

Thalassa

SEA & SPA

ZALLAQ

U BAHRAIN

* * * * *

SEAWATER SPA BREAKS 2021



SOFITEL
HOTELS & RESORTS

سوفيتل الزلاق البحرين تالاسا سي و سبا
BAHRAIN ZALLAQ THALASSA SEA & SPA



My seaside getaway

ONE ELEMENT: THE SEA

A stay at Thalassa Sea & Spa is a well-deserved break that allows you to be revitalized by an essential element: the sea. Experience the awakening of your senses through the draining, soothing and relaxing benefits of heated seawater. Appreciate the virtues of the marine environment in all its forms: fresh produce, sports sessions on the beach, seawater treatments.

Fill your lungs with fresh sea air, replenish trace elements and negative ion levels and leave feeling fully revitalized.

50 YEARS OF ATTENTIVE EXPERTISE

Taking care of you is a demanding vocation that we strive to perfect day after day. For over fifty years, our experts have been working to serve your every wellness need, through new treatments and letting go techniques, assessments and online programs, exclusive cosmetic brands and more. Throughout your stay, our attentive team is with you every step of the way.

13 EXCEPTIONAL DESTINATIONS

At Thalassa Sea & Spa, each stay is a unique experience. Choose between destinations of such natural beauty they will take your breath away: a preserved island or a secluded beach, in France, Sardinia or Morocco. Each stay with us promises a unique experience imbued with local colors, landscapes and exclusive rituals.

"The Thalassa Sea & Spa experience is a unique alchemy of the sea's regenerating powers, our teams of caring experts, and a holistic approach to wellness."



We cultivate positive hospitality every day with Planet 21,

A journey to the kingdom of two seas



SOFITEL
HOTELS & RESORTS

Thalassa

SEA & SPA

ZALLAQ

EMBARK

on the holiday of your dreams,
to a seashore paradise where
a private 9-hectare beach
and dolphins await your arrival.

PAMPER

your appearance and silhouette
to stay younger longer in a 2,000 m2
state-of-the-art institute dedicated
to exceptional treatments
and letting go.

SURROUND YOURSELF

with personalized service
from our team of experts,
in the land of hospitality.

TAKE A BREAK

with the family to enjoy fun times
together for all ages: sports
or Spa, beach club or kids club,
seawater spa or leisure.

DISCOVER

the Kingdom's 36 islands,
the urban excitement in Manama,
the endlessness of the desert,
and the remains of the mysterious
Dilmun civilization.



S O F I T E L
HOTELS & RESORTS

Sofitel Bahrain Zallaq Thalassa Sea & Spa

Crystal clear waters, silky white sands and undulating architectural style. Sofitel Bahrain Zallaq Thalassa Sea & Spa stands on nine hectares of private beach.

The experience

The marine paradise of the strictly protected Al Areen nature reserve is only a short distance away. Here, the sea and sun take care of you. And since you are in the land of hospitality, we do everything in our power to make your stay a truly unforgettable experience.

The rooms

Each room has its own balcony that looks out toward the sea and the dancing dolphins. The interior is spacious, adorned with stucco work, precious woods, mother-of-pearl inlays and softly glowing lanterns. To complete the experience, your supremely comfortable MyBed™ awaits. And if what you really want is a home away from home, why not book one of our Suites?



Restaurants & Bars

Shade or sun, cocktails, or seafood, mezzes or macaroons, concerts, meetings or just time alone, together. The one thing that never changes is the beautiful sea view.

Six restaurants and a variety of cooking styles

International, Indian, Lebanese, Italian, Spanish and Japanese. Take a culinary journey around the world. The irresistible local cuisine is generous and made for sharing, even more so with traditional music playing in the background.

Five Bars

Tapas, Amber Bar, Lobby Lounge, Lagoon Pool Bar, La Bar De La Plage... Everything you could possibly want at any time of the day.

A French pâtisserie

Named Macaron, like the delicious little round cake made famous thanks to the talents of a top Parisian pâtissier.





The seawater spa

An indoor infinity, seawater pool, indoor infinity freshwater pool, hammam, saunas and relaxation lounges.

