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“Exceptional treatments in
an unspoilt natural
environment”

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EDITORIAL

We are delighted to welcome you to La Roche-Posay, where nature and dermatology converge to offer you unique skin treatments. In an unspoilt natural environment, surrounded by greenery, between the Touraine and Poitou areas of west-central France, the Centre Thermal La Roche-Posay is a unique destination dedicated to your health and well-being.

For centuries, the La Roche-Posay thermal spring water has been known for its exceptional therapeutic properties. This natural treasure, rich in selenium, silica, calcium and strontium, has remarkable healing powers for all skin types. Over the years, our expertise has grown, enabling us to offer high-quality treatments to soothe and repair the skin, significantly improving quality of life for our patients.

We are committed to offering you a unique experience that will change your everyday life. Whether you are here to treat a skin condition, to recuperate after medical treatment, or simply to relax, we do all we can to make your stay both beneficial and memorable. Our dedicated teams and modern facilities are at your disposal to provide you with the best possible environment for your treatments.

Beyond medical care, we firmly believe that wellness depends on a holistic approach incorporating the benefits of nature and the advances of science. That's why we have fully renovated and modernised our facilities, at the same time meeting our ecological and social commitments. We constantly work to reduce our environmental footprint, to preserve biodiversity, and to safeguard the unique therapeutic properties of our thermal spring water.

When you choose La Roche-Posay, you are choosing a holistic approach to your care in a natural, welcoming setting. We invite you to discover for yourself the benefits of our thermal spring water and to enjoy the many activities on offer in our beautiful region. Whether you are here for a thermal treatment programme or simply to relax, we are here to support you and offer you the very best of our expertise.

Welcome to the La Roche-Posay Thermal Centre, where your well-being is our priority.

Julien Prince

General Manager of the La Roche-Posay Thermal Centre



LA ROCHE-POSAY THERMAL SPRING WATER

The history of the La Roche-Posay thermal spring water is steeped in legend. The story goes that when a French Army Officer named “Connétable” (“Constable” in English) Bertrand Du Guesclin stopped to rest in La Roche-Posay, his soldiers and his horse saw their battle wounds miraculously cured after bathing in the water. Word of this miracle quickly spread, inspiring numerous works describing and documenting this “velvet water”. Over the years, scientific studies have confirmed what popular wisdom already believed: the La Roche-Posay thermal spring water has exceptional healing powers for all skin types.

THERAPEUTIC PROPERTIES:

“Since 1905, thermal spring water treatments have been repairing, soothing and softening irritated and damaged skin, significantly improving the everyday lives of tens of thousands of people. Welcoming around 6,000 patients each year, we are the leading dermatological thermal treatment centre in Europe. This unique water restores the balance of the skin’s microbiome, soothes inflammation, accelerates the healing process and improves skin suppleness and elasticity. La Roche-Posay thermal spring water is the only ingredient used in our thermal treatments.”

OFFICIAL RECOGNITION:

“In a French Council of State decree of 3 August 2018, the La Roche-Posay thermal spring water resource was declared to be of public interest. This regulatory protection ensures that the therapeutic virtues of this precious resource will be safeguarded for the future, in the interests of both patients and the town itself.

The properties of this thermal spring water have been demonstrated by numerous medical studies and publications. Treatments using La Roche-Posay thermal spring water have been recognised as being of public utility since 1897.”

A UNIQUE COMPOSITION:

- Temperature: 13°C
- pH: 7
- Selenium
- Silica
- Calcium
- Bicarbonates

THERMAL FACILITIES AND CSR COMMITMENTS

Since we reopened in 2022 following a major renovation, our teams have been committed to providing the best possible care environment, with a dual objective in terms of quality: constant control of thermal spring water quality and continuous improvement of our facilities.

At the La Roche-Posay Thermal Centre, we are engaged in the “L’Oréal for the Future” programme. These commitments, defined by the L’Oréal Group for 2030, embody our vision of the role and responsibilities of a company in meeting the challenges facing today’s world.

REDUCING ENERGY CONSUMPTION:

- Water heated using biogas
- Heat recovery system to extract calories from used water to preheat water for subsequent treatments

PRESERVING THERMAL SPRING WATER:

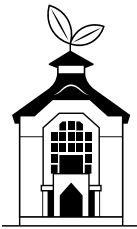
- Thermal spring water requirements distributed between 9 boreholes to preserve resources
- Real-time control of water quality and borehole levels
- Connected system to constantly monitor the amount of water used for patients’ treatments
- 60% reduction in our water consumption after the renovation work compared to the old facilities

PROTECTING BIODIVERSITY:

- Swallow nesting tower
- Bat shelters
- Insect hotels
- Aromatic plants
- Beehives
- Eco-grazing

LABELS AND CERTIFICATIONS:

“The work carried out during our renovation project enabled us to obtain the BiodiverCity Construction label, awarded by the International Biodiversity & Property Council (IBPC). For the quality of our Spa, we have been awarded the Spa-A label, guaranteeing an exceptional level of expertise, high-quality treatments, impeccable hygiene and attentive care for a personalised wellness experience. The Thermes du Connétable thermal treatment centre is committed to a quality and eco-responsible process recognised by AQUACERT HACCP Thermalisme certification, guaranteeing exceptional thermal spring water purity and good water management practices.” The Thermal Centre is also ISO 9001-certified for its quality management.





DERMATOLOGY THERMAL TREATMENT PROGRAMME

The La Roche-Posay dermatology thermal treatment programme is effective to treat skin conditions such as eczema, psoriasis, scars, burns and the after-effects of cancer therapies. Thanks to the properties of thermal spring water, the treatments alleviate symptoms such as dryness, inflammation, scales and redness, at the same time improving patients' quality of life by relieving itching, improving sleep and reducing medication use. Mutual support between patients is also an important aspect of these treatment programmes.

INDICATIONS:

- **Eczema:** Atopic dermatitis in children (from the age of 6 months) and adults, secondary contact dermatitis, occupational, allergic and stasis dermatitis, perineal and genital eczema
- **Psoriasis:** Plaque or guttate psoriasis, nail and scalp psoriasis, with or without joint involvement
- **Scars:** Hypertrophic, adherent or retractile scars, postoperative scars, associated pain and functional limitation, pruritus and dysesthesia, preparation for skin graft revision and reconstructive plastic surgery
- **Burns:** Preparation of skin for skin graft revision, burned skin
- **Other:** Rosacea, prurigo, ichthyosis (fish scale disease), lichen planus (generally in adults), conditions affecting the gums and mucous membranes inside the mouth

BENEFITS:

- **Improvement in clinical signs:** dryness, inflammation, scales, redness
- **Improvement in symptoms perceived by patients:** itching, sleep quality, pain, tightness
- **Improved quality of life:** self-image, social, relational and psychological comfort
- **Reduced frequency and intensity of recurrences**
- **Reduced medication use**

THREE GOOD REASONS TO CHOOSE THIS PROGRAMME:

- Recognised dermatological expertise
- A restorative and refreshing escape from everyday life
- A holistic approach to wellness

POST-CANCER THERMAL TREATMENT PROGRAMME

The La Roche-Posay post-cancer thermal treatment programme is specially designed for people having undergone cancer therapies. It helps rehydrate the skin, improve its suppleness and soothe itching and stinging sensations. This programme also helps reduce scars and adhesions, relieve pain and improve patients' overall well-being and social life.



