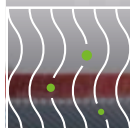


CHÂTEL-GUYON

AUVERGNE



AÏGA

RESORT · THERMAL & SPA



Châtel · Guyon

# WELL-BEING & LEISURE STAYS

4\* RESIDENCE | THERMAL SPA | RESTAURANT | COSMETICS | ACTIVITIES



# AÏGA THERMAL RESORT & SPA – YOUR THERMAL AND TOURIST HAVEN

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

## AN **ALL-IN-ONE** THERMAL RESORT

Aïga Thermal Resort & Spa is located **in the heart of the Auvergne** in central France amid a rich history of thermalism since the days of Roman Gaul. Just a few kilometres from Volvic and less than 2 hours from Lyon, the historic village of Châtel-Guyon is the perfect destination for spa treatments.

**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**.



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. Our **modern approach to spa treatments** is based on the Thermal Resort & Spa concept: a unique place where you can enjoy the comfort of on-site accommodation and the quality of tailored catering, personalised nutrition, treatments and physical activities – everything you need to feel revitalised. Thanks to over 200 years of expertise, **Aïga is now the European benchmark for microbiota, nutrition, digestive well-being and preventive healthcare**.

By combining unique natural resources and historical know-how, Aïga Thermal Resort & Spa 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 Resort offers **a rejuvenating stay in the heart of an exceptional natural environment.**

**A thermal and tourist haven, Aïga 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 resort, whether it's for some relaxing me-time, as a couple or with friends! You're invited to discover all the natural treasures that Terra Volcana has to offer: Volvic stone from the Nugère volcano, its many waterfalls and the La Pierre cave, where you can step inside a lava flow... There are more than fifty natural sites for a lively and invigorating stay.



## 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!**



# WELCOME TO AİGA THERMAL RESORT & SPA!

## Aİga Thermal Resort & Spa is a new-generation thermal spa and tourist complex.

Ideally located in the heart of the town, Aİga Thermal Resort & Spa 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



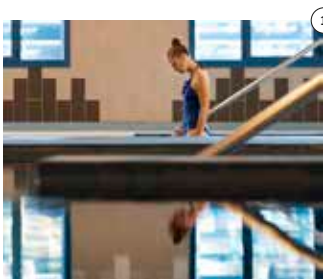
Food & drink



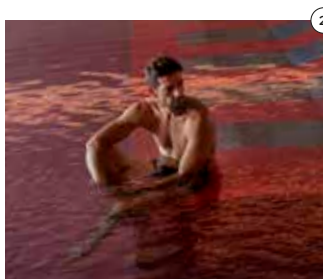
Groups and seminars



Prescribed thermal treatments  
and preventive healthcare



Thermal facilities



Thermal spa



4\* residence







Restaurant



Healthy cooking workshop



Seminars





AIGA

RESORT · THERMAL & SPA



Châtel · Guyon

## TAKE GOOD CARE OF YOUR LOVED ONES THIS YEAR.

OFFER THE UNIQUE BENEFITS OF AUVERGNE'S  
VOLCANIC WATERS!



### WELL-BEING GIFT VOUCHERS

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

from

€25

Visit [aiga-resort.com](https://aiga-resort.com)  
to buy your gift voucher in just a few clicks.



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# YOUR WELL-BEING DESTINATION IN AUVERGNE

If you love nature and wellness breaks, Aïga Thermal Resort & Spa 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 & Spa 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.

### 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)

## EXPLORE AUVERGNE

**Beyond the town gates are volcanoes, lakes, forests and rivers 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 historic 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 Lemptégry, 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.

### 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!







# AÏGA THERMAL SPA

## YOUR **100% NATURAL SPA** TO NOURISH ALL YOUR SENSES OF WELL-BEING

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

In a warm atmosphere inspired by the Auvergne volcanoes, Aïga Thermal Resort & 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 well-being 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!

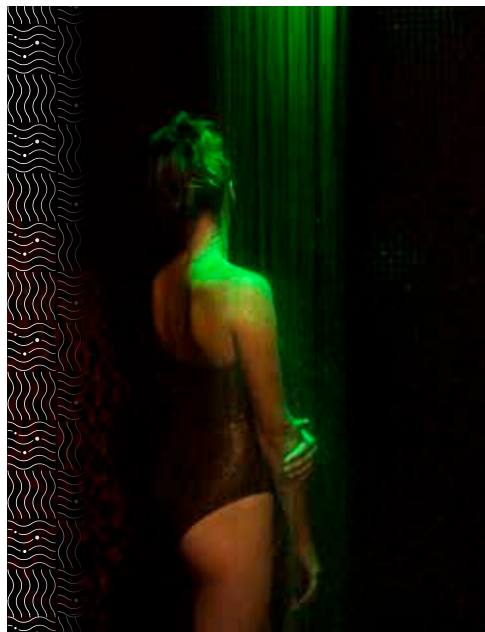
Aïga thermal spa combines the benefits of the most magnesium-rich natural thermal water in Europe and seasonal produce from the garden – the raw materials for an organic and local cosmetic range.

