

ROUTE DES VILLES D'EAUX

MASSIF CENTRAL



The Route of Spa Towns in the Central Massif: 17 well-being stages in the Massif Central



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Some words of introduction...

Located in the center of France, the Massif Central area includes 17 Spa Towns, which offer health-care treatments, well-being activities with spring water and an amazing cultural heritage. These spa resorts are gathered in a touristic road called The Route of Spa Towns in the Central Massif.

THE ROUTE OF SPA TOWNS IN THE MASSIF CENTRAL

Based on 4 regions (Auvergne, Limousin, Bourgogne, Rhône-Alpes) and 8 counties (Allier, Ardèche, Cantal, Creuse, Loire, Nièvre, Puy-de-Dôme and Saône-et-Loire), these spa towns are:

- Bourbon-Lancy (Saône-et-Loire)
- Bourbon-l'Archambault (Allier)
- La Bourboule (Puy-de-Dôme)
- Châteauneuf-les-Bains (Puy-de-Dôme)
- Châtel-Guyon (Puy-de-Dôme)
- Chaudes-Aigues (Cantal)
- Eaux-les-Bains (Creuse)
- Le Mont-Dore (Puy-de-Dôme)
- Meyras/Neyrac-les-Bains (Ardèche)
- Montrond-les-Bains (Loire)
- Néris-les-Bains (Allier)
- Royat/Chamalières (Puy-de-Dôme)
- Saint-Honoré-les-Bains (Nièvre)
- Saint-Laurent-les-Bains (Ardèche)
- Saint-Nectaire (Puy-de-Dôme)
- Vals-les-Bains (Ardèche)
- Vichy (Allier)



2

HISTORY OF THIS NETWORK

This tourist development network, created in 1998, aims share skills and strengths, promoting tourist aimed offers and improving the image of spa towns which have particular features (well-being activities with thermal water and thermal heritage): packaging tourist products, participating in European Days Heritage, communicating on heritage events, creating exhibition...

⇒ www.villesdeaux.com is the website of this association. You'll find here all information about specific tourist activities and a large choice of journeys in the 17 spa towns of the network.

THE DIFFERENT KINDS OF WELL-BEING ACTIVITIES IN SPA TOWNS

All spa towns propose well-being activities, which are sold per unit, into one-day or several-days packages and even into complete journeys with accommodation.

HYDROTHERAPY : THE TRADITIONAL WELL-BEING TREATMENT

As the spring water is the key federating element of the water cities network, the major kind of well-being activities proposed in thermal baths are hydrotherapy treatments like bubble baths, jet showers... We find hydrotherapy well-being treatments in all spa towns in the Massif Central, proposed by either thermal baths, when there's no well-being centre in the town, or new equipment recently built. To complete their well-being offers, some thermal baths have invested to propose collective equipments as Turkish Baths (hammams), whirlpool... too.

SPA AND WELL-BEING INSTITUTES

For 15 years, some spa towns like Vichy with the VICHY THERMAL SPA LES CELESTINS (in 1993), Châtel-Guyon with the INSTITUT BIEN-ETRE (1995), Neyrac-les-Bains with the NATURAL SPA*** (in 2007) have even made the choice to build centres entirely dedicated to the well-being and so to separate their health-care treatments customers from the tourists.

3

THE NEW TRENDS

Today we can observe two main trends:

⇒ **The appearance of “recreational spa” (in French : “centres thermoludiques”)** as ROYATONIC, which opened in November 2007 in Royat (www.royatonic.com) and CALEDEN , which opened in May 2009 in Chaudes-Aigues (www.caleden.com). These big centers, which includes well-being institutes for dry aesthetician cares too, propose indoor and outdoor pools of spring water equipped with swan neck taps, hydromassing jets, whirlpools,... but also other equipments like Turkish baths, saunas, different temperature baths... The entry payment allows you the free access of all equipments during 2 or 3 hours (2 and half hours in Royatonic for example).

