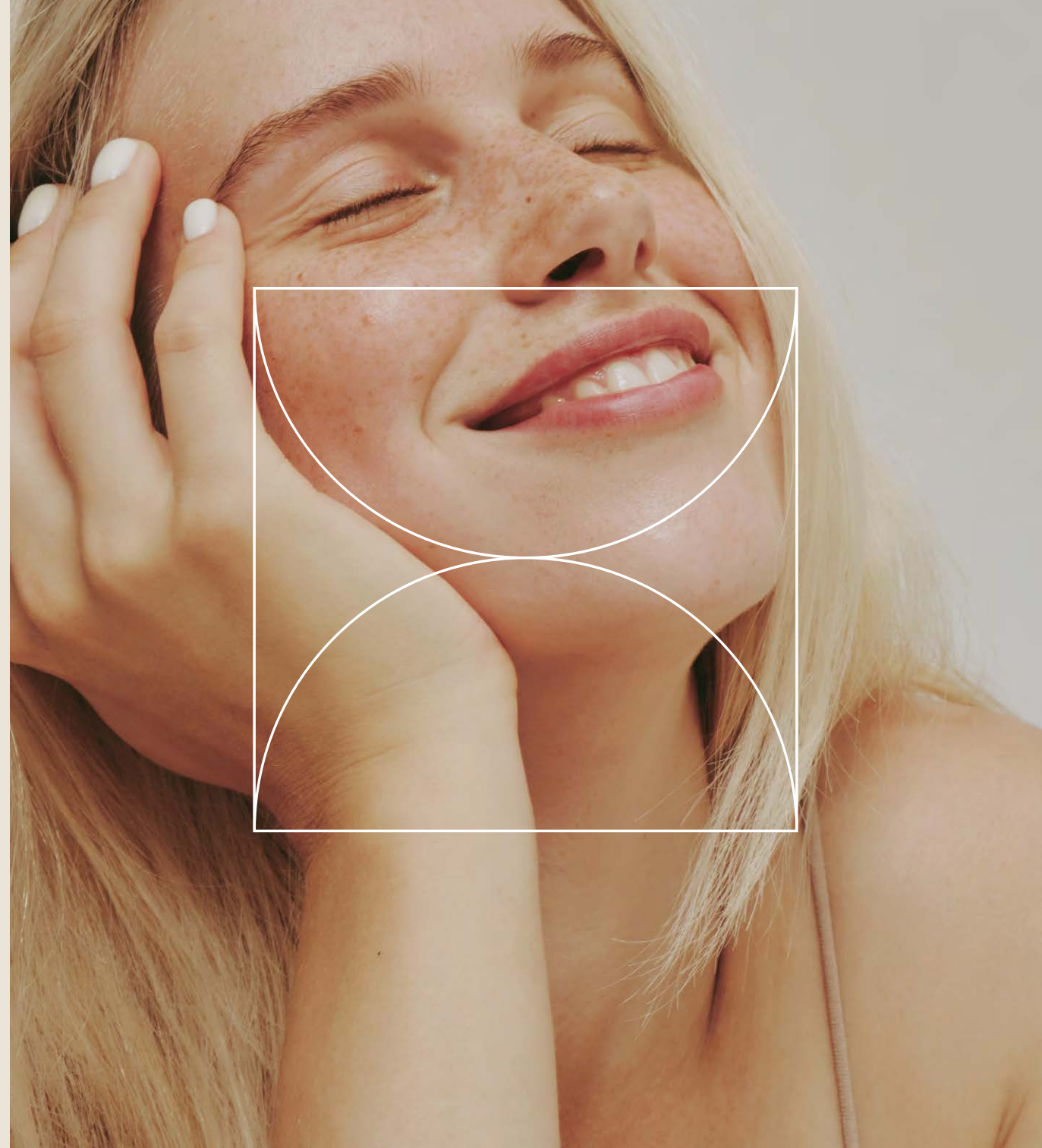
- Ocean wave and Brazilian mist
- Detox Body Wrap with seaweed (20 min)
- Brazilian massage (50 min)



