



# ThermaSalina

SALINS-LES-BAINS THERMAL BATHS AND SPA

## PRESS KIT



## New Salins-les-Bains thermal baths and spa now open

With the completion of work begun in June 2014, the new Salins-les-Bains spa opened its doors on 13 February 2017 under a new name: ThermaSalina. This brand highlights a characteristic that is almost unique in France: naturally salty water, with a mineral salt and trace element concentration comparable to that of the Dead Sea, which some popular spas artificially recreate.

## Benefits of the “Original Sea”

The waters at Salins-les-Bains owe their therapeutic properties and the benefits they provide to the ocean that covered the heart of the Jura region some 200 million years ago. These benefits are primarily therapeutic and preventative, with the physical action of the mineral salts improving joint flexibility through osmosis, and the biochemical action of potassium, magnesium and calcium working on arthritis, effects of trauma and joint pain in general. But these waters also provide a surprising feeling of weightlessness, which creates intense muscular relaxation and promotes stress relief and improved quality of sleep.

## Next-generation thermal baths and spa

With a 2,800m<sup>2</sup> single-level building, the new Salins-les-Bains centre has doubled the space enjoyed by clients. It also features a computerised water network management system and a client access and movement management system using electronic bracelets. Domestic hot water for the entire building is heated with solar power. ThermaSalina specialises in treating rheumatological problems with balneotherapy, offering a range of classic treatments (thermal water clay mud packs, spa baths and Vichy showers) and now also offering two pools reserved for patients - one mobilisation pool and one underwater massage pool - along with new treatments including the Berthollaix® individual ‘cocoon’ steam bath.

## New balneotherapy wellbeing

ThermaSalina also aims to attract clients seeking wellbeing and relaxation with its stunning spa area. This features two saunas, one large steam room, one caldarium (a salt water pool heated to 37°C, inherited from the Roman baths) and a large relaxation pool with jacuzzi, air bubble seats, massage jets and two swan pipes. This bright spa, with its large windows overlooking the forested slopes of Fort Saint-André, also features an outdoor patio for sunny days. The Therm’Bien-être area adds the finishing touch, with seven beauty treatment and physiotherapy rooms where customers can enjoy massages, body scrubs and wraps.



## In figures

Treatment space: 2,575m<sup>2</sup>

Total construction cost: €12 million excl. tax

Thermal water consumption/day: 180m<sup>3</sup>

Patients in 2017: 2,610 (3,000 patients expected in 2018)

Spa visitors in 2017: 55,000 (same target in 2018)

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# From Salins thermal baths to ThermaSalina



For centuries, Salins salt water has been used empirically by local populations to sooth joint inflammation. In the early 1850s, balneotherapy started in Salins thanks to a meeting between two men: Mr De Grimaldi, a salt works manager, and Dr Germain, the first scientist to focus on the therapeutic value of the Salins waters.

## Some key dates:

- **1854:** Petite Saline (industrial salt works site which supplemented Grande Saline) was converted to a spa.
- **1856:** The Salins waters' therapeutic properties were recognised by the French Academy of Medicine, and increasing numbers of public figures came to take the waters in Salins.
- **1934:** The business collapsed and the Salins-les-Bains town saved the balneotherapy centre for the first time by buying it and then completely rebuilding it and turning its management over to a private company.
- **1955:** The financial situation was again unsteady and the operator could not carry out the necessary water abstraction work. The town took over its operation as a municipally-owned entity, with this form of management continuing today.
- **1994:** The building that housed the baths was completely renovated, triggering business diversification to include both treatments covered by social security and wellbeing/relaxation services at the start of the 21st century.
- **2007:** A technical and financial feasibility study for a new spa was delivered in autumn.
- **2014:** Work started on a new centre in Place de la Barbarine.
- **2017:** On 13 February, ThermaSalina opened its doors to welcome patients for the new spa season.



# Naturally salty water with tremendous potential

The naturally salty thermal spring water in Salins-les-Bains has a greater mineral salt concentration than the Dead Sea and provides a feeling of weightlessness, like the feeling certain popular spas artificially recreate.

## The “Dead Sea” in the Jura region

Some 200 million years ago, in the heart of Jura, Salins-les-Bains was covered by the sea, like many other areas that today lie above sea level.