⇒ **The appearance of beauty institutes into thermal baths, even in the little spa towns**, opened to all people (customers of thermal baths or not). Five years ago, thermal baths of Bourbon-l'Archambault created so a DECLEOR beauty institute with one aesthetician and thermal baths of Neris-les-Bains opened in April 2008 a well-being space dedicated to aesthetic treatments and other cares...

The Spa Towns and their well-being activities...

Bourbon-Lancy

(Bourgogne Region, Saône-et-Loire County)

In Southern Burgundy, on the banks of the Saône-et-Loire, the Nièvre and the Allier rivers, the small city of Bourbon-Lancy invites you to an historical universe mixing pleasantly both styles and eras. From the medieval quarter to the 18th century castle, all here is a pretext to travelling through time... unless you prefer a moment of relaxation in Celtô, the well-being centre.



THE CELTÔ CENTRE: In Bourbon-Lancy, fitness-related services are provided in the Celtô well-being centre, independently from the thermal Baths.

Celtô is composed of 3 areas:

- **The Vitalys area**, dedicated to water in all its forms (pool, hammam, jacuzzi...)
- **The Aqualia area** (fitness via thermal water: baths, showers...)
- **The Nympha area** (esthetic cares: face and body cares, modelling...). Various musics and scents are associated to each area, to enhance the place given to senses. The centre also includes a bio infusion shop.



MORE INFORMATION

Celtô – phone: 00 33 (0) 3 85 89 06 66 - www.celto.fr

Tourist Office of Bourbon-Lancy – www.bourbon-lancy.com

The Spa Towns and their well-being activities...

Bourbon-l'Archambault

(Auvergne Region, Allier County)

In the north of Allier department, Bourbon-l'Archambault is the ancient military capital of the Bourbon dukes, those same ones who gave birth to seven kings of France. It has kept from this era the remnants of a fortress but most importantly, the atmosphere associated with the places that have known the greatest moments of French history. Here, we walk in the footsteps of Madame of Montespan and of the Prince of Talleyrand. To know that the fitness-related services are provided within the thermal establishment, built in the 19th century, and listed as Historical Monument.

THERMAL BATHS: *Fitness-related services are provided in the prestigious environment of the Bourbon-l'Archambault thermal baths, listed as Historical Monument, with carved wooden coffered ceilings and bright coloured ceramic panels. There is really an exceptional place.*



MORE INFORMATION

Thermal Baths of Bourbon-l'Archambault – phone: 00 33 (0) 4 70 67 07 88 – www.chainethermale.fr

Thermalism and tourist office of Bourbon-l'Archambault and its region - www.ot-bourbon.com

The Spa Towns and their well-being activities...

La Bourboule

(Auvergne Region, Puy-de-Dôme County)

Located 850 m high in the Sancy Massif, La Bourboule benefits from an exceptional air quality and environment. Excellent base camp to start discovering the amazing sceneries of Auvergne, La Bourboule is a water town created from the ground up in the 19th century to exploit thermal springs. On the banks of the Dordogne River, the “Grands Thermes”, immediately located with their neo-Byzantine domes, propose « well-being » packages available to all.



THERMAL BATHS: *In La Bourboule, the fitness-related services are provided in the « Espace Bien-être » unit of the Grands Thermes. Symbol of the prosperity of the town when it was erected (XIXth century), this building is characterized by the byzantine domes of its roof.*



MORE INFORMATION

The Grands Thermes “Espace Bien-être” – phone. : 00 33 (0) 4 73 81 21 39 – www.grandsthermes-bourboule.com

Tourist Office of La Bourboule – www.sancy.com

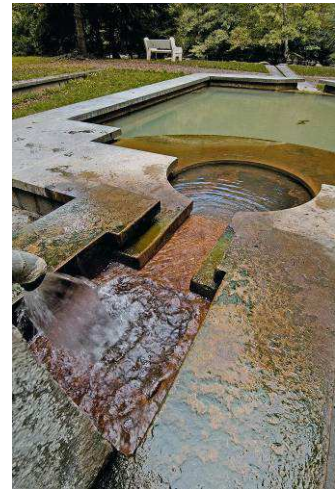
The Spa Towns and their well-being activities...

