



A DIAN ET



## WELL-BEING LEISURE STAYS

CHÂTEL-GUYON - AUVERGNE - FRANCE



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.

For more details about Châtel-Guyon and the surrounding region, ask for our Made in Auvergne wellness magazine!



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 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 resort offers a rejuvenating stay in the heart of an exceptional natural environment.

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

Tastes differ but all are catered for at Aïga resort, whether it's for some relaxing me-time, as a couple or with friends and family!

<sup>(1)</sup> 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 rheumatic and joint pains or the symptoms associated with 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.

Act now to give your health and your microbiota all the care they deserve!

To find out more, ask for our Thermal treatment & preventive treatment programme brochure!



# Welcome to Aïga resort!

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

Ideally located between town and nature, Aïga resort opens its doors in 2020. It brings together in a single location all the services you need to fully enjoy your stay with ease:





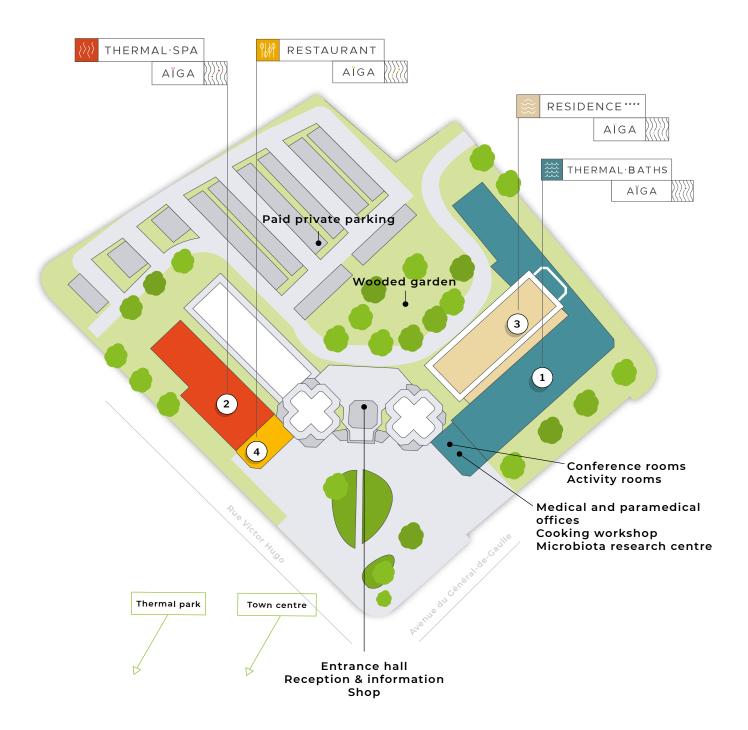
**Thermal facilities** 





Thermal spa







Residence\*\*\*\*<sup>(1)</sup> with direct access to your treatment areas





Nutri-gastronomic restaurant



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



A NEW THERMAL HAVEN IN THE HEART **OF THE AUVERGNE VOLCANOES** 



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

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

THERMAL SPA | TOURIST RESIDENCE\*\*\*\* | NUTRI-GASTRONOMIC RESTAURANT | COSMETICS | TREATMENT

Available to buy from Customer Services.





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# YOUR WELL-BEING DESTINATION IN AUVERGNE

If you love nature and wellness breaks, Aïga 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 or as a couple or with family, whether you want to relax or discover the region, Aïga resort can offer you the experience you're looking for.

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.

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 cathedral, Aventure Michelin, the Massif du Sancy and its lakes, the Auvergne cheese route and its 5 PDO stars... 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, conferences, sports and relaxation activities adapted to your level (Nordic walking, pilates, water-based activities, yoga, qi gong, 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
- Karting
- 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

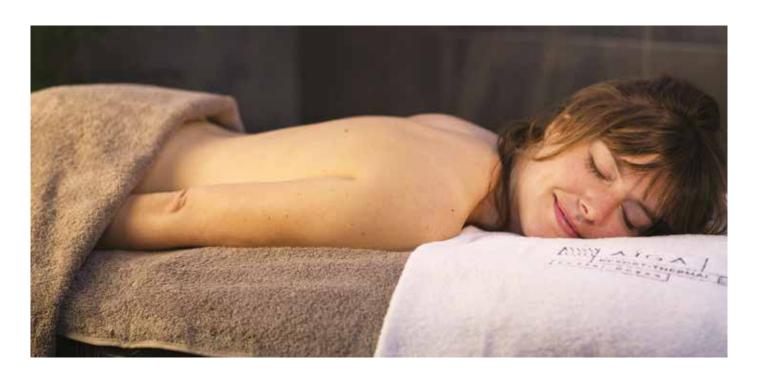
## AÏGA **SPA**

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

- Recharge at your own pace with 5-day wellness and health stays, relaxing 1 or 2-day getaways or individual treatments.
- 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 take care of yourself.