The atmosphere

Soft lighting, precious woods and delicate fragrances combine in the sophisticated and contemporary Oriental atmosphere of the 2,000 m² center devoted to beauty and relaxation for body and mind.

Between treatments...

Relax: Sauna and hammams with essential oils, private beach and seafront Beach Club.

Work out: Individual coaching, tennis and squash lessons, water sports or cardio-training at Sofitel Fitness.

Let go: Small-group yoga classes and meditation studio.

Activities with a fitness trainer

Work out, unwind and breathe: on the beach, in the fitness area or in the seawater pool.

Pool Activities / Relaxation and toning

Hydrotherapy pool, aqua aerobics or aqua gym... Small-group toning or relaxing sessions to improve your flexibility, stamina or muscle strength. Thanks to the natural buoyancy of seawater, you can work out safely without putting additional stress on your muscles and joints

Fitness Area Activities / Strength and flexibility

Yoga: Gentle and targeted small-group sessions to greatly increase flexibility and muscle strength.



Discover our sports courses from the hotel by downloading the MyThalassa application.



My active break

The 3 steps towards my Thalassa Sea & Spa program

1

I choose the objective of my stay:

energy - serenity - detox - radiance - recovery - tailor-made

2

I choose the rythm of my stay:

discovery - balance - high precision

3

I choose my program:

according to the purpose and pace of my stay

1

I choose the objective of my stay



energy

I want to move &
get back in shape



serenity

I want to calm
down & let go



detox

I want to regulate my
weight & find my balance



radiance

I want to shine
& reveal my beauty



recovery

I want to preserve my
health & sleep better



tailored

I want to create my
own exceptional program

Stays from 1 night, up to 6 nights and more +

2

I choose the rythm of my stay

3 intensity levels

slow *

All in
discovery



I want to discover treatments, introduce myself to activities sports, learn to know the region, take time for me.

* slow = to slow down

balanced *

Perfectly balanced



Perfectly balanced. I want to live a stay perfectly balanced between care and my choice, to find form and vitality

*balanced = balanced

strong *

High accuracy



I want support of experts at the service of my well-being for reach my goals precise and ambitious.

*strong = intense

3

I choose my program according to the purpose and pace of my stay.

see next page

My active break

slow

All in
discovery

balanced

Perfectly
balanced

strong

High
accuracy



radiance

I want to shine &
reveal my beauty

Beauty & Youth

SIGNATURE BAHRAIN

« **Secrets of Youth** »

I want to shine
& reveal my beauty

FROM 6 DAYS / 24 TREATMENTS /
7 NIGHTS INCLUDING
2 MEALS PER DAY

From BHD 440
Euro 999 per person

P.14



serenity

I want to calm
down & let go

« **Zen Treatments** »

I want to calm
down & let go

FROM 4 DAYS / 4 TREATMENTS
PER DAY / 5 NIGHTS INCLUDING
2 MEALS PER DAY

From BHD 633
Euro 1435 per person

P.15



recovery

I want to preserve
my health &
better sleep

« **Mind & Emotions**
Journey for the senses »

I want to preserve my health and
better sleep

FROM 4 DAYS / 4 TREATMENTS
PER DAY / 5 NIGHTS INCLUDING 2
MEALS PER DAY

From BHD 440
Euro 999 person

P.16

Ma pause active

slow

All in
discovery

balanced

Perfectly
balanced

strong

High
accuracy



energy

I want to shine &
reveal my beauty

« Fitness & Wellnes »


Vitality Treatments

I want to move
& get back into shape

FROM 4 DAYS / 4 TREATMENTS
PER DAY / 5 NIGHTS INCLUDING
2 MEALS PER DAY

From BHD 633
Euro 1435 per person

P.17



detox

I want to regulate
my weight and find
my balance

« Balance & Nutrition »


D-Stock

I want to regulate
my weight and find my balance

FROM 6 DAYS / 24 TREATMENTS
+2 SESSIONS WITH OUR EXPERTS /
7 WITH ALL MEALS INCLUDED /
7 NIGHTS ALL MEALS INCLUDED
FROM OUR LIGHT MEALS MENU

