



*Café Bien-Être*



# TREATMENTS MENU



# Our company

Succumb to the timeless charm of the Grand Hôtel de Cabourg, with its breathtaking sea views. Just two hours from Paris, enjoy an exceptional stay in an elegant and rejuvenating setting.

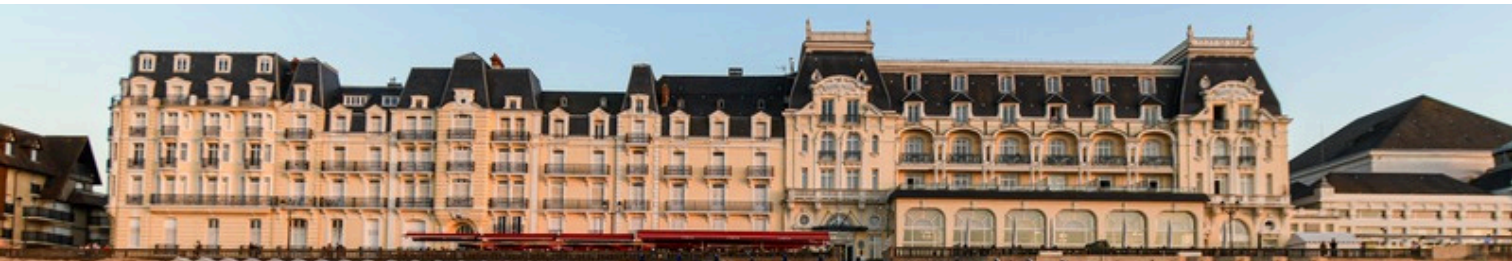
Let yourself be charmed by the romantic atmosphere of Cabourg and its long white sandy beaches.

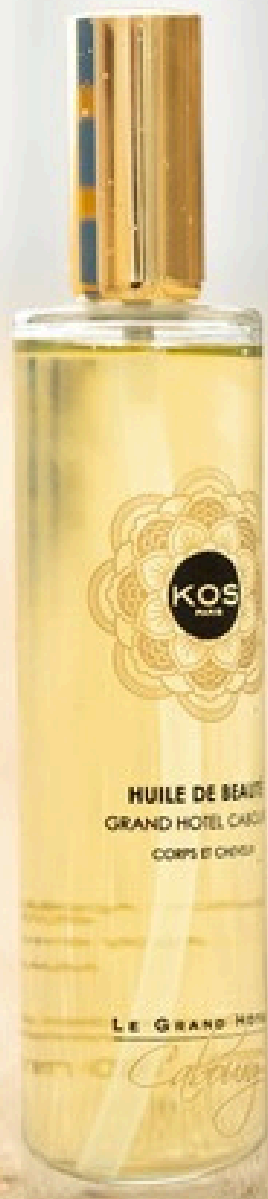
Just a few steps away, the hotel offers direct access to the sea.

Our 71 rooms will meet all your needs: very spacious, with a breathtaking view of the sea or the flower-filled gardens of the casino and Cabourg's typical villas. A jewel of the Calvados region. Enjoy absolute comfort and Belle Époque decor, blending charm and modernity. History, heritage, art and literature mingle throughout the sublime Grand Hôtel building. Many famous personalities have stayed here, including Marcel Proust.

The "Le Balbec" gourmet restaurant, with its sea view, will tantalize your taste buds with a refined meal using local products. The Bar "La Belle Époque" or our beach restaurant will also offer you a magical moment in an idyllic setting.

Relax in our wellness area with sauna and sensory shower. Enjoy a treatment in a single or double cabin to share a fabulous moment of relaxation and complicity. Discover our exclusive manual techniques that combine, with the incomparable scents of KOS Paris France products, emotions and sensations through our various treatments and massages. Each treatment begins with a consultation and ends with a beauty and wellness advice session over a glass of detox water.





# Summary

OUR SUGGESTIONS	Page 6
FACE TREATMENTS	Page 8
EXPRESS TREATMENTS	Page 9
MASSAGES	Page 11-12
BODY TREATMENTS	Page 14
FAMILY MOMENTS	Page 16-17
INSTITUTE	Page 19
SHOP	Page 20
GIFT SETS	Page 21
PRACTICAL INFORMATION	Page 22
BOOKINGS	Page 23

# Our suggestions



Notre coup de coeur

## MASSAGE "KOBIDO"

30min - 99€

5 sessions of 30min - 465€

A true ancient Japanese art, Kobido is an exceptional facial massage that combines precision, rhythm and delicacy. Through a series of deep, enveloping movements, it stimulates microcirculation, reactivates the skin's natural processes and reveals a radiant complexion.

This signature ritual, with its lifting and plumping properties, redefines the contours of the face whilst providing a deep sense of relaxation.

For optimal and long-lasting results, this treatment is also available as a course of five sessions, a truly intensive skin regeneration programme.

