Born in 1983 in Creutzwald (Lorraine, France) to a Mauritian mother and a French father, Laureen Stoulig-Thinnes studied piano and voice at Metz Conservatory, where she specialized in Baroque vocal performance under the guidance of Monique Zanetti before pursuing her training abroad. The 4th Prize she garnered at the renowned International Maria Caniglia Singing Competition at Sulmona (Italy) allowed her to pursue her studies by taking lessons from eminent singers including Mirella Freni, Luciana Serra, and Gianni Raimondi.

She was soon engaged to sing major opera roles on European stages. As a frequent guest of the ensembles Le Parlement de Musique, Il Delirio Fantastico and Le Concert Lorrain, she performs in world-renowned festivals and concert halls.

Laureen Stoulig-Thinnes is particularly sought-after in the French Grand Est region (formerly known as Alsace-Lorraine). In 2018, her passion for preserving and disseminating local heritage led her and her husband Marlo Thinnes to launch a music festival where they program a roster of internationally renowned artists.

In 2019, she founded the VENEREM quartet, featuring her voice, Marlo Thinnes on piano, Simon Zauels on bass guitar, and Michel Meis on percussion. The ensemble thus brings together four musicians from the most diverse artistic backgrounds to form a special type of classical music, unique in its genre. Released in 2021 on the Telos Music label, the ensemble's album was hailed by audiences and critics alike.

In early 2024, Laureen Stoulig-Thinnes released a solo vocal album on the Indésens & Calliope label with organist Vincent Bernhardt and the Chapelle Saint-Marc music ensemble, featuring works by Dietrich Buxtehude. The recording was met with unanimous praise in the music press, including the coveted "5 Diapasons" award in DIAPASON magazine and the "Clé du mois" ("Key of the Month") on the Resmusica website.

In 2022, Laureen Stoulig-Thinnes started to focus her artistry more intensely on sacred music from diverse cultures: to that purpose, she founded the ānāhid duo with pianist Layla Ramezan. Together, the two musicians explore sacred repertoire from all over the world, inviting their audiences to explore the encounter between Eastern and Western cultures.

She lives with her husband and her two daughters in a farmhouse in the French region of Lorraine.