

WELL-BEING LEISURE STAYS

CHÂTEL-GUYON



Welcome to Châtel-Guyon! A gateway to the Auvergne Volcanoes Regional Nature Park and nestled between plain and mountain, our spa town welcomes you to the heart of a unique natural environment: the Chaîne des Puys – Limagne fault tectonic arena, recognised as a World Heritage Site by Unesco.





In a beautifully preserved natural setting with remarkable Art Deco architecture, Châtel-Guyon is a welcoming and lively spa town where you can relax and recharge your batteries!

Thanks to the specific minerality of the natural thermal water here, our resort specialises in the treatment of chronic digestive diseases (particularly of the intestine) and rheumatic disorders. Châtel-Guyon has been offering its expertise to visitors for more than 200 years and is now a leading European authority on microbiota, nutrition, digestive well-being and preventive healthcare.

By combining unique natural resources and historical knowhow, Aïga thermal resort welcomes you to a new thermal and tourist experience dedicated to your health needs.

Well-being & leisure stays

For those who love nature and getting away from it all, Aïga thermal resort offers a rejuvenating stay in the heart of an exceptional natural environment.

A new thermal and tourist haven, Aïga thermal resort combines everything you need for the stay of your dreams all on one site: a thermal spa with a 100% natural treatment menu, an integrated 4* tourist residence⁽¹⁾ from which you can directly access your treatment space, a nutri-gastronomic restaurant, a shop, a wide choice of sports, relaxation and tourism activities, and more.

All tastes are catered for at Aïga thermal resort, whether it's for some relaxing me-time, as a couple or with friends!

(1) Classification to be confirmed.





Thermal treatments

Are you in good health and want to stay that way? Or perhaps your intestinal microbiota are impaired and you suffer from chronic digestive or rheumatic disorders? Châtel-Guyon thermal treatments help you to keep your health in good shape and effectively alleviate the symptoms of rheumatic and joint pains or chronic digestive disorders.

Accessible to everyone, we offer you a natural, effective treatment with no side effects, ideal for maintaining or regaining a better quality of life.

Two healthcare establishments and a specially trained multidisciplinary team provide you with all their thermal expertise (listening, quality of care and dedicated support) in carrying out your conventional or preventive healthcare treatment.

Don't wait to give your health and your microbiota all the care they deserve!

For more information, ask for our brochure Thermal cure and preventive healthcare!

WELCOME

TO AÏGA THERMAL RESORT!

Unique in Europe, Aïga thermal resort is a a new-generation thermal spa and tourist complex.

Ideally located in the heart of the town, Aiga thermal resort opened its doors in 2020. It brings together in a single location all the services you need to fully enjoy your stay with ease:



Well-being treatments



Cosmetics



Accommodation



Food and drink



Groups and conferences



Prescribed thermal cures and preventive healthcare



Thermal facilities



Thermal spa



4* residence(1)

























Healthy cooking workshop



Seminars













A gift voucher for the amount of your choice.

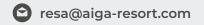
Our gift vouchers can be used for all Aïga thermal resort services:

THERMAL SPA | 4* TOURIST RESIDENCE(1) | NUTRI-GASTRONOMIC RESTAURANT | COSMETICS | TREATMENT

Available to order from Customer Services or our online shop.

(1) Classification to be confirmed.





CONTENTS









YOUR WELL-BEING DESTINATION	
IN AUVERGNE	9
AÏGA THERMAL SPA	
5 half-day well-being and health breaks 1	2
1-2 half-day well-being and health packages 1	.4
Wellness and cocooning packages 1	6
100% natural individual treatments 1	8
Beauty GARDEN: organic cosmetic range 2	22
Preventive healthcare activities and programmes 2	4
Healthy nutrition activities 2	27
Practical information: your treatments at the Aïga spa 2	8.

YOUR ACCOMMODATION 4* Aïga residence ⁽¹⁾ : your accommodation with direct access to the spa	
Prices and services	31
"Love at first sight" special offers: your treatments and accommodation included	. 33
AÏGA RESTAURANT	. 34
PRACTICAL INFORMATION: your accommodation at the 4* Aïga residence ⁽¹⁾	. 36
HOW DO I BOOK?	. 37
TOURISM	. 39



OUR HYGIENE MEASURES

See our website: aiga-resort.com

⁽¹⁾ Classification to be confirmed.

YOUR WELL-BEING DESTINATION IN AUVERGNE

If you love nature and wellness breaks, Aïga thermal resort is delighted to welcome you to Châtel-Guyon, a spa town with character, in the heart of the vast and stunning playground that is Auvergne!



Whether you're travelling alone, as a couple or with friends, whether you want to relax or discover the region, Aïga thermal resort can offer you the experience you're looking for.

VISIT CHÂTEL-GUYON

After your treatments, set off to explore Châtel-Guyon and its surroundings. A town of two halves, discover the winegrowing village with its Brayaud country style houses along steep narrow lanes, and the thermal district where fantasy villas, baroque mansions, thermal baths and a casino reveal an architectural extravaganza. All you have to do is look up to discover wrought-iron balustrades, remarkable ceramics or mansions straight out of a movie set.

EXPLORE THE AUVERGNE

Beyond the town gates, volcanoes, lakes, forests and rivers are waiting to be discovered! Our region will surprise you with its different landscapes and will satisfy both thrill-seekers and those seeking peace and tranquillity. The Chaîne des Puys – Limagne fault tectonic area where you'll be staying is an exceptional geological site and the first in mainland France to be listed as a Unesco World Heritage Site.

The gastronomy, crafts and of course major tourist sites will also enchant you: the summit of the Puy de Dôme, the highest point of the Chaîne des Puys and its spectacular panoramic view, Vulcania, the city of Clermont-Ferrand and its astonishing black cathedral, Aventure Michelin, the Massif du Sancy and its lakes, the Auvergne cheese route and its 5 PDO stars...

ACTIVITIES TO TEST YOUR FITNESS LEVEL!

