

Djerba



A QUIET WELLBEING BREAK

DJERBA, A MEDITERRANEAN EDEN...

First, the breeze blowing in from the sea, the rustling palm trees... Then, the heady mixture of smells of warm sand, jasmine, eucalyptus, spices; the call to prayer ringing out from a distant minaret... From your very first moment, you are overcome by a sense of profound wellbeing; you're in the country of Ulysses, at the gateway to the Sahara, on the island of splendours where dreams become reality.



A contemporary setting where precious marble and exotic wood are complemented by Oriental touches with carefully conceived lighting and easy circulation that are an invitation to relax... The **Athénée Thalasso** is an exceptional place, a point of reference for curists from every corner of the globe. The kindness of the staff, the centre's impeccable hygiene and professionalism, its up-to-the-minute equipment and the variety of treatments available have forged its international reputation and served to create a loyal customer base.

Here you'll be pampered; your body will regain its original form and you will be able to stroll around with the lofty tranquillity of a prince or princess in their palace.

Welcome to Athénée Thalasso...



BUILT ON TWO FLOORS EXTENDING OVER 3,500 M², THE CENTRE IS EQUIPPED WITH:

- 1 reception and programmeplanning area
- 1 medical consulting room
- 1 dietician's consulting room
- 1 indoor-outdoor 30-metre long leisure seawater pool with hydrojets and whirlpool
- 1 solarium with mezzanine
- 1 hammam with two traditional peeling rooms
- 10 cabins for multi-jet hydromassage bath
- 3 jet shower cabins
- 4 fine mist shower cabins
- 8 cabins for seaweed or marine mud wraps
- 3 cryotherapy cabins (cold seaweed wrap for the legs)
- 1 heated seawater treatment pool
- 1 individual aerosol
- 13 massage cabins
- 1 pressotherapy cabin

- 1 cabin for Shiatsu or Korean Relaxation
- 1 Tchong Mo cabin
- 1 Chi Nei Tsang cabin
- 1 Ayurvedic cabin
- 1 cabin for Tuina or Moxa & Cupping or Thai Massage
- 1 Kobido cabin
- 1 foot reflexology cabin
- 1 Pijat Bali cabin
- 1 Oriental treatment cabin
- 1 cabin for Lift6, Cellu M6 or Volto Più
- 1 Huber LPG cabin
- 1 group aerosol room
- 1 relaxation area and terrace with sea views
- 1 La Prairie beauty treatment cabin
- 2 Thalgo beauty treatment cabins
- 1 boutique

WATER, SEA, LIFE

The marine environment takes you to the very source of life.... The enveloping warmth of the water, the benefits of essential minerals, perfumes and lights combined with the gentle touch of our therapists will have you feeling totally regenerated, like a new you.

INDIVIDUAL TREATMENTS (INCLUDED IN THE CURES)

Multi-jet baths

Lying in a warm seawater bath, the body receives a relaxing massage from a myriad of water jets. This treatment has a calming and relaxing effect. Our ultramodern, automatically cleaning baths ensure maximum hygiene.

Rainbow chromatic bath

Bath with programmable massage jets and coloured lights. The triple action of sea water, jets and colours optimises the effect of the bath, which not only induces a beneficial relaxation but also remineralises the body.

Jet shower

Tonic sea water jet following a medically defined path which produces a deep massage that decongests areas of fat and cellulite, treats muscular tension and stimulates circulation.

Fine mist shower

Fine, warm seawater mist produced by micro jets which act as a calming and relaxing massage.

Seaweed wrap

Applied locally or over the whole body, seaweed wraps have an analgesic effect on articular pains, arthrosis and rheumatism and help to eliminate accumulated fat.

Dead Sea mud

Alleviates articular ailments and rheumatism, relaxes the muscles, helps to combat skin complaints (psoriasis).

Self-heating marine mud

With a high content of magnesium and trace elements, its progressively exhaling heat ensures a better penetration of the active ingredients. It relieves the pain of arthritis or rheumatism, promotes blood circulation, facilitates venous and lymphatic return, enhances cellulite resorption and eliminates points of tension.

Individual aerosol

Inhalation of seawater steam vapour, rich in ions. Recommended for respiratory problems.

Cryotherapy

A cold leg wrap involving the application of seaweed and plants with virtues that are beneficial for the circulation, followed by a massage. This treatment lowers the exterior temperature of the legs and induces a narrowing of the blood vessels (vasoconstriction).

