

# *Collection*

WELL-BEING • SAINT-SIMÉON



RELAIS &  
CHATEAUX





Lying by the sea, in the heart of generous countryside,  
the "Ferme de Bien-Être" is an ode to serenity.

In a refined atmosphere where time stands still,  
my expert, passionate team and I welcome you and invite you  
to discover our prestigious, exclusive, 100% French,  
natural collection of treatments and massages.

"Olivier Claire" face and body treatment, with their powerful secrets,  
enhance your wellbeing and blend harmoniously with our "Signature"  
massages and treatments, which I have created especially.

This haven of total relaxation  
and well-being is deeply soothing to the soul.



### **PATRICIA VERBECQ - SPA MANAGER**

Winner of the French massage championship in 2019  
International Laureate in 2020



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## “SIGNATURE RITUALS” COLLECTION

Produced by our passionate team, our rituals perfectly combine the benefits of several treatments and immerse you in an infinite, unique sense of well-being.

### **JOURNEY UNDER THE APPLE TREES**

60 min - 290€

Take a break with a delicious milk foot bath, followed by a relaxing apple-based massage in an atmosphere conducive to well-being and serenity. To round off this ritual, share a tasty sip of our homemade apple juice.

### **TAILOR-MADE JOURNEY**

90 min - 190€

Treat yourself, according to your needs and fancies of the moment, to a 60-minute Olivier Claire "Discovery" facial treatment followed by a 30-minute tailor-made massage, or a 60-minute tailor-made massage followed by a 30-minute "Glow" facial treatment.

### **ROYAL JOURNEY**

120 min - 280€

Beautify your skin with a rejuvenating body scrub, then unwind with a relaxing massage followed by a "Major Beauty Moisturising" facial treatment by Olivier Claire.

## HAIR ELIXIR

60 min - 140€

A face massage using precise acupressure brings immediate benefits: stress relief, rebalanced energy, and enhanced elasticity and microcirculation. Meanwhile, for him, a scalp massage with the hot elixir stimulates growth through neurological relaxation. Finally, an oil bath under a hot towel is designed to optimally moisturise the hair, as a pre-treatment before shampooing.



## “MASSAGES” COLLECTION

50 min - 120€ / 75 min - 140€

### **TAILOR-MADE** - With the oil of your choice

Let yourself be guided by expert hands according to your wishes of the moment with this customised massage adapted to your needs.

### **RELAXING** - With oils from around the World

Balinese, lomi-lomi- californian... Choose the relaxing journey that will satisfy your wishes.

### **MUSCULAR** - With Pacific pearl oil

This efficiently relaxes the muscles: ideal for muscle preparation or recovery.

