

LE GRAND HOTEL DES BAINS\*\*\*\*

# LE SPA MARIN

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Welcome to The Marine Spa

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*Opening Hours*

***RELAXATION AREA***

From Monday to Sunday

08h00 – 20h00

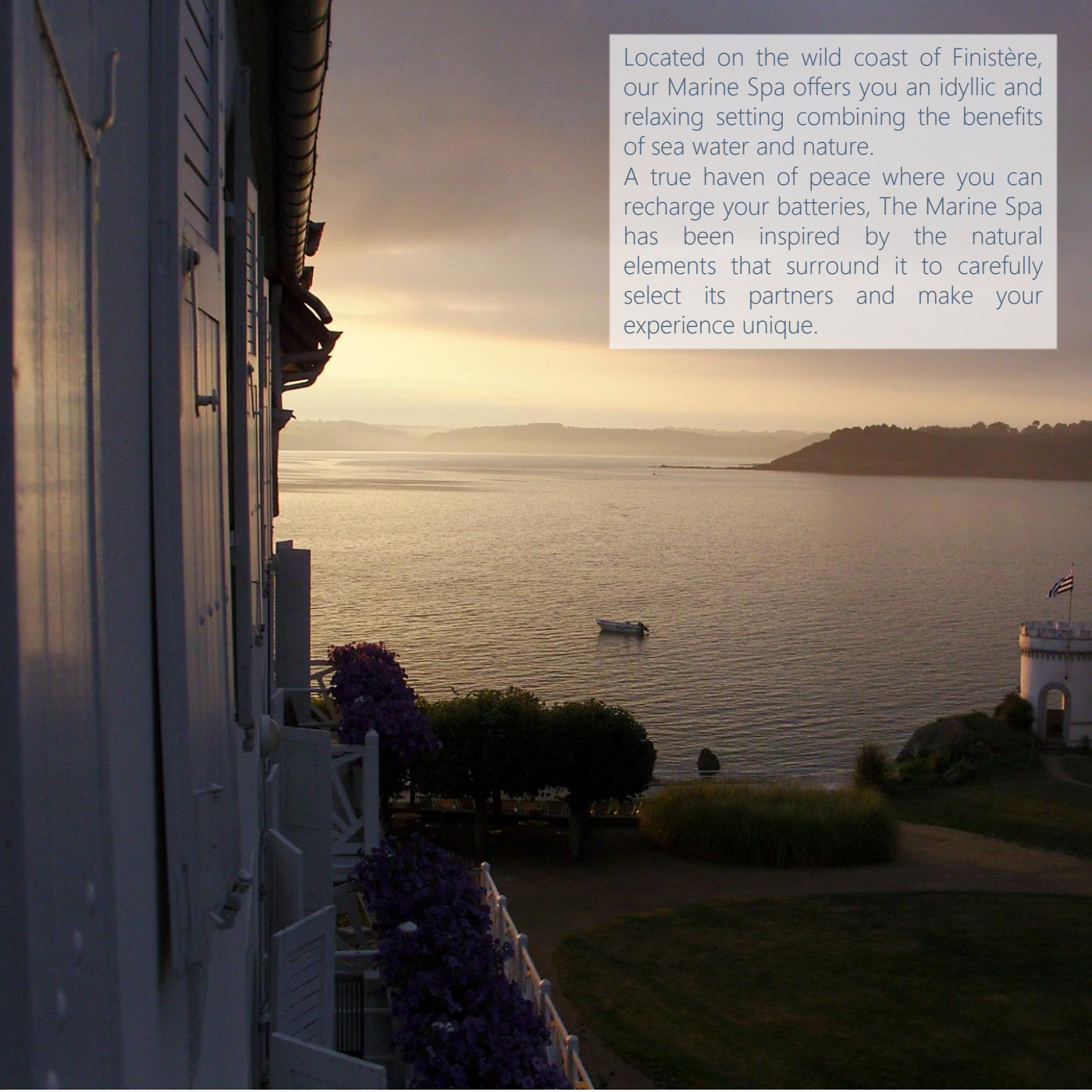
***TREATMENT AREA***

From Monday to Sunday

09h30 – 12h30

15h00 – 19h00

Upon reservation



Located on the wild coast of Finistère, our Marine Spa offers you an idyllic and relaxing setting combining the benefits of sea water and nature.

A true haven of peace where you can recharge your batteries, The Marine Spa has been inspired by the natural elements that surround it to carefully select its partners and make your experience unique.

# THALION

CRÉATEUR DE COSMÉTIQUE MARINE

Thalion, creator of marine cosmetics, has its origins in Brittany to offer you innovative and effective body and face care thanks to the benefits of the sea.

Let yourself be carried away from time and enter in a marine parenthesis.



## Dr. Hauschka



Dr. Hauschka, a pioneer in natural and organic cosmetics for over 50 years, takes you to the heart of its biodynamic gardens. Each treatment, a true ritual of well-being, brings a real inner balance thanks to the specific gestures of Dr. Hauschka, combined with selected natural active ingredients.