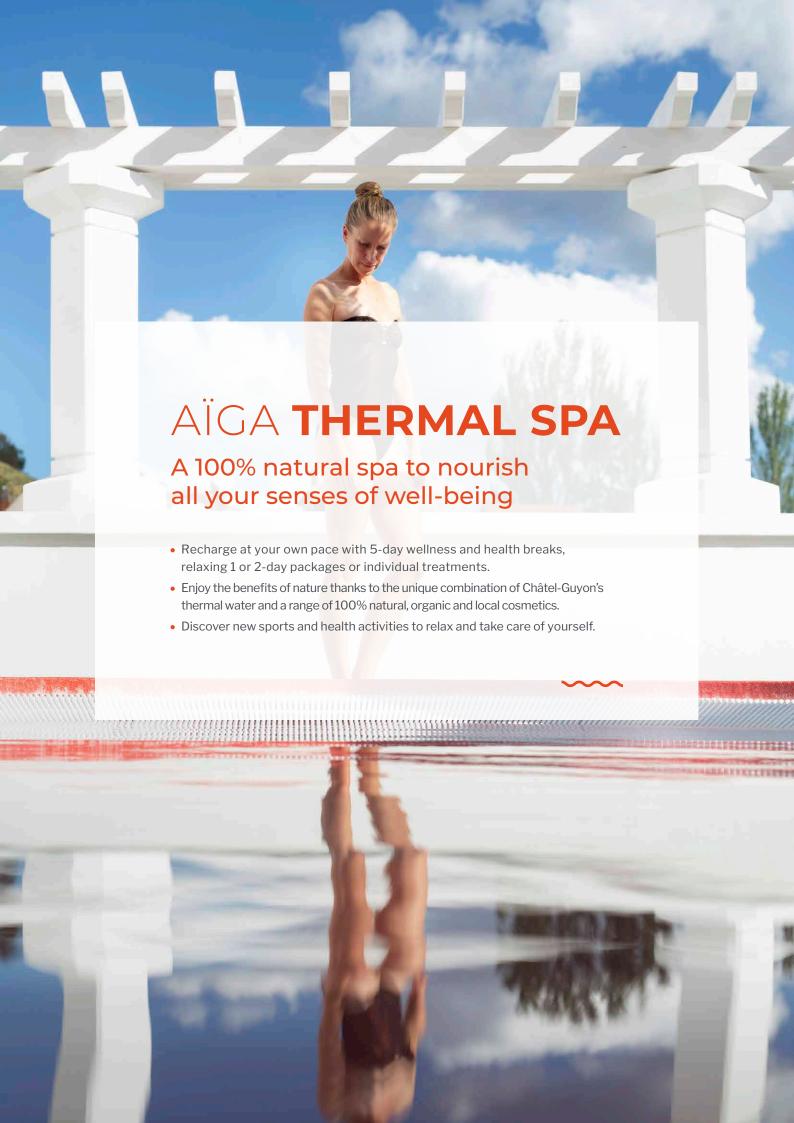
In addition to your stay, take advantage of our resort's expertise in preventive healthcare. Meet our sports coaches and our dietary nutritionist to get a personalised assessment and participate in specific activities to meet your needs: cooking workshops, seminars, sports and relaxation activities adapted to your level (Nordic walking, pilates, water-based activities, yoga, meditation and more).

Relax and let us take care of you!

To do nearby:

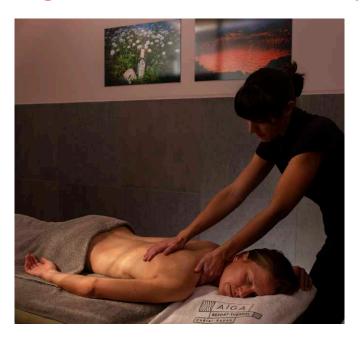
- Hiking
- · Cycling and mountain biking
- · Trail running
- Tree-top trail
- Horse riding
- · Paragliding and hot air ballooning
- Kayaking
- Fishing
- · Golf (four 18-hole courses nearby)
- · And many other activities!

MORE INFORMATION: Terra Volcana tourist office +33 (0)4 73 86 0117 - www.terravolcana.com



AÏGA THERMAL SPA

A sensory experience combining thermal treatments and organic and local cosmetic products.





In a warm atmosphere inspired by the Auvergne volcanoes, Aïga thermal spa invites you to relax thanks to the unique minerality of Châtel-Guyon's natural thermal water.

From one half day to 5 half days of treatments, our wellness and health packages offer you muscle relaxation and the opportunity to maintain your inner balance.

Follow your inspiration and achieve harmony between your body and your microbiota!

Aïga thermal spa combines the benefits of the most magnesium-rich natural thermal water in Europe and seasonal produce from the garden – the raw materials for an organic and local cosmetic range.

Elegant and refined, our thermal spa welcomes you to a warm, volcanic environment for a complete break for all your senses. Take advantage of warm and cosy treatment cabins and fun relaxation areas:

- 7 massage cabins, one of which is equipped with a massage bed with warm quartz sand
- 19 water or wet treatment cabins (baths, showers, wraps, etc.)
- 1 thermal water pool of 150 m² with swan-neck jets, countercurrent swimming lane, submerged loungers, etc.
- 1 outdoor hot tub
- 2 steam rooms(1)
- 2 experiential showers (music, lights, jets, etc.)
- 1 outdoor solarium
- 1 herbal tea room
- 1 black-light relaxation room
- 1 cardio/fitness training room
- 1 aqua bike pool

⁽ⁱ⁾ Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.

STAYS TO SUIT ALL TASTES

Discover an original programme of relaxing, moisturising, antioxydising or regenerating treatments to choose from during your wellness break, to recharge your batteries at your own pace. (*Details on pages 12 - 19*)

YOUR ACCOMMODATION WITH DIRECT ACCESS TO YOUR TREATMENT SPACE

For absolute comfort, book your accommodation in our 4* tourist residence⁽¹⁾ (our apartments are available from stays of one night) and go straight down to the thermal spa in your bathrobe to receive your treatments or take part in preventive healthcare activities.

And for a 100% relaxing stay, choose the half-board or full-board option at our nutri-gastromonic restaurant. (Details on page 30)

PREVENTIVE HEALTHCARE ACTIVITIES

Inseparable when it comes to health and well-being, physical activity and diet have universally acknowledged benefits. In exclusive association with the Vitalité ASM-Omnisports health and well-being centre and our nutritionists, Aïga spa offers you activities and personalised programmes in the gym, at a workshop or outdoors. (*Details on page 25*)



YOUR ORGANIC COSMETICS RANGE: BEAUTY GARDEN

Among the unspoilt natural surroundings of this land of well-being, Aïga thermal spa represents the perfect coming together of wellness treatment expertise using thermal water and body care treatments based on the soothing goodness of flowers and seasonal vegetables, grown naturally to bring you the best of nature.

FROM SEED TO CREAM!

The Beauty GARDEN brand, with which we are associated, guarantees you ethical and healthy cosmetics, from ingredient selection to processing.

From their certified organic vegetable garden (located in Auriac, Corrèze) to their workshop, Beauty GARDEN is passionate about creating products of impeccable quality.



Their unique cosmetic range utilises the benefits of the vegetable garden, according to the seasons.

It uses 100% natural ingredients for creative and active blends, developed by a team of organic enthusiasts: the founder of the brand and owner of the vegetable garden, a market gardener, an eco-design specialist and an expert in herbalism. The whole range is eco-designed, authentic, organic and respectful of the environment right down to its packaging. It is also ethically tested without any animal testing.

(Product details on page 22)

⁽¹⁾ Classification to be confirmed.

5 HALF-DAY WELL-BEING AND HEALTH BREAKS

Aïga thermal spa offers you breaks with 5 half days of treatments, the best way to recharge your batteries in an exceptional environment dedicated to your well-being.



"PAMPER
YOUR MICROBIOTA"
BREAK

5 half days - **€576**

Because harmony between your body and microbiota is essential to your well-being, the digestive comfort provided by Châtel-Guyon's expert thermal treatments is naturally complemented by soothing abdominal massages.

- 5 soothing baths
- 3 thermal mud baths or thermal mud showers
- 2 abdominal massages with organic calendula oil or under thermal water (20 min.)
- 2 abdominal applications of a hot poultice of thermal mud
- 2 snail showers(2)
- 1 healthy cooking workshop
- 1 session of aqua gym, aqua zen or aqua bike
- + free access to the spa's wellness facilities(1)





⁽¹⁾ Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea room and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)

⁽²⁾ Treatment details on page 20

"RELAX IN THE CALM OF THE VOLCANOES" BREAK

5 half days - €679

Want to eliminate accumulated stress and soothe tense muscles? Hydrotherapy treatments with natural thermal water, rich in magnesium and silicon from the volcanic depths, will bring you the relaxation you need. The benefits of natural active ingredients like calendula and beetroot will also enhance your relaxation.

