BARRIERE COLLECTION

ORA

LONGEVITY RETREATS & MARINE SPA

FOR OVER A CENTURY, LA BAULE HAS EMBODIED A WAY OF LIFE WHERE THE SEA AND THE ART OF CARE BECOME ONE.

1896

The establishment has always pioneered the alliance between nature and health. Born in 1896 as the Institut Verneuil with a view to spotlighting the regenerating virtues of sea air and marine resources, visionary cardiologist Dr. Yves Tréguer and Lucien Barrière launched the first Marine Spa in La Baule a few decades later. Dr. Tréguer's expertise soon crossed borders when Prince Rainier and Princess Caroline of Monaco invited him to design the Thermes Marins de Monte-Carlo.

Throughout the generations, this spirit has been embodied by a stable of figureheads: Marta Barrière, whose remarkable energy and vitality reflect a joyful and sustainable art of living; and her daughter Diane, the epitome of elegant and timeless beauty, who made care itself a true signature of style.

Today, this legacy is reborn as Longevity Barrière La Baule, an exclusive French destination where cutting-edge scientific expertise meets the French art of living.

Our Longevity Assessments, developed with leading laboratories and harnessed by our practitioners, offer a precise reading of the body's key balances. Body composition, cell vitality, cardiovascular health, bone density, intestinal microbiota, respiratory function and skin quality: a wealth of data allowing us to anticipate imbalances and personalize each journey.

More than a simple check-up, these Assessments turn your stay into a rare experience combining preventive innovation, personalization and refined hospitality. Here, marine treatments, high-performance esthetic rituals, refined, balanced meals and inspiring activities unfold within the unique setting of La Baule's legendary bay, encouraging reconnection with the natural environment. A place where the French art of living embraces the Atlantic Riviera's innate chicness.

Longevity Retreats usher in a new era of well-being, while our iconic Rejuvenation, Weight Management, Sports Performance and Beauty programs support our guests, providing them with preventive options to go even further.

In La Baule, longevity becomes a way of life.
Between marine heritage, scientific innovation, French exclusivity and Barrière refinement, we open a new chapter of well-being: unique, inspiring and deeply human.

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THE LONGEVITY BARRIÈRE LA BAULE METHOD

From data to a personalized experience

Our experts design a bespoke program combining marine therapies, esthetic protocols, regenerative technologies, tailored nutrition and physical or meditative activities, creating a synergy between preventive health, well-being and the French art of living.

The 6 pillars of expertise

MEDICAL AND PREVENTIVE
Assessments and medical interpretation

ENERGY AND VITALITY
Marine treatments, massages, energy therapies

NUTRITION AND MICRONUTRITION
Balanced gastronomy and individual guidance

ESTHETICS AND REGENERATION
Facial, body and scalp protocols, non-invasive innovations

MOBILITY AND PERFORMANCE
Physical activity, fitness technologies, physiotherapy

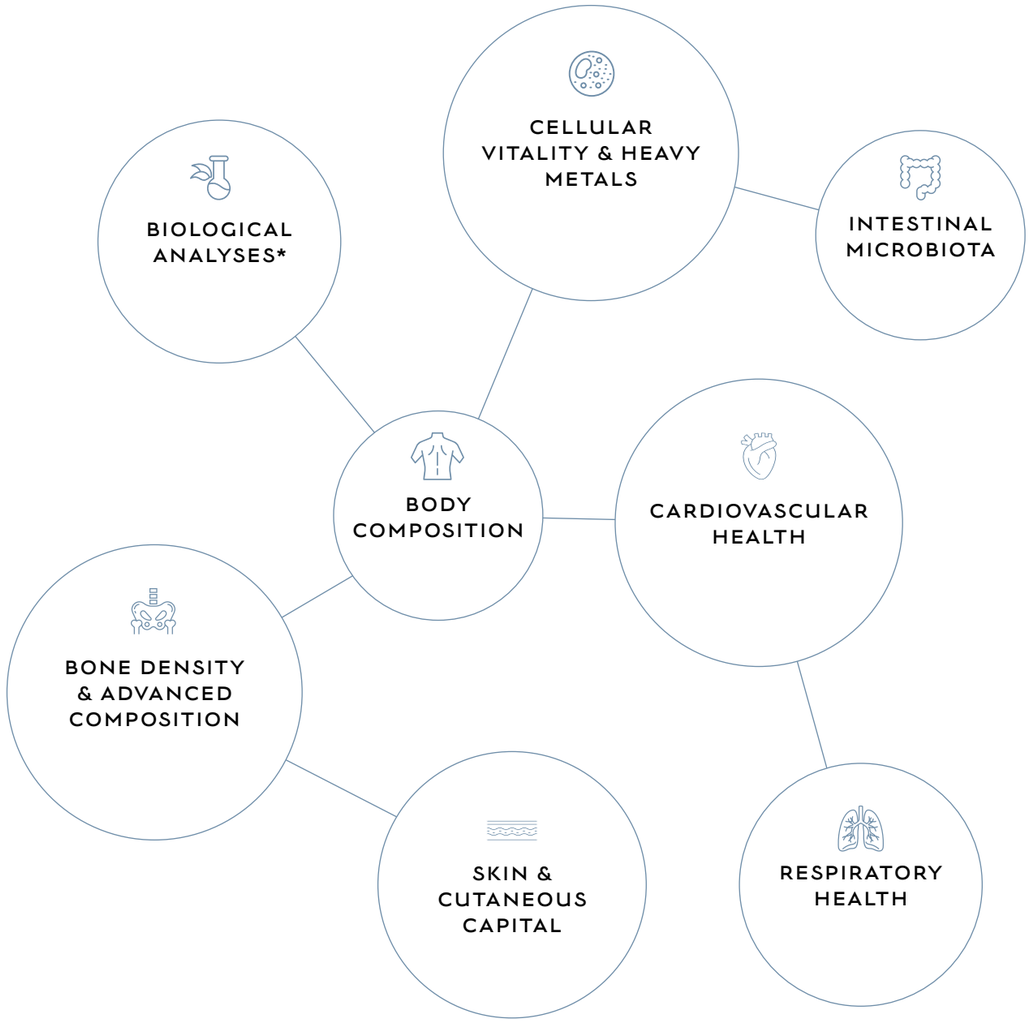
MIND AND COGNITION
Meditation, sophrology, cognitive stimulation, PSiO

THE LONGEVITY BARRIÈRE LA BAULE METHOD

The Longevity Barrière La Baule Method is built on a simple conviction: aging well starts with a better understanding of your body. Each stay begins with exclusive assessments designed to analyze the body's key balances and map out a completely personalized program.

