



## Spa Loiseau des Sens Menu



The Spa Loiseau des Sens is above all a man, Bernard Loiseau, and the family spirit that reigns here. Authenticity, passion and avant-garde are the keywords of our philosophy.

That's why we have chosen to offer you a selection of treatments based on nature, in an environment conducive to escape and well-being, transporting you into a truly enchanted tale, just like the Morvan.

Surrounded by fir forests, lakes and lush green plains that change with the seasons, enjoy a unique, magical and timeless experience.

We wish for each of you, a moment up to your expectations, the one you deserve.

The Spa Loiseau des Sens Team



### Label Spa-A

The Spa-A Label is based on a quality chart, founded on a hundred or so criteria based on the level of services offered within the establishment. Obtaining this label is a real guarantee of quality for our customers.

Our natural treatment partners  
with undeniable expertise  
100% Made in France



OLIVIER CLAIRE

F R A N C E



CLÉ DES CHAMPS  
SOINS DE SAISONS

Leonor Greyl

PARIS

SOIN NATUREL DU CHEVEU





# OLIVIER CLAIRE

A genuine consecration of nature, this premium French brand devotes all its expertise to achieving results.

The anti-ageing power and extreme efficacy of our skincare products are made possible thanks to precious plant-based active ingredients, mainly of organic origin, as well as a high concentration of active ingredients.

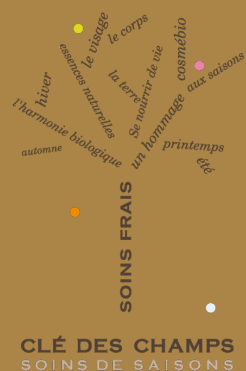
The benevolent gesture and the olfactory universe invite you to live an unforgettable holistic experience.

Olivier Couraud, the brand's founder, evokes through his treatment products the passion that has driven him since childhood. He brings you the riches of his travels around the world, to offer you the very best of nature at the heart of cutting-edge plant-based cosmetics.

The formulas are guaranteed to be free from parabens, phenoxyethanol, mineral oil, synthetic colourings and propylene glycol.







Let your imagination drive you away. Wander through fields of wheat lined with wildflowers, through a vegetable garden full of flavours and scents, or along the forest path beside the lake, where the ground is strewn with thorns, pine cones and exuberant moss.

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

Clé des champs uses techniques inspired by the energetic medicine to perfect the professionalism of its treatments.

In perfect harmony with the cuisine, our main anchor, you'll discover a line of products as delicate as they are astonishing, also celebrating nature with natural cosmetics labelled Ecocert and Cosmécio.





# Leonor Greyl

PARIS

SOIN NATUREL DU CHEVEU

Founded in 1968 and established as an institution in the field of hair treatment, the Leonor Greyl brand is the fruit of love, between Leonor Greyl, who was enamoured of the beauty and health of hair, and Jean-Marie Greyl, her husband, an engineer with a passion for botany.

At that time already, the couple wanted to offer everyone the chance to take care for and sublimate their hair, by creating products formulated from high quality plants and natural active ingredients.

Today, Caroline, their daughter, and her husband David Thomas Brooks are working to perpetuate this family history.



# Our iconic treatments



## Our Anti-Ageing Facial Treatments

OLIVIER CLAIRE  
F R A N C E

### The Major Beauty Treatment

| 1h45 | 199€ | *by Olivier Claire*

This exceptional personalised treatment meets the highest expectations in visible, long-lasting anti-ageing results. The skin is rejuvenated, wrinkles smoothed, features redefined and the oval of the face remodelled. Perfectly suited to all skin types, no matter the age, and has a positive effect on skin quality. The enveloping gestures invite you to let go and feel a intense freshness through you.

### The Moisturising and Anti-Ageing Major Beauty Treatment

| 1h15 | 159€ | *by Olivier Claire*

This premium treatment provides an immediate and visible action on the evenness and radiance of the complexion. It combines the Discovery Treatment and the Eye Treatment.

### The Major Beauty Discovery Treatment

| 1h | 139€ | 45min | 119€ | *by Olivier Claire*

The first step towards luxury plant-based cosmetics. Leave the skin fresh, radiant, rehydrated and regenerated thanks to a combination of active ingredients that work in synergy. Your beauty is sublimated.

### The Eye Treatment

| 30min | 79€ | *by Olivier Claire*

A perfect alliance of specific natural active ingredients and adapted gestures for this sensitive area, the Eye Treatment erases shadows and smoothes the eye contour. Relaxed, the eyes are intensely illuminated.

## Our Hair Treatement

### The Sublimating Treatment

| 1h | 139€ | *par Leonor Greyl*

A relaxing treatment right down to the ends of your hair, cradled by a scalp massage to relieve cranial tension. Benefit from a deep treatment of the scalp, which plays a key role in the health of your hair, and rediscover light, silky hair. Leave this treatment completely relaxed, thanks to the precious tools used.

