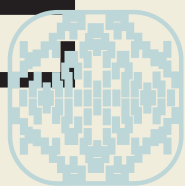


LE  
NESSAY

*le spa*



## SPA MENU



SPA —

Welcome to the NESSAY SPA.

An intimate and cozy space entirely dedicated to your wellness. Far from the hustle and bustle and a stone's throw from the waves, we invite you to let go.

Our team will help you to choose the perfect treatment.

We have selected the PHYTOMER brand because it offers the fascinating benefits of the sea in highly revitalizing face and body treatments.

Established in Saint-Malo for three generations, PHYTOMER designs treatments for the most beautiful spas around the world and invents the beauty of tomorrow in its cutting-edge laboratories.

Let yourself be tempted by a relaxing massage or enjoy the expert results of our facial treatments in a bubble of softness, calm, with the sea for the only horizon.

## FACE TREATMENTS

Our Face Treatments are designed to respond to the needs of all skin types in a precise and efficient way. Exfoliation, deep skin cleansing, personalized serum, facial massage and targeted mask, are the key steps in professional PHYTOMER protocols.

### Soin Pionnier // Soin signature

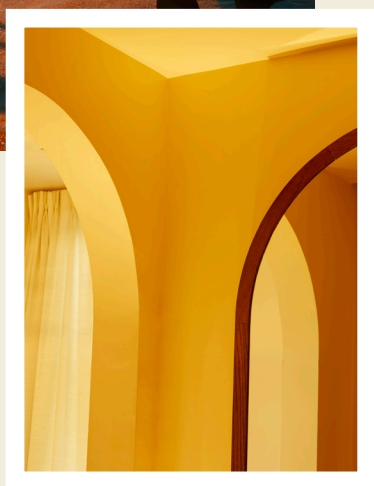
Youth revealing // 1h15 min, 110€

With its lifting mask and lotion ultra-concentrated in marine active ingredients, this treatment reaches the pinnacle of anti-aging performance and restores to the skin all its youth, its softness, and its luminosity. The specific face treatments complete the action of the products and perfects relaxation. The skin is smoother, firmer, and radiates a new radiance.

### Hydra Blue

Pumping moisturizing treatment // 1h, 90€

An essential that combines moisturizing performance and intense relaxation by combining products with extra-sensory textures and a relaxing massage. The skin regains comfort and radiance. It is plumped and rested.



## Citadine // Soin signature

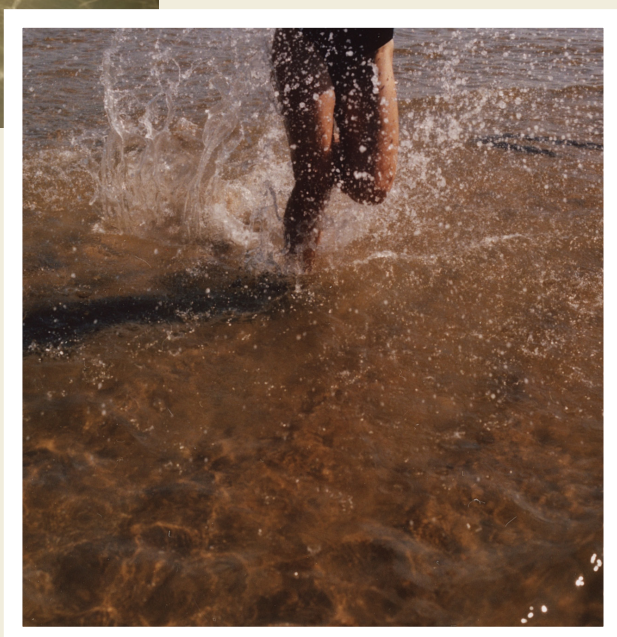
Anti-Pollution Freshness Skin Care // 1h15 min, 110€

Take a breath of fresh air with a treatment that concentrates all the benefits of a seaside stroll. This anti-pollution break helps the face regain all its luminosity, eliminates traces of fatigue, and intensely rehydrates the skin.

