

WELLNESS  
& BEAUTY



# MOLITG

## LES-BAINS

  
Compagnie  
des Spas

par CHAÎNE THERMALE DU SOLEIL

Spoil yourself  
with a day at the  
Spa

145€

### SPA PREMIUM - 4 TREATMENTS

#### Deep Nutri-Relaxing Massage by Sothys

Weightless White Clay Bath  
Thermal Swimming Pool with Underwater Jets  
Hydromassage Thermal Shower  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

60 mn  
10 mn  
10 mn  
10 mn

115€

### SPA DÉLICES - 4 TREATMENTS

#### Tailor-Made Relaxing Massage «5 Escapes» by Sothys

Weightless White Clay Bath  
Thermal Swimming Pool with Underwater Jets  
Hydromassage Thermal Shower  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

40 mn  
10 mn  
10 mn  
10 mn

100€

### SPA DOUCEUR - 4 TREATMENTS

#### Fundamental Face Treatment by Sothys

Hydromassage Aromatic Bath  
Thermal Swimming Pool with Underwater Jets  
Weightless White Clay Bath  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

30 mn  
10 mn  
10 mn  
10 mn

90€

### SPA SÉRÉNITÉ - 4 TREATMENTS

#### Aromatic Relaxing Massage

Weightless White Clay Bat  
Thermal Swimming Pool with Underwater Jets  
Hydromassage Thermal Shower  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

30 mn  
10 mn  
10 mn  
10 mn

70€

### SPA DÉCOUVERTE - 3 TREATMENTS

#### Weightless White Clay Bat

Thermal Swimming Pool with Underwater Jets  
Hydromassage Thermal Shower  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

10 mn  
10 mn  
10 mn

45€

### SPA LIBERTÉ - 2 TREATMENTS

#### Thermal Swimming Pool with Underwater Jets

Weightless White Clay Bath  
+ **Access** to the Steam Bath and Mist Bath  
with Chromotherapy

10 mn  
10 mn

### REN'ESSENCE FULL BODY & FACE RITUAL BY SOTHYS

**This wonderful ultra-complete ritual** combines an Oxygenating face treatment with exfoliation, detoxifying massage and plant-based cocoon mask, followed by a 100% tailor-made Body massage\*. Undwind and open up world of rejuvenation, from head to toes.

⌚ 75 mn | 115€

### DEEP NUTRI-RELAXING MASSAGE\* BY SOTHYS

**A high quality massage\*** inspired by Deep Tissue techniques, specially designed to provide comfort and absolute relaxation.

Recommended for sports enthusiasts who want to tone up their muscles or provide comfort before or after exercise, or to lovers of "premium" massages to deeply relax the whole body and leave dry skin wonderfully soft and supple.

⌚ 60 mn | 85€

### TAILOR-MADE RELAXING MASSAGE\* 5 ESCAPES BY SOTHYS

**Choose your favourite texture:** nourishing oil, soft and smooth cream, or shea butter.

5 escapes to choose from: lemon & petitgrain - orange blossom & cedarwood - cinnamon & ginger - seasonal escape - Sothys homme - for a full pampering massage.

⌚ 40 mn | 65€



SOTHYS  
PARIS

AT HOME

2 in 1 Mask Exfoliant  
Sothys

40 ml - 25 €

Nourishing Body Elixir

(Orange blossom and cedar wood)  
100 ml - 27 €

Hydra-Nourishing Body  
Lotion

100 ml - 26 €

\* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist..

# BODY TREATMENTS & MASSAGES\*



## INTENSE RELAXING MASSAGE\* WITH REN'ESSENCE ESSENTIALS OILS

This highly complete and natural rituals invites you to «renew yourself» : deep modelling and stretching are combined to regain vitality and energy.

⌚ 40 mn | 65€

## ULTRA-FRESH ENERGIZING LEGS TREATMENT BY SOTHYS

This ultra-fresh protocol combines 3 active ingredients renowned for their toning and stimulating properties. The cornerstone of this treatment, a massage with a dual focus: a specific technique to relieve the legs, boosted by foot modelling using energizing friction and pressure.

⌚ 45 mn | 65€

## DELICIOUS SCRUB BY SOTHYS

A marmalade texture sprinkled with spice powder to gently exfoliate and enhance the skin, in an aromatic atmosphere infused with amber.