The Longevity Assessments: a unique signature experience in France

Conducted with state-of-the-art diagnostic devices and interpreted by our practitioners, the Longevity Assessments provide a complete and tangible overview of your vital statistics:



- **BIOLOGICAL ANALYSES***
  Nutritional and functional biology performed in collaboration with Laboratoire Bioavenir, a pioneer in preventive medicine for over forty years now. The partnership covers 19 types of biological assessments and more than 220 key markers, including cardiovascular risk, glucose metabolism, oxidative stress, hormonal balance, intestinal microbiota and inflammation.

- **CELLULAR VITALITY & HEAVY METALS**
  Instant tissue spectrophotometry via OligoScan to evaluate minerals, trace elements, potential heavy-metal exposure and vitamin balance.

- **BONE DENSITY & ADVANCED COMPOSITION**
  Lunar iDXA imaging for a radiological analysis of total body composition and measurement of bone mineral density to prevent the risk of skeletal fragility.

- **BODY COMPOSITION**
  Assessment of bone, muscle and fat mass, as well as intra- and extracellular water, using the InBody 570 multi-frequency technology.

- **CARDIOVASCULAR HEALTH**
  Evaluation of circulatory quality using the CardiCheck device and assessment of tissue biomarkers involved in aging through the AGE's Reader.

- **SKIN & CUTANEOUS CAPITAL**
  High-precision evaluation using the Skin Instant Lab to determine hydration levels, quality of the hydrolipidic barrier, presence of wrinkles and pigmentation, guiding personalized esthetic protocols.

- **INTESTINAL MICROBIOTA**
  Detailed analysis of gut microbiota and its influence on vitality, digestive balance and immune resilience.

- **RESPIRATORY HEALTH**
  Exploration of lung volume and ventilatory capacity with the Spirolab system.

Each profile is interpreted with both scientific rigor and care—not for diagnostic purposes, but as part of a preventive and holistic approach, to optimize vital functions and anticipate potential imbalances.

*** Biological analyses**: deally completed before arrival and coordinated by us. When samples are taken during your stay, results are reviewed later through a video consultation with one of our practitioners, ensuring it is folded into your personalized follow-up plan.

The assessments and analyses mentioned are interpreted by our health experts and conducted exclusively for preventive and well-being purposes. They do not constitute medical diagnosis or treatment, and cannot replace conventional medical care.

PARTNERS IN EXCELLENCE & LONGEVITY **INNOVATIONS**

The science that guides us

- **GENERAL ELECTRIC HEALTHCARE**
  World leader in medical imaging
  Supporting our commitment to precision with reference technologies such as Lunar iDXA, for advanced analysis of body composition and bone health, and Vscan Air, a premium handheld ultrasound device offering fast and reliable visualization of internal structures.

- **LABORATOIRE BIOAVENIR**
  Pioneers in nutritional and functional biology
  Offering more than 220 biomarkers for highly specialized diagnostics, enabling a refined understanding of micronutritional and metabolic balance.

- **WITHINGS**
  Reference in connected health and biometric monitoring
  Clinically validated devices designed to provide continuous insight into key health indicators, from heart rate variability to body composition.

- **PHYSIOQUANTA**
  Innovative approach to wellbeing and micronutrition
  With OligoScan, delivers non-invasive tissue measurement of essential minerals, trace elements and heavy metals.

- **INBODY**
  International benchmark in advanced body analysis
  With the InBody 570, offers precise segmental evaluation of body composition and cellular hydration, essential for monitoring metabolic equilibrium and physiological progression.

- **TECHNOGYM**
  Global reference in fitness and performance
  Trusted by leading wellness and performance centers, Technogym equips our new cardio and strength-training suite with high-end technologies combining design, precision and comfort.

- **OXYREVO**
  Specialists in next-generation hyperbaric solutions
  With the Quest36 hyperbaric chamber, engineered to the highest technical standards, OxyRevo delivers robust and precise technology: controlled pressure, high-purity oxygen and durable, US-grade construction.

- **CRYOJET SYSTEM**
  French reference in advanced cryotherapy
  Renowned for performance and reliability, Cryojet System provides our Whole Body Cryotherapy technology as well as Cryoskin devices, ensuring safe, controlled and targeted cold-based stimulation.

- **VITAL TECH**
  French specialist in next-generation infrared technologies
  With its high-performance Vital Domes, Vital Tech offers individualized infrared cabins delivering controlled heat diffusion for deep relaxation, gentle detoxification and targeted recovery.

- **LPG**
  World leader in mechanical and functional stimulation
  With Alliance and Mobilift for high-precision tissue stimulation, and Huber 360, a platform dedicated to posture, mobility and neuromuscular strengthening.

- **MIHA BODYTEC**
  International reference in whole-body EMS training
  A pioneer in premium EMS technology, miha bodytec provides supervised, full-body muscular activation that enhances strength, posture and tonicity with remarkable efficiency and German-engineered precision.

PARTNERS OF EXCEPTION

MAGELLAN HEALTH CONCIERGE

Exclusively available to guests enrolled in our Signature programs, Magellan offers independent, personalized health navigation: identifying the most appropriate specialists, facilitating access, and coordinating—with complete confidentiality—any additional diagnostic tests or conventional medical examinations that may be recommended.

Operated under Magellan's responsibility, this service enriches the Longevity Barrière La Baule experience.

- **BIOLOGIQUE RECHERCHE**
  Cutting-edge skin biotechnology, highly concentrated formulas and bespoke protocols delivering exceptional precision in face and body treatments.

- **PHYTOMER**
  French marine science, natural actives derived from blue biotechnology and sensorial rituals designed to rebalance, regenerate and revitalize the skin.

OUR SIGNATURE LONGEVITY PROGRAMS

Check-up SHORTBREAK

3 DAYS **4** NIGHTS

An introductory journey packed full of assessments to help you understand your body from within, while enjoying the benefits of an exceptional seaside setting.