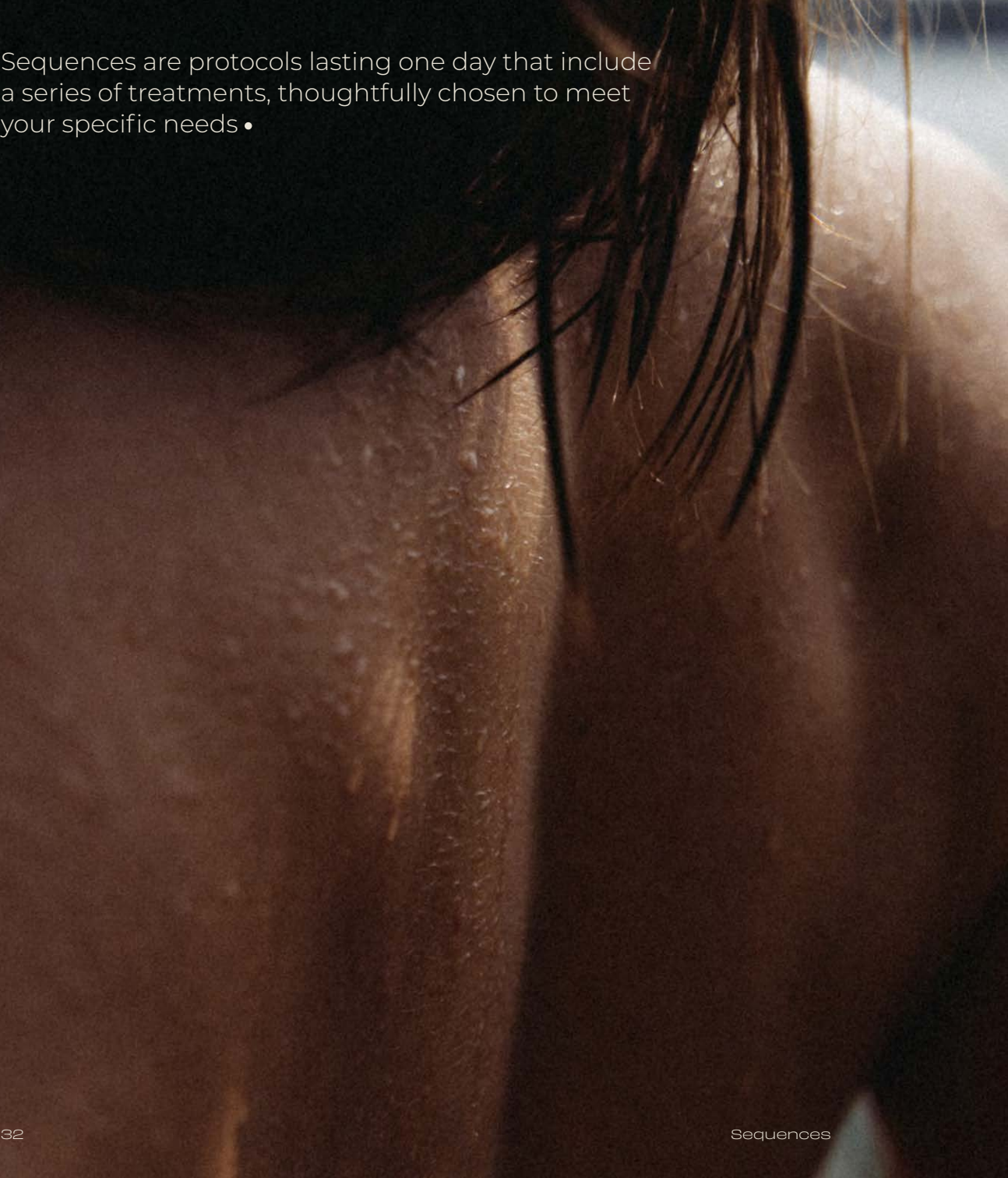
REBALANCE BODY AND MIND,  
STEP BY STEP

# Sequences

THE PURIST SEQUENCE   DAY WELLNESS EXPERIENCE







Sequences are protocols lasting one day that include a series of treatments, thoughtfully chosen to meet your specific needs •

MY SEQUENCE	<b>Restored energy</b> <i>3 Treatments in one day</i> <ul style="list-style-type: none"><li>• 3 Marine Experiences<ul style="list-style-type: none"><li>— or Wellbeing Experiences</li><li>— or group coaching activities</li></ul></li></ul>	Monday to Friday: €130 Saturday and Sunday: €140
MY SEQUENCE +	<b>4 Treatments in one day</b> <ul style="list-style-type: none"><li>• 3 Marine Experiences<ul style="list-style-type: none"><li>— or Wellbeing Experiences</li><li>— or group coaching activities</li></ul></li><li>• 1 Massage targeting a specific need (25 min)<ul style="list-style-type: none"><li>— or 1 Marine Massage (20 min)</li></ul></li></ul>	Monday to Friday: €190 Saturday and Sunday: €200
REGENERATION SEQUENCE	<b>Revived body</b> <i>3 Treatments in one day</i> <ul style="list-style-type: none"><li>• 1 Marine Experience — or Wellbeing Experience</li><li>• 1 Cryotherapy session</li><li>• 1 Stendo® cardio-synchronised massage session</li></ul>	Monday to Friday: €150 Saturday and Sunday: €160
UNWINDING SEQUENCE	<b>Soothed mind</b> <i>3 Treatments in one day</i> <ul style="list-style-type: none"><li>• 2 Marine Experiences — or Wellbeing Experiences</li><li>• 1 Zen Massage targeting a specific need (25 min)</li></ul>	Monday to Friday: €160 Saturday and Sunday: €170
GLOW SEQUENCE	<b>Reset skin</b> <ul style="list-style-type: none"><li>• 1 Observ 520 skin diagnosis</li></ul> <i>3 Treatments in one day</i> <ul style="list-style-type: none"><li>• 1 Rebalance Impulse® session</li><li>• 1 VOYA pure seaweed <b>ORGANIC</b> bath</li><li>• 1 LPG x VOYA endermologie® facial</li></ul>	Monday to Friday: €230 Saturday and Sunday: €240





“To sleep well is to wake up feeling refreshed.”

DR. ALEXANDRA DALU  
Specialist in anti-ageing medicine



TREATMENTS & ACTIVITIES

# À la carte treatments

Our Cycles and Sequences are suggestions to help you make the most of your time with us, whether you're staying for one day or several days.  
A short stay? You can also choose for à la carte treatments and activities.



We offer a diagnostics session before any Cycle, Sequence or à la carte treatment.  
This consultation also takes into account your physical and emotional state •

# DIAGNOSTICS

BEAUTY	<div>Observ 520</div> <div>Skin analysis using digital imaging, assessing skin health on the surface and at a deeper level.</div>	20min   €30
BALANCE	<div>By Beflow Diagnostics</div> <div>This technique allows us to determine your physical, mental and emotional state at any given moment, by analysing the body's impact zones.</div>	50min   €60
VITALITY	<div>Tanita Analysis</div> <div>Measures body composition, including fat mass, muscle mass, bone mass and water mass.</div>	15min   €30
	<div>Oligoscan</div> <div>Evaluates the body's needs in terms of minerals and trace elements, as well as oxidative stress levels. This technique also detects whether there are any heavy metals present within the body.</div>	50min   €60
	<div>Maison Epigenetic DNA Methylation</div> <div>Analysis of metabolic processes using a blood droplet sample, to study the modulation of the expression of certain genes within your DNA. Results are available within 3 weeks.</div>	15min   €350



## WELLNESS

### Fitness analysis

Assessment of the body's physical aptitudes and abilities.

50min | €60

### Nutrition — or naturopathy consultation

On-site — or via video call

50min | €80

80min | €140

### Nutrition — or naturopathy follow-up

On-site — or via video call

25min | €50





Enjoy the benefits of the sea with treatments designed by The Purist, for you •

# MARINE TREATMENTS

MARINE  
EXPERIENCES

**Energising Seawater Bath** 15min | €50  
For a massaging immersion.

**Relaxing Seawater Bath** 15min | €50  
For a sensory immersion.

**Ocean Rain** 15min | €50  
A soothing sea mist over the whole body.

**Marine Wave Energising OR Relaxing OR Sculpting** 15min | €50  
High-pressure seawater jets.

**Floataion Pool** 25min | €60  
This pool, filled with Epsom salt water, invites you to truly let go and completely disconnect.





VOYA  
SIGNATURE  
MARINE RITUALS

Spiced Mud Wrap ORGANIC  
A purifying, antioxidant treatment  
within a floating cocoon.

20min | €70

Laminaria digitata Body Wrap ORGANIC  
A remineralising, moisturising treatment  
within a floating cocoon.

20min | €70

Fucus serratus Detox Body Pack  
A naturally rebalancing treatment,  
within a floating cocoon.

20min | €70

Seaweed Bath Ritual ORGANIC  
This traditional revitalising bath is prepared  
with pure Irish seaweed, and offers remineralising,  
moisturising and rebalancing benefits.

