



Spa et Bien-être

Douc'heure du Golfe

A moment of pampering in the spa and beauty salon, a sea experience

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PHYTOMER
Care and products

Facial treatments :

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|--|---------------------|------|-----|
| ☞ L'Atlantique - Atlantic : Facial treatment (classic skin cleansing for all skin types). For adults and teenager. | 45min | 45€ | |
| ☞ Hydra Blue : Facial treatment for dehydrated skins (moisturizing, plumping and soothing skin care) | 60min | 60€ | |
| ☞ Souffle marin – Marine breeze : Facial treatment for combination or oily skins (this purifying care lights up the skin with a reviving breath of oxygen) | 60min | 60€ | |
| ☞ Revelation lumière - White Lumination : Facial treatment for “tired” skins (immediate radiance boost and brightening of the complexion) | 60min | 60€ | |
| ☞ Intention jeunesse radieuse – Youth revealing treatment : Facial treatment for “mature” skins (a complete care to fight the effects of ageing, correct wrinkles and firm the skin). Comes together with eye contour care and a relaxing back massage. | 90min | 90€ | |
| ☞ Soin peau neuve au masculin - renewed skin for men : Facial men care (moisturizing and soothing skin care) | 60min | 60€ | |
| ☞ Soin spécifique contour radieux – eye care : Specific eye contour treatment used alone or as a complement to another care (lights up and rejuvenates the eyes) | 30mn | 30€ | |
| | (as a complement) | 15mn | 15€ |
| ☞ Modelage du dos en complément - Back massage in complement.
Capitalise on the relaxing benefits of your skin care treatment by adding a tension relieving back massage before the facial treatment. | 15min | 15€ | |
| ☞ NEW : Beauté des mains ou des pieds - Hands or feet care.
Nails care, modelling, pose of a base to protect the nails | 30min | 30€ | |

Body cares :

☞ Voile de Satin – Sea salt crystals treatment : Body exfoliation with sea salt crystals and hydration with a moisturising milk (renews the skin and offers intense moisturisation)	30min	30€
☞ Immersion marine – Marine immersion : Body exfoliation, self-heating marine mud, modelling of legs, scalp or arms, moisturizing milk	60min	60€
☞ Soin Oligomer® spa - Oligomer® spa care : Body exfoliation and relaxing massage (stimulating and relaxing)	90min	90€
☞ Soin corporel “Chocolaté” – “Chocolate” body care : exfoliation and wrap with “chocolate” (relax and well-being feeling)	60min	60€
☞ Soin Sculpt zone – Sculpt zone care : Targets the abdomen, the waist, thighs and buttocks. Exfoliation, targeted thermo-active wrap, stimulating modelling. (drains with a remodeling and cellulite-reducing action)	75min	80€
	3 sessions :	230€
	5-session treatment :	375€
☞ Modelage detox “dos” – Back massage : Relaxing and tension relieving back massage	45min	45€
☞ Soin Cryocéan – Cryocean care : Treatment for heavy, tired and swollen legs. Exfoliation, cryogenic. (instant “light legs” effect relieving congestion)	45min	45€
☞ Instant oriental – Orient instant : Entry to the Spa and 20min exfoliation with black soap		35€

Aesthetic massages

☞ L’instant relax – pampering instant : Relaxing or toning massage of back and/or legs (relieves muscular tension)	30min 45min	30€ 45€
☞ Modelage californien – Californian massage : Full body relaxing massage (body and mind releasing)	60min	60€
☞ Modelage oriental – Orient massage : Full body relaxing massage (soft movements for body and mind releasing)	60min	60€
☞ Ayurvédique - ayurvedic massage : Full body Indian massage (muscular stretching and work on body energies)	60min 90min	60€ 90€
☞ Modelage à la bougie – Candle massage : Full body relaxing massage with a moisturizing candle balm (smooth and velvety skin)	60mn 90min	60€ 90€
☞ Modelage crânien - Cranial Sacral massage : scalp massage (for a total relaxation and well-being)	45min	50€
☞ Découverte de la réflexologie – discovery of reflexology (appropriate manual pressure to specific points and areas on the feet)	40min	40€
☞ L’escale orientale - Orient escapade : Hammam, exfoliation with black soap, Rhassoul wrap, massage with Argan oil (a moment of escapade, a sensory discovery, leaves the body relaxed and the skin moisturized)	90min 120min	90€ 120€

Treatment programs

- ☞ **Le Grand Bleu – The Big Blue** : Entry to the Spa (90min), “L’Atlantique” facial care (45min) and “Immersion marine” body care (60min) 105€
- ☞ **L’essentiel – Essential** : Entry to the Spa (90min), “Voile de satin” body care (30min) and Californian massage (60min) 90€
- ☞ **L’excursion 2 jours – 2-day escapade** : 150€
First day : Entry to the Spa (90min), facial care of your choice(60min)
Second day : Entry to the Spa (90min), “Voile de Satin” body care (30min) and aesthetic body massage of your choice (60min)
- ☞ **Croisière avec escale 5 à 10 jours – 5 to 10-day program** : 300€
5 entries to the Spa (90min) and 5 facial or body care / massage of your choice (60min each)

NEW : SPA FOR TWO, for a couple or with friends

☞ **DUO Relax : 80€**

L’instant relax – pampering instant :
30 min for each person (one person after another)
and an entry to the Spa for 2

☞ **DUO Escapade : 110€**

Modelage californien – Californian massage:
45min for each person (one person after another)
and an entry to the Spa for 2

Hair removal

- | | | | |
|--------------------|-----|----------------------------|-----|
| ☞ Full legs | 25€ | ☞ Full arms | 20€ |
| ☞ Half legs | 16€ | ☞ Upper arms | 10€ |
| ☞ Bikini line | 15€ | ☞ Lips or chin | 7€ |
| ☞ Brazilian bikini | 20€ | ☞ Back or upper torso | 15€ |
| ☞ Underarms | 11€ | ☞ Eyebrows (with tweezers) | 18€ |

The Spa : Jacuzzi, sauna, hammam, sensorial showers, lounge area and herbal tea room

- ☞ Entry to the Spa (2h) 15€
- ☞ Entry to the Spa (2h) and black soap exfoliating (20min) 35€

- **Hammam** : The Turkish bath or hammam is a 45°C (113°F) steamy bath. Helps cleaning and eliminates toxins and dead skin cells.
- **Sauna** : The Traditional Scandinavian sauna is a dry heat bath (85°C to 110°C – 185°F to 230°C) to promote skin exfoliation, tissue toning and relaxation.
- **Jacuzzi** : Heated to 31°C (88°F) hot tub, enhances your sense of well-being and relaxes muscles.
- **Sensory Showers** : Fun showers with changing lights and different rain effects to awaken the senses.

Please note :

- We disclaim all responsibility for any loss or theft of objects in the Spa area.
- Please respect peacefulness of this relaxing and well-being center.
- Our aesthetic massages are not therapeutic massages.
- Please come 10min before the care. All delay will reduce care time. Care duration includes time for undressing and dressing. Cancellation : 48h in advance
- The entry of the Spa is reserved for adults and +16-year old children accompanied by an adult.