CENTRE THERMAL
LA ROCHE POSAY

DERMATOLOGICAL CURE

1ST EUROPEAN DERMATOLOGICAL THERMAL CENTER

At the core of LA ROCHE POSAY'S DERMATOLOGICAL THERMAL CURE is **a unique water with exceptional soothing, anti-inflammatory and healing properties**; and when combined with our skin care protocols, can significantly improve your symptoms and quality of life.

As Europe's leading centre for thermal dermatology, the LA ROCHE POSAY THERMAL CENTRE provides **proven expert targeted skin care treatments**, a warm hearted welcome, and the hospitality of a friendly and competent team.

Whether you - or your children - are affected by atopic dermatitis, eczema, psoriasis, the after-effects of surgery or burns, the cure will **relieve your pain, soften your skin, reduce your lesions and reduce the frequency and intensity of the attacks**.

There are so many benefits that will improve your daily life: your skin starts feeling more comfortable, you get better sleep and improve your self-image.

Most dermatological conditions are chronic and recurrent.
They have common symptoms which can be considerably improved with thermal treatment, as a complement or as follow-up to classic therapy.

The cure is suitable for all types of scars, whether they are inflammatory, hypertrophic and/or pruritic. Our skin care treatments are made with thermal water which contain numerous healing, moisturising and soothing properties.

The cure also allows patients to talk with each other, share experiences and support each other, which helps in the process of accepting their situation.

DERMATOLOGICAL **INDICATIONS**

ATOPIC DERMATITIS in children from 6 months old, and in adults
CONTACT DERMATITIS
PSORIASIS in patches, drops or localised
ROSACEA, PRURIGOS, ICTHYOSIS, LICHEN...
GUM AND ORAL MUCOSA DISORDERS

BENEFITS:

IMPROVEMENT OF CLINICAL SIGNS: sécheresse, inflammation, squames, rougeur
IMPROVEMENT OF FELT SYMPTOMS: démangeaisons, qualité du sommeil, douleurs, tiraillements
IMPROVEMENT OF QUALITY OF LIFE: image de soi, confort social, relationnel et moral
LONGER SPACING BETWEEN OCCURRENCES AND REDUCTION and reduction of intensity
REDUCTION IN THE USE OF MEDICATION

SCAR **INDICATIONS**

AFTER SURGERY
Orthopaedic, reconstructive, aesthetic, oncological, bariatric, amputations
AFTER BURNS
RECOVERY FROM GRAFTS

BENEFITS:

REDUCTION of pruritus and redness
REDUCTION AND PREVENTION of hypertrophic scars
INCREASE in the suppleness and elasticity of the skin
RELEASE of adhesions and retraction bridges
IMPROVEMENT of functional mobility
IMPROVED quality of life and self-image

THE 1st EUROPEAN **THERMAL DERMATOLOGICAL** CENTER

EXPERTISE
AND KINDNESS

Established in 1905, the LA ROCHE-POSAY THERMAL CENTRE is the 1st European Centre for Thermal Dermatology and **treats almost 7,500 patients per year**.
Attentive to the needs of its patients, the thermal centre has been able to adapt and improve its services to make your stay a moment that is **dedicated to the health of your skin and your well-being**.

A multidisciplinary team of experts, made up of dermatologists, physiotherapists, a specialised educator, a dietician, an expert in corrective make-up, a sports medicine educator and a relaxation therapist will provide you with the **therapeutic solutions that suit your needs**.

A space for skin care and for sharing with others: the cure is also a privileged place to make sense of and take ownership of one's situation, and encourage one another; this has been shown to reduce the impact of the disease.

Tucked away in a leafy green setting in the heart of the Poitou region, La Roche-Posay is **an unspoilt and relaxing place** where you can improve your overall wellbeing and restore your vitality, perfect for re balancing your body and mind.
To complete the treatment, we offer a number of activities, which you can either do alone or with a group: yoga, nature walks, discovering the heritage and the local area.

OUR SKIN CARE **TREATMENTS**

THERMAL **CARE**

4 to 6 daily treatments are required, according to the thermal doctor's prescription, and are each made with La Roche-Posay thermal water. Skin care treatment programs take place in the morning or afternoon, in **Les Thermes du Connétable**.

FILIFORM SHOWER
Duration definied by the thermal doctor
This variable pressure shower (4 to 17 bars) is administered by the thermal dermatologist, allows the cleansing of the treatment area, the reduction of lesions (scales, plaques...) and of fibrosis and scar adhesions. It also helps the lymph fluid (oedemas) to drain properly.

