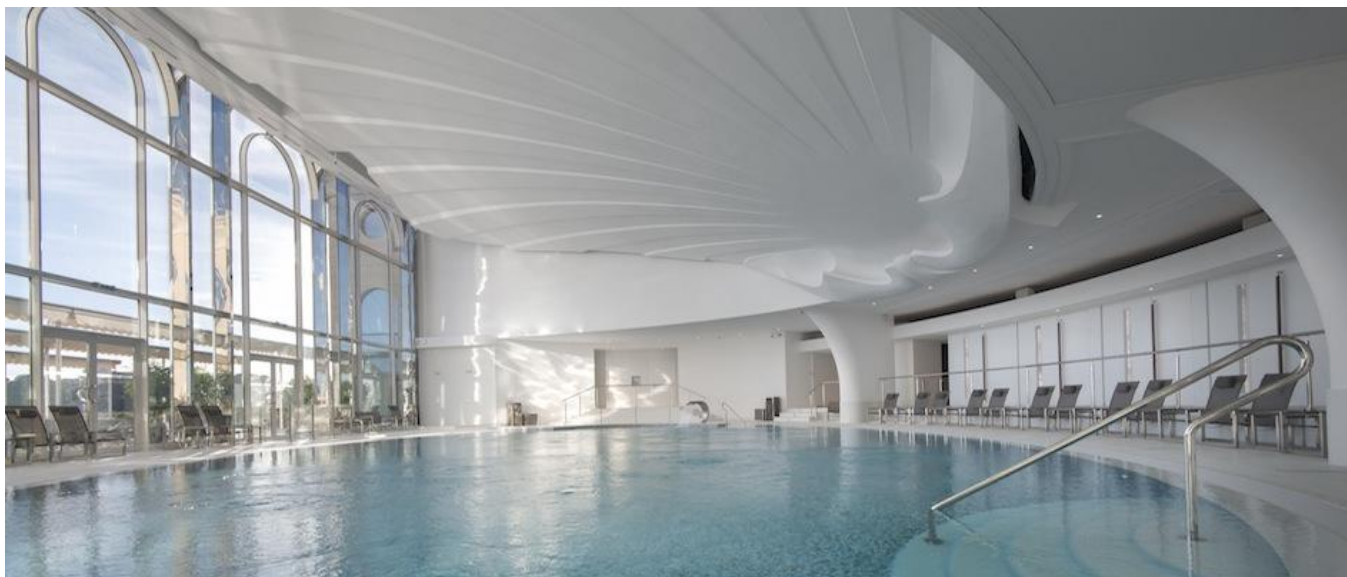




PRESS RELEASE



A NEW VISION FOR THERMES DE MARINS MONTE-CARLO

- **One of Europe's most pioneering wellness facilities specialising in preventative health reopens after a major renovation**

- The 7,000 m² spa has been renovated and comprises 30 treatment rooms, seven private cabanas and 28 different experts including sports doctors, nutritionists, physiotherapists and relaxation therapists

One of Europe's most innovative health and wellbeing facilities, Thermes Marins Monte-Carlo, has re-opened after an extensive refurbishment programme. Long considered one of the leading spa facilities on the continent, it was established in 1895 and since then has constantly remained at the forefront of the spa and wellbeing scene, offering the latest treatments and high-tech equipment to help relaxation, anti-aging, slimming, beauty and recovery.

Now, after several months of renovation, Thermes Marins will provide more unique services and expertise than ever before so as to deliver an unforgettable experience.

There are 28 different specialists to advise guests, including sports doctors, nutritionists, physiotherapists, relaxation therapists, hydro therapists, beauticians, personal trainers, hairdressers and even a hygiene and quality specialist.

It will be the first and only facility in Europe to offer Cryotherapy, which is recognised for bringing medicinal benefits to recovering athletes. The two Cryotherapy rooms offer cool temperatures, widely used by athletes for recovery and improved performance. Within 180 seconds, the temperature of between -60 and -110 degrees Celsius acts to treat muscle and inflammatory diseases, but can also help recovery from jet-lag, help fight against sleep disorders, help with the effects of stress, and is also an acclaimed anti-aging procedure.

Whether guests are looking to spend a whole day relaxing or book a spa suite for a single treatment, the spa menu at Thermes Marins has been extended to cater for couples or individuals. As well as rejuvenating treatments such as seaweed or mud wraps, showers or underwater scrubs, guests can

- Specialises in pioneering preventative health treatments and is the only facility in Europe to offer Cryotherapy



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regenerate with Dead Sea minerals (maxi Mineral), stop the effects of aging with hyaluronic acid (Youth Absolute) or experience a trio of luxury with gold, caviar and collagen (Gold & Champagne).

Bespoke treatments, such as Swedish massage, Japanese shiatsu, Pinda Sweda which is perfect for back pain relief or the signature Monte-Carlo massage, are complemented with brands including Reneve, HumanTecar, Miha Body Tec and LPG. Cosmetic brands include La Prairie and Beauty by Clinica Ivo Pitanguy.

As well as an ice fountain, Hammam for men and women, Russian banya and outdoor Jacuzzi facing the sea, Thermes Marins's heated seawater pool has been fitted out with more high-tech equipment, including underwater jets with extended nozzles to provide a full body massage. Swimming against the tide allows stimulation of the cardiovascular system while a course of cold water boosts metabolism.

Thermes Marins Monte-Carlo has also unveiled a new-look "L'Hirondelle" restaurant. The menu enhances the senses with fresh products that promise incredible flavours consistent with nutritional balance. Chef Jacky Oberti commented: "I believe that you can control your diet without suffering. I choose fresh and tasty products from the local region and reflective of the season. I am inspired by Mediterranean cuisine and especially Cretan and sometimes Thai cuisine, where there are lots of vegetables, high nutritional quality protein and not too much fatty substance."

The new Thermes Marins Monte-Carlo was created by Monegasque architect Fabrice Notari, who has also renovated rooms in the Hotel de Paris, Hermitage, the Casino and Buddha Bar.

Designer Olivier Antoine has created the fresh interiors at the centre. In the wet zones, such as loos, treatment rooms and the swimming pool, white dominates and symbolizes light and purity. Wall lamps consist of a thousand back-lit glass bubbles which symbolise oxygen. The inside of the swimming pool is decorated with mosaics in a graduation of colours to recreate the natural colour of the seawater. Olivier Antoine likes to punctuate his interiors with natural or mineral materials such as alabaster, quartz, amethyst, glass, ceramics and metals. His woods of choice are French walnut, rosewood, brushed oak and exotic woods.

Monaco is perfect for a spa and wellness break from the UK. There are frequent daily flights to Nice Airport, which is a 6-minute helicopter ride or 40-minute car journey from Monaco.

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