Elegant and refined, our thermal spa welcomes you to a warm, volcanic environment for a complete break for all your senses.



## **SPACES DEDICATED TO WELL-BEING:**

- 6 massage rooms
- 1 relaxing hot sand massage room
- 19 water or wet treatment rooms (baths, showers, etc.)
- 1 150 m<sup>2</sup> thermal water pool with swan-neck jets, counter-current swimming lane, submerged loungers...
- 1 outdoor hot tub
- 1 aqua bike pool
- 1 outdoor solarium
- 2 steam rooms
- 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



► For practical information, see the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)



# YOUR WELL-BEING AND HEALTH BREAKS

— 5 HALF DAYS

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

**EXCLUSIVE**

*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.*

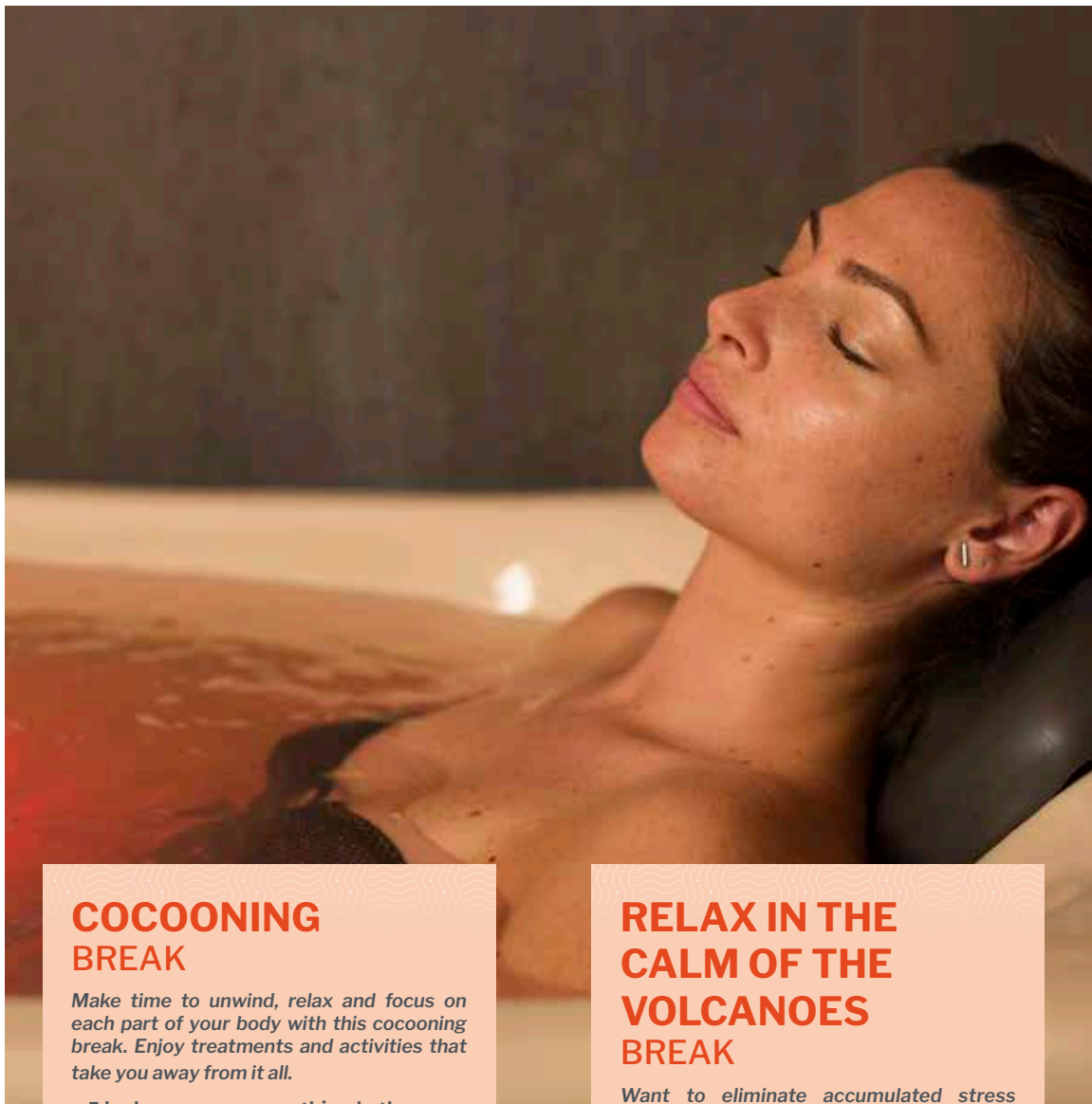
### ► 5 HALF DAYS

- 5 hydromassage or soothing baths
- 3 thermal mud baths or thermal mud showers
- 2 abdominal massages with organic oil or under thermal water (20 min.)
- 2 abdominal applications of a hot thermal mud poultice
- 2 snail showers
- 1 cooking workshop
- 1 session of aqua gym, aqua zen or aqua bike

+ complimentary access to the spa<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 room, black-light relaxation room, herbal tea room and experiential showers.