## manucurist

Manucurist, a French and vegan brand, is revolutionising the nail polish market by offering you 100% green care. Don't resist any longer and choose from our 20 colourful shades, in classic or semi-permanent nail polish.





## THE BODY

**THALION**  
CRÉATEUR DE COSMÉTIQUE MARINE

**Sea salt body scrub** 45mn - 75€

**Remineralizing seaweed wrap** 45mn - 75€

*A key treatment by the seaside, the seaweed wrap recharges the body with trace elements essential for the body's well-being.*

**Intense moisturising wrap** 45mn - 75€

*Wrapped in a thin layer of heated moisturising wax, your body is carried away in a bubble of softness, providing your skin with intense hydration and nutrition.*

**Tailor-made massage** 50mn - 85€

**The absolute massage** 1h10 - 110€

**Foot reflexology** 45mn - 75€

*Relaxing massage of the arch of the foot, associated with relaxation points, foot reflexology is a treatment that offers you deep relaxation.*

**Back relaxing treatment** 50mn - 85€

*Composed of an exfoliation, a comforting hot mud wrap and followed by a relaxing massage, this treatment is ideal for a unique release.*

**Detox ritual** 1h40 - 145€

*This complete detoxification treatment combines a purifying exfoliation and a drainage massage with a fucus algae wrap for a light, toxin-free body.*

**Express slimming** 45mn - 80€

*Marine pearls roll and melt on the skin working with a toning massage for a slimmer and more toned silhouette.*

**Light legs treatment** 45mn - 80€

*This famed ice-cold effect treatment combined with a draining massage stimulates the circulation and tones the blood capillaries.*

**Pressotherapy** 45mn - 75€

*This treatment relieves the sensation of heavy legs due to water retention by means of pressotherapy boots and a draining massage.*

## MARINE MAGNESIUM RITUALS

An essential mineral for the body, which we are often deficient in, Marine Magnesium promotes balance between our physical and emotional well-being. Its application on the skin effectively relieves muscular tension, improves the quality of sleep and helps the body to relax overall.

Take advantage of the benefits of Marine Magnesium in a single treatment or in a flexible cure according to your needs.

Mineral body scrub + massage with magnesium oil	1h10 – 110€
Mineral body wrap + massage with magnesium oil	1h10 - 110€
Seawater hydro-massage bath + massage with magnesium oil	1h10 – 110€
Mineral body scrub + body wrap + magnesium oil application	1h10 – 110€
Intense revitalising body care	50mn – 85€

*Marine magnesium cure:*

2 treatments : 210€	3 treatments : 315 €
4 treatments : 420€	5 treatments : 495€



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*Thalion facial care are made of true ocean concentrates that have an exceptional affinity with the skin.*

*Rich in trace elements and minerals, they combine with specific Thalion protocols to provide your skin with the elements it needs. This way you will recover elasticity, radiance and moisture.*

## **The "Secret Ocean" treatment**

1h15 – 120€

*The quintessence of Thalion's know-how, this targeted anti-ageing treatment combines active ingredients at the cutting-edge of marine scientific expertise with an exclusive lifting manual massage.*

*The complexion is restored to its natural radiance, the face's lines are visibly smoothed and the facial contour is resculpted.*