INDICATIONS:

- **Skin and surgical after-effects of cancer therapies:** Scarring sequelae (hypertrophy, adhesion, fibrosis, retractile), uncomfortable scars (tightness, tingling, pins and needles, pain), loss of functional mobility
- **After-effects of radiotherapy or chemotherapy:** Burns, persistent dryness of the skin and mucous membranes (dual-indication programme with oral mucous membrane disorders possible), redness, pruritus, hand-foot syndrome, mucositis in the mouth, joint pain, etc.
- **Post-treatment support:** Need to practise self-care, to accept your new appearance, to share your experiences
- **Conditions affecting the mucous membranes inside the mouth and the gums**

BENEFITS:

- Overall well-being (98%)
- Social life (96%)
- Rehydration, skin suppleness (92%)
- Alleviation of itching and stinging sensations (84%)
- Improved self-esteem (82%)
- Improvement of scars and reduction of adhesions (78%)
- Reduction of pain (55%)
- Massages by physiotherapists: softening of the skin, edema (arms, breasts and chest), and improvement of joint mobility

% of patients reporting an improvement of more than 2 points on a 10-point scale between the start and end of the treatment programme. Study conducted in 2010 in 102 patients.

THREE GOOD REASONS TO CHOOSE THIS PROGRAMME:

- Benefit from the support of a centre that has been a pioneer in post-cancer care since 2007
- Accept and embrace your body and improve your well-being at the Pavillon Rose
- Benefit from the support and kindness of a multidisciplinary team

CHILDREN’S THERMAL TREATMENT PROGRAMME

The children’s thermal treatment programme is a natural treatment that is very well tolerated and has no side effects. Targeted treatments and specific support are offered to children from 6 months to 16 years old. Specially adapted equipment ensures they benefit from optimal conditions as they go through their care pathway.

Throughout the year, a range of fun activities for children are organised at the Thermal Treatment Centre and at the Pavillon Rose, tailored to the different age groups. Contact the Thermal Treatment Centre reception desk for more information before booking your child’s treatment programme. You and your child will be given a warm welcome by qualified staff to help make sure this programme is an opportunity to acquire all the tools you need to manage your child’s symptoms, in a natural environment conducive to physical and psychological well-being.

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

INDICATIONS:

- **Eczema:** atopic dermatitis in children from 6 months of age, secondary contact dermatitis, allergic dermatitis
- **Psoriasis:** plaque or guttate psoriasis, nail and scalp psoriasis, with or without joint involvement
- **Scars:** hypertrophic, adherent or retractile scars, postoperative scars, associated pain and functional limitation, pruritus and dysesthesia, preparation for skin graft revision and reconstructive plastic surgery
- **Burns:** preparation of skin for skin graft revision, burned skin
- **After-effects on the skin of cancer therapies**
- **Other:** rosacea, prurigo, ichthyosis (fish scale disease), lichen planus, conditions affecting the gums and mucous membranes inside the mouth

BENEFITS:

- Reduced frequency of flare-ups
- Reduction in plaques and itching
- Improved sleep
- Reduced medication use

THREE GOOD REASONS TO CHOOSE THIS PROGRAMME:

- Activities for the whole family: Terra Aventura and Futuroscope theme parks and Réserve Zoologique de la Haute-Touche zoo
- Personalised support from our specialised childcare professional and assistance with keeping up with school work
- A dedicated children’s space: the chalet set in the heart of the thermal park and its children’s play area

Children on a thermal treatment programme and/or their siblings can join school classes (primary/elementary level) at the Claire Fontaine primary school during term time. Tel.: +33 (0)5 49 86 19 55

SUPPORT FOR FAMILIES:

There are several organisations in La Roche-Posay offering support for children and their families during a thermal treatment programme. The ASAVIE association helps sick children and can provide financial support for families in difficulty. It also organises numerous fun activities throughout the year. The Maison de la Culture et des Loisirs (arts and leisure centre) offers activities for children from 3 years of age.



DESCRIPTION OF THE TREATMENTS



FILIFORM SHOWER:

- Duration defined by the thermal doctor
- Variable-pressure shower (4 to 15 bars), given by the thermal dermatologist
- Cleanses, exfoliates and reduces lesions (scales, plaques, etc.)
- Reduces fibrosis and scar adhesions, helps drain oedema.

HYDRO-JET SHOWER:

- Approved duration: 3 minutes
Actual duration: 3 minutes
- The hydro-jet shower is a massaging and relaxing local thermal treatment. It softens and stimulates certain areas of your body. You will be asked to stand with your back, front or, side facing the shower, depending on the instructions of the thermal assistant giving the shower. The water jet is moved following the direction of the blood circulation to promote well-being.

GUM SHOWER AND MOUTH MIST:

- Approved duration: 5 minutes and 3 minutes.
Actual duration: 10 minutes
- Soothes and heals gums and the inside of the mouth. Improves saliva production.
- Treatments recommended in the event of conditions affecting the mouth.

GENERAL HYDROMASSAGE BATH:

- Approved duration: 10 minutes
Actual duration: 15 minutes



LOCAL HYDROMASSAGE BATH (HAND BATH AND FOOT BATH):

- Approved duration: 10 minutes
Actual duration: 10 minutes
- Hydrates and softens the skin. Soothes itching, relaxes and relieves tension.

FACE, BODY, SCALP, PERINEAL MIST:

- Approved duration: 3 minutes
Actual duration: 8 minutes
- Water mist to soften and heal the skin. Soothes mucous membranes, reduces irritation and redness.

PHYSIOTHERAPY MASSAGE UNDER WATER SHOWER:

- Approved duration: 18x10 or 9x20 minutes
Actual duration: 18x10 or 9x20 min
- Reduces scar adhesions, helps prepare skin for potential surgical revision. Acts on muscle and joint pain and improves functional mobility.

THERMAL SPRING WATER DRINKING TREATMENT:

- Quantity according to medical prescription issued by the thermal doctor.
- Hydrating, antioxidant and anti-inflammatory due to its high Selenium content.

2025 FEES FOR FUNDED THERMAL TREATMENT PROGRAMMES

The medical prescription should be completed and sent to your Social Security centre to request administrative funding approval. Once this has been received, you must validate your registration at the La Roche-Posay Thermal Centre online or by post. A booking confirmation will be sent to you by email, then you will be sent your treatment schedule 2 weeks before your arrival. Patients are responsible for booking and funding their own transport and accommodation.

QUICK, EASY BOOKING PROCESS:

1. MEDICAL PRESCRIPTION: Consult your own general practitioner or a specialist to obtain a prescription for a thermal treatment programme funded by the French national health insurance system.

2. ADMINISTRATIVE FUNDING: Send the prescription to the Social Security centre. Response within 4 to 6 weeks.

3. REGISTRATION: validation of your registration at the Thermal Centre online on centrethermal.laroche-posay.fr or by post. Receipt of booking confirmation.

4. TREATMENT SCHEDULE: 2 weeks before your arrival, confirmation of your treatment appointment times.

5. ORGANISATION OF YOUR STAY: After receiving the funding approval, patients are responsible for organising and funding their transport and accommodation themselves. Transport and accommodation costs may be subsidised on a means-tested basis (section 3 of the CERFA form): 65% to 100% of travel costs and 65% to 100% of the €150 accommodation assistance allowance.