Evaporating as the climate warmed up, the water left a layer of rock salt rich in trace elements which was slowly buried under layers of sediment. The Alpine folds carving rifts in these successive layers allowed water to infiltrate and flow through the original salts. These waters enriched with precious trace elements are comparable to the Dead Sea and boast consistent chemical and physical properties. They were recognised as therapeutic in 1856 by the French Academy of Medicine.

## Dual action for rheumatological problems

- The salt water improves joint flexibility through osmosis by draining excess fluids from joints.
- Trace elements (potassium, magnesium and calcium) have a sedative effect on pain by acting on the nervous system.

## And a surprising feeling of weightlessness for wellbeing

This total relaxation experience is rare and helps effectively soothe pain and rheumatism, which reduces stress levels, relaxes muscles and improves the quality of sleep.

## Comparison of salt water densities

Sea water (average)	Salins-les-Bains water	Dead Sea water
2-4%	18-23% (depending on spring flow)	27.5%
20-40g/l	180-230g/l	275g/l



# Architecture that fits the surroundings

The new spa in Salins-les-Bains was built on a hill at the town's northern entrance, where the old town meets newer constructions.

This exceptional site offers broad views of the natural landscape, and diverse snapshots of the old town and the two forts watching over it.

## The architectural plan

The new spa's exterior nonchalantly blends into the site's topography. The architecture is broken down into levels split in a variety of ways, which offer only partial views, reducing the overwhelming effect of the building's full 4,000m<sup>2</sup>.

A single, meticulously designed cladding covers the entire exterior, giving the building an image of serenity appropriate to a treatment and wellbeing centre.

The visible, inaccessible roofs form the fifth façade and are living roofs.

Solar panels capture the sun's energy at this 'bare faced' site.

## Functions spread across two levels

- The garden level technical floor covers 1,500m<sup>2</sup> and holds all of the centre's technical facilities.
- The ground floor level is entirely devoted to the client experience, covering 2,500m<sup>2</sup>. The pools' and rooms' compact layout is arranged around a central hub or 'intersection', from which the centre's various sections branch off:
- The Thermal section (pools and treatment rooms) faces west/east and overlooks the natural landscape.
- The Wellbeing section (pools and treatment rooms) faces south/west and has views of the old town and two forts.

The generous movement spaces, open spaces and glimpses of the exterior help clients easily find their way and wander naturally around the centre.

The nature of the materials on the walls and the inviting layouts of the areas add the elegance required for this type of dual-purpose medical and wellbeing centre.



## In figures

Car park:  $1,822\text{m}^2$  (TC1) +  $1,016\text{m}^2$  (TC2) =  $2,838\text{m}^2$  with 95 parking spaces

Service yard (staff entry) and fitness entry  $245\text{m}^2$

Delivery yard (excl. ground level overhang)  $419\text{m}^2$

Ground floor delivery passageway  $103\text{m}^2$

### Floor space

Ground level  $3,030\text{m}^2$  net floor area,  $2,575\text{m}^2$  useful

Service basement  $1,800\text{m}^2$  net floor area,  $1,500\text{m}^2$  useful

### Other surface areas

Tiled floors:  $2,150\text{ m}^2$

Tiled walls:  $2,300\text{ m}^2$

### Glazed surfaces (excl. skylights)

Exterior frame  $339\text{m}^2$

Internal frame  $101\text{m}^2$

Glazed doors  $80\text{m}^2$

Relaxation pool:  $185\text{m}^2$

Caldarium:  $14\text{m}^2$

Daily thermal water consumption  $235\text{m}^3$

### Other areas

Visitor changing rooms 265 lockers

Relaxation room  $50\text{m}^2$

Event room  $110\text{m}^2$

### Service areas

Linen store

Administrative and staff areas:

4 offices including additional premises (archives and server room)

Staff lockers

Staff room

Basement service area

The technical design adopted for the Salins-les-Bains thermal baths is based on the following approach:

**Restraint - Economy - Performance - Wellbeing.**

This has resulted in an energy and fluid management design focused on sustainability which reduces thermal spring water consumption to protect the resource and minimise waste, produces water and air quality that exceeds regulatory requirements, helps operations and long-term maintenance by installing simple yet high performance service facilities, and enables a reduction in investment, operating and maintenance costs.

