

AIGA

RESORT · THERMAL



Châtel · Guyon

AUVERGNE

2023

# WELL-BEING & LEISURE STAYS

CHÂTEL-GUYON

RESIDENCE | THERMAL SPA | RESTAURANT | COSMETICS | ACTIVITIES



# The new thermal and tourist experience in the heart of the Auvergne volcanoes!

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 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 know-how, Aïga thermal resort welcomes you to a 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 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 tourist residence with direct access to your treatment space, a restaurant, a shop, a wide choice of sports, relaxation and tourist 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!



## 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!**

***To find out more, ask for our Thermal Cure & Preventive Healthcare brochure!***

# WELCOME TO AİGA THERMAL RESORT!

**Aİga thermal resort is a new-generation thermal spa and tourist complex.**

Ideally located in the heart of the town, Aİga 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:



Wellness treatments



Cosmetics



Accommodation



Food and drink



Groups and conferences



Prescribed thermal cures and preventive healthcare



Thermal facilities



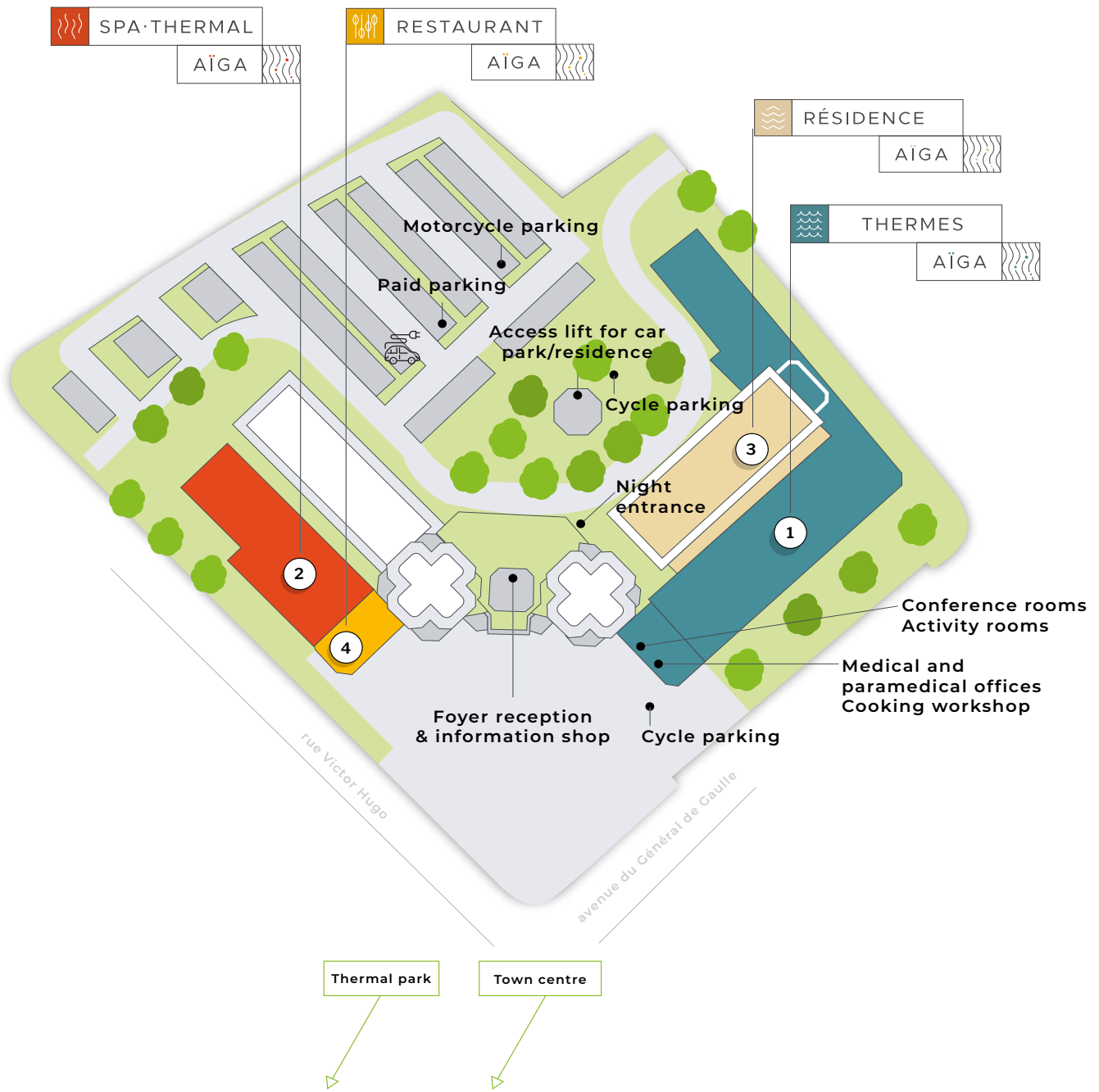
Thermal spa



Residence



<sup>(1)</sup> Classification to be confirmed.



Restaurant



Healthy cooking workshop



Seminars





**WELL-BEING  
GIFT VOUCHER**

Relaxation packages,  
signature massages,  
body treatments,  
facials, hydrotherapy  
treatments, organic  
cosmetics...

from

**€20**

**A gift voucher for the amount of your choice.**

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

THERMAL SPA | TOURIST RESIDENCE | RESTAURANT | COSMETICS | TREATMENT

Available to order from Customer Services or our online shop.



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# 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 wine-growing 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 arena 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.

Gastronomy, crafts and, of course, major tourist sites to enjoy, including the artistic and historical town of Riom only a stone's throw from Châtel-Guyon, spectacular panoramic views from the summit of Puy de Dôme (highest point in the Chaîne des Puys region), Vulcania theme park, Volcan de Lemptégy, the city of Clermont-Ferrand and its amazing black cathedral, L'Aventure Michelin, the Auvergne Cheese Route and its 5 PDO stars, and much more.