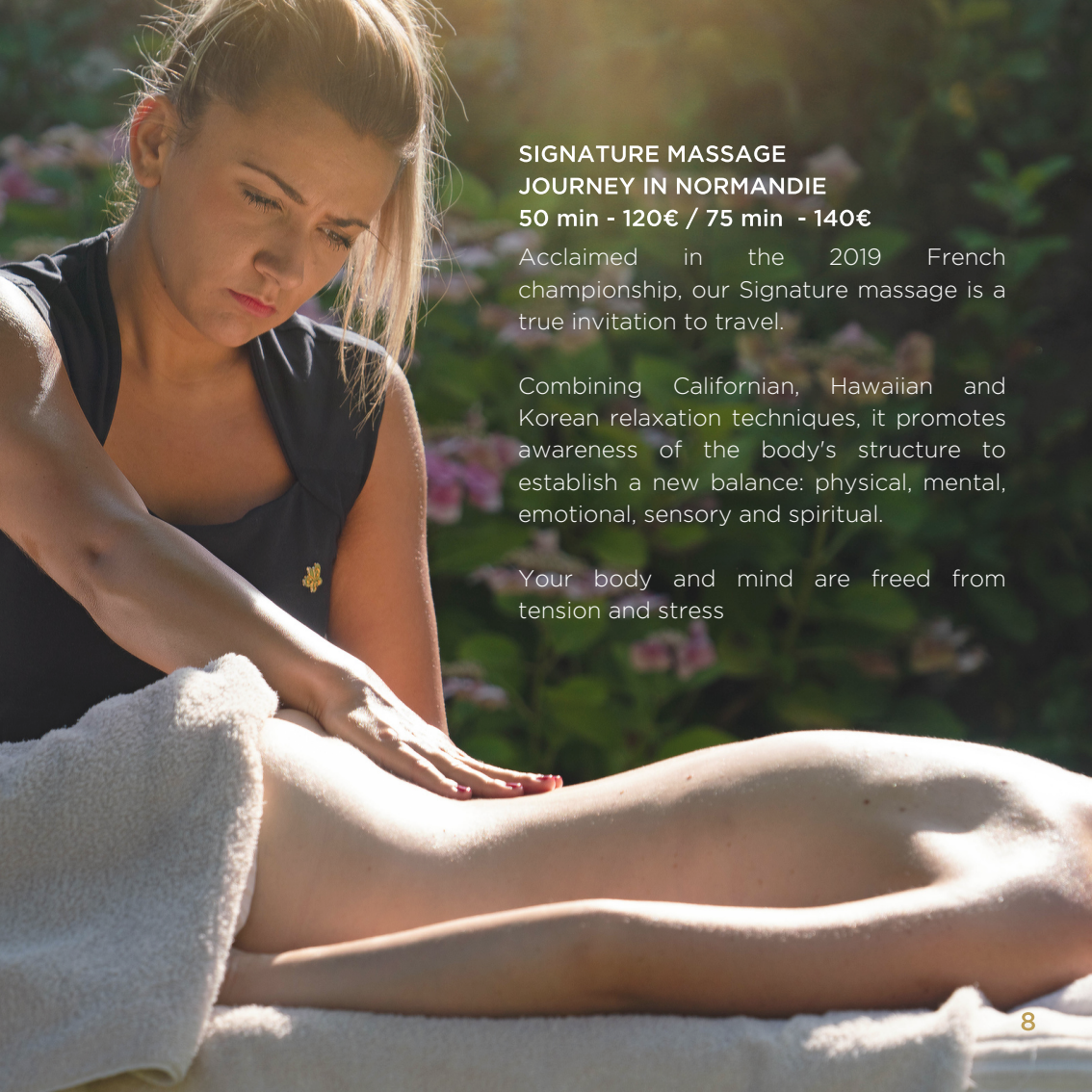
### **PRECIOUS** - With water beads

Delicate and unique thanks to hot and cold water pearls, this massage provides extremely deep relaxation for both body and mind.

### **MOM TO BE** - With hazelnut nut oil, from the 3rd month of pregnancy

This reduces tension and fatigue thanks to long, gentle, enveloping, light, reassuring strokes for Mum and Baby.





**SIGNATURE MASSAGE  
JOURNEY IN NORMANDIE**

**50 min - 120€ / 75 min - 140€**

Acclaimed in the 2019 French championship, our Signature massage is a true invitation to travel.

Combining Californian, Hawaiian and Korean relaxation techniques, it promotes awareness of the body's structure to establish a new balance: physical, mental, emotional, sensory and spiritual.

Your body and mind are freed from tension and stress



## “FOR HIM” COLLECTION

50 min - 120€

### **MEN'S FACIAL TREATMENT**

Men's skincare is essential for skins sensitive to razor burn. Soothing and purifying, this care treatment helps to regulate sebum. The skin is immediately repaired and regains all its radiance.

### **RECOVERY MASSAGE AFTER SPORT**

A draining massage that stimulates blood and lymphatic circulation. It limits the development of aches and reduces muscle tension following physical exertion.



## “DAINTIES” COLLECTION

25 min - 65€

### **RESSOURCING BODY SCRUB**

The body is gently exfoliated with an oyster shell scrub to give to give your skin a new look.

### **GLOW FACIAL TREATMENT**

The skin is cleansed and remoisturised, giving an immediate boost in radiance.

### **BACK MASSAGE**

Muscular tensions are worked on in depth to soothe pain while providing flexibility and comfort.

### **THAÏ FOOT MASSAGE**

The different points under the soles of the feet are stimulated with a wooden stick, to help eliminate physical blockages, soothe the mind and reduce stress.



OLIVIER CLAIRE





Olivier Claire pushes out the boundaries of the exceptional with Major Beauty Treatments, whose effectiveness comes from the irreplaceable expertise in plants of the creator "Olivier Couraud".

Starting from the observation that nature has the unique power to reveal every woman's authentic, sophisticated beauty, Olivier Claire creams combine rare plant extracts in a range 100% made in France with the highest authorised concentration level, for an unparalleled sensory experience.

The "Ferme de Bien-Être" invites you to discover its secrets with a set of modelling movements that reveal, transcend and perpetuate the beauty of face and body

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## FACE CARE

### THE GREAT MAJOR BEAUTY TREATMENT

105 min - 185€

The quintessence of Olivier Claire treatments Illuminates your face and redefines its contours.

### THE MAJOR BEAUTY MOISTURISING TREATMENT

75 min - 135€

A bubble of oxygen with smoothing effects relaxes features and rejuvenates the skin.

### THE MAJOR BEAUTY DISCOVERY TREATMENT

45 min - 115€

An optimised break to illuminate your complexion.

### THE SPECIFIC EYE CONTOUR TREATMENT

30 min - 65€

An exceptional protocol to refresh the gaze. Erases shadows, restores strength and shine.

## BODY CARE

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### GENTLE MODELING

60 min - 130€

Massage combining delicate manoeuvres on the joints to restore the harmony of body and mind.

### REVIVING MASSAGE

60 min - 130€

An energising, detoxifying experience combining light strokes, palpating/rolling and kneading to stimulate and drain the entire body.



## USEFUL INFORMATION

### **RELAX**

We advise you to arrive at the wellness area at least 15 minutes before the start of your treatment.

### **LATE ARRIVAL**

Please note that a late arrival will reduce the time allotted to your treatment.

### **CANCELLATION POLICY**

Any treatment not cancelled at least 24 hours in advance will be invoiced.

### **CLOTHING IN THE SPA**

Your comfort is our priority. We will provide you with the necessary clothing.

### **PHYSICAL CONDITION AND PREGNANT WOMEN**

We kindly ask you to inform us of your physical condition when booking your treatment.

We reserve the right to refuse the practice of care non recommended for women with pregnancies under 3 months.

We are at your disposal for more information.

### **OTHER INFORMATION**

Please note that smoking is prohibited in our space. We cannot be hold responsible for valuables brought there. Any inappropriate behavior during a treatment will put an end to it immediately and will be invoiced in full. Finally, we invite you to respect the serenity of the place.

### **RELAXATION PERIOD**

The wellness area is open from 9 a.m. to 7 p.m. non-stop.



*Collection*

SAINT-SIMÉON

**LA FERME DE BIEN-ÊTRE**

20 rue Adolphe Marais - 14600 Honfleur  
Open 7 days a week from 9 a.m. to 7 p.m

Information and reservations

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