Consultations with experts, marine treatments, centering and grounding activities, and personalized massages gently structure days dedicated to rest, well-being and preventive health. Ideal for a quick reset, leaving you with tangible insights and preventive recommendations.

Longevity RETREAT

6 DAYS **7** NIGHTS

Signature

A full week for those seeking an exceptional retreat devoted to enhancing vitality, managing stress, identifying nutritional imbalances and improving both physical and cognitive performance.

Extensive biological analyses include assessing metabolic and oxidative stress, heavy metals, intestinal permeability and weight-related metabolism.

These diagnostics are layered into a fully personalized program combining marine therapies, next-generation regenerative protocols, centering activities, bespoke coaching and tailored nutrition.

A holistic preventive experience combining scientific precision with refined hospitality.

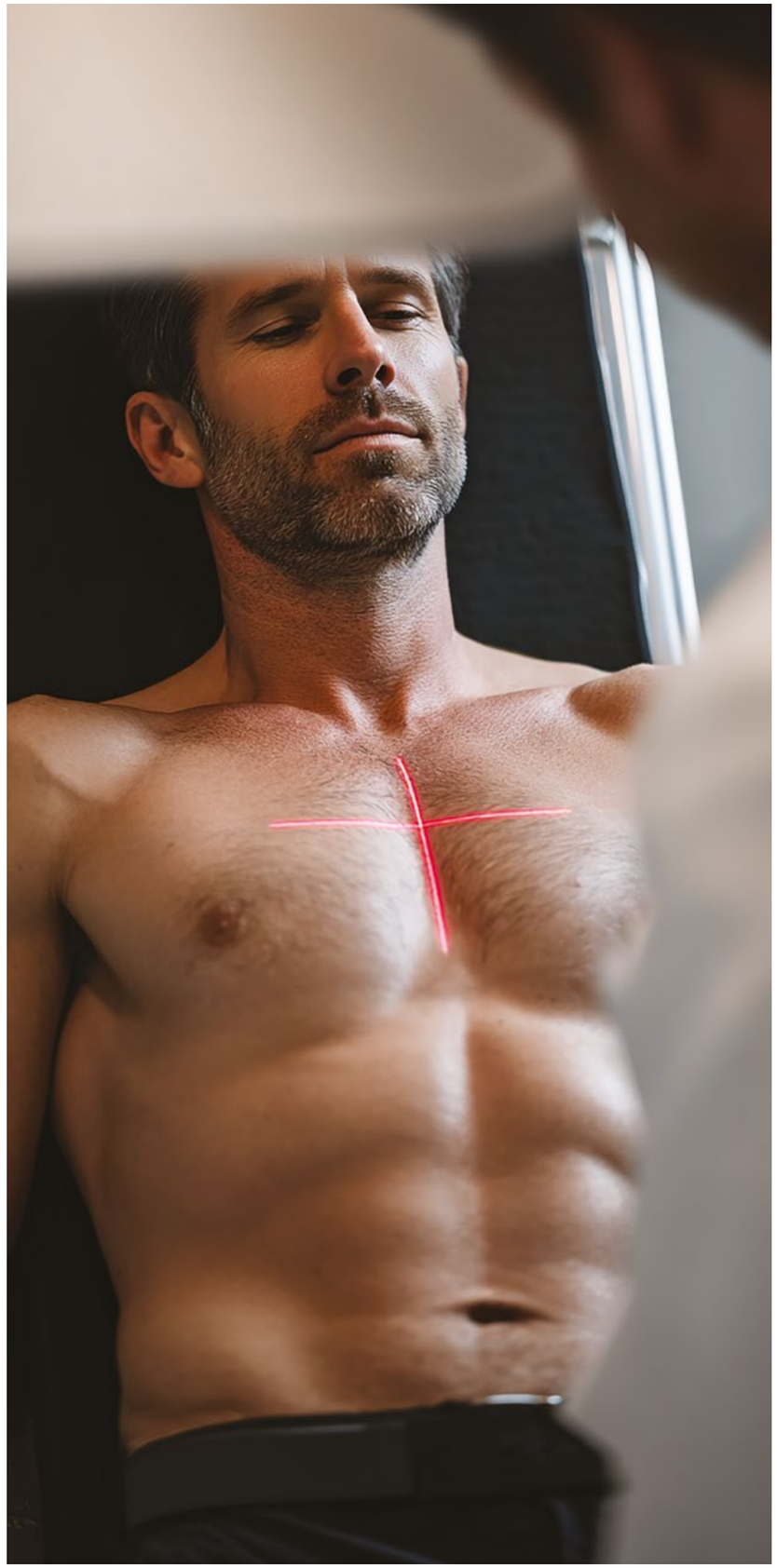
Follow-up STAY

2 DAYS **2** NIGHTS

Exclusively for guests who have already completed a Longevity Program.

A short stay to review progress, update assessments and receive personalized guidance to extend the long-term benefits of your experience.

Discover the full range of progams in our detailled content booklet.



OUR ICONIC MARINE PROGRAMS

Detox & Slimming RETREAT

FROM 6 DAYS 6 NIGHTS

An expert program combining nutritional assessments, dietary guidance and targeted slimming treatments. A comprehensive approach to kickstart weight loss and return home with sustainable habits.

Vitality ESCAPE

FROM 4 DAYS 4 NIGHTS

A classic with a twist: marine treatments, wraps and massages to release tension, replenish mineral levels and restore long-lasting energy. A physiotherapy option is available for more targeted support.

Radiance & Harmony ESCAPE

FROM 4 DAYS 4 NIGHTS

A restorative interlude dedicated to radiance and well-being. Signature massages, esthetic rituals and marine therapies flow together to boost body harmony and enhance skin.

Performance ESCAPE

FROM 4 DAYS 4 NIGHTS

A program devoted to movement and recovery. Ideal for both amateur and seasoned athletes, it combines fitness assessments, regenerating marine treatments and personalized sessions (coaching, cryotherapy, active recovery).

+ Longevity Assessment PACK

Each of these programs can be enhanced with a Longevity Assessment Pack featuring a selection of our exclusive preventive diagnostics. An opportunity to infuse your Iconic Program with a scientific and personalized dimension, enriching your well-being experience with a unique understanding of your body's balances.

