

## *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.

In fact, the brand is renowned for its anti-aging properties and the extreme effectiveness of its treatments, it is made possible thanks to precious plant ingredients, mostly of biological origin, as well as its high concentration of active ingredients. The benevolence of gesture and the olfactory universe invites you to live 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.

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.

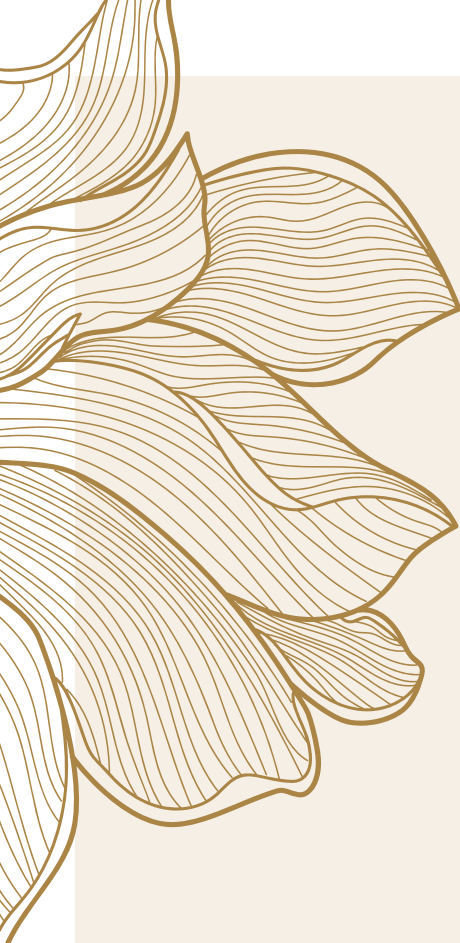
Clé des Champs uses techniques inspired by Chinese Energy Medicine in order to perfect the professionalism of the health care provided.

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 Cosmécobio labels.

## Spa-A Label

The Spa-A Label is based on a quality charted, established on a hundred criteria built on the level of services offered within the institution.





# List of Treatments

## The Loiseau des Sens Spa



Select your time\*

45 minutes : **105€**

1h00 : **125€**

1h15 : **145€**

1h30 : **165€**

\*The indicated time include 10 minutes for the installation, the identification of your needs and our advice, for a complete experience.

Our expert team will propose you a personalized experience based on your desires and needs. Thus, it is possible to provide several treatments in one, or to choose your treatment according to the list proposed in the care map.

**For our outdoor clientele, a 2 hours access to the spa is offered with your treatment.**

### Our facial treatments by Clé des Champs

#### The Revitalizing Beauty Ritual of the Season

Complete facial care, prepared according to the biorhythm of the current season and personalized according to the needs of your skin. Massage is at the heart of this treatment to stimulate energy flows and seasonal reflex zones. The overall approach of this treatment allows the whole body to feel in total harmony. The skin is plumped, rested and the face brightens with a radiant complexion.

#### The Seasonal Tonic Ritual 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 | **199€**

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 | **159€**

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 | **139€** or 45 minutes | **119€**

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 | **79€**

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.





## The « Renaissance » Signature Treatment massage

1h - 135€

Discover this Ritual created by the Spa Team, a true celebration of nature, the one of the Morvan.

This Massage Treatment will take care of you, your body and your emotions in order to soothe your mind. He associates a state of movement with the return to calm, source of comfort and self-confidence, such as the rhythm of nature, in its strength and softness.

The experience will begin with a tonic and invigorating footbath. A muscular massage of the back of the body will reveal a state of fullness and plunge you into a letting go, then a relaxation of the stomach focused on your breathing will soothe stress and anxiety, to finish the head in the clouds.

Finally, this ritual is a tribute to Bernard Loiseau and the founding values that he transmitted to us: authenticity, sharing and passion.

## Our Massages

### Customized Massage

Depending on the desired benefits, our team adapts to your needs by working on the whole body or in the areas of your choice, in order to promote deep relaxation.

### Sports Walk Recovery

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.

### 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**

Customized massage and care experiences with Olivier Claires products.

## 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 seasons 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, 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.

### The relaxing back care

A relaxing moment combining skin care with a seasonal scrub and wrap, and relaxation with a massage of the area to ease tensions.

Our philosophy is based on listening to our customers and taking into account every person, no matter how unique they are.

During the time of the massage, exchange will take place in the cabin beforehand with your practitioner, in order to understand what your mind and body really need and offer you a unique massage.