## 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 plenty more activities!

**MORE INFORMATION:** Terra Volcana tourist office

Terra Volcana tourist office has a varied programme of events from spring to autumn

+33 (0)4 73 86 01 17 - [www.terravolcana.com](http://www.terravolcana.com)





# AÏGA THERMAL SPA

A 100% natural spa to nourish all your senses of well-being

- Recharge your batteries at your own pace with 5-day wellness and health breaks, relaxing 1 or 2-day packages or individual treatment options.
- Enjoy the benefits of nature thanks to the unique combination of Châtel-Guyon's thermal water and a range of 100% natural, organic and local cosmetics.
- Discover new sports and health activities to relax and recharge.



# 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:

- 6 massage rooms
- 1 relaxing hot sand massage room
- 19 water or wet treatment cabins (baths, showers, wraps, etc.)
- 1 thermal water pool of 150 m<sup>2</sup> with swan-neck jets, counter-current swimming lane, submerged loungers, etc.
- 1 outdoor hot tub
- 1 aqua bike pool
- 1 outdoor solarium
- 2 steam rooms<sup>(1)</sup>
- 2 experiential showers (music, lights, jets, etc.)
- 1 shower and 1 mud bath
- 1 contrast shower
- 1 herbal tea room
- 1 black-light relaxation room
- 1 cardio/fitness training room

<sup>(1)</sup> Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com)

## 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 to 21)*

## YOUR ACCOMMODATION WITH DIRECT ACCESS TO YOUR TREATMENT SPACE

For absolute comfort, book your accommodation in our tourist residence (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 in our 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 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 24)*



## 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 23)*

# 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 - €625



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 thermal mud poultice
- 2 snail showers<sup>(2)</sup>
- 1 healthy cooking workshop
- 1 session of aqua gym, aqua zen or aqua bike
- + free access to the spa’s wellness facilities<sup>(1)</sup>



<sup>(1)</sup> 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. Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

<sup>(2)</sup> Treatment details on page 20

## “RELAX IN THE CALM OF THE VOLCANOES” BREAK

5 half days - €735



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 beets 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<sup>(1)</sup>

## “COCOONING” BREAK

5 half days - €735



Make time to unwind, relax and focus on each part of your body with this cocooning break. Enjoy treatments and activities that take you away from it all.