Pressotherapy

A treatment for the legs using boots that are inflated in successive stages, acting on lymph and blood circulation.

Massage

Relaxing, toning or therapeutic, the massages given by our kinesitherapeutists and masseurs are a personalized treatment that are always a privileged moment.

Rehabilitation (dry or in a seawater pool)

Individual treatment given by a kinesitherapeutist, under medical advice, focussing on rehabilitation gymnastics or analgesic physiotherapy.

COURSE AND GROUP TREATMENTS (INCLUDED IN THE CURES)

Group aerosol

Wood light and a fine spray of seawater produce a great charge of ions. These ions are highly beneficial for good health. The treatment is recommended for those suffering from fatigue, stress or depression and for the respiratory tract.

Aquagym (with a coach)

In its state of weightlessness in seawater, the body regains its suppleness under the supervision of a specialist monitor.

INDIVIDUAL TREATMENTS (NOT INCLUDED IN CLASSIC CURES*)

Lymphatic drainage

A massage technique aimed at relieving "heavy legs", regenerates tissue and combats cellulitis.

Fine mist shower with massage

The calming and relaxing effect of a fine, warm seawater mist is completed by a back massage using essential oils, producing a complete relaxation of the muscles.

50-minute Dream massage

Thanks to the combination of different massage techniques, little by little stress is reduced, breathing becomes calmer and the body relaxes.

Seawater relaxation (Watsu)

An "aquatic dance" in warm seawater: your body, supported at the head and the pelvis in the pool, is gently rocked, massaged and stretched producing a complete deep relaxation.

Mandara (four-hand massage)

A massage technique of Thai origin, Mandara uses four hands with the help of the forearm, elbows and fingers. This natural prevention method combines effleurage, petrissage, pressure and stretching at the same time as using specific essential oils that encourage rest, relaxation and toning.

Oriental massage

A cocooning massage based on slow, gentle, enveloping movements that rock the body and induce a state of complete relaxation. Carried out with warm oils, it relieves muscular tension, stimulates blood circulation and allays joints through gentle stretching movements.

* Treatments available in certain Specific Cures or à la carte



CLASSIC CURES

GET INTO SHAPE

3 individual treatments

+ 1 group treatment

RELAXATION

3 individual treatments

+ 1 session of relaxing group aerosol

RHEUMATISM-ARTHROSIS

3 individual treatments (including a seaweed or sea mud wrap and a session of kinesitherapy-massage or rehabilitation in the pool)

+ 1 group treatment

LIGHT LEGS

3 individual treatments (including a session of cryotherapy or pressotherapy)

+ 1 group treatment



SPECIFIC CURES

DETOX (6 DAYS)

For a complete detox of the body, a cocktail of purifying, draining and stimulating treatments

4 treatments per day:

- 2 individual thalasso treatments
- 1 sports activity (oxygen trail, Taïchi, yoga, aquabike)
- 1 energy treatment or 1 40-minute Massage or 1 Lymphatic Drainage alternating every 3 days
- + 2 Traditional Body peelings in the hammam

BIOENERGIE (4 OR 6 DAYS)

Restores the balance of the energy systems, eliminates fatigue and stress.

4 treatments per day:

- 2 individual thalasso treatments
- 1 group treatment
- 1 40-minute massage alternating with 1 energy treatment (Global Reflexology, Massage with Stones and Shiatsu)

SILHOUETTE (4 OR 6 DAYS)

Helps to eliminate toxins and accumulated fat.

4 treatments per day:

- 2 individual thalasso treatments
- 1 group treatment

combined with a cocktail of slimming treatments and massages:

- 1 Traditional Body Peeling in the hammam
- + 4 Cellu M6
- + 1 Lymphatic Drainage
- + 1 Anti-cellulitis Massage 40'
- + 1 impedancemetry checkup

KEEP COOL (4 OR 6 DAYS)

Cocktail of treatments combining muscle toning and relaxation of the mind and body.

4 treatments per day:

- 2 individual thalasso treatments
- 1 40-minute massage alternating with 1 Seawater relaxation
- 1 group treatment (alternately: an oxygen trail, an aquagym session and a group aerosol)

BEAUTÉ (4 OR 6 DAYS)

Beauty cure combining the benefits of thalasso with beauty treatments.