⌚ 30 mn | 45€

## AROMATIC RELAXING MASSAGE\* WITH ORANGE BLOSSOM AND CEDARWOOD

Using a gentle plant oil, this massage\* begins with light strokes. Then, the movements intensify, combining kneading and other techniques based on a carefully designed ritual.

⌚ 30 mn | 45€

\* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.

## MOLITG SIGNATURE TREATMENT THERMAL PLANKTON

The microorganism contains vitamins, sulfurs, silica, copper and zinc that deliver antioxydant and anti-ageing actions. Used as a mask, it leaves your skin soft and radiant.

## SECRETS DE SOTHYS® EXCELLENCE TREATMENT

Secrets de Sothys® treatment cleverly combines a high-quality patented ingredient – rose stem cells – with expert movements by the beauty therapist in 8 steps : sensorial make-up removal, ultra-efficient exfoliation, exceptional massage, high-performance mask, final smoothing with a cooling effect and a gorgeous beauty touch-up to finish. An unforgettable well-being experience that leaves the face dazzling with youth.

⌚ 90 mn | 120€

## HYDRA<sup>3HA</sup> HYALURONIC ACID™ INTENSIVE MOISTURIZING TREATMENT

Containing a triple hyaluronic acid and replenishing active ingredients, this intensive treatment provides comfort and results to dehydrated skin. It combines ultra comfortable textures and pampering techniques for smoother skin that appears to be “plumped” from within. On top of that, the skin barrier is reactivated, which limits water loss.

⌚ 75 mn | 95€

## βP3 TRI-COMPLEX™ YOUTH INTENSIVE TREATMENT

This intensive treatment combines 8 specific formulas and 5 key steps: cleansing, gentle exfoliation, rejuvenating massage to boost the skin's tissue structures, the application of an intensive mask, and the application of a youth serum. The 3 patented active ingredients – saffron, Sophora japonica and peptides – stimulate the production of collagen and strengthen the self-defence mechanisms in the epidermis. Your skin is visibly younger.

⌚ 75 mn | 95€



Premium Youth Cream 50 ml - 165€

Radiance Cream For Wrinkles Dark Circles-Puffiness 15 ml - 53€



2  
+  
1

Or

1  
+  
2

## βP3. AND HYDRATING HYDRA<sup>3HA</sup>.

A unique sensory experience for a maximum efficiency : the excellence of the treatment, combining Sothys'expertise with the esthetician's know-how, the Digi-Esthétique®, transforms each treatment into a unique moment of well-being for body and mind. A 3 treatment package tailored to your skin's needs, set up in 2+1 or 1+2.

⌚ 3 x 75 mn | 242€

FULL TREATMENT  
FACE, CHEST, HANDS

⌚ 60 mn | 75€

HANDS OR CHEST TREATMENT

⌚ 45 mn | 55€

DISCOVERY TREATMENT

⌚ 30 mn | 45€

THERMAL PLANKTON  
APPLICATION

⌚ 10 mn | 30€





# FACIALS

# SLIMMING



Silhouette Exfoliant  
200 ml - 38 €

Pro-Youth Body Serum  
200 ml - 50 €

Perfecting Silhouette Serum  
200 ml - 49 €

## TAILOR-MADE SILHOUETTE MASSAGE\* BY SOTHYS NEW

A silhouette massage to discover the originality of the Limoges body accessory. The whole body will be treated, including the back, for a relaxing effect never before seen in a slimming treatment. The skin is smoother and the orange peel appearance is reduced.

⌚ 50 mn | 82€

## SILHOUETTE CURE

A complete silhouette cure with a slimming massage\* in 3, 6 or 9 treatments.  
Tailor-made Sothys massage\*.

⌚ 9x50mn | 450€  
6x50mn | 345€  
3x50mn | 197€

## TARGETED STOMACH OR HIPS AND BOTTOMS ZONE

Refining the «bermuda zone» 30 mn silhouette massage\* to redesign the hips and bottom.

⌚ 9x30mn | 266€  
6x30mn | 206€  
3x30mn | 118€

\* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.



## LIMITED EDITION SEASONAL TREATMENT ⌚ 45 mn | 65€

A new concept combining chronobiology and delicious sensations to reveal the skin's radiance with every season. A rejuvenating breath of fresh air combined with minerals to boost your defences before winter, and vitamins to revitalize your skin as summer approaches.

## FUNDAMENTAL FACE TREATMENT

This express treatment with plant extracts combines a scrub, mask and a mini-massage to leave the skin fresh and radiant.