- 3 soothing baths
- 1 facial (50 min.)
- 1 body wrap
- 1 relaxing scalp massage
- 1 organic body scrub with calendula and beet sugar
- 1 volcanic massage (80 min.)
- 2 sculpting massages with organic calendula oil (20 min.)
- 1 cooking workshop
- 1 aqua zen
- 1 sports session
- + free access to the spa's wellness facilities<sup>(1)</sup>

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)



<sup>(1)</sup> 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. Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

# 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 - €109

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<sup>(1)</sup>

## “INVIGORATING” PACKAGE

1 half day - 2 treatments - €119

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

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



## “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 - €139

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

2 half days - 5 treatments - €225

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

### PHYSICAL ACTIVITY TIPS

During your visit, you can consult our qualified ASM sports coaches for an initial physical fitness assessment (*details on page 24*)

<sup>(1)</sup> 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. Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

<sup>(2)</sup> 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 - €169

- 1 hydromassage or soothing bath
- 1 organic body scrub with crushed nuts
- 1 relaxing massage with organic wild carrot oil (20 min.)

+ free access to the spa's wellness facilities<sup>(1)</sup>

### 2 half days - 5 treatments - €259

- 1 hydromassage or soothing bath
- 1 organic body scrub with crushed nuts
- 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<sup>(1)</sup>

## PACKAGES “DETOX”



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<sup>(1)</sup>

### 2 half days - 6 treatments - €295

- 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 1 thermal mud shower (depending on availability)

+ free access to the spa's wellness facilities<sup>(1)</sup>



<sup>(1)</sup> 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. Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

# WELLNESS AND COCOONING RITUALS



## RELAXING BACK RITUAL

50 min. - €105



Relieve all the stresses and strains of daily life with a deeply relaxing back massage.

- Organic body scrub with calendula and beet sugar
- Detox wrap with thermal mud
- Back massage with organic calendula oil (20 min.)

## LIGHTER LEGS RITUAL

50 min. - €105



This specific treatment has a draining effect for lighter and more comfortable legs, with a feeling of freshness guaranteed. This treatment is particularly suitable for people with “heavy legs”.

- Lymphatic drainage massage (20 min.)
- Toning wrap







## “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 and face - 2 treatments - €129

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

### Body - 3 treatments - €185

- 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<sup>(1)</sup>



<sup>(1)</sup> 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. Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

# 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 MESSAGES



**NEW FOR 2023**

**Volcanic massage**  
80 min. - €140

Total relaxation from head to toe, slow and deep manipulations for an intense feeling of relaxation.

**NEW FOR 2023**

**Scalp massage**  
20 min. - €69

Let your mind relax with these varied manipulations along the temples and across the skull. This massage relaxes, relieves tension and promotes glossy hair.

**EXCLUSIVE TO AİGA**

**Relaxing hot sand massage**  
exclusively at Aiga thermal resort  
50 min. - €115

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.



**Personalised massage with organic calendula oil**  
20 min. - €69 - 50 min. - €105

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!

**Massage with wild carrot oil**  
20 min. - €69

The regenerating benefits of wild carrot combined with a relaxing massage ensure perfect relaxation for your back and legs.

**Massage under water**  
20 min. - €69

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. - €69

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. - €69

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. - €69

Nourishing and hydrating body treatment for supple and radiant skin.

### Organic body scrub with calendula and beet sugar

20 min. - €69

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. - €69

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. - €75    50 min. - €105

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>1)</sup> Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).

## HYDROTHERAPY TREATMENTS



### Hydromassage or soothing bath

€49

Immerse yourself in a thermal water bath heated to 34 °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.



### Affusion shower

€49

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

€55

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

€49

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.