Châteauneuf-les-Bains

(Auvergne Region, Puy-de-Dôme County)

Only 50 km far from Clermont-Ferrand, Châteauneuf-les-Bains offers a radical change of scenery for city slickers in search of preserved outdoors and still in relation with their wild side. Located on the banks of the Sioule River, it is a paradise for fly fishermen. It has become for several years an attractive starting point for those who wish to ride down the river in kayak or canoe.

THERMAL BATHS: *In Châteauneuf-les-Bains, the fitness-related services are provided within the spa establishment, located on the bank of the Sioule River. Here, visitors can choose from custom cares or one to six-day packages. Please note that Châteauneuf is an ideal resort to combine both well-being and outdoor activities.*



MORE INFORMATION

Thermal Baths of Châteauneuf-les-Bains- phone: 00 33 (0) 4 73 86 67 49 – www.valvital.fr

Tourist Office – www.ot.coeur-de-combrailles.com

The Spa Towns and their well-being activities...

Châtel-Guyon

(Auvergne Region, Puy-de-Dôme County)

In the heart of the Volvic country, Châtel-Guyon is a model of a “Belle Epoque” water town. True to its tradition, the city holds a casino and offers on location many concerts and shows all season long. On the Well-being side, its balneotherapy and aesthetic centre, the Well-Being Institute, proposes «customised » individual cares or in duo, some booths being equipped to hold two people together, as other equipments do, such as the sauna, the hammam or the water gym pool but also the cardio-training room.



THE SPA ADRIANA CAREMBEU: *Located in a building separated from the thermal baths, this centre illustrates itself by specific cares. Lighted and welcoming, this establishment proposes various areas: the hydrotherapy area, the water gym area, the Sport and Relaxation area (hammam, sauna, and weight lifting, cardio-training), the Beauty area.*



MORE INFORMATION

Well-being Institute - phone: 00 33 (0) 4 73 86 12 22 – www.akd.fr

Tourist Office – www.ot-chatel-guyon.fr

The Spa Towns and their well-being activities...

Chaudes-Aigues

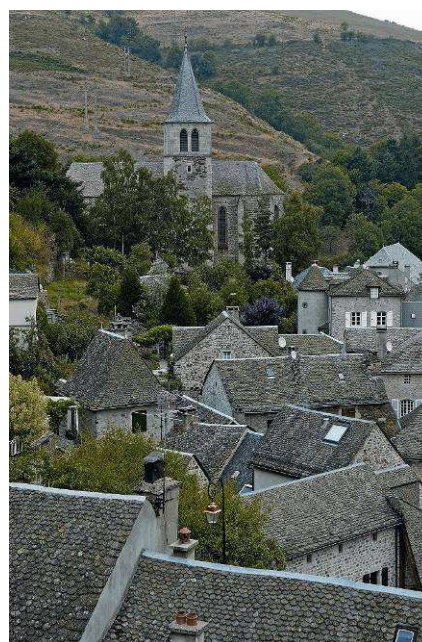
(Auvergne Region, Cantal County)

Nested in the Mountains of Cantal, of the Margeride and of the Aubrac, Chaudes-Aigues is mostly known for its thermal water, which, emerging at 82°C, are the European champions of hot springs. But it is far from being the sole asset of this Cantalian spa station, which, with its lauze roofs, its market place, its town washhouse and its paved streets, looks like a postcard.

CALEDEN

In Chaudes-Aigues, thermal water-based fitness services are performed within the new Caleden complex (recreational spa, thermal baths, well-being through thermal water and CALEDEN SPA: a space dedicated to aesthetician cares), entirely staged around the hot water.

