

WELLNESS
& BEAUTY



MOLITG

LES-BAINS


Compagnie
des Spas

par CHAÎNE THERMALE DU SOLEIL

FACE

ANTI-AGEING

HYDRA^{3HA} MOSTURIZING LINE. HYALURONIC ACID™

HYDRATING YOUTH CREAM 50 ML | 70€

HYDRA^{3HA} INTENSIVE SERUM 50 ML | 78€

YOUTH-SERUM

WRINKLE-SPECIFIC YOUTH SERUM 30 ML | 91€

FIRMING-SPECIFIC YOUTH CREAM 30 ML | 91€

YOUTH-CREAM

RENOVATIVE NIGHT CREAM 50 ML | 82€

WRINKLE-TARGETING YOUTH CREAM 50 ML | 88€

FIRMING YOUTH CREAM 50 ML | 88€

EYE CONTOUR

RADIANCE CREAM FOR WRINKLES

DARK CIRCLES-PUFFINESS 15 ML | 59€

CREAMS

SENSITIVE SKIN LINE

SOOTHING VELVET CREAM 50 ML | 56€

SECRETS DE SOTHYS®

PREMIUM YOUTH CREAM 50 ML | 180€

EYE AND LIP YOUTH CREAM 15 ML | 88€

BEAUTY

INSTANT ENERGIZING CORRECTOR 30 ML | 43€

MAKE-UP REMOVERS & CLEANSERS

VITALITY LOTION 200 ML | 30€

MORNING CLEANSER 125 ML | 39€

SCRUBS

SCRUB 2 IN 1 40 ML | 28€

MASKS

HYDRA-SMOOTHING MASK 50 ML | 43€

BODY

SCRUBS

DELICIOUS SCRUB 200 ML | 45€

HYDRATING & NOURISHING

NOURISHING BODY ELIXIR 100 ML | 31€

FRAGRANCES TO CHOOSE* (CHERRY BLOSSOM

LEMON AND PETITGRAIN

ORANGE BLOSSOM AND CEDAR

HYDRA-NOURISHING BODY LOTION 200 ML | 39€

SLIMMING AND FIRMING

SILHOUETTE EXFOLIANT 200 ML | 42€

PERFECTING SILHOUETTE SERUM 200 ML | 59€

HANDS, LEGS AND FEET TREATMENTS

VELVET HAND CREAM 50 ML | 19€

REFRESHING GEL FOR LEGS 200 ML | 39€

AND FEET

SUN PROTECTION

PROTECTIVE YOUTH OIL

SPF30 FACE AND BODY SPRAY 100 ML | 45€

PROTECTIVE FLUID, FACE SPF50 50 ML | 41€

AFTER-SUN REFRESHING 125 ML | 35€

BODY LOTION

MEN

AGE-DEFYING HYDRATING FLUID 50 ML | 48€

SOTHYS CERTIFIED ORGANICS® COSMOS ORGANIC

FACE AND EYE 200 ML | 29€

MAKE-UP REMOVER OIL 50 ML | 39€

FACIAL SCRUB RADIANCE

REVITALISING 50 ML | 43€

MOISTURISING EMULSION 50 ML | 39€

RADIANCE MOISTURIZING MASK 50 ML | 39€



*Prices and products subject to change during the year.