- 5 soothing baths
- 3 thermal mud baths or thermal mud showers
- 2 relaxing massages with organic calendula oil (20 min.)
- 1 relaxing massage under thermal water (20 min.)
- 3 general and localised jet showers
- 1 organic body scrub with calendula and beet sugar
- 2 hand treatments with thermal steam
- 1 body relax/stretch or pilates session
- + free access to the spa's wellness facilities(2)

"REGENERATE YOUR MICROBIOTA" BREAK

5 half days - **€719**

This stay is a unique opportunity for you to benefit from the healing, anti-inflammatory and calming action of the gentle instillation of thermal water by drip⁽¹⁾ through direct contact with the intestinal mucosa. A treatment with proven scientific effectiveness, combined with thermal treatments specially selected for you.

- 5 hydromassage baths
- 3 thermal mud baths or thermal mud showers
- 2 abdominal massages with organic calendula oil or under thermal water (20 min.)
- 2 abdominal applications of a hot poultice of thermal mud
- 2 snail showers(3)
- 2 intestinal drips (gentle thermal water instillation) exclusive to Châtel-Guyon⁽¹⁾
- 1 relaxing massage under thermal water (20 min.)
- + free access to the spa's wellness facilities(2)

Find the treatment descriptions on page 18



NUTRITION TIPS

During your visit, you can consult our qualified dietary nutritionist for an assessment. (Details on page 27)



- ⁽¹⁾ Treatment requiring the prescription of a spa doctor at the resort (list of doctors on page 28).
- Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)
- (3) Treatment details on page 20

1-2 HALF-DAY WELL-BEING AND HEALTH PACKAGES

Inspired by the thermal expertise of Châtel-Guyon, your chosen package of one or two half days is designed to offer you a relaxing break and to recharge your batteries thanks to the trace elements and silicon found in the thermal water from the depths of volcanic rocks.

"TOTAL RELAXATION" PACKAGE

1 half day – 3 treatments – €99

All the calming goodness of Châtel-Guyon thermal water, from the volcanic depths for your relaxation.

- 1 affusion shower or 1 localised hand and foot shower
- 1 thermal mud bath or thermal mud shower (depending on availability)
- 1 hydromassage bath
- free access to the spa's wellness facilities⁽¹⁾

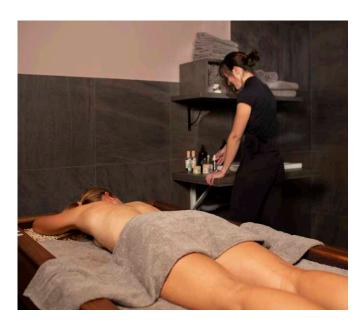
"INVIGORATING" PACKAGE

1 half day - 2 treatments - €109

The perfect combination of a relaxing massage with specific Châtel-Guyon thermal jet treatments.

- 1 general and localised jet shower
- 1 personalised massage with organic calendula oil (20 min.)
- + free access to the spa's wellness facilities(1)





⁽¹⁾ Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea room and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)



"PAMPER MY MICROBIOTA" PACKAGES

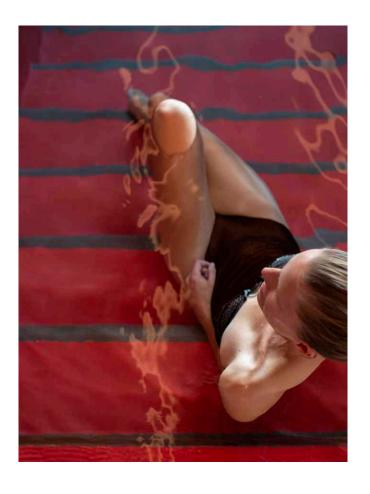
Digestive comfort provided by gentle and soothing thermal treatments for deep relaxation of the whole body.

1 half day – 3 treatments – €133

- 1 snail shower(2)
- 1 abdominal application of a hot poultice of thermal mud
- 1 abdominal massage with organic calendula oil or massage under thermal water (20 min.)
- + free access to the spa's wellness facilities(1)

2 half days – 5 treatments – €205

- 2 snail showers(2)
- 1 abdominal application of a hot poultice of thermal mud
- 1 abdominal massage with organic calendula oil or massage under thermal water (20 min.)
- 1 hydromassage bath
- + free access to the spa's wellness facilities(1)



NUTRITION TIPS

During your visit, you can consult our qualified dietary nutritionist for an assessment. (Details on page 27)



⁽¹⁾ Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea room and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)

⁽²⁾Treatment details on page 20.

WELLNESS AND COCOONING PACKAGES

Discover the subtle combination of the benefits of the minerality of the thermal water (from depths of 3,500 m) with the active plant ingredients of our 100% organic and local Beauty GARDEN cosmetic products.

"ANTIOXYDISING" PACKAGES

Give your skin the attention it deserves and regain suppleness and softness thanks to the nourishing properties of walnuts and wild carrots.

1 half day - 3 treatments - €165

- 1 hydromassage or soothing bath
- 1 organic body scrub with crushed walnuts
- 1 relaxing massage with organic wild carrot oil (20 min.)
- + free access to the spa's wellness facilities(1)

2 half days - 5 treatments - €245

- 1 hydromassage or soothing bath
- 1 organic body scrub with crushed walnuts
- 1 relaxing massage with organic wild carrot oil (20 min.)
- 1 relaxing massage under thermal water (20 min.)
- 1 hand treatment with thermal mud
- + free access to the spa's wellness facilities(1)





"DETOX" PACKAGES

Eliminate toxins and stress effortlessly! The properties of thermal water and body care treatments help you to feel in harmony with your body again.

1 half day - 3 treatments - €169

- 1 hydromassage bath
- 1 relaxing massage under thermal water (20 min.)
- 1 detox body wrap with thermal mud
- + free access to the spa's wellness facilities(1)

2 half days – 6 treatments – €275

- 1 hydromassage bath
- 1 relaxing massage under thermal water (20 min.)
- 1 detox body wrap with thermal mud
- 1 hand treatment with thermal steam
- 1 relaxing massage with organic wild carrot oil (20 min.)
- 1 thermal mud bath or thermal mud shower (depending on availability)
- + free access to the spa's wellness facilities(1)

⁽¹⁾ Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea room and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)







"NOURISHING AND RELAXING" RITUALS

Naturally nourish your skin, relax your muscles and unwind on this break. Surrender yourself to a feeling of well-being and calm.

Body – 3 treatments – €180

- 1 organic body scrub with calendula and beet sugar
- 1 nourishing and soothing wrap
- 1 relaxing massage with organic calendula oil (20 min.)
- + free access to the spa's wellness facilities(1)

Body and face – 2 treatments – €125

- 1 facial (30 min.)
- 1 relaxing massage with organic calendula oil (20 min.)
- + free access to the spa's wellness facilities(1)



(1) Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam rooms, black-light relaxation room, herbal tea room and experiential showers. Facilities subject to availability. (Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.)

100% NATURAL INDIVIDUAL TREATMENTS

For your pleasure and well-being, discover the properties of the most magnesium-rich natural thermal water in Europe and the benefits of flowers and plants from a 100% organic local garden, thanks to our Beauty GARDEN cosmetic range.

SIGNATURE MASSAGES

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# Personalised massage with organic calendula oil

20 min. – **€67** 50 min. – **€100** 

A special moment between you and the practitioner. You choose the areas of the body you wish to be massaged, for 100% personalised well-being. With all the soothing effects of organic calendula as a bonus!