5 treatments per day:

- 2 individual thalasso treatments
- 1 group treatment
- 1 relaxing massage
- 1 beauty treatment (2 moisturizing facial treatments Thalgo, LC24, 1 manicure. 1 foot beauty)
- + 1 traditional Body Peeling in the hammam

LUNE DE JASMIN (6 DAYS)

3 treatments per day:

Get into shape and beauty cure using jasmine oil

- 1 individual thalasso treatment
- 1 group treatment
- 1 different massage each day (1 25-minute Dream massage with jasmine oil, 1 global reflexology, 1 Mandara, 1 stone massage,
- 1 fine mist shower with massage, 1 50-minute Dream massage)
- + 1 traditional Body Peeling in the hammam + 1 Thalgo moisturizing facial treatment

STARTER FORM (4 OR 6 DAYS)

A real re-shaping course after a period of guiescence.

3 treatments per day:

- 1 individual thalasso treatment
- 1 physical or aquatic activity in the presence of a coach (outdoor oxygen trail, aqua-biking, aquastreching, aqua-running, aqua-fitness)
- 1 relaxing or tonifying 40' massage

SPECIAL DOS (6 DAYS)

Individual treatment care supervised by a physiotherapist to relieve tensions and soothe the affected areas.

4 treatments per day:

• assessment of the back, marine treatment, wraps, massages, back care treatments, practical advice, personalized coaching (muscle workout on the Huber machine, Pilates, aqua-stretching).

L'INSTANT DE DJERBA (4 DAYS)

A trip into the culture of the island of Djerba in quest of wellbeing and sheer beauty.

3 treatments per day:

- 1 Aquashela session (Djerbian dance in the seawater pool)
- 1 Multi-jet bath with blossom water alternating with 1 clay wrap exuding the perfumes of the country
- 1 Oriental sculpting with prickly pear oil alternating with 1 Energy massage (Ayurveda, Kobido, Tchong-Mo or Chi Nei Tsang)
- + 1 Djerbian traditional body peeling
- + 1 facial treatment using prickly

SPA AND THALASSO MENUS

ORIENTAL MENU

A journey to the heart of tradition

• A traditional body peeling in the hammam

After 15 minutes in the steam room of the hammam, to induce eliminating toxins, your skin is cleaned with green olive oil soap then a glove of fine Djerbian sand is used to scrup the skin gently according to your skin type. Djerbian sand is very fine and eliminates dead cells thus helping the skin to "breathe" better.

• An Oriental wrap + face mask

+ hair mask

Application of an extremely silky textured paste exuding the perfumes of the country

- Clay, honey and orange flower water for the body
- "Barrouk" and rose water for the face
- "Tfal" for the hair

• Oriental sculpting with orange flower oil

This special sculpting involving slow, gentle, enveloping movements and vegetable-based oils perfumed with orange flower oil will complete your inner journey, promoting a feeling of complete wellbeing.

• Oriental Pleasure: option of sugar waxing (upper lip, bikini or under arm) or henna tatooing

THALASPA DISCOVERY MENU

An approach to thalassotherapy combined with traditional and revitalising treatments, offered as a day cure to combat stress and fatigue.

Programme includes:

- Traditional Body Peeling
- 1 marine treatment of your choice (bath using essential oils, jet shower, algotherapy)
- 1 energy treatment of your choice (Shiatsu, Reflexology, Tchong Mo Mineral Massage, Ayurvedic Massage, Chi Nei Tsang)

THE DELIGHTS OF DATES

Nature and tradition ritual

A fruit of the desert, the date is a complete food with incomparable energy benefits. Rich in fibers, fats and proteins, vitamins A, B1, B2, B3 and B6, it contains sodium, calcium, magnesium, sulphur, phosphorus, chlorine and minerals. With all these benefits, it provides long-lasting protection and hydration, improves the skin's elasticity, stimulates the defence mechanisms and cell metabolism, combats free radicals and procures an instant glow.

A real delight which includes:

- Scrub with date sugar
- Body wrap with dates
- Date mask
- Body massage with date oil
- Face massage with date cream

TRADITIONS FROM FAR AND WIDE

These ancient techniques are based on a holistic approach to the individual and a fine understanding of the relationship between the body and mind. Let yourself go and relax completely as the therapist eases away the tension both physical and mental to restore the balance of energy flows... With deep relaxation comes a sustainable improvement in tone and wellbeing.