## Performance

The approach we have developed lets us achieve a very good overall performance level thanks to:

1. **Restrained** water consumption thanks to **high performance filtration**.
2. Minimised energy consumption
  - **Using solar energy to preheat thermal spring water and domestic hot water.**
  - **Maximising energy recovery solutions**
    - From pool discharge water and treatment water (baths and showers)
    - From air extracted from the relaxation pool hall and dehumidifying thermodynamic units
    - From the cold-generation system of the air conditioning units
  - **Recycling energy recovered from the pool water and thermal spring water storage**
  - **Restrained electricity consumption**
    - Energy-efficient LED lighting with movement sensors
    - Automated technical management with advanced settings

## Featured technical solutions

### Using thermal spring water and minimising the impact of discharge

The Salins-les-Bains thermal spring water has high salinity levels, which requires certain precautions to be taken when using it, particularly in the choice of materials.

- Muyre well abstraction: 6m<sup>3</sup>/h flow, 13°C temperature, 18-25g/l salinity
- Cordeliers well abstraction: 13m<sup>3</sup>/h flow, 18°C temperature, 225g/l salinity

In order to secure the Centre's operations, two thermal spring water storage tanks have been installed (Muyre well: 50m<sup>3</sup>; Cordeliers well: 315m<sup>3</sup>).

All treatment zones (jet showers, baths, underwater massages, foot baths, steam chambers and body treatments) are supplied by thermal spring water.

Thermal spring water discharged after use for treatments is disinfected by UV-treatment and cooled, with the heat recovered and reused, before being discharged into the Furieuse River depending on the river's low level flow.



## Producing thermal clay mud

To supply the 12 thermal mud bath rooms, a mixer was installed which operates automatically and can be programmed for the centre's open hours. Thermal spring water (Cordeliers) is used for the mixture.

The mud is prepared in the basement and delivered to the upper level by a system of special pipes and pumps.

## Water quality

The pool water is filtered and disinfected before returning to the pools. We use a glass ball-type media and slow filtration cycle which provides excellent filtration quality and reduces water and energy consumption. Filters are washed with soft water, then that water is mixed with the thermal spring water discharge in order to lower the salinity level of the water being released into the environment.

Chlorine gas is used for disinfection.

## Heating

The water and air is heated by two gas heaters with a unit power of 700kW. These heaters are energy efficient and are equipped with an energy recovery system.

All treatment areas, the reception, changing rooms, passageways and pool surroundings are equipped with heated floors to ensure users enjoy a comfortable temperature.

## Air treatment and dehumidification

In order to ensure our clients are comfortable, the air in the pool halls and wet areas must be refreshed. The air is treated and dehumidified by adding fresh air in an air treatment plant equipped with a system to recover heat energy from the extracted air (dehumidification by fresh air modulation).

## Domestic hot water

The 58m<sup>2</sup> of solar panels provide a coverage rate of 38% for domestic hot water production. Depending on need, any excess is used for the pool water.



# Thermal treatments and relaxation spa: dedicated areas

To make it easy to move around the centre and help relaxation clients and patients find their way, ThermaSalina is divided into four zones called Therma Hydro, Therm'Argile, Therma Spa and Therma Bien-Être, along with a large relaxation room. A simplified system of electronically-managed passes gives access to the different zones. The entire centre can simultaneously hold 300 people and the Spa area can hold 200.

## Thermal treatment area

This is reserved for patients and encompasses the Therma Hydro and Therm'Argile zones.

### Facilities:

- 12 air-bubble and spa baths + 2 underwater massage baths
- 6 Vichy shower massage rooms (affusion)
- 1 mobilisation pool with 12 spaces
- 1 underwater massage pool with 12 spaces and walking lane
- 10 individual steam chambers (including 4 Berthollaix® chambers and 6 foot baths/hand baths)
- 12 thermal spring water clay mud treatment rooms

## Spa and wellbeing area

The light passing through the large windows, the view over the lush slopes of Fort Saint-André, the patio with sun loungers for enjoying good weather contribute to the relaxing atmosphere.

### Facilities:

- One 193m<sup>2</sup> relaxation pool with jacuzzi, massage seats, counter current swim lane, massage jets and swan pipes
- One caldarium (37°C bath in the tradition of Roman baths)
- One hammam (17 seats)
- Two saunas (75°C and 85°C)
- 7 body and beauty treatment rooms, including two doubles (beauty treatments and massages by physiotherapists)



ThermaSalina holds balneotherapy pre-approval for three priorities: child development disorders, gynaecology and rheumatology. Pre-approved by the French Social Security since the 1930s, the Salins-les-Bains Thermal Baths provide genuine thermal expertise to patients.

