



ULYSSE  
THALASSO

★★★★★

*Djerba*



GENTLE DREAMING...

# AN ORIENTAL DREAM

White cupolas, the swaying of palms and that sea of glittering silver or deep turquoise washing a beach of fine sand... Djerba is a captivating island pervaded by gentle oriental rhythms; there, the heady perfume of jasmine and dreaminess pervade the air. It's the place you dreamed of for escaping the routine and embarking on a journey to a tranquil new world.



Step inside a Moorish palace the colour of sand.

Wander through its labyrinth of arcades and patios where ancient amphorae are reflected in the blue of the pools. Friendly and attentive, the treatment staff are on hand to offer their proven experience to fulfil your wishes and, in complete confidence, you'll let yourself be transported to a world of gentle pampering... **Welcome to the Ulyse Thalasso Centre!**



## THE ANTONIN BATHS

Rediscover the spirit of the baths of antiquity where the body treatments were associated with relaxing the spirit.

### The Leisure Pool

Swim and relax in a seawater pool heated to 33°, equipped with 2 jets, 2 swan-neck spouts and 3 jacuzzis, one of which is open air and faces the sea.

### The Hammam

An authentic traditional hammam consisting of three rooms of different temperature. The steam bath induces sweating which eliminates toxins and softens dead skin cells which are then removed by body peeling using the "kehsa" glove. It is accompanied by a clay wrap.

### The Sauna

A dry steam bath at 80° which induces a thorough elimination of toxins. It is recommended the steam bath be used wisely and the rest periods respected: First, take a warm shower, use the sauna for 15 minutes, take another warm shower, rest for five to ten minutes and repeat the cycle three times.

**BUILT ON ONE FLOOR EXTENDING OVER 3,500 M<sup>2</sup>, THE CENTRE IS EQUIPPED WITH:**

- 1 large leisure pool
- 1 sauna with sea view
- 1 traditional hammam
- 10 multi-jet baths
- 3 jet shower cabins
- 4 fine mist shower cabins
- 8 seaweed wrap cabins
- 1 Oriental treatment cabin
- 3 individual aerosol units
- 1 Aquagym pool with hydromassage jets
- 1 seawater trail
- 2 cryotherapy cabins
- 2 pressotherapy cabins
- 15 massage cabins
- 1 group aerosol room
- 1 tea room with sea view

# MARINE HARMONY

The sea is a source of nourishment for the body to which it releases its benefits... Seaweed holding amazing secrets, massages inducing a deep-down feeling of relaxation... The thalassotherapy treatments complement and follow on from one another, taking you on a journey to a world of harmony and tranquillity.

## 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.

### 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 kinesi therapists and masseurs are a personalized treatment that are always a privileged moment.

### Rehabilitation (dry or in a seawater pool)

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



## COURSE AND GROUP TREATMENTS (INCLUDED IN THE CURES)

### Aquagym (with a coach)

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

### Seawater trail (with a coach)

Seawater pool at 18°-22°. The treatment improves circulation in the legs.

### 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.

## 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

Lying on a table, you receive a fine mist shower of warm seawater combined with a back massage.

### 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-ARTHRISIS

3 individual treatments  
(including a seaweed or Dead 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, 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 Bioderm + 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 (1 moisturizing facial treatment, 1 manicure, 1 foot beauty)
- + 1 traditional Body Peeling in the hammam

### LUNE DE JASMIN (6 DAYS)

Get into shape and beauty cure using jasmine oil

#### 3 treatments per day:

- 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 40-minute Dream massage)
- + 1 traditional Body Peeling in the hammam + 1 moisturizing facial treatment

### STARTER FORME (6 DAYS)

The ideal choice for rejuvenating and get fit with a fun and motivating program.

#### 3 treatments per day:

- 1 individual thalasso treatment
- 1 physical activity with coaching (oxygen trail, aqua-biking, aqua-stretching, aqua-running, aqua-fitness)
- 1 40-minute relaxing or tonifying Massage

### SPECIAL DOS (6 DAYS)

Along with personal treatments elaborated by a physical therapist, this targeted program helps soothing the back pains.