## AÏGA **THERMAL SPA**

A sensory experience combining thermal treatments and 100% 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 a 100% 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 m<sup>2</sup> with swan-neck jets, counter-current swimming lane, submerged loungers, etc.
- 1 outdoor hot tub
- 2 steam rooms
- 2 experiential showers (music, lights, jets, etc.)
- 1 outdoor solarium
- 1 herbal tea room
- 1 black-light relaxation room
- 1 cardio/fitness gym
- 1 coaching room
- 1 aqua bike pool

#### **STAYS TO SUIT ALL TASTES**

Discover a new and original programme of relaxing, moisturising, antioxydising or regenerating treatments, to be carried out during a 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 tourist residence<sup>\*\*\*\*(1)</sup> (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 RANGE OF COSMETICS: 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, they are passionate about creating products of impeccable quality.



The unique Beauty GARDEN range has been tailormade to showcase the benefits of the vegetable garden while following the rhythm of 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 ecodesign 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

## 5 HALF-DAY WELL-BEING AND HEALTH PACKAGES

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

#### "Relax in the calm of the volcanoes" package 5 half days

#### €659



You wish 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 the natural active ingredients of 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 or pilates session
- + free access to the spa's wellness facilities\*



#### "Pamper my microbiota" package 5 half days €559

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\*\*
- 1 healthy cooking workshop
- 1 session of aqua gym, aqua zen or aqua bike
- + free access to the spa's wellness facilities\*

\* 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. Equipment subject to availability.
\*\* treatment details on page 21.

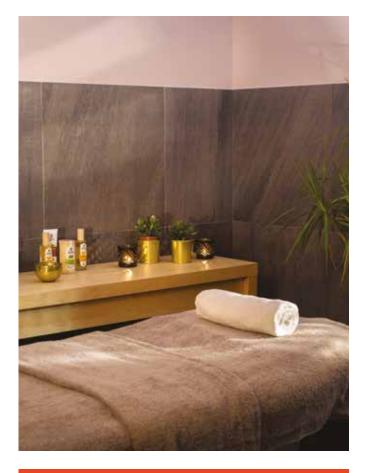
#### "Regenerate my microbiota" package 5 half days

€699

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This stay is the unique opportunity for you to benefit from the healing, anti-inflammatory and calming action of the gentle instillation of thermal water by drip\*\*\* 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\*\*
- 2 intestinal drips (gentle thermal water instillation) exclusive to Châtel-Guyon\*\*\*
- 1 relaxing massage under thermal water (20 min.)
- + free access to the spa's wellness facilities\*



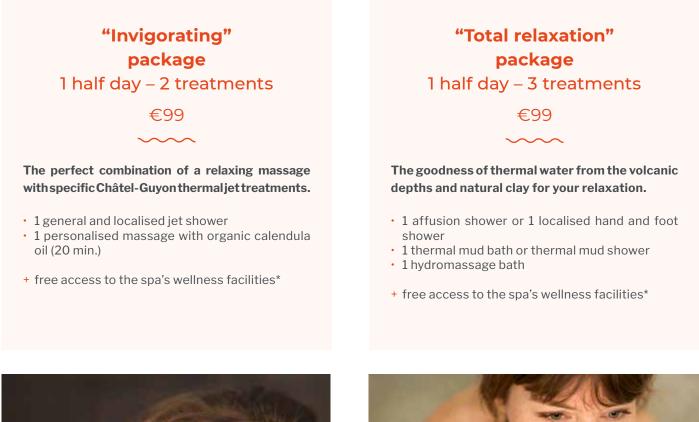
**Find the treatment descriptions** on page 18



\*\*\* treatment requiring the prescription of a spa doctor at the resort (list of doctors on page 28)

## **1- OR 2-DAY WELLNESS AND HEALTH** GETAWAYS

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.







\* 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. Equipment subject to availability.

#### "Regenerate my microbiota" package

Strengthen the balance of your microbiota and benefit from the soothing and repairing properties of the minerals and trace elements of Châtel-Guyon natural thermal water thanks to our signature thermal treatment with scientifically proven effectiveness: the intestinal drip or enteroclysis\*\*.

#### 1 half day – 2 treatments €89

- 1 intestinal drip (gentle instillation of thermal water) exclusive to Châtel-Guyon\*\* and 1 abdominal application of a hot poultice of thermal mud
- 1 hydromassage bath or 1 affusion shower
- + free access to the spa's wellness facilities\*

#### 2 half days – 4 treatments €199

- 1 intestinal drip (gentle instillation of thermal water) exclusive to Châtel-Guyon\*\* and 1 abdominal application of a hot poultice of thermal mud
- 1 hydromassage bath or 1 affusion shower
- 1 relaxing massage under thermal water (20 min.)
- 1 snail shower\*\*\*
- + free access to the spa's wellness facilities\*