Discover the full range of progams in our detailled content booklet.

OUR À LA CARTE LONGEVITY EXPERIENCES

Because every need is unique, our à la carte treatments and assessments extend the Longevity experience through a personalized, intuitive approach.

Medical consultations, advanced diagnostics, marine therapies, esthetic protocols and regenerative technologies can be selected individually or integrated into your program to reinforce a specific objective: vitality, beauty, performance or inner balance.

Extending the experience, at your own pace

Between retreats or during a restorative one-day break, our Day Spa formulas offer another way to experience the Longevity spirit: a half-day or full-day immersion combining signature treatments, marine facilities and relaxation rituals in a single exceptional setting.

1 OUR LONGEVITY ASSESSMENTS AND CONSULTATIONS*

Preventive assessments and personalized consultations to better understand your biological balances and define a tailored action plan, under the supervision of our practitioners and experts.

2 OUR MARINE TREATMENTS

La Baule's legacy: signature wraps, remineralizing baths and therapeutic showers drawing on local marine resources as true sources of regeneration and vitality.

3 OUR MASSAGES

Signature protocols blending energy techniques, manual expertise and marine-inspired strokes to release tension, restore flow and re-establish physical harmony.

4 OUR ESTHETIC TREATMENTS

Combining Biologique Recherche's scientific expertise and Phytomer's marine power, our face and body treatments merge biotechnology, high-performance French cosmetics and expert touch.
Each protocol works in depth to reveal balanced, radiant and lastingly revitalized skin.

5 OUR LONGEVITY TECHNOLOGIES

A synergy of exclusive innovations—hyperbaric oxygenation, whole-body cryotherapy, PSiO neuro-relaxation—designed to stimulate cell performance, accelerate recovery and support cognitive balance.

6 OUR "FITNESS & LONGEVITY" CLUB

Fully refreshed with panoramic sea views, the new Fitness & Longevity space combines our Technogym, the global benchmark in high-end training complete with personalized programs in strength, cardio and one-to-one coaching.
An immersive, connected and inspiring experience where performance meets the pleasure of movement.

7 OUR DAY SPA FORMULAS

Full-day or half-day experiences curated as instant immersions into the Longevity universe: marine treatments, massages, esthetic rituals and privileged access to the Marine Spa for a moment of complete relaxation.

* The assessments and analyses mentioned are interpreted by our health experts and conducted exclusively for preventive and well-being purposes. They do not constitute medical diagnosis or treatment, and cannot replace conventional medical care.

1 OUR LONGEVITY ASSESSMENTS AND CONSULTATIONS

Because aging well starts with a better understanding of your body, our Longevity assessments and consultations provide a comprehensive mapping of the body's essential balances.

Biological ANALYSES

Conducted in partnership with Laboratoire Bioavenir, a pioneer in nutritional and functional biology for over forty years, these analyses explore over 220 markers linked to vitality and prevention: energy metabolism, oxidative stress, silent inflammation, hormonal balance, heavy metals, intestinal microbiota and cardiovascular health.

They form the scientific foundation of the Longevity Method, enabling personalized interpretation and targeted action plans.

IN-PERSON assessments

Designed to sit alongside the biological analyses, our in-person assessments offer an instant reading of the body using high-precision devices:

- **OLIGOSCAN**
  Tissue spectrophotometry measuring cell vitality, trace elements and heavy metals.
- **INBODY 570**
  Multifrequency bioimpedance analysis assessing body composition (muscle, fat and water mass).
- **CARDICHECK & AGES READER**
  Assessing stress impact on circulatory quality and measuring aging-related biomarkers to predict cardio-metabolic risk.
- **LUNAR IDXA BY GE HEALTHCARE**
  Global benchmark for radiological assessment of bone density and overall body composition.
- **SKIN INSTANT LAB**
  High-precision skin diagnostics measuring hydration, elasticity and the hydrolipidic barrier.
- **SPIROMÉTRIE**
  Analysis of respiratory function and ventilatory capacity.

CONSULTATIONS & personalized support

Alongside the Longevity practitioners and dietitians, a multidisciplinary team of physiotherapists, sophrologists and fitness coaches supports each guest before, during and after their stay.

These expert services, available à la carte, may be selected individually or built into your Longevity program for comprehensive, bespoke support.

Discover the full list of assessments and consultations in the Treatment Directory, provided as an insert.

2 OUR LONGEVITY MARINE TREATMENTS

As the spiritual home of marine therapy, as early as 1896 La Baule served as a pioneering laboratory where the sea was harnessed as a source of health.

At the Institut Verneuil, then headed up by visionary cardiologist Dr. Yves Tréguer, the physiological benefits of heated seawater were highlighted: mineral richness, osmotic balance, circulatory action and cellular recovery.

Today, the Longevity Method keeps the legacy living on with a scientific approach to marine regeneration.

Heated to body temperature, seawater promotes osmotic exchange: the minerals and trace elements it contains (magnesium, calcium, iodine, potassium) absorb into the skin, while gentle warmth supports muscle relaxation and toxin elimination. This "natural osmosis" restores ionic balance, stimulates microcirculation and supports autonomic regulation.

Remineralizing baths, sequential jet showers, hydromassages and underwater massages work in synergy to release tension, reactivate metabolism and restore flow in internal exchanges.

Each technique and water jet stimulates the body to promote tissue regeneration, muscle recovery and renewed energy.

Marine wraps extend these effects: rich in remineralizing algae and mud, they enhance treatment benefits by unleashing trace elements and natural antioxidants.