- ⇒ **Well-being** : services by the unit and 6-day packages
- ⇒ **Recreational Spa**: Thermal water pools, whirlpools, hammam, sauna... and even a pool with underwater music on the roof of the building! (Sessions of 2 hours)



MORE INFORMATION

Caleden - Phone. : 00 33 (0) 4 71 23 51 06 – www.caleden.com

Tourist Office – www.chaudesaigues.com

The Spa Towns and their well-being activities...

Evaux-les-Bains

(Limousin Region, Creuse County)

Sole water town in the Limousin, Evaux-les-Bains is one of these places where time seems to be put on hold at least for the duration of the stay. Here, the thermal tradition dates back from the Romans, from the time of the city of Evaunum from which some ancient vestiges remain. Closer to us, the Evaux thermal establishment is one of the most modern in France and, which is rare enough to be worth mentioning, proposes a free access outdoor pool, ideal to enjoy the thermal water at any moment of the day.



THERMAL BATHS: *In Evaux-les-Bains, Evahona the well-being centre opened in 2010, independently from the thermal Baths. This centre is dicated to water in all its forms (pool, hammam, jacuzzi, baths, showers...) and esthetic cares: face and body cares, modeling...*



10

MORE INFORMATION

Centre for Thermal cure - Phone. : 33 (0)5 55 65 50 01 - www.evaxthermes.com

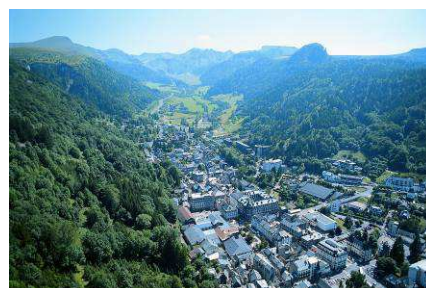
Tourist Office - www.ot-evaulesbains.com

The Spa Towns and their well-being activities...

Le Mont-Dore

(Auvergne Region, Puy-de-Dôme County)

6 km far from La Bourboule, the Mont-Dore is the only town on the road of the Massif Central water towns which benefits from the double status of water town and ski resort. Located 1050 m high, at the foot of the Sancy, Massif Central's culminating summit, the Mont-Dore is the ideal spa resort for those who wish to combine fitness and middle-range mountain activities. Right next to the volcanoes, lakes and small typical villages of Auvergne, the spa resort is also known for its large choice in summer and winter sport structures as well as for its outdoor activities (hiking, gold panning, mountain biking, horse backriding...) that vacationers in search of change, quiet and authenticity enjoy.



THERMAL BATHS: *In the Mont-Dore, fitness stays take place within the spa establishment of the resort, listed as Historical Monument. Service packages from one to five days. Please note that since last year, the thermes propose in winter some products associated with snow-related activities.*

MORE INFORMATION

Thermal Baths of Mont-Dore – phone: 00 33 (0) 4 73 65 05 10 – www.chainethermale.fr

Tourist Office of Mont-Dore – www.sancy.com

The Spa Towns and their well-being activities...

Meyras/Neyrac-les-Bains

(Rhône-Alpes Region, Ardèche County)

In the heart of the country of the Ardeche young volcanoes, the village of Meyras, labeled « Village of Character », is a medieval city which has kept rests of the time and history. From the castles of Hautségure and Ventadour, which can be visited all summer long, to the XIIth century roman church covered with varnished tiles, or the transom-style windows of Main Street and the medieval porches, all here leads to seek adventure in the maze of its sinuous alleys. Below, the thermal spa of Neyrac-les-Bains, located in a maar (crater), exhibits a contemporary architecture and a quite surprising natural phenomenon: the mofette.