#### "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

#### €129

- 1 snail shower\*\*\*
- 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\*

#### 2 half days – 5 treatments

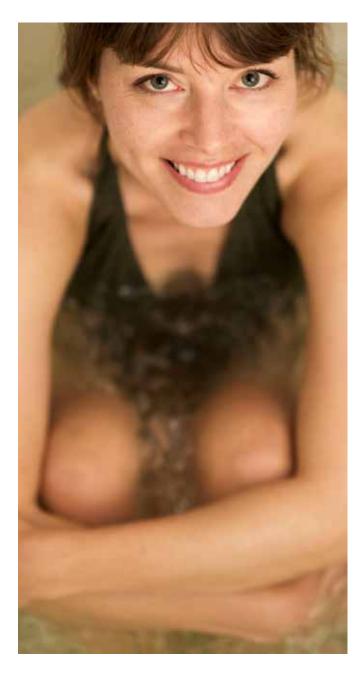
#### €199

- 2 snail showers\*\*\*
- 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\*

\*\* treatment requiring the prescription of a spa doctor at the resort (list of doctors on page 28)
\*\*\* treatment details on page 21

## 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" package

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

#### €159

- 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\*

### 2 half days – 5 treatments

#### €239

- 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\*

\* 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. Equipment subject to availability.

#### "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 €165

- 1 hydromassage bath
- 1 relaxing massage under thermal water (20 min.)
- 1 detox body wrap with peppermint

+ free access to the spa's wellness facilities\*

#### 2 half days – 6 treatments €269

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





#### "Nourishing and relaxing" packages

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

### 1 half day – 4 treatments

#### €219

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

#### 2 half days – 6 treatments

#### €279

- 1 soothing bath
- 1 organic body scrub with calendula and beet sugar
- 1 relaxing massage with organic calendula oil (20 min.)
- 1 nourishing and soothing organic calendula wrap
- 1 affusion shower or 1 localised hand and foot shower
- 1 thermal mud bath or thermal mud shower
- + free access to the spa's wellness facilities\*

## 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.

#### $\sim$ SIGNATURE MASSAGES $\sim$

### Personalised massage with organic calendula oil

20 min. - €65 - 50 min. - €99

A privileged 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!

#### Warm sand massage An Aïga resort exclusive 50 min. - €110

Discover a unique and beneficial sensory experience inspired by the hot sand baths of antiquity: a general body massage on a bed of warm quartz grains. The manipulations combined with the deep warmth that flows into your body promote physical and mental relaxation, intensified by the slow movement of the sand running gently over your body. **An unforgettable treatment.** 

#### Massage with wild carrot oil 20 min. - €65

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. - €65

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. - €65

The practitioner who is specially trained in this wellbeing massage brings you relief and balance. Aches and discomfort suddenly seem to disappear.



#### ----- BODY TREATMENTS ------ FACIAL TREATMENTS -----

#### Detox body wrap with peppermint 20 min. - €65

A softening body treatment for the skin. Peppermint has been known since antiquity for its antiseptic and regenerative properties.

### Nourishing and soothing organic calendula wrap

20 min. - €65

Nourishing and hydrating body treatment for supple and radiant skin.

#### Organic body scrub with calendula and beet sugar

20 min. - €65

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

#### Organic walnut scrub 20 min. - €65

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 ritual €99

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

- Exfoliation
- Cleansing facial steam bath
- Soothing and hydrating mask of blackcurrant and purple carrots 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, swanneck jets, counter-current swimming lane, outdoor hot tub, steam rooms, solarium, herbal tea room, etc.) for the half day of your treatment.



#### $\sim$ HYDROTHERAPY TREATMENTS $\sim$

#### Affusion shower €45

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.

#### Hydromassage or soothing bath €45

An ideal thermal treatment, immerse yourself in a thermal water bath heated to 34 °C. 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.

#### General and localised jet shower €49

A unique combination of the general shower, whose thermal water jet provides a relaxing muscle massage, and the localised shower (of 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.

#### Localised hand and foot shower €30\*

A soothing hand and foot shower to relieve aches and pains in finger and toe joints that are always working hard.

#### Mud bath €30\*

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.

#### Mud shower €30\*

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.



### Hand treatment with thermal steam $\in 30^*$

To prolong your 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 $\in 30^*$

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.

#### Intestinal drip and poultice €60

A benchmark treatment 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 (contacts on page 28).

#### Snail shower €44

Much more than an abdominal shower, the snail shower (whose name describes the precise application of the highflow/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.

#### Abdominal application of a hot poultice of thermal mud €30\*

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





\* Treatments available in addition to a treatment package.

## Beauty GARDEN: YOUR ORGANIC COSMETICS RANGE

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.



### FACE

#### Cleansing

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

| Organic make-up remover |     |
|-------------------------|-----|
| with chamomile - 100 ml | E22 |
| Gentleness              |     |

Vegan, softly scented cosmetic.

• Organic wild pansy purifying balm 125 ml.....€27.50 Purifying

An exquisite gel balm that transforms into a milk. Wild pansy is well known for its purifying properties.

• **Organic nuts peeling** - 50 ml .....€24 Gently exfoliating

A creamy texture complemented by crushed nut shell for effective, gentle exfoliation. 100% biodegradable!

- Organic peppermint & nettle lotion
- 100 ml.....€24 Toning and purifying

Use in the morning to tone and tighten pores. Use in the evening for perfectly cleansed skin.

