

5 HALF-DAY TREATMENT BREAKS

A true oasis of relaxation in a natural setting, b'o thermal spa offers many unique treatments using active ingredients from apples, combined with the unique properties of the thermal water around Bagnoles de l'Orne. Take the time to recharge your batteries and treat yourself to a wellness break with our 5 half-day breaks.



Find our treatment⁽²⁾ and half-board accommodation packages on page 29.

A medical certificate stating that there are no contraindications is obligatory for any treatment package longer than 3 days. Contact your doctor to get this document.

DETOX OXYGEN BREAK

21 treatments

€699

Your body feels depleted. It has accumulated toxins, mainly due to pollution, diet, stress, overwork, etc. This can have many consequences: tiredness, insomnia, dull skin, weight gain, loss of vitality, and so on. Our 21-treatment detox break invites you to recharge your batteries.

5 half days of treatments from Monday to Friday.

- 4 personalised hydromassage or soothing baths with chromotherapy using active ingredients from apples
- 2 relaxing and de-stressing clay therapies for the back
- 1 Kneipp treatment session⁽¹⁾
- 1 Poméol Pâte de Fruits body scrub
- 1 fresh mint Hydro Tonic wrap for heavy legs
- 1 exquisitely relaxing massage
- 1 personalised massage
- 1 affusion massage with natural mineral water
- 1 radiant facial treatment
- 2 general jet showers
- 2 affusion showers
- 1 oxygenating walk in the forest
- 3 of the following treatments (*subject to availability*):
 - 1 massage bed (hydrojet) session
 - 1 Plénitude® flotation bed session
 - 1 deep breathing session in a semi-reclined O2Chair®

+ 1 detox smoothie per day

+ access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool, walking tank, herbal tea room and relaxation rooms.

⁽¹⁾ Kneipp treatment: localised shower for the lower limbs. The treatment alternates between a spray of hot mineral water (36 °C) and cold mineral water (18 °C) in fine droplets on your legs. This makes them feel lighter and stimulates circulation.

⁽²⁾ Treatment packages cannot be changed.

DE-STRESS BREAK

15 treatments

€399

Want to discover hydrotherapy treatments based on thermal water whose unique properties offer joint suppleness, relaxation, skin elasticity, etc.? Try our 15-treatment de-stress week.

5 half days of treatments from Monday to Friday.

- 4 personalised hydromassage or soothing baths with chromotherapy using active ingredients from apples
- 3 relaxing and de-stressing clay therapies for the back
- 1 general jet shower
- 2 detoxifying underwater showers
- 2 affusion showers
- 3 of the following treatments (*subject to availability*):
 - 1 massage bed (hydrojet) session
 - 1 Plénitude® flotation bed session
 - 1 deep breathing session in a semi-reclined O2Chair®

+ access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool, walking tank, herbal tea room and relaxation rooms.⁽²⁾



THE INSTANT 100% BREAK FOR HER

15 treatments

€535

The menopause represents a new stage in your life as a woman. Your body undergoes a physiological change. So it's a good time to take control with a 100 % relaxation and beauty break, with our package of 16 treatments.

5 half days of treatments from Monday to Friday.

- 3 personalised hydromassage or soothing baths with chromotherapy using active ingredients from apples
- 2 affusion showers
- 1 relaxing and de-stressing clay therapy for the back
- 1 pressotherapy session
- 1 massage bed (hydrojet) session
- 1 Plénitude® flotation bed session
- 1 unique natural facial treatment
- 2 general jet showers
- 1 Poméol Pâte de Fruits body scrub
- 1 Kneipp treatment session⁽¹⁾
- 1 personalised 50-minute massage

+ access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽²⁾, walking tank, herbal tea room and relaxation rooms.



⁽¹⁾ Kneipp treatment: localised shower for the lower limbs. The treatment alternates between a spray of hot mineral water (36 °C) and cold mineral water (18 °C) in fine droplets on your legs. This makes them feel lighter and stimulates circulation.

⁽²⁾ Thermal water pool is not available during aqua gym classes, Monday to Friday, from 2 pm to 2.40 pm. The walking tank remains accessible.