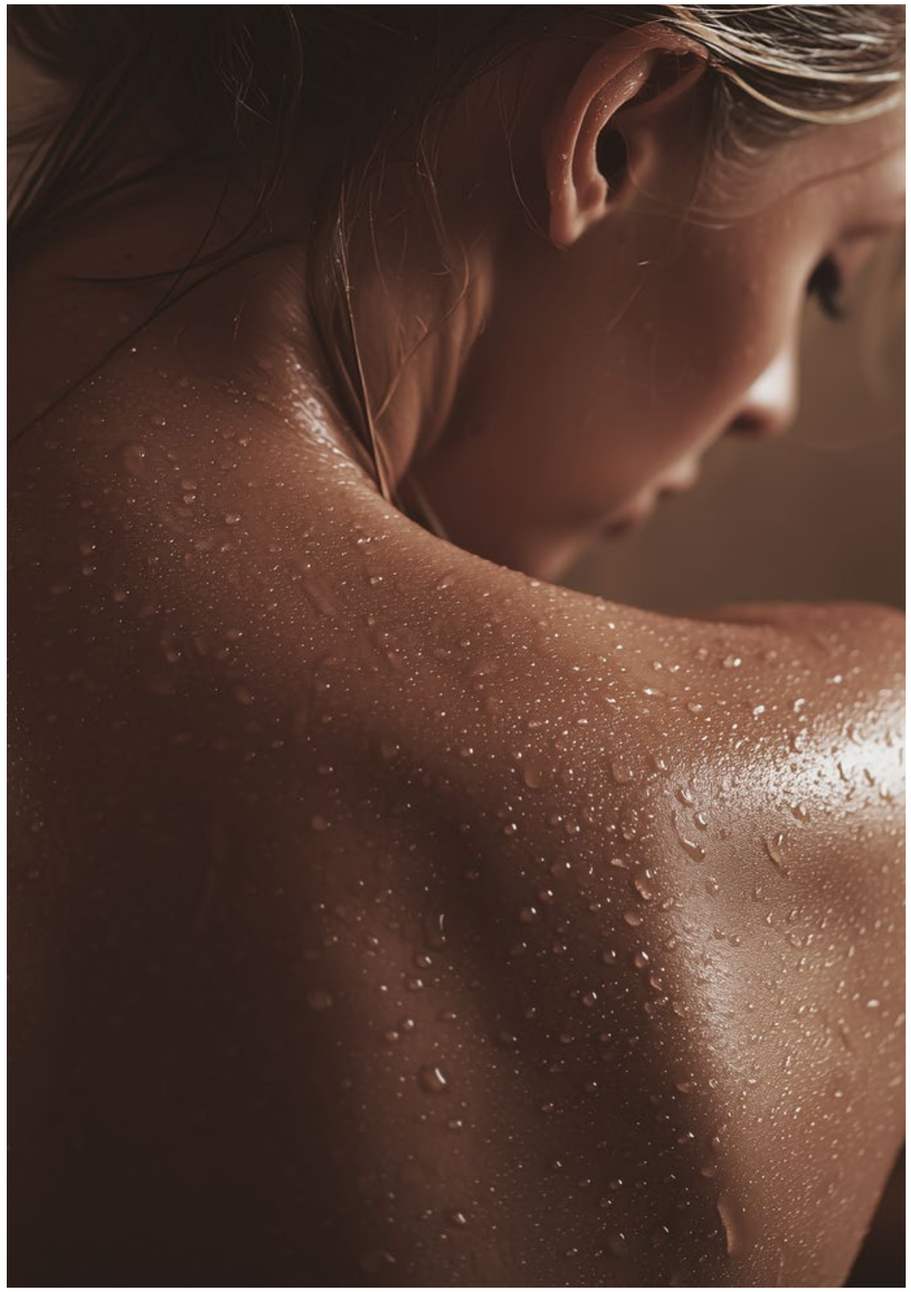
FOCUS
Vital'Mer Signature Wrap

A hallmark of Longevity Barrière La Baule, the Vital'Mer ritual combines the purity of mineral-rich brine from Guérande's salt marshes with the gentle, deep action of Vital Dôme infratherapy.

Performed under infrared warmth, this wrap promotes natural detoxification and cell regeneration.

Rich in magnesium and mineral salts, it restores energy reserves, improves sleep quality and envelops the body in soothing, restorative warmth.

+ Discover the full list of assessments and consultations in the Treatment Directory, available as an insert.



3 OUR LONGEVITY MASSAGES

Working deep in the heart of the Longevity Method, massage is used as a form of language that reconnects body, breath and mind.

Our practitioners draw on the science of touch —energetic, neuromuscular and sensory—to restore circulation, release tension and stimulate the body's natural regenerative abilities.

Longevity massages work in depth on the three essential systems of bodily balance:

THE NERVOUS SYSTEM
Soothed by slow, enveloping techniques.

THE CIRCULATORY AND LYMPHATIC SYSTEMS
Reactivated to support detoxification and recovery.

THE ENERGETIC SYSTEM
Harmonized through strokes inspired by traditional medicines.

From deeply relaxing bespoke massages to muscle recovery and lymphatic drainage protocols, each ritual adapts to your current state to restore vitality and inner clarity.

Energetic massages, such as Shiatsu, Saundarya or Foot Reflexology, complete this holistic approach by rebalancing internal flows and soothing embodied emotions.

MANUAL THERAPIES & massages

Because movement is central to longevity, our physiotherapists combine scientific precision with attentive bodywork.

Their techniques target joint mobility, myofascial release and preventing postural imbalances.

Whether through manual work in our booths, a personalized therapeutic massage or an in-water session, these treatments help restore symmetry, improve posture and optimize muscle recovery.

A holistic approach to the body, where every movement enjoys renewed freedom and natural rhythm.

4 BEAUTY TREATMENTS BY BIOLOGIQUE RECHERCHE & PHYTOMER

Two French Houses of excellence united to offer a complete beauty experience.

Two top-tier French houses have come together to offer a 360-degree beauty experience: the scientific rigor and made-to-measure precision of Biologique Recherche, combined with the marine power and innovative sensoriality of Phytomer. Together, they embody the perfect balance between advanced skin technology and the energy of the sea.

BIOLOGIQUE RECHERCHE PARIS | PHYTOMER

FACE

Tailor-made precision.

Each treatment is designed as a personalized reading of the skin, focusing on hydration, radiance, soothing or firmness. Following your skin diagnosis, our Skin Experts select the most suitable protocols to restore cutaneous balance and reveal the skin's natural radiance, combining expert techniques with biomimetic active ingredients.

BODY

Sculpt, revitalize, enhance.

From marine-crystal exfoliations to draining or sculpting rituals and high-performance firming protocols, these body treatments combine visible effectiveness with deep relaxation to refine, re-energize and restore the body's natural tone.

ADVANCED BEAUTY TECHNOLOGIES

Our cutting-edge technologies

Facial Remodeling, Micropuncture, LED, LPG face and body—intensify the treatments' action for enhanced results: smoother skin, redefined contours and long-lasting radiance.

