

Facial treatments

- **Atlantic :** Facial treatment (classic skin cleansing for all skin types). For adults and teenager..... 45 min.. 45€
- **Hydra blue :** Facial treatment for dehydrated skins (moisturizing, plumping and soothing skin care) 60 min.. 60€
- **White Lumination :** Revelation lumière : Facial treatment for "tired" skins (immediate radiance boost)..... 60 min.. 60€
- **My Time :** Comprehensive facial care. Cleansing, treatment, hydration (smooth & rested complexion). 90 min.. 90€
- **Facial care for men :** Facial care adapted to men (moisturizing and soothing skin care) 60 min.. 60€
- **Eye care :** Specific eye contour treatment used alone or as a complement to another care (lights up and rejuvenates the eyes)..... 30 min.. 30€ (as a complement) 15 min.. 15€
- **Back massage in complement :** Capitalize on the relaxing benefits of your skin care treatment by adding a back massage before the facial treatment. 15 min.. 15€

- **Eyelash tint** 20€
- **Eyebrow tint** 15€
- **Eyelash + eyebrow** 32€

- **Hands or feet care** Nails care, modelling, pose of a base to protect the nails 30 min. 30€



Serenity



Body cares

- **Sea salt crystals treatment :** Body exfoliation with sea salt crystals and hydration with a moisturising milk (renews the skin and offers intense moisturisation) 30 min.. 30€
- **Marine immersion :** Body exfoliation, self-heating marine mud, modelling of legs, scalp or arms, moisturizing milk..... 60 min.. 60€
- **Oligomer® care :** Body exfoliation and relaxing massage (stimulating and relaxing) 90 mn.. 90€
- **Cryocean care :** Treatment for heavy, tired and swollen legs. Exfoliation, cryogenic. (instant "light legs" effect relieving congestion) 45 min.. 45€

Spa for 2, a couple or with friends !

*Individual care, one person after the other.

Relax duo

80 €

Pampering instant : 30 min / person
and an entry to the Spa* for 2

Escape duo

110 €

Californian or Orient massage :
45min / person and an
entry to the Spa* for 2

Absolute well-being

Aesthetic massage

- **De-stress back massage :** Relaxing and tension relieving back massage 30 min ... 30€
- **Pampering instant :** Relaxing or toning massage of back and legs (relieves muscular tension) 45 min ... 45€
- **Californian massage :** Full body massage using fluid and comforting movements (body and mind releasing) 60 min ... 60€ 90 min ... 90€
- **Orient massage :** Full body relaxing massage (soft movements for body and mind releasing) 60 min ... 60€ 90 min ... 90€
- **Pré-natal massage :** 3 to 9 months pregnancy 60 min ... 60€
- **Candle massage :** Full body relaxing massage with a moisturizing candle balm (smooth and velvety skin) 60 min ... 60€ 90 min ... 90€
- **Thai foot reflexology :** Manual pressure to specific points and areas of the feet. 40 min ... 40€
- **Orient escape :** Hammam, exfoliation with black soap, Rhassoul wrap, massage with Argan oil (moisturizing and relaxing body care : a moment of escape, a sensory discovery) 90 min ... 90€ 120 min ... 120€

Discovery packages

*Session of 2 hours in the Aqua-Zen area

Well-being

69 €

Spa* + facial treatment
(30mn) + body massage
(30mn)

Care & Spa

35 €

Spa* + body massage
(20mn)

Oriental instant

35 €

Spa* + exfoliation with black
soap on warm table





Beauty salon

- Hair removal
 - Full legs 30€
 - Half legs 20€
 - Bikini line 15€
 - Brazilian bikini 20€
 - Entire bikini area for woman 32€
 - Underarms 11€
 - Full arms 30€
 - Upper arms 20€
 - Lips or chin 9€
 - Back or upper torso 25€
 - Eyebrows (with tweezers) 9€

Hammam : The turkish bath or hammam is a 45°C (113°F) steamy bath. Helps cleaning and eliminates toxins and dead skin cells.