**Treatments available in addition to a treatment package or individually:**

**Hand treatment with thermal water**

€35

To prolong your relaxation, a thermal water bath for the hands offers you the analgesic and anti-inflammatory benefits of thermal water and improves skin microcirculation thanks to the gentle diffusion of heat.

**Hand treatment with thermal mud**

€35

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**

€35

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**

€35

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**

€35

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

**Mud bath**

€35

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.



# RELAXATION PASS



Take full advantage of the wellness areas at Aïga spa with the relaxation pass.



This area includes:

**Thermal pool with swan-neck jets, waterfall, counter-current swimming, submerged loungers, outdoor hot tub**

**Two steam rooms**

**Experiential shower**

**Outdoor solarium**

**Herbal tea room**

**Black-light relaxation room**

	PRICES PER 1/2 DAY
Staying guest*	€29 per adult**
Non-staying guest*	€39 per adult**

To be purchased at our reception desk



**Don't forget to bring your own pair of non-slip sandals.**

\* Subject to availability – Limited number of places. Staying guests are customers who are staying at the aïga resort residence.

\*\* Price per adult over 16 years old per 1/2 day. Children under the age of 16 are not allowed in the spa.

# 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<sup>(1)</sup>

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

- Organic wild pansy cleansing balm - 125 ml  
Purifying ..... €29
- Organic walnut scrub - 50 ml  
Gently exfoliating ..... €24.50

### Cocooning, protecting, revitalising<sup>(1)</sup>

- Organic pumpkin mask - 50 ml  
Cocooning ..... €24
- Organic daisy concentrate - 30 ml  
Revitalising ..... €32
- Organic cucumber mask - 50 ml  
Refreshing ..... €24

### Moisturising and regenerating<sup>(1)</sup>

- Organic wild pansy fluid - 30 ml  
Moisturising & detoxifying ..... €32
- Organic purple carrot moisturising cream - 50 ml  
Moisturising ..... €35
- Organic night serum with white flowers - 30 ml  
Regenerating & anti-ageing ..... €39

## BODY

- Organic calendula balm for the whole family - 125 ml  
..... €35
- Organic calendula oil - 100 ml  
..... €22
- Meadowsweet oil - 100ml  
..... €25
- Wild carrot oil - 100ml  
..... €25
- Calendula and beet sugar organic body scrub - 125ml  
..... €32.50

### Solid products

- Cut soap - 100 g  
..... €9

Discover our Beauty Garden herbal teas and the whole range in our shop and on our website [aiga-resort.com](http://aiga-resort.com).



<sup>(1)</sup> Prices for 2022, subject to change during the year. For more information, please visit our website [www.aiga-resort.com](http://www.aiga-resort.com) or shop.

# 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> Depending on the chosen programme, subject to change depending on weather conditions.

<sup>(2)</sup> Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com).



### Discovery programme

€49

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 the range of available activities on the advice of the ASM Vitality 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 the range of available activities on the advice of the ASM Vitality coach.
- 1 final fitness assessment.

### 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 the range of available activities on the advice of the ASM Vitality coach.

### Individual activities to complement your treatments

€12 per session<sup>(1)</sup>

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>(2)</sup> Depending on availability and the day's schedules, to be chosen from indoor, pool or outdoor activities.

# PRACTICAL INFORMATION YOUR TREATMENTS AT THE AÏGA THERMAL SPA

Discover our spa<sup>(1)</sup> and enjoy treatments every afternoon and 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).

## WHAT TO WEAR IN THE SPA: SWIMSUIT AND SANDALS

We provide a free Aïga thermal spa bathrobe and towel. Bring your swimsuit (swim briefs or boxers for men) and a pair of non-slip sandals for use in the pool area. 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 from 9 am to 1 pm and from 2 pm to 6.30 pm.

## 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.

Châtel-Guyon water has properties that are not recommended for young people.



