

The Different Options

Option Bath

It includes access to the 3 external pools where the water is around 96° fahrenheit - one of the pools has a jacuzzi with massage jets. There are also two rows of pure thermal water shower jets.

Wellness option

It includes, in addition to the option above, access to the Espace "bien-être" or Wellness area with its spacious hammam (steam room), sauna, vaporarium (steam room with natural sulphur vapours), large jacuzzi, relaxation area and a tea room, where you can have a hot drink.

Beauty treatments and massages

Various packages are available (check the website for details).

Prices start at €30 (for a 20-minute massage), plus the admission fee for the Wellness Area. Reservations are strongly recommended.

Prices

Option Bath

- **Rate per adult:** 9,00€
- **Rate per child:** 7,50€
(age 4 to 11, under 4s go free)
- **10 admissions:** 70,00€
- **Annual Pass:** 120,00€

Well-being option

- **Rate per adult (age 12 upwards):** 18,00€
- **10 admissions "Well-being":** 145,00€
- **Annual "Well-being":** 195,00€

Group Rates

(companies and associations)

Available from 10 people upwards.

Booking in advance is required.

Please ask us for more details.

www.bains-saint-thomas.fr



A place where to eat
"CHEZ MIMI BOUSTIFAÏRE"

TÉL. 06 58 92 71 71 / 06 89 23 90 03 - Traditional cooking.

Open daily during the school holidays.

On the rest of the time, it's open everyday except, on Mondays and we recommend to reserve a table by telephone. Note that there is also a bar and snack bar at the entrance to the baths.

For your beauty

« THERMANENCE » - Tel. 04 68 97 15 44

www.les-soins-saint-thomas.fr

The Baths of Saint-Thomas offer a range of cosmetic products for sensitive, fragile, and atopic skin, enriched with thermal plankton and thermal water.



How to get to the baths of St Thomas?

The baths of Saint-Thomas are about 73 km from Perpignan and 20 km from Font-Romeu in the Eastern Pyrenees, in the South of France. To get there by car from Perpignan, simply take the RN 116 direction Andorra. Pass through the villages of Prades, Villefranche de Conflent, Serdingya, Joncet, Olette and Fontpédrouse. When you come to the end of Fontpédrouse, take the small road on your left, which is signposted and will lead you to the baths of St Thomas, 3 km farther up. You can also access the baths via the picturesque 'Train Jaune' or yellow train. Get off at Fontpédrouse station – again approximately 3 km away.

Satellite Navigation

Coordinates

Latitude: 42.499851

Longitude: 2.167310



66360 FONTPÉDROUSE - Tel. 04 68 97 03 13

www.bains-saint-thomas.fr

Bains



OPEN ALL YEAR

de St THOMAS



NATURAL
HOT SPRING

Imp. "L'IMPRESSO" CC - 04 68 30 13 67 - Papier issu de forêts gérées durablement - Respectez la nature, ne me jetez pas sur la voie publique



FONTPÉDROUSE - Tel. 04 68 97 03 13



The Baths of St Thomas

A magical place...

Picture a huge stone amphitheatre surrounding 3 pools of soothing, warm sulphurous water, set in a small sunny mountain spot in the heart of the valley, here you can revitalize mind, body and soul and find some serenity.

You are at the Baths of St Thomas near the village of Fontpédrouse in the Eastern Pyrenees, at an altitude of 1150 m. There you can benefit from natural sulphur hot springs which have well-known properties.

Opening Hours

Open every day from 10:00 a.m. to 7:40 p.m. and until 8:40 p.m. during the Christmas, February and Summer school holidays.

Closed on 1st May (bank holiday).

Please check with us regarding the dates of our annual closure (2 weeks in June and 2 weeks in November).

Please note: Proper lycra swimming trunks are obligatory. No underpants, boxer shorts or swimming shorts. You may hire swimming gear and towels, if needed, at a cost of 2€ per item.

We strive to make this little piece of paradise a relaxing place where you can find well-being in a grandiose, yet natural setting.



The wellness area

The previous hammam or steam room had a complete makeover at the end of 2016 to become the new Spa – l'espace «Bien-être». This brand new area includes a large steam room with essential oils and hand-held cold showers, a sauna taking up to 6 people, a traditional steam room (vaporarium) where you can breathe in sulphur vapours, as well as a spacious jacuzzi. Note that the complete option - which includes all of this, still entitles you to use the 3 external pools, as well as the relaxation area and the tea room where a hot drink is offered. Only one access to the well-being area with no time limit except under special conditions (large attendance). *The option Bath is a price per day



The Hammam (Steam room) at St Thomas

The hammam is also known as a Turkish bath and dates back to Roman times. The word 'hammam' comes from the Arabic meaning hot water. This is a spacious, arched room with temperatures reaching around 104-107° fahrenheit, equipped with integral hand-held cold showers at your disposal.



Our Spacious Jacuzzi

The Sauna

Saunas originated from Finland. The idea is to alternate between staying in a room heated to a very high temperature for several minutes and going out of the room straight into a cold plunge pool. This contrasting hot/cold switch is considered to be particularly good for the skin. The high temperature in the sauna (which can vary from 140° to 176° fahrenheit) means that the body immediately reacts by dilating blood vessels and increasing the heart rate. The skin then sweats profusely, the pores dilate and the body naturally secretes endorphins or happy hormones which contribute to relaxation.



The Steam Room (Vaporarium)

The high quality of the thermal springs found at St Thomas has long been reputed to improve rheumatism and skin problems, as well as respiratory ailments. The older people in the village told us how they used to come here to help get rid of their colds and improve their breathing - just by inhaling the healing vapours. You can do the same in our steam room with its mild temperatures (around 86 to 95° fahrenheit) and its flow of natural, thermal spring water coming directly from a source at 136° fahrenheit. Here you can breathe sulphur vapours good for the skin and respiratory tract. To be enjoyed without moderation...