## Energy for men

Specific face treatment for men // 1h, 90€

The anti-pollution, anti-aging, and hydrating facial treatments adapted to men's skin concerns.





## BODY TREATMENTS

In expert hands, massaged with rejuvenating products, let your body relax from head to toe. Thanks to our varied choice of massages, you can focus on relaxation, fit or slim.

### Le NESSAY // Soin signature

Replenishing Holistic Treatment // 1h, 85€

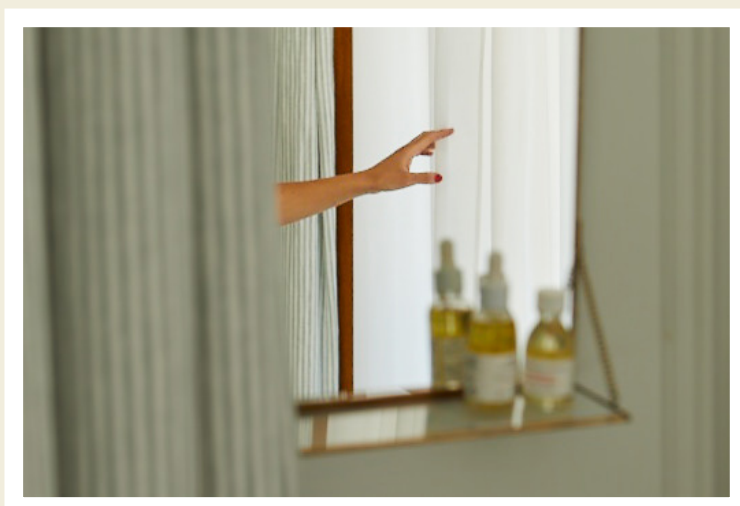
Deeply relaxing and re-energizing, this exceptional body treatment offers a unique multisensorial experience based on OLIGOMER®, PHYTOMER'S iconic active ingredient with remineralizing and fortifying benefits. Its specific massage produces a fully encompassing holistic approach from the tips of the toes to the ends of the hair for an incomparable relaxation.



### Secrets des Marées

Energizing body massage // 1h, 85€ / 1h30, 120€

Personalized massage combining deep maneuvers and energizing to release tension. Your body is relaxed and more resourced.



## Contouring massage // 1h, 85€

This innovative body treatment offers an integral beauty experience by combining three major esthetic actions in a single protocol: contouring, firmness, and skin quality. After a smoothing multi-exfoliation, a reshaping and refining massage sculpts “dream contours” for perfect-looking skin.

## Our Tailor Made Treatment // 1h, 85 € / 1h30, 120€

Let yourself be guided by the knowledge of our spa therapist, by telling them what would you like in terms of massage (relaxing, energizing, slimming...) and by indicating to them which parts of the body you would prefer to work on.

With their expert hands, they will provide you with the care best suited to your needs.



## LIFE AT THE SPA

### Opening times//

The NESSAY spa is open from 10am to 12 pm and from 3pm to 7.30pm.

### Your arrival at the spa //

In order to take full advantage of your treatment, we suggest you arrive 10 minutes before the start of your appointment and complete the form health. We provide you with slippers, bath towels, and disposable underwear.

### Delay//

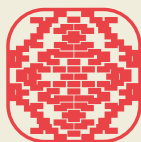
In case of delay, we will provide you the same treatments if our planning allows us. On the other hand, in the opposite case, we would shorten your treatment as much.

### Health//

In order to better advise you, we ask you to kindly notify us of any medical problems (injuries, operations, pain, allergies, etc.) and to complete the health form honestly. You may be advised against certain treatments. We do not provide care for pregnant women.

### Children //

The spa treatments of the menu are available only for a child over 16 years old.



HÔTEL LE NESSAY

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