CONTACT FOR A TREATMENT PROGRAMME WITH HOSPITALISATION:

Centre de Soins de Suite et Réadaptation La Colline Ensoleillée (follow-on and rehabilitative care centre):
+33 (0)5 49 85 75 00 | admission.colline@ugecam.assurance-maladie.fr

HOW THE FUNDED TREATMENT PROGRAMME WORKS:

- **D1:** Welcome and start of treatments at the Thermal Treatment Centre and consultation at your thermal doctor's office. Appointment given during treatments.
- **D2:** Admission formalities (payment of outstanding balance).
- **D16 to D18:** End-of-programme consultation with your thermal doctor, and issue of the certificate indicating that you have completed your thermal treatment programme for your own top-up health insurance company. Treatment times: between 7 a.m. and 5 p.m. depending on patient numbers, Monday to Saturday. Duration of treatments: between 1 hour 30 minutes and 2 hours 30 minutes per day on average, depending on the treatments prescribed and patient numbers in the centre, with compulsory attendance for 18 days.

PRICES & FUNDING RATE:

- (prices subject to change during the year)
- Treatment programme duration: 3 weeks (18 days of treatments).
 - ALD ("Affection Longue Durée" or long-term medical condition) funding: 100% for 5 years for a cancer. Otherwise, 65% of the Social Security approved price.

PRICES ON 3 MAY 2024, SUBJECT TO CHANGE:

Patients with a long-term condition (ALD) or who have had an occupational accident have their treatments 100%-funded, but will have to pay the "Complément Tarifaire" set additional fee to the centre. "Complémentaire Santé Solidaire" (CSS) complementary medical insurance beneficiaries are exempted from this charge.

ADDITIONAL COSTS:

- Thermal doctor's fees: €80 to €120, 70% or 100% funded
 - Transport and accommodation: Partial funding (65% to 100%) on a means-tested basis
- Additional funding is possible via your own top-up health insurance*

				Remainder to be paid	
Treatments	Approved price	Co-payment fee	Additional fee*	Patients at 65%	Patients at 100%
Dermatology	€510.55	€178.69	€91.98	€270.67	€91.98
Dermatology + 9 massages	€595.58	€208.45	€107.31	€315.76	€107.31
Dermatology + 18 massages	€646.65	€226.33	€116.50	€342.83	€116.50
Oral mucous membrane disorder 2nd indication	€136.20	€47.67	€24.54	€72.21	€24.54
Oral mucous membrane disorder	€272.40	€95.34	€49.07	€144.41	€49.07

**Standard approved prices effective on 3 May 2024, subject to change as per regulations.*



2025 PRICES FOR OPEN-ACCESS THERMAL TREATMENT PROGRAMMES

Treat yourself to a dermatological wellness break at La Roche-Posay. Discover our unfunded thermal treatment programmes, specially developed to offer you a unique skincare and wellness experience. Whether you have only a few days or you want to take a longer break, our made-to-measure programmes meet your specific needs.

CLEAR YOUR SKIN AND YOUR MIND WITH OUR DERMATOLOGY THERMAL TREATMENT PROGRAMME FORMATS:

- **2-Day Discovery programme**
Arrival Tuesday or Wednesday €139
Ideal for a first immersion, this programme gives you a taste of the benefits of La Roche-Posay thermal spring water and its expert treatments. It includes 8 thermal treatments (medical consultation possible as an extra option).
- **6-Day Open-Access programme** €290
Treat your skin to a concentrate of benefits. This programme combines 24 thermal treatments and dermatological expertise for visible results.
- **12-Day Open-Access programme** €505
Dive into the heart of thermal spring water dermatology and reap the benefits of a complete programme, with 48 thermal treatments for visibly transformed skin.
- **18-Day Open-Access programme** €690
Immerse yourself in an unforgettable thermal spring water experience. This made-to-measure programme offers you a global care experience, with 72 thermal treatments for regenerated skin and a deep sense of well-being.

With each open-access programme, a massage supplement for scarred skins can be added: 4 scar massages/week: €103, 9 scar massages/week: €207, 13 scar massages/week: €295

OUR UNFUNDED THERMAL TREATMENT PROGRAMMES ALLOW YOU TO BENEFIT FROM:

- The unique properties of La Roche-Posay thermal spring water, which is naturally soothing, anti-irritant and antioxidant.
- Personalised support throughout your stay.

Good to know: Our unfunded thermal treatment programmes are accessible to children from the age of 6 months, to offer them a moment of gentle care adapted to their skin.

1. REGISTRATION: Validation of your registration at the Thermal Centre by telephone or online on centrethermal.laroche-posay.fr or by post. Receipt of booking confirmation.

2. TREATMENT SCHEDULE FOR THE FIRST DAY: 2 weeks before your arrival, confirmation of your treatment appointment times.

3. ORGANISATION OF YOUR STAY: After your booking has been confirmed, it is your responsibility to book your accommodation and organise your transport. We have a number of partner accommodation providers and you can contact the La Roche-Posay Tourist Information Centre to help you find the best option to suit your needs.

Why wait to give your skin the care it deserves? Contact us now to find out more about our unfunded thermal treatment programmes and book your stay at La Roche-Posay.

Important: Please note that the cost of these unfunded thermal treatment programmes is not covered by the French national health insurance system.

	2-day Discovery programme with or without dermatological consultation, arrival Tuesday or Wednesday only* (8 thermal treatments)	6-day Open-Access programme* (24 thermal treatments)	12-day Open-Access programme* (48 thermal treatments)	18-day Open-Access programme* (72 thermal treatments)
2-day Discovery programme package	€139			
Dermatology programme package		€290*	€505*	€690*
Oral mucous membrane package		€121*	€505*	€341*
Post-Cancer programme		€391*	€712*	€987*

*Treatment schedule for the first day

*Doctor's consultation fees not included. Fee guide: €80 to €120 for the whole programme for thermal treatment programme medical consultations. Additional fee for Social Security approved filiform showers not included. Contact the thermal doctor for more information.

ADDITIONAL TREATMENTS:

- Day package (4 thermal treatments) €64
 - Supplement for 4 open-access massages €104
 - Supplement for 9 open-access massages €209
 - Supplement for 13 open-access massages €298
 - Hydromassage bath €37
 - Simple bath €37
 - Perineal mist €37
 - Face mist €30
 - Mouth mist €30
- Gum shower €30
 - Filiform shower (+ doctor's fees) €41
 - Hydro-jet shower €41
 - Massage €45
 - Foot bath €30
 - Dermatological body wrap €29
 - Soothing mask €17
 - Mask and body wrap duo €41
 - Oral care packages (6 days - 12 treatments) €99
 - Oral care packages (12 days - 24 treatments) €87

SUPPORTIVE CARE PRICES IN THE PAVILLON ROSE

In addition to your thermal treatments, a range of supportive care options are offered to improve your everyday well-being. A number of themed packages and à-la-carte sessions are available, for a care pathway tailored to your needs.

CARE AND WORKSHOPS FOR CHILDREN

Our specialised childcare professional runs fun and educational workshops, where children can learn how to better manage their dermatological problems while taking care of their skin. These workshops are an opportunity for play-based learning, guaranteeing a holistic approach to care and encouraging good practices at home.

BEAUTY AND DERMO-COSMETIC WORKSHOPS

A socio-aesthetic therapist offers group and individual workshops, accompanied by advice on La Roche-Posay dermo-cosmetic products. These workshops are an opportunity to talk about your condition, take your mind off things and explore ways of regaining your self-confidence in everyday life.

CONFERENCES

Free themed conferences are also organised each afternoon, tackling a variety of topics, such as nutrition or self-massage of scars.

