

# Treatment *menu*

LES HORTENSIAS DU LAC SPA





myBlend

# myBlend

Dare to Experience High-Performance Facials  
Combining the signature deep touch of myBlend with the  
power of cutting-edge technology!

## AN UNCOMPROMISING EXPERIENCE

Combining scientific research, technology and the art of  
touch, myBlend Synergistic Spa Treatments offer an ultimate  
experience where efficacy and sensoriality merge into  
one.

These highly expert and innovative treatments deliver visible  
results for the skin. Thanks to extraordinary sensorial qualities,  
they create an intense sensation of well-being.

## THE SCIENCE OF FORMULATION

Highly concentrated and respectful of the skin  
Rich in neuropeptides and biomimetic peptides  
Respectful of the skin and the microbiota  
100 % clean

The properties of myBlend formulas are incorporated into our  
treatments where they synergise to deliver proven efficacy:  
they awaken the vital forces that energise your skin while  
reinforcing the microbiota and your skin's natural defences.

## DEEP TOUCH THE SIGNATURE OF MYBLEND SPA TREATMENTS

The myBlend touch is the tangible implementation of our  
knowledge about the close link between your skin and your  
brain.

Massage is part of our treatment protocol. Our personalised  
sculpting massage techniques for the face and body reactivate  
the skin tissues, awaken muscles deep within the body  
and stimulate the neurotransmitters on your skin's surface.  
Combined, these actions result in increased regenerating  
efficacy.

## Facial treatments **myBlend**

### THE SIGNATURE EXPERT

A complete protocol for the face, neck, and décolleté, designed to restore radiance, firmness, and an overall sense of well-being.

**90 MIN - 190€**

### THE ESSENTIAL

A comprehensive anti-aging treatment combining the expert myBlend techniques with the effectiveness of the CellSynergy device, to revitalize, tone, and lift facial contours.

**60 MIN - 150€**

### THE ESSENTIAL – MEN

A tailored version of the ESSENTIAL treatment, specially designed to meet the needs of men's skin.

**60 MIN - 150€**

### THE EXPRESS

A targeted treatment combining the myBlend LED mask or CellSynergy technology, based on your skin's specific needs.

**30 MIN - 80€**





## Facial treatments **myBlend**

For a complete myBlend experience, discover the iconic facial treatments to enjoy alone in your room or as a complement to a ritual.

### LED MASK SESSION LIGHT THERAPY

Stimulates collagen production for a youthful glow.

**5 MIN - 15€**

### FLASH HYDRATION BOOST

Take-home myBlend signature gel mask to extend the benefits of your treatment.

**15 MIN - 30€**

For optimal results and complete well-being, myBlend products are available for purchase at our Spa.





L:A BRUKET

# L:A BRUKET

Natural skincare made in Sweden, guided by a simple philosophy: innovation inspired by nature.

## THE SCANDINAVIAN WAY OF LIFE

In Sweden, nature isn't something you visit. It finds you the moment you step outside. Sun, wind, rock, and ice; salt, sand, mud, and water — a shifting mosaic of ever-changing elements. Coastal conditions can take a toll on our skin and hair, but instead of shielding ourselves from nature, we turn to it for inspiration and answers.

## A HOLISTIC APPROACH BETWEEN HERITAGE AND MODERNITY

L:A Bruket's coastal home in Varberg has over 200 years of spa culture.

Drawing on time-honored knowledge of natural skincare, L:A Bruket has been formulating organic treatments since 2008 that protect and nourish skin and hair.

We apply a modern mindset to age-old marine therapy rituals — like seaweed bathing — to create contemporary, innovative treatments using responsibly sourced ingredients.

## NATURAL PURITY IN THE SERVICE OF PERFORMANCE

We never compromise when it comes to the purity of our ingredients, because we know our skin and hair respond best to natural molecules.

The result is a line of products defined by function and quality — crafted to endure harsh climates and meet the demands of any situation.