*Important information: plan on 1.5 hours - this treatment cannot be combined with access to the spa. Hair must be dry on arrival. The treatment is completed on damp hair. A hairdryer and styling tools will be provided so that you can style your hair as you wish.*

Leonor Greyl  
— PARIS —

**For our external customers, a 2-hours access to the spa is included with your treatment (excluding the 30-minutes treatment.)**

*During the treatment, a discussion will take place with your practitioner in the cabin beforehand, so that we understand what your mind and body really need. Our team is also keen to hear your suggestions for massages from around the world that you enjoy and that are not on the menu.*

*\*All massages are well-being massages designed to help you relax, with a non-therapeutic purpose.*





# The « Renaissance » Signature Massage Treatment

1h15 – 159€

Discover our team's unique ritual:  
a veritable celebration of nature and life.

To pamper you in and relieve your emotions  
and mental.

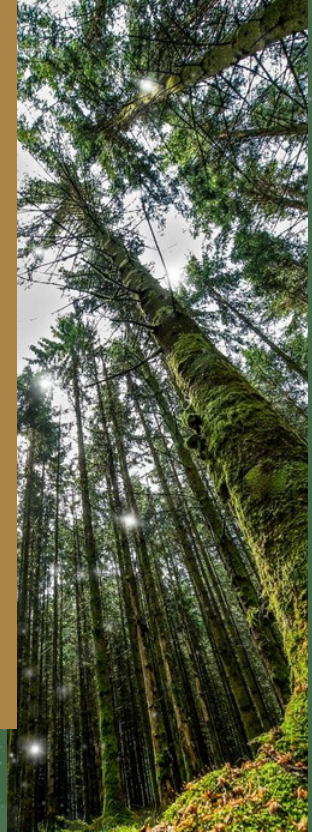
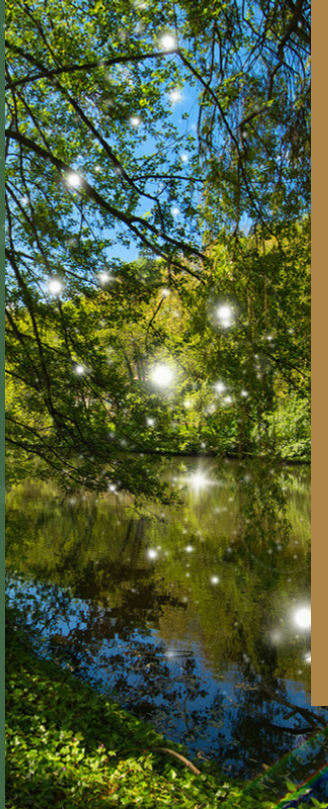
It merges motion with serenity, mirroring the  
natural cycle from dawn's ballet to dusk's  
closure, reflecting nature's perpetual renewal.

You are then led by the music, throughout the  
treatment to restore a harmony of the spirit.

Starting with a refreshing foot bath, followed  
by a tension-releasing massage, and  
concluding with belly relaxation, using breath  
to induce a state of blissful calm.

In this way, both the fragile yet majestic  
nature and your own consciousness and soul  
are rejuvenated..

Through this treatment, we pay homage to  
Bernard Loiseau and the timeless values he  
embodied: authenticity, sharing, and passion.





## Offers & Prices

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Give yourself some time with the  
tailor-made treatments\*

45 minutes: **105€**

1h00: **125€**

1h15: **145€**

1h30: **165€**

\*The indicated treatment time includes the installation and the advice (10-minute)

**For our external customers, a 2-hours access to the spa is included with your treatment (excluding the 30-minutes treatment.)**

Our team of experts will provide you with a personalised experience to suit your needs and desires. Thus, you can choose your treatment from the menu, or compose your own using several of them.

*The tailor-made treatment doesn't include the "Renaissance" signature massage treatment, the Olivier Claire treatments and Leonor Greyl treatments.*

**2-hours Spa Access : 65€, on booking. Limited places.**




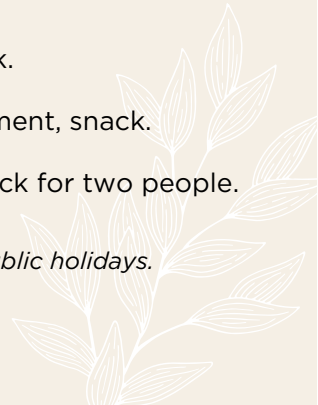
**For the sweet tooth, explore our package including a sweet from the pastry chef and a drink:**

Wellness Moment 140€: 2-hours spa access, 1-hour tailor-made treatment, snack.

