

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 and rituals when used from Monday to Thursday, 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.

€72

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).

€105

50
mins

€72

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.

€105

50 mins

Normandy Sports Massage

Body massage with deep manipulations for muscle relaxation.

€105

50 mins

Double Idyll

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

€169

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)*.

BODY TREATMENTS

Poméol Pâte de Fruits body scrub Speciality of Bagnoles. Complete body scrub.	€72 20 mins
Poméol La Fabuleuse body wrap Creamy and moisturising body care to help you relax and nourish the epidermis for silky smooth skin.	€72 20 mins
Fresh mint Hydro Tonic wrap for heavy legs 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.	€72 20 mins
Body wrap with hot clay All the benefits of Bagnoles de l'Orne thermal water combined with the warmth of a heated mattress to gently relax you.	€59 20 mins
NEW Hydro Tonic Vitality body wrap A vitamin-rich formula based on ginger, orange and carrot with firming properties. This body wrap treatment hydrates, smooths and tones.	€72 20 mins
NEW Lipo Reduce body wrap Our formula is enriched with lots of natural active ingredients including guarana, coffee and mate. The wrap stimulates the skin to shape the figure, smooth the curves and leave skin feeling soft.	€72 20 mins
Personalised bath with chromotherapy, to be chosen in the treatment room as required: 1 soothing bath The generous benefits of Bagnoles mineral water in a bath with fine bubbles relaxes the legs, leaving the skin hydrated, soft and subtly perfumed. 1 hydromassage bath 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.	€55 15 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 of the individual treatments and packages give you complimentary access to the thermal water steam room, sauna, relaxation room, herbal tea room, walking tank and thermal water pool *(subject to availability)**.

* 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.

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.

€99
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.

€89
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.

€75
25 mins

GOOD TO KNOW

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



WELLNESS EXPERIENCES

O2Chair®

In a semi-reclined position in a unique deep-breathing chair, you will be able control your breathing and achieve optimal well-being and relaxation.

€49
20 mins

Plénitude®

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

€49
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.

€49
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.

€49
15 mins

ThermAction 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.

€59
30 mins