Spoil yourself
with a day
at the Spa

164€

SPA PREMIUM - 4 TREATMENTS

Deep Nutri-Relaxing Massage by Sothys

Weightless White Clay Bath

Thermal Swimming Pool with Underwater Jets

Hydromassage Thermal Shower

**+ Access to the Steam Bath
and Jacuzzi Pool**

60 mn

10 mn

10 mn

10 mn

130€

SPA DÉLICES - 4 TREATMENTS

Tailor-Made Relaxing Massage «5 Escapes» by Sothys

Weightless White Clay Bath

Thermal Swimming Pool with Underwater Jets

Hydromassage Thermal Shower

**+ Access to the Steam Bath
and Jacuzzi Pool**

40 mn

10 mn

10 mn

10 mn

114€

SPA DOUCEUR - 4 TREATMENTS

Fundamental Face Treatment by Sothys

Hydromassage Aromatic Bath

Thermal Swimming Pool with Underwater Jets

Hydromassage Thermal Shower

**+ Access to Steam Bath
and Jacuzzi Pool**

30 mn

10 mn

10 mn

10 mn

100€

SPA SÉRÉNITÉ - 4 TREATMENTS

Aromatic Relaxing Massage

Weightless White Clay Bath

Thermal Swimming Pool with Underwater Jets

Hydromassage Thermal Shower

**+ Access to Steam Bath
and Jacuzzi Pool**

30 mn

10 mn

10 mn

10 mn

80€

SPA DÉCOUVERTE - 3 TREATMENTS

Weightless White Clay Bath

Thermal Swimming Pool with Underwater Jets

Hydromassage Thermal Shower

**+ Access to Steam Bath
and Jacuzzi Pool**

10 mn

10 mn

10 mn

52€

SPA LIBERTÉ - 2 TREATMENTS

Thermal Swimming Pool with Underwater Jets

Weightless White Clay Bath

**+ Access to Steam Bath
and Jacuzzi Pool**

10 mn

10 mn

BODY TREATMENTS & MASSAGES*



Silhouette Scrub
200 ml - 45€

Nourishing Body Elixir 100ml
with a choice of 3 fragrance - 31 €

REN'ESSENCE FULL BODY & FACE RITUAL 75 mn | 134€ BY SOTHYS

This wonderful ultra-complete ritual combines an Oxygenating face treatment with exfoliation, detoxifying massage and plant-based cocoon mask, followed by a 100% tailor-made Body massage*. Undwind and open up world of rejuvenation, from head to toes.

DEEP NUTRI-RELAXING MASSAGE* BY SOTHYS

 60 mn | 96€

A high quality massage* inspired by Deep Tissue techniques, specially designed to provide comfort and absolute relaxation.

Recommended for sports enthusiasts who want to tone up their muscles or provide comfort before or after exercise, or to lovers of "premium" massages to deeply relax the whole body and leave dry skin wonderfully soft and supple.

 60 mn | 96€

TAILOR-MADE RELAXING MASSAGE* 3 ESCAPES BY SOTHYS

 60 mn | 96€

Choose your favourite texture : nourishing oil, soft and smooth cream, or shea butter.

3 escapes to choose : lemon & petitgrain - orange blossom & cedarwood or mediterranean with marine note.

 40 mn | 64€

 30 mn | 48€

* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.

BODY TREATMENTS & MASSAGES*

SCRUB WITH 3 SALTS

NEW

⌚ 30 mn | 52€

Rediscover silky comfortable skin with a blend of Himalaya and Dead Sea salts, relaxing and invigorating essential oils and French salt marshes.

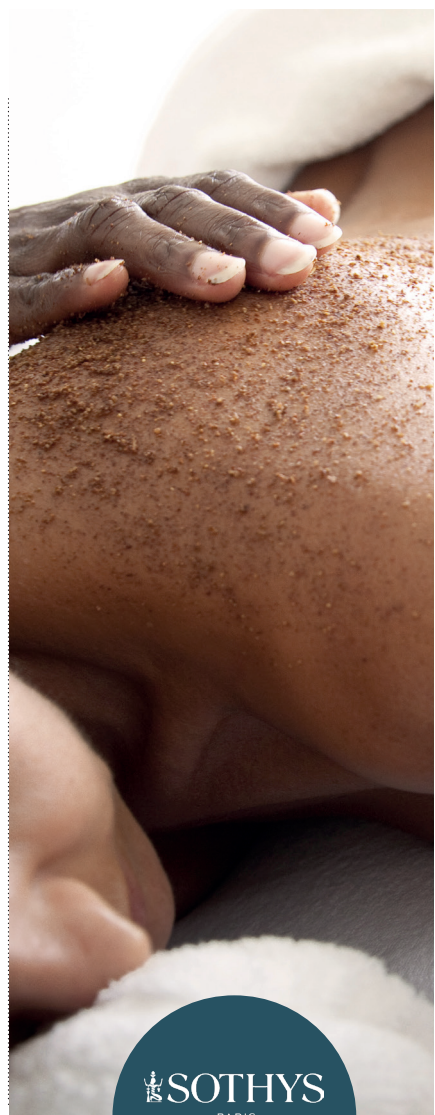
SPECIFIC LEG CARE

NEW

⌚ 30 mn | 48€

This protocol combines an exfoliating phase with a specific massage technique aimed at lightening the legs.

* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.



Refreshing gel for legs
and feet 200 ml - 39 €

FACIALS



Premium Youth Cream 50 ml - 180 €

Radiance Cream For Wrinkles-Dark Circles-Puffiness 15 ml - 59 €



2
+
1

Or

1
+
2

YOUTH INTENSIVE βP3 AND HYDRATING HYDRA^{3HA} PACKAGE

A unique sensory experience for a maximum efficiency : the excellence of the treatment combining Sothy's expertise with the esthetician's know-how , the Digi-Esthétique, transforms each treatment into a unique moment of well-being for body and mind. A 3 treatment package tailored to your skin's needs, set up in 2 + 1 or 1 + 2.

⌚ 3x75mn | 286€

SECRETS DE SOTHYS® EXCELLENCE TREATMENT

⌚ 90 mn | 135€

Secrets de Sothys® treatment cleverly combines a high-quality patented ingredient – rose stem cells – with expert movements by the beauty therapist in 8 steps : sensorial make-up removal, ultra-efficient exfoliation, exceptional massage, high-performance mask, final smoothing with a cooling effect and a gorgeous beauty touch-up to finish. An unforgettable well-being experience that leaves the face dazzling with youth.

HYDRA^{3HA} HYALURONIC ACID™ INTENSIVE MOISTURIZING TREATMENT

⌚ 75 mn | 106€

Containing a triple hyaluronic acid and replenishing active ingredients, this intensive treatment provides comfort and results to dehydrated skin. It combines ultra comfortable textures and pampering techniques for smoother skin that appears to be “plumped” from within. On top of that, the skin barrier is reactivated, which limits water loss.

βP3 TRI-COMPLEX™ YOUTH INTENSIVE TREATMENT

⌚ 75 mn | 106€

This intensive treatment combines 8 specific formulas and 5 key steps: cleansing, gentle exfoliation, rejuvenating massage to boost the skin's tissue structures, the application of an intensive mask, and the application of a youth serum. The 3 patented active ingredients – saffron, Sophora japonica and peptides – stimulate the production of collagen and strengthen the self-defence mechanisms in the epidermis. Your skin is visibly younger.

MOLITG SIGNATURE TREATMENT THERMAL PLANKTON

The microorganism contains vitamins, sulfurs, silica, copper and zinc that deliver antioxydant and anti-ageing ations. Used as a mask, it leaves your skin soft and radiant.

FULL TREATMENT FACE, CHEST, HANDS

⌚ 60 mn | 84€

HANDS OR CHEST TREATMENT

⌚ 45 mn | 61€

⌚ 30 mn | 50€

THERMAL PLANKTON APPLICATION

⌚ 10 mn | 35€

FACIALS



LIMITED EDITION SEASONAL TREATMENT

A new concept combining chronobiology and delicious sensations to reveal the skin's radiance with every season. A rejuvenating breath of fresh air combined with minerals to boost your defences before winter, and vitamins to revitalize your skin as summer approaches.

⌚ 45 mn | 74€

FUNDAMENTAL FACE TREATMENT

This express treatment with plant extracts combines a scrub, mask and a mini-massage to leave the skin fresh and radiant.

⌚ 30 mn | 56€

FRESH GLOW TREATMENT SOTHYS ORGANICS® CERTIFIED

A quick treatment with a fresh scent to stimulate the skin and give it an instant glow. The combination of sensoriality and efficiency in this new Sothys OrganicsTM certified facial. Enjoy a moment of deep relaxation thanks to a cocooning face and scalp massage.

⌚ 30 mn | 55€

SOTHYS ORGANICS® ECOCERT CERTIFIED COSMOS ORGANIC

Cleansing 200 ml - 29 €
Oil face & eyes

Radiance 50 ml - 39 €
Face Scrub

Revitalizing 50 ml - 43 €
Moisturizing Emulsion

Moisturizing 50 ml - 39 €
Radiance

* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.

GENTLEMEN'S FAVORITE

DETOXIFYING TREATMENT FOR MEN BY SOTHYS

⌚ 45 mn | 73€

This treatment brings a refreshing boost to the skin. It combines a scrub, a targeted serum, a mask and a relaxing massage.