⌚ 30 mn | 50€

## FRESH GLOW TREATMENT SOTHYS ORGANICS® CERTIFIED

NEW

A quick treatment with a fresh scent to stimulate the skin and give it an instant glow. The combination of sensoriality and efficiency in this new Sothys OrganicsTM certified facial. Enjoy a moment of deep relaxation thanks to a cocooning face and scalp massage.

⌚ 30 mn | 48€

## SOTHYS ORGANICS® ECOCERT CERTIFIED COSMOS ORGANIC

Cleansing Oil face & eyes 200 ml - 26 €

Radiance Face Scrub 50 ml - 35 €

Revitalizing Moisturizing Emulsion 50 ml - 39 €

Moisturizing Radiance Mask 50 ml - 35 €

## Beauty Check-up

⌚ 10 mn | 10€

GENTLEMEN'S  
FAVORITE

## DETOXIFYING TREATMENT FOR MEN BY SOTHYS

⌚ 45 mn | 65€

This treatment brings a refreshing boost to the skin. It combines a scrub, a targeted serum, a mask and a relaxing massage.



# GROOMING



Velvet Hand Cream  
50 ml - 16 €

Hydra-Nourishing Body Lotion  
200 ml - 33 €

\* Note: a beauty treatment for the hands or feet in an institute does not replace the specific treatments provided by a pedicure.

## Body Waxing

**FULL AREA** 28€

Full-leg / Brazilian bikini

**TARGETED AREA** 18€

Face / Eyebrow Line / Underarm / Half-leg / Bikini line / Forearm

**SMALL AREAS** 10€

Upper-lip / Chin / Eyebrows

## Hand Beauty

**HAND OR FEET BEAUTY TREATMENT + MASSAGE \*** 45 mn | 45€

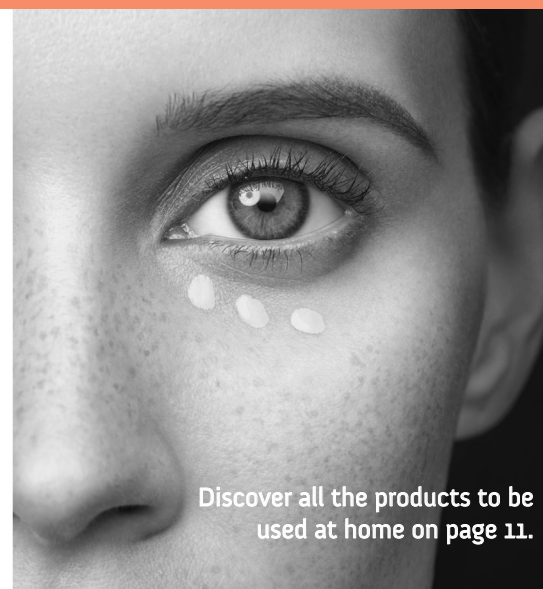
**NAIL POLISH APPLICATION** 10€



Sothys, one of the original beauty institute and spa brands, was created in 1946 during the new wave of French beauty.

Under the leadership of Dr Hotz, a spa treatment visionary and a keen Egyptologist, the first formulas were developed in 1946.

Sothys, the name of a dazzlingly beautiful star from the legends of the Pharaohs, became the name of the brand.



Discover all the products to be used at home on page 11.

# HYDROTHERAPY

## HYDROMASSAGE THERMAL BATH

10 mn | 25€

A deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result combines muscular and vertebral relaxation and deep drainage of the tissues

## WEIGHTLESS WHITE CLAY BATH

10 mn | 25€

This is an overall bath in delicate, white thermal mud, where the density is such that the real impression of weightlessness facilitates both mobilisation and relaxation.

## HYDROMASSAGE THERMAL SHOWER

10 mn | 25€

The body is showered with a multitude of jets of thermal water. Simultaneously, two oscillating shower lines sweep thermal water under pressure over the whole body. This treatment make use of the flow of water to stimulate the penetration of the thermal elements into the tissues, and thus combat muscular pain and relieve insomnia.

## REJUVENATING PLANKTON BATH

10 mn | 20€

Pamper your skin with the amazing effect of Molitg Thermal Plankton : healing, soothing, anti-inflammatory.