TREATMENTS AT THE ATHÉNÉE SPA

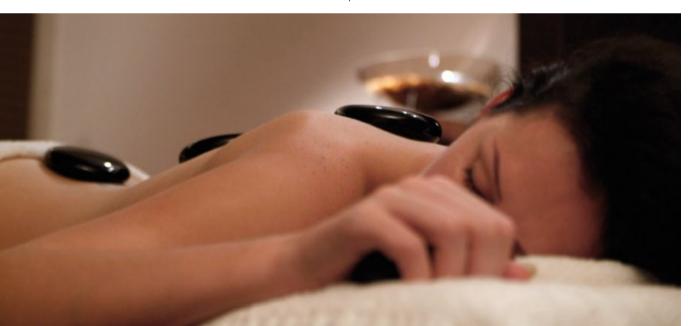
Signature treatments

Pijat Bali

This whole body massage comprises the Indian Ayurveda and the Chinese energy medicine techniques. It is also a trip to the Balinese olfactory universe. It uses the fingertips, elbow, forearms, body warming, vibrations, in-depth smoothing, digitopressure, kneading, percussion and articular mobilisation.

Tuina

Massage to release internal peace: this energy-releasing massage has an in-depth effect with over 300 maoeuvres (circular pressure, stretching, chopping movements, modelling, massage using the back of the hand). It is practiced when dressed and is effective for fighting tiredness, migraine, sleep disorders, muscle and joint pain, oedemas, heavy legs, back pain, cramps and digestion problems. As the gestures are so dexterous, the practitioner's know-how is akin to the skills of an artist!



Kobido

Kobido, or the "ancient path of beauty" is a traditional Japanese massage which aims to maintain the youthful appearance of the face. This massage refreshes the facial features and imparts a better glow. It also gives a wonderful feeling of relaxation and serenity thanks to the head digitopressure on several vital reflex points acting on the entire body.

Korean Relaxation

Korean Relaxation is the art of deep relaxation. This ancestral mode of relaxation through vibrations of the limbs takes place in a calm and temperate atmosphere, on the ground and wearing ample clothing. The technique is based on the passive mobilization of the joints, with gentle stretching and different types of vibrations which sweep over the whole body in waves of relaxation.

This technique enhances the awareness of one's own self by becoming fully aware of the physical and mental blockages.

Moxa and Cupping

Cupping is an ancient practice used in several Oriental medicines: Japanese, Chinese and Arab... Moxibustion, a component of traditional Chinese medicine, consists of heating certain areas of the body or specific acupuncture points with the aid of mugwort sticks.

Traditional Thai Massage

Revitalising and reparative, this massage combines four principal techniques which serve to rebalance the body's energy. The massage is given with warm essential oils, starting with the soles of the feet and finishing with the face and scalp. This massage tones the skin, relaxes the muscles and rebalances the nervous system.

ENERGY PACKAGE

3 massages of your choice from Pijat Bali, Foot Reflexology, Tchong Mo, Ayurvedic Massage and Shiatsu.

Treatments from afar

Shiatsu

Of Japanese origin but based on the principles of Chinese medicine, Shiatsu consists of exercising pressure with the fingers on the acupuncture points to stimulate and restore the balance of the flow of vital energy (Qi).

Tchong Mo

A massage of Chinese origin using warm/cold volcanic stones and essential oils. This "mineral wrap" technique resembles an ancient American Indian method for stimulating energy. It induces a complete relaxation of the whole body from the soles of the feet to the face and scalp. The body is revitalised, reenergized and regenerated. The spirit becomes calmer.

Ayurvedic Massage

According to the principles of traditional Indian medicine, based on vital energy, this massage forms part of the Ayurvedic classics. The body relaxes completely... The rhythm is slow, the movements fluid and harmonious, the whole of the body is massaged with different drainage movements while pressure is exerted on the energy points. The treatment serves to relax the muscles, rebalance energy, the internal organs, stress and helps to banish worries.

Foot Reflexology

Reflexology is a therapy based on the principle that these reflex points correspond to the internal organs and glands, forming a sort of body map. Exercising pressure or touching a reflex point serves to stimulate the natural functions of the corresponding glands or organs. This manipulation also contributes to self healing as well as producing a sensation of wellbeing.