Sauna : The traditional Scandinavian sauna is a dry heat bath (85°C to 110°C - 185°F to 230°C) with benefits such as skin exfoliation, tissue toning and relaxation.



Spa Espace Aqua Zen

The Aqua-Zen area is open Every day from 10 am till 7 pm

Jacuzzi, sauna, hammam, sensorial showers, lounge area and herbal tea room

15€

Entry to the Spa 2h.

Jacuzzi : Heated to 31°C (88°F) hot tub, enhances your sense of well-being and relaxes muscles.

Sensory Showers : Showers with changing lights and different rain effects to awaken the senses.

The entry of the Spa is reserved for adults and +16-year old accompanied by an adult.

Peace & relaxation

- We disclaim all responsibility for any loss or theft of objects in the Spa area.
- Please respect peacefulness of this relaxing and well-being center.
- Our aesthetic massages are not therapeutic massages.
- Please come 10 min before the care. All delay will reduce care time. Care duration includes time for undressing and dressing.
- Cancellation : 48h in advance

Nice gift idea for a special occasion

Offer a spa gift certificate for a special occasion, Christmas, new year or merely for the pleasure of giving...

For an evening : it is possible to privatize the Spa for a birthday, a party with friends, a bachelorette party... up to 12 people.



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Douc'heure du Golfe



Douc'heure du Golfe

A moment of pampering in the spa and beauty salon, a sea experience

Wellness center A la carte treatments

For women and men. Facial and body care, massages, waxing

Spa Espace Aqua Zen

The Spa is open everyday

Jacuzzi, sauna, hammam, sensory showers, lounge area and herbal tea room

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Appointment booking at the reception

PHYTOMER

Care à la carte, realised with an expert brand.
Products for sale at the SPA



Please phone to enquire about availability.

Nouveautés

New treatments



- **Soin du visage - Face care**

Soin Pionnier - Pioneer treatment

Soin du visage anti-âge global, révélateur de jeunesse (visage, cou, décolleté) 75 min... 75 €
Global anti-aging facial treatment, youth revealing (face, neck, décolleté)

- **Soin des mains et des pieds - Hands and Feet care**

Beauté des mains ou des pieds complet - Hands or feet care

Soin des ongles, gommage, modelage, pose d'une base 50 min... 50 €
Nails care, exfoliation, modelling, pose of a base

Soins et modelages du Corps - Body cares

- **Sculpt Zone**

Soin d'attaque ventre, fesses, cuisses - Targeted attack on stomach, buttocks, thighs 60 min... 60 €

- **Délassant Pieds - Feet relaxing care**

Pour relancer la circulation sanguine et retrouver des pieds légers 30 min... 30 €
To boost the blood circulation and recover lighter-feeling feet

- **Modelage Deep Tissue**

Tonique, il dénoue les tensions musculaires en profondeur 60 min... 60 €
Tonic, provides a deep relaxation and relieves muscle tension 90 min... 90 €

- **Modelage Balinais - Balinese massage**

Doux et profond à la fois, il permet le drainage du corps, le rééquilibrage des énergies et l'étirement en douceur du corps 60 min... 60 €
Soft and deep massage, drainage, rebalancing of the body's energy, gentle stretching 90 min... 90 €

- **Modelage Lomi-Lomi (Hawaïen) - Hawaiian Lomilomi massage**

Mouvements longs et profonds avec les avant-bras pour délasser tout le corps 60 min... 60 €
Long and replenishing movements with the forearms to relieve deep tension of all body 90 min... 90 €

- **Modelage aux pierres chaudes - Hot stones massage**

Les pierres chaudes sont posées sur les points sensibles du corps tels que le ventre, le dos, les mains, les pieds et le front. La chaleur irradie le corps et permet de se relaxer totalement 60 min... 60 €
The hot stones are placed on critical points of the body including the stomach, back, hands, feet, forehead. The heat irradiating stone massage can achieve total body relaxation 90 min... 90 €