



## Marine Spa Therapies, Massages & Beauty Treatments

Our Marine Spa is open daily from 10 am – 1 pm and 3 – 7.30 pm. All treatments last for 90 minutes, giving you a full opportunity to relax, rejuvenate and pamper yourself. The therapist adapts each treatment to suit your particular needs. Treatments are very popular, so please reserve in advance to ensure you can be accommodated. Please make your booking with Reception [reception@grand-hotel-des-bains.com](mailto:reception@grand-hotel-des-bains.com) or +33 (0)2 98 67 41 02.

### **The Ultimate Spa Week**

**€ 385**

A programme of one 90 minute treatment a day for five days, comprising a minimum of three treatments from the Well-being Packages. We will advise you how to combine your treatments for the best cumulative effect.

### **Well-being Programmes:**

**€ 85**

These packages combine our hydrotherapy equipment with a range of body treatments to achieve the maximum benefit for your body. Our choice of body wraps includes marine mud (for muscular or arthritic pain), kelp algae (detoxifying and remineralising) or Fucus algae (slimming).

- **Ultimate Relaxation :**

Relaxing essential oil bath ♦ Choice of body wrap ♦ Back, leg or face massage

- **Aqua Relaxation :**

Relaxing essential oil bath ♦ Jet Shower treatment ♦ Back or leg massage

- **Back Harmony :**

Choice of body wrap ♦ Jet Shower treatment ♦ Back massage

- **Zen :**

Relaxing essential oil bath ♦ Plant-based reflexology treatment

- **Rejuvenating Leg Treatment :**

Bath with circulation stimulating essential oils ♦ Gel Cryogène leg wrap (with camphor and menthol) ♦ Leg massage

- **Silhouette :**

Toning Massage ♦ Fucus algae wrap ♦ Jet Shower treatment

- **Aesthetic Drainage:**

Gel Cryogène body wrap (with camphor and menthol) ♦ Manual lymphatic drainage body massage

## **Beauty Packages:**

- **Body Treatments**

**€ 90**

These include a scrub, body wrap and an application of essential oils of your choice.

- **Oriental:** *Purifying, toning and firming effect*

Black soap body scrub ♦ Rhassoul clay body wrap

- **Citrus Smooth:** *Detoxifying and oxygenating effect*

Grapefruit body scrub ♦ Turquoise mineral clay body wrap

- **Iodising:** *Toning, remineralising and hydrating effect*

Three Algae body scrub ♦ Kelp Algae body wrap

- **Beauty Express**

**€ 80**

Three Algae body scrub ♦ Deep-cleansing facial

- **Facial Treatment (customised to your skin type)**

- **The Essential Pevonia:**

**€80**

complete facial using cream mask

- **The Specific Pevonia:**

**€90**

complete facial with clay or peel mask

***Anti-aging Supplement***

**€10**

- **Complete Conditioning Manicure or Pedicure**

**€ 75**

A package comprising a scrub, mask, massage and nail treatment (with or without varnish)

## **Massage:**

All our massages include a 15 minute envelopment in warm towels to relax the body before the massage.

- Relaxing essential oil massage

**€ 85**

- Full body, without scalp

- Back, Face and scalp

- Pevonia candle essence massage

**€ 90**

- Balinese massage

**€ 90**

***All treatments cancelled with less than 24 hours notice will be charged.***

**02 98 67 41 02**

**[www.grand-hotel-des-bains.com](http://www.grand-hotel-des-bains.com)**