## COCOONING BREAK

*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 hydromassage or soothing baths
- 1 facial treatment (50 min)
- 1 body wrap
- 1 scalp massage
- 1 organic body scrub
- 1 volcanic massage (80 min)
- 2 personalised massages (20 min)
- 1 aqua zen
- 1 sports session
- + complimentary access to the spa<sup>(1)</sup>

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)

## RELAX IN THE CALM OF THE VOLCANOES BREAK

*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.*

- 5 hydromassage or soothing baths
- 3 thermal mud baths or thermal mud showers
- 2 personalised massages (20 min)
- 1 massage under thermal water (20 min)
- 3 general and localised jet showers
- 1 organic body scrub
- 2 hand treatments with thermal steam
- 1 body relax/stretch or pilates session
- + complimentary access to the spa<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 room, black-light relaxation room, herbal tea room and experiential showers.



# YOUR WELL-BEING AND HEALTH PACKAGES

— 1 TO 2 HALF DAYS

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

### 3 TREATMENTS

► 1 HALF DAY

*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 1 thermal mud shower (depending on availability)
- 1 hydromassage or soothing bath
- + complimentary access to the spa<sup>(1)</sup>

## PAMPER YOUR MICROBIOTA PACKAGE

EXCLUSIVE

### 3 TREATMENTS

► 1 HALF DAY

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

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

## INVIGORATING PACKAGE

### 3 TREATMENTS

► 1 HALF DAY

*The perfect combination of a relaxing massage and treatments with Châtel-Guyon thermal water.*

- 1 affusion shower or 1 localised hand and foot shower
- 1 general and localised jet shower
- 1 personalised massage (20 min)
- + complimentary access to the spa<sup>(1)</sup>

### 5 TREATMENTS

► 2 HALF DAYS

- 2 snail showers
- 1 abdominal application of a hot thermal mud poultice
- 1 abdominal massage with organic oil or under thermal water (20 min.)
- 1 hydromassage bath
- + complimentary access to the spa<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 room, black-light relaxation room, herbal tea room and experiential showers.





## ANTIOXYDISING PACKAGE

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

### 3 TREATMENTS

► 1 HALF DAY

- 1 hydromassage or soothing bath
- 1 organic body scrub
- 1 personalised massage (20 min)
- + complimentary access to the spa<sup>(1)</sup>

### 5 TREATMENTS

► 2 HALF DAYS

- 1 hydromassage or soothing bath
- 1 organic body scrub
- 1 personalised massage (20 min)
- 1 massage under thermal water (20 min)
- 1 hand treatment with thermal mud
- + complimentary access to the spa<sup>(1)</sup>

## ULTIMATE PACKAGE

NEW

*Immerse yourself in an ultimate experience with 5 carefully selected treatments designed to recharge your batteries, revitalise your body and restore a feeling of total well-being.*

### 5 TREATMENTS

► 1 HALF DAY

- 1 hydromassage or soothing bath
- 1 organic body scrub
- 1 detox wrap with thermal mud
- 1 personalised massage (50 min)
- 1 facial treatment (50 min)
- + complimentary access to the spa<sup>(1)</sup>

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)

<sup>(1)</sup> Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam room, black-light relaxation room, herbal tea room and experiential showers.



# YOUR WELL-BEING AND COCOONING RITUALS

— 1 TO 2 HALF DAYS

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.



## RELAXING BACK RITUAL

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

### 3 TREATMENTS

► 50 MINUTES

- 1 organic back scrub
- 1 back detox wrap with thermal mud
- 1 back massage (20 min)
- + complimentary access to the spa<sup>(1)</sup>

