

List of Treatments

The Loiseau des Sens Spa



Above all, the Loiseau des Sens Spa is, about one man; Bernard Loiseau and the family atmosphere that is so evident here. Authenticity, passion and a sense of the avant-garde are the watchwords of our philosophy.

We have therefore made a point of presenting you with a selection of treatments centred on nature, in an environment that encourages escapism and well-being, transporting you into a truly enchanted fairy-tale, reflecting the spirit of the Morvan. Surrounded by fir forests, lakes and green meadows with many different facets depending on the season, here you can enjoy a unique, magical and timeless experience.

We hope each and every one of you enjoys a perfect moment with us, the one that you deserve...

The team at the Spa Loiseau des Sens Spa



Our healthcare partners share our values,
with proven expertise that is
100% Made in France



Olivier Claire

A true dedication to nature, this top-of-the-range French brand devotes all its expertise to ensuring the best possible results.

Renowned for the anti-ageing power and extreme effectiveness of its treatments thanks to precious plant-based active ingredients and its high concentration of active ingredients, the gentle treatments and the delicate fragrances invite you to indulge in an unforgettable holistic experience.

Olivier Couraud, founder of the brand, evokes the passion that has driven him since his childhood and shares with you the fruits of his travels around the world to offer you the best of nature in the heart of these cutting-edge plant-based cosmetics. Women are his muse, inspiring him every day in the pursuit of his mission.

*The Olivier Claire Charter
Effectiveness based on a rigorous selection
of quality active botanical ingredients
selected for their synergistic activity,
incorporated in high concentrations and
derived mainly from plants of organic
provenance.*

No products are tested on animals. The formulas are guaranteed to be free of parabens, phenoxyethanol, mineral oils, synthetic dyes and propylene glycol.



Clé des champs

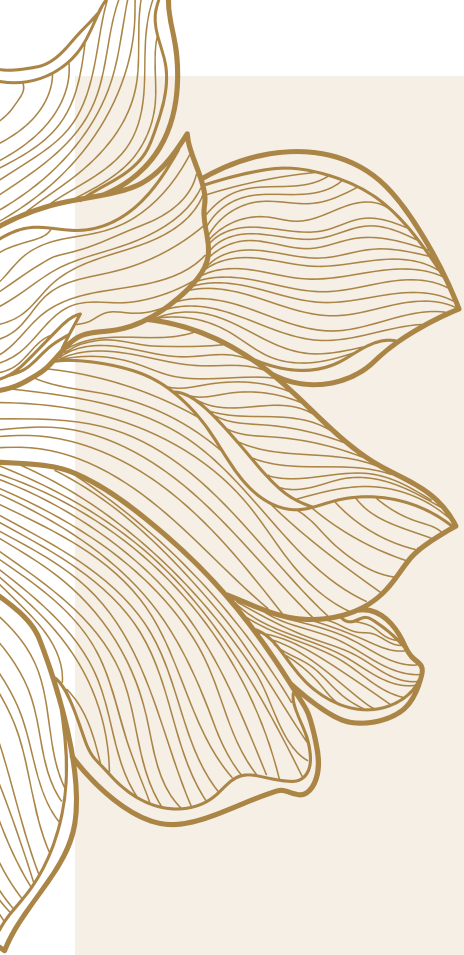
Let your imagination transport you. Wander through fields of wheat lined with wild flowers, the vegetable garden with its many flavours and aromas, or the forest path bordering a lake, where the earth is strewn with thorns, pine cones and luxuriant moss.

Your treatments will be based on the biorhythm of the seasons to meet the needs of your skin and your body, which differ according to the time of year.

Clé des Champs uses techniques inspired by Chinese Energy Medicine in order to perfect the professionalism of the health care provided.

In perfect harmony with the cuisine, our central focus, you will discover a range of products as delicate as they are surprising, also celebrating nature with natural skincare products that carry the Ecocert and Cosmébio labels.





List of Treatments

The Loiseau des Sens Spa



Select your time

45 minutes : **95€**
1h00 : **115€**
1h15 : **135€**
1h30 : **155€**

Then choose your treatment according to your needs. It will be personalised according to the time you have selected, to suit your current needs and preferences. Our team of experts will accompany you in a unique experience that is just for you.