From BHD 633
Euro 1435 per person

P.18



tailored

I want to create
my exceptional
program

« Wellness your way »

*customized seawater
spa treatments*

I want to create my
exceptional program

FROM 1 DAY / 4 TREATMENTS
PER DAY / 1 NIGHT INCLUDING
2 MEALS PER DAY
(OR INCLUDING BREAKFAST)

From BHD 80
Euro 179 per person

P.20



radiance

strong
high accuracy

FROM 6 DAYS /
24 TREATMENTS /
7 NIGHTS INCLUDING
2 MEALS PER DAY

From **BHD440***
Euro999
per person



Secrets of Youth

I want to shine & reveal my beauty.

The benefits of seawater treatments meet beauty expertise. With expert protocols and relaxing massages, you begin to let go. Little by little, your skin regains its radiance and firmness. You feel wonderful. You look beautiful. Welcome to Bahrain!

AN EXCLUSIVE THALASSA BAHRAIN PROGRAM

Seawater spa treatments regenerate your system, which is purified and replenished with minerals. A daily massage relieves all stress and tension.

A more youthful body

- 1 body scrub at the beginning of your stay
- 9 essential seawater spa treatments
- 2 body treatments (30 minutes)

Let go and relax

- 2 seawater massages
- 4 massage (60 minutes) to choose from: Aromatherapy, Swedish, Deep Tissue & Reflexology.

A more youthful face

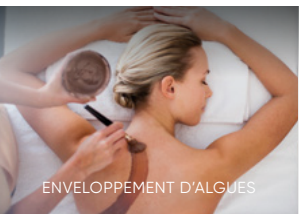
- 2 facials (60 minutes)
- 3 Hydra Express Facials (30 minutes)
- 1 purifying facial massages (60 minutes)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

*Double occupancy in a superior room during low season. See details and conditions at thalassa.com
Starting price is subject to change depending on the complexity of the treatment.
All prices in Bahrain Dinars are inclusive of 10% service charge, 5 % government levy, 5% VAT.
Prices in euros are indicative and depend on the exchange rate.



GOMMAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



SEA SAND TRAINING

INFORMATION
& BOOKINGS

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www.thalassa.com



balanced
perfectly
balanced



FROM 4 DAYS / 4
TREATMENTS PER DAY /
5 NIGHTS INCLUDING 2
MEALS PER DAY

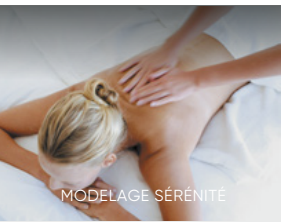
From **BHD 633***
Euro 1435
per person



GOMMAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



MODELAGE SÉRÉNITE

Zen Treatments

I want to calm down and let go

- 3 relaxing massages (60 minutes) including:
 - 1 Aromatherapy massage
 - 1 Thai massage
 - 1 Swedish massage
- 6 Aqua Gym secessions in the seawater pool
- 1 vichy shower scrub at the beginning of your stay
- 3 seaweed wraps adapted to your needs
- 11 essential seawater spa treatments

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

Body and mind

Two yoga studios and another dedicated to meditation where you can learn how to breathe, find balance and let go.

INFORMATION
& BOOKINGS

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recovery

balanced

perfectly
balanced

FROM 4 DAYS /
4 TREATMENTS PER DAY
/ 5 NIGHTS INCLUDING
2 MEALS PER DAY

From **BHD440***
Euro 999
per person



Journey for the Senses

I want to preserve my health and better sleep.

Take a well-deserved break from the outside world. Enjoy individual massages and personalized treatments for head-to-toe pampering. Little by little, surrounded by softness, you begin to let go.