5 OUR LONGEVITY TECHNOLOGIES REGENERATION, RECOVERY, MENTAL CLARITY

Innovation is an integral part of the Longevity Method.

Our advanced technologies extend the benefits of our treatments and assessments by stimulating the body and mind's natural regeneration mechanisms.

- **OXYHEALTH HYPERBARIC CHAMBER**
  Used in the most demanding medical and athletic environments, the hyperbaric chamber promotes deep cell oxygenation. Under controlled pressure, oxygen concentration in the blood increases, accelerating tissue repair and muscle recovery, improving mental clarity and reducing sensations of chronic fatigue.

- **WHOLE-BODY CRYOTHERAPY**
  When exposed to extreme cold for a few minutes, the body produces an intense stimulation signal. Whole-body cryotherapy is scientifically proven to reduce tendon and muscle pain, trigger endorphin release, and improve sleep quality, immunity and mood.

- **PSIO – LIGHT & AUDIO RELAXATION**
  An innovative combination of light therapy and audio-guided relaxation, the PSiO technology acts on brain rhythms to induce relaxation, mental recovery and emotional balance, while helping to regulate stress, sleep disruption and cognitive fatigue.

These Longevity technologies can be folded into the core of our programs or practiced à la carte to optimize cellular regeneration, support muscle recovery and provide a lasting soothing effect on the nervous system.

6 OUR "FITNESS & LONGEVITY" CLUB

The new Fitness & Longevity Club boasts ocean views and completely redefines the gym experience.

Powered by global high-end training benchmark Technogym, it combines design, natural light and next-generation equipment dedicated to muscle strengthening, cardio and functional performance.
This signature space within the Longevity Barrière La Baule concept invites you to plug back into vitality, mindful movement and long-lasting physical harmony.

PERSONALIZED COACHING
indoor & outdoor

Our certified Personal Trainers support each guest in line with their goals, whether fitness, sports prep, cutting body fat or maintaining mobility.
Sessions take place in the panoramic sea-view studio or outdoors, on the beach or along the La Baule seafront, reconnecting guests with the elements.

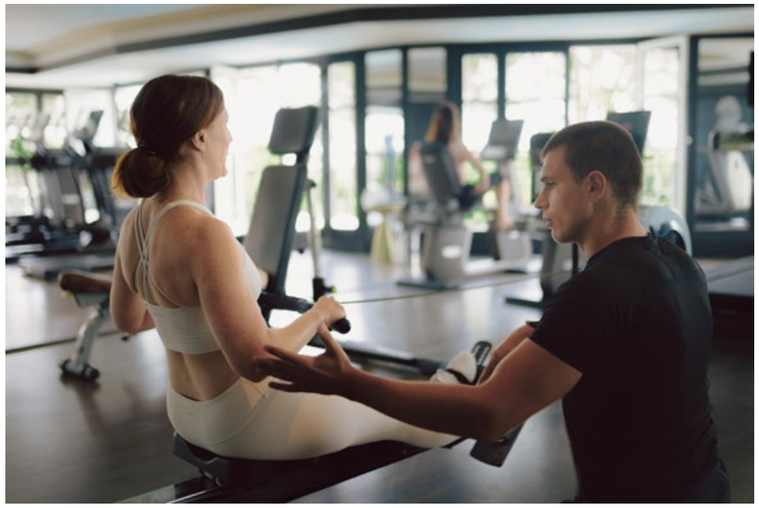
The program is underpinned by a range of exclusive equipment:

MIHA BODYTEC for electrostimulation training (EMS),

HUBER 360 FIIT or strengthening posture,

KINESIS BY TECHNOGYM for a functional and fluid approach to movement.

Each session is adapted to your biological and postural profile, in synergy with the Longevity assessments for precise, measured and sustainable training.



7 FITNESS & LONGEVITY MEMBERSHIP

Designed as a complete preventive well-being experience, annual membership includes:

UNLIMITED ACCESS TO THE FITNESS ROOM 7 days a week (7am–9pm) in addition to all group classes.

A COMPREHENSIVE LONGEVITY ASSESSMENT PACK (biological analyses and in-person assessments) to monitor changes in your body's key balances.

A PERSONALIZED SPORTS ASSESSMENT AND QUARTERLY FOLLOW-UP WITH OUR EXPERTS practitioners, dietitians, coaches, and physiotherapists.

COMPLIMENTARY ACCESS TO THE MARINE AREA AT THE HÔTEL ROYAL (pool, aquatic circuit, sauna and hammam)

EXCLUSIVE BENEFITS ACROSS THE BARRIÈRE LA BAULE RESORT: 10% off à la carte treatments, the boutique, restaurants and sports activities.

PREMIUM SERVICES: personalized fitness gear embroidered, a valet service, and invitations to our Longevity events (conferences, masterclasses, exclusive dinners).

+ Information and conditions available from our advisors

A COMMUNITY of insiders

Joining the Fitness & Longevity Club means becoming part of a community of guests and members united by the same philosophy: nurturing vitality, preventing imbalances and cultivating a lasting relationship with health.
Each member benefits from personalized follow-up as well as exclusive access to our stay programs, our medical-preventive assessments and the full Longevity ecosystem.

A place dedicated to energy and balance, where technology, science and the art of movement come together to extend well-being over time.

7 OUR DAY SPA FORMULAS

A day to reset body and mind

Because every day is an opportunity for a fresh start, our Longevity Day Spa formulas offer an instant immersion into the Longevity Method.
In just a few hours, these formulas reactivate energy levels, soothe the mind and reconnect the body to its natural rhythms.
Each experience combines marine treatments, beauty rituals and complimentary exclusive access to the Marine Area at the Hôtel Le Royal—a sanctuary for regenerating the body.

Signature DAY

A complete experience blending relaxation, beauty and ocean-inspired flavors.

- **1 VITAL'MER SIGNATURE WRAP**
- **1 FLOTATION POD TREATMENT** or **REMINERALIZING SOAK**
- **1 UNDERWATER MASSAGE**
- **1 BESPOKE PHYTOMER FACIAL** (55 min)
- **1 LUNCH AT LE PONTON BEACH RESTAURANT**
  (starter + main or main + dessert, water and coffee included)

Vitality DAY

Restore natural energy levels and soak up the benefits of the sea through a revitalizing and energizing treatment journey.