Our team is also listening to your suggestions regarding the realization of massages of the world that you enjoy, not appearing on the card.

All massages performed are wellness massages aimed at letting go and relaxation and non-therapeutic purposes.







# *List of Treatments for Children*

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## Discover our relaxing and gourmet treatments designed especially for children

### **A magical moment of relaxation for the little ones**

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**

**65€**

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

#### **Super Hero or Pretty Ballerina treatment | 30 min**

**65€**

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


#### **Enchanted treatment | 45 min**

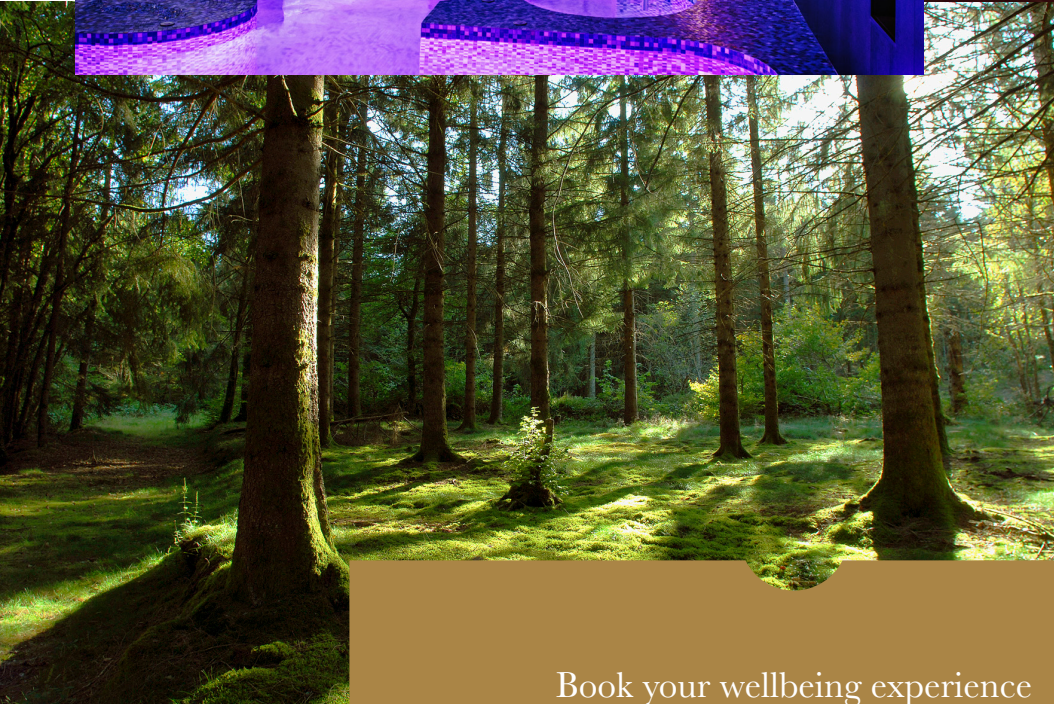
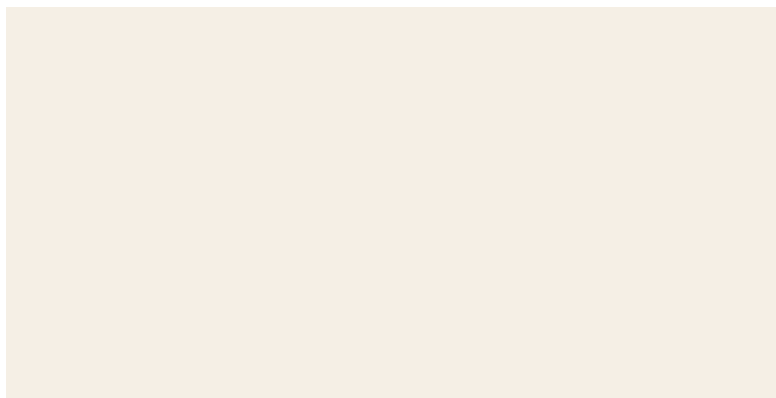
**85€**

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 LOISEAU DES SENS

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4 avenue de la gare  
21210 Saulieu

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Hotel Customers :  
Treatments from 10am to 7pm  
The spa is open from 7:30am to 11pm

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External customers : booking by email  
[spa.loiseaudessens@bernard-loiseau.com](mailto:spa.loiseaudessens@bernard-loiseau.com)  
Reception 10am to 6pm



For any request from your room,  
dial 2121