Prepare your skin

- 1 vichy shower scrub

Relax and reveal your beauty

- 6 massage (60 minutes per day)
- 2 beauty treatments for the face or body (60 minutes)

Revitalize and relax

- 9 essential seawater spa treatments
- 6 seaweed wraps (1 per day)

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

Family Holiday

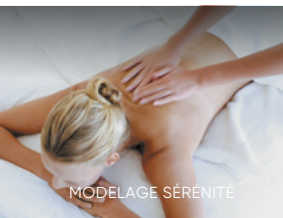
Kids Club, water sports, adapted pool, tennis... The whole family can enjoy a great day here. Yourself included.



GOMMAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



MODELAGE SÉRÉNITÉ

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energy

balanced

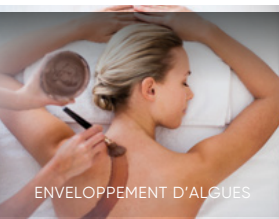
perfectly
balanced

FROM 4 DAYS /
4 TREATMENTS PER
DAY / 5 NIGHTS
INCLUDING 2 MEALS
PER DAY

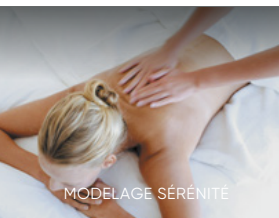
From **BHD 633***
Euro 1435
per person



GOMMAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



MODELAGE SÉRÉNITÉ

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Fitness & Wellness

I want to move and get back into shape

A complete seawater spa program for long-lasting revitalization. You have a choice of two options:

Vitality

FOR A 6-DAY PROGRAM : 4 TREATMENTS PER DAY /
7 NIGHTS INCLUDING 2 MEALS PER DAY CORE PROGRAM

To recharge your batteries

- 1 vichy shower scrub at the beginning of your stay
- 3 seaweed wraps adapted to your needs
- 11 essential seawater spa treatments

To feel full of energy

- 3 energizing massages including:
 - 1 Deep Tissue massages (60 minutes)
 - 1 Swedish massage (60 minutes)
 - 1 Reflexology foot massages (60 minutes)
- 6 Aqua Gym sessions in the seawater pool

*Double occupancy in a superior room during low season. See details and conditions at thalassa.com
Starting price is subject to change depending on the complexity of the treatment.
All prices in Bahrain Dinars are inclusive of 10% service charge, 5% government levy, 5% VAT.
Prices in euros are indicative and depend on the exchange rate.



detox

balanced

perfectly
balanced

FROM 6 DAYS /
24 TREATMENTS +2
SESSIONS WITH OUR
EXPERTS / 7 NIGHTS
INCLUDING ALL MEALS
FROM OUR LIGHT
MEALS MENU

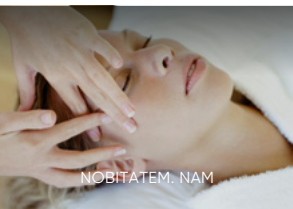
From **BHD 633***
Euro 1435
per person



GOMMAGE SOUS PLUIE MARINE



VOLENDIO BEA PORESTIA



NOBITATEM, NAM

INFORMATION
& BOOKINGS

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D-Stock

I want to regulate my weight and find my balance

Available for men and women, this program has been designed with the ideal combination of treatments to help you eliminate toxins, kick-start your weight loss and sculpt your body.

Prepare a personalized action plan

- 1 consultation with our dietitian
- 1 check-up with our fitness trainer

Prepare your skin

- 1 body scrub

Drain and eliminate toxins

- 11 essential seawater spa treatments
- 3 draining massages (50 minutes)
- 6 slimming seaweed wraps

Tone and strengthen

- 3 sessions with a fitness trainer in our heated seawater pool

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation.

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Starting price is subject to change depending on the complexity of the treatment.
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detox

balanced

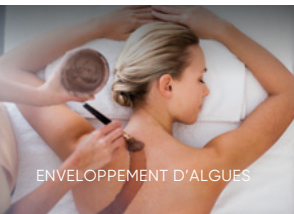
perfectly
balanced

FROM 4 DAYS /
4 TREATMENTS + 1
SESSION WITH OUR
EXPERTS / 5 NIGHTS
INCLUDING 2 MEALS
PER DAY

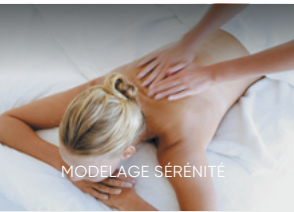
From **BHD 400***
Euro 999
per person



COMMAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



MODELAGE SÉRÉNITÉ



Silhouette

I want to tone and sculpt my body.

