



b'o
resort
thermal
& spa

4-STAR RESIDENCE
THERMAL SPA
FOOD & DRINK
LEISURE POOLS
KIDS CLUB

WELL-BEING & LEISURE STAYS

BAGNOLES-DE-L'ORNE **NORMANDY**

AN **ALL-IN-ONE** SPA RESORT!

In the heart of Normandy is the small spa town of Bagnoles-de-l'Orne, an ideal location to recharge your batteries.

Bagnoles-de-l'Orne's thermal spring water is renowned for its exceptional benefits for your well-being. Just 2 hrs 30 mins from Paris, the b'o resort thermal & spa invites you to enjoy a prescribed thermal cure, a preventive treatment programme or simply a relaxing break from February through to November.

Bagnoles-de-l'Orne and the surrounding region abound with natural, architectural and important historical and legendary treasures... Deep within the Normandy-Maine Regional Natural Park and its 267,000 hectares of forests and hedged farmland, the spa is the starting point for countless walking, horse-riding and cycling routes. The region also has many historical and cultural sites – including the Normandy landing beaches and the Cotentin peninsula – all within an hour and a half by car or coach.

Discover exceptional heritage full of character!

Why choose b'o resort thermal & spa as your well-being destination?

Our resort is committed to sustainable development and social responsibility. Every day, we strive to incorporate more ethical and sustainable practices for the long term. Our small actions have a big impact that make b'o resort thermal & spa greener place.

→ Discover more at bo-resort.com



WELL-BEING & LEISURE

STAYS

b'o resort thermal & spa is located at the source of the Bagnoles-de-l'Orne spring.

A tourist complex that includes a 4-star residence full of Belle Époque charm, b'o cottage****, and a thermal spa offering all the natural goodness of Normandy, including exclusive treatments based on active ingredients from apples and thermal water.

b'o resort meets your every wish and expectation – ideal for single visitors, couples and families.

THERMAL TREATMENTS

For lasting wellness come to Bagnoles-de-l'Orne!

To invest in your health, prevent problems, recover from an accident, find sustainable relief for joint pain, back pain or heaviness in your legs... Our treatment facilities combine expertise with all the benefits of Bagnoles-de-l'Orne thermal spring water, which is particularly effective for numerous pathologies (phlebology, rheumatology and gynaecology).

→ To find out more, download our thermal brochure from **bo-resort.com** or ask for one at the resort!



WELCOME TO **B'O RESORT THERMAL & SPA**

A genuine tourist establishment, b'o resort thermal & spa welcomes you for a relaxing holiday with your family or loved ones.

The vast forest surrounding the resort, its lake and its rivers create a relaxing, oxygenating and invigorating climate in Bagnoles-de-l'Orne. The charm of the spa town with its casino, restaurants and Belle Époque architecture promises to delight all your senses.

The perfect destination for nature and well-being!