NATURAL SPA***: Services are currently provided in the Natural Spa***, a well-being complex created in 2007 and linked to the thermal Baths of Neyrac-les-Bains by the area called “thermal spa” (thermal water pool, whirlpool and aqua jets). This complex includes a beauty institute for esthetic cares (face and body cares, modelling...) a balneotherapy area (mud applications, jet showers, hydromassaging baths, underwater modelling) and 24 integrated single-room apartments***.



12

MORE INFORMATION

Thermal domain of Neyrac-les-Bains : - Phone: 33 (0) 4 75 36 30 00 – www.thermesdeneyrac.com

Tourist Office of Meyras - www.meyras-tourisme.com

The Spa Towns and their well-being activities...

Montrond-les-Bains

(Rhône-Alpes Region, Loire County)

Sole water town of the Loire, Montrond-les-Bains is a small town located between the Forez and Lyonnais mountain ranges. Whether recreational with its entirely renovated casino, historical with its Middle-Age churches and castle or even gastronomic with the presence on its territory of the Poularde Auberge, Montrond is the right place for a pleasant stay in any season.



LES ILEADES : Opened in 2009, “*les Iléades*” is the unique well-being center of this kind in the Loire county : it’s what French people call “*centre thermoludique*”, so a big recreational spa (2200m²) entirely dedicated to the relaxation with thermal water activities.

The Baths : In “*les Iléades*” there are one inside and one outside thermal water pools of 300m² each, equipped with bubble beds, current river, underwater massages course...

The Carpe Diem Area: Sauna, hammam, cold water well (15°C), play showers and rest area

The Institute: beautician and hydrotherapic individual cares



MORE INFORMATION:

Les Iléades - phone : 33 (0) 4 77 200 800 - www.lesileades.com

Tourist Office: phone - www.montrond-les-bains.fr

The Spa Towns and their well-being activities...

Néris-les-Bains

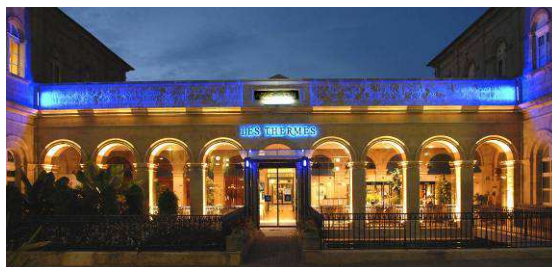
(Auvergne Region, Allier County)

Destination as much for tourist, Néris-les-Bains combines the charm and heritage typical of the water towns with a prestigious natural environment. From its thermal history, the town has kept gallo-roman vestiges, but also an Italian-type theatre, a casino, some thermal parks, villas, hotels, clay tennis courts, let's not forget the thermal baths, equipped with the most modern facilities. Leader in the global treatment of nervous system diseases, the spa is today the specialist of the stress and back pain and proposes in this regard various care formulas.



THERMAL BATHS: *Well-being cares with thermal water are provided in special part of the thermal baths of Néris-les-Bains, entirely dedicated to the short stays.*

CESAR PAVILION: *Dry cares (without water) are provided in the **Cesar Pavilion (in front of the thermal baths).***



14

MORE INFORMATION

Thermal Baths of Néris-les-Bains –phone: 33 (0)4 70 03 10 39 – www.thermes-neris.com

Tourist House – www.ville-neris-les-bains.fr

The Spa Towns and their well-being activities...

Royat-Chamalières

(Auvergne Region, Puy-de-Dôme County)

Located at the foot of the Puy de Dôme, the spa town of Royat-Chamalières offers together the proximity of the chains of Puys and the possibility to enjoy the infrastructures of Clermont-Ferrand. Few steps from Vulcania, the European centre of volcanism, the town regularly organises tours to discover the Auvergne natural and cultural heritage.