The centre also boasts next generation balneotherapy facilities (baths, Berthollaix chambers, etc.) and an ergonomic relaxation room.

## The healing power of salty thermal spring water

These thermal spring waters are naturally rich in salt and act in three ways on rheumatism:

1. Heat: It has an analgesic effect on joints and musculoskeletal pains. The water temperature of the various thermal treatments ranges from 30°C to 34°C.
2. Feeling of weightlessness: The salt concentration promotes buoyancy and muscle relaxation, enabling the muscles to be worked deeply yet gently.
3. Trace elements: Salins-les-Bains thermal spring water has them all: chlorides, sulphates, sodium, etc. When immersed, your body recharges with trace elements by homeostasis.

## Thermal treatments covered by social security

### Thermal baths

- Spa bath: using pressurised thermal spring water, the spa bath massages the back then the legs, producing an analgesic effect.
- Air-bubble bath: 36°C thermal spring water combined with air bubbles produces a relaxing effect.

### Thermal showers

- Jet shower: a 6-minute session in an individual room. The water stimulates blood circulation and provides a powerful muscle massage.
- Underwater massage bath: performed by a hydrotherapist, the underwater massage bath combines thermal spring water with an underwater jet in an individual bath. It can eliminate toxins and effectively combat joint pain.
- High pressure underwater massage bath: in a thermal spring water pool heated to 34°C, this treatment relaxes and detoxes your muscles by combining body movements with a high pressure shower.





## Illutation

- Mud packs: applied topically, the clay and salty thermal spring water mud heated to 50°C encourages the absorption of trace elements by the body and provides an analgesic, relaxing effect.

## Steam chambers

- Topical steam chambers: targeted treatments for hands, wrists, feet and ankles with thermal spring water steam, producing an analgesic effect that promotes mobility.
- Berthollaix® chambers: New in 2017, this treatment involves immersion in an individual cocoon supplied with thermal spring water steam, which targets joints and the entire spine.

## Physiotherapy treatments

All massages are provided by our team of qualified physiotherapists.

- Mobility work in the pool: session in a specially-equipped pool. The buoyancy provided by the 34°C salt water makes it easier to perform movements that are difficult on land, allowing for greater range, flexibility, agility... and less pain.
- Salt water Vichy shower massage: this is a pain relief and anti-inflammatory treatment that combines the benefits of massage and salt water.





# Wellbeing and relaxation treatments

## A vast, bright spa

The light passing through the large windows, the view over the lush slopes of Fort Saint-André, and a patio with sun loungers for enjoying good weather contribute to the relaxing atmosphere.

### Facilities:

- One 193m<sup>2</sup> relaxation pool with jacuzzi, massage seats, counter current swim lane, massage jets and swan pipes
- One caldarium (37°C bath in the tradition of Roman baths)
- One hammam (17 seats)
- Two saunas (75°C and 85°C)
- 7 body and beauty treatment rooms, including two doubles (beauty treatments and massages by physiotherapists)

## Personalised wellbeing packages and a diverse range of treatment options

ThermaSalina offers packages with a variety of inclusions and durations:

- Half-day breaks, with spa access included
- Short breaks: over 2 or 3 days, including 6 to 9 treatments
- Mini-treatments: Vitasaline, Vitalligne and Vitados, over 6 afternoons

