



Ferme Saint Siméon

LE SPA POTAGER



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02-05

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## LE SPA POTAGER

Set in the heart of nature, close to the sea, the Spa Potager is an ode to serenity. In a gentle, refined atmosphere where time stands still, discover a prestigious and confidential collection of 100% French natural treatments and massages, perfectly crafted by our expert and passionate team.

Normandy is at the heart of these treatments, transporting your body and all your senses into a unique experience. In this relaxing setting, in the expert hands of our practitioners, your well-being is absolute.





## THE TREATMENTS

### Olivier Claire

Olivier Claire pushes back the limits of the extraordinary with its 'Soins Majeurs de Beauté', whose effectiveness is born of the irreplaceable expertise of its creator, Olivier Couraud, in the world of plants. Based on the observation that nature has the unique power to offer every woman effective and sophisticated beauty, Olivier Claire creams bring together in a 100% made in France range rare active ingredients with the highest level of authorised concentration, for an unrivalled sensorial experience.



## SIGNATURE MASSAGES

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Immerse yourself in a moment of absolute relaxation with our signature massages, inspired by the riches of Normandy and performed with expert gestures for a unique experience of relaxation.

## ÉVEIL DE LIN - A SENSORY AWAKENING FOR THE SKIN

Inspired by the vast flax fields of Normandy, this unique treatment combines exfoliation, massage and hydration to awaken the senses and revitalise the skin. The ritual begins with a gentle exfoliation on the back of the body, preparing the skin to receive all the benefits of the treatment. This is followed by a relaxing massage, relieving tension and providing a deep sense of calm. Finally, an intense moisturising treatment completes this moment of gentleness.

A symbol of calm and purity, linen infuses this treatment with a genuine touch of serenity and refinement.

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90 min — €255



## L'ESSENTIEL — TARGETED AREAS

This tailor-made massage is designed to focus exclusively on the areas you want to relax or relieve. Whether it's to soothe tense shoulders, relieve lower back pain, release neck tension, improve circulation in the legs or restore lightness to tired feet, each gesture is meticulously tailored to your needs. Enjoy an experience of comfort and deep relaxation thanks to targeted, effective movements.

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25 min — €75





### L'ÂME MATERNELLE — MOTHER-TO-BE RITUAL\*

This soothing treatment, reserved for expectant mothers, consists of a 30-minute massage to relieve tension, improve circulation and give you a feeling of lightness. This is followed by a 45-minute 'Discovery - Signature of Beauty' treatment. A moment to relax and strengthen the bond with your baby.

\*This treatment is available from the third month of pregnancy.

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75 min — €245

### LES COMPLICES, EN DUO — PARENT/CHILD

Share a special moment of relaxation and bonding with your child during this gentle, soothing massage, designed to strengthen the emotional bond and promote well-being. The treatment begins with light, comforting strokes for the child, using gentle movements on the arms, back and legs to release tension and soothe. The parent benefits from a relaxing and invigorating massage, targeting areas that are often stressed, such as the back, shoulders and legs.

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30 min — €155

### L'UNIQUE SUR-MESURE — SPECIFIC NEEDS

This fully personalised massage is tailored to your current needs and desires. After listening carefully and analysing your expectations, each gesture is designed to offer you a tailor-made experience, whether it's deep relaxation, revitalisation or tension relief. A truly sensory journey, designed just for you.

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45 min — €130

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50 min — €140

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75 min — €190



## SPECIFIC MASSAGES

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Targeting the body's precise needs, our specific massages combine expert techniques and deep gestures to relieve tension, revitalise muscles and offer a real moment of letting go.





### STRENGTH AND RELAXATION — MEN'S MASSAGE

This treatment is specially designed to meet the needs of the male body. Combining deep techniques and relaxing movements, it relieves muscular tension, stimulates circulation and promotes complete relaxation. Targeted manoeuvres on the back, shoulders and legs provide immediate relief, while revitalising the body. This energising massage offers a genuine moment of centring and letting go, for a calmer mind and a recharged body.

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90 min — €255

### LE JARDIN SECRET — 4-HAND MASSAGE

In-room experience

Treat yourself to a relaxing interlude with a 4-hand massage, where two practitioners synchronise their movements for deep relaxation. This unique treatment reduces stress, promotes emotional balance and stimulates the production of endorphins, resulting in well-being and calm. Let yourself be enveloped by fluid, harmonious movements, releasing tension from body and mind. An unforgettable sensory experience, right in the comfort of your room, for total relaxation.

available on weekdays only

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50 min — €380

## DEEP TISSUE — BACK TO THE ROOTS

This therapeutic massage is the fruit of a union between Swedish techniques and American deep tissue, designed to rebalance your body. Using methods from the ancient art of deep tissue, this massage uses tissue stretching techniques to reach deep muscle layers, acting on tendons, ligaments and fascia. This massage relieves muscular tension and promotes deep relaxation, with immediate benefits for the nervous system, such as improved sleep quality and reduced anxiety.