<sup>(1)</sup> Information on COVID-19 health measures can be found on our website [www.aiga-resort.com](http://www.aiga-resort.com)

# HEALTHY NUTRITION ACTIVITIES

Various nutrition workshops combining theory and practice are open to all during your stay at the spa. They take place in the resort's teaching kitchen and are led by a qualified dietary nutritionist.

## COOKING WORKSHOPS (PRACTICAL):

2 hours ..... €27

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. Topics covered:

- The right food combinations
- Morning starter and end-of-day snack recipes
- How to tolerate food
- Good or bad fats? Which to choose and how to use them.

## NUTRITION WORKSHOPS (THEORY):

1 hour 30 minutes ..... €6

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
- 10 top tips for getting organised (shopping, menus, etc.)
- Understanding and identifying ultra-processed foods

## NUTRITION CONSULTATIONS:

1 hour ..... €55

For personalised nutrition monitoring, in addition to cooking workshops or seminars, you can take advantage of a consultation with the qualified dietary nutritionist at Aiga resort. The interview will assess your micronutrient status, on the basis of which you will receive personalised advice.

IDEAL FOR ENSURING YOUR GOOD HEALTH, ENJOYING YOURSELF ON A DAILY BASIS AND EFFECTIVELY PROTECTING YOUR MICROBIOTA.



## NUTRITION PACK

€99

(instead of €105)

1 consultation + 1 seminar + 2 workshops

These activities and workshops are open to all. Bookings can be made at the reception desk at Aiga thermal resort. Please ask for the activities schedule on your arrival at the resort.



**Your health and well-being stay**  
in the heart of the Auvergne  
volcanoes



**Weekend stay 2 days / 1 night**  
with the “Total relaxation” package (3 spa  
treatments) and breakfast

from

**€158<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

**€883<sup>(1)</sup>**

per person

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



# AÏGA RESIDENCE, YOUR ACCOMMODATION

At the heart of the spa resort

- Book your wellness break including all services (treatments, accommodation and meals) for a relaxing stay.
- For maximum comfort, you can access the spa directly from your apartment in your bathrobe.

# AÏGA RESIDENCE

Your charming residence in the heart of the exceptional Chaîne des Puys – Limagne fault tectonic arena, 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 Aïga residence:**

- 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 body wash provided.
- A balcony or terrace in most 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.

<sup>(1)</sup>Average area for information purposes only.

## OUR APARTMENTS

### ALOU STUDIO

max. 2 persons, approx. 25 m<sup>2</sup> <sup>(1)</sup>:

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

### BALMET STUDIO

max. 2 persons, approx. 31 m<sup>2</sup> <sup>(1)</sup>:

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

*Priority for people with reduced mobility*

### 2-ROOM CÔME SUITE

max. 4 persons, approx. 38 m<sup>2</sup> <sup>(1)</sup>:

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> <sup>(1)</sup>:

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 people with reduced mobility.**



## PRACTICAL INFORMATION

- All our apartments, balconies and terraces are non-smoking.
- Animals cannot be accommodated.
- Apartments for guests with reduced mobility are equipped with walk-in showers.
- Paid laundry facilities available to residents.
- Travel cots for hire (€5)

# RATES AND SERVICES



## RATES PER NIGHT AND PER ACCOMMODATION

TYPE OF APARTMENT		PRICES
<b>ALOU</b>	2-person studio (approx. 25 m <sup>2</sup> )	from €68
<b>BALMET</b>	2-person studio (approx. 31 m <sup>2</sup> )	from €76
<b>CÔME</b>	4-person suite (approx. 38 m <sup>2</sup> )	from €86
<b>DÔME</b>	4-person suite (approx. 43 m <sup>2</sup> )	from €106

### The price per night includes:

- Accommodation based on the number of nights selected (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).
- Bathroom linen provided (bed linen, bathroom and kitchen linen (sheets, 1 bath sheet, 1 towel, 1 bathrobe per person, 1 bath mat and 1 tea towel).
- Housekeeping on departure (excluding kitchen, dishes and bins).

