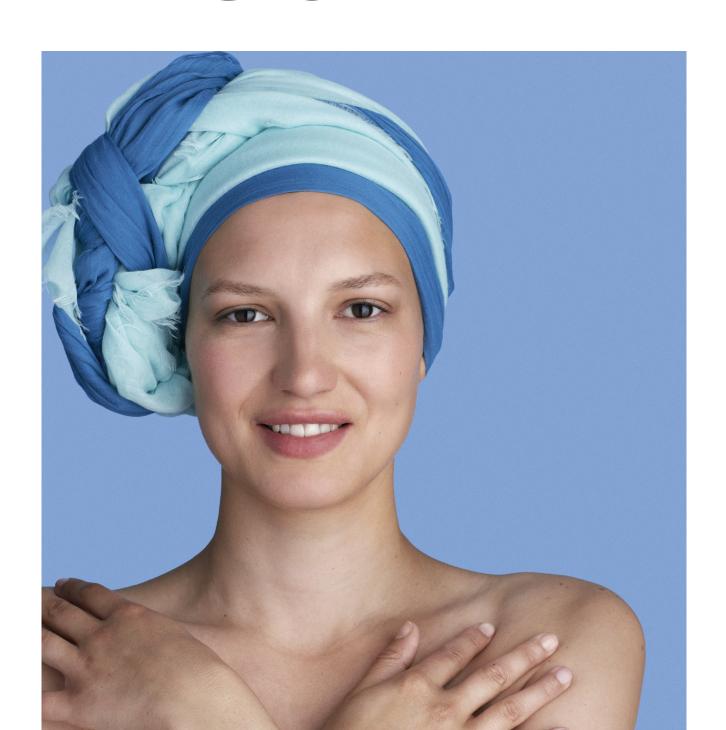


POST-CANCER CURE



WOULD YOU LIKE TO GET BACK ON YOUR FEE BOTH PHYSICALLY AND MENTALLY?

FEEL BETTER AFTER YOUR BATTLE WITH CANCER?

The post-cancer cure at the LA ROCHE POSAY THERMAL CENTRE helps you to make the transition from medicalised care to getting back to daily life. It is specially designed to meet your personal needs.

The thermal water's exceptional properties and the skin care techniques that are used here in the thermal baths relieve the side effects of anticancer therapy.

To complete your treatment, a range of support skin care is also available.

Tailored to each individual, our skin care programs mainly focus on post-operative scars, skin, mucous membranes, nails and scalp dryness, as well as itching and joint pain.

A professional and caring team is at your side to ensure you enjoy a relaxing and comforting experience.

The skin care treatments are made from La Roche-Posay thermal spring water, which has many healing, moisturising and soothing properties.

These treatments help improve the consequences of oncological treatments and help you to recover, re-appropriate your body and improve your well-being.

The cure is available as soon as your doctor says that your cancer is in remission.

You can plan your cure as soon as 4 to 6 weeks after your therapy has ended. (hormone therapy is not a contraindication).

INDICATIONS

AFTER SURGERY

Hypertrophic, adherent or painful post-surgical scars (pulling, tingling, pins and needles),

Loss of functional mobility, lymphoedema of the arm, breast...

AFTER RADIOTHERAPY OR CHEMOTHERAPY

Burns, persistent dryness of the skin and mucous membranes, redness, pruritus, hand-foot syndrome, oral mucositis, joint pain, etc.

POST-THERAPEUTIC SUPPORT

The need to take care of yourself, to accept your new appearance, to share your experience.

BENEFITS THAT HAVE BEEN RECOGNISED BY PATIENTS*

Improvement of scars and reduction of adhesions	78 %
Rehydration, skin suppleness	92%
Reduced pain	55%
Soothing of itching and tingling	84%
Improved self-image	82%
General wellbeing	98%
Better social life	96%

^{*%} of patients declaring an improvement greater than 2 points out of 10 between the start and the end of the treatment. Study conducted in 2010 with 102 patients.