JET SHOWER
Conventional duration : 3 minutes · Effective duration : 3 minutes
The jet shower treatment consists of massaging targeted areas of the body which stimulates a tonifying action, and promotes draining. It is carried out by a hydrotherapist. The high-pressure shower softens and stimulates the skin. How does it work? The therapist will kindly ask you to stand and turn facing backwards, then frontwards, then to each side.
The thermal water jet is then directed at the area to be treated, and then moved in the direction of the circulation, which promotes a sense of well-being.

FACE, BODY, SCALP AND PERINEUM SPRAYING
Conventional duration : 3 minutes · Effective duration : 8 minutes
This is a softening and healing mist for the skin. It soothes mucous membranes, reduces irritation and redness.

BODY AIR BATH
Conventional duration : 10 minutes · Durée effective : 15 minutes
TARGETED AREA AIR BATH (HAND OR FOOT)
Durée conventionnée : 10 minutes · Effective duration : 10 minutes
This treatment hydrates and softens the skin. It soothes itching, relaxes and relieves tension.

UNDERWATER MASSAGE
Conventional duration : 18x10 ou 9x20 minutes · Effective duration : 18x10 or 9x20 minutes
This massage is carried out by a physiotherapist. It helps to reduce scar adhesion, and prepares the skin in case of scar revision surgery. It works on muscle and joint pain and improves functional mobility.

DRINK CURE
Volume definied on medical prescription by the thermal doctor
This cure is hydrating, detoxifying and anti-inflammatory, due to its high selenium content.

GINGIVAL SHOWER AND MOUTH SPRAY
Conventional duration : 5 minutes and 3 minutes ·Effective duration: 10 minutes
Soothes and heals gums and oral cavity. Improves salivation.
This skin care is suggested in case of oral injury.
Please indicate «Oral care» as a complementary orientation on the CERFA form as soon as it is prescribed.

Any additional spa treatment above the 72 agreed treatments is possible at the patient's expense. Prices to be consulted on the website.

COMPLEMENTARY **CARE**

This programme is optional and takes place in the **Pink Pavilion** (Thermal Park). It is particularly comprehensive and allows patients to learn how to better manage their disease on a daily basis.

RESSOURCE YOUR SELF-ESTEEM with corrective self-makeup, hand and nail care, scalp self-massage, sophrology, psychology and discussion groups workshops.

RESSOURCE YOUR SKIN WITH WORKSHOPS My skin on a daily basis, ointment, the «whys» of everyday life, information meetings with parents, individual support (2 sessions) as part of complementary pediatric care.

RESSOURCE YOUR BODY with physical activity workshops, yoga, walking meditation, meditation, sophrology, or indoor rowing sessions (Avirose®) on presentation of a medical certificate.

MEDICAL CONFERENCES : nutrition, healing self-massage, thermal water cycle, eczema, breast reconstruction...

TARGETED SKIN CARE A **DEDICATED SERVICE**

The La Roche-Posay thermal cure is particularly effective and adapted to the needs of children.
It is a natural treatment, is very well tolerated and has no side effects.
Specific skin care treatment as well as individual support are provided to children from 6 months to 13 years. Our entire range of thermal equipment has been upgraded, and the service has been completely renovated, to provide a more comfortable environment.

Our staff is trained and attentive to the wellbeing of children, and all skin care treatments are carried out in individual cabins. A specialised educator provides support for families.

Children under 16 years of age must be accompanied by an adult.

In addition to the thermal treatments, we offer supportive care that is specially tailored to suit children's needs. For instance, we have workshops that are designed for skin care and itch management, and we make sure each child benefits from an individual follow-up consultation, etc.

A warm and friendly welcome id given by our qualified staff, when you arrive. They will ensure that you have access to all the right tools to manage your symptoms in the best possible way, and in an environment that promotes your physical and psychological well-being.

The Children's Bubble pack puts a little fun in the cure. It contains a set of accessories and toys for the thermal cure.
Please tick this option when making your reservation.