Our practitioners are qualified Kobido experts trained by KOS Paris, guaranteeing expert skill and an exceptional treatment experience.

## "DÉTENTE SIGNATURE"

1h - 199€

Discover our 1h Signature massage and leave with our "Grand Hôtel de Cabourg" Signature beauty oil (100 ml).

A nourishing treatment for body and hair with notes of our iconic madeleine.

## "ESCAPADE CABOURGÉAISE"

1h30 - 209€

Unwind with a 30 min massage of your choice, followed by an hour long tailor made facial treatment.



# FACIAL TREATMENTS

# Facial Treatments

Discover the well-thought-out KOS Paris protocols by the expert hands of our practitioners. All our treatments begin with a discussion with your practitioner, followed by a customized treatment tailored to your needs and desires, coupled with a massage of the face, neck, neckline and scalp.

## LEGENDS TREATMENTS

1h30 - 199€

This comprehensive care provides vitality and hydration to the skin, thanks to prickly pear seeds extracts and acai berries. The skin is plumped and revitalized.

Special care is given during the body-sculpting phase.

Inspired by "Kobido", this natural lifting method instantly offers a rejuvenating effect, while relaxing muscles and facial lines.

## MOISTURIZING, DELICATE OR PURIFYING TREATMENTS

1h - 145€

Feel discomfort, redness or need to purify your skin?

This customized treatment combines cleansing, exfoliation and massage with an elixir and a specific mask.

## MEN'S CARE

1h - 145€

The skin is first thoroughly cleaned and then massaged with the revitalizing serum, which contains pine, jojoba, neem and summer magnolia oils. A customized mask is then applied to purify and soothe the epidermis.

Skin is left clear, radiant and youthful.

# Express TREATMENTS

## EYE CARE

30 mns - 70€

A care targeting the delicate eye contour. Enriched in albizia tree extract, barley infused water and redseaweeds, this care induces the regeneration process and reduces the visible symptoms of tiredness.

## HAIR AND SCALP CARE

30 mns - 70€

Our Intense Care with 5 precious oils and babassu butter makes your hair glow, repairs split ends, and offers more flexibility to the lengths.  
The hair is instantly strong and soft to the touch.



# MASSAGES

# Massages

Let go in the expert hands of a practitioner who will help you choose the type of massage and pressure to meet your needs.

## SIGNATURE MASSAGE

This relaxing pressure massage revitalizes and balances the body. It relieves stress and releases muscular tension to restore serenity and energy.

## ZEN MASSAGE

This massage reconciles body and mind. It promotes total release. Gentle, slow movements allow you to let go completely.

## DEEP-TISSUE MASSAGE\*

An essential deep massage that strengthens muscles through stretching and stimulates venous circulation.

\*A surcharge of 9€ applies to all massage durations

Massage 1h30 - 189 €

Massage 1h - 149 €

Massage 30 min - 95 €

# Massages

## STAR MASSAGE

1h - 145€

Enjoy the intense sensorial experience of a head, hand and foot massage..  
It will balance your emotions and your energy.

## PLANTAR REFLEXOLOGY

1h - 145€

Relaxing foot massage using pressure of the fingers on the arch of the foot. The perfect combination of a foot treatment which harmonizes body tensions and boosts the body's self-regulating functions.

## AMMA ASSIS

30 mns - 75€

Available in your room, in the wellness area or on the beach  
(in season - depending on weather conditions).

This traditional Japanese massage relieves tensions through slow and deep touches. It offers a real feeling of well-being and relaxation. This massage is practiced with clothes on, and on a massage chair "Amma Assis".



# BODY TREATMENTS

# Body Treatments

## GRAND HÔTEL SIGNATURE RITUAL

1h45 - 195€

This ritual is a complete treatment consisting of a body scrub and seaweed body wrap.

It will induce a total relaxation of both body and mind.

It is followed by a tailor-made body massage.

## LIGHT LEG CARE

1h - 145€

This treatment lightens heavy legs, improves blood microcirculation and activates tissue drainage. Energetic exfoliation that allows better penetration of active ingredients during the massage and cryo wrap.

## SEA SALT CRYSTAL SCRUB

30 mns - 85€

## OR MAURITIAN SUGAR SCRUB

The skin's texture is refined, its suppleness and balance restored, leaving it smooth, luminous and delicately scented.

## DETOXIFYING BODY SILHOUETTE OR WITH ALGAE

30 mns - 85€

Choice of specific wraps with targeted stimulating ingredients.



**FAMILY MOMENTS**

# Family moments

To allow every member of the family to find his or her own moment of relaxation.

## Pregnant women

### MOTHER TO BE MASSAGE

1h - 149€

from 4 months pregnancy

This sculpting massage is composed of gentle and reassuring strokes.

It reduces tension and tiredness.

### MOTHER TO BE RITUAL

1h30 - 199€

from 4 months pregnancy

Extend your future mother massage with a facial care.