THE LEADING THERMAL CENTER IN THE TRATMENT OF POST-CANCER SKIN CONDITIONS







EXPERTISEAND KINDNESS

Since 2007, the La Roche-Posay Thermal Centre has been a pioneer in managing the after-effects of oncological treatments (all cancer types). To date, it has welcomed over 20,000 patients and has become a reference in the field.

The Sénothermes clinical study was conducted between 2014 and 2018, and has confirmed the benefits of this post-cancer thermal treatment.

Attentive to the needs of its curists, the thermal centre has successfully adapted and improved its services, and now offers post-cancer support skin care treatment. The cure is recommended by health care teams in all the major cancer centres in France.

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 as well as a sophrologist, will offer you the right therapeutic solutions for each of your needs.

As a place of mutual support and sharing of experiences, the spa is also a great place to talk to one another about our personal experience, which is essential for understanding, taking ownership, and encouraging each other. This also helps to reduce the occurrence of some disorders.

Nestled in a beautiful green setting in the heart of the Poitou region, La Roche-Posay is a true bubble of healing and well-being, in an unspoilt and relaxing environment; a perfect place to re balance mind and body. To make the most of your stay, you can enjoy a range of activities, whether you are alone or part of a group: sophrology, nature walks, discovery of the heritage and the land ...



OUR SKIN CARE PROTOC

TARGETED THERAPY AND THERMAL TREATMENTS WITH PROVEN EFFECTIVENESS ALLOW YOUR SKIN TO REGAIN ITS SUPPLENESS AND ELASTICITY, REDUCE DRYNESS, IMPROVE HYPERTROPHIC AND PAINFUL SCARS AND REDUCE ADHESIONS.

OUR SUPPORT CARE, WHICH ENCOMPASSES A VARIETY OF MULTIDISCIPLINARY PROGRAMMES, HELPS IN PHYSICAL AND PSYCHOLOGICAL RECOVERY