Well-being treatments



Accommodation



Food & drink



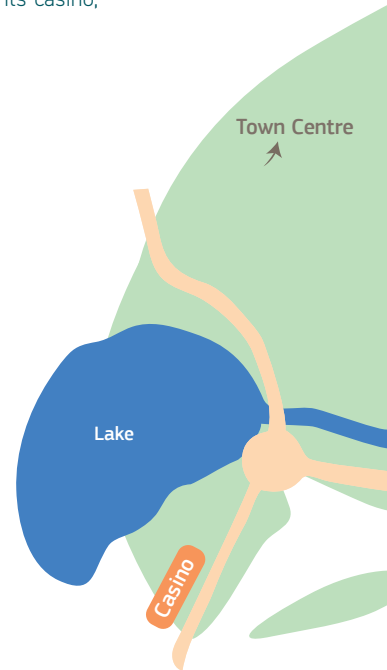
Groups and seminars



Prescribed thermal cures & preventive health cures



Cosmetics

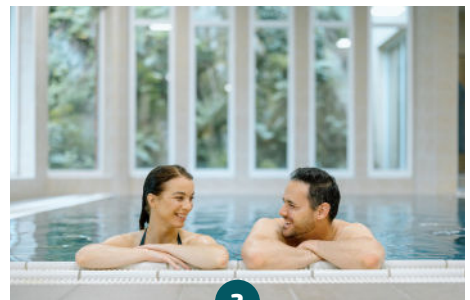


The thermal baths

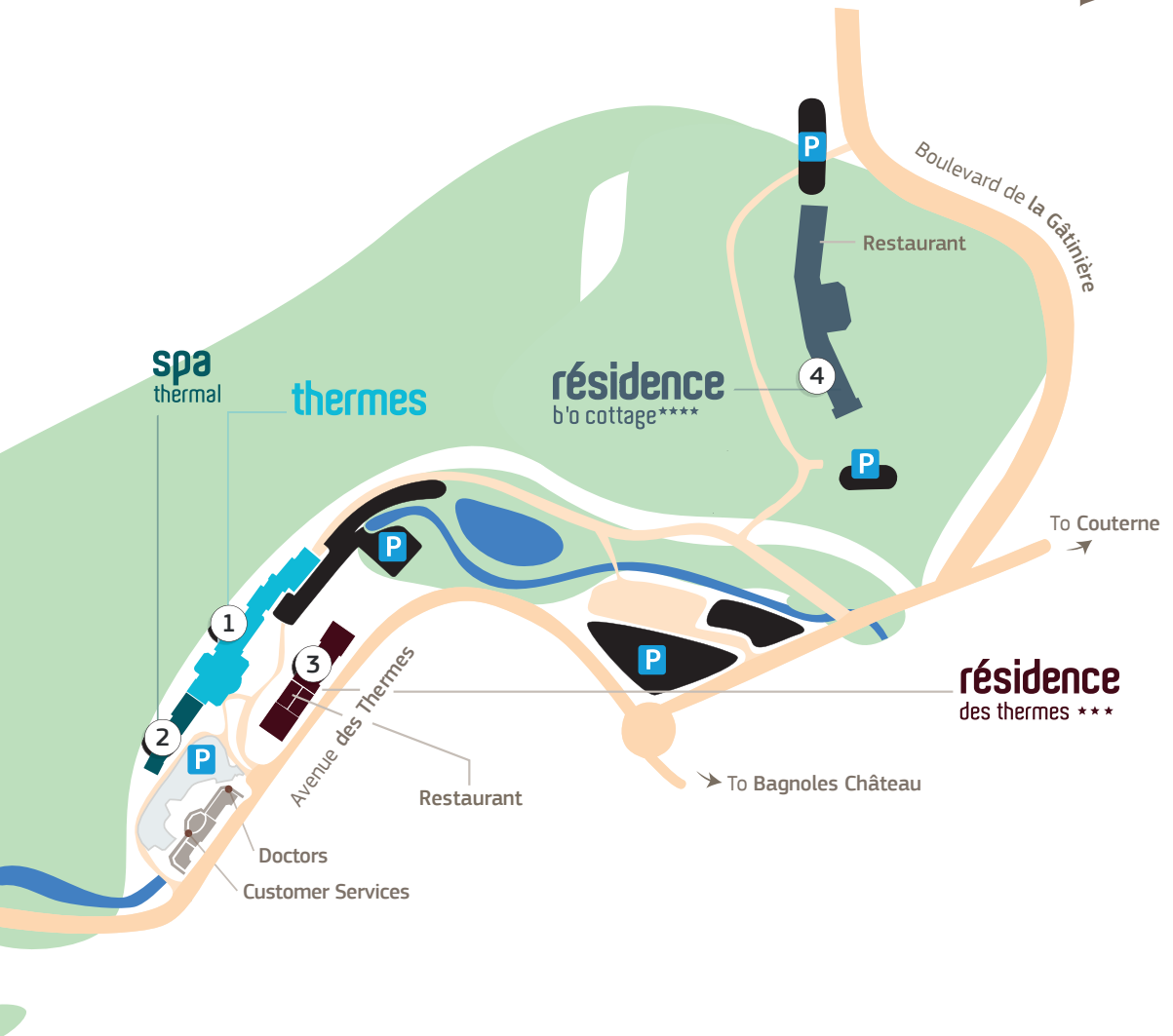


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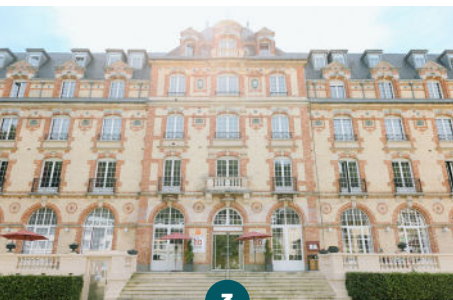
The thermal spa



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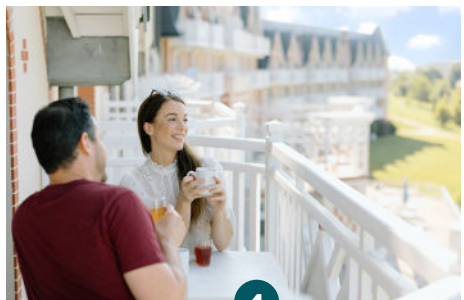


Thermes* residence**



3

b'o cottage** residence**



4

DESTINATION WELL-BEING *IN NORMANDY*

Framed against a backdrop of green, Bagnoles-de-l'Orne is an unrivalled treasure.

With its Belle Époque quarter, its castle, casino, gardens, lake and restaurants, as well as its villas from the roaring twenties, Bagnoles-de-l'Orne never ceases to reveal new delights around every corner and with every turn of the woodland path.