## Parent / Child

### A TIME FOR US

30 min - 169€

Parent/ child duo back massage.

# Family moments

We invite children to discover their first Spa experience with the organic TooFruit brand. Our playful, educational protocols carried out by our spa practitioners guarantee the discovery of a world of treatments entirely dedicated to children.

## KIDS

### SWEET CUDDLES IN DREAMLAND

Fruity scented relaxing massage.

30 mns - 75€

### FAIRY FINGERS

A magical treatment to nourish and beautify little hands.  
Free varnish & polish application.

30 mns - 49€

### PRETTY FACE

A complete gentle cleansing treatment for children's faces.  
Fruity relaxation guaranteed!

30 mns - 75€

TOOFRUIT   
Les soins pour enfants



# INSTITUTE

1944  
PARIS

# The beauty salon

## Hands & Feet

### THE GREAT HAND OR FEET RITUAL

1h - 80€

The great ritual of hands or feet: manicure or pedicure, macadamia mask, massage, and clear base coat.

## Waxing

### EYEBROWS, LIPS OR CHIN

from 15€

Other body parts may be treated upon request and availability

# The Signature Madeleine Oil



A true icon of our wellness area, this signature oil created with KOS PARIS embodies the soul of the Grand Hôtel de Cabourg. To capture the true essence of madeleines, we entrusted our sweet treats to their perfumers, who extracted a unique fragrance that is both faithful and evocative. Ideal for daily moisturizing as well as for massages, it envelops the skin in a delicate and comforting veil.

100ml - 64€

# The Shop



The KOS PARIS brand was born from a passion for natural cosmetics with active ingredients and rich textures. After extensive research, the brand has formulated a line of top-of-the-range products, mainly organically grown, without preservatives, silicones, petrochemical derivatives or mineral oils, in an approach that respects both the environment and the skin. Come and discover the well-being that cosmetics can bring in our spa.



Vegan Nail Polish 1944 Paris has been designed to be the healthiest for nails and the most respectful for the environment. This unique formulation of bio-sourced ingredients is guaranteed free of toxic endocrine disruptors, DBP, Toluene, Formaldehyde and Camphor. It respects nails' natural renewal cycle. Formulated with ingredients of natural origin. Not tested on animals. Made in France



The dermatological hygiene and skincare brand for children aged 3 to 12, offering certified organic products. A child's skin has specific needs, so teaching them the right hygiene routines and helping them get to know their skin is essential.

## Gift sets

Small occasions or big moments, you're sure to please with our gift cards and gift boxes, which are valid for one year.

Buy online on our website: [le-grand-hotel-cabourg.secretbox.fr/bien-etre.html](http://le-grand-hotel-cabourg.secretbox.fr/bien-etre.html)  
or contact us: [H1282-th@accor.com](mailto:H1282-th@accor.com) 02 31 91 83 93

# Practical information

## ACCESS TO THE WELLNESS AREA

Your room key gives you access to the wellness area on the fourth floor of our hotel.

Access to the wellness area is in your bathrobe and slippers. Bathing suits must be worn.

The sauna and sensory shower are open from 9 a.m. to 8 p.m. for hotel guests aged 16 and over, and have to be booked at the front desk during the times indicated (not recommended for pregnant women).

To ensure a truly relaxing experience, we ask you to respect the calm and silence of the wellness area.

The management declines all responsibility for loss or theft of personal belongings within the wellness area.

## ARRIVAL

In the event of lateness, the time of your treatment will be shortened by the duration of your lateness out of respect for the following clients. We ask you to arrive 15 minutes before the time of your appointment to ensure that your treatment is on time.

## CANCELLATION

If you are unable to attend your treatment, we kindly ask you to cancel at least 48 hours in advance. After this time, the treatment will be billed at 50% of the booked price.

## STATE OF HEALTH

Spa treatments can only be given to people in good health. Please advise us of any health problems, allergies or injuries that could interfere with your treatment. If in doubt, please consult your doctor before booking. The Spa is a non-medical environment, and all treatments are designed to enhance your well-being. Our massages and treatments are intended for your well-being and are neither therapeutic nor medicalized. Under no circumstances do they replace or substitute, in whole or in part, medical, therapeutic or physiotherapy treatment.

## RESERVATIONS

To reserve your treatments, please call the hotel front desk from your room. The times indicated on our menu correspond to the time spent in the cabin.

## PREGNANT WOMEN

Thank you for informing our team of practitioners of a possible pregnancy ,however early. This information is essential for your care.

# BOOKINGS



H1282-th@accor.com



+33(0)2 31 91 83 93



[planity.com/spa-cabourg-gh-cote-bien-etre-14390](https://planity.com/spa-cabourg-gh-cote-bien-etre-14390)





Le Grand Hôtel Cabourg - MGallery ☆☆☆☆☆

Les Jardins du Casino

14390 Cabourg, France

Tél: (+33) 02 31 91 01 79

E-mail: h1282@accor.com

