

SPA MENU



L'HÉLIOS
HÔTEL & SPA

Partner Spa

PHYTOMER

DISCOVER OUR WELL-BEING MENU WITH OUR PARTNER PHYTOMER

Let yourself be carried away by a wave of well-being.

Taste the benefits of natural products and treatments created in Saint-Malo and chosen by the most beautiful spas around the world.

ANTI-AGING FACIAL TREATMENTS

SIGNATURE TREATMENT

SUPREME YOUTH PIONEER TREATMENT

Ultimate Treatment for the Face, Lips and Cleavage

This premium treatment restores the skin's freshness, youth and radiance. Its exceptional massage of the entire face and cleavage visibly smooths the skin while delivering absolute well-being. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

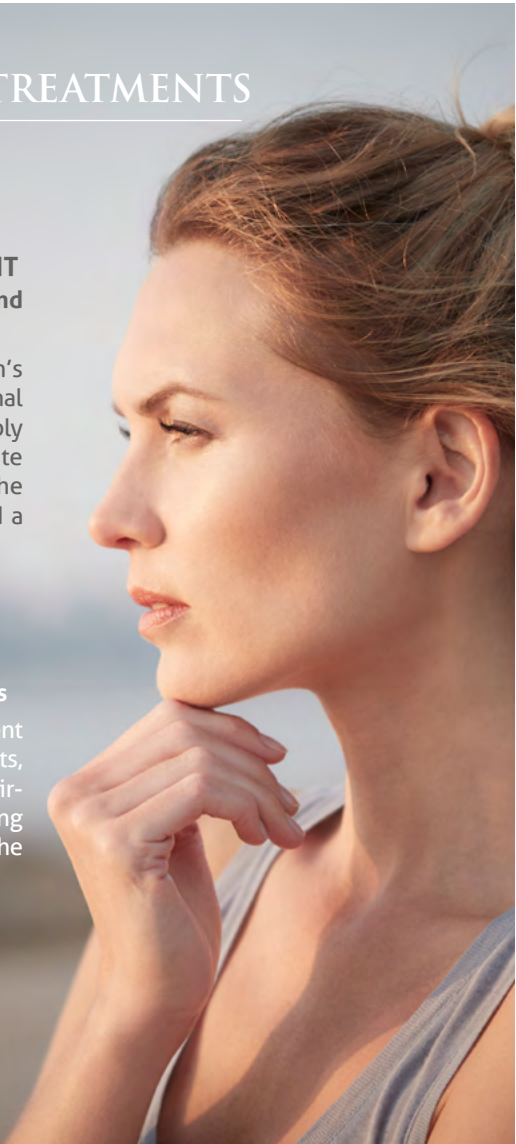
90 min . 150€

OLIGOFORCE LUMINATION

Complexion Facial - Dark Spots - Wrinkles

An ultra-comprehensive anti-aging treatment that brightens skin tone, reduces dark spots, and smooths away wrinkles. The perfect pairing of a 20% acid facial peel and a soothing cloth mask that's rich in OLIGOMER® to bathe the skin in radiance.

60 min . 120€



TARGETED FACIAL TREATMENTS

CYFOLIA

**Radiance Plumping Treatment
Face and Eye Contour**

ECOCERTIFIED ORGANIC PRODUCTS

This exquisite treatment includes a soothing massage and highly-efficient organic products to leave the face and eye contour glowing and moisturized.

This treatment can be applied to teenagers from 13 years old.

60 min . 120€

DOUCEUR MARINE

Comforting Soothing Treatment

A nurturing treatment that softens sensitive skin and strengthens its defenses with soothing, hydrating results.

60 min . 120€

HYDRA ORIGINEL

**Plumping Thirst-Relief Facial with
Organic Algae**

A skincare essential that pairs moisturizing performance with intense relaxation using organic ingredients, sense-awakening textures and a relaxing massage to leave skin soothed and glowing, plumped and rested.

60 min . 120€

ACNIPUR

Blemish Solution Treatment

A cleansing program that effectively targets blemishes for visibly clearer, healthier skin and a smoother, fresher complexion.