A place of culture, leisure and relaxation, the spa retreat also maintains its festive heritage with a number of festivals that give a certain rhythm to the summer season. Home to the only thermal spring in the north west of France, Bagnoles-de-l'Orne is also the nearest resort to the capital.

A real breath of fresh air, soothing and invigorating in turn.

On the horizon, a lake, a forest stretching into the distance and elegant 19th century architecture. No doubt about it, you've arrived at Bagnoles-de-l'Orne, **the unique Normandy leisure and well-being destination.**

Take the opportunity to explore the region and totally immerse yourself in nature! From the forest of Andaines, to Mont-Saint-Michel, to the historic landing beaches, you can discover a wealth of authentic places around b'o resort thermal & spa.

→ MORE INFORMATION:

Bagnoles-de-l'Orne Tourist Office
+33 (0)2 33 37 85 66 – bagnolesdelorne.com



> **Mont-Saint-Michel** - 1 hr 30 mins from the resort



> **Landing beaches** - 1 hr 30 mins from the resort



> **Haras du Pin** - 50 mins from the resort

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bo
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WELL-BEING GIFT PACKAGES

Your well-being comes first!
Any time is a good time
to take care of yourself.



GIVE THE GIFT OF THE UNIQUE BENEFITS OF NORMANDY!

Relaxing stays, massages, Normandy treatments, apple-based cosmetics and more...

It's quick and easy to order the gift voucher or treatment package of your choice in our online gift package shop!

To find out more, visit bo-resort.com to buy your gift in 3 clicks.

A gift package for the amount
of your choice, valid for 1 year.



A THERMAL SPA 100% MADE IN NORMANDY

Our thermal spa takes its inspiration from Normandy's unspoilt nature. These generous and well-preserved natural surroundings are synonymous with good living and well-being. Apples, thermal spring water... A wealth of local treasures whose benefits we have extracted to bring you a range of original and unique treatments.

Whether for a day, a weekend or a longer stay, with individual treatments or as part of a package, you can tailor your visit according to your own wishes and desires!

SPACES DEDICATED TO WELL-BEING

The thermal spa has been designed to offer a unique sensory experience. The overall ambience is conducive to relaxation and soothes the body and senses.

So that everyone can relax at their own pace, there are a number of treatment areas available:

A sauna, a sensory shower (new), a walking tank, a thermal water steam room, a thermal water pool*, a rest room with a black-light relaxation area, as well as communal areas such as the herbal tea room in a wooded setting – perfect for sharing.

All individual treatments and packages include free access to these well-being spaces.

THE THERMAL SPA IS PARTNERING WITH POMÉOL, A LINE OF NATURAL APPLE COSMETICS AND TREATMENTS.

Poméol

Nutricosmétique fruitée

Poméol is the original 'pomotherapy' brand created by doctor of pharmacy, Laurent Didden.

His expertise in nutritional well-being, combined with the properties of apples, offers you nutricosmetic care, inside and out, with proven effectiveness, made in France. They are a must-have when you visit b'o resort thermal & spa.

An exclusive collaboration that combines pleasure, relaxation and professional care.

Poméol also lets you extend your well-being experience at home.

Available for sale in our shops and at bo-resort.com.



*Thermal water pool not available during aqua gym classes, Monday to Friday, from 2 pm to 2.45 pm. The walking tank remains accessible.

BAGNOLES BREAKS

5 half days of treatments

Take the time to recharge your batteries and treat yourself to a well-being break with our 5 half-day breaks.

OXYGEN DETOX

21 TREATMENTS

→ 5 half days of treatments from Monday to Friday.

- 4 personalised hydromassage or soothing baths with chromotherapy
- 2 revitalising clay applications for the back
- 2 general jet showers
- 2 affusion showers
- 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 Thermal Glow facial
- 1 oxygenating walk in the forest
- Choice of 3 treatments (subject to availability)
 - > 1 hydrojet session (massage bed)
 - > 1 Plénitude® session (flotation bed)
 - > 1 phlebotonic session
- + 1 detox drink per day
- + access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽³⁾, sensory shower, walking tank, herbal tea room and relaxation room.

TIP FROM OUR SPA THERAPIST:

For even greater relaxation and to enjoy all the benefits of your break, why not stay with us on a half-board basis?



→ For prices of treatment packages⁽²⁾, accommodation and catering options, see the enclosed price guide.

⁽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.

⁽³⁾Thermal water pool not available during aqua gym classes, Monday to Friday, from 2 pm to 2.45 pm. The walking tank remains accessible.