- **2 REVITALIZING MARINE TREATMENTS**
- **1 VITAL'MER SIGNATURE WRAP**

Marine Radiance DAY

A sensory experience that awakens skin radiance and eases the mind.

- **1 RELAXING MARINE TREATMENT**
- **1 VITAL'MER SIGNATURE WRAP**
- **1 RELAXATION MASSAGE** or **FLASH RADIANCE FACIAL** (20 min)

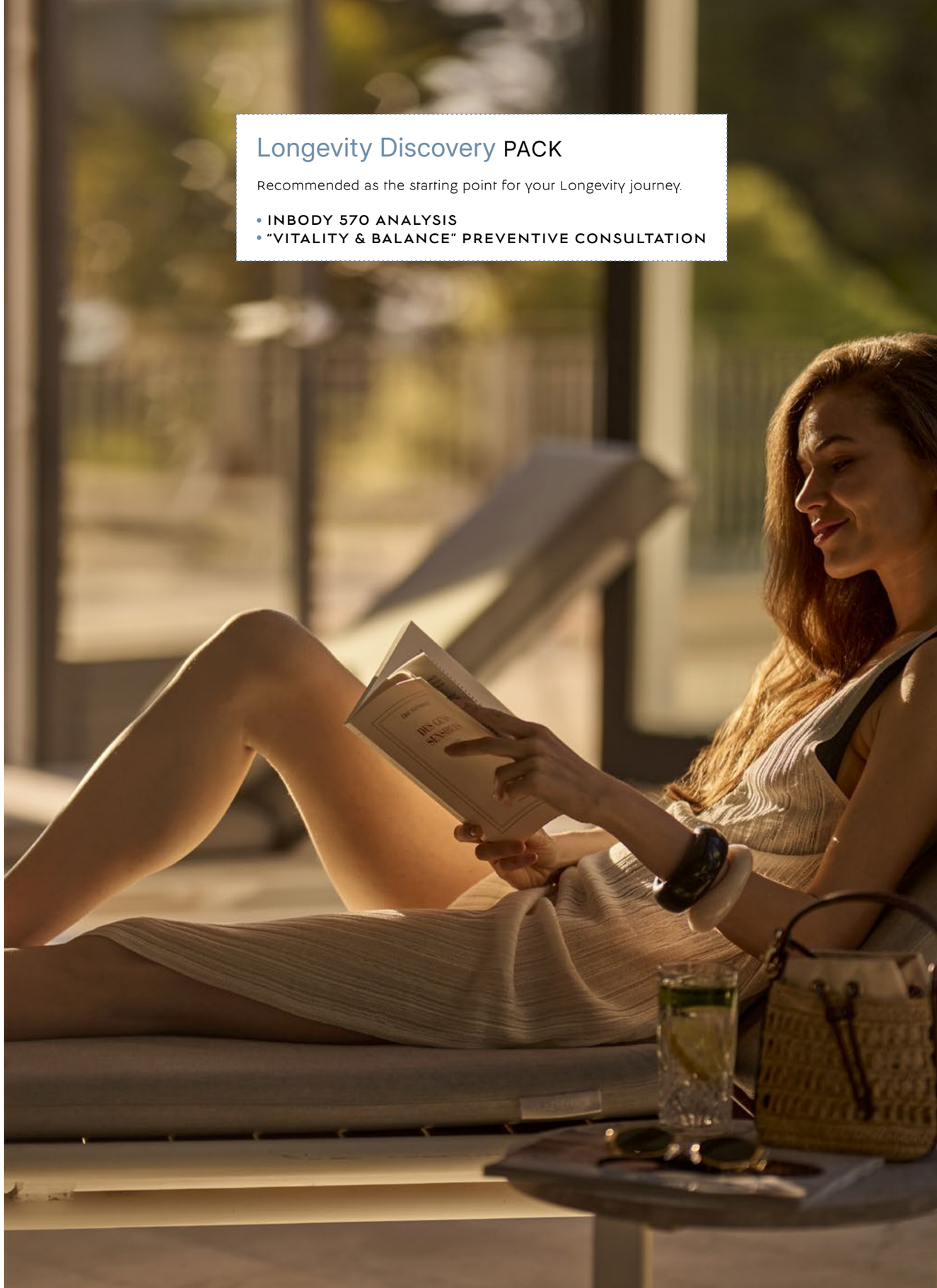
OPTION
Extend your massage or facial by 30 min.

Cocoon DAY

A moment of softness and deep release.

- **1 GUÉRANDE SALT CRYSTAL BODY SCRUB**
- **1 RELAXING MASSAGE** (20 min)
- **1 BESPOKE PHYTOMER FACIAL** (55 min)

The treatments included in your experience are scheduled over a half-day to a full day, and include complimentary access to the Marine Area at the Hôtel Royal (swimming pool, marine circuit, gym, sauna, hammam).
Extend the experience with our Longevity and Iconic stay programs (starting from four nights).



Longevity Discovery PACK

Recommended as the starting point for your Longevity journey.

- **INBODY 570 ANALYSIS**
- **"VITALITY & BALANCE" PREVENTIVE CONSULTATION**

OUR BARRIÈRE LA BAULE RESORT

Fresh perspectives on the Atlantic Riviera

At the crossroads of ocean, salt marshes and pine forest, the Barrière La Baule Resort unfolds like a contemporary Atlantic Riviera: a place of balance where marine light, the vitality of movement and French elegance come together.

United by a shared philosophy, our Le Royal, L'Hermitage and Castel Marie-Louise hotels invite you to experience well-being through the Longevity Method, tapping into regeneration, pleasure and the art of living along the way.

LE ROYAL

Marine spirit and our signature Longevity

The oceanfront Hôtel Barrière Le Royal embodies the Resort's founding spirit with its 87 bright rooms and suites decorated in natural materials with sea-inspired tones. The property is directly connected to the Longevity Barrière La Baule center, offering exclusive access to all assessments, treatments and longevity programs.