USEFUL INFORMATION FOR **FAMILIES**

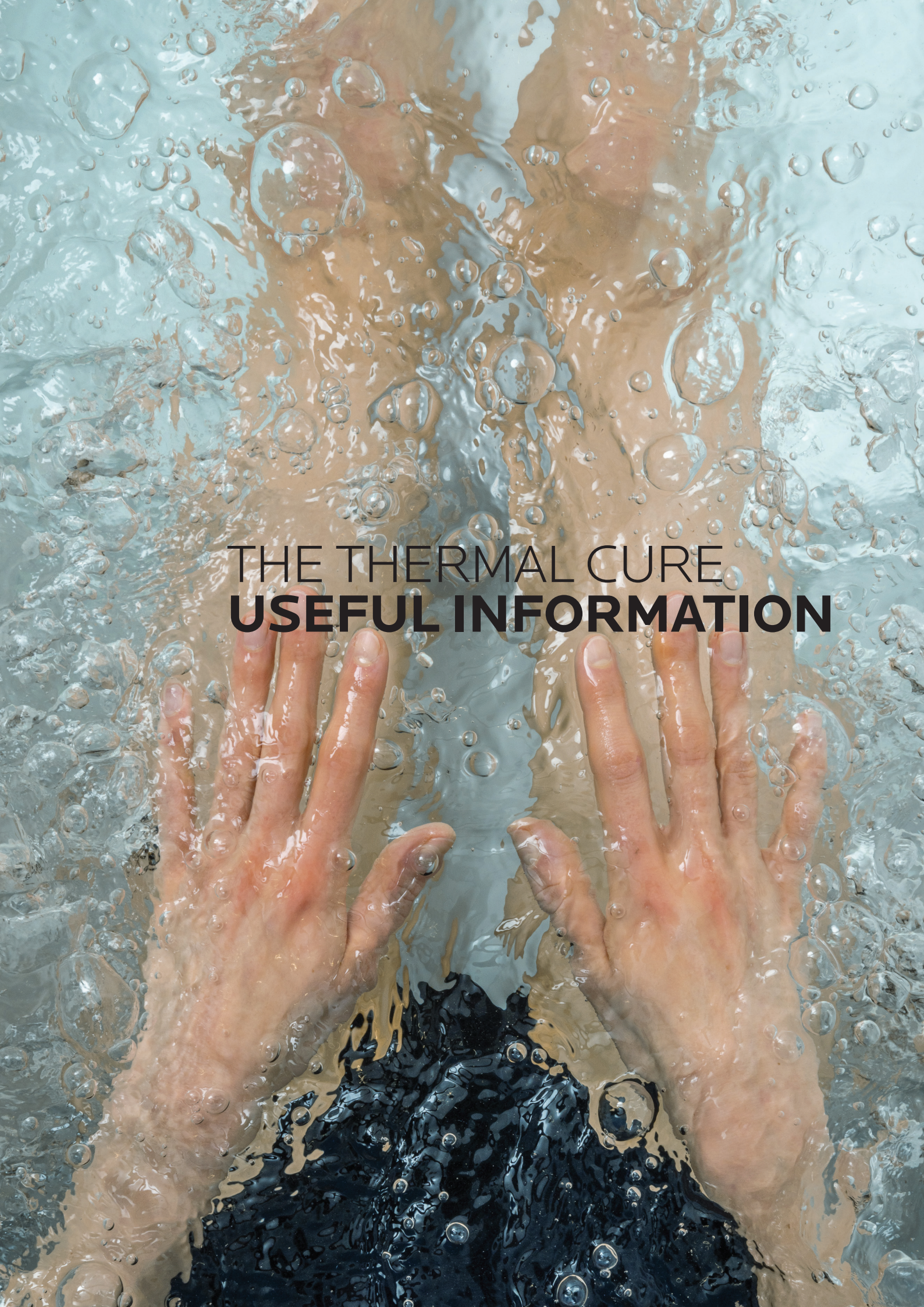
ASAVIE
This association is recognised as of public utility and helps sick children (victims of dermatoses, burns and disabilities) and their families. It offers financial support and organises various gatherings, events and exhibitions: children's creative leisure, workshops, creative leisure workshops for adults, discovery outings...
Tel: 05 49 93 17 77

Maison de la Culture et des Loisirs Croq'loisirs
in July and August. Tel: 05 49 86 17 11

Le Temps de l'École
Children attending the cure and/or their brothers and sisters can attend classes (CP to CM2) at the Claire Fontaine school.
Tel: 05 49 86 10 11

Tourism Office
For the outings and activities calendar.
Tel: 05 49 19 13 00

A THERMAL CURE THAT IS ADAPTED **TO THE NEEDS OF CHILDREN AND TEENAGERS**



THE THERMAL CURE
USEFUL INFORMATION

STEP BY STEP **GUIDE**

1. Ask your **FAMILY DOCTOR** to issue a prescription for a thermal cure with the dermatology speciality, covered by Social Security. Curists does not need a prescription if the cure is not covered, in this case steps 1 & 2 can skipped.

2. Fill it in and send it to your Social Security center, you should and then recieve the **ADMINISTRATIVE AGREEMENT** for your cure, within 4 to 6 weeks. You will need to show the agreement upon arrival at the thermal center, if your cure is covered. If not, follow the step 3 and skip the previous steps.