# Relaxing massage on warm sand -

an Aïga thermal resort exclusive

50 min. - **€110** 

Discover our new sensory experience. Laying comfortably on a bed of warm sand, let yourself be carried away by a full body massage using slow and deeply relaxing techniques. At the same time, you will experience a delicate back massage from the ripples of the sand under your body, all while being soothed by its gentle and calming warmth.

# Massage with wild carrot oil 20 min. – €67

Never before have the regenerating benefits of nature combined with a relaxing massage been so evident for perfect relaxation pleasure.

# Massage under water

20 min. – **€67** 

A fine shower of thermal water accompanies a well-being massage with relaxing and calming effects for the back or regulating and soothing effects for the stomach.

# Abdominal massage 20 min. – €67

The practitioner, specially trained in this well-being massage, brings you relief and balance. Aches and discomfort suddenly seem to disappear.



# **BODY TREATMENTS**

# Detox wrap with thermal mud 20 min. - €67

A deeply relaxing body treatment using a thick layer of warm thermal mud. Guaranteed relaxing effect, tension and pain disappear.

# Nourishing and soothing wrap 20 min. - €67

Nourishing and hydrating body treatment for supple and radiant skin.

# Organic body scrub with calendula and beet sugar

20 min. – **€67** 

A natural beauty secret, beet sugar is a gentle exfoliant that provides complete cleansing for your skin, combined with calendula for soothing hydration. Renewed, radiant skin and complete serenity.

# Organic walnut scrub 20 min. – €67

A gentle exfoliation allowing you to take advantage of the nourishing and soothing properties of nuts, with vitamins and polyphenols that have been coveted since antiquity!

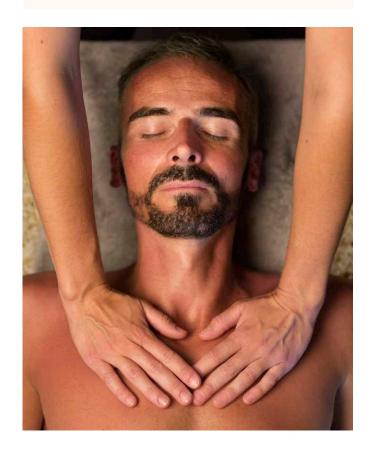
# **FACIAL TREATMENTS**

# Facial ritual

30 min. – €70 50 min. – €100

A 100% natural beauty ritual complemented by a relaxing hand massage for him and her.

- Make-up removal
- Exfoliation
- · Cleansing facial steam bath
- · Soothing and hydrating mask and hand massage
- Relaxing and hydrating face massage with purple carrot cream



# + ACCESS TO THE SPA'S WELLNESS FACILITIES

With each individual treatment, you can enjoy free access to the spa's wellness facilities (relaxation pool with submerged loungers, swan-neck jets, counter-current swimming lane, outdoor hot tub, steam rooms<sup>(1)</sup>, solarium, herbal tea room, etc.) for the half day of your treatment.

<sup>&</sup>lt;sup>(1)</sup> Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.

# HYDROTHERAPY TREATMENTS



# Affusion shower €47

Lie down under a fine shower of thermal water heated to 34 °C and let the thermal water relax your muscles and give you a feeling of deep relaxation.

# General and localised jet shower €50

A unique combination of a general shower, whose thermal water jet provides a relaxing muscle massage, and a localised shower (on the stomach and back) in a lying position, with a gentle and analgesic action. For the stomach, the localised shower helps to decrease abdominal sensitivity and improve digestive transit.

# Snail shower €46

Much more than an abdominal shower, the snail shower (whose name describes the precise application of the high-flow/low-pressure thermal water jet) is a hydrotherapy treatment designed to relieve intestinal tension, reduce abdominal tenderness and regulate digestive transit. A natural treatment promoting harmony of body and microbiota.

# Hydromassage or soothing bath €47

Immerse yourself in a thermal water bath heated to 34  $^{\circ}$ C in this ideal thermal treatment. The 150 submerged water jets and gentle light therapy spotlights gradually give you a relaxing massage in each area of the body, in an atmosphere of total relaxation.





# Intestinal drip and poultice €62

A benchmark in the thermal treatment of digestive discomfort in Châtel-Guyon, the intestinal drip is a gentle and painless instillation of thermal water brought into direct contact with the intestinal mucosa. It is accompanied by an abdominal poultice, the heat of which relieves tension and promotes relaxation. A truly natural dressing thanks to the exceptional mineralization of the thermal water. A thermal medical prescription from a thermal doctor at Châtel-Guyon is compulsory for this treatment. Make an appointment before you arrive (contact details on page 28).

# Treatments available in addition to a treatment package.



# Hand treatment with thermal steam

€31

Toprolongyour relaxation, a thermal steam bath of the hands offers you the analgesic and anti-inflammatory benefits of thermal steam and improves skin microcirculation thanks to the gentle diffusion of heat.

# Hand treatment with thermal mud €31

Relieve your hands and finger joints with a smooth, creamy mixture of thermal water and clay that delivers all the benefits of natural trace elements to your cartilage.

# Mud shower €31

Discover the relaxing properties of a high-flow shower combined with the relaxing properties of clay; this innovative treatment allows you to quickly relieve joint pain or muscle tension and enjoy the pleasure of an enveloping shower.

# Localised hand and foot shower €31

A soothing hand and foot shower to relieve aches and pains in your hard-working finger and toe joints.

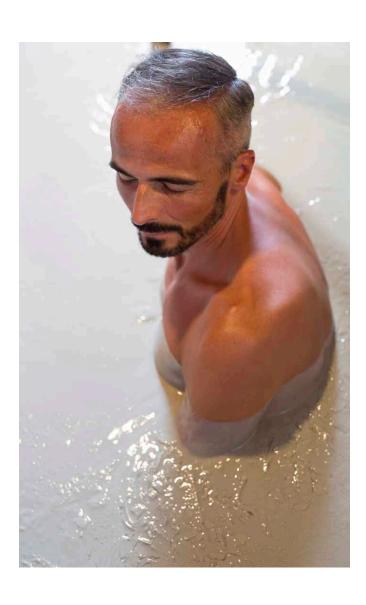
# Abdominal application of a hot poultice of thermal mud

€31

An ancient practice of applying soothing heat to regulate digestive transit and release persistent tension from digestive discomfort.

# Mud bath €31

Bathe in a veritable fountain of youth, a mixture of thermal water and natural clay, the soothing properties of which provide immediate relief from muscle tension and help to maintain joint flexibility. The treatment of choice for the well-being of your joints.



# Beauty GARDEN: YOUR ORGANIC COSMETIC RANGE

# Enjoy all the benefits of your stay in the comfort of your own home.

Aïga thermal spa has teamed up with Beauty GARDEN to offer you unique, tailor-made and 100% natural treatments, made from flowers and vegetables from a certified organic garden in Corrèze.



The whole Beauty GARDEN range is eco-designed, authentic and respectful of the environment, right down to its packaging.