#### Cocooning, protecting, refreshing

• **Organic pumpkin mask** - 50 ml ......€22 Cocooning

Pumpkin is rich in beta-carotene! This mask gives you a radiant complexion, moisturising your skin and leaving it feeling super comfortable.

#### • **Organic daisy concentrate** - 30 ml.....€35 Anti-fatigue

Perfect for targeting fine lines and the eye area. Solid texture that melts upon touch and releases the firming properties of precious daisy oil.

#### • Organic protective wild pansy balm - 30 ml.....€35 Cold and pollution

Temperature changes and pollution damage your skin! To help it withstand these harsh environmental factors, this balm protects your epidermis and gives you a radiant complexion.

• **Organic cucumber mask** - 50 ml.....€22 Freshening

We love its agar-agar texture and its ultra-freshening effect. Vegan and naturally scented with cucumber.

#### Moisturising and regenerating

• **Organic wild pansy fluid** - 30 ml......€29.50 Moisturising & detoxing

A light texture, intense hydration and the benefits of wild pansy (from our garden) to detoxify your skin. Vegan cosmetic with no perfume. Especially for young, combination skins or for the summer.

#### • Purple carrots moisturising

organic cream - 50 ml.....€32 Moisturising

The purple carrot is rich in beta-carotene and vitamins A, B1, B2, B6, C and K, and it's an excellent natural moisturiser too! Unperfumed cream.

Organic night serum with white flowers

| 30 ml | ŧ | £35 |
|-------|---|-----|
|       |   |     |

#### Regenerating and anti-ageing

The power of oils from our garden flowers to activate cell regeneration. A real boost for normal to dry skin or mature skin, which promises perfect, smoother and softer skin. Say goodbye to wrinkle worries!

### BODY

#### Organic calendula balm for the whole family

125 ml.....€35 Nourishing

A rich, creamy texture to moisturise the body and face! This product is designed for the whole family and can be applied to little faces from 3 years old.

• **Organic calendula oil** - 100 ml.....€20 Nourishing

A nourishing oil with a fresh, floral fragrance for super soft, rehydrated and soothed skin.

• Chamomile or calendula soap - 100 gr.....€7.50 Gentle cleansing

Cold saponified and without palm oil, these soaps are environmentally friendly and cleanse the skin gently.

This hand cream is nourishing, repairing and protective. It provides real comfort to the skin upon application and throughout the day.

 Calendula and beet sugar organic skin scrub - 125 ml.....€32
 Exfoliating

An enchanting texture for natural exfoliation with beet sugar.

#### **HERBAL TEAS**

The superpowers of plants in creative, active mixtures.

| • <b>Organic beat-the-cold herbal tea</b> - 30 gr€10<br>Blackberry, elderberry, mallow, thyme                       |
|---|
| • <b>Organic detox herbal tea</b> - 30 gr€10<br>Birch, peppermint, blackcurrant, wild pansy                         |
| • <b>Organic soporific herbal tea</b> - 30 gr€10<br>Lemon balm, yarrow, chamomile                                   |
| <ul> <li>Super organic antioxydising herbal tea<br/>30 gr€10</li> <li>Ash, nettle, rosemary, meadowsweet</li> </ul> |





Order all year round and receive your products at home. Available online or by telephone aiga-resort.com +33 (0)4 73 86 00 08

## PREVENTIVE HEALTHCARE ACTIVITIES AND PROGRAMMES IN ADDITION TO YOUR TREATMENTS

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.



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

#### Our packages include:

- A fitness assessment
- Activities in the gym and natural thermal water pool
- Outdoor activities\*
- Free access to steam rooms and the herbal tea room for the half day of your activities



With more than 60 years of experience in physical education, ASM Vitalité is the health and well-being arm of ASM Omnisports, a hundred-year-old sports association from Clermont Ferrand.

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

\* depending on the chosen programme, subject to change depending on weather conditions.

\*\* depending on availability and the day's schedules, to be chosen from indoor, pool or outdoor activities.



#### $\sim$ PROGRAMME FOR YOUR 5-DAY STAY $\sim$

#### **Discovery programme**

#### €39

To introduce you to regular physical activity and rediscover the pleasure of moving.

- 1 personal assessment
- 1 indoor training circuit session
- 1 aqua bike session
- 1 Nordic walking session\*

#### Serenity programme

#### €49

Take your ASM Vitality Test fitness assessment and take advantage of 3 relaxing wellness activities in 3 different environments:

- 1 personal ASM Vitality Test assessment
- Aïga thermal spa fitness area: **1 body relax session**, to better control your posture and balance, and release muscular tension
- Thermal aquatic area: **1 aquazen session**, the benefits of weightlessness and warm thermal water for complete relaxation
- Chaîne des Puys Limagne fault: discover the natural environment around the spa town with a Nordic walking session or a zen hiking session in a contemplative and mindful atmosphere\*

#### **Toning programme**

#### €49

Take the ASM Vitality Test assessment and get 3 complementary sessions to boost your natural muscle tone:

- 1 personal ASM Vitality Test assessment
- Aïga thermal spa fitness area: 1 cardio training session to start your training safely
- Thermal aquatic area: **1 toning aquabike session**, the benefits of painless muscular and cardiorespiratory training in water
- Chaîne des Puys Limagne fault: 1 session of natural strengthening circuit to improve muscle tone together with a large dose of fresh air\*!