3. CONFIRM YOUR REGISTRATION AT THE THERMAL CENTER on the internet. (Go to the booking section of the website **https://centrethermal.laroche-posay.fr**) or by post. (printable registration form attached).
You will then recieve a confirmation letter or email.
Fifteen days prior to your arrival, we will confirm the time of your 1st appointment at the Thermal Center.

4. MAKE YOUR ACCOMMODATION ARRANGEMENTS.

IF YOUR DOCTOR REQUESTS AN INPATIENT TREATMENT :
Contact La Colline Ensoleillée directly as soon as we receive confirmation that your treatments are covered.
Tel. 05 49 85 75 00 or admission.colline@ugecam.assurance-maladie.fr

HOW DOES THE CURE WORK **THE COVERED CURE** ?

THE CURE LASTS FOR 3 CONSECUTIVE WEEKS, INCLUDING 18 DAYS OF SKIN CARE.

D1 : Greetings and first skin treatments at the Thermal Centre. First appointment with your doctor. This appointment is set during your skin treatment.
D2 : Admission formalities (outstanding balance to be paid).
D16 à D18 : Last appointment with your thermal doctor, and delivery of a certificate stating that you have completed the cure at the Thermal Centre, which you can send to your insurance company.

Schedule of treatments : between 6h30 and 17h depending on the number of patients, Monday to Saturday.
Duration of treatments: 1h30 to 2h30 per day on average, depending on the prescribed skin treatment and the number of patients in the establishment.

OPEN ACCESS **CURE**

These open cures are shorter and not reimbursed, and do not need to be approved by the Social Security. The prescription for thermal skin treatment and medical supervision is provided by our thermal doctor.
Reservations can be made on the internet at https://centrethermal.laroche-posay.fr or via the registration form.

• 6 DAYS OPEN ACCESS CURE (24 THERMAL CARES) :
284€ + thermal doctor fees

• 12 DAYS OPEN ACCESS CURE (48 THERMAL CARES) :
498€ + thermal doctor fees

• 18 DAYS OPEN ACCESS CURE (72 THERMAL CARES) :
682€ + thermal doctor fees

• SUPPLEMENT 4 SCAR MASSAGES/WEEK : 103€
• SUPPLEMENT 9 SCAR MASSAGE/WEEK : 207€
• SUPPLEMENT 13 SCAR MASSAGES/WEEK : 295€

FEES AND **REIMBURSEMENT** FOR THE **COVERED CURE**

THERMAL **TREATMENTS**

A 3-week spa treatment comprising 18 days of skin care treatments, requires a medical prescription to allow for its **REIMBURSEMENT BY THE SOCIAL SECURITY**, at a rate of 65% **OR 100% IN CASE OF ALD.**

However, the patient **MUST PAY THE OUTSTANDING BALANCE** to the establishments. Only the beneficiaries of CMU-c and ACS are exempted from it, upon presentation of their certificate..

Skin care packages	Contractual fees	Rest to pay (on the 65% reimbursement basis)	Rest to pay (on the 100% reimbursement basis)
Dermatological	475,21€	211,57€	45,25€
Dermatological + 18 massages	601,88€	267,96€	57,31€
Supplement oral care	253,55€	112,87€	24,13€

The fees are in effect since September 15 2022, and are subject to change according to regulations.
The remaining amount to be paid includes the additional fee. Complementary health insurance can reimburse a varying portion of the outstanding balance.

THERMAL DOCTOR'S **FEES**

These are to be paid directly to the doctor. They include filiform showersand all follow-up consultations.
THE RATE OF FEES IS BETWEEN 80€ AND 120€, REIMBURSED AT 65% OU 100% IN CASE OF ALD.
All thermal doctors are in sector I.
Your complementary health insurance company can cover some of the fees.

TRANSPORT AND ACCOMMODATION **COSTS**

REIMBURSEMENT IS POSSIBLE FOR FRENCH CURISTS UNDER CERTAIN CONDITIONS (SECTION 2 OF THE CERFA FORM):
- 65% TO 100% OF TRAVEL EXPENSES
- 65% TO 100% OF THE 150€ ACCOMODATION ASSISTANCE PACKAGE
The transport allowances are calculated according to the dermatological station that is closest to your home. Your health insurance company can cover some of the costs here too.