5 half days of treatments

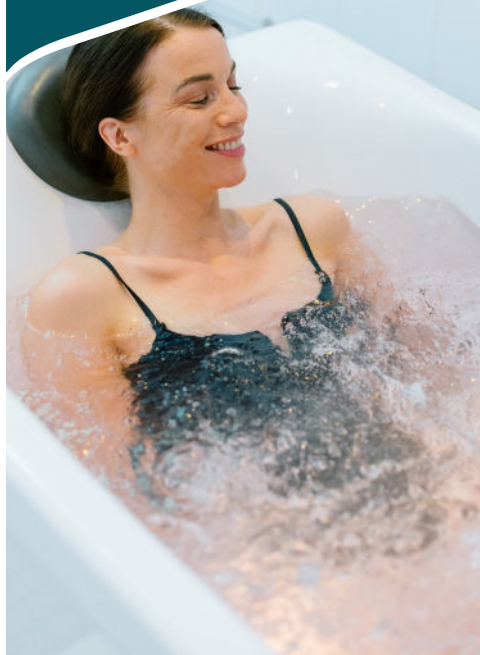
DE-STRESS

15 TREATMENTS

→ 5 half days of treatments from Monday to Friday

- 4 personalised hydromassage or soothing baths with chromotherapy
- 3 revitalising clay applications for the back
- 3 affusion showers
- 1 detoxifying underwater shower
- 1 general jet shower
- 2 hydrojet sessions (massage bed)
- 1 Plénitude® session (flotation bed)

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽³⁾, sensory shower, walking tank, herbal tea room and relaxation room.



INSTANT 100% FOR HER

16 TREATMENTS

→ 5 half days of treatments from Monday to Friday

- 3 personalised hydromassage or soothing baths with chromotherapy
- 2 affusion showers
- 2 revitalising clay applications for the back
- 1 general jet shower
- 1 pressotherapy session
- 1 massage bed session (hydrojet)
- 1 Plénitude® session (flotation bed)
- 1 Unique Nature facial treatment
- 1 Poméol Pâte de Fruits body scrub
- 1 Kneipp treatment session⁽¹⁾
- 1 personalised massage
- 1 relaxation session in the thermal water pool

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽³⁾, sensory shower, walking tank, herbal tea room and relaxation room.



BAGNOLES TREATMENT PROGRAMMES

1 and 2 half days of treatments

To **release muscle tension, improve your circulation** or simply relax, our thermal spa offers treatment programmes to fit your needs and wishes.

DETOXIFYING PROGRAMMES

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.

DETOXIFYING

4 TREATMENTS

→ 1 half day

- **1 lighter legs massage**
with Poméol Hydro Tonic oil
- **1 personalised hydromassage or soothing bath** with chromotherapy
- **1 AQUAPRESS®* treatment**
- **1 Kneipp treatment session⁽¹⁾**

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽²⁾, sensory shower, walking tank, herbal tea room and relaxation room.

DETOXIFYING

7 TREATMENTS

→ 2 half days

- **1 lighter legs massage**
with Poméol Hydro Tonic oil
- **1 personalised hydromassage or soothing bath** with chromotherapy
- **2 AQUAPRESS®* treatments**
- **1 Kneipp treatment session⁽¹⁾**
- **1 general jet shower**
- **1 pressotherapy session**

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽²⁾, sensory shower, walking tank, herbal tea room and relaxation room.

*EXCLUSIVE AQUAPRESS® COMPRESS TREATMENT:

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

⁽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 not available during aqua gym classes, Monday to Friday, from 2 pm to 2.45 pm. The walking tank remains accessible.

⁽³⁾Treatment packages cannot be changed.

RELAXING PROGRAMMES

The relaxation programmes combine the benefits of thermal water and well-being treatments so you can **gently unwind and relax**.

RELAXING

3 TREATMENTS

→ 1 half day

- 1 personalised massage
- 1 personalised hydromassage or soothing bath with chromotherapy
- 1 revitalising clay application for the back

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽²⁾, sensory shower, walking tank, herbal tea room and relaxation room.



RELAXING

6 TREATMENTS

→ 2 half days

- 1 personalised massage
- 2 personalised hydromassage or soothing baths with chromotherapy
- 1 affusion shower
- 1 warm clay body wrap
- Choice of 1 treatment (*subject to availability*)
 - > 1 hydrojet session (massage bed)
 - > 1 Plénitude® session (flotation bed)
 - > 1 Jacquier "Bol d'Air" session

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽²⁾, sensory shower, walking tank, herbal tea room and relaxation room.



→ For prices of treatment packages⁽³⁾, accommodation and catering options, see the enclosed price guide.

REVITALISING PROGRAMMES

Revitalising treatments help to **naturally eliminate the unwanted effects of daily stress** on physiological functions as well as on your mood, **to restore serenity and vitality.**

REVITALISING

3 TREATMENTS

→ 1 half day

- 1 personalised hydromassage or soothing bath with chromotherapy
- 1 revitalising clay application for the back
- 1 affusion shower or 1 general jet shower (subject to availability)

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽¹⁾, sensory shower, walking tank, herbal tea room and relaxation room.