Our facial treatments by Clé des Champs

The Revitalizing Beauty Ritual of the Season

A complete facial treatment, prepared according to the biorhythm of the current season, to meet the specific needs of your skin at that specific time. Massage is at the heart of this treatment to stimulate the energy flows and seasonal reflex zones of the face, feet and hands. The holistic approach of this treatment allows the entire body to feel in total harmony. The skin is plumped up, rested and the face is lit up with a radiant complexion.

The Expert Facial Treatment

Whatever the season, the expert treatment adapts to the specific needs of your skin according to the type of treatment required: moisturising, soothing, nourishing, purifying, radiance.

The Seasonal Toning Treatment for Men

Cleansing of the skin with a scrub and a seasonal mask accompanied by a massage of the trapezium muscles and seasonal reflex zones to tone up. The skin is cleansed, free of impurities, the complexion is refreshed and the skin texture is tightened.



OLIVIER CLAIRE

The facial treatments specialist

The Ultimate Beauty Treatment | 1h45 | 195€

This exceptional personalised treatment immediately meets the highest expectations in terms of visible and long-lasting anti-ageing results. The skin is rejuvenated, wrinkles are smoothed out, features are redefined and the contours of the face are remodelled. This treatment is perfectly suited to all skin types, whatever your age, and improves the overall quality of the skin. The beneficial and enveloping techniques invite you to let go and send a wave of intense revitalisation through your skin.

The Ultimate Beauty Moisturising and Anti-Aging Treatment 1h15 | 155€

This top-of-the-range treatment provides an immediate and visible effect on the uniformity and radiance of the complexion. The combination of rare and precious regenerating, plumping and softening active ingredients will leave your skin feeling rested, moisturised and deeply rejuvenated.

The Ultimate Beauty Discovery Treatment | 1h | 135€

The first step towards luxury plant-based cosmetics, this gentle and carefully applied treatment is combined with active ingredients bursting with antioxidants to give you fresh, luminous, rehydrated and rejuvenated skin thanks to a combination of active ingredients that work together so that your beauty is naturally enhanced.

The Eyecare Treatment | 30 minutes | 75€

A perfect combination of specific natural active ingredients and techniques adapted to this sensitive area, this eye treatment soothes, erases dark shadows and softens the contours around the eyes. Fatigue-free, eyes are left looking more radiant.

Our Massages

The Seasonal Energy Massage

by Clé des champs

Focused on the meridians of the season, the techniques of this massage are in harmony with energy flows and intensely revitalise the body. This balancing and energising treatment allows you to rediscover your deepest essence.

Sports Walk Recovery

by Clé des champs

It eradicates the undesirable effects of intense sport. The whole body is given over to the benefits of oils and expert hands for an immediate and lasting recovery. Also ideal for muscle preparation and to awaken the body.

The Relaxing Massage

A wonderful way to let go, this massage, with its soft and enveloping techniques, will bring you the moment of relaxation you need to recharge your batteries.

The Lomi-Lomi Massage

A true journey through Hawaiian tradition, this massage represents the movement of the ocean and the force of boiling lava. It is practiced with the forearms for a tenfold effect, concentrating on the back to soothe the body and soul.

The Balinese Massage

This massage harmonises the body and mind through deep and enveloping techniques. Stretching, massaging, smoothing and kneading are all beneficial movements for a revitalised body.

The Personalised Massage

Working on the areas of your choice, your practitioner will adapt to your needs and ease your tensions. Suitable for pregnant women.

Our Body Treatments

Seasonal body scrub and wrap

by Clé des champs

If you dream of soft and luminous skin, this treatment will allow you to rediscover delicately moisturised, supple and silky skin. The perfect start for healthy skin.

Foot wellness treatment and plantar reflexology *by Clé des champs*

This restorative treatment is a delight for the feet; a comforting footbath, softening scrub and reflex zone massage with a soothing balm. This is followed by acupressure on the tension points and smoothing that wraps the feet in a healing touch.

Seasonal Walk *by Clé des champs* *Scrub, wrap, seasonal energy massage*

Succumb to this olfactory and sensory journey to the heart of Nature, an initiation trail where you find intense emotions that last long after the treatment.

A complete treatment for skin rejuvenation with a body scrub and body wrap according to the season or your wishes, and a targeted massage to balance the energies. The whole body breathes, pulsates and is regenerated.

Our additional services

Hair removal, manicure, make-up
Details of services and prices on request.

Especially for mothers to be

Our team is at your disposal to advise you on the most suitable treatment during this very special time.