FIND THE LIST OF OUR PARTNER ACCOMMODATION ON OUR WEBSITE

HOW **TO FILL IN THE APPLICATION** ? (FOR FRENCH PATIENTS ONLY)

This CERFA N°11139*03 is available from Social Security.
For administrative matters, it is mandatory to also complete the declaration of resources from part 2 of the CERFA document.

cerfa

11139*03

Cure thermale

Questionnaire de prise en charge

à adresser à votre organisme d'affiliation

l'assuré(e) et le bénéficiaire de la cure thermale

● l'assuré(e)

n° d'immatriculation | date de naissance

nom-prénom (suivi, s'il y a lieu, du nom d'usage)

adresse

code postal | commune

s'agit-il d'un accident causé par un tiers ? ☐ oui date ☐ non

● le bénéficiaire de la cure (s'il n'est pas l'assuré)

nom

prénom | Date de naissance

le prescripteur

je, soussigné (e), certifie que

est atteint(e) d'une affection justifiant une cure thermale dans l'orientation thérapeutique indiquée

l'état de santé du patient nécessite un traitement thermal annexe (seconde orientation) ☐ oui ☐ non

ORIENTATIONS THERAPEUTIQUES

Rhumatologie	RH	Phlébologie	PHL
Voies respiratoires	VR	Affections psychosomatiques	PSY
Affections digestives et maladies métaboliques	AD	Troubles du développement chez l'enfant	TDE
Gynécologie	GYN	Neurologie	NEU
Dermatologie	DER	Maladies cardio-artérielles	MCA
Affections des muqueuses bucco-linguales	AMB	Affections urinaires et maladies métaboliques	AU

1ere orientation DER 2eme orientation AMB

Station prescrite La Roche-Posay

Etablissement Centre Thermal La Roche-Posay

Année de réalisation de la cure

● Mentions spéciales - La cure est-elle prescrite :

- Dans le cadre d'une hospitalisation ? X oui ☐ non
- D'un placement en maison d'enfants à caractère sanitaire (MECS)? ☐ oui ☐ non
- Dans le cadre d'une Affection Longue Durée exonérante? X oui ☐ non
- En rapport avec un accident du travail ou d'une maladie professionnelle ? ☐ oui ☐ non

  si oui, numéro de l'AT/MP et/ou date de l'AT
- En rapport avec l'affection pour laquelle le patient est pensionné de guerre ? ☐ oui ☐ non

j'atteste l'absence de toute contre-indication liée à l'état général du malade connue à ce jour

signature de l'assuré(e) | signature du médecin | date

cachet du médecin

Conformément au Règlement européen n°2016/679/UE du 27 avril 2016, vous disposez d'un droit d'accès et de rectification aux données vous concernant auprès du Directeur de votre organisme d'assurance maladie ou de son Délégué à la Protection des Données. *Pour en savoir plus, rendez-vous sur la page protection des données du site www.ameli.fr* .En cas de difficultés dans l'application de ces droits, vous pouvez introduire une réclamation auprès de la Commission nationale Informatique et Libertés.

S3185c

DERMATOLOGY

In case of dual orientation DERMATOLOGY + MUCOUS DISEASES MOUTHPIECES

If hospitalisation is required. RÉSERVED FOR ADULTS.

if ALD is in progress for 100% coverage.

COMPLENTARY CARE
AND THERMAL WATER SPA

COMPLEMENTARY CARE
AT THE PAVILLION ROSE

Support care is a complementary service, and adds to the benefits of thermal treatments. It is a comprehensive approach to global care, and helps with improving quality of living on a day to day basis. Themed care packages are available to help you with your skin issue: yin yoga*, yoga*, méditation*, sophrology, meditation walk...
Access to the conferences is free. It takes place the afternoons, registration is required to book a seat.
We suggest that you visit the Pink Pavilion at the beginning of your stay to book and plan your workshops and conferences.

* activities offered individually or as a 6-session card

COMPLEMENTARY CARE PACK PEDIATRIC -3 YEARS	COMPLEMENTARY CARE PACK CHILD 3 YEARS AND MORE
2 individual consultations (beginning and end of treatment) Attend the pomade workshop Discussion time for parents	2 individual consultations (beginning and end of treatment) 1 pomade workshop 1 Scratch monster workshop Discussion time for parents The “whys” of everyday life
25€	39€

COMPLEMENTARY CARE PACK ADULT DERMATOSIS
1 sophrology workshop 1 psychology workshop 1 workshop “my skin on a daily basis” 2 different workshops to choose from: › self-correcting make-up workshop › workshop for damaged hands and nails › scalp self-massage workshop
59€

CALM PACKAGE	RELAXATION PACKAGE	ENERGY PACKAGE
2 collective sophrology sessions	2 meditation workshops 2 collective sophrology sessions 1 meditation walk	3 collective sophrology sessions 2 meditation walks 2 yin yoga sessions
27€	75€	105€

SPA SOURCE
LA ROCHE-POSAY,
DERMATOLOGY POWERED BY NEUROSCIENCES.