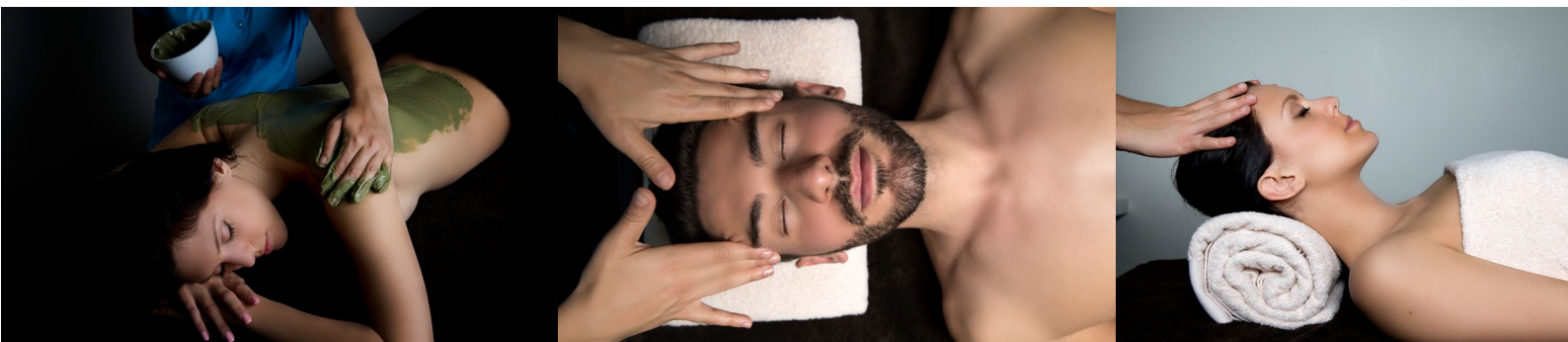
## A la carte beauty, hydrotherapy and physiotherapy treatments

**Beauty treatments:** Body massage and scrubs with salt, Polynesian sand or citrus fruit, and body wraps including seaweed slimming wraps and cacao stress relief wraps.

**Hydrotherapy treatments:** Choose from the list of spa bath, air-bubble bath and hot mud pack (clay and thermal spring water) options to experience the centre's thermal expertise without undergoing a balneotherapy treatment.

**Physiotherapy treatments:** Various types of massage provided by certified physiotherapist masseurs, from the effective squeeze and lift technique to the traditional Californian massage and even one of our flagship treatments: a relaxing salt water Vichy shower massage. Mobility sessions in the pool (gentle exercise in a salty thermal spring water pool) are also available.

Note: a €50 ThermaSalina gift card lets the recipient freely choose their wellbeing programme.



# ThermaSalina and Vinesime: a regional marriage

In harmony with our valuable water resource, which is an exceptional natural heritage, ThermaSalina has decided to work with **beauty products made by Vinesime using a nearby botanical heritage, Burgundy vines.**

The Spa de Vinesime beauty treatment range is based on the Burgundy A20C\* (\*cellular oxygenation and anti-oxidant) compound, blending a pinot noir extract from ancient vines in Gevrey-Chambertin with a Burgundy blackcurrant bud extract.

These products are created using natural ingredients from organic farms.

## Products

Two Vinesime beauty product ranges, Racines du Temps and Le Clos, are available to purchase at ThermaSalina Spa (and soon from the online ThermaSalina store).

## Treatments

The face and body treatments are offered by ThermaSalina beauticians trained in Vinesime techniques.

- A range of 5 body treatments, from 30 to 120 minutes, combining various manual techniques with scrub, massage, wraps and more.
- 2 facial treatments from 45 to 75 minutes.



## Facilities

- 4,075m<sup>2</sup> total useful floor area
- 2,575m<sup>2</sup> for treatments (car park level)
- Conference room with video projector (110m<sup>2</sup>)
- Relaxation room (50m<sup>2</sup>)
- 265 electronic lockers
- 95 parking spaces

## Funding

- Total cost: **€12m**
- Salins-les-Bains town: **€5.8m** (self-funded)
- Bourgogne Franche-Comté region: **€2.244m**
- Conseil Départemental du Jura : **€1.978m**
- French government: **€1.5m**
- Fonds Massif Europe : **€500,000**
- ADEME : **€34,000**

## Main contractor

Salins-les-Bains town

## Project team

Architects: Agence Malcotti-Roussey, Atelier ARCOS • Assistant main contractor: SOCAD  
• SMC: INGEBAT est • Checks and coordination: VERITAS • Structural engineering firm: CETEL • Thermal and fluid engineering firm: ETHIS • Acoustic engineering firm: ACOUSTIQUE and ARCHITECTURE • Roding and network engineering firm: GEOPROTECH • Landscaping: TERRITOIRES

## Project initiators and funders





# ThermaSalina: part of a relaxation and wellbeing tourist offering

Located in the heart of the Jura region, surrounded by a protected natural environment, Salins-les-Bains invites you to get away from it all, take a break and relax.

## Discovering the heritage

With the Grande Saline salt works which is a listed Unesco site (13th century underground tunnel and last salt pan in France) and over 20 listed or protected monuments, Salins offers visitors an exceptionally rich heritage (religious heritage, fountains, terraced gardens, old fortifications, grand residences, and two forts, including Saint-André which was fortified by Vauban).