#### 4 treatments per day:

- rachis checkup, marine treatments, wraps, massages, back exercises, practical advice, individual coaching (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 pear seeds

## 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 scrub 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 henna tattooing

### THALASSA DISCOVERY MENU

An approach to thalassotherapy combined with traditional and energy 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, Kobido, Tuina, Korean Relaxation, Thai Massage)

### 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 facial mask**
- **Body massage with date oil**
- **Face massage with date cream**



# WISDOM FROM AROUND THE WORLD

Drawing their principles from the traditions of the Far East or ancient India, these energising treatments work deep down on the body. The warmth of volcanic stones or Djerbian herbs, liberating pressure applied on the body's meridian points... Invisible tension subsides, energy flows are restored regenerating the body. The spirit regains its balance and harmony.

## TREATMENTS AT THE ULYSSE 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.

#### • 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.

#### • Tuina

Massage to release internal peace: this energy-releasing massage has an in-depth effect with over 300 manoeuvres (circular pressure, stretching, chopping movements, modelling, massage using the back of the hand). It is practiced when dressed and is effective in dispersing tiredness and different types of pain: 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!

#### • 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.

#### • 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.

#### • Osmosis Menu

A wellbeing concept for sharing as a couple: jacuzzi, foot reflexology, and a massage of your choice from Kobido, Ayurvedic massage or Chi Nei Tsang.

## 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.

### ENERGY PACKAGE

3 massages of your choice from Shiatsu, Pijat Bali, Foot Reflexology, Tchong Mo, Ayurvedic Massage, Traditional Thai Massage, Chi Nei Tsang, Kobido, Tuina, Korean Relaxation.



# REDISCOVER YOUR BEAUTY

Pamper yourself, indulge yourself in rituals that combine dexterity and expertise with the myriad of perfumes of aromatic oils... The Venus Centre will allow you to take advantage of the latest cosmetic innovations in an atmosphere of serenity and enjoyment.



## TREATMENTS AT THE VENUS CENTRE

### Algotherm Beauty Treatments

#### Facial Treatments

- Soin Repulpant Hydratant
- Soin Matifiant Equilibrant pour homme

#### Specific Facial Treatments

- Soin Peau Sensible et Réactive
- Soin Oxygénant Respiration Proactive
- Soin Anti-âge Algothime Expert

#### Body Treatments

- Soin Marin Exfoliant Hydratant (pureté marine et force salée)
- Rituel Relaxant – inspiration Polynésienne
- Rituel Energisant – inspiration Atlantique
- Soin Marin Fermeté
- Algosilhouette

### Decléor Treatments

#### Facial Treatments

- Soin Aroma Visage Essentiel
- Soin anti-âge Evidence
- Soin anti-âge Liss Age Excellence
- Soin Energisant pour Homme
- Soin Vital Yeux

#### Body Treatments

- Soin Aromassage pour Elle
- Soin Soleil Levant
- Soin Aromassage Détox
- Rituel Grand Confort
- Rituel d'Exfoliation Aromatique
- Soin Douceur mains ou pieds

### Lift 6

A new anti-ageing treatment essential for a natural lifting effect. For preventing or combating the visible signs of ageing, Lift 6 consists of a system of mechanical gymnastics which tones facial skin, reinforces its natural support and softens wrinkles and fine lines whilst leaving skin velvety and radiant. During the 30-minute treatment, patented treatment heads exert a regular mechanical tapping motion on the skin.

### Bioderm

Depressomassage combines two basic techniques, cupping (used by the Chinese for 3,000 years) and touching-rolling. Remarkably effective for treating persistent cellulite, Depressomassage sessions are also considered by our curists not only as an opportunity for relaxing but also as a reward for their efforts to slim.

### Volto Più

Anti-wrinkle and anti-ageing, this face and neck treatment acts on the skin's deeper layers with a visible and long-lasting firming effect. The treatment consists of applying collagen, elastin and hyaluronic acid by means of radio-frequency-chromotherapy with striking results right from the first treatment session.

### Other beauty treatments

Manicure and foot beauty, depilation and sugar waxing.