DISCOVER THE SPA SOURCE

Treatment programs and exclusive benefits have been specifically designed for spa guests and their companions (maximum 2).
-15% ON THE PRODUCTS OF THE SHOP, VALID ONCE DURING THE DURATION OF YOUR TREATMENT
-10% ON ALL À LA CARTE TREATMENTS (EXCLUDING WEEKENDS)

FORMULAS TO COMPLETE YOUR TREATMENT
The Spa Source invites you to discover its «passes» which will allow you to book several activities for the duration of your treatment: physical activities, aquagym, relaxation at the Carré des Sources (pool in thermal water heated to 32°C) and its equipment, à la carte, half-day or full-day treatments.

OPENING DATES AND ACOMMODATION

OPENING DATES OF OUR FACILITIES IN 2023

Thermes du Connetable : from 16th january to 16 december
Located rue du Docteur Benjamin Bord
Tel.: 05 49 19 49 49. Phone reception from Monday to Friday 9h-12h et 14h-17h.
Site: https://centrethermal.laroche-posay.fr
Email: accueilcure.trp@loreal.com

Pavillon Rose : from 16th january to 16th december
Located avenue des Fontaines, in front of the Thermes du Connétable, in the thermal park.
Open monday 14h-18h, from tuesday to friday 10h-18h
Tel. : 05 49 19 48 47
Email : pavillonrose.trp@loreal.com

Spa Source : open all year long, week-end and public holiday included
Closed for maintenance from 26 june to 2 july.
Located avenue des Fontaines, in the thermal park. Open 7/7 from 9h30 to 19h30.
Tel.: 05 49 19 48 00.
Site: https://centrethermal.laroche-posay.fr
E-mail: accueilspa.trp@loreal.com

ACCOMODATION :
The choice of accommodation is yours.
For more information, contact the Tourism Office: www.larocheposay-tourisme.fr

The thermal centre has established partnerships with certain nearby accommodation facilities, allowing you to benefit from special conditions:
• Les Loges du Parc : www.resorthotel-larocheposay.fr
• Le Clos Paillé : www.clospaille.fr
• Le Relais de la Mothe : www.hotel-restaurant-touraine.com
• Terres de France : www.terresdefrance.com
• Camping Yelloh Village : www.yellohvillage.fr

THE CONNETABLE **THERMAL BATHS**

This historic building marks the apogee of La Société Hydrominérale de La Roche-Posay. The first stone was laid in 1927 and the building was inaugurated in 1932, fulfilling the director's ambition to provide the resort with a thermal establishment worthy of its name.

The **THERMES DU CONNÉTABLE HAD BEEN RENOVATED ONCE IN THE 1990'S, AND HAVE AGAIN BEEN ENTIRELY RENOVATED:** a modern reception hall, new treatment wings, a new café area, a restored rear building, improved reception and waiting areas, a better working environment for staff with almost 4,000 square metres allocated for treating all types of skin conditions.

The renovations also include **NEW THERMAL EQUIPEMENTS.** Filiform showers, aerogas baths, facial and general spraying equipment; the thermal water affusion massages have also been revised and customised. The equipment has been upgraded to meet to the highest standards of the thermal industry. The Children's department and the Stomatology department have also been completely renovated.

These major renovations mean that we can continue to provide the dermatological benefits of La Roche-Posay thermal spring water now and for future generations, in an establishment that is recognized for the expertise of thermal doctors and personnel, high performance equipment, quality of services and products and for its warm and friendly atmosphere, where you can experience the best in specialised skin care and spa therapy.

CENTRE THERMAL
LA ROCHE POSAY

THERMAL CURE REGISTRATION FORM
3 WEEKS CURE

1. Apply for a CERFA form (for covered cure and french patients only)
2. Book on our website https://centrethermal.laroche-posay.fr
   Reservations can be made by e-mail, telephone or by returning this form by post.
   You will then recieve a booking confirmation.
3. Choose your accomodation.
4. 15 days prior to your arrival, you will recieve the schedule for the first day of your cure.

Identity of the patient

Mme / M. Last name.....
First name..... Date de naissance
Address.....
Postal Code City..... Country.....
Mobile E-mail.....

Patient social security number

Condition ☐ Eczema ☐ Psoriasis ☐ Sequelaes of burns ☐ Cancer sequelae ☐ Other.....

Prescribing doctor

Last name..... First name..... Postal Code
Adresse..... Ville/Pays.....