# Body modelling L:A BRUKET

## HORTENSIAS SIGNATURE

This deep personalised massage, geared to your specific needs provides optimal relaxation and boosts vitality. A full customised treatment leaving you totally relaxed and refreshed.

**50 MIN - 115€**

## ESSENTIEL RELAX

This massage with delicately scented oils procures deep relaxation through slow and enveloping movements. A soothing treatment offering an exceptional moment of pure well-being.

**60 MIN - 130€ | 90 MIN - 160€**

## SEA, SURF & SUN

This massage combined with stretching and deep, tonic movements, eliminates tension and immediately relieves aching muscles.

*Ideal before or after sports.*

**60 MIN - 130€ | 90 MIN - 160€**



# Body modelling L:A BRUKET

## THE ENERGISING

This hot oil massage offers specific alternative techniques associated with pressure points, loosening those areas of tension, restoring energy, vitality and balance.

**75 MIN - 140€**

## LE DRAINANT

This detoxifying and draining treatment stimulates deep lymphatic circulation and removes toxins. Ideal for lightening legs and reshaping the silhouette. A revitalizing treatment to restore a feeling of lightness.

**75 MIN - 150€**

## WELLNESS REFLEXOLOGY

Reflexology harmonizes the vital functions of your body by massaging the reflex points of the foot. It activates the microcirculation to eliminate toxins. Effective for the management of pain and stress, this technique promotes letting go and a better circulation of energies.

**50 MIN - 110€**

## RETOUR D'ESCAPADE

This restorative massage is soothing, relaxing, eliminates fatigue and gives a feeling of lightness.

*To choice: Back-Neck/Feet-Legs/Neckline-Scalp.*

**30 MIN - 75€**



## Our treatment rituals L:A BRUKET

### BACK TO SURF

A 30 minutes body scrub, fragrance to choice.

A 60 minutes Sea, Surf & Sun massage.

A 30 minutes radiance facial treatment.

**120 MIN - 240€**

### REJUVENATING

A 30 minutes body scrub, fragrance to choice.

A 45 minutes well-being personalised massage.

**75 MIN - 150€**

### SEA SALT SCRUBS

This tonic scrub smoothes the skin, helps eliminate cellulite, stimulates the circulation for a feeling of comfort and lightness.

**45 MIN - 85€**

## Our treatment rituals L:A BRUKET

### NATURAL RESET

This exclusive 4-hand treatment invites you on a body and mind journey through the Swedish nature.

With its brown algae, the treatment begins with an alternation of hot and cold foot baths, taking you on a journey through the fjords as well as on a relaxing walk on the beach. It will continue with a hands and feet with sea salts to soften the skin.

The treatment extends to the legs and arms with a clay wrap and to the back and stomach through deep manipulations that release muscle tension and toxins. This treatment is the ideal break for recharging your batteries and realigning your energies.

**60 MIN - 195€**



ANNE MILLOIS  
BIARRITZ

## PURE PLENITUDE

### *Body massage*

Specially adapted for pregnant women, this slow, gentle, and enveloping body massage provides a delicious moment of «me time», serenity and pure relaxation.

*We practice the Pure Plenitude treatment from the 2nd trimester of pregnancy.*

**60 MIN - 130€**

## THE SAHO RITUAL

### *Facial treatment*

This intuitive treatment includes a double cleansing and an exceptional facial massage. Resulting from an ancestral Japanese beauty ritual, it will allow your skin to regenerate naturally, while offering you a real moment of serenity.

**45 MIN - 90€**

## PLEASURE OF THE SENSES

### *Ritual*

This ritual is ideal during the nine months before the baby's arrival. It offers you a unique parenthesis combining the Pure Plenitude and the Saho Ritual to take full care of yourself.