## WELL-BEING UNDER WATER RITUAL

NEW

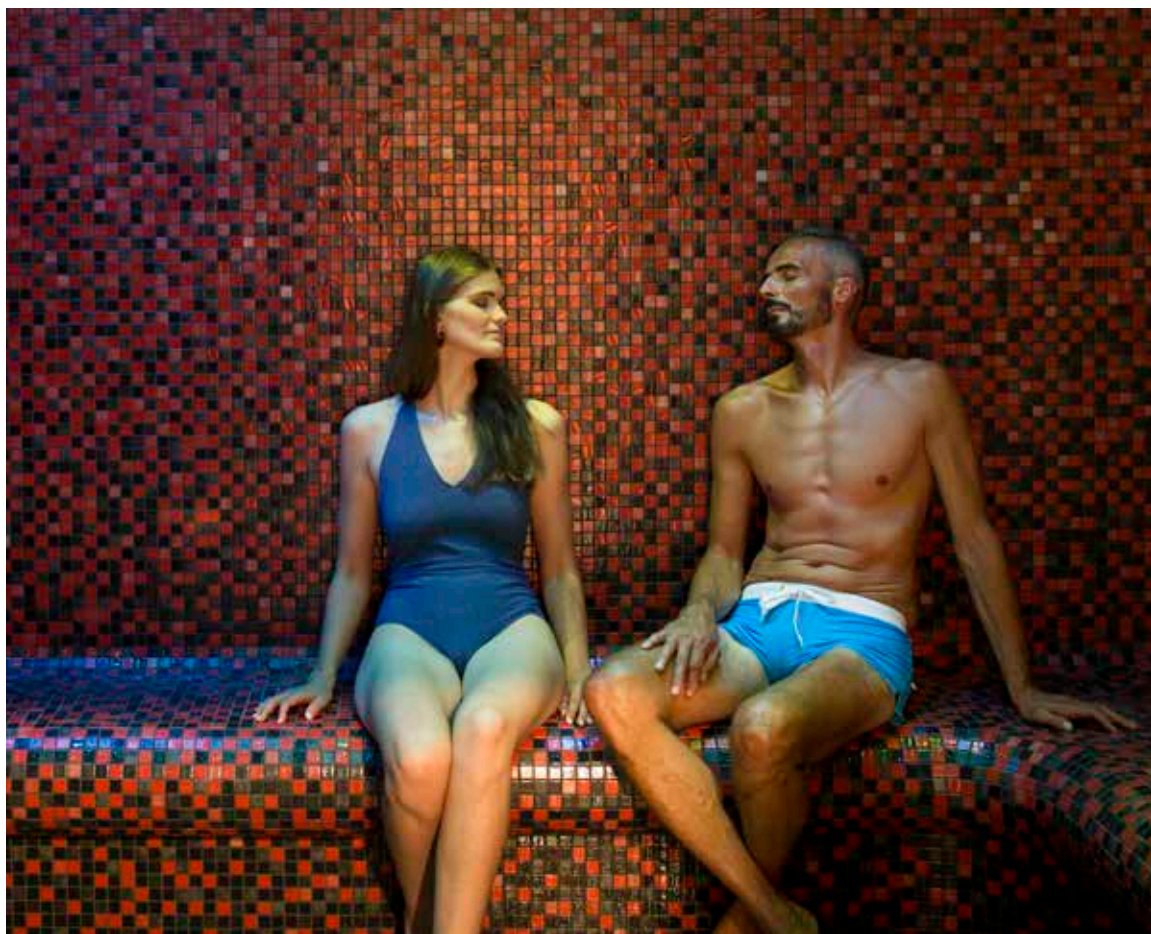
*This unique experience transports you to a world of deep relaxation where the regenerating benefits of Châtel-Guyon thermal water enfold you.*

### 2 TREATMENTS

► 1 HALF DAY

- 1 thermal water body scrub
- 1 massage under thermal water (20 min)
- + complimentary access to the spa<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 room, black-light relaxation room, herbal tea room and experiential showers.



## NOURISHING AND RELAXING RITUAL

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

### 2 TREATMENTS

#### ► BODY AND FACE

- 1 radiant facial treatment (30 min)
- 1 personalised massage (20 min)
- + complimentary access to the spa<sup>(1)</sup>

## BEAUTY GARDEN STEAM ROOM RITUAL

**NEW**

*Immerse yourself in an exceptional sensory experience where soothing warmth, invigorating exfoliation and nourishing treatments transport you to a world of ultimate relaxation and well-being.*

### 3 TREATMENTS

#### ► 1 HALF DAY

- 1 private steam room session
- 1 organic body scrub
- 1 nourishing and soothing wrap
- + complimentary access to the spa<sup>(1)</sup>

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)

<sup>(1)</sup> Relaxation pool with thermal water (swan-neck jets, counter-current swimming lane, submerged bubble loungers, etc.), outdoor hot tub, solarium, steam room, black-light relaxation room, herbal tea room and experiential showers.





## YOUR 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**

### **VOLCANIC**

**EXCLUSIVE**

► 80 MINUTES

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

### **RELAXING HOT SAND**

**EXCLUSIVE**

► 50 MINUTES

Lying comfortably on a bed of hot 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 captivating warmth.

### **PERSONALISED**

► 20 MINUTES or 50 MINUTES

A special moment between you and the practitioner. You choose the areas of the body you wish to be massaged and the oil used for 100% personalised well-being.

### **UNDER THERMAL WATER**

**EXCLUSIVE**

► 20 MINUTES

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.

### **STOMACH**

**EXCLUSIVE**

► 20 MINUTES

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

### **SCALP**

► 20 MINUTES

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



## BODY TREATMENTS

### ORGANIC BODY SCRUB

► 20 MINUTES

This exfoliating treatment is essential to prepare the skin, optimise the benefits of subsequent treatments and maintain healthy, radiant skin. Choose between the organic calendula and beet sugar scrub or the organic walnut scrub.