Speciality ☐ Generalist ☐ Dermatologist ☐ Gynécologist ☐ Oncologue
☐ Pediatrician ☐ Surgeon ☐ Allergist ☐ Autre.....

Dates of the cure From To

Chosen thermal doctor .....

Desired treatment start time (between 6h30 and 12h) : .....
(depending on the availability of doctors to consult on the site of the thermal center)

☐ The curist has already taken a cure at the Thermal Center of La Roche-Posay

Reservation of extra options -additional activities can be booked on site

☐ Adul bubble package
☐ Child bubble package
☐ Avirose (3 sessions)
☐ Complementary care pack pediatric -3 years
☐ Complementary care pack child 3 years and more
☐ Adult complementary care pack

Accommodation during the cure

☐ Hôtel ☐ Appartment ☐ Tourism location
☐ Camping ☐ Home ☐ Other.....

How have you know the La Roche-Posay Thermal Center

☐ Doctor / Hospital ☐ Internet ☐ Documentation
☐ Word of mouth ☐ Other.....

☐ **I accept that the information provided above may be processed by the CTRP for organising, providing and administering skin care.**

Date _____ **Signature** _____

The information on this form is recorded in a computer file by the La Roche-Posay Thermal Centre and is intended for administration and medical services, as well as health insurance authorities.
Your data is kept for the purpose of managing your treatment, and to comply with our legal obligations for the duration of the treatment. It is then archived for 6 years.
You have the right to access, rectify and delete your data.
For any questions or to exercise your rights: accueilcure.trp@loreal.com.

CENTRE THERMAL
LA ROCHE POSAY

Thermes du Connétable
Booking Office
Rue du Docteur Benjamin Bord
86270 La Roche-Posay
accueilcure.trp@loreal.com

https://centrethermal.laroche-posay.fr

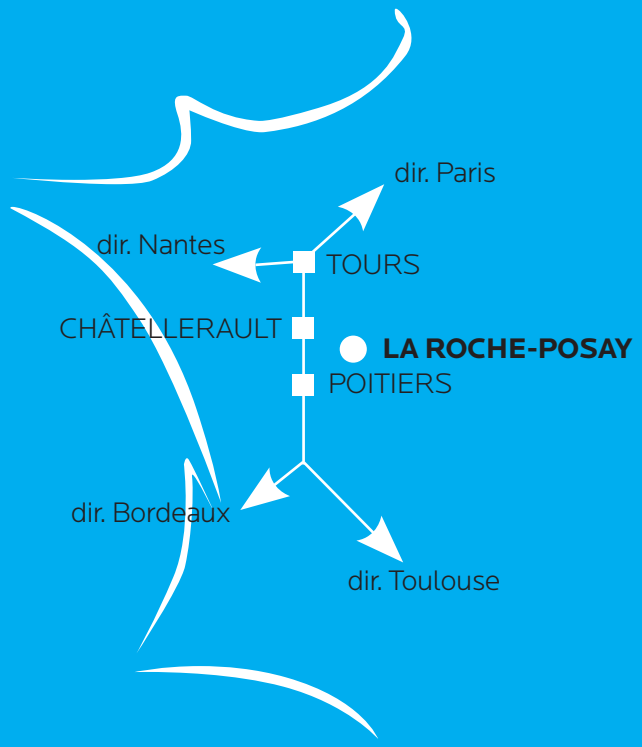
INFORMATION BY PHONE FROM MONDY TO FRIDAY FROM 9H-12H AND 14H-17H

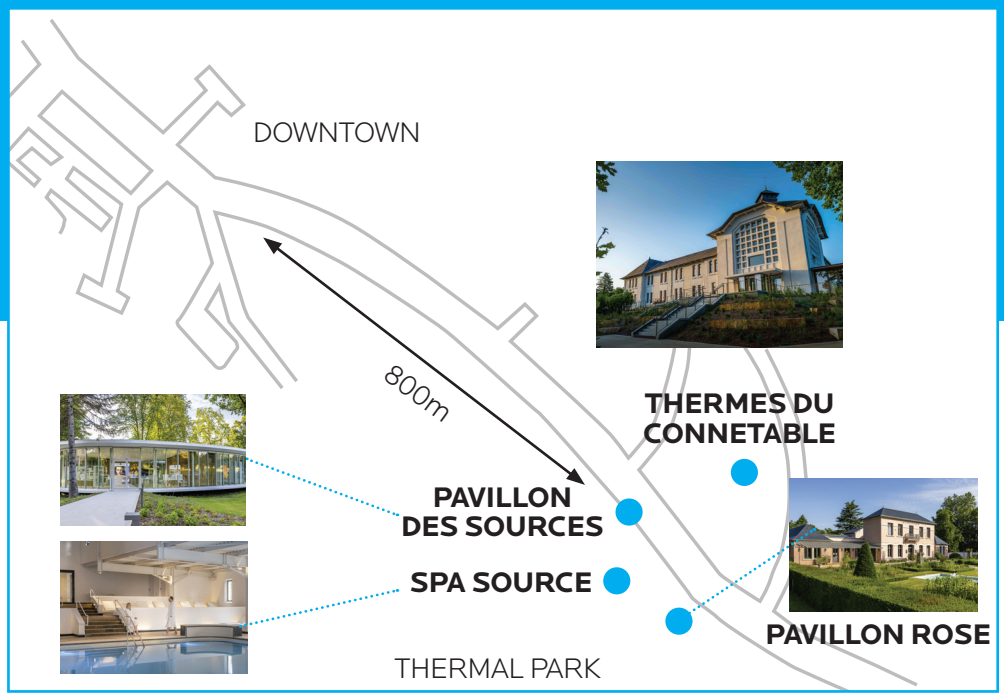
THERMES DU CONNETABLE
Tél. : 05 49 19 49 49