**105 MIN - 195€**

## Day packages

### BREAK AFTER LUNCH

A signature modeling «Les Hortensias» - 50 min  
A L:A Bruket facial treatment - 30 min  
Spa access (excluding fitness)  
Lunch at Les Hortensias restaurant (excluding beverages)

**275€ / PERS**

### CHAMPAGNE ESCAPE

A signature modeling «Les Hortensias» - 50 min  
A L:A Bruket facial treatment - 30 min  
Spa access (excluding fitness)  
Tapas & Champagne

**220€ / PERS**

### JOURNÉE DES SENS

Essential myBlend facial treatment - 1h  
myBlend modeling - 30 min  
Spa access (excluding fitness)  
Lunch at Les Hortensias restaurant (excluding beverages)

**252€ / PERS**



# Institut de beauté treatment

## CLASSIC MANICURE OR PEDICURE

This nail beautifying treatment with filing, shaping, and cuticle work is ideal before any application of classic polish.

**30 MIN - 50€**

## MANICURE OR PEDICURE WITH GREEN POLISH APPLICATION

This classic polish, made mostly from naturally derived ingredients, enhances the nails.

**45 MIN - 70€**

## MANICURE OR PEDICURE WITH GREEN FLASH POLISH APPLICATION

This long-lasting polish is a true alternative to traditional gel polish, offering durable, glossy color. It is applied only as a complement to a hand or foot treatment to ensure optimal results.

**60 MIN - 80€**

## SIGNATURE TREATMENT MANICURE OR PEDICURE

*Realized with the care of Anne Millois*

This complete hand or foot treatment includes a gentle scrub, a nourishing mask, and a relaxing massage. Polish application is not recommended after this treatment and is not included.

**30 MIN - 30€**





# Useful informations

## OPENING HOURS

The spa welcomes you every day from 10am to 7pm (except the swimming pool).  
Fitness every day from 7am to 9pm (for hotel guests).

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## RESERVATIONS

Swimming pool access is for hotel guests only. Regarding SPA and Fitness access (free of charge for hotel guests, wearing a swimsuit for wet areas is required and sports attire is compulsory for the use of cardio equipment.

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## CANCELLATION POLICY

Bookings can be cancelled. To this end, we ask you kindly to notify us no later than 12 hours in advance to avoid 50% of the service being billed or deducted from the gift voucher or subscription.

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## ARRIVAL

Nous vous conseillons de vous présenter 15 minutes avant le début de votre soin afin de prendre le temps de vous changer. En cas de retard, le soin sera raccourci afin d'honorer les réservations suivantes. Pour votre confort, nous tenons à votre disposition peignoirs, draps de bain et sandales.

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## HEALTH INFORMATION

The establishment reserves the right to refuse treatment based on your health condition. Numerous treatments are prohibited during pregnancy. We ask you kindly to inform us of your state of health when reserving or on your arrival.  
All of our massages are non-medical. They are wellness, aesthetic and non-therapeutic treatments.





# Useful informations

## ACCESS TO CHILDREN

Minors aged 16 must be accompanied by an adult, and will not have access to the sauna and hammam facilities.

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## COACHING

On request and only with your prior reservation, we can call on a coach.

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## YOUR PERSONAL BELONGINGS

We advise the use of the personal lockers located in the changing rooms. Your valuable can be left in a safe at the hotel reception. Our establishment cannot be held responsible In the event of loss or any damage suffered during your visit.

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## PAYMENT METHOD

Your credit card number will be required when booking your treatments. For hotel guests, payment can be added to your room bill.

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## WELL-BEING

The Spa is an environment dedicated to calm and serenity. For the well-being of all, we ask that you turn off your cell phones.

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## GIFT VOUCHERS

Offer someone you love a unique and personalized wellness experience at the Les Hortensias du Lac spa. Compose your own gift voucher with treatments or for a defined amount. Gift vouchers are valid for 6 months from the date of purchase.

Find out more about all our services on our website [www.leshortensiasdulac.com](http://www.leshortensiasdulac.com)





# H O R T E N *du lac* S I A S

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