REVITALISING

6 TREATMENTS

→ 2 half days

- 2 personalised hydromassage or soothing baths with chromotherapy
- 2 revitalising clay applications for the back
- 1 general jet shower
- 1 affusion shower

+ access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽¹⁾, sensory shower, walking tank, herbal tea room and relaxation room.

⁽¹⁾Thermal water pool not available during aqua gym classes, Monday to Friday, from 2 pm to 2.45 pm. The walking tank remains accessible.

⁽²⁾Treatment packages cannot be changed.

FREEDOM

3 TREATMENTS

→ 1 half day

- 1 personalised hydromassage or soothing bath with chromotherapy
- Choice of 2 treatments *(subject to availability)*:
 - > 1 hydrojet session (massage bed)
 - > 1 Plénitude® session (flotation bed)
 - > 1 Jacquier "Bol d'Air" session
- + access to the thermal spa complimentary activities: sauna, thermal water steam room, thermal water pool⁽¹⁾, sensory shower, walking tank, herbal tea room and relaxation room.



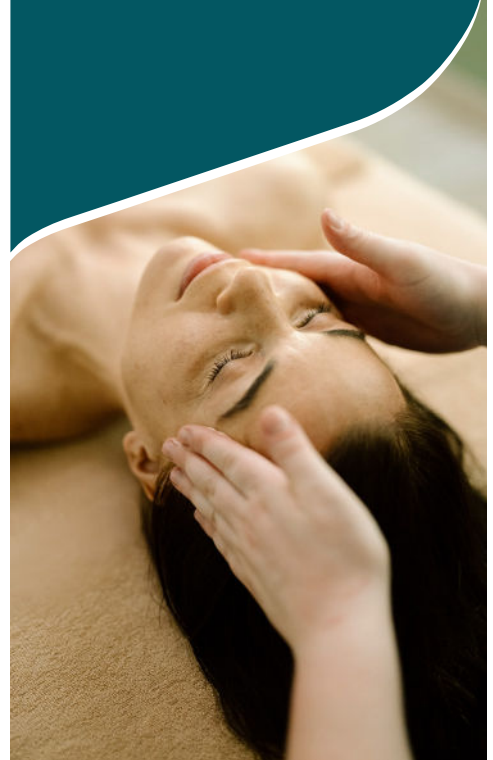
MUM-TO-BE

4 treatments

→ 1 half day

- 1 Unique Nature facial treatment
- 1 hydrojet session (massage bed)
- 1 Aquapress® treatment
- 1 Plénitude® session (flotation bed)

The only treatment package available to pregnant women.



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

→ For prices of treatment packages⁽²⁾, accommodation and catering options, see the enclosed price guide.

BAGNOLES TREATMENT RITUALS

Our rituals use all the natural goodness of apples so you can enjoy treatments tailored to your needs, including scrubs, massages, facial treatments – on your own or as a couple.

► All of the individual treatments and packages give you complimentary access to the sauna, thermal water steam room, thermal water pool⁽¹⁾, sensory shower, walking tank, herbal tea room and relaxation room.

SOLO

POMÉOL DETOX

→ The detoxifying ritual stimulates lymphatic and blood circulation.

- 1 **Pâte de Fruits leg scrub**
- 1 **Hydro Tonic leg wrap**
- 1 **Hydro Tonic leg massage**

BALM TO MY SKIN

- 1 **Pâte de Fruits body scrub**
- 1 **Poméol wrap** to be chosen in the treatment room
- 1 **personalised massage**

3 M

(MY MOMENT FOR ME)

- 1 **clay body wrap**
- 1 **exquisitely relaxing massage**
- 1 **personalised hydromassage** or **soothing bath** with chromotherapy

DUO

JUST FOR TWO

WITH ACTIVE INGREDIENTS FROM APPLES

→ Sharing our natural apple treatments with a special someone is just perfect.

- 1 **Pâte de Fruits body scrub**
- 1 **La Fabuleuse nourishing and creamy body wrap**
- 1 **exquisitely relaxing massage**
- 1 **soothing bath**
- 1 **sweet treat** to share

DETOX FOR TWO

WITH ACTIVE INGREDIENTS FROM APPLES

→ Share a detox experience for two

- 1 **Pâte de Fruits body scrub**
- 1 **Poméol wrap** to be chosen in the treatment room
- 1 **personalised massage**
- 1 **soothing bath**
- 1 **sweet treat** to share

⁽¹⁾Thermal water pool not available during aqua gym classes, Monday to Friday, from 2 pm to 2.45 pm. The walking tank remains accessible.

⁽²⁾Treatment packages cannot be changed.

Our well-being treatments for teenagers

The pace of life that young people face is very intense. Physical and psychological changes, as well as hormonal imbalances, can impact their quality of life. **Moments of well-being and relaxation are just as important for young people as they are for adults!**

Offer them a well-being break with treatments designed specifically for them.