### THERMAL WATER SCRUB

NEW

► 20 MINUTES

A unique body care experience combining the benefits of the thermal spring water and the active plant ingredients in our Beauty Garden cosmetic products to exfoliate and revitalise the skin. A soothing, refreshing sensation guaranteed.

### DETOX WRAP WITH THERMAL MUD

► 20 MINUTES

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

### NOURISHING AND SOOTHING WRAP

► 20 MINUTES

Nourishing and hydrating body treatment for supple and radiant skin.

### + ACCESS TO THE SPA

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

## FACIAL TREATMENTS

### RADIANT FACIAL TREATMENT

► 30 MINUTES

This treatment includes cleansing, a scrub, a mask and the application of a day cream.

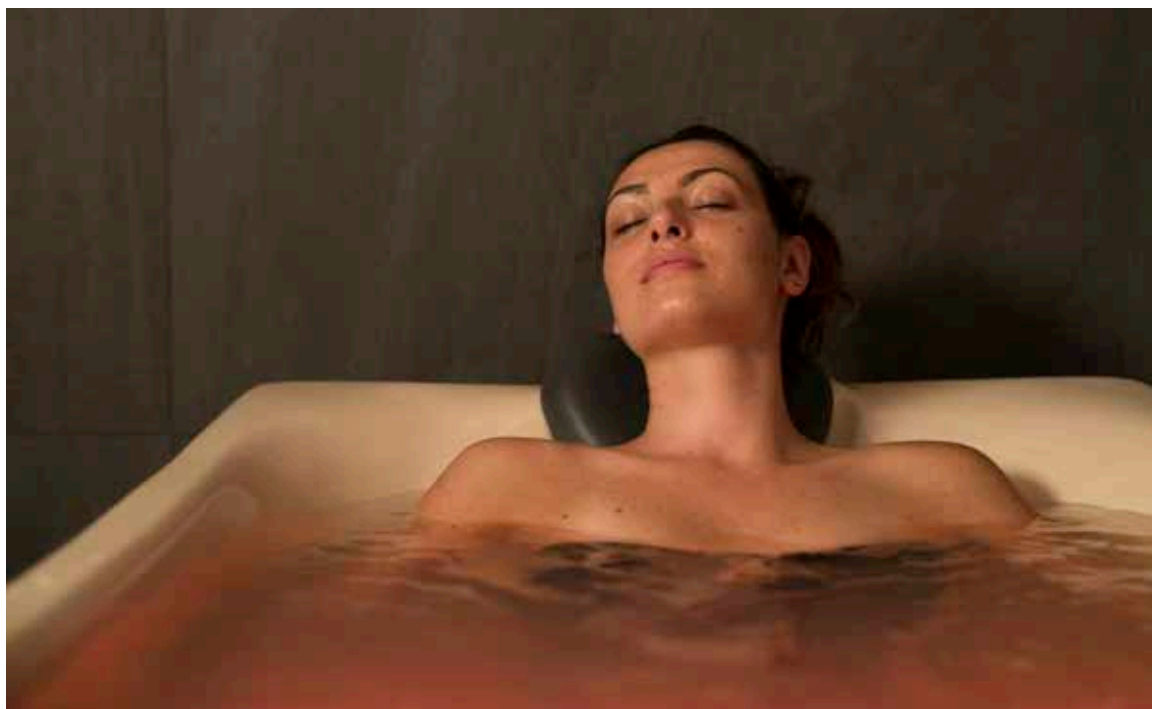
### PERSONALISED FACIAL TREATMENT

► 50 MINUTES

A complete experience including a scrub, facial steam bath, mask and relaxing facial massage.



► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)