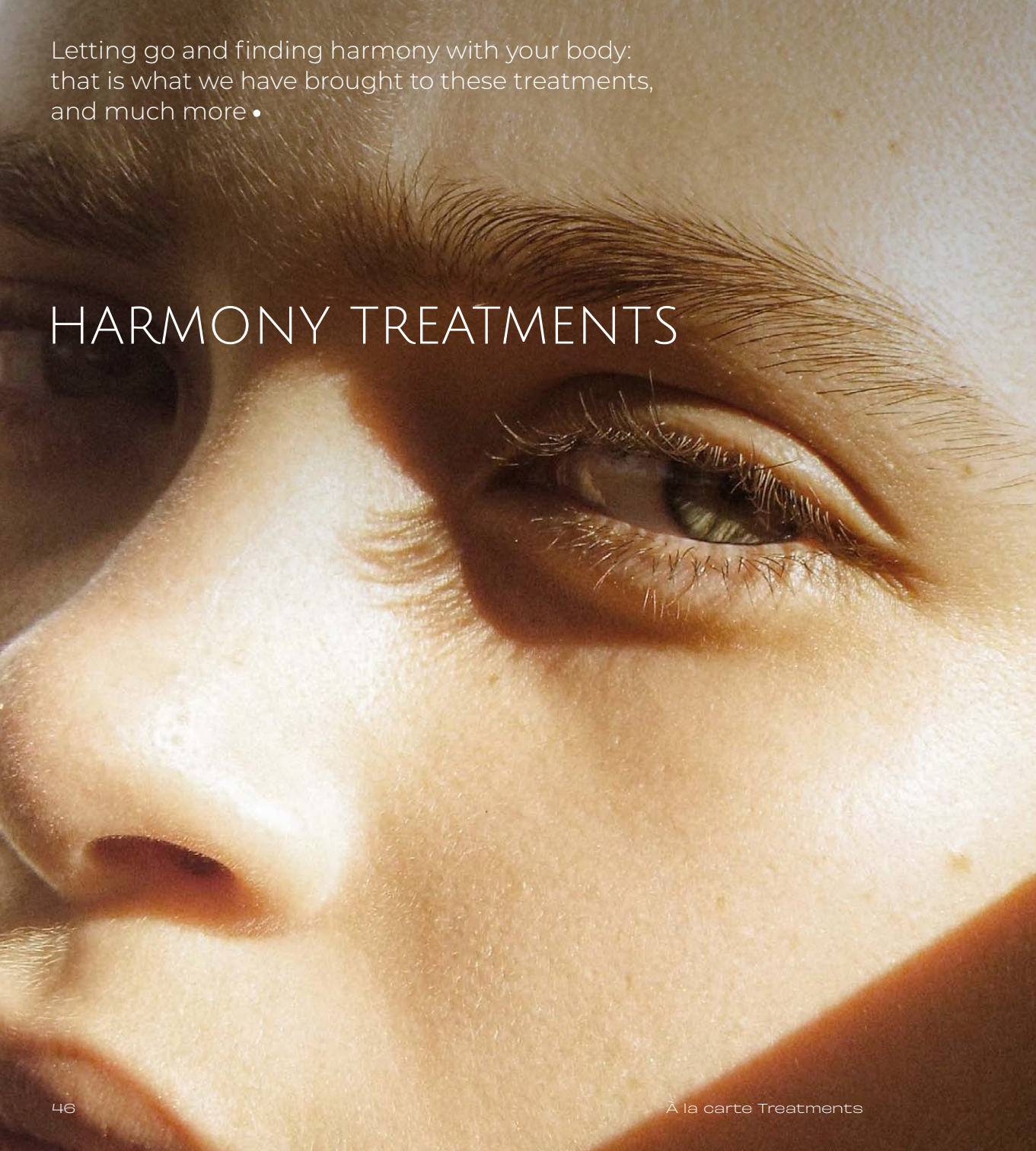
25min | €70

Seaweed Wrap Ritual ORGANIC  
In this unique ritual, strips of fresh, concentrated  
kelp are applied to the body, for their soothing,  
rebalancing and restorative properties.

50min | €130







Letting go and finding harmony with your body: that is what we have brought to these treatments, and much more •

# HARMONY TREATMENTS

## WELLBEING EXPERIENCES

**Hydrojet Musico Relax** 15min | €50  
A heated, relaxing and soothing massage mattress.

**Iyashi Dôme Japanese sauna** 30min | €60  
Powerful infratherapy treatment, with detoxifying, purifying and relaxing properties.

**Rebalance Impulse®** 25min | €60  
Guided neuro-meditation with synchronised colour therapy, for deep relaxation that improves sleep quality, combats chronic stress and strengthens the immune system.

**Stendo®** 20min | €60  
Cardio-synchronised stimulation, to reactivate the circulatory system and provide highly effective lymphatic drainage.

## REBALANCING TREATMENTS

**Reflexology** 25min | €90  
Applying pressure to the reflex zones along the arch of the foot, to release energy.

**Shiatsu** 50min | €140  
This technique works with applying pressure to the body, to harmonise energy flows.

**Energy-boosting Acupressure** 50min | €140  
This traditional therapy brings all types of consciousness into harmony, whether connected to energy, emotions, or the body. A gentle but intense reset, to help you reconnect with your full potential.

**Traditional Tui Na massage** 50min | €140  
A deep, revitalising massage focusing on the tissues and meridians that carry energy and blood through the body, to relieve pain and promote deep relaxation.



REBALANCING  
TREATMENTS

**Reiki** 50min | €140  
A healing technique that uses touch to channel energy, reconnecting body and mind.

**Hypnosis** 80min | €140  
Where the subconscious and our inner resources meet.

**Touch for Health** 80min | €140  
Relieves blockages in the body, by using pressure points to rebalance muscle groups.

**Emotional Release** 80min | €140  
Generates renewed energy by relieving you of the emotional burden that may be weighing you down.