Our recommendations

The personalised massage and treatments from Olivier Claire.





List of Treatments for Children

Discover our relaxing and gourmet treatments designed especially for children

A magical moment of relaxation for children

Collin Maillard is a natural cosmetics brand, committed to providing products with a short list of ingredients, designed to respect a child's sensitive skin.

The well-being of children is at the heart of our approach, so that we can support them in their daily lives. The magical atmosphere will arouse their curiosity and wonder.

Gourmet treatment | 30 min

60€

Game of emotions and a gourmet massage with neutral oil, perfumed oil, grenadine balm or spread

Super Hero or Pretty Ballerina treatment | 30 min

60€

Game of emotions. Facial with magic mask. Face and hand massage

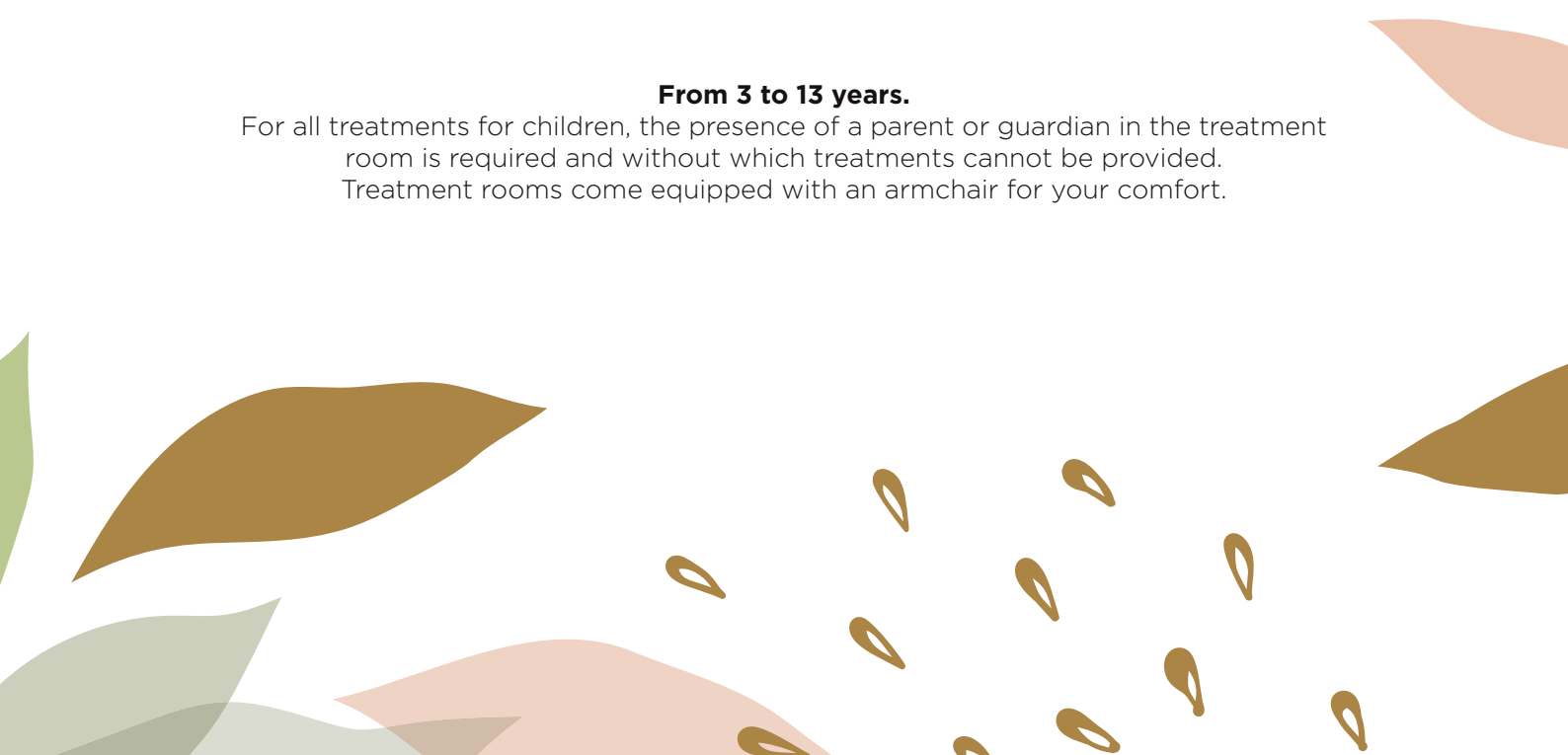