## **HYDROTHERAPY TREATMENTS**

### **AFFUSION SHOWER**

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**

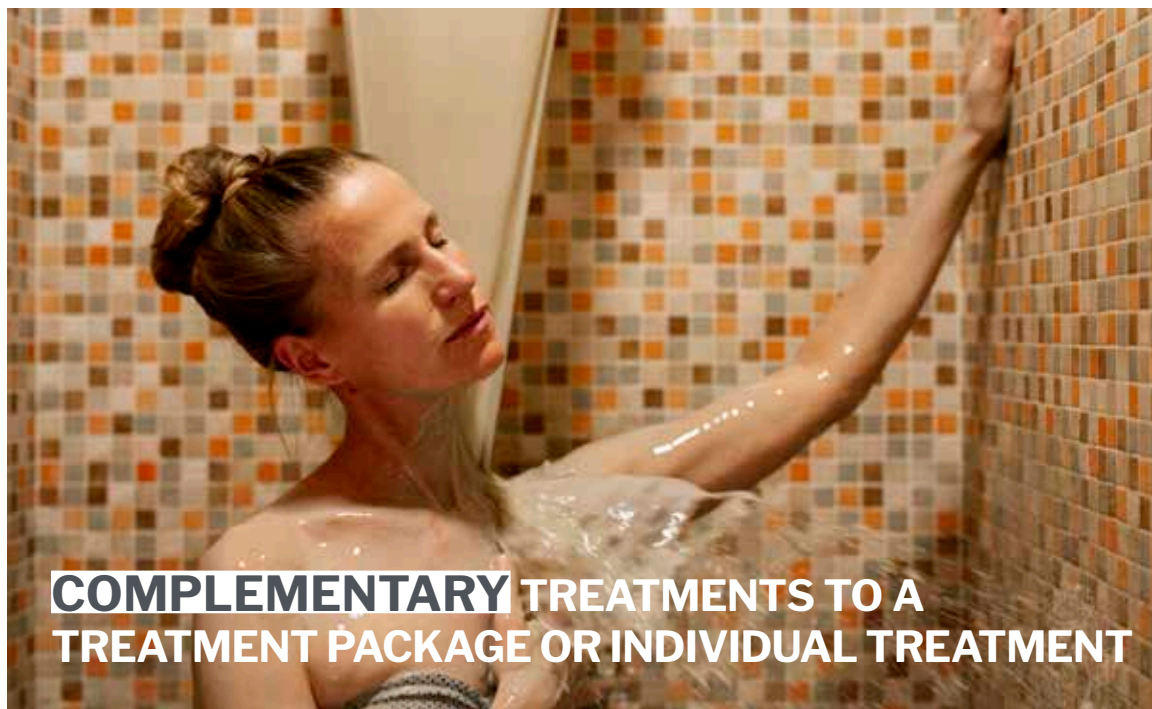
A unique combination of a general shower, whose thermal water jet provides a relaxing muscle massage, and a localised shower (on the stomach and back) in a lying position, with a gentle and analgesic action. For the stomach, the localised shower helps to decrease abdominal sensitivity and improve digestive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

### **SNAIL SHOWER**

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**

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.



## ABDOMINAL APPLICATION OF A HOT POULTICE OF THERMAL MUD

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

## MUD BATH

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.

## HAND TREATMENT WITH THERMAL WATER

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.

## LOCALISED HAND AND FOOT SHOWER

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

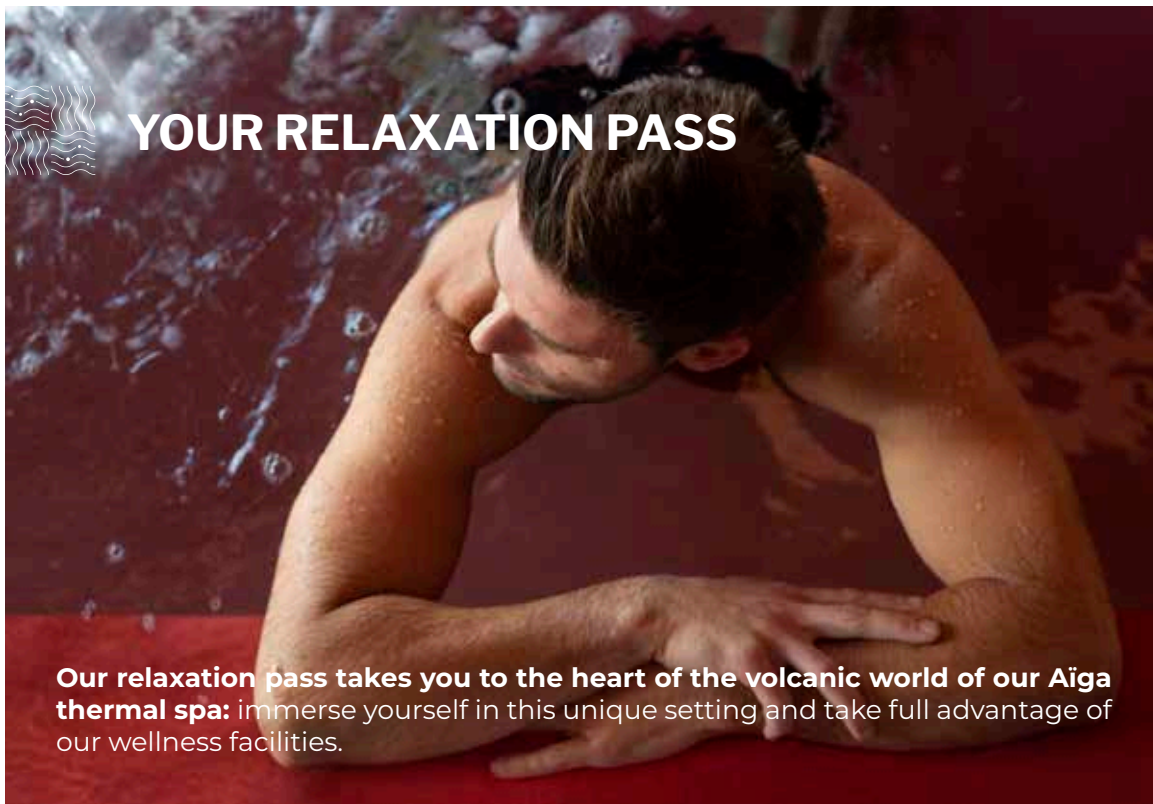
## HAND TREATMENT WITH THERMAL MUD

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

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.