ENERGY-BOOSTING  
EXPERIENCES  
BY ELIZABETH CONTAL

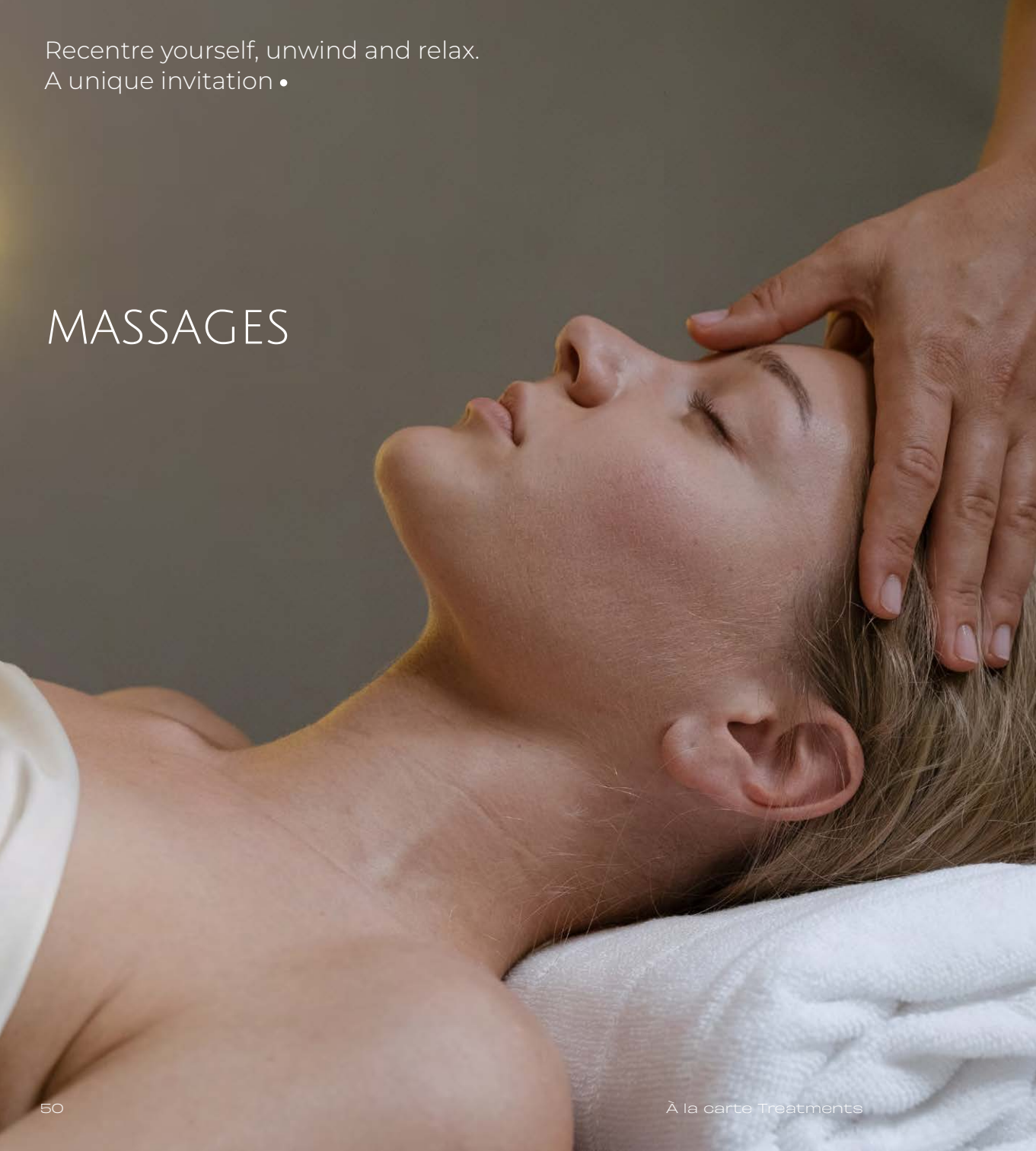
**Aqua-relaxation Ritual with Crystal Bowl** 25min | €80  
Immersed in a heated seawater pool, you will completely unwind, as the gentle frequencies of the crystals help your body to feel totally relaxed.

**Rock Crystal Lithotherapy Massage Ritual** 80min | €210  
A holistic experience that promotes true harmony, this treatment amplifies vital energy through the combination of crystal waves and a relaxing crystal pebble massage.



Recentre yourself, unwind and relax.  
A unique invitation •

# MASSAGES



## ESSENTIAL MASSAGES

Focused Zen

25min | €80

Concentrating on an area of your choice:  
face and scalp, or back, or feet.

Californian

50min | €130

An enveloping and relaxing massage,  
with warm oils.

Swedish

50min | €140

A deep and energising massage that works  
on the muscles.

## VOYA MASSAGES

'Heart of the Waves'

50min | €140

A relaxing and moisturising massage featuring  
movements that replicate the gentle and invigorating  
movement of the sea.

'Seaweed Pouches'

50min | €140

A gentle, exfoliating, and nourishing massage  
that uses warm pouches containing Fucus Serratus  
seaweed, orange, clove and ginger.

The Mère'veilleuse (Marvellous Mummy)

50min | €140

EXPERIENCE

A soothing and relaxing marine treatment  
focusing on the expecting mother's tummy area.

The Mère'veilleux (Marvellous Mummy)

80min | €190

MASSAGE

This relaxing and soothing scrub and massage  
for Mums-to-be offers a moment of tranquillity,  
and deep hydration for the skin.



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## CINQ MONDES MASSAGES

### Traditional Oriental

50min | €140

A journey to the heart of Oriental traditions, this massage works on the whole body, using warm argan oil and incorporating slow, deep strokes, for a moment of pure wellbeing.

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### Indian Ayurvedic

50min | €140

This massage is inspired by traditional Abhyanga techniques. Warm oil is applied through alternating slow and fast movements, to release tension and reawaken the body.

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### Polynesian Sublime ORGANIC

50min | €140

Inspired by the slow rhythms of Lomi-Lomi, this massage draws on the knowledge passed down by Polynesian healers, and features delicate notes of tropical flowers, for an experience of deep relaxation.

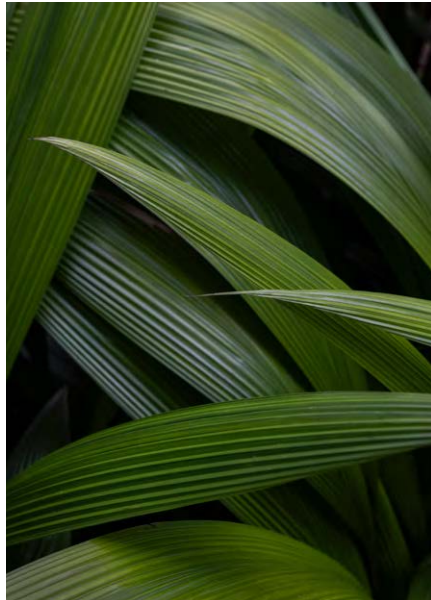
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### Brazilian Body Toning

50min | €140

#### *Bespoke*

This treatment, inspired by traditional Brazilian medicine, features draining and detoxifying movements, resulting in a relaxed body, a soothed mind, and a refined silhouette.



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### Sublime Bola

50min | €140

Enveloping, smoothing movements incorporating a sound massage ball, to calmly welcome all the changes associated with pregnancy and restore a feeling of lightness and relaxation in the body.