ROYATONIC:

THE LARGEST RECREATIONAL SPA IN AUVERGNE

Opened in November 2007, Royatonic is a great recreational spa. It offers 2400m² completely dedicated to well-being and to the various pleasures of thermal springs : large thermal water pools (280 m² indoor and 210m² outdoor) equipped with whirlpools, jets, bubble beds, swan necks, hammams, saunas, and a Baths'corridor which contains the perfumed bath, the caldarium (hot bath), the frigidarium (cold bath), the tepidarium (tepid bath) and a rest troom ...

It has been entirely decorated around volcanism theme to underwrite its location in Auvergne. Connected to the Princesse Flore**** since May 2009, it will soon propose new packages with this luxurious accommodation.



SANHOA INSTITUTE: The Well-Being Institute of ROYATONIC

Complementary to the baths, Royatonic proposes individual beauty cares (face and body cares with the cosmetic products of the Sothys brand, and massages from all around the world) in the Sanhoa institute (in the same building). The originality of this institute is that the seven cabins are all decorated in the spirit of a different volcanic territory: Japan, Indonesia, Greece...



MORE INFORMATION

ROYATONIC – phone : 00 33 (0)4 73 29 58 90 – www.royatonic.com

SANHOA – phone : 00 33 (0)4 73 29 58 95

Tourist Office of Royat-Chamalières – www.ot-royat.com

The Spa Towns and their well-being activities...

Saint-Honoré-les-Bains

(Bourgogne Region, Nièvre County)

Sole water town in the Nièvre, Saint-Honoré-les-Bains is a small « Belle Epoque » water town with villas, casino, park and a 1900-architecture spa establishment. Few steps from the Natural Park of the Morvan, it constitutes an excellent starting point to discover the major historical sites of Burgundy, such as the Beaune Hospices, the Basilic of Vézelay or even the gallic town of Bibracte.

THERMAL BATHS : *In St-Honoré-les-Bains, the well-being cares are provided in the thermal bath, a magnificent building, classical and light-colored, characterized by a 1900' architecture. As in all "historical" baths, the cares se take place in spacious and bright volume, giving the visitor an immediate sense of calm and well-being. Here, all the decorations are made of Briare's enamels and the large windows overlook a majestic park with hundred years old trees.*



MORE INFORMATION

Thermes of Saint-Honoré-les-Bains - phone. : 00 33 (0)3 86 30 73 27 - www.st-honore-les-bains.com

Tourist Office – phone - www.st-honore-les-bains.com

The Spa Towns and their well-being activities...

Saint-Laurent-les-Bains

(Rhône-Alpes Region, Ardeche County)

Few steps from the Lozère, Saint-Laurent-les-Bains is a small spa in the Ardeche mountain (eighteen inhabitants in winter), perched above an exceptional setting. Thanks to this still wild context, it is the starting point for countless hikes and other « green-oriented » recreational activities, which will allow you to discover a rich and varied flora, as well as breathtaking scenic sites. Rebuilt in 1997, the thermal baths of Saint-Laurent are located just above the Borne valley and offer an unmatched view of the surroundings. Here, the « return » to the source takes on its true dimension.



THERMAL BATHS : *In Saint-Laurent-les-Bains, the fitness-related services are provided in the thermal baths where the harmony between light-colored wood and earthenware lead to relaxation. Possibility to enroll in one to five-day packages as well as services by the unit such as the renowned general mud bath in reduced gravity!*



17

MORE INFORMATION

Thermes of Saint-Laurent-les-Bains- phone : 00 33 (0)4 66 69 72 72

Tourist Office – www.saint-laurent-les-bains.fr

The Spa Towns and their well-being activities...

Saint-Nectaire

(Auvergne Region, Puy-de-Dôme County)

Saint-Nectaire is of course known for the cheese and its roman church from the 12th century, true jewel of the Auvergne architectural heritage. But, the hot and cold springs of the spa should not be dismissed. Their therapeutic properties were already known by the Romans. Nested at the foot of the pass of the Croix Morand, the small village has taken for several years a turn towards well-being and fitness, through the activities of the Thermadore recreational water centre.