Enchanted treatment | 45 min

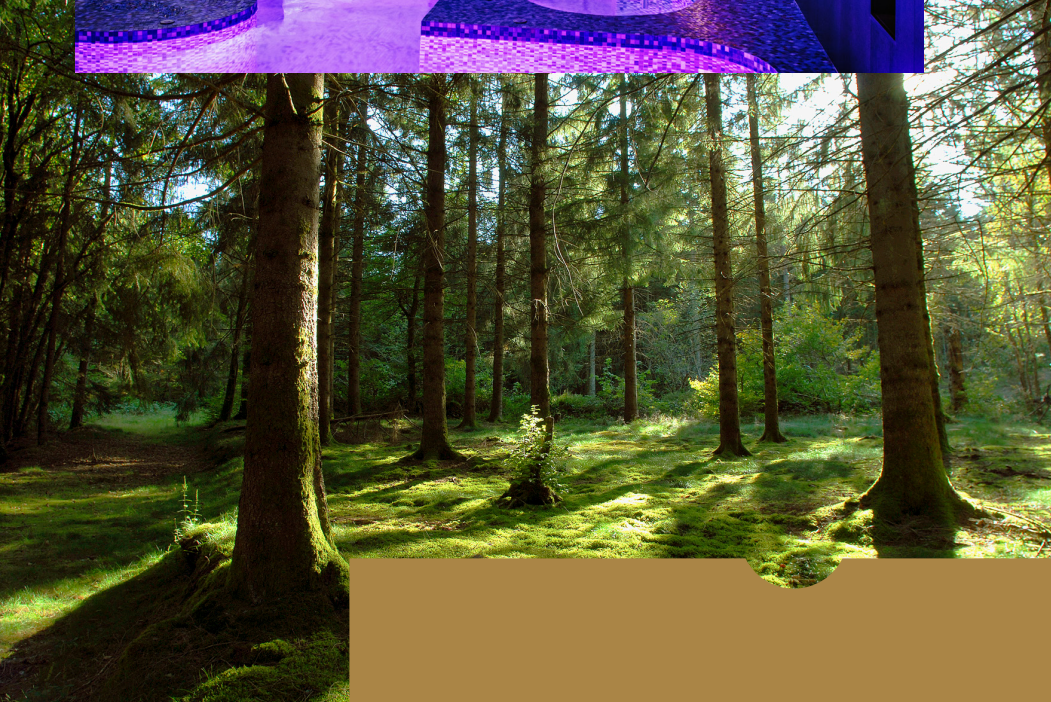
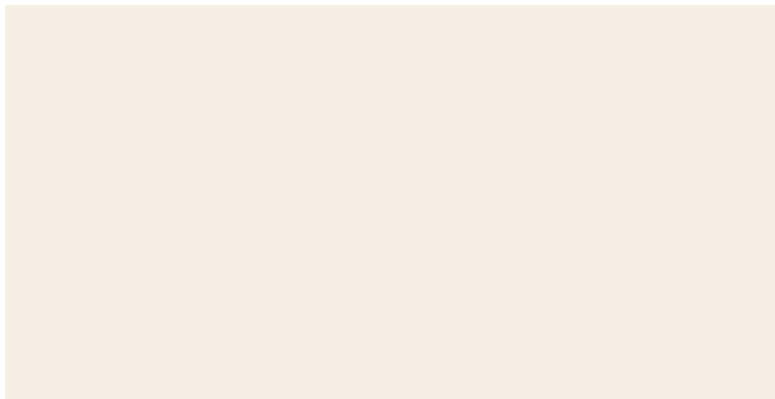
80€

Game of emotions and facial treatment with magic scrub and mask, face and back massage.

From 3 to 13 years.

For all treatments for children, the presence of a parent or guardian in the treatment room is required and without which treatments cannot be provided. Treatment rooms come equipped with an armchair for your comfort.





Book your wellbeing experience
spa.loiseaudessens@bernard-loiseau.com

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4 avenue de la gare
21210 Saulieu
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Hotel guests:
Treatments from 10am to 7pm
Spa open from 7am to 11pm
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Non-residents: by request



For all enquiries,
dial 9