### **FACE**

# Cleansing

The benefits of flowers to gently remove make-up, exfoliate or cleanse

| • <b>Organic make-up remover with chamomile</b> – 10<br>Softening   |        |
|---------------------------------------------------------------------|--------|
| • Organic wild pansy purifying balm – 125 ml<br>Purifying           | €27.50 |
| • Organic nuts peeling – 50 ml<br>Gently exfoliating                | €24    |
| • Organic peppermint & nettle lotion – 100 ml<br>Toning & purifying | €24    |

# Beauty GARDEN LE BAUME NETTOYANT BIO A LA PRINSEE SALUVAGE Parifiart-! 125 mil. LE MASQUE BIO AU BIO BIO AU BIO

# Cocooning, protecting, refreshing

| Organic pumpkin mask – 50 ml Cocooning                                             | .€22 |
|------------------------------------------------------------------------------------|------|
| Organic daisy concentrate – 30 ml  Revitalising.                                   | .€35 |
| Organic protective wild pansy balm – 30 ml     Protects against cold and pollution | .€35 |
| Organic cucumber mask – 50 ml  Freshening                                          | .€22 |

### Moisturising and regenerating

| <ul> <li>Organic blackcurrant &amp; carrot face and hair mask –</li> </ul> | 125 ml |
|----------------------------------------------------------------------------|--------|
| Nourishment and radiance.                                                  | €28    |
| • Organic wild pansy fluid – 30 ml                                         |        |
| Moisturising & detoxifying                                                 | €29.50 |
| • Purple carrots moisturising organic cream – 50 m                         | าไ     |
| Hydrating                                                                  | €32    |
| • Organic night serum with white flowers – 30 ml                           |        |
| Regenerating & anti-aging                                                  | €35    |

# **BODY**

| • Organic calendula balm for the whole family – 125 ml €35                         |
|------------------------------------------------------------------------------------|
| • Organic calendula oil – 100 ml €20                                               |
| • Chamomile or calendula soap – 100 g                                              |
| • Organic calendula hand cream – 30 ml €19                                         |
| • Calendula and beet sugar organic skin scrub – 125 ml €32                         |
| • Blackcurrant shower cream & shampoo – 500 ml €12.50                              |
| Solid products                                                                     |
| • Soap cut from the block – 100 g €6                                               |
| • Solid organic calendula balm – 100 g<br>€7.50                                    |
| • Organic solid balm for almost anything with purple carrot – 30 g  Nourishing €12 |

Order all year round and receive your products at home!

Available online or by telephone

For more information please visit our website: aiga-resort.com

+33 (0)4 73 86 00 08



# **HAIR**

• Hair - Hazelnut and calendula organic hair serum – 30 ml ...€30



# **HERBAL TEAS**

| The superpowers of plants in creative, active mixtures.                            |
|------------------------------------------------------------------------------------|
| • Organic herbal tea – wintertime – 30 g Bramble, elder, mallow, thyme             |
| • Organic herbal tea – detox – 30 g<br>Birch, peppermint, blackcurrant, wild pansy |
| • Organic herbal tea – good night – 30 g<br>Lemon balm, yarrow, chamomile          |
| • Organic herbal tea – "anti-rust" – 30 g<br>Ash, nettle, rosemary, meadowsweet    |

# PREVENTIVE HEALTHCARE ACTIVITIES AND PROGRAMMES

# In addition to your treatments – Your sports activities

Because regular physical activity is essential for your well-being, Aïga thermal spa offers you the opportunity to discover, or rediscover, the benefits of an activity in addition to your wellness treatments.

Aïga thermal spa has partnered exclusively with ASM Vitalité, a specialist in personalised sports and fitness for all, to offer programmes that suit you. Professionals who are graduates in their specialty are at your side to direct and advise you.

# THE CONCEPT OF OUR HEALTH AND FITNESS PROGRAMMES

Choose the programme that suits you and benefit from the professional expertise of ASM Vitalité in your well-being area at Aïga thermal spa.

Our packages include:

- An initial ASM fitness assessment with our coach and a final assessment depending on the programme.
- Activities in the gym and natural thermal water pool.
- Outdoor activities<sup>(1)</sup>.
- Free access to steam rooms and the herbal tea room for the half day of your activities<sup>(2)</sup>.





With more than 10 years of experience in the field of adapted physical activity and health, ASM Vitalité is the health and well-being arm of ASM Omnisports, created more than 110 years ago by Marcel Michelin.

ASM Vitalité's role is to promote the benefits that regular physical activity has on health.

All ASM Vitalité coaches working at AIGA Resort have three years of study in the field of sport and health.



<sup>(1)</sup> Subject to change depending on weather conditions and the chosen programme.

<sup>&</sup>lt;sup>(2)</sup> Due to COVID-19 related public health measures, access to steam rooms may be closed by administrative order.

# Discovery programme

You would like to get started with regular physical activity and rediscover the pleasure of moving.

- 1 initial ASM fitness assessment.
- 3 activities of 45 min chosen from all the activities available, on the advice of the ASM Vitalité coach.

# Mobility programme €75

You are physically active on a regular basis and would like to stay active during your treatment.

- 1 initial ASM fitness assessment.
- 5 activities of 45 min chosen from all the activities available, on the advice of the ASM Vitalité coach.

# Vitality programme €119

You would like to have a health assessment and follow a personalised programme adapted to your physical condition.

- 1 initial ASM fitness assessment.
- 7 activities of 45 min chosen from all the activities available, on the advice of the ASM Vitalité coach.
- 1 final fitness assessment.

# Individual activities to complement your treatments

€11 per session (1)

Learn about the activities and enjoy one or more sessions as you wish<sup>(2)</sup>: pilates, zen trekking, aqua zen, body relax/stretch, yoga and more.





<sup>(1)</sup> Individual sessions do not include access to the spa's wellness facilities.

<sup>&</sup>lt;sup>(2)</sup> To be chosen from indoor, pool or outdoor activities depending on availability and the day's schedules.



# Weekend stay 2 days / 1 night

with the "Total relaxation" package (3 spa treatments) and breakfast

from

€154<sup>(1)</sup>

per person

# Week stay 7 days / 6 nights

with the "Pamper my microbiota" package (5 half days of treatments) and half board

from

€813

per person

(1) Price per person, see conditions available from our Customer Services.





# **HEALTHY NUTRITION ACTIVITIES**

Various workshops for nutritional training combining theory and practice are offered during your stay at the spa. They take place in the educational kitchen at the resort's training and research centre and are led by a qualified dietary nutritionist.

# **HEALTHY COOKING WORKSHOP:** 2 HOURS ......€25

Each workshop is divided into 3 stages: a short discussion of the topic, the preparation of several dishes, and the tasting of the food you have prepared. 6 topics covered (for more information, see page 24 of our Thermal cure and preventive healthcare brochure).

These workshops are an opportunity to discover lowtemperature cooking, which promotes good digestion, optimises the micronutrient content of food and avoids the risks of toxicity linked to high temperatures.

### NUTRITION SEMINARS: 1.5 HOURS ...... €5

The nutrition seminars address the following topics:

- · Simple, healthy, tasty and customised food to preserve your health
- Chrononutrition: how to put together different meals
- How to pamper your microbiota: diet and thermal cures

# **NUTRITION CONSULTATIONS:**

1 HOUR ......€50

For personalised nutritional monitoring, in addition to cooking workshops or seminars, you can take advantage of a consultation with the qualified dietary nutritionist at Aïga resort. The interview will establish your micronutritional assessment, on the basis of which you will receive personalised advice.

# NUTRITION PACKAGE ..... €95 (instead of €105)

1 consultation + 1 seminar + 2 workshops

These activities and workshops can be booked on site at the Aiga resort thermal reception when you check in and during your stay. Do not hesitate to ask for the schedule of activities when you arrive.



Ideal for ensuring your good health, enjoying yourself on a daily basis and effectively protecting your microbiota.



