

# INDIVIDUAL TREATMENTS

All of Normandy's natural goodness will leave you glowing with inner and outer beauty thanks to a large range of massages and treatments. Feel wonderful from head to toe thanks to the natural antioxidant ingredients in apples and the phlebotonic properties of thermal water.

## ENJOY A 10% DISCOUNT

on rates for individual treatments when used from Monday to Friday, excluding public holidays and the day immediately preceding them.

See [our accommodation rates](#) page 30.



## SIGNATURE MESSAGES

### Affusion

Massage with a fine spray of thermal water. This treatment, combining hydrotherapy and massage, relieves tension and many ailments.

€65  
20 mins

### Personalised

Enjoy the unique experience of a massage adapted to your needs and wishes in a close exchange between you and the practitioner. This treatment is fully personalised. You select the areas of the body to be massaged, and determine the type of treatment (energising, relaxing, detoxifying, soothing, etc.).

€99	€60
50 mins	20 mins

### Exquisitely Relaxing

A massage for general relaxation of the body with active ingredients from apples to help you to relax and sleep peacefully.

€99  
50 mins

### Normandy Sports Massage

Massage including body stretching and deep manual manipulation for muscle relaxation.

€99  
50 mins

### Double Idyll

Relaxing and detoxifying face and body massage. Using a wide range of manual techniques, this treatment helps to eliminate toxins.

€149  
80 mins

Massages, facial and body treatments are also available in a double treatment room, with the same type of treatment and duration (*on request and subject to availability*).

All individual treatments or packages include:  
complimentary access to the thermal water steam room, sauna, relaxation room, herbal tearoom, walking tank and thermal water pool (*subject to availability*).<sup>(1)</sup>

<sup>(1)</sup> Following COVID-19 related public health measures, access to the thermal water steam room and sauna may be closed by administrative order.

## BODY TREATMENTS

<b>Poméol Pâte de Fruits body scrub</b> Speciality of Bagnoles. Complete body scrub.	€65 20 mins
<b>Poméol La Fabuleuse body wrap</b> Creamy and moisturising body care to help you relax and nourish the epidermis for silky smooth skin.	€65 20 mins
<b>Fresh mint Hydro Tonic wrap for heavy legs</b> This wrap contains a menthol complex providing an intense cold sensation that decongests, facilitates drainage, circulation and muscle relaxation. The feeling of heaviness is reduced and a tightening effect is felt. A feeling of freshness and light legs.	€65 20 mins
<b>Body wrap with hot clay</b> All the benefits of Bagnoles de l'Orne thermal water combined with the warmth of a heated mattress to gently relax you.	€55 20 mins
<b>Personalised bath with chromotherapy, to be chosen in the treatment room:</b> <b>1 soothing bath</b> The generous benefits of Bagnoles mineral water in a bath with fine bubbles relaxes the legs, leaving the skin hydrated, soft and subtly perfumed. <b>1 hydromassage bath</b> This deep bath offers you a moment of relaxation, a perfectly moisturised, oxygenated and subtly perfumed skin, thanks to the hydromassage by pressurised jets of thermal water at 34 °C.	€49 15 mins
<b>Cellu M6 anti-cellulite detox</b> A massage with a device that imitates manual rolling and kneading. It encourages fat removal, and helps reduce cellulite and sagging skin. <i>(Subscription option – see page 21).</i>	€65 25 mins



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## FACIAL TREATMENTS

**Unique natural facial treatment**

Fully personalised facial treatment according to your skin type. This treatment includes a cleansing, a scrub, a facial, neckline and scalp massage, mask application, a hand or foot massage during the mask application and the application of a day cream.

€89  
50 mins

**Expert thermal facial treatment**

Personalised facial treatment according to your skin type. Includes an initial thermal water mist to prepare the skin followed by cleansing in the treatment room, a facial massage, a mask application and the application of a day cream.

€79  
50 mins

**Facial radiance**

Facial radiance treatment according to your skin type. This treatment includes a cleansing, a scrub, a mask and the application of a day cream.

€65  
25 mins

**GOOD TO KNOW**

Our **facial treatments** are applied using our range of apple-based cosmetics. You can choose the products with the beautician in the treatment room according to your skin type.



## WELLNESS EXPERIENCES

**O2Chair®**

In a semi-reclined position in a unique and revolutionary chair, you will control your breath and achieve optimal well-being and relaxation.

€45  
20 mins

**Plénitude®**

Lying on a flotation bed, you will feel weightless wrapped in a water mattress. This sensation of being between waking and sleeping soon generates a state of total relaxation and reduces tension.

€45  
25 mins

**Pressotherapy session**

Using pneumatic boots, the device exerts increasing pressure all over the lower limbs in order to relieve vein blockages and improve circulation. Treatment for those suffering from lymphatic or circulation disorders.

€45  
25 mins

**Hydrojet (massage bed)**

You lie on a soft mattress under which jets of hot water give you an intense multi-zone massage, for deep muscle relaxation.

€45  
15 mins

**ThermeAction detox special**

Lying in a bathtub with a cover from your feet to your waist, jets of thermal water alternating between warm and hot are projected from head to toe. This treatment smooths out muscular tensions with an effective detoxifying action, naturally cleansing the body of toxins.

€55  
30 mins

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