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60 min — €180

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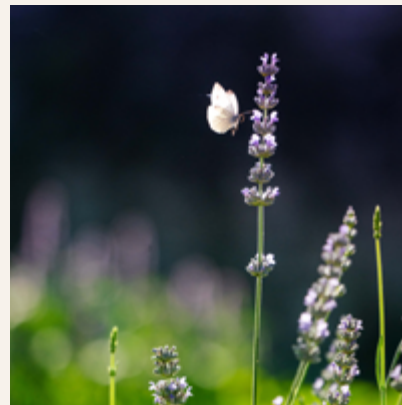
90 min — €270

## KOBIDO — ETERNAL BEAUTY

A natural face-lift treatment using techniques with anti-ageing, draining, decongesting, relaxing and toning effects. This treatment alternates pressure, modelling, smoothing and friction, producing an immediate lifting effect with plumper skin, a fresher complexion and a better-defined oval of the face. In addition to its aesthetic benefits, this facial massage is designed to eliminate toxins and combat water retention.

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60 min — €180





## MODELLINGS Olivier Claire

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Let yourself be carried away by Olivier Claire's expertise, where precise gestures and exceptional plant-based active ingredients come together to offer your body deep relaxation or renewed vitality.





### GENTLE MODELLING — ABSOLUTE RELAXATION

Letting go, absolute well-being. A gentle sensory escape thanks to a personalised touch and the therapist's technical gestures, combined with soothing plant active ingredients. The skin and whole body relax.

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60 min — €170

### REVITALISING MODELLING — ENERGY & VITALITY

Cellular awakening. A cocktail of stimulating and detoxifying plant active ingredients, working in perfect synergy for an instant invigorating effect, combined with toning and draining manoeuvres. Your body is energised and re-energised, and your skin is intensely revitalised.

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60 min — €170

### LE RITUEL GLOBAL — FACE & BODY

This complete treatment includes a 60-minute 'Gentle' modelling session followed by a 75-minute 'Hydrating Youth' treatment combining a range of delicate manoeuvres to restore serenity and harmony to the body and mind.

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135 min — €380



## FACIAL CARE Olivier Claire

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Immerse yourself in a moment of absolute relaxation with our signature massages, inspired by the riches of Normandy and performed with expert gestures for a unique experience of relaxation.





### THE GRAND TREATMENT — SIGNATURE OF BEAUTY

A holistic, plant-based treatment specially created to restore firmness and vitality to the skin. Cellular activity is boosted thanks to a synergy of rare and precious natural active ingredients. Scientifically proven results, immediate and long-lasting, effective on all signs of ageing.

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105 min — €320

### REJUVENATING TREATMENT — MOISTURISING

Tailor-made hydration. This treatment, highly concentrated in plant extracts and hyaluronic acid, oxygenates the epidermis and stimulates cellular action to strengthen and preserve the skin's youthful appearance. A divine treatment with unrivalled cellular action for intensely rehydrated, plumped skin.

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75 min — €220

### DISCOVERY TREATMENT - RADIANCE

A true discovery of Olivier Claire effectiveness. A sublimated, radiant complexion, restructured, revitalised skin thanks to exclusive formulas rich in natural active ingredients. The skin glows again. This treatment is ideal before dinner or an evening out.

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45 min — €180



### EXPERT CARE - EYES

Expert eye care. Cellular action boosted by a high concentration of active ingredients. Your eye contour is immediately smoothed and soothed.

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30 min — €95





## GENERAL INFORMATION

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Treat yourself to a unique moment of escape, a true haven of peace dedicated to relaxation and revitalisation. Enjoy our top-of-the-range facilities in an intimate and soothing setting.



## BEFORE YOUR VISIT

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**HEALTH AND ALLERGIES** — Please inform us at the time of booking of any health problems, allergies or injuries that may affect our services.

**EXPECTANT MOTHERS** — Some of our treatments are specially designed for pregnant women. Our well-being concierges will be delighted to help you choose the most suitable treatment.

**VALUABLES** — We recommend that you leave your valuables in the safe in your room.

**FACIAL CARE ADVICE** — For men, it's best to shave before facials to maximise the benefits of the treatments.

## BOOKINGS AND CANCELLATIONS

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**APPOINTMENT** — Please arrive at the spa reception desk at least 15 minutes before your appointment. This time will allow us to explain the rituals to be followed as well as the treatments and preventive measures to be taken into account.

**CANCELLATION AND MODIFICATION** — Cancellations or changes must be notified at least 24 hours in advance. After this time, the service will be invoiced in full. This also applies to gift packs.

**EXTERNAL GUESTS** — For customers not staying at the hotel, a deposit corresponding to the total value of the treatment is required at the time of booking.

**DELAY** — Out of respect for other customers, if you are late, the duration of your treatment will be adjusted to the remaining time.

## RULES OF COURTESY AND USE

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**RESPECT FOR TRANQUILLITY** — Our spa is a place dedicated to relaxation and well-being. We ask you to respect the right to privacy and serenity of all users.

**DRESS CODE AND BEHAVIOUR** — Appropriate clothing must be worn in communal areas.

**ELECTRONIC DEVICES** — Mobile phones must be switched to silent mode or switched off. The use of noisy sound equipment is forbidden in order to preserve the peace and quiet of the premises.

**RESPECT FOR PRIVACY** — It is strictly forbidden to take photos of other customers without prior authorisation.

## AFTER YOUR TREATMENT

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**AFTER-CARE PRECAUTIONS** — We recommend avoiding exposure to the sun for at least three hours after a facial or body treatment.

**EXTEND THE EXPERIENCE AT HOME** — Some of the products used during your treatments are available at reception, so you can extend the benefits of the spa at home.



#### OPENING HOURS

Monday - Friday: 10h00 - 19h00

Saturday: 10h00 - 20h00

Sunday: 9h00 - 19h00



#### INFORMATION & BOOKINGS

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CHATEAUX