#### $\sim\sim$ short-stay programmes $\sim\sim$

#### Freedom programme

#### €29

Do you want to make the most of your 2- or 3-day wellness stay at Aïga thermal spa and rediscover your vitality? We'll show you how to enjoy getting healthy again with our personalised offer:

- 1 fitness assessment
- 2 activities of your choice on the advice of our coach

#### → INDIVIDUAL SESSIONS

Are you taking a wellness break? Learn about the activities and enjoy one or more sessions as you wish\*\*: pilates, zen trekking, circuit training, aquazen, and more

€9\*\*\*

<sup>\*</sup> depending on the chosen programme, subject to change depending on weather conditions.

<sup>\*\*</sup> depending on availability and the day's schedules, to be chosen from indoor, pool or outdoor activities.

<sup>\*\*\*</sup> individual sessions do not include access to the spa's wellness facilities



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

Weekend 2 days/1 night with 2 spa treatments and breakfast buffet

from



Week 7 days/6 nights on a half-board basis with 5 half days of treatments

from



\* Price per person, see conditions available from our Customer Services.



resa@aiga-resort.com

aiga-resort.com Tel. +33 (0)4 73 86 00 08

## **DIET WORKSHOPS** AND CONFERENCES

Because health and well-being also depend on what you put on your plate every day, we have developed some fun workshops that combine theory and practice to bring your nutrition up to scratch. They take place in the educational and homely kitchen at the resort and are led by a dietary nutritionist.

Each workshop is divided into 3 stages: a healthy cooking quiz followed by a slideshow to answer questions and incorporating theoretical nutritional concepts, the preparation of several dishes, and the tasting of the food you have prepared.

#### Price: €20 / workshop

### The themes are related to common dietary difficulties:

- Choosing ingredients suited to your profile
- Knowing how to put together different meals
- · Learning how to cook gluten-free, lactose-free, etc.

These workshops are also an opportunity to discover specific recipes for low temperature cooking. This cooking method promotes good digestion, optimises the micronutrient content of food and avoids the risks of toxicity linked to high temperatures.

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

#### **DIETARY CONSULTATION**

For personalised nutritional monitoring, in addition to cooking workshops or conferences, you can take advantage of a consultation with the dietary nutritionist at Aïga resort.

During this consultation, our dietary nutritionist will first establish your current micronutrient status and then provide you with personalised advice that will allow you to make a positive change in your day-to-day eating behaviour.



More information available from Customer Services +33 (0)4 73 86 00 08

## PRACTICAL INFORMATION: YOUR TREATMENTS AT THE AÏGA THERMAL SPA

### Discover our spa and benefit from 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).

#### All you need is a swimming costume!

Just bring your swimsuit (trunks or boxer shorts for men), we'll provide you with a free Aïga spa bathrobe, a bag for your personal effects, disposable sandals and a swimming hat or 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 swimming costume, 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.

#### **SPA ACCESS CONDITIONS**

### 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 opposite).

#### 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

Minors under the age of 16, even accompanied, are not allowed in the spa.

#### 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 Régine BRUNAT      | Dr Marc GUALINO            |
|-----------------------|----------------------------|
| 10 avenue de Belgique | 6 rue d'Angleterre         |
| +33 (0)4 73 86 16 86  | dr.marc.gualino@wanadoo.fr |
|                       | +33 (0)4 73 86 09 94       |
| Dr Jean-Pierre COULON |                            |
|                       |                            |

37 avenue Baraduc jp.coulon69@gmail.com +33 (0)7 81 62 70 61 Dr Philippe ROUAULT 5 avenue Baraduc +33 (0)4 73 86 13 44

#### **OPENING HOURS**

| Monday to Thursday                    | 1.30 pm to 8.30 pm              |  |  |
|---------------------------------------|---------------------------------|--|--|
| Friday                                | 1.30 pm to 9.30 pm (late night) |  |  |
| Saturday                              | 1.30 pm to 8.30 pm              |  |  |
| Sunday 10 am to 1 pm and 1.30 pm to 7 |                                 |  |  |



## AÏGA RESIDENCE, YOUR FOUR-STAR ACCOMMODATION<sup>(1)</sup>

At the heart of the spa resort

- Book your wellness getaway including all services (treatments, accommodation and board) for a deeply relaxing stay.
- Access the spa directly from your apartment, in your bathrobe, for absolute comfort.

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

## AÏGA RESIDENCE\*\*\*\*

#### ~~~~~

### 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 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 Beauty GARDEN organic hair and body wash.
- A balcony or terrace in most of the apartments.
- Free WiFi 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> Classification to be confirmed



#### **OUR APARTMENTS**

### Alou studio max. 2 guests, approx. 25 m<sup>2</sup>\*:

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

### Balmet large studio max. 2 guests, approx. 31 m<sup>2</sup>\*:

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

### Côme 2-room suite, max. 4 guests, approx. 38 m<sup>2</sup>\*:

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

#### Dôme large 2-room suite, max. 4 guests, approx. 43 m<sup>2</sup>\*:

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

Several apartments are fully equipped to accommodate disabled people.

