

# THE BAGNOLES TREATMENT PROGRAMMES

## 1 AND 2 HALF DAYS OF TREATMENTS

To revitalise, release muscle tension, improve your circulation or simply relax, b'o thermal spa offers treatments to meet your needs and wishes, for half a day, two half-days or more. So you can enjoy the distinctive benefits of the thermal waters of Bagnoles de l'Orne, with its demonstrated effectiveness in improving venous disorders. You can choose the number of treatments according to your wishes.

### DETOX PROGRAMME

Based on Bagnoles thermal expertise, the detox treatment programmes are designed to improve lymphatic and blood circulation in the lower limbs, recover flexibility and lightness in your legs and help eliminate toxins after physical activity.



#### DETOX PROGRAMME

##### 1 half day

4 treatments

€155

- 1 lighter legs massage with Poméol Hydro Tonic oil
- 1 personalised hydromassage or soothing bath with chromotherapy using active ingredients from apples
- 1 Aquapress®\* treatment exclusive to b'o resort thermal
- 1 Kneipp treatment session<sup>(1)</sup>

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

#### DETOX PROGRAMME

##### 2 half days

7 treatments

€249

- 1 lighter legs massage with Poméol Hydro Tonic oil
- 1 personalised hydromassage or soothing bath with chromotherapy using active ingredients from apples
- 2 Aquapress®\* treatments exclusive to b'o thermal resort
- 1 Kneipp treatment session<sup>(1)</sup>
- 1 general jet shower
- 1 pressotherapy session

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

#### \*EXCLUSIVE AQUAPRESS® COMPRESS TREATMENT:

Based on medical research, the b'o thermal resort compress treatment combines the application of thermal water with gentle vascular compression to provide lasting relief to your legs and improve venous circulation. Exclusive to b'o thermal resort.

<sup>(1)</sup> 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.

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

## RELAXATION PROGRAMME

The relaxation programmes combine the benefits of thermal water and wellness treatments so you can gently unwind and relax.

### RELAXATION PROGRAMME

#### 1 half day

3 treatments

€140

- 1 personalised 20-minute massage
- 1 personalised hydromassage or soothing bath with chromotherapy using active ingredients from apples
- 1 relaxing and de-stressing clay therapy for the back

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

### RELAXATION PROGRAMME

#### 2 half days

6 treatments

€279

- 1 personalised 20-minute massage
- 2 personalised hydromassage or soothing baths with chromotherapy using active ingredients from apples
- 1 affusion shower
- 1 relaxing and de-stressing clay body wrap
- 1 of the following sessions (subject to availability):
  - flotation bed (Plénitude®)
  - massage bed (hydrojet)
  - deep-breathing chair (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.

See our accommodation rates page 30



\* 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.



## REVITALISATION PROGRAMMES

The revitalisation programmes help you to naturally eliminate the unwanted effects of daily stress on physiological functions, as well as on your mood, to restore serenity and regain your vitality.

### REVITALISATION PROGRAMME

1 half day

3 treatments

€105

- 1 personalised hydromassage or soothing bath with chromotherapy using active ingredients from apples
- 1 relaxing and de-stressing clay therapy for the back
- 1 general jet shower or 1 affusion shower *(subject to availability)*
- + access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool\*, walking tank, herbal tea room and relaxation rooms.

### REVITALISATION PROGRAMME

2 half days

6 treatments

€205

- 2 personalised hydromassage or soothing baths with chromotherapy using active ingredients from apples
- 2 relaxing and de-stressing clay therapies for the back
- 1 general jet shower
- 1 affusion shower
- + access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool\*, walking tank, herbal tea room and relaxation rooms.

\* 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.



## FREEDOM PROGRAMME

1 half day

3 treatments

€115

- 1 personalised hydromassage or soothing bath with chromotherapy using active ingredients from apples
- 2 of the following sessions (subject to availability):
  - flotation bed (Plénitude®)
  - massage bed (hydrojet)
  - deep-breathing chair (O2chair®)
- + access to b'o thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool<sup>(1)</sup>, walking tank, herbal tea room and relaxation rooms.



## MUM-TO-BE PROGRAMME

1 half day

4 treatments

€139

The mum-to-be programme is a unique moment for you to relax and take care of yourself before your baby arrives.

- 1 unique natural facial treatment
- 1 massage bed (hydrojet) session
- 1 Aquapress® treatment, exclusive to b'o thermal resort<sup>(2)</sup>
- 1 Plénitude® flotation bed session

**The only treatment package available to pregnant women.**  
See our recommendations page 26.



<sup>(1)</sup> 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.

<sup>(2)</sup> Exclusive Aquapress® compress treatment: based on medical research, the b'o thermal resort compress treatment combines the application of thermal water with gentle vascular compression to provide lasting relief to your legs and improve venous circulation. Exclusive to b'o thermal resort.