Chi Nei Tsang

This technique of Chinese origin acts on the different internal blocks, and primarily on abdominal knots and blockages, by directly massaging the organs, the abdomen being the focal point of the emotions where all sorts of tensions accumulate. Personalised according to the individual's needs, this truly therapeutic treatment, which forms an integral part of Taoist medicine, improves the whole of the body's energy system resulting in a better physical and psychological equilibrium.

BEAUTY CENTRE

Since the first oils and ointments used by the Egyptians, the different facial and body treatments reveal the knowledge of our ancestors. It is through our skin that our refound senses marvel... because 'the deepest thing in man is his skin' (Paul Valéry)



BEAUTY TREATMENTS

La Prairie Beauty Treatments

Facial Treatments

- Soin Raffermissant Caviar : A luxurious ritual that instantly firms the skin by improving its tone and texture.
- Soin Cellulaire Anti-âge : A revolutionary ingredient which actively delays the effects of premature ageing by reducing wrinkles and fine lines.
- Soin Cellulaire pour homme: Cleansing, energising and moisturizing treatment specially devised to restore the balance and provide a deep regeneration of the male epidermis.
- Soin Radiance Or Pur: An exclusive lifting, illuminating and energising treatment leaving the skin with an unprecedented radiance.
- Soin Cellulaire hydratant : Most spectacular results for stressed and tired skins. The skin appears rejuvenated, well hydrated and replenished with vital energy.

Body Treatments

• Soin Caviar: A luxurious massage with caviar to nourish and tone the body. Firmed up, smoothed and revitalised, the skin glows, the body discovers a profound of sense of wellbeing.

Thalgo Facial Treatments

- Soin Hydra Ressourçant (moisturizing for all skin types)
- Soin Froid Marin (sensitive skin special)
- Soin Thalgomen (men's special)

Specific Facial Treatments

- Soin Collagène (face, eyes)
- Soin Combleur Hyaluronique
- Soin Silicium Lift
- Soin Terre et Mer

OTHER BEAUTY TREATMENTS

Nail Care, Manicure, Foot Beauty, Depilation.

Thalgo Body Treatments

- Aromacéane Massage*: A treatment that is either Slimming (specific movements that refine your figure, eliminate cellulite and restore the skin's suppleness) or Draining (helping your body regain its lightness and eliminating that heavy legs feeling).
- LC24 Treatment: Thanks to the revolutionary ingredient ADIPO-RESET, specially formulated to eliminate fat, Thalgo offers a full specific treatment to combat localised cellulite. It includes peeling, sculpting, wrap and effleurage.
- "Slim and Sculpt" massage technique: Personalised slimming and firming wrap complemented by body sculpting. It redefines the shape, creating harmonious curves that respect the physiology of the body and each person's needs and requirements.
- Indocéane treatment: A sea voyage from port to port where the perfumes and colours of the Orient mix with the riches of the sea. Better wellbeing and beauty become one and the same.
- Mediterranean Port of Call: sugar-salt peeling
 The Egyptian Port of Call: precious milk bath
- The Indian Port of Call: massage
- The Chinese Port of Call: sublime body wrap.

Lift 6

Lift 6 consists of a system of mechanical dymnastics which tones facial skin, reinforces its natural support and softens wrinkles and fine lines whilst leaving skin velvety and radiant.

Cellu M6

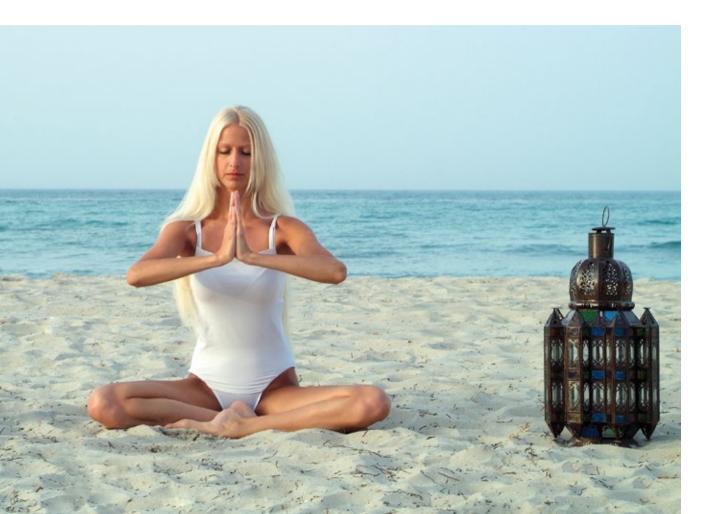
Depresso massage, also called lipomassage, is incredibly effective for fighting the different types of persistent cellulite. This technique serves as an effective way of combating areas of excess fat or water retention in order to remodel the body and smooth and tone the skin's surface.