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### Royal Balinese

50min | €140

Experience a world of tranquility and a true moment of escape for the senses, with this Balinese massage, which combines traditional smoothing movements with gentle stretching.

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### Udarabhyanga

50min | €140

Deep, invigorating techniques inspired by traditional Indian medicine, for deep muscle relaxation and intensive toxin release.



BODY TONING  
MASSAGES

Endermologie Body by LPG (30 min)

This treatment acts directly on adipocytes and fibroblast cells, for a lipo-draining, smoothing and firming action.

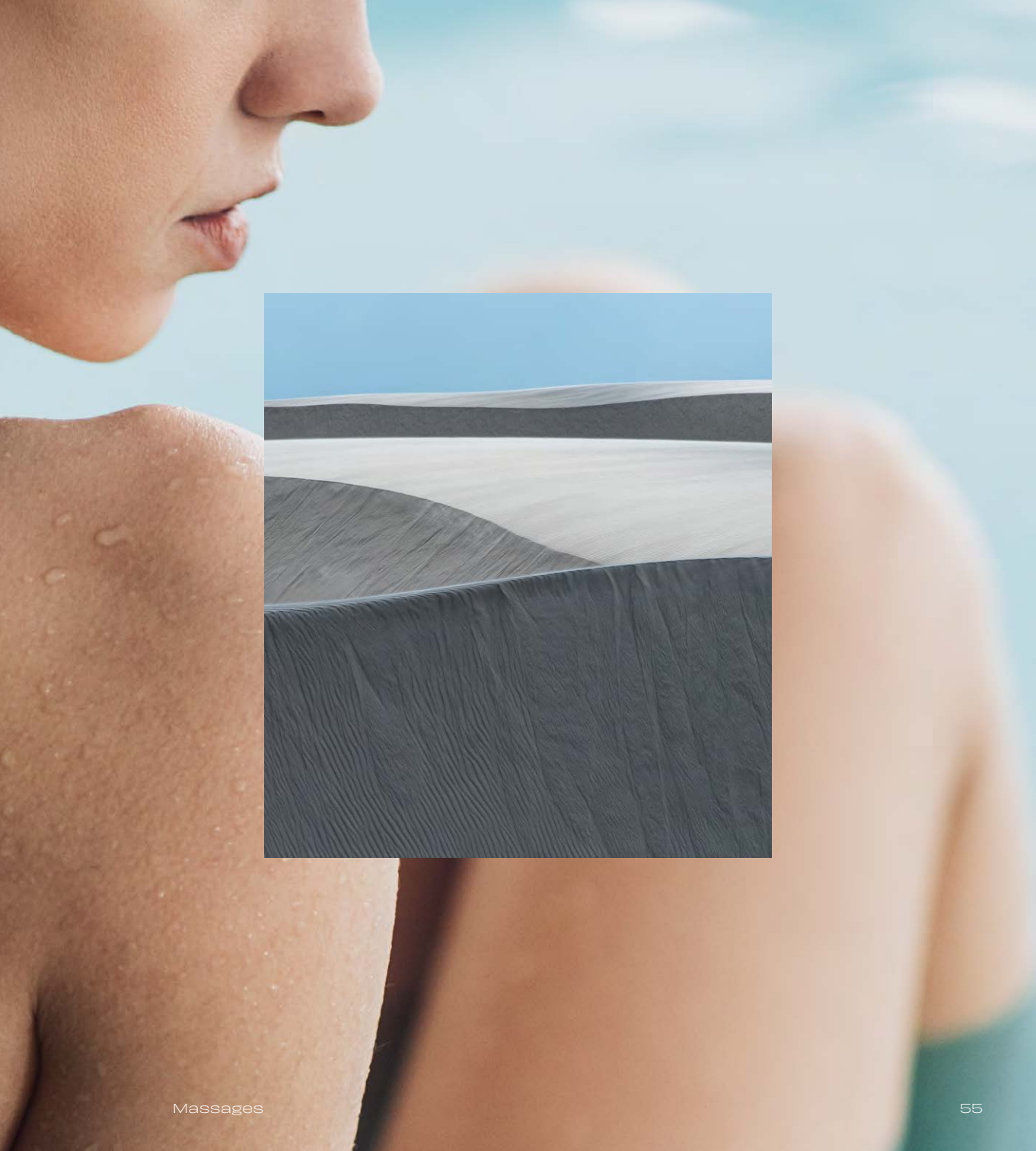
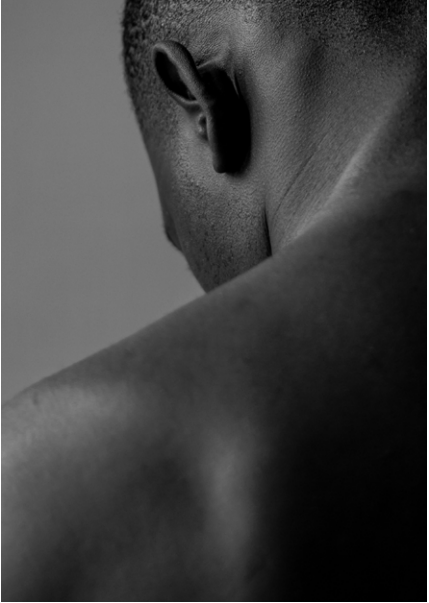
1 area - 20 min (€70) / 10 sessions (€560)  
Multiple areas - 40 min (€100) / 10 sessions (€800)

Silhouette-enhancing Lymphatic Drainage

This marine massage treatment uses an underwater jet to eliminate toxins and improve circulation.

Watermass Silhouette

A marine-based lymphatic drainage palpate-roll massage with sculpting movements.





Beauty is on the inside, but can also be enhanced from the outside. A range of wonderfully relaxing and beautifying treatments for you to choose from •

# BEAUTY TREATMENTS

**VOYA**  
BODY SCRUBS

Sugar, peppermint  
and seaweed scrub **ORGANIC** 25min | €80  
Exfoliating, detoxifying, refreshing and smoothing.

Sugar scrub with lavender  
and seaweed **ORGANIC** 25min | €80  
Exfoliating, detoxifying and relaxing.

**CINQ MONDES**  
BODY SCRUBS

Aromatic Spice Scrub 25min | €80  
Energising exfoliation with sea salt,  
ground almond and vanilla.

Papaya Purée Scrub 25min | €80  
Radiance-boosting exfoliation, with papaya  
and ground coconut.

Sublime Tahiti Scrub 25min | €80  
Nourishing exfoliation with sugar granules  
and ground coconut **ORGANIC**.



**VOYA**  
FACIALS

**Intensity** **MEN'S TREATMENT** **ORGANIC** 50min | €140  
A powerful marine-based treatment with real seaweed leaves, designed to meet the specific needs of men's skin.