## KNEADING JET SHOWER

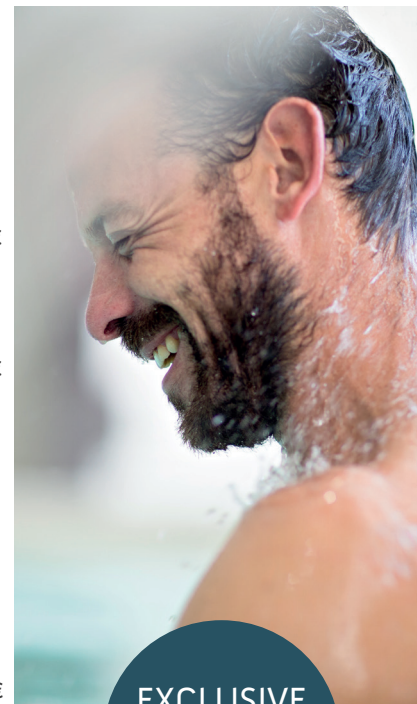
5 mn | 20€

the effects are those of a deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result is that of muscular and vertebral relaxation and deep drainage of the tissues

## THERMAL WATER MIST-EXFOLIATION

10 mn | 15€

A very subtle thermal mist exfoliates your skin softly. This treatment ideally precedes a plankton application.



EXCLUSIVE TREATMENTS

## HYDROMASSAGE BED

Say goodbye to tensions with this relieving treatment : warm water jets hit the underside of a floating bed where you lie on and massage your body from head to be.

15 mn | 30€

# WELLNESS



UP TO  
40%

by  
6  
activities

## Sessions and Subscriptions

Buy your activity by 6 and buy your activity by 6 and get 40% discount (excluding Watsu and Physical Assessment with coach).

Book on +33 (0)5 62 08 32 88  
or [boutique.chainethermale.fr](http://boutique.chainethermale.fr)

### WATSU

Watsu combines the benefits of water (wata) and shiatsu for deep relaxation. This aquatic massage releases physical and mental tensions

⌚ 45 mn | 85€

### INDIVIDUAL CHECK-UP

With coach.

⌚ 60 mn | 45€

### COLLECTIVE SOPHROLOGY

Sophrology is a «training of the body and mind to develop serenity and well-being based on techniques of relaxation and activation of the body and mind».

⌚ 60 mn | 25€

### MUSIC THERAPY (PROTOCOL MUSIC CARE®)

The body is an ear and, according to our roots and our history, there are music and sounds with relaxing power that immerse us in sensations of regenerative sound baths. Discover the sounds that will relax you.

⌚ 30 mn | 25€

### NORDIC WALKING

Nordic walking has the advantage of effectively developing endurance, strength, flexibility, balance or coordination. Nordic walking is good for the body, heart and soul!

⌚ 60 mn | 25€

### AQUAGYM

30 minutes of activities in the thermal pool  
+ 10 minutes of underwater jets.