# PRACTICAL INFORMATION YOUR TREATMENTS AT THE AÏGA THERMAL SPA

Discover our spa<sup>(1)</sup> and enjoy treatments every afternoon and on Sunday from our teams of well-being specialists.

# ACCESS TO THE SPA'S WELLNESS FACILITIES

The individual treatments and packages give you complimentary access to the following for the half day of your treatment: thermal water relaxation pool, outdoor hot tub and solarium, steam rooms, experiential showers, black-light relaxation room and herbal tea room (subject to availability).

### ALL YOU NEED IS A SWIMSUIT!

Just bring your swimsuit (trunks or shorts for men), we'll provide you with a free Aïga spa bathrobe, disposable sandals and a disposable cap (for greater comfort, we recommend bringing your own non-slip sandals for use in the pool area only).

And if you forget your swimsuit, you can purchase one from the shop.

### TREATMENT TIME

The time indicated is the time taken for the treatment. The start time of the treatment given on the treatment schedule must be respected so that it can be administered fully. Please come to the spa reception 15 minutes before the start time. Any delay may result in a reduction of the treatment time.

### **OPENING HOURS**

The thermal spa is open every afternoon and all day Sunday.



<sup>(1)</sup> As part of the public health measures to combat COVID-19, masks must be worn in common areas. USN-1 approved reusable textile masks are available for purchase at reception and in the shop.

# **SPA ACCESS CONDITIONS**

### Pregnant women

Only facials and certain massages can be performed on presentation of a medical certificate issued by the doctor treating you stating that there are no contraindications.

Thermal water treatments and access to the relaxation pool are not allowed.

### Children and adolescents

Under 16s are not allowed in the spa, even if accompanied by an adult.

# Stay of more than 3 days or treatment with intestinal drip

A medical certificate stating that there are no contraindications is mandatory for booking any treatment package of more than 3 days. Remember to ask your doctor for this certificate before you arrive.

For the intestinal drip treatment, a thermal medical prescription is required. Get in touch with a spa doctor at the resort to arrange this now (contact details below).

### FOR INTERNAL TREATMENTS

A prescription from a spa doctor at Châtel-Guyon is compulsory for treatment with intestinal drip. Make an appointment before you arrive:

### Dr Bernard AMÉDÉO

Aïga resort medical office 9 A av. du Général de Gaulle CS 10051 - 63140 Châtel-Guyon +33 (0)4 73 86 00 08

### Dr Karine MARTIN-DAILLAN

Aïga resort medical office 9 A av. du Général de Gaulle CS 10051 - 63140 Châtel-Guyon +33 (0)4 73 86 00 08

### Dr Jean-Pierre COULON

37 avenue Baraduc 63140 Châtel-Guyon jp.coulon69@gmail.com +33 (0)7 81 62 70 61

# Dr Marc GUALINO

6 rue d'Angleterre 63140 Châtel-Guyon dr.marc.gualino@wanadoo.fr +33 (0)4 73 86 09 94



# 4\* AÏGA RESIDENCE(1)

Your charming residence in the heart of the exceptional "Chaîne des Puys – Limagne fault" tectonic area, a Unesco World Heritage Site.

Halfway between a hotel and a holiday let, the Aïga residence has a variety of separate luxury Art Deco apartments on offer to ensure your stay is memorable, whether you join us for a weekend or a full week.

# All the comforts you need to relax are here in the 90 apartments of the 4\* Aïga residence<sup>(1)</sup>:

- A fully fitted kitchen with ceramic hob, fridge, dishwasher, microwave and grill, coffee maker, kettle, toaster, crockery and cooking utensils.
- A bathroom with hairdryer and hair and body wash provided.
- A balcony or terrace in most of the apartments.
- Free Wi-Fi and television with French and international channels.
- Elegant interior decoration, inspired by the historic Art Deco style of the spa town, combining timeless charm and modernity to guarantee you a comfortable and relaxing stay.



(1) Classification to be confirmed.



### **OUR APARTMENTS**

### **ALOU STUDIO**

max. 2 persons, approx. 25 m<sup>2</sup> (2):

Living room with double or twin beds, bathroom with bathtub and WC.

### **BALMET LARGE STUDIO**

max. 2 persons, approx. 31 m<sup>2</sup> (2):

Living room with double or twin beds, bathroom with walk-in shower and WC.

### 2-ROOM CÔME SUITE

max. 4 persons, approx. 38 m<sup>2</sup> (2):

Bedroom with double or twin beds + living room with sofa bed that can be converted into a double bed, bathroom with bathtub and separate WC.

### LARGE 2-ROOM DÔME SUITE

max. 4 persons, approx. 43 m<sup>2</sup> (2):

Bedroom with double or twin beds + living room with sofa bed that can be converted into a double bed, bathroom with bathtub and separate WC.

Several apartments are fully equipped to accommodate disabled guests.

# PRACTICAL INFORMATION

- All our apartments, balconies and terraces are non smoking.
- Animals cannot be accommodated
- Apartments for disabled guests are equipped with walk-in showers.
- Paid laundry facilities available to residents

<sup>(2)</sup> Average area for information purposes only.

# RATES AND SERVICES



### RATES PER NIGHT AND PER ACCOMMODATION

| TYPE OF APARTMENT |                                 | PRICES    |  |
|-------------------|---------------------------------|-----------|--|
| ALOU              | 2-person studio (approx. 25 m²) | from €74  |  |
| BALMET            | 2-person studio (approx. 31 m²) | from €82  |  |
| CÔME              | 4-person suite (approx. 38 m²)  | from €94  |  |
| DÔME              | 4-person suite (approx. 43 m²)  | from €116 |  |

# The price per night includes:

- Accommodation based on the number of nights chosen (arrival after 3 pm and departure before 11 am).
- Bed(s) made on arrival as double or twin beds as requested at booking (in suites, the sofa bed is presented closed with a fitted sheet, duvet in its cover in the wardrobe, pillows with pillowcases).
- Bath linen provided (1 bath towel per person, 1 bathrobe per person, a hand towel and bath mat).
- Housekeeping on departure (excluding kitchen, dishes and bins).

# The price per night does not include:

- The tourist tax of €0.90 per adult (over the age of 18) collected on behalf of the local authority.
- Cleaning of the kitchen, washing up and emptying of the bins.
- · Booking fees.
- Security deposit of €250 (not cashed).
- Treatments and access to spa or thermal baths.
- Food and drink.
- Parking.

| OPTIONAL SERVICES            | APARTMENT CATEGORY                                                                                                                                                                                    |               |  |
|------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------|--|
| OPTIONAL SERVICES            | ALOU AND BALMET                                                                                                                                                                                       | CÔME AND DÔME |  |
| Daily housekeeping           | Including (except kitchen, washing-up and bins): vacuuming, dusting, cleaning of sanitary facilities (bathroom and additional toilet paper), bed(s) made, change of linen on request (details below). |               |  |
|                              | €15 per night €20 per night                                                                                                                                                                           |               |  |
| Housekeeping kit             | Kit sold in the shop for €6.95 (1 sponge, 1 dose of multi-surface cleaner, 2 dishwasher tablets, 1 dose of washing-up liquid).  Free for stays of 6 nights or more.                                   |               |  |
| Change of bed and bath linen | €20 per bed/day                                                                                                                                                                                       |               |  |
| Outdoor parking              | €15/6 days<br>€7.50/1 day<br>6 charging points for electric vehicles available.                                                                                                                       |               |  |
| Booking fees                 | €5/night per booking (limited to €30/year maximum regardless of the number of reservations).                                                                                                          |               |  |



### **PAYMENT METHODS ACCEPTED:**

American Express • Mastercard • Visa • ANCV • Cash • Cheques

### **INSURANCE OPTION: CANCELLATION**

Premium for a stay worth:

•€0 to €400 = €14 •€401 to €600 = €24 •€601 to €1200 = €32 •€1201 to €1500 = €37 •€1501 to €2000 = €45 •€2001 to €2500 = €54 • more than €2500 = €65

Insurance taken out on behalf of the client with Mutuaide assistance, details of the General Terms and Conditions of Sale available from www.aiga-resort.com, under the legal notices section or on request from Customer Services.