## Best nature walks

In addition to having 200km of walking tracks and 150km of bike trails, Salins is also a stopover along the Échappée Jurassienne trail, an itinerary visiting all the major sites in Jura. Its 3.6km- to 30km-long marked trails, the peaks of Mont-Poupet and Fort Saint-André, and the Gabelous track that links the two salt works (Salins and Arc-et-Senans) are suitable for all ability levels.

## Where fishing and sports meet

- Trout fishing in the Furieuse River that crosses the town, as well as in the nearby Loue and Lison, and pike and zander fishing in the 'lake country' (between Chalain and Vouglans).
- Free-flight sports with views across the Jura plains and the Alps mountains from Mont Poupet (paragliding school).
- Tree adventures site in the unique setting of the Fort Saint-André foothills.
- World famous races: Montée du Poupet (17.7km, climbing 666m) and Trail des 2 Salines.

## A land of flavour

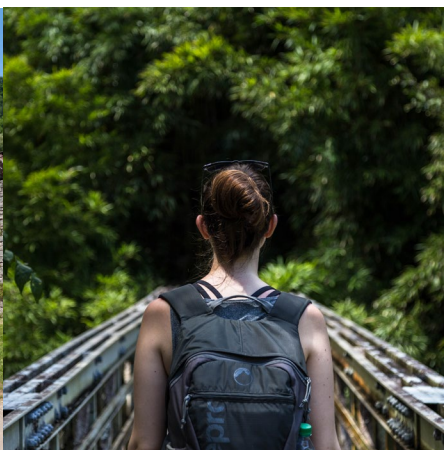
Salins and its surrounding area offer many Jura specialty foods: comté cheese, wines, salted caramels and more. The nearby little towns of Arbois, the region's wine capital, and Poligny, the capital of comté, entice you with visits to their cellars and fruit stores.

## Three ThermaSalina-inclusive packages offered by the Salins Tourist Office

- **Luxury & Nature (3 days):** discovering the source of the Lison River, a walk 'in the footsteps of Alesia', relaxing ThermaSalina afternoon, a walk around Mont Poupet, 2 nights at 'A l'ombre du Château' B&B, 2 dinners and 3 lunches included (from 130).
- **In the footsteps of donkeys and fairies (2 days):** a walk in the footsteps of the Donkey Academy, dinner at Senso (Salins Casino), relaxing ThermaSalina afternoon, one night at Fées B&B, 2 lunches included (from 265).
- **Above Mont Poupet (3 days):** a free-flight day (morning training and afternoon tandem flight), a relaxing ThermaSalina morning, 2 dinners, 2 lunches and 2 nights at Hôtel des Bains included (from 115).



Photo credit: Salins-les-Bains Tourist Office

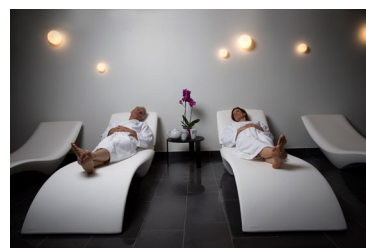
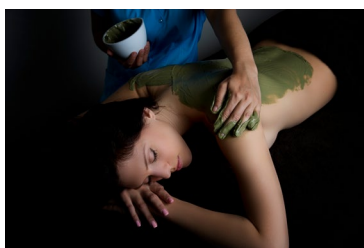
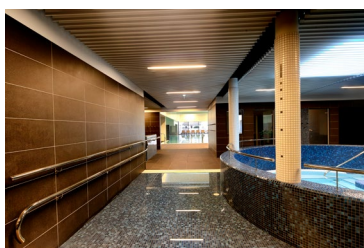
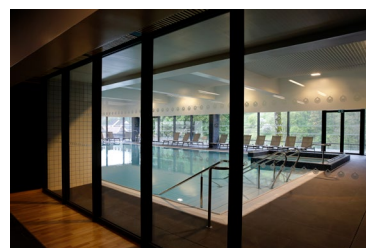




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## Photos available



1 Outdoor sign – 2 Northern exterior view - 3 & 4 Relaxation pool (Spa) – 5 Caldarium – 6 & 7 Relaxation pool with blue light – 8 Hot thermal spring water mud pack - 9 Relaxation room

**Photo credit: Pascal Regaldi**

## Salins-les-Bains Tourist Office

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