SLIMMING



Delicious Scrub
200 ml - 42 €

Body Perfecting Serum
200 ml - 59 €

SILHOUETTE CURE

A complete silhouette cure with a slimming massage*
in 3, 6 or 9 treatments.
Tailor-made Sothys massage*.

⌚ 9x60mn | 518€
6x60mn | 404€
3x60mn | 214€

TARGETED STOMACH OR HIPS AND BOTTOMS ZONE

Refining the «bermuda zone» 30 mn silhouette massage*
to redesign the hips and bottom.

⌚ 9x30mn | 259€
6x30mn | 202€
3x30mn | 115€

TAILOR-MADE SILHOUETTE MASSAGE* BY SOTHYS

NEW

⌚ 60 mn | 96€

A silhouette massage to discover for the originality of the Limoges body accessory. The whole body will be treated, including the back, for a relaxing effect never before seen in a slimming treatment. the skin is smoother and the orange peel appearance is reduced.

* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.



Book on +33 (04 68 05 44 40
or boutique.chainethermale.fr

GROOMING



Body Waxing

FULL AREA

31€

Full-leg / Brazilian bikini

TARGETED AREA

21€

Face / Eyebrow Line / Underarm / Half-leg /
Bikini line / Forearm

SMALL AREAS

12€

Upper-lip / Chin / Eyebrows

Hand Beauty

HAND OR FEET BEAUTY TREATMENT + MASSAGE *

 45 mn | 51€

NAIL POLISH APPLICATION

13€



Velvet Hand Cream

50 ml - 19 €

Hydra-Nourishing Body Lotion

200 ml - 39 €

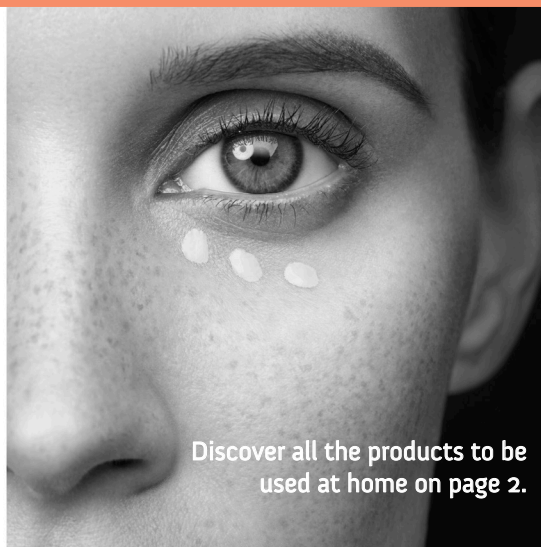
* Note: a beauty treatment for the hands or feet in an institute does not replace the specific treatments provided by a pedicure.



Sothys, one of the original beauty institute and spa brands, was created in 1946 during the new wave of French beauty.

Under the leadership of Dr Hotz, a spa treatment visionary and a keen Egyptologist, the first formulas were developed in 1946.

Sothys, the name of a dazzlingly beautiful star from the legends of the Pharaohs, became the name of the brand.



Discover all the products to be
used at home on page 2.

HYDROTHERAPY



EXCLUSIVE
TREATMENTS

HYDROMASSAGE THERMAL BATH

🕒 10 mn | 29€

A deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result combines muscular and vertebral relaxation and deep drainage of the tissues

WEIGHTLESS WHITE CLAY BATH

🕒 10 mn | 29€

This is an overall bath in delicate, white thermal mud, where the density is such that the real impression of weightlessness facilitates both mobilisation and relaxation.

HYDROMASSAGE THERMAL SHOWER

🕒 10 mn | 28€

The body is showered with a multitude of jets of thermal water. Simultaneously, two oscillating shower lines sweep thermal water under pressure over the whole body. This treatment make use of the flow of water to stimulate the penetration of the thermal elements into the tissues, and thus combat muscular pain and relieve insomnia.

REJUVENATING PLANKTON BATH

🕒 10 mn | 29€

Pamper your skin with the amazing effect of Molitg Thermal Plankton : healing, soothing, anti-inflammatory.

KNEADING JET SHOWER

🕒 5 mn | 24€

the effects are those of a deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result is that of muscular and vertebral relaxation and deep drainage of the tissues

THERMAL WATER MIST-EXFOLIATION

🕒 10 mn | 17€

A very subtle thermal mist exfoliates your skin softly. This treatment ideally precedes a plankton application.