**Radiance** **ORGANIC** 50min | €140  
A deeply detoxifying, revitalising and radiance-enhancing marine treatment.

**Regeneration** **ORGANIC** 50min | €140  
This marine treatment focuses on collagen stimulation, harnessing the most effective organic marine ingredients, including antioxidant seaweed complexes and real seaweed leaves.

**Gold of the Sea** **ORGANIC** 80min | €190  
The ultimate VOYA experience, combining the relaxing benefits of a back massage with the remineralising properties of a real seaweed mask.

**ENDERMOLOGIE By LPG x VOYA**

**Sublime Eyes and Lips** 25min | €90  
This treatment stimulates the natural synthesis of essential youth-supporting resources. The smoothing, plumping and anti-fatigue effect is enhanced by the VOYA marine skincare **ORGANIC** line.

**Anti-ageing Expert** 50min | €140  
A skin fitness treatment, combined with VOYA marine expertise **ORGANIC**, for a tailor-made objective: plumping, firming or refining.



**CINQ MONDES**  
FACIALS

**Ko Bi So massages**  
Expert manual lifting techniques inspired by rituals originating in Japan. Ko means ancient, Bi, the beauty of the face, and Do, the right action.

1 Session (20min) | €80  
1 Session with scrub and mask (50min) | €140  
1 Session with scrub, mask, acupressure and smoothing with Ridokis (80min) | €190

**Bali flower massage treatments**

**Radiance Boost**  
A treatment for radiant skin and a beautiful complexion, enhanced with the delicate scents of tropical flowers.  
1 Session (20min) | €80  
1 Session with facial massage (50min) | €140  
1 Session with double exfoliation, pore extraction, facial massage and acupressure (80min) | €190



## CELLCOSMET FACIALS

### Swiss Instant Radiance

50min | €170

Designed to plump skin tissue, for an immediate anti-ageing effect. The therapist will select a mask according to your skin type, to ensure optimum results.

### Swiss Elasto-Collagen

80min | €210

Perfectly moisturised, firmer skin, and a radiant, glowing complexion... These are the benefits delivered by the synergy of precious ingredients and the dermo-relaxing massage.

### Swiss Anti-ageing and Eye-revitalising

110min | €300

This signature cellular treatment is a true youth booster. With its double mask and smoothing eye contour treatment, it instantly revitalises, visibly reduces signs of ageing and reboots cells lacking in energy, to reveal a more radiant complexion.

### Swiss Procollagen Face and Neck

80min | €330

Through the application of a sheet of pure collagen, which is concentrated in cellular energy, this treatment smooths and plumps fine lines and wrinkles, softens features, and delivers immediate and extreme hydration while soothing redness, to reveal a truly radiant complexion.

### By CRYOSKIN x CELLCOSMET

#### The frosted touch of eternity

50min | €180

The immediate anti-fatigue and smoothing effect of Cryoskin facial cryotherapy, amplified by Cellcosmet's biocellular expertise.





SPORTS ACTIVITIES

# Movement

Moving, while being guided: a program proposed by our experts.





GROUP  
SESSIONS

Mindfulness  
— Respirology  
— **or** Meditation  
— **or** Mindful walking

50min | €30

Posture  
— Yoga  
— **or** Pilates  
— **or** Aqua pilates  
— **or** Postural stretching

50min | €30

Endurance  
— Gentle running  
— **or** Sea walk (loan of wetsuit included)

Gentle Running | €30 € — Sea walk | €40

Fitness Sculpt  
Cardio Boxing  
— **or** Thighs, abs & glutes  
— **or** Aquabike  
— **or** Aquafitness  
— **or** Circuit Training

50min | €30

BESPOKE  
SESSIONS

Coaching  
Individual.

25min | €60

50min | €90

Recovery  
Cryotherapy chamber – latest generation.

3min | €60

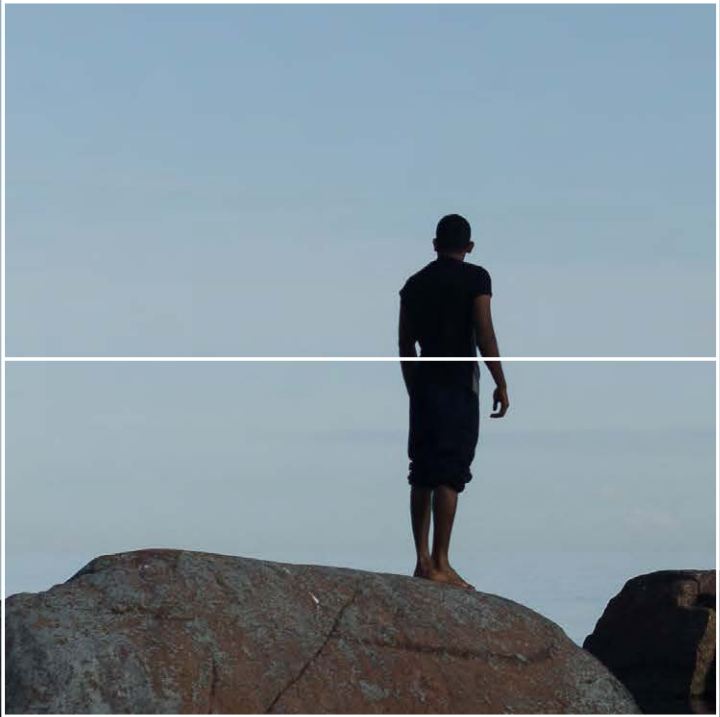
3-session package | €160

10-session package | €510



# CLUB PASS

## The Purist



### SPA ACCESS

Access for ½ day excluding weekends and public holidays.  
€75

### 10 SPORTS ACTIVITY SESSIONS

Pass valid for 1 year, giving you access to the spa for the ½ day of the sessions.  
€560

### QUARTERLY PASS

- Access to the spa, excluding weekends
  - Club Sport sessions
  - 10% off the treatment menu
- €560

### ANNUAL SUBSCRIPTION

- Access to the spa, excluding weekends
  - Club Sport sessions
  - 15% off the treatment menu
- €1,790

### ANNUAL PASS +

- Spa access excluding weekends
  - Club Sport sessions
  - 15% off the treatment menu
  - 1 full-body Cryotherapy session per month
  - 1 Diagnostics consultation of your choice: fitness, beauty or wellbeing
- €2,390



PARTNER BRANDS AND EXPERTS

# Our partners

Carefully chosen for their holistic wellbeing philosophy.