- Welcome meeting and thermal treatment programme advice
- Conferences on thermal spring water, eczema, fatigue after cancer
- Self-massage of scars and managing oedema
- Nutrition and diet
- Image enhancement through makeup
- Not facing cancer alone (Patient network)
- **NEW FOR 2025:** Diet and skin conditions
- **NEW FOR 2025:** Eating well during hormone therapy
- **NEW FOR 2025:** Sex life and intimacy during and after cancer



MY HEALTH THROUGH EXERCISE€45

Choice of 3 from the following physical activities:

- Adapted physical activity - 45 min
- Adapted Pilates - 45 min
- Adapted Latino fitness - 45 min
- Hatha yoga - 1 hour

RELAXATION€45

Choice of 3 from the following activities

- Self-reflexology: self-massage of hands or feet - 1 hour 15 min
- Sophrology - 1 hour
- Sound therapy - 1 hour 15 min
- Guided relaxation - 45 min

MY BEAUTY€30

- 1 self-applied makeup workshop: Radiant complexion and enhanced eyes - 1 hour 30 min
- 1 damaged hand and nail care - 1 hour

MY DAILY SKINCARE€30

Choice of 2 from the following activities:

- My daily body care - 1 hour
- My daily face care - 1 hour
- My daily scalp care - 1 hour



CHILDREN'S ACTIVITIES:

- Parent information and discussion session€15
- Health education workshop€17
- Itchy Monster workshop€17
- The “Whys” of daily life€17

CHILDREN'S PACKAGE€32

- 2 individual consultations
- 1 health education workshop
- 1 Itchy Monster workshop
- 1 “Whys” of daily life workshop



WELLNESS OR SPORTS ACTIVITIES:

- **Laughing yoga session - 1 hour€17**
Card for 3 sessions€46
- **Hatha yoga session - 1 hour€18**
Card for 3 sessions€48
- **Guided relaxation session - 45 min€17**
Card for 3 sessions€46
- **Sophrology session - 1 hour€17**
Card for 3 sessions€46
- **Self-reflexology massage session - 1 hour 15 min€18**
Card for 3 sessions€48
- **Sound therapy session - 1 hour 15 min€18**
Card for 3 sessions€48
- **Physical activities: Adapted physical activity, indoor rowing, adapted Pilates, Adapted Latino fitness - 45 min€17**
Card for 3 sessions€46

WORKSHOPS AND CARE SESSIONS:

- **Individual makeup and personalised advice - 1 hour€35**
- **Individual damaged nail care - 1 hour€22**
- **Group self-applied corrective makeup - 1 hour 30 min€22**
- **Group damaged hand and nail care - 1 hour€17**
- **Damaged nail treatment at the start of the thermal treatment programme - 1 hour€35**
- **Damaged nail touch-up at the end of the thermal treatment programme - 15 min€10**
- **My daily body care - 1 hour€17**
- **My daily face care - 1 hour€17**
- **My daily scalp care - 1 hour€17**

THE SPA SOURCE

In a tranquil, natural setting, the Spa Source wellness spa welcomes you with targeted programmes dedicated to your skin health and well-being.

Our treatments have been specially developed to work on both skin and mind, to relax and repair through the combined action of massages and La Roche-Posay dermo-cosmetics. They will leave you feeling completely relaxed and refreshed, free from tension and stress. As your body unwinds, your whole being will feel deeply replenished. Complete your experience by relaxing in the Carré des Sources, our heated thermal spring water pool.

Treat yourself to a unique experience where thermal spring water and neuroscience combine to offer you a special moment of wellness.

EXCLUSIVE & PERSONALISED PROTOCOLS

Our 5 rituals adapted to the treatments chosen:

- Anti-stress & Relaxation
- Vitality & Renewal
- Anti-ageing & Confidence
- Anti-fatigue & Recovery
- Oxygenation & Balance



THE CARRÉ DES SOURCES

Set in the heart of our wellness spa, this tranquil space has been specially designed to offer all the benefits of a spa experience, combined with the virtues of heated thermal spring water. The pool, with its massage jets and colour therapy, lets you test the benefits of La Roche-Posay thermal spring water, historically known as “the velvet water”. In just a few steps or strokes, enjoy a feeling of lightness and calm.

Around the Carré des Sources pool, immerse yourself in the dry heat of the sauna followed by a cold shower, creating a thermal shock that triggers the release of endorphins, to relax the body and mind. Nearby, the hammam overlooks the pool. A true beauty ritual, this steam room heated to 50°C helps detoxify and prepare the skin for face and body treatments.

To further enhance this relaxing experience, a variety of herbal tea areas and dried fruit are available in the spaces around the Carré des Sources.

LIFE-CHANGING DERMATOLOGY:

Discover our 5 exclusive treatment protocols

At La Roche-Posay, our purpose is to change people's lives through the benefits of dermatology. To achieve this goal, our active ingredients, starting with our thermal spring water, act on the biological functions of the skin and its microbiome, to treat, correct and prevent skin problems and thereby improve quality of life.

ENHANCED BY THE POWER OF NEUROSCIENCE:

Beyond its biological and microbiological functions, the skin also has a sensory function, capable of acting on the brain, the overall well-being of the whole body, and, closing the loop, the skin. Laboratoire La Roche-Posay has teamed up with a board of experts in dermatology and neuroscience to combine its cosmetic and thermal treatment protocols with massage protocols with neurosensory powers.

THE EXCLUSIVE SPA SOURCE PROTOCOLS

To meet the specific needs of your skin and match your mood, we are pleased to present 5 unique skincare protocols, all developed around the La Roche-Posay thermal spring water, recognised for its soothing, anti-irritant and antioxidant properties:



1. ANTI-FATIGUE AND RECOVERY: SKIN VITALITY AND ENERGY BOOST FOR BOTH BODY AND MIND:

The Anti-fatigue & Recovery treatments and programmes are recommended for anyone who has been through a period of intense work or sustained physical activity. They combine the effectiveness of La Roche-Posay's nourishing and repairing formulas with deep massages, involving stretching, vibrations, gentle mobilisation and percussion. They revitalise the skin and provide an energy boost for both body and mind.

2. ANTI-AGEING & CONFIDENCE: PREVENTING AND SLOWING DOWN THE SIGNS OF AGEING ON THE FACE AND BODY, AND RESTORING SELF-CONFIDENCE:

The Anti-Ageing & Self-Confidence treatments and programmes are recommended for active people who want to prevent and slow down the visible signs of ageing on the face and body, and restore their self-confidence. They combine the effectiveness of La Roche-Posay's most concentrated anti-ageing formulas with stimulating massages, to invigorate and re-energise.

3. ANTI-STRESS & RELAXATION: MOISTURISING AND RELAXING TO SOOTHE SKIN AND MIND:

The Anti-stress & Relaxation treatments and programmes are recommended for anyone suffering from too much stress, either personal or work-related, impacting their skin and their quality of life. They combine La Roche-Posay's highly effective moisturising formulas with the relaxing power of massage using finger pressure techniques, to soothe both skin and mind.

4. VITALITY & RENEWAL: REPAIRING DAMAGED SKIN, RESTORING VITALITY:

Vitality & Renewal treatments and programmes are recommended for anyone who has been through a major personal challenge, impacting their skin and their quality of life. They help repair weakened or damaged skin and restore vitality.

5. OXYGENATION & BALANCE: RESTORING BALANCE AND NORMALISING SKIN FUNCTIONS:

Oxygenation & Balance treatments and programmes are recommended for anyone whose lifestyle or hormonal changes may have an impact on their skin and its balance. They promote the normalisation of the skin's functions and the circulatory system, combining the effectiveness of La Roche-Posay anti-blemish formulations with draining and decongesting massages. Clean, purified skin and a better relationship with yourself and others, to restore personal balance, whatever your age.