50 min . 100€



COMPLEMENTARY ADD-ON MODULES

RELAX BACK

**Remineralizing Anti-Fatigue
Treatment**

An ultra-relaxing back massage is followed by a gentle slathering of Self-Heating Marine Mud along the spine for total relaxation and optimal detox effects.

15 min . 30€

EYE PERFECTION

Radiance Smoothing Eye Treatment

A comprehensive, effective and relaxing treatment for beautiful eyes that sparkle with youth. An add-on possibility for all facials.

20 min . 35€

BEAUTY AND REVITALIZING

MARINE SCRUB

**Toning Body Scrub Treatment
or Silky Body Multi-Exfoliant
Treatment**

An exfoliation treatment using sea salt crystals paired with a moisturizing massage for an express beautifying treatment that leaves the skin silky soft. Available with or without shower.

50 min . 90€

SCULPT ZONE

**Targeted Heating Wrap Abdomen -
Buttocks - Thighs**

An intensive exfoliating scrub, a targeted massage and an innovative thermo-sculpting wrap eliminate curves and cellulite in record time. The results are dramatic.

60 min . 120€

PHYTOMER

WELLNESS MESSAGES

SIGNATURE TREATMENT

OLIGOMER® SPA

Remineralizing Revitalizing Massage

This deeply relaxing, reenergizing signature massage includes both a full body exfoliating scrub and a massage. The session provides a unique sensory experience thanks to OLIGOMER®, PHYTOMER's legendary active marine ingredient, and its extraordinary remineralizing and strengthening benefits. The head-to-toe exfoliating scrub and massage provide instant rejuvenation and incomparable relaxation. Scrub without shower.

60 min . 120€

With body scrub . 90 min. 170€

SEA HOLISTIC

Relaxing Massage with Sea Boluses

Through soft effleurage strokes, targeted pressure and stretching, this Thai-inspired massage eliminates areas of tension one by one using the gentle heat of warmed linen bundles. Gradually, your mind surrenders to an overall sense of well-being and long-lasting replenishment.

60 min . 120€

CALIFORNIAN WAVE

Relaxing Californian Massage

The perfect combination of soothing, flowing massage techniques to unlock muscle tension and provide complete relaxation.

This treatment can be applied to teenagers from 13 years old.

30 min . 60€

60 min . 120€

90 min . 140€

THE MACHINES

THE JAPANESE SAUNA – INFRARED

Lie down in this individual dome for 100% pleasure break. The Japanese sauna warms your body by infrared, avoiding any feeling of suffocation. The dry heat, diffused at 360°, penetrates directly to your body, warms the muscle tissue making you sweat up to three times more than a traditional sauna. A session of Japanese sauna is ideal for supporting muscle recovery after effort.

The benefits : helps rest and quality of sleep, relaxing and slimming virtues, muscle recovery, toxin elimination including heavy metals, skin beauty.

30 min session . 40€

5 sessions of 30 min . 180€



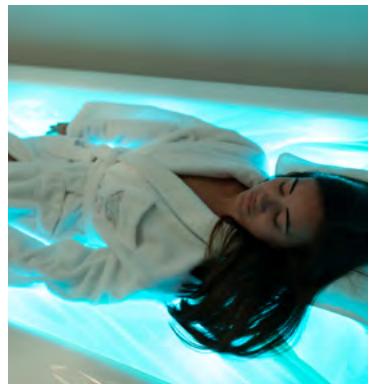
THE FLOTATION BED

Welcome to the world of weightlessness. The body becomes light and weighs only 1/7th of its weight. Enveloped by soothing warmth, a feeling of fullness invades your body and your mind. Sweet sounds penetrate your ears, harmonic vibrations stimulate your senses. Unique sensation, extremely soothing and relaxing, you remember the well-being and the original feeling of fullness of the mother's belly.

The benefits : deep relaxation, muscle relaxation, improvement of blood circulation, reduction of pain.

30 min session . 40€

5 sessions of 30 min . 180€



www.lhelios.com

739, Route de la Renarde - 73550 MERIBEL

T. +33 (0) 479 242 242 - F. +33 (0) 479 007 612 - contact@lhelios.com