### The price per night does not include:

- Tourist tax of €1.10 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.
- Security deposit of €250 (not cashed).
- Treatments and access to spa or thermal baths.
- Food and drink.
- Parking.

OPTIONAL SERVICES	TYPE OF APARTMENT	
	ALOU AND BALMET	CÔME AND DÔME
<b>Additional housekeeping</b>	€15 per night.	€20 per night.
	Including: vacuuming, dusting, cleaning of sanitary facilities (bathroom and additional toilet paper), beds made (except washing-up, kitchen and bins). Changing of sheets not included.	
<b>Housekeeping kit</b>	Kit sold in the shop for €4.50 (1 sponge, 1 dose of multi-surface cleaner, 2 dishwasher tablets, 1 dose of washing-up liquid). <b>Free for stays of 6 nights or more.</b>	
<b>Change of bed and bath linen</b>	Bed: €20 per change; bath linen (2 bathrobes, 2 bath towels and 1 towel): €15 per change.	
<b>Outdoor parking</b>	€15 for 6 days €7.50 for 1 day 6 charging points for electric vehicles available (charging fee).	



**PAYMENT METHODS ACCEPTED:**

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

**INSURANCE OPTION: CANCELLATION**

Premium for a stay worth:

- €0 to €400 = €14.50
- from €401 to €600 = €25.50
- from €601 to €1200 = €33
- from €1201 to €1500 = €38.50
- from €1501 to €2000 = €47.50
- from €2001 to €2500 = €56
- more than €2500 = €66

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](http://www.aiga-resort.com), under the legal notices section or on request from Customer Services.





Half board free of charge

# “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 the 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: 02/04, 23/04, 04/06, 01/10, 12/11, 19/11				
	Price for 2 people with treatments		Price for 2 people (1 with treatments and 1 without treatments) OR price for 1 person only with treatments	
	Relax in the calm of the volcanoes	Pamper your microbiota	Relax in the calm of the volcanoes	Pamper your microbiota
<b>ALOU STUDIO</b>	€1,986	€1,766	€1,515	€1,405
<b>BALMET STUDIO</b>	€2,034	€1,814	€1,563	€1,453
<b>2-ROOM CÔME SUITE</b>	€2,106	€1,886	€1,635	€1,525

#### Prices include:

- 6 nights in our 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 the 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 €1.10 per adult per night.
- Half board for accompanying persons without treatments.
- Security deposit of €250 (not cashed).
- Please contact us if more than 2 people wish to stay in the accommodation.



# AİGA RESTAURANT

Open to everyone, from breakfast to dinner, Aïga restaurant offers a tasty and tailor-made menu combining both exceptional taste and nutritional quality. It is conceived through the close collaboration of our chef and our dietician on the principles of simplicity, healthiness, tastiness and a tailor-made approach.

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 seasonal menu is renewed every day and adapted to your needs and tolerances for a healthy microbiota.
- Take-away dishes carefully prepared by our chef for you to enjoy at home (depending on the season).



## NUTRITION TIP

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

RESTAURANT PACKAGES	PER MEAL	6 NIGHTS
Breakfast buffet	€15	€85
Lunch or dinner..... 3 courses	€29	NA
Lunch or dinner ..... 2 courses	€24	NA
Full board <sup>(1)</sup> ..... 3 courses	NA	€376
Full board <sup>(1)</sup> ..... 2 courses	NA	€317
Half board <sup>(2)</sup> ..... 3 courses	NA	€224
Half board <sup>(2)</sup> ..... 2 courses	NA	€195

<sup>(1)</sup> 6 breakfasts, 6 lunches and 6 dinners.

<sup>(2)</sup> 6 breakfasts and 6 lunches or dinners.

Children's menu available on request up to 12 years old (breakfast €7, lunch or dinner €14)

This approach to catering will help you to get your microbiota in shape with food that meets the latest requirements for healthy nutrition:

- **A diet adapted to the health of each individual.**
- **Authenticity and naturalness:** use of fresh produce, local and certified food (AOC), products from organic or integrated farming.
- **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 Aïga residence

### 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 tablets, sponge.
- Daily linen change and housekeeping.
- Free access to the Aïga spa wellness facilities.