\* Average area for information purposes only.

## PRICES AND SERVICES



#### RATES PER NIGHT AND PER APARTMENT

|        | TYPE OF APARTMENT               | PRICES  |
|--------|---------------------------------|---------|
| ALOU   | 2-person studio (approx. 25 m²) | from€44 |
| BALMET | 2-person studio (approx. 31 m²) | from€49 |
| CÔME   | 4-person suite (approx. 38 m²)  | from€54 |
| DÔME   | 4-person suite (approx. 43 m²)  | from€79 |

#### 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 according to your request (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, a hand towel and bath mat)
- Housekeeping on departure (excluding kitchen and washing-up)

#### Prices do 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 and emptying of the bins
- Booking fees
- Security deposit of €250
- Treatments and access to spa or thermal baths
- Food and drink
- Parking

| OPTIONAL SERVICES            | APARTMENT CATEGORY   |  |  |  |
|------------------------------|--|--|--|--|
| OPTIONAL SERVICES            | ALOU AND BALMET  | CÔME AND DÔME  |  |  |
| Your VIP wellness option     | <ul> <li>1 early check-in:</li> <li>Settle into your apartment from 12 pm instead of 3 pm on the day of arrival         <ul> <li>1 welcome tray</li> <li>(water, wellness fruit juice, coffee, tea, wellness treats, etc.)</li> <li>1 mini household kit                 (sponge, washing-up liquid, toilet paper, etc.)</li> <li>1 pair of sandals and 1 bathrobe (adult size) available during your stay</li></ul></li></ul> |  |  |  |
|                              | • 2 accesses to free spa equipment<br>during your stay<br>(details opposite)   | • 4 accesses to free spa equipment<br>during your stay<br>(details opposite) |  |  |
|                              | €99  | €149   |  |  |
| Daily housekeeping           | Including (except washing-up and kitchen): vacuuming, dusting<br>sanitary ware (bathroom and additional toilet paper), bed(s) maDaily housekeepinglinen on request (details below)   |  |  |  |
|                              | €4.80/night  | €7.10/night  |  |  |
| Change of bed and bath linen | €20 per bed/day  |  |  |  |
| Outdoor parking              | €15 for 6 days<br>€7.50 for 1 day  |  |  |  |
| Booking fees                 | €5/night per booking (limited to €30/year maximum regardless of the number of reservations).   |  |  |  |

#### **PAYMENT METHODS ACCEPTED:**

 $\begin{array}{l} \mathsf{American} \ \mathsf{Express} \ \cdot \ \mathsf{Mastercard} \ \cdot \ \mathsf{Visa} \ \cdot \ \mathsf{ANCV} \ \cdot \ \mathsf{Cash} \ \cdot \\ \mathsf{Cheque} \end{array}$ 

#### **INSURANCE OPTION: CANCELLATION**

Premium for a stay worth:

- €0 to €400 = €13
- €401 to €600 = €23
- €601 to €1200 = €30
- €1201 to €1500 = €35
- €1501 to €2000 = €43
- €2001 to €2500 = €51
- more than €2500 = €60

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**, legal notices section or on request from Customer Services.



## SPECIAL OFFERS LOVE AT FIRST SIGHT 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 my microbiota" programme.

6 nights and 5 half days of treatments at the spa6 breakfasts and 6 dinners included (only for those having the treatments)

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

|                      | LOVE AT FIRST SIGHT WEEK  |                         |  |                                       |  |                         |
|----------------------|---|-------------------------|--|---------------------------------------|--|-------------------------|
|                      | ARRIVAL DATES: 14/06, 11/10, 15/11, 06/12                                   |                         |  |                                       |  |                         |
|                      | price for 2 people with<br>treatments 1 with treatments 1 without treatment |                         | atments and                              | price for 1 person<br>with treatments |  |                         |
|                      | Relax in the<br>calm of the<br>volcanoes                                    | Pamper my<br>microbiota | Relax in the<br>calm of the<br>volcanoes | Pamper my<br>microbiota               | Relax in the<br>calm of the<br>volcanoes | Pamper my<br>microbiota |
| ALOU studio          | €1594   | €1394                   | €935                                     | €835                                  | €935                                     | €835                    |
| BALMET studio        | €1626   | €1426                   | €967                                     | €867                                  | €967                                     | €867                    |
| 2-room CÔME<br>suite | €1656   | €1456                   | €997                                     | €897                                  | €997                                     | €897                    |
| 2-room DÔME<br>suite | €1802   | €1602                   | €1143                                    | €1043                                 | €1143                                    | €1043                   |

#### **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 volcanoes" or "Pamper my microbiota" treatment programme of 5 half days of spa treatments (details on page 12).
- **Complimentary half board:** breakfast and dinner (only for guests having the treatments).

#### PRICES DO NOT INCLUDE:

- Tourist taxes of 0.90/night/person over the age of 18.
- Half board for accompanying persons without treatments.