[Book your appointment today for a unique sensory experience at the Spa Source La Roche-Posay.](#)

OUR A-LA-CARTE TREATMENTS

Treat yourself to a made-to-measure experience with our à-la-carte treatments. Discover our face treatments and our relaxing body massages, combined with La Roche-Posay products, for a moment of pure tranquillity. All our à-la-carte treatments are based on your chosen treatment theme. They include 3-hour access to the Carré des Sources spa area so you can truly relax and let go.



MASSAGES: & access to Carré des Sources (3 hours)	
• Body massage - 20 min.....	€60
• Body massage - 50 min.....	€100
• Pregnancy massage - 50 min.....	€100
• Body massage - 90 min.....	€145
• Package of 5 50-minute massages	€450
FACE TREATMENTS: & access to Carré des Sources (3 hours)	
• Face treatment - 30 min.....	€65
• Face treatment - 50 min.....	€100
• Face treatment - 90 min.....	€145
HYDROTHERAPY TREATMENTS: & access to Carré des Sources (3 h)	
• Floating massage - 20 min.....	€55
• Relaxing bath - 20 min.....	€55
• Circulation-boosting/firming hydro-jet shower - 10 min.....	€53
• Thermal spring water scrub - 20 min	€65
• Thermal spring water massage - 20 min	€65
• Bead hydromassage - 20 min	€50

RITUALS AND DAY PACKAGES

The Spa Source La Roche-Posay wellness spa invites you to discover its wellness rituals, so you can benefit from the combination of La Roche-Posay dermo-cosmetics and the neurosensory power of massage. Each ritual is a sensory experience designed to offer you a moment of total well-being.

RELAXATION RITUAL€140

- 20-minute hydromassage bath
- 20-minute made-to-measure massage
- 20-minute floating massage
- 3-hour access to the Carré des Sources

SOLO GOURMET ESCAPE RITUAL€120

- 50-minute made-to-measure massage or face treatment
 - Half-day access to the Carré des Sources
 - Lunch menu (starter, main course and dessert)*
- Optional extra: 20-minute thermal spring water scrub€59

DUO GOURMET ESCAPE RITUAL**€230

- 50-minute made-to-measure massage or face treatment in a duo room
- Half-day access to the Carré des Sources
- Lunch menu (starter, main course and dessert)*

VITALITY RITUAL€158

- 10-minute hydro-jet shower
- 20-minute thermal spring water scrub
- 20-minute thermal spring water massage
- Half-day access to the Carré des Sources



BOOK ONLINE

DUO EXCLUSIVE RITUAL**€344

- 20-minute thermal spring water scrub
- 50-minute made-to-measure massage in a duo room
- Half-day access to the Carré des Sources
- Lunch menu (starter, main course and dessert)*

MUM-TO-BE RITUAL€195

Accessible to pregnant women from the 4th to the 7th month of pregnancy, in the absence of any medical contraindications.

- 20-minute hydromassage bath
- 30-minute face treatment
- 50-minute pregnancy massage
- Half-day access to the Carré des Sources

VELVET WATER RITUAL€225

- 20-minute thermal spring water scrub
- 30-minute Anti-fatigue and Recovery face treatment
- 50-minute made-to-measure massage
- Half-day access to the Carré des Sources
- Lunch menu (starter, main course and dessert)*

DUO PARENT/CHILD RITUAL**€110

For children from 12 to 17 years of age accompanied by an adult

- 20-minute back massage in a duo room
- 3-hour access to the Carré des Sources

DAY PACKAGE€315

1-day package / 3 treatments

- 20-minute thermal spring water scrub
- 90-minute massage
- 50-minute face treatment
- Meal
- Lunch menu (starter, main course and dessert)*

SUBSCRIPTIONS, ACCESS AND GIFT CARDS

OUR SUBSCRIPTIONS:

Discover our keep fit subscriptions and our session packages. Our sports coaches and pool lifeguards offers sports sessions and a complete schedule of activities to support you as part of a fitness programme tailored to your own particular goals.

- **Annual fitness and relaxation subscription**€900 and duo €1,500
(3 times/week, with unlimited activities) excluding weekends + 2 free Carré des Sources sessions per year
- **3-month fitness and wellness subscription**€230
(2 times/week, with unlimited activities) excluding weekends + 1 free Carré des Sources sessions per 3-month period
- **3-week thermal centre patient fitness and wellness subscription, reserved for thermal treatment centre patients only**€105
(2 times/week) from Monday to Friday
- **Flexible fitness subscription with access to aquatic and holistic activities**€85 / €115 / €150
(6/9/12 sessions) from Monday to Friday
- **3-hour access to the Carré des Sources subscription**€160 / €225 / €280
(6/9/12 sessions) from Monday to Friday



ACCESS TO THE SPA SOURCE:

Access to the Carré des Sources (pool, sauna, hammam) & relaxation area for 3 hours

- **Solo access to the Carré des Sources**€35
- **Duo access to the Carré des Sources***€63
- **Child access to the Carré des Sources (12-17 years)**€28
- **45-minute aquatic/holistic fitness class**.....€18

BODYSCULPTOR:

Sculpt your figure using our Bodysculptor (pressure therapy) to smooth and detoxify the body. Each session also includes access to the Carré des Sources, hammam & sauna for 3 hours.

- **1 45-minute session**€60
- **12 45-minute sessions + 1 pair of tights**€600

GIFT CARDS:

- **Value of your choice**
- **Treatment/activity/access of your choice**

Don't hesitate to contact us for more information and to join our community of Relaxation & Sport subscription holders at Spa Source La Roche-Posay.

* Excluding drinks

** Duo treatments can only be booked at the Spa reception desk or by telephone on: +33 (0)5 49 19 48 00

* Duo treatments can only be booked at the Spa reception desk or by telephone on: +33 (0)5 49 19 48 00



THE SPACES

THE PAVILLON ROSE



An iconic building in La Roche Posay, the Pavillon Rose (Pink Pavilion) welcomes you for a timeless journey dedicated to your well-being and relaxation. Formerly the town's first thermal treatment centre, this special place steeped in history has been reinvented to create a true haven of kindness and serenity.

From the moment you step inside, you will be cocooned in its soft, peaceful atmosphere. The elegant decor and natural materials create a warm, soothing ambiance, ideal to replenish your energy, both physically and psychologically. It is here that supportive care is provided, adding a personalised dimension to your wellness pathway. The Pavillon Rose is a special place where you can continue your care, to repair both body and mind.

A shop selling Amoena products, a brand specialising in garments for women having undergone breast surgery, offers a broad range of practical and aesthetic underwear, swimwear and active wear.

THE SPACES

THE PAVILLON DES SOURCES

The Pavillon des Sources invites you to discover the history of La Roche-Posay and contains a new store presenting all the innovations created by the brand, recognised worldwide as the leader in dermatologist-recommended skincare.

Next to the store, an experiential space showcases the La Roche-Posay universe. There is an area dedicated to the history of the thermal company and the cosmetic brand, with posters and old objects demonstrating the popularity of the La Roche-Posay therapeutic water, which has been used for more than 650 years. A space dedicated to the thermal spring water uses images to illustrate its secrets, its origins and its unique effects, as well as the efforts being made to protect and preserve it.