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)



# YOUR RELAXATION PASS

**Our relaxation pass takes you to the heart of the volcanic world of our Aïga thermal spa:** immerse yourself in this unique setting and take full advantage of our wellness facilities.

## THE RELAXATION PASS

- Thermal pool with swan-neck jets, waterfall, counter-current swimming, submerged loungers, outdoor hot tub
- 2 steam rooms
- 2 experiential showers
- 1 outdoor solarium
- 1 herbal tea room
- 1 black-light relaxation room

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)

Valid for half a day, create your own relaxation itinerary for a personalised well-being experience.


Subject to availability – Limited number of places.

Under 16s are not permitted in the spa, even if they are accompanied.





# YOUR NEXT **SEMINAR** AT THE FOOT OF THE VOLCANOES!



**Discover the ideal setting for your group stays and business events at our energising thermal resort.**

**To organise your tailor-made event, study day or residential seminar, call our team of experts!**



# 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.



## FROM SEED TO CREAM!

The partnership between Aïga Thermal Resort & Spa and Beauty Garden offers you the perfect opportunity to pamper yourself with quality products. Extracts of calendula, camomile, carrot, pumpkin, walnut and peppermint come straight from the market garden to our shop and treatment rooms to delight all your senses and offer you a moment of relaxation.

Our shop at Aïga thermal spa or on our website [aiga-resort.com](http://aiga-resort.com) has several ranges of face and body treatment products for:

- Cleansing
- Cocooning, protecting, refreshing
- Moisturising and regenerating

Discover Beauty GARDEN organic herbal teas in the tea room at the thermal spa and take home your favourite flavour to prolong the beneficial effects of your stay.



# HEALTH, NUTRITION AND PREVENTION ACTIVITIES AND PROGRAMMES

## SPORTS ACTIVITIES

Aïga Thermal Spa has partnered exclusively with ASM Vitalité, a specialist in personalised sports, to offer health and fitness programmes to suit you. Qualified specialised professionals are at your side to direct and advise you.

Because regular physical activity is essential to your well-being, Aïga thermal spa offers you the chance to discover or rediscover the benefits of one or more activity sessions: **aqua gym, aqua zen, pilates, zen hiking, Nordic walking, etc.**

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.



## YOUR HEALTHY NUTRITION ACTIVITIES



Open to all, a range of nutrition activities led by a dietary nutritionist are on offer: consultations, nutrition seminars and healthy cooking workshops.

- **Cooking workshops (practical):** 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.
- **Nutrition seminars (theoretical):** Ideal for discovering the impact of nutrition on health.
- **Nutrition consultations:** For personalised nutritional monitoring, in addition to cooking workshops or seminars, you can take advantage of a consultation with the dietary nutritionist at Aïga thermal resort. The consultation will assess your micronutrient status, on the basis of which you will receive personalised advice.

► See our prices in the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)



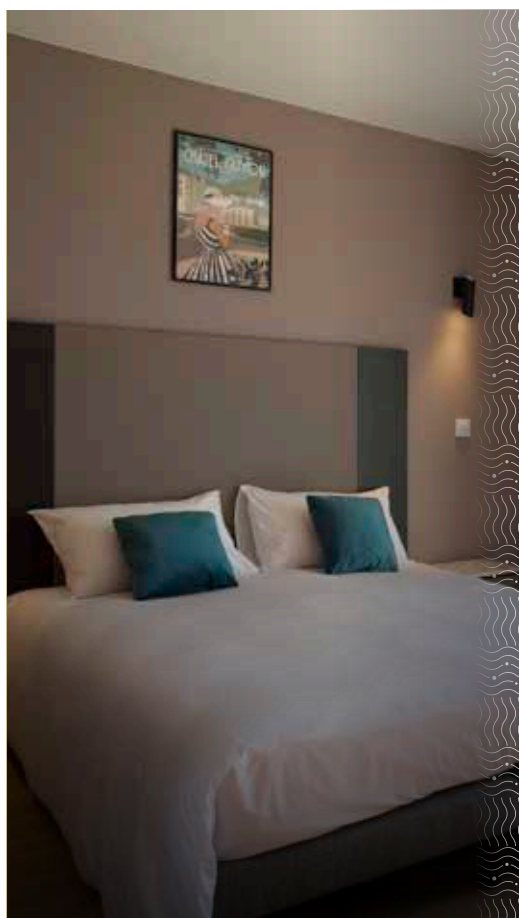
## YOUR ACCOMMODATION

# 4\* 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 4\* 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:**

- 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.
- Convenient **direct access** in your bathrobe from your apartment **to the spa**.



### ► Our apartments

#### ALOU STUDIO

— max. 2 people, 25 m<sup>2</sup> <sup>(1)</sup>

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

#### BALMET STUDIO

— max. 2 people, 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 people, 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 people, 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.*

<sup>(1)</sup> Average area for information purposes only. See prices in the enclosed price guide.