Volto Piu

This is a must for anti-wrinkles and anti-age so that this new face and neck treatment acts on the deep layers of the skin with a visible and lasting firming effect. Collagen, elastin and hyaluronic acid are applied through radio-frequency-chromotherapy and is guite spectacular on the very first session!

SHAPE AND HARMONY

To complement the benefits of the marine treatments, these physical activities will help you regain your shape and harmony, strengthen your heart and muscles. Gentle movements, work on your breathing... rediscover your confidence and vitality.



PHYSICAL ACTIVITIES

Individual or group coaching

LAND COACHING

- **Outdoor oxygen trail:** jogging, stretching, cardio training, breathing exercises, yoga and relaxation.
- **Huber:** This intelligent and fun machine offers a comprehensive method for reshaping the body. Whether your are an accomplished sportsman or sedentary, this shape genius adapts to the individual's needs whatever your physical condition or objectives.
- **Pilates:** This technique helps to strengthen and rebalance the body's muscles, focusing on the muscles that support the spinal column, and encourages good overall posture.
- **Tai Chi:** A relaxing and rebalancing technique based on postures and slow movements which induce inner harmony and release energy.
- **Yoga:** Indian technique combining relaxation and postures which induce a harmony of the mind and body.

INDIVIDUAL COACHING

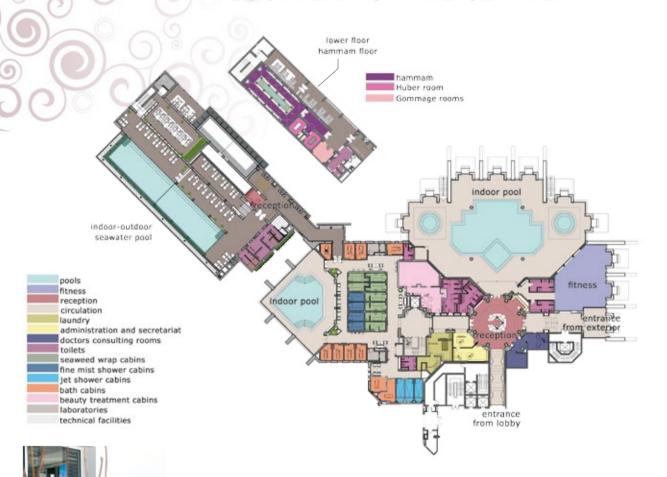
After assessing your condition, the coach will work out a personalised programme adapted to your needs and wishes. This coaching will help you regain confidence, motivation, shape and vitality.

WATER COACHING

- Aqua-stretching: Corrective technique for the back which releases tension and serves to increase muscle suppleness and joint flexibility.
- **Aqua-fit:** Gentle dynamic gym which works on muscular tension and serves to release stress.
- Aqua-pilates: Technique combining body building, drainage and relaxation with the added fun of playing with the resistance of the water.
- Aqua-biking: A technique that is fun and toning at the same time, which serves to develop stamina, keep you in shape and induces a sensation of light legs. Ideal for shaping the figure.
- **Aqua-running:** A new technique practiced on a carpet which serves to develop stamina, exercises the cardio vascular system, firms the abdominals and maintains the joints.



FLOORPLAN OF THE CENTRE



GROUND FLOOR





FIRST FLOOR

RECEPTION

Ground floor

Reception: Open 8:30-19:00 Medical consulting room Dietician's consulting room

TREATMENT CENTRE Open 8h30 -19h

Ground floor

- Laundry, changing-roomsMulti-jet baths
- Seaweed and seamud wrap
 Jet shower
- Fine mist shower
- Individual aerosol
- Treatment pool
- Indoor-outdoor leisure pool
- Solariums
- Hammam
- Traditional gommage
- Huber

First floor

- Classical Massages
- Stone massage
- Shiatsu
- Ayurvedic massage
- Pijat BaliTraditional Thai massage
- Reflexology
- Chi Nei Tsana
- Tuina
- Kobido
- Korean Relaxation
- Oriental cabin
- Beauty treatments
- Cellu M6. Lift 6 and Volto Piu
- Cryotherapy
- Pressotherapy
- Group aerosol
- Relaxation room











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