An immersive video mapping projection takes you on a voyage through the world of the microbiome, a scientific field in which the La Roche-Posay Thermal Centre has been a pioneer for over ten years. Finally, there is a space for thermal treatment programme patients and customers to record their own experience of the treatment programme, wellness spa or products, and giving access to testimonials that have already been collected.



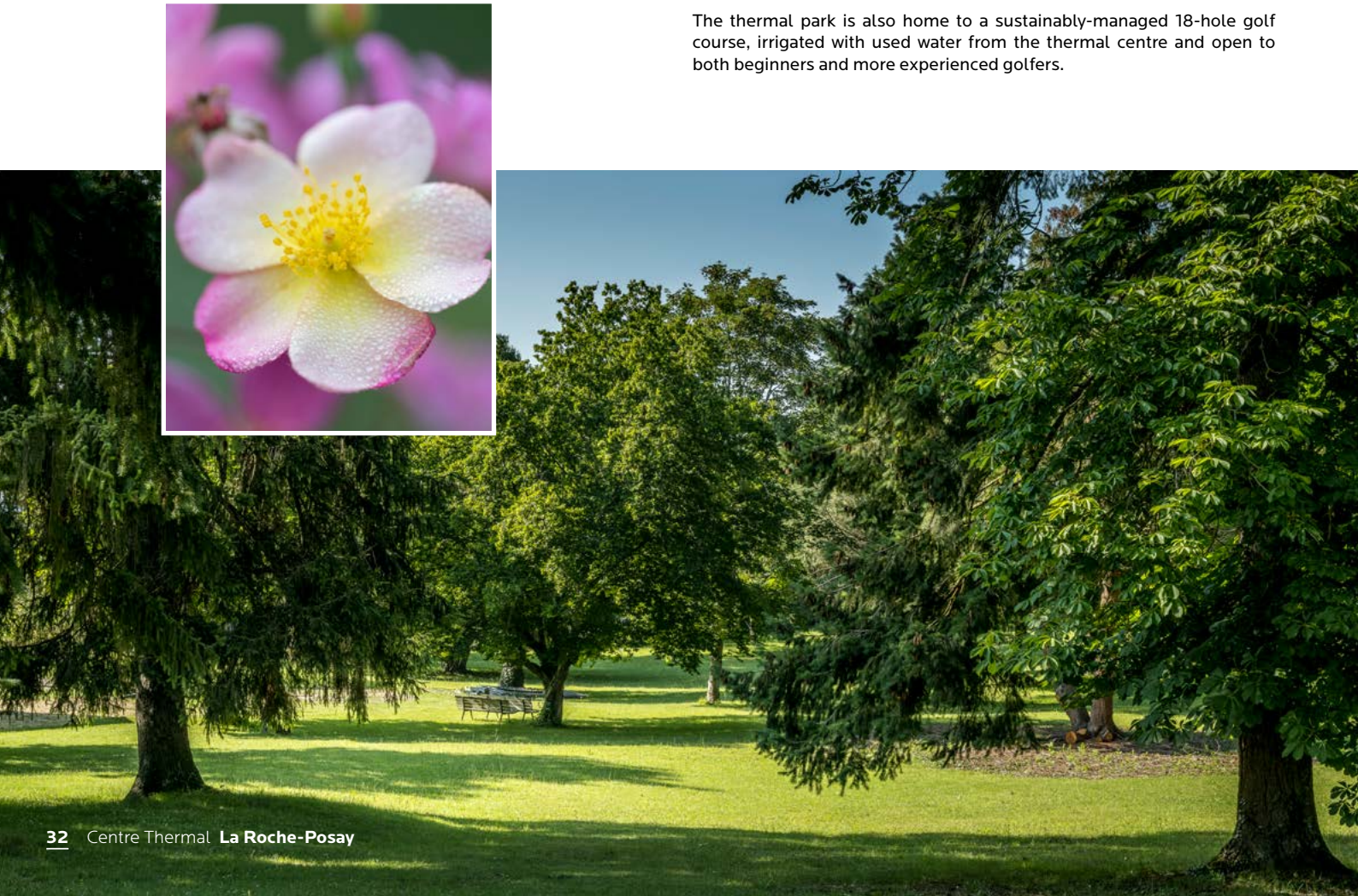
THE PARK

The thermal park forms a vast rainwater catchment area extending around the thermal centre facilities. Through infiltration and a capillary action, the rainwater collected in the park is enriched with minerals and trace elements as it slowly percolates down through the ground, transforming it into thermal spring water.

This park, so essential for the renewal of thermal spring water resources, is dotted with benches, inviting people to stop for a rest and enjoy the view as they stroll through this green natural landscape. A leisure area has also been created, including children's play equipment, pétanque (French bowls) grounds, a table tennis table and a volleyball court.

Next to the Pavillon Rose, a solarium welcomes thermal treatment programme patients who have been given a medical prescription recommending that they expose their skin to sunlight to optimise the effectiveness of their thermal treatments. Woodland, mown meadows and late-mown meadows coexist to preserve the biodiversity of the area, and are a refuge for numerous species of insects and other wildlife.

The thermal park is also home to a sustainably-managed 18-hole golf course, irrigated with used water from the thermal centre and open to both beginners and more experienced golfers.



THE RESTAURANT

AT THE THERMAL CENTRE: THE INCLUSIVE CAFETERIA

A genuine hub in the heart of the Thermes du Connétable thermal centre, the Inclusive Cafeteria opened its doors in 2022 and is managed by a team of people with disabilities. The ideal place for patients to share their experiences and rebuild together over a coffee, within the protected environment of the Thermes du Connétable with its magnificent views over the thermal park.

The thermal centre cafeteria is the perfect choice for a tasty break, accessible to all, or a re-energising breakfast with a hot drink, pastries and organic fruit juice. At lunchtime, a seasonal snack menu offers a varied selection of delicious home-made dishes (salads, quiches, cheese and ham toasties, etc.) and mouth-watering desserts, as well as comforting soups in winter and refreshing gazpachos in summer.

IN THE PAVILLON ROSE: THE HERBAL TEA AREA AND THE OPEN-AIR BAR AND CAFE

For a tasty tea break, the Pavillon Rose welcomes you to its tearoom, open to all from Monday to Friday. The perfect peaceful spot to relax in comfort and enjoy a hot drink. The herbal tea area is an invitation to unwind and indulge, as you savour the delicate flavours of the herbal teas along with a delicious biscuit, made by local company Sérénity.

When the fine weather arrives, the friendly atmosphere of the summer-time open-air bar and café, or “guinguette”, located in the heart of the thermal park, invites you to enjoy a musical interlude surrounded by greenery. Evening entertainment is put on throughout the summer, creating unforgettable memories in an enchanting natural setting.

AT THE SPA: THE TABLE DE LA SOURCE

Comfortably dressed in your bathrobe after a spa treatment, treat yourself to time out at the Table de la Source café and restaurant area. Whether to enjoy a seasonal lunch or sip on one of our organic herbal teas, enjoy a moment of relaxation in this cosy lounge area.

Looking out over the century-old trees of the La Roche-Posay thermal park, savour a bite to eat just a few metres from the thermal spring water pool and the treatment rooms.

Our menu offers simple, well-balanced dishes for a light, healthy meal to complement our skincare and wellness protocols.



ACCOMMODATION & ACTIVITIES

Located in the heart of the Vienne department, between the Touraine and Poitou areas of west-central France, the spa town of La Roche-Posay is a perfect health and wellness destination from which to explore the region's treasures. Its excellent location makes it an ideal base for discovering all the region has to offer: the cities of Tours, Poitiers, Saumur and Châteauroux, the mediaeval town of Chauvigny and the royal citadel of Loches, Futuroscope theme park, the réserve zoologique de la Haute Touche zoo, the famous châteaux of the Loire valley, and much more besides.