# AÏGA RESTAURANT

Open to all, Aïga restaurant offers tasty seasonal food, steeped in the culinary heritage of the Auvergne region.

**From breakfast to dinner, come and discover simple and healthy recipes that taste good and respect the environment.**

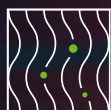
During your stay, enjoy an imaginative, varied and new menu every day, adapted to your tastes and food tolerances and to meet your body's needs.



## YOUR MENU CHOICES

- **Breakfast** buffet with a wide choice of ingredients to satisfy every appetite, including those with food sensitivities (gluten-free cereals, plant-based drinks, etc.).
- **A seasonal menu** renewed every day so you can enjoy a balanced diet that is easy to digest and beneficial for you microbiota.

► For practical information, see the enclosed price guide or visit [aiga-resort.com](http://aiga-resort.com)



AIGA

RESORT · THERMAL & SPA



Châtel · Guyon

# YOUR HEALTH AND WELL-BEING STAY IN THE HEART OF THE AUVERGNE VOLCANOES

## WEEKEND ▶ 2 DAYS / 1 NIGHT

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

## WEEK ▶ 7 DAYS / 6 NIGHTS

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



# HOW TO BOOK

**You can visit our website [www.aiga-resort.com](http://www.aiga-resort.com) and make your booking online.**

Our advisors are on hand to help you organise your stay all year round from Monday to Saturday on +33 (0)4 73 86 00 08 (price of a local call in France only).

■ **If you have any queries** please do not hesitate to send us an email at [resa@aiga-resort.com](mailto:resa@aiga-resort.com).

■ **Or write to us at:**

Aïga Resort Thermal & Spa  
9A avenue du Général de Gaulle CS 10051  
63140 Châtel-Guyon

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

## **Payment methods:**

American Express • Mastercard • Visa • ANCV • Cash • Cheque

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



## **LEGAL NOTICES:**

Resort Thermal de Châtel-Guyon - RTC (commercial name: Aïga Resort Thermal & Spa), a simplified joint stock company with share capital of 75,000 euros, registered with the Clermont-Ferrand Trade and Companies Register under no. 822 679 155, with its registered office at 9A avenue du Général-de-Gaulle, 63140 Châtel-Guyon. VAT no. FR32822679155. The Company is authorised to provide spa treatments under contract under Finess number 63 078 0039. All postal correspondence should be addressed to: Resort Thermal de Châtel-Guyon - RTC, 9A avenue du Général de Gaulle, CS 10051, 63140 Châtel-Guyon, and emails to: [resa@aiga-resort.com](mailto:resa@aiga-resort.com). Making a reservation or placing an order implies prior knowledge and unreserved acceptance of the general and special terms and conditions of sale, which can be sent by post, email or downloaded from the [www.aiga-resort.com](http://www.aiga-resort.com) website. Only services covered by an agreement may be reimbursed by a primary health insurance scheme. The information is valid for any stay or service provided between 1 January and 31 December of the current year, for an 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/order. 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 unless otherwise stated. Prices are valid for a service provided between 1 January and 31 December of the current year, subject to promotional campaigns or price changes.

# Experience **Aïga Thermal Resort & Spa** in the heart of the Auvergne volcanoes to the full.

## Travel 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). Consider car-sharing!

- from Lyon.....2 hrs
- from Limoges.....2 hrs 15 mins
- from Tours.....3 hrs
- from Dijon.....3 hrs 30 mins
- from Poitiers.....3 hrs 40 mins
- from Paris.....4 hrs

### 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.

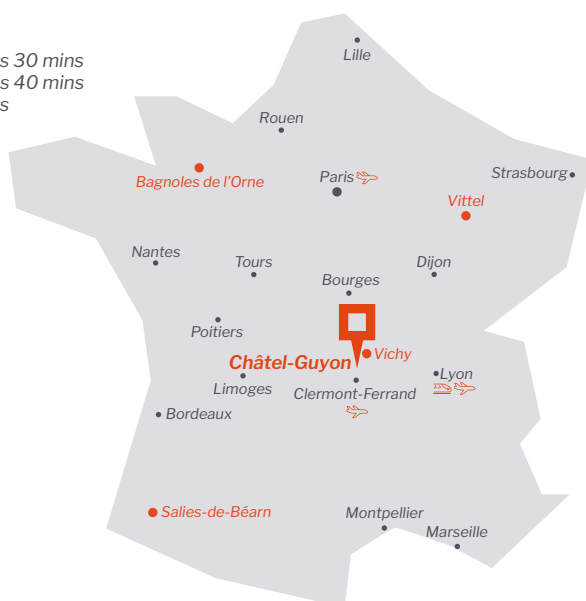
See [rlv-mobilites.fr](http://rlv-mobilites.fr) for timetables and fares  
Tel. +33 (0)4 73 38 08 09

### 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.



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