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

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

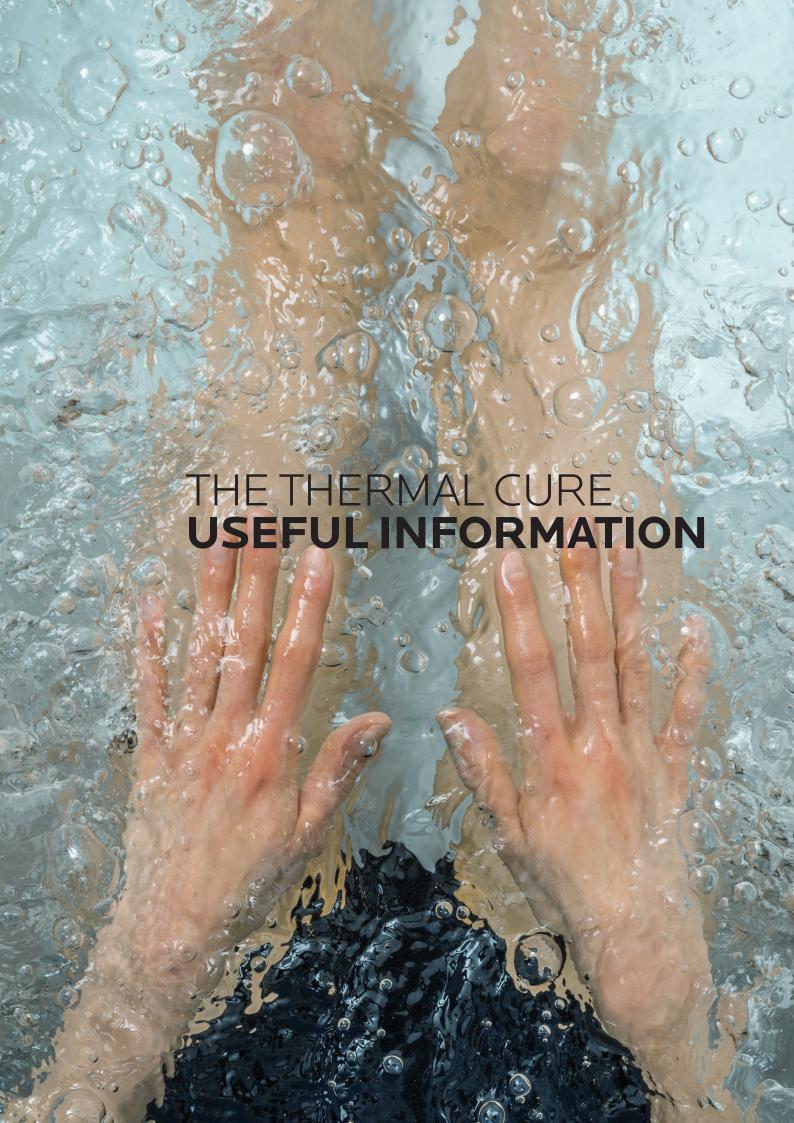
Tourism Office

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



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





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 100% IN CASE OF POST-CANCER TREATMENT.

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.

		71140 41	2 2 2 2 2 2 2 2 2			
			nermale	à adresser à votre		
	11139*03 Q	uestionnaire d	e prise en charge or	ganisme d'affiliation		
l'assuré(e) et le bénéficiaire de la cure thermale						
	nom-prénom (suivi, s'il y a lieu, du nom d'usage) adresse					
	code postal s'agit-il d'un accident causé par un		date	non		
•	le bénéficiaire de la cure (s'il n'es	t pas l'assuré)				
	prénom		Date de naissance			
		le preso	cripteur			
			s l'orientation thérapeutique indiquée			
	l'état de santé du patient nécessite u	n traitement thermal anno	exe (seconde orientation)	ui non		
	ORIENTATIONS THERAPEUTIQUES					
	Rhumatologie	RH	Phlébologie	PHL		
	Voies respiratoires	VR	Affections psychosomatiques	PSY		
	Affections digestives et maladies mé		Troubles du développement chez l'enfant	TDE	In case of dual orientation	
	Gynécologie	GYN	Neurologie	NEU	DERMATOLOGY +	
	Dermatologie	DER	Maladies cardio-artérielles	MCA	MUCOUS DISEASES	
	Affections des muqueuses bucco-ling	guales AMB	Affections urinaires et maladies métaboli	iques AU	MOUTHPIECES	
ERMATOLOGY lere orientation DER 2eme orientation AMB						
	Station prescrite La Roche-F	Posay				
		rmal La Roche-Pos	say			
	Année de réalisation de la cure					
	Mentions spéciales - La cure est-elle presente la cure est-elle p	crite:				
	- Dans le cadre d'une hospitalisat	ion ?	X -0	ui non		
	- D'un placement en maison d'en	- D'un placement en maison d'enfants à caractère sanitaire (MECS)?			If hospitalisation	
	- Dans le cadre d'une Affection Longue Durée exonérante? X Qui non			ui non	is required. RÉSERVED	
	- En rapport avec un accident du	travail ou d'une maladie pr	ofessionnelle?	ui non	FOR ADULTS.	
	si oui, numéro de l'AT/MP		et/ou date de l'AT			
	- En rapport avec l'affection por	ur laquelle le patient est pe	nsionné de guerre ?	ui non	if ALD is in progress for 100% coverage.	
j'atteste l'absence de toute contre-indication liée à l'état général du malade connue à ce jour					1	
	signature de l'assuré(e)	signature du médecin	date			
	i assurc(c)	medeem	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 Pro	tection des Données. Pour en savoir pl	us, rendez-vous sur la page protection des données du site www.			
	difficultés dans l'application de ces droits, vous pouvez in	roduire une réclamation auprès de la C	ommission nationale Informatique et Libertés.	S3185c		







COMPLENTARY CAREAND 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 ADULT POST-CANCER

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€

AVIROSE PROGRAM: €40 for 3 sessions

Possibility to book additional sessions in the workshops of your choice. Information on site

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

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.