Looking slim is not just a question of weight. Smooth skin, slender muscles and a sculpted waist also play an important role.

Review your habits

- 1 consultation with our dietitian
- 1 check-up with our fitness trainer

Prepare your skin

- 1 body scrub

Drain and sculpt

- 9 essential seawater spa treatments, including 3 watermass sessions
- 3 body sculpting massages
- 3 slimming seaweed wraps

Tone and firm

- 3 Aqua Gym sessions in the seawater pool

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& BOOKINGS

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tailored

tailored

perfectly
balanced

FROM 1 DAY /
4 TREATMENTS PER
DAY / 1 NIGHT
INCLUDING ALL 2
MEALS PER DAY

From **BHD 80***
Euro 179
per person



Wellness Your Way

I want to create my exceptional program

You choose the duration of your stay and the keys to your own wellness. Create your personal wellness program from our menu of spa and seawater treatments.

Once we receive your wish list and confirmation of your stay, an expert will help you find that just-right balance between your needs and desires.



MASSAGE SOUS PLUIE MARINE



ENVELOPPMENT D'ALGUES



MODELAGE SERENITE

EACH DAY

- 3 essential seawater spa treatments or activities in the pool, the fitness area or outdoors with a fitness trainer
- 1 facial or body treatment (25 minutes) or 1 massage (25 minutes)

Energy

- Essential seawater spa treatments
- Activities in the pool or fitness area with a trainer

Serenity

- Energy & serenity massages (25 minutes)

Detox

- Essential slimming seawater spa treatments

Recovery

- Marine body wraps
- Reflexology sessions

Radiance

- Vichy shower or salt scrubs
- Moisturizing wraps
- Anne Semonin Facial treatment (30 minutes)

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A la carte treatments Spa & Beauty

Massages, slimming protocols, skin care, anti-aging expertise and more, conveniently close to your seawater spa appointments. Our teams take care of your every need. Our treatment menu has everything you desire. All Spa & beauty treatments are available à la carte, either individually or as a complement to your treatment program. For the greatest choice, book your treatments in advance.

Our treatment menu and experts are there to guide you in your selections. In selecting our treatments, we have thought of everything you could possibly want.

SEAWATER TREATMENTS

Enjoy the soothing powers of the sea with the very best seawater treatments.

SPA TREATMENTS FOR THE FACE & BODY

Let us pamper you with a facial or body treatment, or both.

MASSAGES

Try all, or almost all, our massages.

HI-TECH TREATMENTS

Aim for even more effective results by trying our latest high-tech treatments.

ACTIVITIES WITH A FITNESS TRAINER

Move your body whenever and wherever you want, on the beach, in the water, or in the fitness area.

SERENITY TREATMENT

Experience the latest techniques to help you unwind.

For the greatest choice, book your treatments in advance.



**Book your spa & beauty treatments in advance,
for more choices +973 1763 6391/92
www.spa.thalassa.com**

Our treatment card and our experts will be there to guide you.

Exceptional brands

At Anne Sémonin, we believe that each individual has unique skin. A pioneer of made-to-measure skincare, Anne Sémonin combines the powers of essential oils and trace elements to visibly restore that youthful glow.

Transforming the sea into skincare treatments to better reveal your natural beauty.

Phytomer

A true pioneer in marine cosmetics, known for its high performance and instant results, a leader in marine cosmetics, innovative skin and body care treatments.

Treatment Details

Seawater spa essentials

Replenish your store of trace elements, mineral salts and negatively charged ions, while indulging your senses through immersion in heated seawater.

HYDROMASSAGE SEAWATER BATH / Relaxation in technicolor

Lying in a heated seawater bath, your body is massaged by multiple jets, from your neck down to the soles of your feet. Your muscles relax and your mind wanders to the rhythm of the chromotherapy colors.

