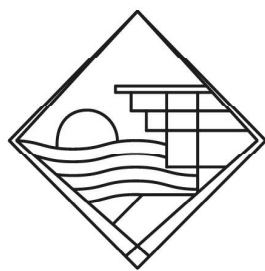


SPA MENU



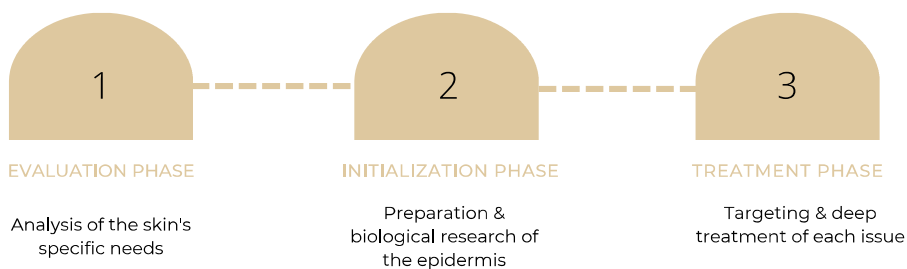
Sainte-Barbe
HÔTEL & SPA





Biologique Recherche, a French dermo-cosmetic laboratory, has developed a methodology based on unique and personalized treatment protocols. These treatments, suitable for both men and women, are carried out in three fundamental phases.

THE THREE FUNDAMENTAL PHASES



To achieve visible and lasting results, the treatments are tailored to the needs of your Skin Moment© with the practitioner's expertise. The longer your treatment lasts, the more we can enhance it with specific techniques to optimize the outcome.

Skin diagnosis	20'	30 €
<i>Thanks to the expertise of our practitioner and the Skin Instant Lab with its five probes, we can determine your Skin Moment©.</i>		
Tailor-made treatment	70'	130 €
Tailor-made treatment	100'	180 €
Package of 5 tailor-made treatments 70'	350'	600 €

You should allow for an additional 20 minutes for diagnosis on top of the treatment duration of 70 or 100 minutes.



Intense Hydration

60'

90 €

A true hydration bath, this treatment concentrates the benefits of marine extracts to quench the skin. After a gentle exfoliation, a custom mask application, and a technical massage, the skin regains comfort, radiance, and softness.

Firm Lift

60'

98 €

This treatment combines concentrated marine actives with a firming massage and a tightening mask. The features are visibly smoothed, the skin is firmer, and the contours of the face and neck are reshaped.

Sensibiote

60'

90 €

This treatment is suitable for the most sensitive and reactive skin (rosacea, eczema, acne, prone to redness). Combined with probiotics, the marine actives in this treatment help the skin regain balance and softness by reactivating the skin's natural regeneration process. Soothed and rebalanced, the skin feels comforted.

Ocean Secret

90'

130 €

This targeted anti-aging treatment combines highly concentrated marine actives with an exclusive lifting manual massage. The features are visibly smoothed, the face is reshaped, the skin is radiant.





Scrub	25'	50 €
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The marine salt scrub removes impurities from the skin and promotes cell renewal. It leaves the skin radiant, soft, and smooth.

Wrap	25'	50 €
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An ultra-effective marine wrap to eliminate toxins and recharge the body with trace elements.

Tailor-made Massage	50'	98 €
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Relaxing, revitalizing, or detoxifying, let our therapists guide you by specifying your preferences. They will provide the treatment most suited to your needs.

Tailor-made Massage	25'	58 €
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Foot Reflexology	50'	98 €
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Future Mom Massage	50'	98 €
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Ideal for pregnant women, this gentle and enveloping massage helps relieve legs and back pain.

Available from the 4th month of pregnancy.

Absolute Relaxation - Signature Treatment 70' 130 €

This signature massage combines various techniques of acupressure, Shiatsu, and massages. Promoting relaxation, it helps improve circulation, re-energizes, and provides deep relaxation.

Marine Magnesium Recharge - Signature Treatment 75' 140 €

This signature treatment concentrates on marine magnesium from the Iroise Sea. It offers intense anti-stress action, improves sleep quality, and effectively reduces muscle tension. It begins with a mineral marine scrub followed by a relaxing magnesium massage. Tensions are released, and the body enters a state of deep relaxation.

Iroise Treasure 100' 165 €
60' Facial & 40' Massage

Diving into the Iroise Sea 100' 185 €
Scrub, wrap & 50' Massage

Marine Odyssey 135' 215 €
60' Facial & Marine Magnesium Recharge Body Treatment

Beauty Half-Day**150 €**

Skin diagnosis 20' & tailor-made facial 70'

Biologique Recherche

Lunch at the restaurant La Corniche

Quéménès menu: starter/main course/dessert, excluding beverages

Wellness Half-Day**160 €**

Scrub & 50' Massage

Lunch at the restaurant La Corniche

Quéménès menu: starter/main course/dessert, excluding beverages

Gourmet Spa**150 €**

Scrub & 50' Massage

Tea & sweets at the Bar "Rotonde"

Spa & Champagne**160 €**

Scrub & 50' Massage

A glass of Champagne & sweets at the Bar "Rotonde"

All these packages
include access to the
jacuzzi and the
infrared cabin and are
available from Monday
to Friday, excluding
public holidays



Spa Gift Vouchers

The Gift Voucher

You can choose the treatment of your choice to gift to the desired person. This can be a facial, a body treatment, or a ritual. If you wish, you can also select multiple services.

These are valid for 1 year from the date of purchase and can be used every day (except Saturdays), excluding school holidays and the following periods: from July 14 to August 15 and from December 28 to January 2.

The Pleasure Gift Voucher

You can choose the amount of your choice. This gift voucher can be used for products in the shop or treatments, as well as for all services offered by the establishment.