WHERE TO FIND US, FINDING YOUR WAY

BY ROAD :
PARIS (320KM), BORDEAUX (295KM), TOURS (90KM), POITIERS (45KM), CHATELLERAULT (23KM)

BY TRAIN :
GARE DE CHÂTELLERAULT (1H30 DE PARIS) PUIS TRANSFERT EN CAR.





CHOOSE YOUR **THERMAL DOCTOR**

	Thermes du Connetable (16/01 to 16/12)	Contact
Dr Josée Bardin-Métais Dermatologist	du 20/03 au 21/10/2023	05 49 86 14 97 5 place de l'Epéron
Dr Pierre-Louis Delaire Dermatologist	du 03/04 au 16/09/2023	05 49 86 14 10 11 cours Pasteur
Dr Petar Chavdarovski Dermatologist	du 13/03 au 16/12/2023	07 49 54 86 40 Rue du Dr Jacqemin-Sablon
Dr Rossen Fidanov Dermatologist	du 16/01 au 12/04/2023 du 21/04 au 23/08/2023 du 01/09 au 16/12/2023	07 69 69 36 41 Rue du Dr Jacqemin-Sablon
Dr Rumyana Fidanova Thermal doctor	du 16/01 au 12/04/2023 du 21/04 au 23/08/2023 du 01/09 au 16/12/2023	07 69 69 36 41 Rue du Dr Jacqemin-Sablon

All the doctors are registered in sector 1. They do not charge more than the contracted fees. Doctors' dates of presence may vary, and are constantly updated on the website. Additional doctors can be available when you book your thermal cure.

A FEW LAST **DETAILS**

- All treatments are given in individual cabins.
- Clothing: Bring 2 swimming costumes, and a pair of clean non-slip sandals.
- Bathrobes and towels are provided and changed daily.
- Please remember to tick + Oral care as an added option on the CERFA form, form if you wish to benefit from it.
- Remember to bring a bottle for your thermal water

CENTRE THERMAL
LA ROCHE POSAY

SINCE 1905, THE LA ROCHE-POSAY SPA TREATMENT REPAIRS, SOOTHES AND SOFTENS IRRITATED AND INFLAMED SKIN.

WITH NEARLY 7,500 PEOPLE TAKING THE CURE EACH YEAR, IT IS THE LEADING DERMATOLOGICAL THERMAL CURE IN EUROPE.

At the heart of this expertise is a unique water with **proven therapeutic properties**. A water which regulates the immune system, soothes inflammation, **accelerates healing and improves the skin's suppleness and elasticity**. Rich in selenium, silica calcium and bicarbonates, it is the only ingredient in our thermal skin care.

THERMAL WATER WITH A UNIQUE FORMULA

Temperature: 13°C
pH: 7
Bicarbonates: 387 mg/l
Selenium: 53 µg/l
Silica: 31.6 mg/l
Calcium: 150 mg/l

By decree of the Council of State of the 3rd of August 2018, the thermal spring of La Roche-Posay is declared to be of public interest.
The protection of this precious resource is now part of a regulatory framework that ensures its longevity and the preservation of its therapeutic properties, for the benefit of the patients and the resort.

To find out more and see our General Termes and Conditions of Sale

https://centrethermal.laroche-posay.fr

CENTRE THERMAL DE LA ROCHE-POSAY
SAS au capital de 27 229 805 €, Rue du Docteur Benjamin Bord 86270 La Roche-Posay
RCS POITIERS n°533 334 660