## **The "Hydra Mineral" treatment**

1h00 – 95€

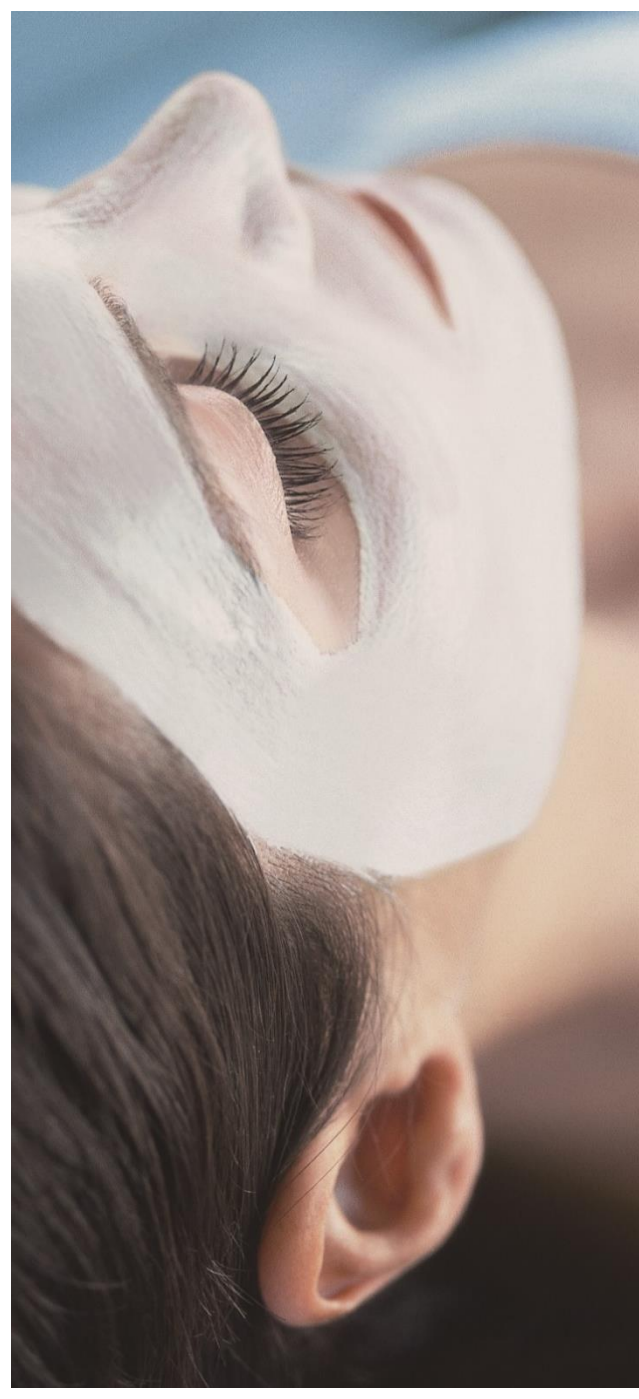
*A real breath of oxygen and marine minerals, this treatment for skin lacking in energy, cleanses, moisturises and revitalises the epidermis. It will reveal the natural radiance of your complexion and provide your skin with all the benefits of marine cosmetics.*

## **The "Sensi-Marin" treatment**

1h00 – 95€

*A source of comfort, this treatment envelops the skin in softness. The active marine ingredients in this treatment, coupled with probiotics, allow the skin to regain its balance and incomparable softness.*

*Stronger and better protected, the skin is soothed and comfortable.*





## THE FACE

Dr. Hauschka



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*Dr. Hauschka's skincare offers natural and organic rituals for the face and body. Based on a concept of self-correction of the skin, they link authenticity and high quality while remaining faithful to their fundamentals: the respect of Human and nature.*

### The "Plenitude" treatment

2h00 – 170€

*The signature of Elisabeth Sigmund, this unique treatment transports you to the rhythms of nature. The power of natural flower extracts, combined with aerial and technical gestures, stimulate the lymphatic circulation and brings the skin to a complete regeneration. An exceptional treatment for absolute relaxation and inner well-being.*

### The "Purity" treatment

1h15 – 120€

*Purifying, this treatment, associated with natural extracts of anthyllide and nasturtium, detoxifies the skin in depth for a radiant and luminous result, while bringing relaxation and relief thanks to the unbeatable brush massage.*

### The "Time for me" treatment

1h00 – 95€

*A treatment with multiple benefits, ideal for people who are short of time, it will sublimate your skin by combining technology and natural active ingredients. Your skin is revitalized and recovers all its comfort.*





green

POTATO CORN MANIOC  
WHEAT COCO BAMBOO

natural nail colour

manucurist  
PARIS

manucurist  
PARIS

*Expert of the moment, Manucurist is a specialist in nail beauty. The Green collection is a line of eco-friendly nail polishes made up of up to 84% natural ingredients to make your nails look their best.*

Express Manicure 25mn – 35€

The beauty of feet 25mn – 35€

The "Gentle Hands" care 50mn – 85€

*An exceptional treatment, this complete care is ideal for sensitive hands in need of softness. Starting with a nail preparation and a scrub, your hands will then be bathed in the warmth of a nourishing cream followed by a massage for a unique cocooning moment.*

The "Gentle Feet" care 50mn – 85€

*Real repairing treatment, enjoy a scrub, mask and nail care, which will bring comfort and vitality to your tired feet.*

The semi-permanent nail polish 45mn – 50€

*A manicure should be done before this treatment for better results.*

Removal of semi-permanent nail polish 20mn – 20€

Nail polish application 20mn – 30€

*Sweet, sparkling or elegant, choose your favourite shade from the 20 we have selected for you.*

## Good to know

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The spa offers aesthetic treatments with no medical purpose, they are for relaxation only. In order to fully enjoy the serenity of the place, we recommend that you leave your mobile phone turned off in the treatment area.

A shower is required for access to the swimming pool as well as the Sauna and Hamman.

Cancellations must be registered 24 hours before the appointment time to avoid any billing.

For the safety of all, we are committed to a strict sanitary protocol between each treatment.

We recommend that you take care of your valuables and decline all responsibility for the loss or theft of your personal belongings.

### Body care for pregnant women

Only a selection of treatments are available for pregnant women, as long as they are between the 4th and 8th month of pregnancy.

*We look forward to welcoming you and taking care of you,*

*The Marine Spa Team*



GRAND HÔTEL  
DES BAINS  
LOCQUIREC  BRETAGNE

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