# Our partner brands

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## VOYA

### VOYA

From sea to skin. VOYA offers marine experiences, as well as a range of face and body products based on pure, organic seaweed, which is hand-picked, in keeping with the Irish traditions of being natural, responsible and sustainable. These highly concentrated products combine the expertise of the world's leading cosmetic scientists with VOYA's knowledge of the therapeutic benefits of seaweed.

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## CINQ MŌNDES PARIS

### CINQ MONDES

Explore the world, as you go in search of the great age-old traditions of wellbeing and beauty, and discover the ultimate pharmacopoeias. Cinq Mondes offers a holistic experience that provides a true sense of escapism, through products and treatments that are both sensorial and responsibly sourced.

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## cellcosmet SWITZERLAND

### CELLCOSMET

At the forefront of research, development and cosmetic science, CELLCOSMET is a Swiss range of expert skincare products that has been designed to meet the specific needs of the skin. With their extensive biocellular expertise and rigorously selected plant and marine ingredients, these premium products improve skin health over the long term.





# Our experts



## ANTOINE LECOQ

A sports coach, Pilates teacher, swimming instructor and respirologist, Antoine Lecoq has been passionate about wellbeing for 25 years. Convinced that a holistic approach contributes to individual balance, he is now Wellness & Spa Director at Les Cures Marines.



## ÉMILIE FÉLIX

As a chef specialising in nutrition and energy-boosting foods, Émilie Félix has trained our kitchen teams to offer tailor-made menus to suit the objectives and desires of each individual guest. Her expertise enables us to rebalance our lifestyles – through the foods we eat and the way they are cooked – in order to regain and protect our vitality.



## DR. ALEXANDRA DALU

Specialising in anti-ageing medicine, Dr Alexandra Dalu is a nutritionist and mesotherapy expert, author and lecturer who focuses her work on helping people to age optimally through a multidisciplinary perspective. For The Purist, she recommends a comprehensive, personalised medical approach that is tailored to daily life: by working on different tangible aspects to achieve more restorative sleep and a regenerative lifestyle. A framework that includes a readjusting of circadian rhythms and new rituals to adopt into everyday living for optimal health, from morning till night.



# Your experience The Purist

## How do I book a treatment?

If you are not (yet) on-site, call +33 (0)2 31 14 25 70 to make an appointment. From your room, press the «Institut» button on the telephone, or go to Reception. For both options, a 50% deposit will be requested.

## How do I postpone or cancel a treatment?

You have up to 24 hours before your appointment time to cancel it, resulting in a full refund. Once this deadline has passed, we will not be able to refund the 50% deposit. To reschedule your appointment, please call the Spa Reception.

## Do I need to arrive in advance of my treatment time?

We recommend that you arrive at The Purist Spa at least 30 minutes before your appointment time. This will give you time to get changed (if necessary), discover the premises, and settle in.

## What are the contraindications for attending an appointment or stay at The Purist?

A medical certificate will be required for the following conditions: infectious and contagious diseases, acute neurological conditions, acute cardiovascular conditions or known heart failure, recent surgery, and cancer treatment. Aside from these specific conditions, a «wellbeing | health discharge» questionnaire must be completed before your treatment.

## What is the youngest age at which you can visit The Purist?

Anyone over the age of 18 has access to all the treatments on offer. Children and teenagers aged 14 to 18 must provide a parental waiver to gain access to the hydrotherapy and non-therapeutic wellbeing treatments. Guests under the age of 18 are not permitted access to the Sauna and Hammam facilities.

## What treatments are recommended for pregnant women?

A selection of treatments is available for between the 4<sup>th</sup> and 8<sup>th</sup> month of pregnancy, subject to a medical certificate being provided. Some of our treatments have been specially designed for pregnant women. Don't hesitate to contact our on-site teams for more information.

## How can I give a The Purist experience as a gift?

You can choose to offer one or more services (a cycle, sequence, or à la carte treatment) or opt for a gift voucher for the amount of your choice (available from €50, via the website: [lescuresmarines.com](https://lescuresmarines.com)). The voucher will be valid for one year from the date of purchase.

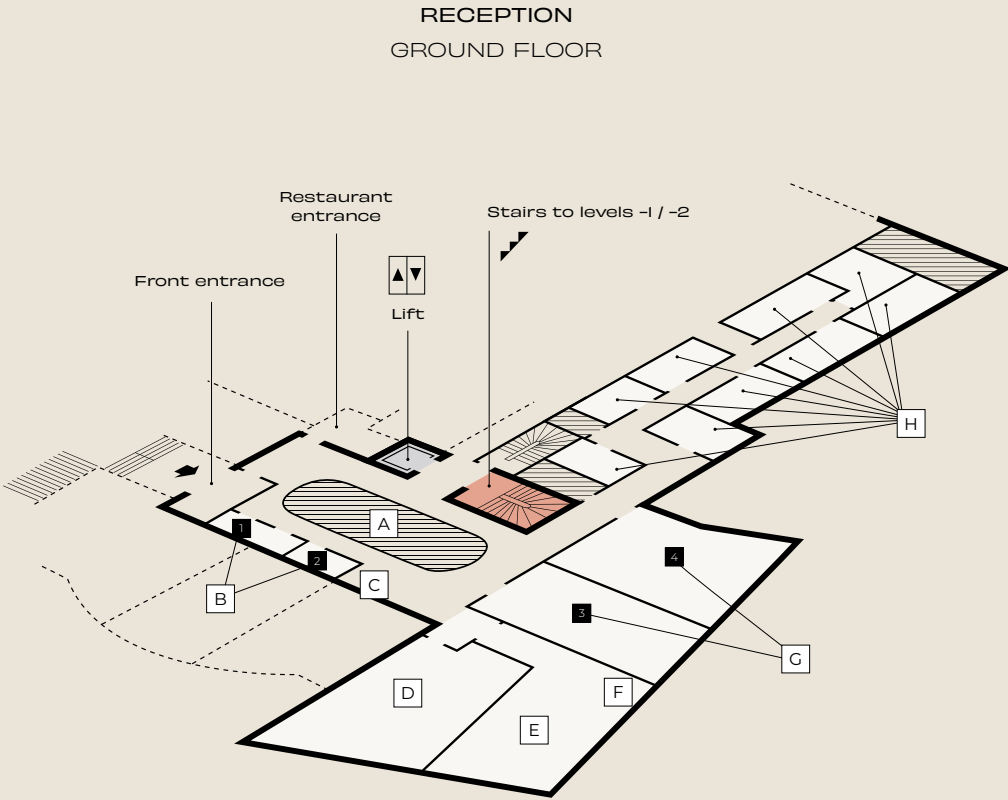
## How can I extend my The Purist experience at home?