# AÏGA **RESTAURANT**

### A restaurant that combines pleasure, health and

### gastronomy

~~~~~

Open to everyone, from breakfast to dinner, Aïga restaurant offers a tasty and tailormade menu combining both exceptional taste and nutritional quality. It is inspired by an innovative culinary concept: nutri-gastronomy, created by and for Aïga 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.

#### **YOUR MENUS**

- Breakfast served as a buffet every morning.
- **The "traditional" menu** based on authentic, tasty cuisine including starter, main course and dessert.
- **The "nutri-gastronomy" menu** for a diet adapted to your needs and respectful of your microbiota (gluten-free, lactose-free, etc.) including starter, main course and dessert.

As part of a personal consultation, the dietary nutritionist at Aïga resort can help you adapt your meals during your stay to suit your needs.

- The seasonal menu to eat according to your fancy.
- **Take-away dishes** to simplify your life with meals prepared by our chef to enjoy at home.



Cooking workshops and dietary conferences are available (details on page 26)

| PRICES                                                                    | À la carte | 6 nights |
|---------------------------------------------------------------------------|------------|----------|
| Breakfast                                                                 | €13        | €78      |
| Traditional lunch or dinner                                               | €23        |          |
| Nutri-gastronomic lunch or dinner                                         | €26        |          |
| Half-board traditional set menu*<br>Breakfasts + lunches or dinners       |            | €186     |
| Half-board nutri-gastronomic set menu*<br>Breakfasts + lunches or dinners |            | €204     |
| Full-board traditional set menu**<br>Breakfasts + lunches + dinners       |            | €306     |
| Full-board nutri-gastronomic set menu**<br>Breakfasts + lunches + dinners |            | €342     |

\* 6 breakfasts and 6 lunches or dinners.

\*\* 6 breakfasts, 6 lunches and 6 dinners.

#### WHAT IS NUTRI-GASTRONOMY?

"Nutri-gastronomy" is an innovative culinary concept that helps you get your microbiota in shape while still getting the maximum pleasure from eating.

### It is based on the current requirements for health nutrition:

- Authenticity and naturalness preserved with little or no processed products, local and certified food (PDO), products from organic production or sustainable agriculture.
- A pleasure to eat thanks to attractive presentation and respect for the taste and preserved flavours.
- An environmentally responsible approach through the use of local seasonal produce, PDO.
- A health & well-being/balanced diet adapted to verified digestive conditions, or to prevent disorders/ conditions, based on the art of eating less but better.

#### An innovation created just for you

Doctor **Didier Chos**, President of the European Institute of Dietetics and Micronutrition, and **Solveig Darrigo Dartinet**, dietary nutritionist, have developed the new concept of nutri-gastronomy exclusively to offer a cuisine that meets your health needs and expectations during your well-being stay or thermal and preventive healthcare treatments in Châtel-Guyon.





## PRACTICAL INFORMATION: YOUR ACCOMMODATION AT THE 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.
- Beauty GARDEN organic hair and body wash in the shower cubicle. This product can be purchased from 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, Monday to Saturday 7 am to 10 am, Sunday 7.30 am to 10.30 am.
- Lunch, 12 pm to 2.30 pm.
- Dinner 7 pm to 9 pm.

#### **Deposit**

Security deposit of  $\pounds$ 250 requested on arrival, which is not cashed. This security deposit will be fully refunded after the apartment has been checked. 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). 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.

All these items can be booked with the VIP wellness option (details on page 32)

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

## HOW DO I BOOK?

#### Aïga thermal spa opens on 27 April 2020. Aïga residence\*\*\*\*<sup>(1)</sup> welcomes you from 3 May 2020.

- The guest services team is happy to help all year round on **+33 (0)4 73 86 00 08** (cost of a local call):
  - Monday to Friday from 8.30 am to 6 pm,
  - Saturday from 10 am to 1 pm and from 2 pm to 6 pm.

You can also visit our website **www.aiga-resort.com** and make your booking online.

Email us at the following address: resa@aiga-resort.com

Write to us at:

www

Aïga resort 9 A, avenue du Général de Gaulle B.P. 51 63140 Châtel-Guyon

#### COME AND SEE US AT CHÂTEL-GUYON

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

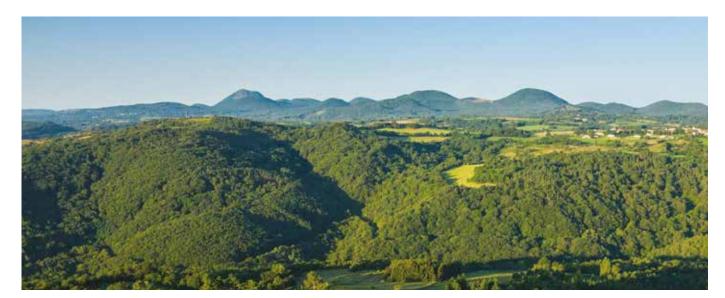
Reception open Monday to Sunday, 8 am to 9 pm