Based on traditional massage techniques, our teenage rituals reduce stress, offer total relaxation and boost energy.

SO GOOD

JUNIOR RITUAL

(age 13 to 16)

Relaxing back massage followed by a facial treatment.

SO CHILLED

JUNIOR RITUAL

(age 13 to 16)

Full back treatment:
scrub, clay application and massage.

Teenagers have **complimentary access to the relaxation room and herbal tea room** only.

→ For prices of treatment packages⁽²⁾, accommodation and catering options, see the enclosed price guide.

INDIVIDUAL TREATMENTS /

Feel wonderful from head to toe with our different massages and treatments that incorporate **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***.



SIGNATURE MESSAGES

AFFUSION

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

PERSONALISED

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

EXQUISITELY RELAXING

A massage for general relaxation of the body, to help you to let go and restore peaceful sleep.

NORMANDY SPORTS MASSAGE

Body massage with deep manipulations for muscle relaxation.

DOUBLE IDYLL

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

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

**Excluding public holidays and the day before.*

BODY TREATMENTS

POMÉOL PÂTE DE FRUITS BODY SCRUB

A full exfoliating treatment that gently removes dead skin cells and restores the skin's natural radiance.

POMÉOL LA FABULEUSE BODY WRAP

Creamy and moisturising body treatment to help you relax and nourish the epidermis for silky smooth skin.

FRESH MINT HYDRO TONIC WRAP FOR HEAVY LEGS

This wrap contains a menthol complex providing an intense cooling sensation that decongests, facilitates drainage, circulation and muscle relaxation. The feeling of heaviness is reduced and a tightening effect is felt. You are enveloped by a feeling of freshness and lightness in the legs.

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.

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.

LIPO REDUCE SILHOUETTE BODY WRAP

The formula is enriched with a host of natural active ingredients including guarana, coffee and maté. The wrap stimulates the skin to shape the figure, smooth the curves and leave skin feeling soft.

PERSONALISED BATH WITH CHROMOTHERAPY TO BE CHOSEN IN THE TREATMENT ROOM:

> 1 soothing bath

The generous benefits of Bagnoles mineral water in a bath heated to 34 °C 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 from pressurised jets of thermal water heated to 34 °C.

NEW

SENSORY SHOWER TO AWAKEN THE SENSES

Let yourself be enveloped by water, music and light in a truly immersive experience.

Between tropical rain and soft mist, every sensation invites you to unwind and rediscover a sense of lightness.

A sensory journey that awakens the body and soothes the mind.

Enjoy this experience as part of the thermal spa's complimentary activities.



TIP FROM OUR SPA THERAPIST

Don't forget to specify that you want to be in a duo treatment room when you book your treatments!



→ For more information, see the enclosed price guide or visit bo-resort.com.

FACIAL TREATMENTS

THERMAL GLOW

Personalised facial treatment according to your skin type.

This treatment includes:

- **Thermal water spray** to prepare your skin followed by **face cleansing** in the treatment room
- **Mask application with scalp massage**
- **Application of a serum** and a **day cream**

UNIQUE NATURE

Fully personalised facial treatment according to your skin type.

This treatment includes:

- **Face cleansing**
- **Scrub with scalp massage**
- **Face and décolleté massage**
- **Application of a mask**
- **Hand massage** or **foot massage** while the mask takes effect
- **Application of a serum** and a **day cream**

GOOD TO KNOW

Our facial treatments are provided using **our range of apple-based cosmetics**.

You can choose products to suit your skin type with the help of the spa therapist in the treatment room.

WELL-BEING EXPERIENCES

NEW

JACQUIER “BOL D’AIR”⁽¹⁾

Jacquier “Bol d’Air” is a natural method designed to optimise the body’s oxygenation. By inhaling pine essential oil, your body uses oxygen more efficiently, supporting vitality, recovery, concentration and overall well-being. This gentle session is ideal for reducing stress, improving stamina and supporting respiratory function.

PLÉNITUDE® (FLOTATION BED)

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

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.

HYDROJET (MASSAGE BED)

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

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 along your body. This treatment smooths out muscular tensions with an effective detoxifying action, naturally cleansing the body of toxins.

ALL INDIVIDUAL TREATMENTS OR PACKAGES INCLUDE:

Complimentary access to the thermal water steam room, sauna, sensory shower, relaxation room, herbal tearoom, walking tank and thermal water pool (subject to availability)⁽²⁾.

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



⁽¹⁾The Jacquier “Bol d’Air” is available as a treatment package, and can also be booked as a standalone session when purchased alongside a treatment or treatment package.

⁽²⁾Thermal water pool not available during aqua gym classes, Monday to Friday, from 2 pm to 245 pm. The walking tank remains accessible.

→ For more information, see the enclosed price guide or visit bo-resort.com.

PHYSICAL ACTIVITIES

COMPLEMENT YOUR STAY WITH PHYSICAL ACTIVITIES

(individually or with a subscription⁽¹⁾).