Relaxing Escape 180€: 2-hours spa access, 1-hour 30 minutes tailor-made treatment, snack.

Relaxation for Two 280€: 2-hours spa access, 1-hour tailor-made treatment, snack for two people.

 Services also available as gift vouchers, valid for one year, excluding weekends and public holidays.





# Our Facial Treatment

## The Seasonal Revitalising Beauty Ritual *by Clé des champs*

A complete facial treatment, prepared according to the biorhythm of the current season and personalised to your skin's needs. Stimulation of energy flows and seasonal reflex zones. Leaving the whole body feels in total harmony.



## Mister's Experience, by *Monsieur Arsène*

Discover a world of skincare dedicated to masculine skin, driven by the freshness of hesperides and woody notes. For the pleasure of skin that is gently cleansed, radiant and meticulously moisturised.

A cleansing and sublimating beard treatment, will be included for beards of at least 1 cm.



*Monsieur Arsène*  
— PARIS —

Monsieur Arsène provides a minimalist line of natural and organic products, offering men what Haute Cosmétique offers women. Facial and beard products elaborated with the best that nature has to offer, in a tradition of innovation and expertise. Monsieur Arsène offers a responsible consumption of cosmetic treatment products with a sober and contemporary aesthetic, made locally, using traditional methods and in a sustainable way.

# Our Body Treatments & Massages

## The Tailor-Made Massage\*

A unique type of massage to get to the heart of the matter. Relaxing or invigorating, gentle or deep, we will respond to your personal needs based on a discussion with your expert.

## The Relaxing Back Treatment *par Clé des champs*

A moment of relaxation combining skin treatment with a seasonal scrub and body wrap. Relaxation with a massage of the area to relieve tension.

## The Season's Stroll *by Clé des champs*

*Body scrub, body wrap and massage*  
An initiatory journey towards renewal. A treatment to turn over a new leaf and feel reinvigorated. Adaptable according to the treatment time chosen and the current season.

## Feet Well-Being Ritual *by Clé des champs*

This repairing treatment makes the happiness of feet. A comforting feetbath, softening feet scrub and reflex zone massage with seasonal balm. Followed by acupressure on points of tension and smoothing movements to wrap the feet.

For the mother-to-be that you are

### Our recommendation

The tailor-made treatment, adapted to the progress of the pregnancy. Massages for pregnant women are realisable between the 4th and 8th months according to a specific protocol and pressure, and in an individual cabin for optimal treatment. During the first trimester, we offer a relaxing facial treatment.



# Children Spa Menu

## Discover our relaxing and tasty treatments created for children

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

Collin Maillard is a natural cosmetics brand, committed to providing short-form products that respect children's sensitive skin.



Children's well-being is at the heart of our approach, so that we can support them in their daily lives. The poetic universe will arouse their curiosity and wonder.

#### Gourmet Ritual | 30 min

65€

Emotions Game  
Gourmet massage with neutral or scented oil  
Or with grenadine balm or chocolate spread

#### Superhero or Pretty Ballerine Ritual | 30 min

65€

Emotions Game  
Facial treatment with magic mask  
Face and hand massage

#### Enchanted Ritual | 45 min

85€

Emotions Game and facial treatment  
Magic scrub and mask  
Face and back massage

#### Duo Parent - Enfant | 45 min

190€

Enjoy a moment of complicity in the duo cabin  
Your child will enjoy the Enchanted Ritual  
While you will benefit from a tailor-made treatment depending on your wishes

*Spa access not included in the treatment*

### From 3 to 12 years old.

For treatments performed on children, a parent must be present in the cabin, otherwise the treatment cannot be given.

An armchair is provided for your comfort.





## *Informations to know*

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### Appointment

An arrival time is confirmed when you book. We ask you to respect this schedule, which requires organisation.

### Delay

We cannot guarantee that your service will be delivered in its entirety in the case of delay. If this is not possible, the time for the prestation will be reduced by the time of the delay.

### Cancellation

Any cancellation made less than 48 hours in advance will result in the billing of the treatment booked.

### Provided Materials

For external customers, a locker with a bathrobe, a towel and flip-flops will be at your disposal so that you can enjoy your moment of relaxation in the best possible conditions. For guests staying at the Relais Bernard Loiseau, a bathrobe and flip-flops are available in your room. Towels are available at the spa reception.