Our general terms and conditions of sale are available on request and can be found at **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).



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

RESORT THERMAL de CHATEL-GUYON, SAS with capital of 75,000 euros, RC Clermont-Ferrand 822 679 155, 9 A, avenue du Général-de-Gaulle B.P. 51 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 / BP 51 / 63140 CHÅTEL-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 https://www.aiga-resort.com. Only the services covered by the agreement may be covered by a primary health insurance scheme. The information is valid for any stay or service provided between 1 January and 31 December 2020, 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. 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 2020, subject to promotional operations or price changes.



A new conference setting in the heart of the Auvergne volcanoes



#### per person

1 meeting room, 2 breaks and 1 lunch at Aïga resort

## Residential seminar from

## €99incl. VAT\*

#### per person

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

\* Price per person, see conditions available from our Customer Services.



9 A, avenue du Général-de-Gaulle B.P. 51 63140 Châtel-Guyon



groupes@aiga-resort.com

#### aiga-resort.com Tel. +33 (0)4 73 86 00 08

## EVENTS CALENDAR 2020:

### CHÂTEL-GUYON, A LIVELY TOWN THROUGHOUT THE SEASON!

#### MAY

#### ANTIQUA, THE ANTIQUE DEALERS FAIR

From 1 to 3 May in Châtel-Guyon

Antique furniture, jewellery, tapestries and more: over 60 exhibitors and nearly 5000 visitors are welcomed each year at the Mouniaude Cultural Centre.

#### VOLVIC VOLCANIC EXPERIENCE

#### 21 to 23 May in Volvic

An immersive festival of sporting and cultural events in the exceptional setting of the Chaîne des Puys – Limagne fault, a UNESCO World Heritage Site, with a programme of hikes and trails, gastronomy, concerts, discovering the Volvic spring, etc.

#### JAZZ AUX SOURCES FESTIVAL

29 May to I June in Châtel-Guyon

A unique event celebrating jazz to dance to: swing, be-bop, lindy-hop, tap dancing, free concerts, dance workshops and street parades.



#### JUNE

#### **TOUR DE FRANCE CELEBRATIONS** 6 to 7 June in Châtel-Guyon

**PIANO À RIOM FESTIVAL** 2 to 15 June in Riom

#### JULY AND AUGUST

TOUR DE FRANCE Start of the 13<sup>th</sup> stage Châtel-Guyon > Puy Mary (Cantal) 10 July

#### DALÍ & CONTEMPORARY DESIGN EXHIBITION

4 July to 4 October in Riom The Mandet Museum will be hosting an exhibition of works by Salvador Dalí never seen before in France

#### NIGHT MARKETS

Every other Friday in Châtel-Guyon

7 pm to 11 pm: artists, creators, local producers, shopkeepers, restaurateurs and café owners host an open-air market along the streets of Châtel-Guyon and in the thermal park.

#### LES ESTIVALES DU PARC

Enjoy free open-air concerts every weekend this summer organised by Châtel-Guyon Casino and performed on stage in the thermal park.

#### NATIONAL DOG SHOW

1 to 2 August in Châtel-Guyon

### INTERNATIONAL EXHIBITION OF MINERALS, FOSSILS AND GEMSTONES

22 and 23 August in Châtel-Guyon

#### NOVEMBER

#### **ROC DU DIABLE TRAIL RUN**

in Châtel-Guyon Several routes for children and adults, including night runs.

#### **RENDEZ-VOUS DU CARNET DE VOYAGE**

in Clermont-Ferrand

Over three days, nearly 100 French and foreign journal writers will showcase their travel diaries and meet the public.

#### DECEMBER

#### CHRISTMAS VILLAGE

18 to 20 December in Châtel-Guyon

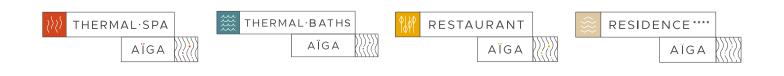
More than 50 exhibitors come together to present their products, including food, decorations, jewellery, arts and crafts, and more, accompanied by street entertainment.

And also, throughout the year: the theatre's cultural season, exhibitions, cultural and sports association events, etc.

More information: Terra Volcana tourist office - Châtel-Guyon office +33 (0)4 73 86 01 17 - www.terravolcana.com



## Experience Aïga thermal resort and 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):

- from Paris: 4 hours
- · from Lyon: 2 hours
- from Bordeaux: 3 hours 40
- from Montpellier: 3 hours 30
- from Nantes and Marseilles: 5 hours

Think about car-sharing!

#### BY TRAIN

Riom Châtel-Guyon rail station 5 km away **www.oui.sncf** A bus route connects the rail 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 AEROPLANE

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

www.clermont-aeroport.com

#### TAXI

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

- Allo Pradeleix Taxi: +33 (0)4 73 86 14 14
  Alliance Taxi: +33 (0)4 73 86 02 30
  - +33 (0)4 73 86 09 09

9 A, avenue du Général de Gaulle B.P. 51 63140 Châtel-Guyon resa@aiga-resort.com

aiga-resort.com

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

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