# "LOVE AT FIRST SIGHT" SPECIAL OFFER WEEKS

# Great price and half board included

Want to treat yourself to a refreshing break? Take advantage of our "Love at first sight" weeks to come and relax in our spa with a "Relax in the calm of volcanoes" or "Pamper your microbiota" programme.

6 nights and 5 half days of treatments at the spa.

6 breakfasts and 6 dinners included (only for those having the treatments).

### SPECIAL OFFERS - LOVE AT FIRST SIGHT WEEKS - FREE 1/2 BOARD

|                      | LOVE AT FIRST SIGHT WEEK                                                                                                                      |                           |                                    |                           |
|----------------------|-----------------------------------------------------------------------------------------------------------------------------------------------|---------------------------|------------------------------------|---------------------------|
|                      | arrival dates: 06/03, 15/05, 26/06, 28/08, 09/10, 16/10, 20/11                                                                                |                           |                                    |                           |
|                      | Price for 2 people (1 with treatments  Price for 2 people with treatments  and 1 without treatments) OR pri  for 1 person only with treatment |                           | atments) OR price                  |                           |
|                      | Relax in the calm of the volcanoes                                                                                                            | Pamper<br>your microbiota | Relax in the calm of the volcanoes | Pamper<br>your microbiota |
| ALOU<br>STUDIO       | €1,791                                                                                                                                        | €1,626                    | €1,248                             | €1,166                    |
| BALMET<br>STUDIO     | €1,830                                                                                                                                        | €1,665                    | €1,286                             | €1,204                    |
| 2-ROOM<br>CÔME SUITE | €1,887                                                                                                                                        | €1,722                    | €1,344                             | €1,262                    |

### Prices include:

- 6 nights in our 4\* tourist residence (currently being classified) in the apartment category chosen.
- Free access to the spa's wellness facilities for the half days of your treatments: relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers), outside hot tub and solarium, steam rooms, experiential showers, herbal tea room and black-light relaxation room (subject to availability).
- The "Relax in the calm of volcanoes" or "Pamper my microbiota" treatment programme of 5 half days of spa treatments (details on pages 12 and 13).
- Complimentary half board: breakfast and dinner (only for guests having the treatments).

# Prices do not include:

- Tourist taxes of €0.90/night per adult.
- · Half board for accompanying persons without treatments.
- Booking fees of €30.
- Security deposit of €250 (not cashed).



# AÏGA RESTAURANT

Open to everyone, from breakfast to dinner, Aïga restaurant offers a tasty and tailor-made menu combining both exceptional taste and nutritional quality. Inspired by an innovative culinary concept: nutri-gastronomy, created by and for Aïga thermal resort.

Savour healthy and balanced dishes during your stay. Adapted to the principles of micronutrition and prepared with their nutritional benefits in mind (essential fatty acids, vitamins, minerals, etc.), they are made from local and seasonal produce.

### **MENUS ON OFFER:**

- Healthy and tasty breakfast.
- The "nutri-gastronomy" menu for a diet adapted to your needs and respectful of your microbiota (gluten-free, lactose-free, low-FODMAP, etc.) including starter, main course and dessert.
- Take-away dishes to simplify your life with meals prepared by our chef to enjoy at home (depending on the season).

### **NUTRITION TIP**

Healthy cooking workshops, nutrition seminars and personalised nutrition consultations are available (see page 27).



| NUTRI-GASTRONOMIC SET MENUS         | À LA CARTE | 6 NIGHTS |
|-------------------------------------|------------|----------|
| Buffet breakfast                    | €13        | €78      |
| Lunch or dinner                     | €26        | NA       |
| Lunch or dinner                     | €21        | NA       |
| Full board <sup>(1)</sup>           | NA         | €342     |
| Full board <sup>(1)</sup>           | NA         | €289     |
| Half board <sup>(2)</sup> 3 courses | NA         | €204     |
| Half board <sup>(2)</sup>           | NA         | €178     |

### WHAT IS NUTRI-GASTRONOMY?

Nutri-gastronomy allows you to get your microbiota in shape while still getting the maximum pleasure from eating, with food that meets the latest requirements for healthy nutrition:

- · A diet adapted to the health of each individual
- Authenticity and nature preserved: fresh produce used, local and certified food (PDO), products from organic production or sustainable agriculture
- An environmentally responsible approach: local, seasonal produce, PDO, etc.
- Enjoyable and nutritious meals: attractive presentation that preserves the flavour and nutritional qualities of the ingredients.

Aïga restaurant: enjoyable cuisine with tasty and nutritious qualities adapted to everyone.



### AN INNOVATION CREATED JUST FOR YOU

The Aïga thermal resort menu was conceived by Dr Didier Chos, President of the European Institute of Dietetics and Micronutrition, and Solveig Darrigo Dartinet, qualified dietary nutritionist, to offer a cuisine that meets your health needs and expectations.







# PRACTICAL INFORMATION

# Your accommodation at the 4\* Aïga residence(1)

### THE APARTMENTS

The Alou and Balmet studios all include a living room with double bed or twin beds (as requested) and a fully equipped kitchenette. The Côme and Dôme 2-room suites have a double bedroom and a sofa bed in the living room. In the interest of safety, 1 baby cot is permitted per apartment (booking required and subject to availability). Beds are made on arrival.

### **PROVIDED**

- Household linen on the 1<sup>st</sup> day (sheets, a tea towel, a bath and hand towel per person and a bath mat). Option to hire extra linen.
- Shampoo/shower gel in the shower cubicle. Organic hygiene products from our cosmetic range are on sale in the resort shop.

# ARRIVAL OUTSIDE OF RECEPTION OPENING HOURS

Please inform reception on +33 (0)4 73 86 00 08 before 6 pm of your late arrival. They will tell you the procedure for opening the residence's night access doors and the car park barrier (if you have reserved a space).

### NOT PROVIDED OR INCLUDED

- In the kitchenette: washing-up liquid, dishwasher tablet, sponge.
- · Daily linen change and housekeeping.
- Free access to the Aïga thermal spa wellness facilities.

### **RESTAURANT HOURS**

- Breakfast from 6.30 am to 10.00 pm.
- Lunch from 12 pm to 2 pm.
- Dinner from 7 pm to 9 pm.

### **DEPOSIT**

Security deposit of €250 requested on arrival, which is not cashed. This security deposit will be fully refunded after the apartment has been checked and the magnetic cards provided for your stay have been returned. Any missing items or damage noted after your departure will be deducted from the security deposit, including cleaning of the kitchen. In the case of a debit from the security deposit, you will be informed within 8 days with supporting photos.