⌚ 40 mn | 25€

### FITNESS ROUTINE

⌚ 45 mn | 25€

### CARDIO-TRAINING CIRCUIT

⌚ 30 mn | 25€

### STRETCHING

⌚ 45 mn | 25€

### SYLVO YOGA

⌚ 60 mn | 25€

### MEDITATION UNDER TREES

⌚ 60 mn | 25€

### CONSCIOUS HIKING

⌚ 60 mn | 25€

### NIDRA YOGA

⌚ 60 mn | 25€

### KASHMIR YOGA

Initiation to full consciousness

⌚ 60 mn | 25€

**SOTHYS**  
PARIS

## FACE

### ANTI-AGEING

#### DETOX ENERGIE™ LINE

INSTANT ENERGIZING CORRECTOR 30 ML | 40€

#### HYDRA<sup>3HA</sup> MOSTURIZING LINE. HYALURONIC ACID™

HYDRATING YOUTH CREAM 50 ML | 62€

HYDRA<sup>3HA</sup> INTENSIVE SERUM 50 ML | 72€

#### YOUTH-SERUM

WRINKLE-SPECIFIC YOUTH SERUM 30 ML | 84€

FIRMING-SPECIFIC YOUTH CREAM 30 ML | 84€

#### YOUTH-CREAM

WRINKLE-TARGETING YOUTH CREAM 50 ML | 79€

FIRMING YOUTH CREAM 50 ML | 79€

### EYE CONTOUR

RADIANCE CREAM FOR WRINKLES  
DARK CIRCLES-PUFFINESS 15 ML | 53€

### CREAMS

#### SENSITIVE SKIN LINE

SOOTHING VELVET CREAM 50 ML | 49€

#### OILY SKIN LINE

ACTIVE CREAM 50 ML | 38€

#### SECRETS DE SOTHYS®

PREMIUM YOUTH CREAM 50 ML | 165€

EYE AND LIP YOUTH CREAM 15 ML | 79€

### MAKE-UP REMOVERS & CLEANSERS

MORNING CLEANSER 125 ML | 35€

### SCRUBS

2 IN 1 MASK EXFOLIANT 40 ML | 25€

MICRO-GEL PEELING 50 ML | 36€

### MASKS

PURIFYING TWO-CLAY MASK 50 ML | 30€

HYDRA-SMOOTHING MASK 50 ML | 39€



## BODY

### SHOWER AND BATH

SHOWER GEL 200 ML | 20€

LEMON AND PETITGRAIN

### SCRUBS

CINNAMON SCRUB 200 ML | 39€

### HYDRATING & NOURISHING

NOURISHING BODY ELIXIR CHERRY  
BLOSSOM 100 ML | 27€

NOURISHING BODY ELIXIR  
LEMON AND PETITGRAIN 100 ML | 27€

NOURISHING BODY ELIXIR  
ORANGE BLOSSOM AND CEDAR 100 ML | 27€

NOURISHING BODY ELIXIR  
CINNAMON AND GINGER 100 ML | 27€

HYDRA-NOURISHING BODY LOTION 200 ML | 33€

NOURISHING BODY SPRAY 100 ML | 26€

### SLIMMING AND FIRMING

PRO-YOUTH BODY 200 ML | 50€

SILHOUETTE EXFOLIANT 200 ML | 39€

PERFECTING SILHOUETTE SERUM 200 ML | 49€

### HANDS, LEGS AND FEET TREATMENTS

VELVET HAND CREAM 50 ML | 16€

REFRESHING GEL FOR LEGS  
AND FEET 200 ML | 31€

## SUN PROTECTION

PROTECTIVE FLUID, FACE SPF50 50 ML | 37€

AFTER-SUN REFRESHING  
BODY LOTION 125 ML | 32€

## MEN

ENERGIZING FACE CLEANSER 125 ML | 31€

AGE-DEFYING HYDRATING FLUID 50 ML | 46€

## SOTHYS ORGANICS® CERTIFIED COSMOS ORGANIC

### FACE AND EYE

MAKE-UP REMOVER OIL 200 ML | 26€

FACIAL SCRUB RADIANCE 50 ML | 35€

### REVITALISING

MOISTURISING EMULSION 50 ML | 39€

RADIANCE MOISTURIZING MASK 50 ML | 35€





# GENERAL INFORMATION

**OPENING** > OPEN FROM APRIL 11<sup>TH</sup> TO NOVEMBER 26<sup>TH</sup> 2022 from Monday to Saturday

**RESERVATION** > Advanced reservations are highly recommended to ensure availability and preferred times.

**PRICE AND TREATMENTS** > Our prices are indicated in euros net including VAT per person. Treatments, treatment times and prices are subject to change without notice (non-exhaustive list).

**SPA ACCESS** > The Thermal Spa is limited to people aged 18 and over. We recommend arriving 15 minutes before the beginning of your treatments.

Bath robes and towels will be provided except slippers which are compulsory (on sale on site). Please do not bring jewelry or valuables to the spa. We regret that we cannot be responsible for any loss or damage of personal articles.

**LATENESS AND CANCELLATIONS** > We kindly request that you arrive on time for your treatment. Late arrivals will be finished within the scheduled service time. In the event of a cancellation, please notify the Spa no later than **48 hours** in advance, otherwise full payment will be charged.

**HEALTH CONDITIONS** > To avoid any disappointment, please inform us about any medical conditions before booking your treatment. Our relaxing modelling aren't therapeutic treatments.

Please let us know if you are pregnant in order to recommend you the most suitable treatment.

Depending on the health context, some areas may be temporarily closed.

## RESERVATION

+33 (0)4 68 05 44 40

[boutique.chainethermale.fr](http://boutique.chainethermale.fr)

Thermes de  
**MOLITG-LES-BAINS**

LE GRAND HÔTEL - 66500 Molitg-les-Bains

(Pyrénées-Orientales)

[molitglesbains@chainethermale.fr](mailto:molitglesbains@chainethermale.fr)