The charming little spa town of La Roche-Posay offers a range of activities that will delight anyone looking for wellness, nature and heritage:

ACTIVITIES PROPOSED:

18-hole golf course, casino, cinema, walking trails, canoeing and kayaking, horse racing, cabaret show, etc.

Don't hesitate to contact or visit the La Roche-Posay Tourist Information Centre for more information about the activities on offer and the must-see tourist attractions in the area.

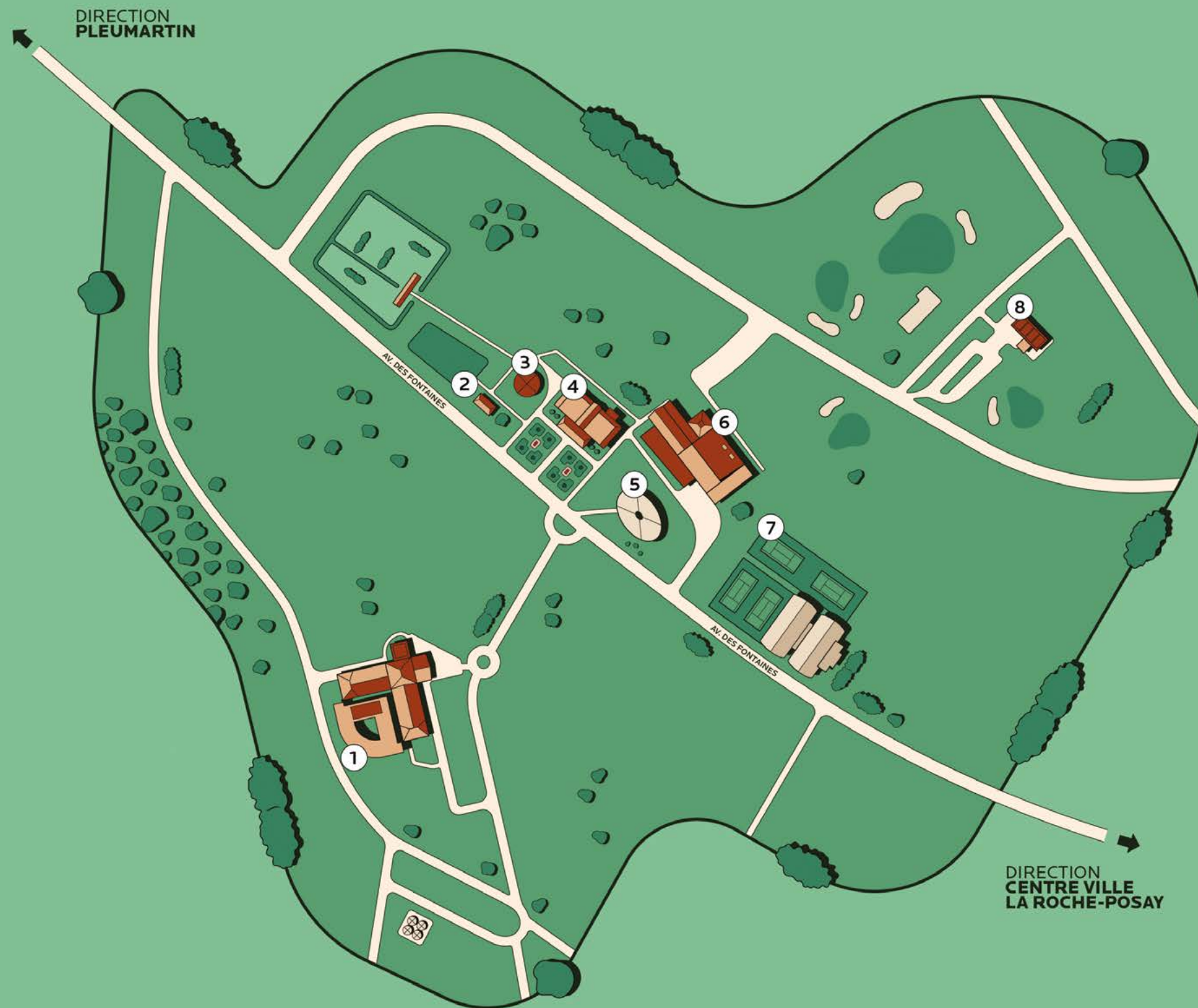
ACCOMMODATION:

To make the most of your time at La Roche-Posay, it's important to find the perfect place to stay. The good news is that the spa town offers lots of accommodation options to suit all tastes and budgets. Don't hesitate to contact the La Roche-Posay Tourist Information Centre for more information. The Thermal Centre partners with a number of local accommodation options, giving you the opportunity to benefit from preferential rates for your stay. Don't hesitate to contact these directly to find out what they can offer.

Our partners: Les Loges du Parc, Le Clos Paillé, Le Relais de la Mothe, Résidence Terres de France, Résidence Croma, Camping Yelloh Village, Conciergerie du Lys.

CONTACTS AND QR CODE FOR
THE TOURIST INFORMATION CENTRE:





SITE MAP

1. LES THERMES DU CONNÉTABLE THERMAL CENTRE

2. THE CHILDREN'S CHALET

3. THE KIOSK

4. THE PAVILLON ROSE

5. THE PAVILLON DES SOURCES

6. THE SPA

7. TENNIS COURTS (external activity)

8. THE COLF COURSE (external activity)

PRACTICAL INFORMATION

THERMES DU CONNÉTABLE THERMAL CENTRE:

Open from 27 January to 13 December 2025
Rue du Docteur Benjamin Bord
Telephone reception Monday to Friday 9 a.m.-12 p.m. and 2 p.m.-5 p.m.
• Tel.: +33 (0)5 49 19 49 49
• Email: accueilcure.trp@loreal.com

PAVILLON ROSE:

Open from 27 January to 13 December 2025
Avenue des Fontaines, opposite the Thermes du Connétable Thermal Centre, in the heart of the Thermal Park.
• Tel.: +33 (0)5 49 19 48 47
• Email: pavillonrose.trp@loreal.com

SPA SOURCE:

Open all year round, including weekends and public holidays
Closed for maintenance from 6 to 17 January inclusive
Avenue des Fontaines,
Open 7 days a week, from 9.30 a.m. to 6.45 p.m.
• Tel.: +33 (0)5 49 19 48 00
• E-mail: accueilspace.trp@loreal.com

PAVILLON DES SOURCES:

Open all year round, including weekends and public holidays
Closed from 6 to 17 January 2025
Avenue des Fontaines
• Tel.: +33 (0)5 49 19 48 00
• E-mail: accueilboutique.trp@loreal.com



CONSULT OUR OPENING TIMES ONLINE



FUNDING REQUEST FORM

DERMATOLOGY

**If hospitalisation required.
RESERVED FOR
ADULTS ONLY.**

If ongoing long-term condition, for 100% funding

CENTRE THERMAL
LA ROCHE POSAY

THERMAL CENTRE REGISTRATION FORM 3-WEEK FUNDED THERMAL TREATMENT PROGRAMME

1. Complete a CERFA form to request funding with your doctor.
2. Book on our website: <https://centrethermal.laroche-posay.fr>
You can also book by email, telephone or by sending this form by post.
You will then receive a booking confirmation.
3. Choose your accommodation.
4. Two weeks before you arrive, you will receive your appointment time at the Thermal Centre for the first day of your treatment programme.