### RESTAURANT HOURS

- Breakfast from 6.30 am to 10.00 am.
- 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 collection points for household waste are available.



# HOW DO I BOOK?



You can visit our website  
**[www.aiga-resort.com](http://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 9.30 am to 6 pm.



Email us at the following address  
**[resa@aiga-resort.com](mailto:resa@aiga-resort.com)**

Write to us at:

Aïga resort  
9A avenue du Général de Gaulle  
CS 10051  
63140 Châtel-Guyon



**COME AND SEE US AT CHÂTEL-GUYON**

## AÏGA THERMAL SPA AND AÏGA RESIDENCE:

Reception from Monday to Thursday from 8.30 am to 8 pm, Friday and Saturday from 8.30 am to 9 pm, and Sunday from 9 am to 9 pm.

Our general terms and conditions of sale are available on request and can be found at **[www.aiga-resort.com](http://www.aiga-resort.com)**

### Payment methods:


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

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



RESORT THERMAL de CHATEL-GUYON, SAS with capital of 75,000 euros, RC Clermont-Ferrand 822 679 155, 9 avenue du Général-de-Gaulle B.P.10051 63140 Chatel-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 Aïga resort / 63140 CHÂTEL-GUYON and emails to [resa@aiga-resort.com](mailto: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](http://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 2023, 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 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 2023, subject to promotional campaigns or price changes.

**Your conference**  
in the heart of the  
Auvergne volcanoes



**Study day**  
from

**€60<sup>(1)</sup>**

per person

1 meeting room, 2 breaks and  
1 lunch (2 courses, water and coffee)  
at Aïga thermal resort

**Residential seminar**  
from

**€149<sup>(1)</sup>**

per person

1 meeting room, 2 breaks, 1 night in a double  
room, 1 breakfast, 1 lunch and 1 dinner (2 courses,  
water and coffee) at Aïga thermal resort

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

# 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**.

An adventure filled with emotion and discovery awaits you at Vulcania as you explore the world of volcanoes, natural phenomena and the Earth in space. Among its twenty or so activities, **Vulcania will be launching France's largest Planetarium in spring 2023**. Even more reason to be gazing up at the stars!

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, reveals its own fascinating history and that of the Auvergne volcanoes too. Explore the visitor trail to discover the history of the site and travel to the very heart of the volcano's structure. 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!

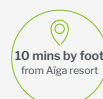


Visit to the Lemptégy volcano

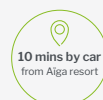


La Grotte de la Pierre de Volvic (Volvic stone cave)

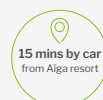
Find all regional tourist attractions on the Terra Volcana Tourist Office website [terravolcana.com](http://terravolcana.com).



**Châtel-Guyon Office**  
1 avenue de l'Europe  
63140 CHÂTEL-GUYON



**Riom Office**  
27 place de la Fédération  
63200 RIOM



**Volvic Office –  
Maison de site UNESCO**  
12 rue des Sources  
63530 VOLVIC



# 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 minutes
- from Montpellier: 4 hours
- from Nantes and Marseilles: 5 hours

Consider car-sharing!

### BY TRAIN

Riom Châtel-Guyon railway station 5 km away  
[www.sncf-connect.com](http://www.sncf-connect.com)

A bus route connects the railway station to Châtel-Guyon town centre from Monday to Saturday.

Timetables and fares on [rlv-mobilites.fr](http://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](http://www.clermont-aeroport.com)

### TAXI

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.

9A avenue du Général de Gaulle  
 CS 10051  
 63140 Châtel-Guyon

[resa@aiga-resort.com](mailto:resa@aiga-resort.com)  
[facebook.com/aigaeresort](https://facebook.com/aigaeresort)  
[instagram.com/aigaeresort](https://instagram.com/aigaeresort)

[aiga-resort.com](http://aiga-resort.com)

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