HYDROMASSAGE BED

Say goodbye to tensions with this relieving treatment : warm water jets hit the underside of a floating bed where you lie on and massage your body from head to toe.

🕒 15 mn | 34€

WELLNESS



AQUAGYM

30 minutes of activities in the thermal pool
+ 10 minutes of underwater jets.

⌚ 40 mn | 29€

INDIVIDUAL PHYSICAL CHECK-UP

with a Coach

⌚ 60 mn | 50€

BOX TONIC (a mix of aerobics and boxing)

⌚ 45 mn | 28€

BALL GYM

This exercise involves abdominal and back muscles, which maintain and support the body to provide a more solid support point for the movements made by the arms and legs.

⌚ 45 mn | 29€

SOFT GYMNASTICS, STRETCHING OR STRENGTHENING

⌚ 45 mn | 29€

NORDIC WALKING

Nordic walking has the advantage of effectively developing endurance, strength, flexibility, balance and coordination. Nordic walking is good for your body, heart and mind !

MEDITATION UNDER THE TREES

Learn breathing techniques to develop your breathing system, refocusing on yourself through silence, helping to soothe yourself in the midst of nature.

⌚ 60 mn | 29€

MUSIC THERAPY (PROTOCOL MUSIC CARE®)

The body is an ear and, according to our roots and our history, there are music and sounds with relaxing power that immerse us in sensations of regenerative sound baths. Discover the sounds that will relax you.

⌚ 30 mn | 29€

PILATES

A method to strengthen deep muscles.

⌚ 45 mn | 28€

GROUP SOPHROLOGY

(individual session : 60 mn : 50 €)

Sophrology is a «training of the body and mind to develop serenity and well-being based on techniques of relaxation and activation of the body and mind».

⌚ 60 mn | 29€

NIDRA YOGA (or Sleep Yoga)

or **CACHEMIRE YOGA** (Introduction to mindfulness)
or **RELAXATION** (Easing of tensions and general relaxation)

⌚ 60 mn | 29€



UP TO
- 40%

by
6
activities

Sessions and Subscriptions

Buy your activity by 6 and buy your activity by 6 and get 40% discount (excluding Physical Assessment with coach).



GENERAL INFORMATION

OPENING > OPEN FROM MARCH 31ST TO NOVEMBER 22TH 2025 from Monday to Saturday

RESERVATION > Advanced reservations are highly recommended to ensure availability and preferred times.

PRICE AND TREATMENTS > Our prices are indicated in euros net including VAT per person. Treatments, treatment times and prices are subject to change without notice (non-exhaustive list).

SPA ACCESS > The Thermal Spa is limited to people aged 18 and over. We recommend arriving 15 minutes before the beginning of your treatments.

Bath robes and towels will be provided except slippers which are compulsory (on sale on site). Please do not bring jewelry or valuables to the spa. We regret that we cannot be responsible for any loss or damage of personal articles.

LATENESS AND CANCELLATIONS > We kindly request that you arrive on time for your treatment. Late arrivals will be finished within the scheduled service time. In the case of a cancellation, please notify the Spa no later than **48 hours** in advance, otherwise full payment will be charged.

HEALTH CONDITIONS > To avoid any disappointment, please inform us about any medical conditions before booking your treatment.

Please let us know if you are pregnant in order to recommend you the most suitable treatment.

Depending on the health context, some areas may be temporarily closed.

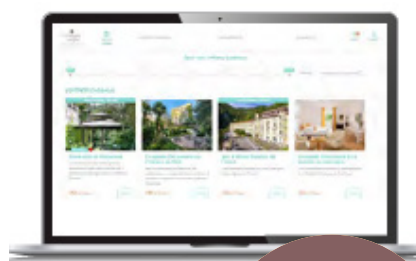
SPOIL YOUR LOVED ONES !

Find what you're looking for in our E-Boutique !

Discover our Spa Days, our à la carte treatment programmes and our Wellness & Spa packages, to escape the daily routine.

A dose of Well-being to unwind, recharge your batteries and relax from head to toe.

our offers are valid for 1 year from the date of purchase.



OFFER
a gift voucher

Thermes de
MOLITG-LES-BAINS

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(Pyrénées-Orientales)
molitglesbains@chainethermale.fr

RESERVATION

04 68 05 04 40

boutique.chainethermale.fr