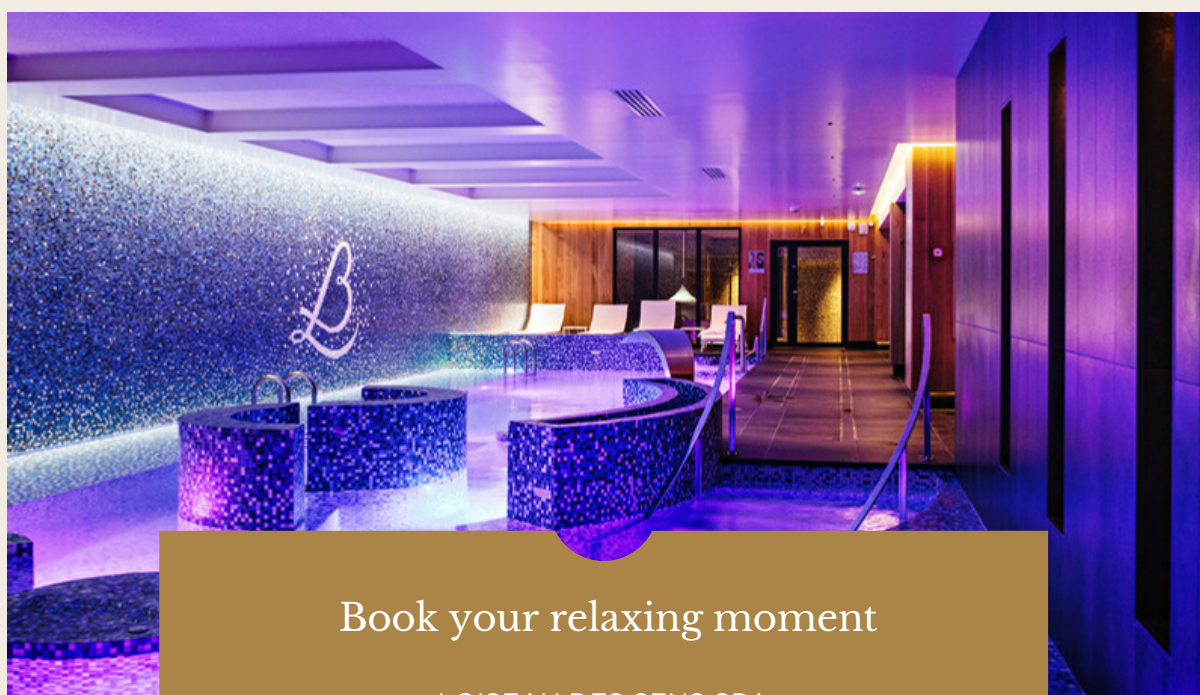
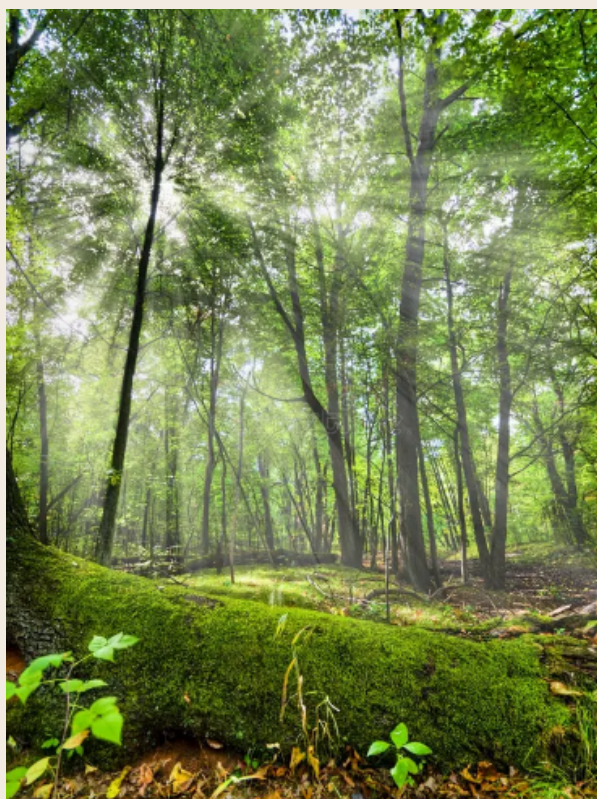
### Lost and Theft

The establishment declines all responsibility in the event of loss or theft. A secure locker is available to keep your valuables. Guests staying at the hotel are kindly requested to leave all their valuables in their rooms.

### Childrens

The multi-sensory and voluptuous areas are accessible from 16 years old. For guests staying at the Relais Bernard Loiseau only, children under the age of 16 years old (from the age of 3 years old) may access the facilities from 7.30 am to 10 am and after 7 pm, accompanied by a responsible adult.

***Any inappropriate behaviour will end the prestation and may be subject to a spa exclusion.***



## Book your relaxing moment

LOISEAU DES SENS SPA

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4 avenue de la gare  
21210 Saulieu

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Hotel Customers:

Week: Treatments from 9.30 am to 6.30 pm  
Weekend: Treatments from 10 am to 8 pm  
Spa opens from 7.30 am to 11 pm

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



For any request from your room  
dial the 2121