All the products used by our teams are available in the spa and/or hotel boutique. You can also opt to have your new treatment routine sent to your home (with free postage for purchases over €50).

The Purist space consists of:

- 3 levels of wellbeing
- 34 immersive treatment rooms
- Expert and attentive therapists
- A seawater pool heated to 32°
- Hammam and sauna
- 5 sensory showers
- A sports studio
- A meditation area

Our space



A

Reception

B

Diagnostics Rooms

1 Wellbeing appointments

2 Beauty appointments

C

Shop

D

Fitness

→ Cardio Training

E

The Studio

→ Group activities

F

Cryotherapy

G

Changing rooms

3 Men

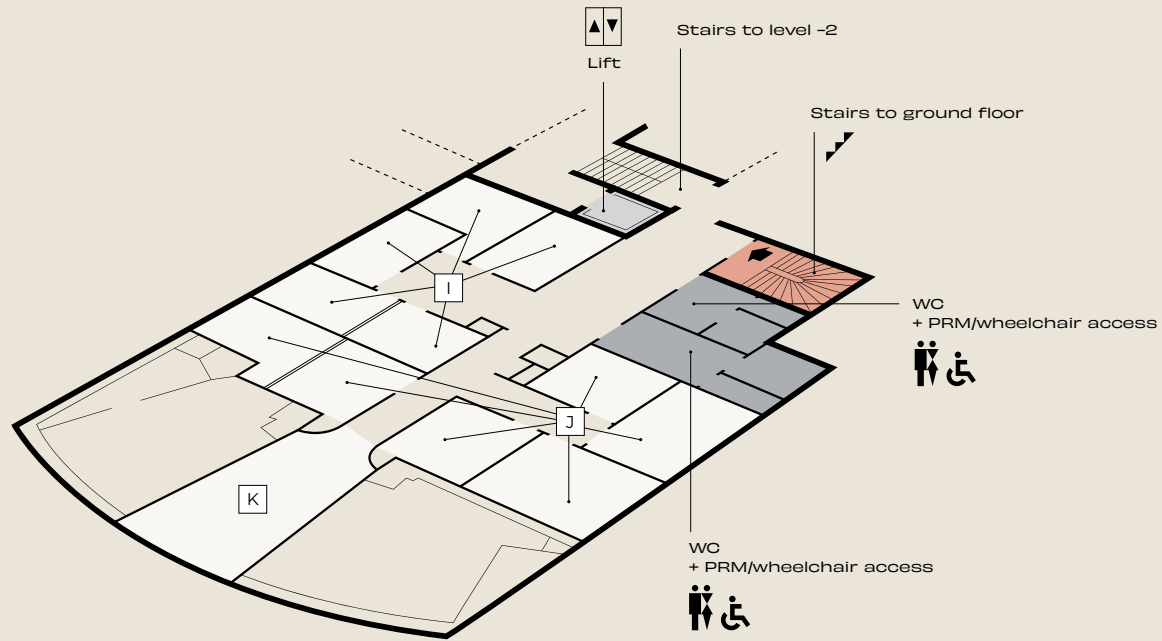
4 Women

H

Treatment rooms 1 to 9



## WINTER GARDEN LEVEL -1



I

### Light Suite

Treatment rooms 10 to 15

K

### Conservatory

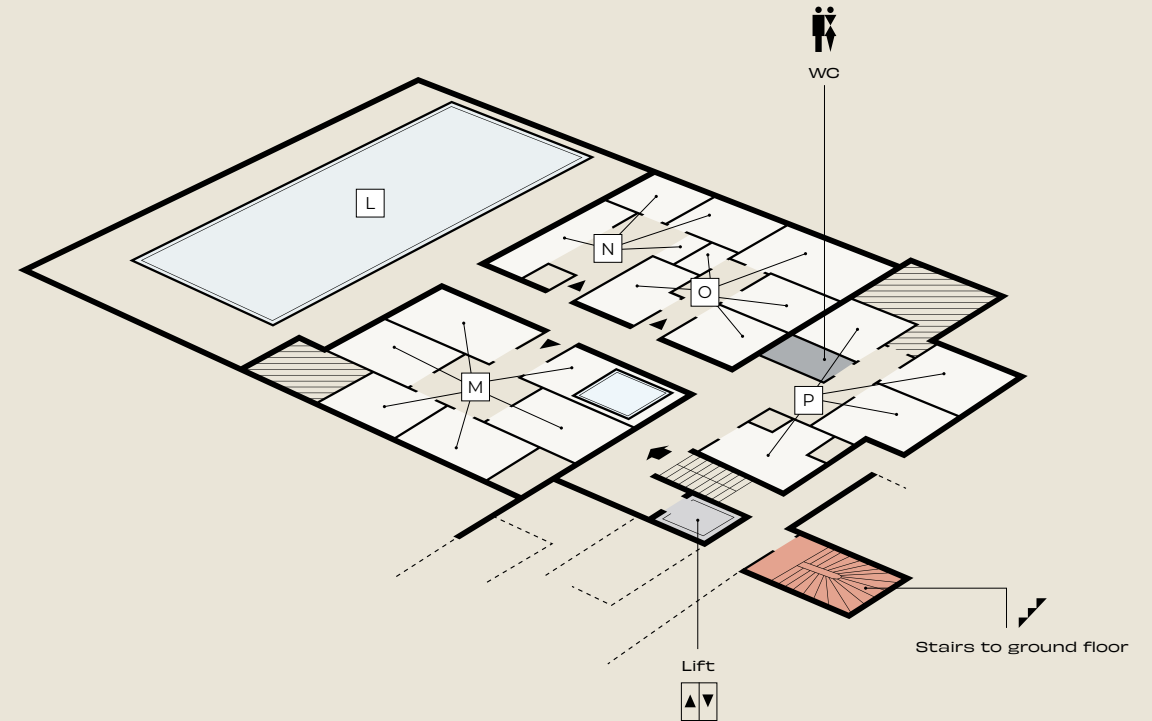
- Herbal tea room
- Rest area
- Meditation area

J

### Oxygen Suite

Treatment rooms 16 to 21

## THERMAL SUITES LEVEL -2



L

### Marine pool

- Jacuzzi
- Massage jets
- Swimming area
- Sports activities

N

### Sensory Space

- Sauna
- Hammam
- Sensory showers
- Nordic shower
- Cool mist

P

### Seaweed Suite

Treatment rooms 22 to 25

M

### Sea Mist Suite

Treatment rooms 30 to 35

O

### Spa Suite

Treatment rooms 26 to 29

# Cures Marines

TROUVILLE / SUR / MER

Cures Marines Trouville MGallery

The Purist Retreat & Spa

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