

**MONTE·CARLO**  
SOCIÉTÉ DES BAINS DE MER



THERMES MARINS  
MONTE·CARLO

*Press release*

**The Thermes Marins Monte-Carlo and LPG,  
the union of treatment experience and high-technology wellness**



**Suspended between the sky and the sea, the Thermes Marins Monte-Carlo boasts a combination of technology and serenity based on seven founding and synergistic pillars: diagnosis and medical follow-up, nutrition and micro-nutrition, physical activity, technology, aesthetics, the benefits of the Mediterranean climate and marine derivatives, and stress management. LPG is an essential partner of ultra-personalised programmes and breaks (Silhouette/Potential Booster and Quality Aging) and operates within the framework of slimming, beauty, cell regeneration and performance breaks. It is a high-tech partner of the Thermes Marins Monte-Carlo.**

For over 15 years, LPG has been taking part in the visible, measurable and lasting results of the tailor-made breaks offered by the Thermes Marins Monte-Carlo. In addition to more than two and a half hours of targeted treatments, assessments and activities per day chosen in advance with the doctor for optimal results, these breaks also provide free access to group fitness classes, the heated seawater swimming pool, steam room, banya, sauna, solarium with hot tub, cardio-training room and TECHNOGYM body-building area with panoramic sea view.

**Breaks...**

**Silhouette Break: Break down fat with endermologie® and burn calories with HUBER® 360**

Reshape your figure with keys and tools which initiate the quest for slimness.

**Quality Aging Break: face endermologie® and HUBER® 360**

This break is suitable from the age of 30, to preserve the quality and youth of the face and body.

## **Potential Booster Break: physical recovery with endermologie® and work on co-ordination with HUBER® 360**

Offering a combination of re-mineralising marine treatments, 21st-century technology and full body cryotherapy with regenerating effects, this is a genuine health and fitness break, version 2.0.

### **Technology...**

#### **CELLU M6 ALLIANCE®**

The endermologie® sessions of the Silhouette break, dispensed with the CELLU M6 ALLIANCE® device, act in synergy with the other slimming treatments carried out by Thermes Marins Monte Carlo experts. Thanks to personalised settings depending on the type of cellulite - adipose, aqueous or fibrous - the endermologie® treatment mechanically stimulates the skin to naturally restart fat breakdown, blood and lymphatic circulation.

#### **HUBER® 360**

Within the framework of preparation for sports, to restore fitness or simply for a relaxed and balanced body, HUBER® 360 contributes to well-being of the body and mind. A high-technology device which puts all of the muscle and joint chains to work, particularly recommended to fight localised fat in the field of morphology and aesthetics. It is also a remarkable tool for motor co-ordination and thus boosts physical performance. The Thermes Marins Monte-Carlo offers HUBER® 360 sessions with a coach for 30 minutes, to improve physical and cognitive ability and sculpt the figure in record time while also correcting posture.

A true haven of peace in the heart of the Principality of Monaco, Les Thermes Marins Monte-Carlo covers an area of 7,000 m<sup>2</sup>, offering a place where time doesn't matter, combining the most innovative technology with the comfort and tranquillity of a luxury establishment. Les Thermes Marins Monte-Carlo perpetuates the motto of François Blanc: "We supply Dreams here".

"It's an honour to receive any such reward, a true recognition. The 2016 Prix Villegiature award confirms the know-how and efforts of a qualified and multidisciplinary team who provide exceptional service to our clients on a daily basis" says Christine Zoliec, Executive Director of the Thermes Marins Monte-Carlo.

The Thermes Marins Monte-Carlo offers rare human expertise consisting of 110 people who excel in 28 professions. A physicians and sports coaches for aqua fitness, stretching, piloxing, pilates and spinning, physiotherapists, nutritional specialists, relaxation therapists, spa practitioners, beauticians, ... Whatever the duration and nature of the care, manual or technical, each therapist makes their competencies available with a smile to the guest in order to contribute to the achievement of his or her objectives.

#### **Practical information:**

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## About Monte-Carlo Société des Bains de Mer

A major player in luxury tourism in Europe, Monte-Carlo Société des Bains de Mer owns the most prestigious venues in Monaco: 4 casinos, including the legendary Casino de Monte-Carlo, 4 hotels (Hôtel de Paris Monte-Carlo, Hôtel Hermitage Monte-Carlo, Monte-Carlo Beach, Monte-Carlo Bay Hotel & Resort), and 33 restaurants including 4 awarded 6 prestigious Michelin stars between them. 150 years of history have shaped the soul of this legendary resort and built up an image of excellence and a global reputation in gambling and entertainment, haute cuisine and prestigious hotels, luxury shopping, wellness and real estate. Monte-Carlo Société Bains de Mer offers an amazing choice of prestigious events with Monte-Carlo Sporting Summer Festival and Monte-Carlo Jazz Festival. The nightclub Jimmy'z Monte Carlo is one of the most famous in Europe for more than 40 years.



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