Identification of patient

Mrs/Ms/Mr Surname.....
First name..... Date of birth
Address.....
Post code Town/city..... Country.....
Mobile No. E-mail.....

French Social Security number.....

Disease/condition ☐ Eczema ☐ Psoriasis ☐ Post-burns ☐ Post-cancer ☐ Other.....

Prescribing doctor

Surname..... First name..... Post code
Address..... Town or City/Country.....

Speciality ☐ GP ☐ Dermatologist ☐ Gynaecologist ☐ Oncologist
☐ Paediatrician ☐ Surgeon ☐ Allergy specialist ☐ Other.....

Planned treatment programme dates From..... To

Name of thermal doctor chosen.....

☐ I have already had a thermal treatment programme at the La Roche-Posay Thermal Centre

Booking of extra options to be paid for - additional activities can be booked on site

- ☐ Bubble pack for adult patients
 - ☐ Bubble pack for children
 - ☐ Indoor rowing (3 sessions)
 - ☐ Children's package: health education
 - ☐ Package: My daily skincare
 - ☐ Package: My health through exercise
 - ☐ Package: Relaxation
 - ☐ Package: My beauty group

Type of accommodation during the treatment programme

- ☐ Hotel
 ☐ Furnished apartment
 ☐ Tourist residence
☐ Campsite
 ☐ Home
 ☐ Other.....

How did you first find out about the La Roche-Posay Thermal Centre?

- ☐ Doctor/Hospital ☐ Internet ☐ Brochure in a waiting room
☐ Word of mouth ☐ Other.....

☐ I agree to my health data being processed by CTRP for the purposes of organising, dispensing and administering care.

Date _____ Signature _____

The information collected on this form is compulsory and is recorded in a computer file kept by the Centre Thermal de La Roche-Posay for the purposes of organising, dispensing and administering care, and for transmission to compulsory and supplementary health insurance organisations. It is intended for the administrative and medical services at Centre Thermal de La Roche-Posay, as well as compulsory and supplementary health insurance organisations. Your data will be kept for the purposes of managing your thermal treatment programme and meeting our legal obligations for the duration of the treatment programme, then archived for a period of 6 years. You have the right to access, correct and delete your personal data.

For any questions or to exercise your rights, contact: accueilcure.trp@loreal.com.



THERMAL CENTRE REGISTRATION FORM
2-DAY DISCOVERY PROGRAMME
6, 12 OR 18-DAY OPEN-ACCESS PROGRAMME

1. Send back this registration form by post or book and consult our terms and conditions online at <https://centrethermal.laroche-posay.fr>
2. Then book your accommodation.
3. You will receive a booking confirmation and, 2 weeks before you arrive, you will then receive an appointment time at the Thermal Centre for the first day of your treatment programme, along with your treatment schedule.

2025 PRICES

	2-day discovery programme With or without dermatological consultation: <input type="checkbox"/> With <input type="checkbox"/> Without Arrival Tuesday or Wednesday only (8 thermal treatments)	6-day open-access programme (24 thermal treatments)	12-day open-access programme (48 thermal treatments)	18-day open-access programme (72 thermal treatments)
2-day Discovery programme package	<input type="checkbox"/> €139			
Open-access programme package		<input type="checkbox"/> €290	<input type="checkbox"/> €505	<input type="checkbox"/> €690
Oral mucous membrane package		<input type="checkbox"/> €121	<input type="checkbox"/> €215	<input type="checkbox"/> €341
Post-cancer open-access programme (including physiotherapy massages)		<input type="checkbox"/> €391	<input type="checkbox"/> €712	<input type="checkbox"/> €987

Plus doctor's consultation fees, except in the event of a Discovery programme without a dermatological consultation. Fee guide: €80 to €120 for the whole programme for thermal treatment programme medical consultations. Additional fee for Social Security approved filiform showers not included. Contact the thermal doctor for more information.

Identification of patient

Mrs/Ms/Mr Surname.....
First name.....Date of birth
Address.....
Post code Town/city.....Country.....
Mobile No. E-mail.....

Planned treatment programme dates From To

Name of thermal doctor chosen.....

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- ☐ Bubble pack for adult patients
- ☐ Package: My daily skincare
- ☐ Bubble pack for children
- ☐ Package: My health through exercise
- ☐ Indoor rowing (3 sessions)
- ☐ Package: Relaxation
- ☐ Children's package: health education
- ☐ Package: My beauty group

How did you first find out about the La Roche-Posay Thermal Centre?

- ☐ Doctor/Hospital
- ☐ Internet
- ☐ Brochure in a waiting room
- ☐ Word of mouth
- ☐ Other.....

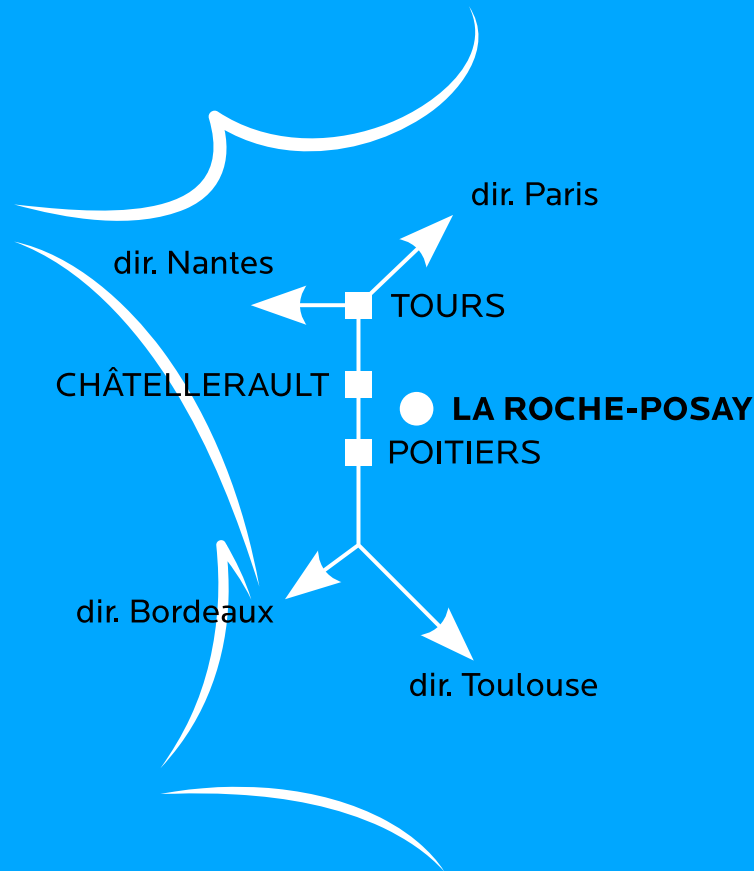
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For any questions or to exercise your rights, contact: accueilcure.trp@loreal.com.

THE DESTINATION

HOW TOGET TO LA ROCHE-POSAY



BY ROAD:

Paris (320 km),
Bordeaux (295 km),
Tours (90 km),
Poitiers (45 km),
Châtelleraut (23 km)

BY HIGH-SPEED TRAIN:

Châtelleraut railway station
(1 hour 30 minutes from Paris)

BY PLANE: Poitiers airport



Dermatology thermal treatment programme

Post-cancer thermal treatment programme

Children's thermal treatment programme

Spa Source wellness spa

<https://centrethermal.laroche-posay.fr>