### HOUSEKEEPING

Housekeeping on departure is included, except for the kitchen area, which is your responsibility (bin emptied, appliances cleaned, washing-up done and put away and return of the magnetic cards provided for your stay). Two household refuse collection points are available: one at the corner of Rue Victor-Hugo and Avenue de Belgique, the second at the corner of Avenue du Général de Gaulle and Rue des Gunchères.



# HOW DO I BOOK?



You can visit our website:

www.aiga-resort.com and make your booking online.



The guest services team is happy to help all year round on +33 (0)4 73 86 00 08:

- · Monday to Friday from 8.30 am to 6 pm
- Saturday from 10 am to 1 pm and from 2 pm to 6 pm



Email us at the following address:

resa@aiga-resort.com

Write to us at: Aïga resort 9A avenue du Général de Gaulle CS 10051 63140 Châtel-Guyon



O COME AND SEE US AT CHÂTEL-GUYON

### AÏGA THERMAL SPA AND 4\* AÏGA RESIDENCE(1):

Reception open Monday to Sunday, 8 am to 9 pm.

Our general terms and conditions of sale are available on request and can be found at www.aiga-resort.com

### Payment methods:

American Express · Mastercard · Visa · ANCV · Restaurant vouchers · Cash · Cheques

The balance must be paid 1 month before arrival regardless of payment method (including holiday vouchers).



(1) Classification to be confirmed.

RESORT THERMAL de CHÂTEL-GUYON, SAS with a capital of 75,000 euros, RC Clermont-Ferrand 822 679 155, 9 A avenue du Général-de-Gaulle CS 10051 63140 Châtel-Guyon. (VAT FR32 822 679 155). The company Resort Thermal de Châtel-Guyon is authorised to provide thermal treatments under the Finess number 630780039 - All postal correspondence should be addressed to Aiga resort / 63140 CHÂTEL-GUYON and emails to resa@aiga-resort.com. The placing of an order implies prior knowledge and acceptance without reservation of the general and specific conditions of sale which may be communicated by post, email or downloaded from the website www.aiga-resort.com. Only the services covered by the agreement may be covered by a primary health insurance scheme. This information is valid for any stay or service provided between 1 January  $and 31\,December 2022, for the benefit of a private individual acting as a consumer, subject to availability and error. However, as the documentation is subject to change without notice, the applicable reservation or order to consider the constant of the private individual acting as a consumer, subject to availability and error. However, as the documentation is subject to change without notice, the applicable reservation or order to constant of the private individual acting as a consumer, subject to availability and error. However, as the documentation is subject to change without notice, the applicable reservation or order to constant of the private individual acting as a consumer, subject to availability and error. However, as the documentation is subject to change without notice, the applicable reservation or order to constant of the private individual acting as a consumer, subject to availability and error. However, as the documentation is subject to change without notice, the applicable reservation of the private individual acting as a consumer, and the private individual acting as a consumer of the private individual acting acting acting acting acting acting acting$ conditions are those of the prevailing commercial documentation on the day of the reservation. The graphics contained in the brochures and documentation provided by the Company have no contractual value and are for indicative purposes only. The brands mentioned are trademarks owned by the company Resort Thermal de Châtel-Guyon unless otherwise stated. Prices are valid for a service provided between 1 January and 31 December 2022, subject to promotional operations or price changes.



Study day from

per person

1 meeting room, 2 breaks and 1 lunch at Aïga thermal resort Residential seminar from

per person

1 meeting room, 2 breaks, 1 night in single accommodation, 1 breakfast and 1 dinner at Aïga thermal resort

<sup>(1)</sup> Price per person, see conditions available from our Customer Services.



9 A avenue du Général de Gaulle

# **TOURISM**

During your wellness stay in Châtel-Guyon, escape is on your doorstep with a range of unmissable sites that you will not find anywhere else.

Visit the Chaîne des Puys and its 80 volcanoes, classified as a UNESCO World Heritage site since 2018. Excited to discover them? On foot or by mountain bike, unforgettable hikes are waiting for you!

In this exceptional environment, two sites let you become an expert in Auvergne volcanoes: the **Vulcania exploration park** and the **volcano of Lemptégy**.

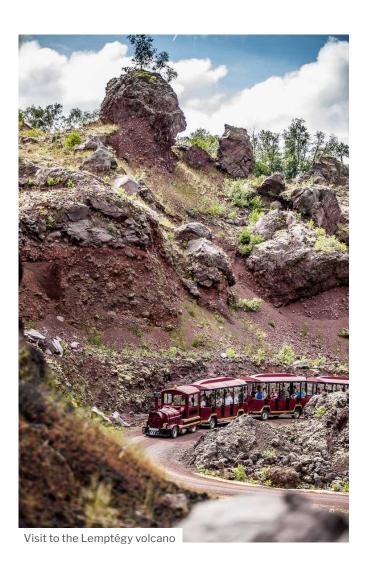
At Vulcania, an adventure filled with emotion and discovery awaits you as you explore the universe of volcanoes, natural phenomena and the Earth in space. A new **space dedicated to earthquakes** awaits you in 2021, as well as the film **Neige**, shown on one of the biggest screens in Europe. Your visit is even more special in summer with night-time shows and the **Dragon Time** fireworks display.

The Volcan de Lemptégy is a real volcano that was once exploited for its rock... and it has many stories to tell! This site, unique in the world, teaches you its own fascinating history, but also that of the Auvergne volcanoes. Explore a new immersive tour route and wander around inside the volcano crater. This is an opportunity to observe the geological curiosities of this volcano in a very special atmosphere.

Finally, a visit to Volvic is a must, as it is a major centre of the region's mineral heritage. Once you've arrived at your destination, the Grotte de la Pierre and the Volvic information area offer you the opportunity to learn more about the world-famous Volvic rock and water. Immerse yourself in their shared history by visiting these two sites and enjoy the activities organised in the natural setting of the Parc de la Source.

Don't forget to bring your hiking boots – you will also find a multitude of trails and, in season, the possibility to rent electric mountain bikes!





Find all the tourist offerings of the region on the website of the Terra Volcana Tourist Office **terravolcana.com**.



10 mins by car from Aiga resort

15 mins by car from Aiga resort Châtel-Guyon Office

1 avenue de l'Europe 63140 CHÂTEL-GUYON

Riom Office

27 Place de la Fédération 63200 RIOM

Volvic Office Place de l'église 63530 VOLVIC +33 (0)4 73 86 01 17



# Experience Aïga thermal resort and the Auvergne volcanoes to the full.









How to get

# to Châtel-Guyon





### BY CAR

Châtel-Guyon is located 20 km from Clermont-Ferrand, at the intersection of the North-South and East-West motorways (A71, A75, A89, A72):

- · from Paris: 4 hours
- · from Lyon: 2 hours
- · from Bordeaux: 3 hours 40
- · from Montpellier: 4 hours
- · from Nantes and Marseilles: 5 hours

Consider car-sharing!



### **BY TRAIN**

Riom Châtel-Guyon railway station 5 km away www.oui.sncf

A bus route connects the railway station to Châtel-Guyon town centre from Monday to Saturday. Timetables and fares on rlv-mobilites.fr

Tel. +33 (0)4 73 38 08 09



# **BY PLANE**

Clermont-Ferrand Auvergne Airport 20 km away - Tel. +33 (0)4 73 62 71 00

www.clermont-aeroport.com

To get to Châtel-Guyon from the airport (or the railway station on Sundays), you will need to book a taxi 48 hours in advance.







Tel. +33 (0)4 73 86 00 08