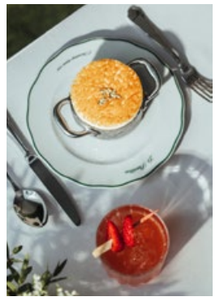
Inspired by contemporary gourmet brasseries, its main restaurant celebrates French cuisine shaped by the sea and seasons in elegant, flavorful yet forever balanced dishes.
Just next door is the new Longevity restaurant: the Yachting unfolds in an intimate space where guests can enjoy lunch in a bathrobe after a treatment or in sportswear after a workout, and where temptation-free dinners are savored in a serene atmosphere overlooking the gardens and secluded outdoor terrace. Personalized menus, cell-first nutrition, alcohol-free pairings and plant-based creations reflect the House philosophy: reconciling pleasure, vitality and precision.
The sea-facing terrace, Le Royal's bar and its music-filled evenings extend the well-being experience in a joyful, serene and softly elegant atmosphere.

L'HERMITAGE

Seaside elegance and international excellence

Facing the bay, L'Hermitage Barrière embodies the timeless charm of the Atlantic Riviera. Its neo-Norman architecture, 200 light-filled rooms and expansive terraces overlooking the ocean make it one of the crown jewels of the coast.
In 2025, the hotel joined the prestigious Leading Hotels of the World collection in an affirmation of its excellence in international luxury hospitality.

The cuisine at L'Hermitage taps into three complementary feels:
Le Ciro's La Baule, a legendary seaside institution, serves up a fresh and elegant twist on the yacht-club spirit at a table designed by Friedmann & Versace, blending lacquered wood, marine hues and ocean-inspired flavors.
Le Pavillon, nestled within a garden of century-old pines, unfolds in an ode to French cuisine and grills in a bucolic, family-friendly atmosphere.



Le Bar de l'Hermitage, an intimate, warm space brimming with refined cocktails and fine wines in a softly elegant setting enhanced by a wood-paneled library and mirrored details.

Striking the perfect balance between historic refinement and contemporary vitality, L'Hermitage is a haven of elegance and renewal: a place where the French art of hospitality naturally aligns with the Longevity philosophy.

LE CASTEL MARIE-LOUISE

A distinguished celebration of the French art of living

A Belle Époque jewel nestled in grounds dotted with hundred-year-old pines, Le Castel Marie-Louise offers a rare taste of refinement and intimacy. Its gourmet La Table du Castel restaurant shines a light on the region's finest produce, with the emphasis on herbs from the marshlands, Atlantic fish and vegetables from the peninsula. Every detail here is crafted to evoke all the charm of a family home, where serenity and discretion invite you to unwind.

OUR BARRIÈRE LA BAULE RESORT

LEISURE & ESCAPE

The energy of the Atlantic Riviera, where every activity is a natural extension of the Longevity spirit: movement, joy, breathing.

The Barrière La Baule Resort is a vast natural playground, home to:

- The Golf International Barrière La Baule, a 45-hole course set in protected wooded grounds, ideal for release and focus.
- The Country Club Barrière, with its 32 tennis courts, padel courts and personalized coaching.
- Horse riding, yoga, paddleboarding, cycling, hiking, or Longevity Outdoor training sessions guided by our coaches, all with views of the ocean.
- The Casino Barrière La Baule, to keep the evening lingering on in an elegant and festive atmosphere.

THE LONGEVITY SPIRIT ACROSS THE RESORT

Beyond treatments, the Barrière La Baule Resort is a way of life: breath, movement, pleasure and light.
Set against the glittering Atlantic Riviera, the ocean emerges as a partner in boosting vitality. Salt, light and iodine-rich air nourish both skin and mind, while expert technique, succulent flavors and authentic warmth create a symphony of balance.

A singular destination where French hospitality is reinvented, and where every stay becomes a promise of longevity.

PRACTICAL INFORMATIONS

Before your arrival

Bathrobes, towels and sliders are provided throughout your stay.
The changing room is equipped with hairdryers, scales and secure lockers.
A safe for your valuables is also available both in the changing room and in the hotel.
Please bring sportswear for access to the gym, as well as two swimsuits for your comfort.

Contraindications

Certain medical conditions may contraindicate some treatments and activities.
If in doubt, our medical team is on hand to help.

Absolute contraindications include in particular: unstable cardiac or respiratory insufficiency, infectious or contagious disease, ongoing cancer treatment, acute cardiovascular condition or recent postoperative status, oozing dermatoses, unhealed wounds or severe psychiatric disorders.
Relative contraindications concern certain neurological conditions, venous or cardiovascular disorders, as well as pregnancy (with mandatory medical approval).

Medical fitness clearance

For any stay longer than four days that does not include a medical consultation, a medical certificate clearing you of any contraindications is required. This must be no older than one month at the time treatments begin.
For stays of four days or fewer, a medical waiver will be provided upon arrival.
If necessary, an on-site consultation (with fee) may be arranged with one of our practitioners.

Our recommendations

To get the most out of your program, we recommend booking around a month in advance.
Our guest advisors are available before and during your stay to help you choose and plan your treatments, physical activities or esthetic rituals.
Treatments are scheduled over alternating half-days or full days, depending on the program you choose.
Any appointment cancelled less than 24 hours in advance will be charged. In the event of a no-show, booked treatments will also be billed.
Our facilities are accessible.

PRACTICAL INFORMATIONS

Bookings and stay T&Cs

Our advisors are at your disposal for any questions you may have:
+33(0)970 824 344 (standard-rate call)
accueil-thalassolabaule@groupebarriere.com

Booking T&Cs vary by duration and formula:

LONGEVITY PROGRAMS:
30% deposit at booking, cancellable free of charge up to 14 days before arrival.

ICONIC PROGRAMS:
30% deposit at booking, cancellable free of charge up to 7 days before arrival.

DAY SPA FORMULAS AND À LA CARTE EXPERIENCES:
prepayment upon booking, cancellable or changeable free of charge up to 24 hours before the services.

Legal notices and regulatory framework

The Longevity health assessments and analyses mentioned are interpreted by our health experts and conducted exclusively for preventive and well-being purposes. They do not constitute medical diagnosis or treatment, and cannot replace conventional medical care.

In accordance with Articles L. 322-7, D. 322-12 and D. 322-13 of the French "Code du Sport", the establishment does not sell access to its water facilities and does not offer aquatic instruction that would require supervision by trained, officially recognized professionals.

ORA

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wellness-labaule@groupebarriere.com