VICHY SHOWER / Soothe your senses

Lying face-down on the treatment table, a fine mist of heated seawater is sprayed over your body. This treatment is designed to soothe nerve endings in your skin and induce relaxation. It is particularly recommended for those suffering from extreme fatigue.

JET SHOWER / A stream of seawater

The hydrotherapist shapes and tones your body using a jet of seawater. Temperature and pressure are adjusted depending on whether you want this precise and toning treatment to stimulate circulation or sculpt and tone your body.

PURIFYING SEAWATER BATH / Underwater massage

You relax in a bath of heated seawater while a hydrotherapist massages your body with a jet shower. The focus can be on loosening up your muscles and joints, or on targeting specific areas for a draining effect and to get rid of cellulite.

Bahrain Signature treatment

The signature treatments available at Thalassa Bahrain are available nowhere else in the world. To experience them for yourself, you will have to become a regular guest.

OLIGOMER SPA / A unique multi-sensory experience

More than a body massage, this rejuvenating holistic treatment uses OLIGOMER®, the legendary active agent by PHYTOMER with remineralizing and fortifying properties. The body is relaxed, re-energized, and intensely rejuvenated.

SEAWEED WRAP / A cocktail of active ingredients and minerals

Laminaria to revitalize or fucus to detoxify and slim. A warm seaweed cream is applied all over your body to stimulate the absorption of active ingredients, minerals and trace elements.

VICHY SHOWER MASSAGE / A multisensory experience

A fine mist of heated seawater softens your skin, thereby enhancing the benefits of the manual massage.

PRESSOTHERAPY / Anti-gravity boots

Your legs are wrapped in boots and alternatively compressed and released to boost circulation. This helps reduce cellulite and orange peel by promoting the elimination of toxins.

WATERMASS / Rolling massage technique using seawater

The therapist uses a suction head to gently massage your skin with heated seawater. Depending on the intensity chosen, this treatment can have either a relaxing effect or a draining anti-cellulite action.



Spa Etiquette

Access to the well-being areas (heated seawater pools, sauna, fitness area and hammam) is strictly reserved for hotel guests, thalassotherapy clients not staying at Sofitel and those who reserve individual thalassotherapy or beauty treatments. For more information and bookings, please contact the institute's reception at +(973) 17 63 63 91. We advise you to reserve your treatments in advance to ensure availability.

Cancellation Policy:

All appointments will be charged if cancelled less than 24 hours in advance.

Methods of payment accepted:

Visa, MasterCard, American Express, Eurocard, cash.

Your arrival:

We advise you to arrive 15 minutes before your appointment. In case of delay, we reserve the right to reduce the duration of your treatment by the time equivalent to the delay.

Our rates include the loan of a robe and towels. Disposable underwear is available for use during your treatments. Provided sandals must be worn inside the institute. To access the Fitness Area, appropriate sports clothing and shoes are required.

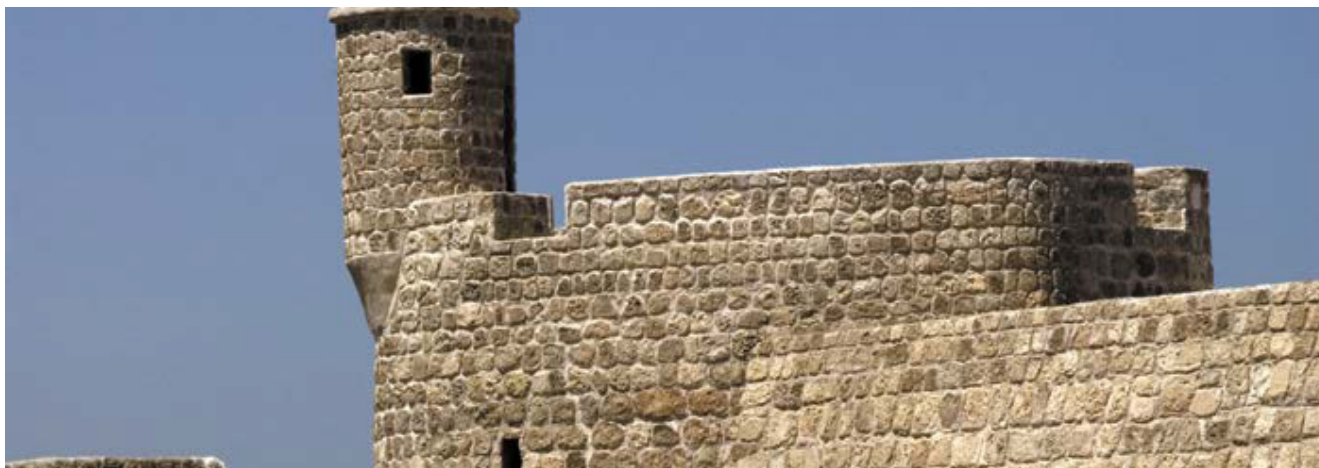
Health & Comfort:

We ask that you share with us any useful information concerning your state of health and any allergies or injuries at the time of booking. This will allow us to provide an appropriate service to meet your needs. Please do not hesitate to request advice from our team. For thalassotherapy programs of less than four days, you will be required to sign a release form before starting your treatments. For stays of four days or more, a medical certificate dated less than one month and stating that you are fit for thalassotherapy, physical activity and hammam treatments is required.

Treatment times:

The durations given are the actual durations of the treatments. Please remember to include the time necessary for your arrival and preparation. Relaxing and well-being massages are non-therapeutic and are performed by beauticians and hydro therapists. Our thalassotherapy and beauty treatments are designed for adults over the age of 18. Persons under the age of 18 are not allowed in the swimming pool of warmed sea water and fresh water, the sauna, hammam or fitness studio.

Visiting the area



This little Kingdom (about half the size of greater London) spreads its 36 islands out into the Arabian Gulf off the shores of Saudi Arabia. There's a lot to see here. Ancestral ocher fortresses (one of which is UNESCO-listed) and pearl fishers. The largest necropolis in the world, unexpected palm and citrus groves in the middle of the desert, and the Formula 1 Grand Prix every year.

Manama

A hip contemporary capital with so many restaurants, bars, night clubs and malls, plus a traditional souk and an amusement park, there's always something to do.

The Royal Camel Farm

Here kids can delight in watching the babies drink their mother's milk.

The Bahrain Museum

A remarkable experience. History lovers consider it a must-see attraction to understand the culture of Bahrain and go on a journey of rich encounters.

Events

EACH DAY: Golf, water sports, tennis, horse riding.

EACH WEEK: Guided tour of Bahrain, boat outing, visit of the souks.

EACH MONTH: Events (gastronomic, musical, etc.) organized at the hotel.
Festivals in Bahrain (Art Festival, Music Festival, etc.).

The Majestic Mosque of Al Fateh

One of the most ancient mosques of Al Khamis and open to visitors.

The Bahrain Fort

To imagine what it was like when this land belonged to the mysterious Dilmun civilization, guardians of the Garden of Eden.

The Tree of Life: What's an acacia doing in the middle of the desert, about 2 km from Jabal Al Dukhan? Some say it's just a tree. But others see in it the last vestige of the Garden of Eden on these lands...

INFORMATION
& BOOKINGS

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Thalassa

SEA & SPA

THALASSA ZALLAQ BAHRAIN SOFITEL

105 Zallaq Highway,
Building 2015
Block 1055 Zallaq,
Kingdom of Bahrain

Information and bookings
+973 1763 6391/92

H6722-th3@sofitel.com



#ThalassaSeaAndSpa

thalassa.com



13 DESTINATIONS IN FRANCE AND AROUND THE WORLD

LE TOUQUET

TROUVILLE

DINARD

QUIBERON

ÎLE D'OLÉRON

BIARRITZ

HYÈRES

FRÉJUS

GOLFE D'AJACCIO

ESSAOUIRA (MOROCCO)

AGADIR (MOROCCO)

TIMI AMA (SARDINIA)

ZALLAQ (BAHRAIN)