#### **SPECIAL SLIMMING PACKAGE**

**Day 1:** Soin marin détoxifiant

**Day 2:** Modelage restructurant

**Day 3:** Algosilhouette



# PHYSICAL ACTIVITIES

## Individual or group coaching

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.

## 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.

### INDIVIDUAL COACHING

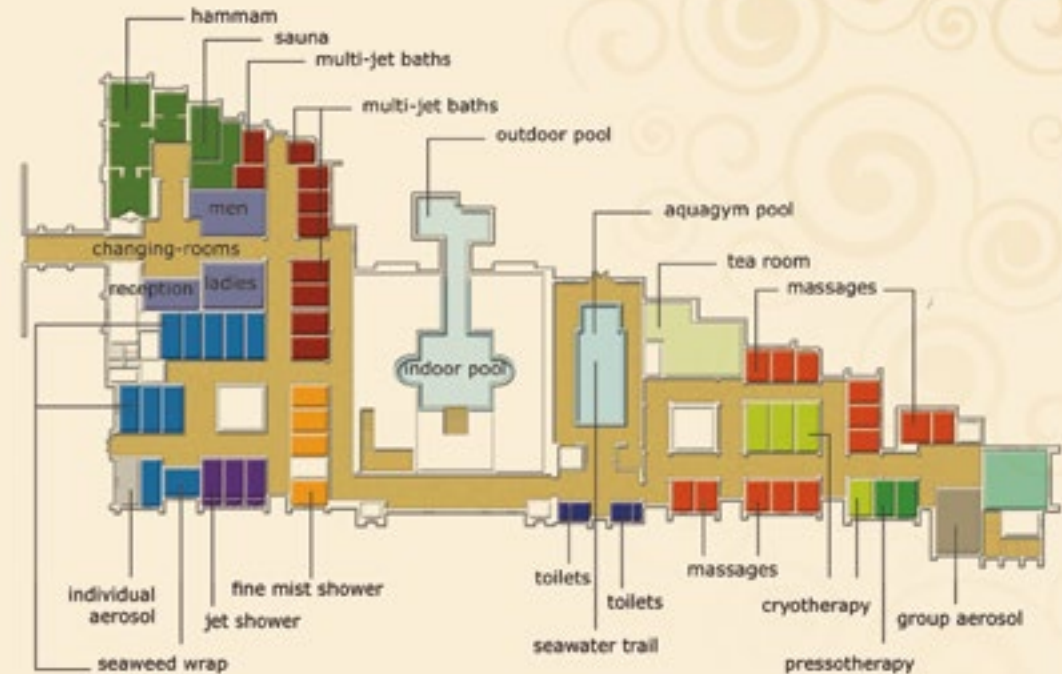
After assessing your condition, the coach will work out a personalised programme adapted to your needs and wishes. This coaching will help you regain confidence, motivation, shape and vitality.

## Land Coaching

- **Outdoor oxygen trail:** jogging, stretching, cardio training, breathing exercises, yoga and relaxation.
- **Pilates:** This technique helps to strengthen and rebalance the body's muscles, focussing 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.



# PLAN OF THE SITE



### Level 1

**“Marhaba” reception (8:30 am-7:00 pm):**  
Information and advice on the centres cures and services  
Visit or appointment

**Reception and planning:**  
Planning your treatment programme  
Making the appointments (cures/beauty...)

**Medical reception:**  
medical and dietary consultation, infirmary

**Boutique:**  
several top brand names available

### Level 0

**Cash desk (in reception):**  
payments

**Vénus Centre :**  
face, foot or hand beauty treatments, depilation, Bioderm, Lift 6 skin tightening treatment

**Ulysse Spa :**  
Shiatsu, Tchong Mo, Pijat Bali, Osmosis menu, Chi Nei Tsang, traditional Thai Massage, Ayurvedic Massage, Foot Reflexology

**Treatment centre (9:00 am-1:00 pm and 3:00 pm-7:00 pm)**  
treatment and massage cabins, Aquagym pool, seawater trail and aerosol room

**The Antonin Baths (9:30 am - 7:00 pm)**  
saunas, hammam, large seawater pool and outdoor pool

**Tea room (9:00 am-1:00 pm and 3:00 pm-7:00 pm)**  
wide choice of herbal teas



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