Because regular physical activity **is essential for your well-being**, our thermal spa offers you the opportunity to discover, or rediscover, the benefits of an activity **in addition to your treatments**.

Whether outdoors, in the forest, indoors or in the thermal water pool, our physical activities are adapted to your needs so you can reconnect with health.

NEW YOGA SESSION

Treat yourself to a moment of renewed balance with our yoga sessions, designed for all levels. Through gentle, mindful practice, you'll rediscover mobility, deep breathing and a profound sense of inner calm. Guided by our practitioners, you'll explore flowing movements and tailored postures – ideal for releasing tension and restoring your energy balance.

NORDIC WALKING SESSION

Nordic walking takes place in the surrounding natural environment. The session is led by a sports coach and begins with a warm-up, walking at your own pace with a pair of poles provided as boosters, and ends with a warm-down.

The sessions are led by a guide and take place during the week subject to weather conditions.

GYM SESSION

A qualified coach will lead you through exercises that are fully suited to your physical condition and needs. This will allow you to tone your muscles and maintain flexible joints with standing and sitting positions.

RELAXATION SESSION IN THE THERMAL WATER POOL

Exercises performed in zero gravity in the thermal water pool allow risk-free and pain-free muscular, articular and cardiovascular movements.

→ ⁽¹⁾For more information, see the enclosed price guide or visit bo-resort.com.

COSMETICS RANGE /

Poméol

Nutricosmétique fruitée

b'o resort thermal & spa has teamed up with Poméol to offer you unique, natural apple extract-based treatments made in France.

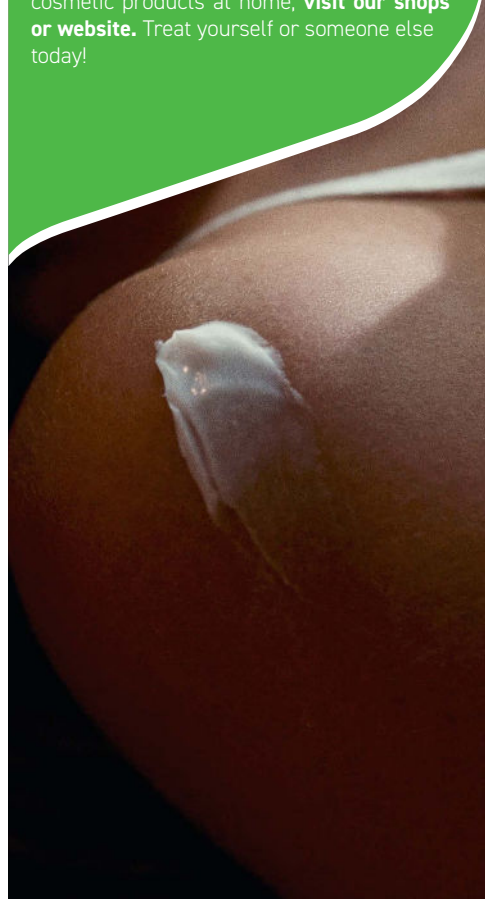
Did you know? Apples are the source of more than twenty active molecules that have countless beneficial effects on the body and mind. It's time to give them a try!



"Feel good in body and mind..."

The partnership between b'o resort and Poméol means you can pamper yourself with quality products. The antioxidant, firming and moisturising properties of apple extracts will delight your senses and satisfy your desire for beauty and well-being from the orchard to our shops and treatment rooms.

To (re)discover all the benefits of apple-based cosmetic products at home, **visit our shops or website.** Treat yourself or someone else today!



THE B'O COTTAGE**** RESIDENCE AT A GLANCE

A WIDE CHOICE OF FULLY INDEPENDENT STUDIOS AND APARTMENTS

Our charming 4-star residence **in the heart of the thermal park** combines Belle Époque charm with the local architectural style.

b'o cottage**** has a range of luxury and spacious apartments, from studios for 2 to family suites for 6, most of which have a balcony or private garden. All apartments have a fully-equipped kitchen.

Some of our apartments are interconnecting – just let us know at the time of booking if you would like one!

b'o cottage**** offers you all the comfort, space and services you need for a unique experience!

AN INTEGRATED RESTAURANT

Located within the b'o cottage**** residence, the restaurant offers fresh seasonal produce. Here, you will enjoy dining that combines Normandy cuisine with a lighter touch.



A MULTI-PURPOSE ACTIVITY COMPLEX FOR MAXIMUM ENJOYMENT

With different spaces reserved for sports, play and recreational activities, this truly multi-purpose leisure complex offers a vast array of different activities. Whatever your age and tastes, everyone can savour a moment of well-being and renewal.