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

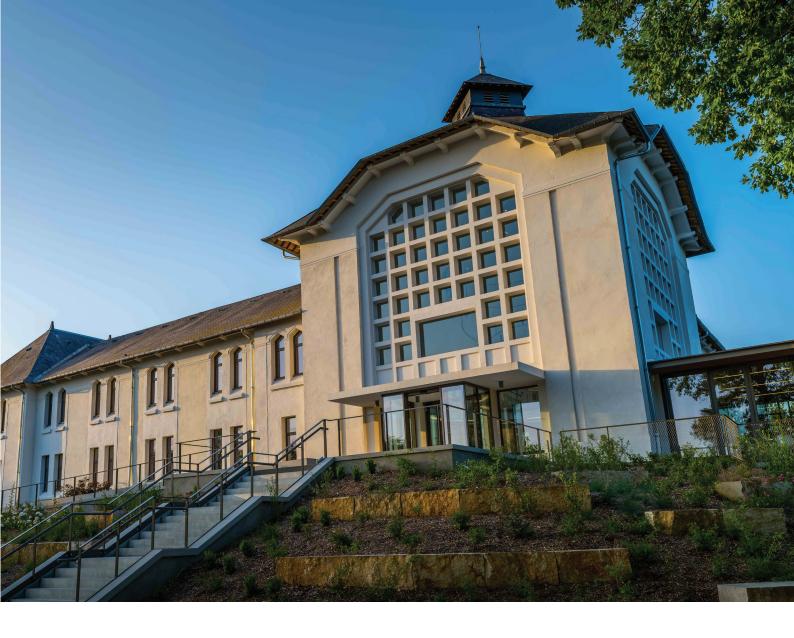
ACCOMODATION:

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.frLe Clos Paillé : www.clospaille.fr

- 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.



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 pa	tient		
	Address		Date de naissance
			Country
	Mobile <u>L. L. L</u>		
	,		ian ann an muala a D Othan
		quetaes of burns LC	ancer sequelae Other
Prescribing docto			
			Postal Code
Speciality	□ Generalist □ Dermatol □ Pediatrician □ Surgeon	ogist 🗌 Gynécologist	d Oncologue
Dates of the cure	From LILL		То
Chosen thermal o	loctor		
Desired treatmen	t start time (between 6h30 a bility of doctors to consult on the site of the s	nd 12h):	
	lready taken a cure at the The		
Reservation of extra	pptions -additional activities c	an be booked on site	
Adul bubble packag	e 🗌 Complemer	ntary care pack pediatric	-3 years
Child bubble packaç	•	, ,	ears and more
Avirose (3 sessions)	☐ Adult comp	lementary care pack	
Accommodation duri	ng the cure		
Hôtel	Appartment	☐ Tourism location	
Camping	Home	Other	
How have you know t	ne La Roche-Posay Thermal	Center	
Doctor / Hospital	☐ Internet	Documentation	
Word of mouth			
☐ I accept that the information	on provided above may be processed by	the CTRP for organising, provid	ling and administering skin care.
Date	Sign	nature	

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.





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

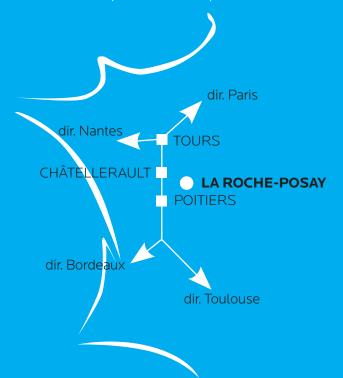
WHERE TO FIND US, FINDING YOUR WAY

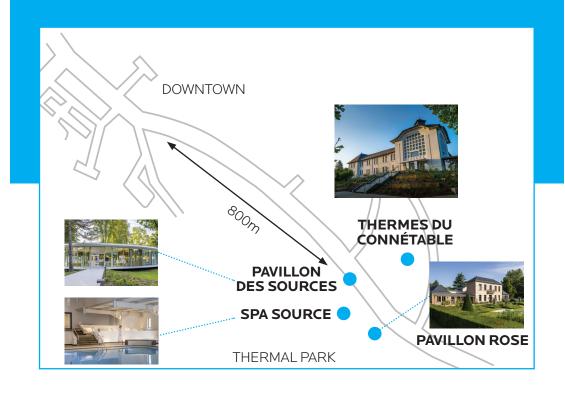
BY ROAD:

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



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

р<mark>Н:</mark> 7

Bicarbonates: 387 mg/ 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 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