Thermadore : an aqua-recreational centre

In Saint-Nectaire, fitness-related activities are performed in the Thermadore aqua-recreational centre, opened to the whole family. It includes an aqua-relaxation area (indoor pool enhanced with water games-airbaths, swan necks,...-, sauna, hammam, whirlpools) Strictly aimed at well being related activities, the Thermadore recreational water centre is opened to the entire family.



MORE INFORMATION

Thermadore Recreational water Centre - phone : 00 33 (0)4 73 78 83 47– www.thermadore.fr

Tourist Office – www.ville-saint-nectaire.fr

The Spa Towns and their well-being activities...

Vals-les-Bains

(Rhône-Alpes Region, Ardèche County)

Located in Ardèche, South-East of the Massif Central, Vals-les-Bains is one of those water town with a « Belle Epoque » charm, in the vicinity of Aubenas. Here, you will be free to stroll in the thermal quarter, located on each side of the Volane river, to watch the sporadic spring geyser or contemplate the architecture of the Grand Hotel of the Baths, next to the thermes. Turned towards modernity, these last ones do not forget however their history and offer to visitors some beautiful vestiges such as the basin of the Alexander spring and the impressive façade of the 1st spa establishment of Vals, dating from 1845.

THERMAL BATHS : *Entirely refurbished, the thermal baths of Vals-les-Bains include a thermal spa with a covered thermal water pool (30°C), a whirlpool, a system of underwater aquajets and a hammam as well as individual booths for balneotherapy and esthetic cares. But what is really exceptional is the patio, a great rest and détente area in the heart of the building.*



MORE INFORMATION

Thermes of Vals-les-Bains - phone: 00 33 (0)4 75 37 46 68 - www.thermesdevals.com

Tourist Office – www.aubenasvals.com

The Spa Towns and their well-being activities...

Vichy

(Auvergne Region, Allier County)

Queen of the water towns where Napoléon had his habits, Vichy owns today the most impressive thermal heritage in the entire Massif central, such as its Opera-Convention centre and its superb italian-style hall. Sporty and cultural, Vichy also offers many recreational activities, including two golf courses, one race track, two casinos and a lake suited for water sports.



The VICHY THERMAL SPA LES CELESTINS: *one of the largest spa in Europe, with 7500m² of care-associated room : Relaxation atrium (saunas, Turkish baths and huge whirlpool), hydrotherapeutic cares (bubble baths, jet shower, mud wrapping...), aesthetic cares, without spring water. On the ground floor, you'll find the Nutritional Centre of Vichy and the **Celest**, for dietetic lunches.*

NEW: *The **INSTITUTE** of "Laboratoires Vichy" products opened in the Vichy Spa Thermal Les Celestins in September 2008. This is the only place in the world where "Laboratoires Vichy" products are used through specific cares' protocols which are developed by health experts.*

THE DOMES THERMAL BATHS : *in the heart of Vichy, the historical thermal baths of the town built on 19th are immediately recognizable by their neo-Moorish domes.*

Examples of massages and custom services : Thermal mud wrapping, Underwater multi-jet bath, lipodrainage jet shower, 4-hand Vichy shower..

VICHY SLIMMING PROGRAM (in French : Maigrir à Vichy) : This slimming program (6 or 12 days) includes individualized nutritional program with a follow up control during 6 months + Vichy water drinking cure, dietary conferences, + slimming cares at the VICHY THERMAL SPA LES CELESTINS or at THE THERMAL DOMES CENTERS (modeling treatments under jets of thermal water, baths in essential slimming oils, aquagym sessions...).

MORE INFORMATION

VICHY SPA LES CELESTINS and Thermal Centre of the Dômes – Free Phone: 00 33 (0)800 30 00 63 – www.destinationvichy.com

Tourist office of Vichy – Phone. - www.vichy-tourisme.com