- > **Indoor leisure pool which opens onto the outdoor solarium:** 150 m² pool with counter-current swimming area, whirlpools, submerged massage loungers, waterfall shower, swan neck shower, standing massage and hydro-massaging corridor
- > **Children's swimming pool with 2 pools, water games and slide**

A PARADISE FOR CHILDREN

b'o cottage**** has everything you need to keep your children happy. While parents enjoy a spa treatment, children aged 3 to 12 can play and get creative at Club Tib'o. **Specially designed for children aged 3 to 12**, Club Tib'o has everything to keep them entertained.

In addition, nearby, you'll find many activities on offer in Bagnoles-de-l'Orne: forest adventure trails, rail biking, tennis, archery and more. Something to satisfy every child's idea of fun. *Bookings can be made at the Tourist Office.*

Each member of the family can do their own thing at b'o cottage**** before coming together to share their fun-filled activities of the day.

→ For prices of treatment packages⁽¹⁾, accommodation and catering options, see the enclosed price guide.

TIP FROM OUR RECEPTIONIST

Book your dinner promptly to secure a table at the b'o cottage**** restaurant, a firm favourite with our guests.



⁽¹⁾Treatment packages cannot be changed.

bo
resort
thermal
& spa

Life feels lighter
in Normandy!



**HALF BOARD
INCLUDED**
DURING CERTAIN PERIODS⁽¹⁾

WEEKEND

2 DAYS / 1 NIGHT

→ With breakfast



**REVITALISING
PROGRAMME**

→ 3 treatments

LOVE AT FIRST SIGHT WEEK

7 DAYS / 6 NIGHTS

→ Half board



**DE-STRESS
PACKAGE**

→ 15 treatments

→ ⁽¹⁾For more information, see the enclosed price guide or visit bo-resort.com.



✉ conseils@bo-resort.com



📍 5 avenue des Thermes
61140 Bagnoles-de-l'Orne

bo-resort.com

+33 (0)2 50 45 60 45

NATURE, CONVIVIALITY & WELL-BEING FOR YOUR NEXT SEMINAR!

In the heart of Normandy, just 2 hours and 30 minutes from Paris, discover the ideal backdrop for your group breaks and business events in a green and peaceful setting.



STUDY DAY

- 1 meeting room
- 2 breaks
- 1 lunch at b'o thermal resort

TIP FROM OUR SALES REPRESENTATIVE

Reward your staff with b'o resort thermal & spa gift packages.



RESIDENTIAL SEMINAR

- 1 meeting room
- 2 breaks
- 1 night in a double room
- 1 breakfast
- 1 lunch
- 1 dinner at b'o resort thermal & spa.

To organise your tailor-made event, call our team of experts!



5 avenue des Thermes
61140 Bagnoles-de-l'Orne

Contact Groups Services on
groupes@bo-resort.com

bo-resort.com

HOW TO **BOOK**

- **Contact us by phone**

+33 (0)2 50 45 60 45

> Monday to Friday from 8.30 am to 6.00 pm.

> Saturday from 9.00 am to 5.00 pm
(during the current season only).

- **Contact us by email:**

conseils@bo-resort.com

- **Write to us by post:**

b'o resort thermal & spa
5 avenue des Thermes
CS 96114
61140 Bagnoles-de-l'Orne

- **You can also:**

Visit our website **bo-resort.com** and make your reservation online.



Our General Terms and Conditions of Sale can be viewed on our website: bo-resort.com

Thermes de Bagnoles-de-l'Orne (trading name: b'o resort thermal & spa), a general partnership with share capital of 100,000 euros, registered in the Alençon Trade and Companies Register under no. 702 020 389, with its registered office at 5 avenue des Thermes, (61140) Bagnoles-de-l'Orne. VAT no. FR 89702020389. Tenant-manager of Thalie SPA (775 670 987 RCS Paris). Restaurant des Thermes de Bagnoles-de-l'Orne, a general partnership with share capital of 37,000 euros, registered in the Alençon Trade and Companies Register under no. 481 447 928, with its registered office at 3 avenue des Thermes, (61140) Bagnoles-de-l'Orne. VAT no. FR22481447928.

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bo
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Live the experience to the full **bo** resort thermal & spa

b'o resort combines the benefits of the thermal baths with all the comfort of on-site 3* and 4* accommodation.

Also discover its thermal spa and embrace a lighter, more revitalised way of life in Normandy.

📍 5 avenue des Thermes
CS 96114 - 61140 Bagnoles-de-l'Orne

✉️ conseils@bo-resort.com



→ Getting to Bagnoles-de-l'Orne

- from Alençon.....45 mins
- from Laval.....1 hr
- from Le Mans.....1 hr 15 mins
- from Caen.....1 hr 15 mins
- from Rouen.....2 hrs
- from Rennes.....2 hrs
- from Chartres.....2 hrs 15 mins
- from Évreux.....2 hrs 15 mins
- from Paris.....2 hrs 30 mins
- from Lille.....4 hrs 30 mins



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