



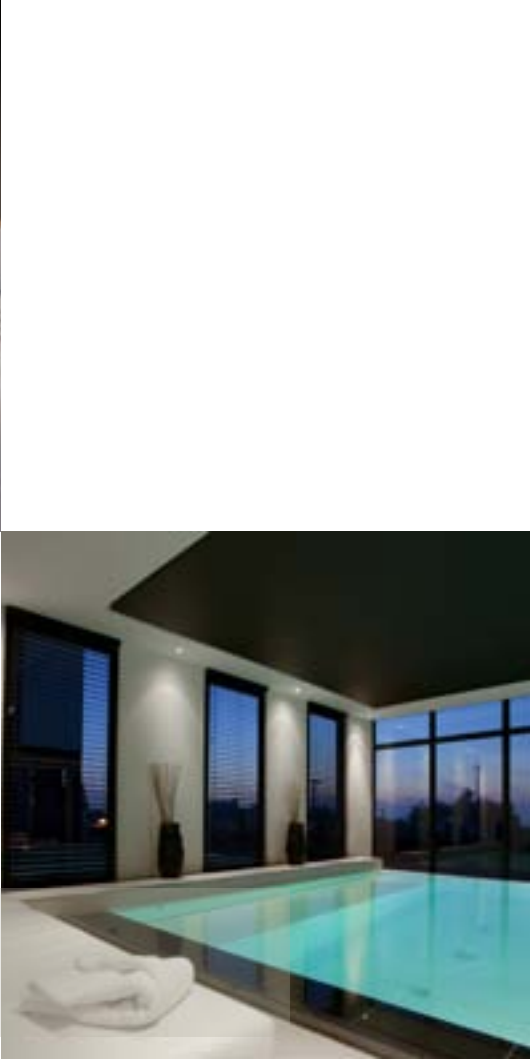
la butte

1952

The Spa
Cares



The SPA open 7 days a week from 10am to 8pm



Rated 2nd Best Hotel Spa in France in 2018 by the prestigious Spas de France group. We invite you to enjoy our haven of tranquillity and calm.

The Spa's harmonious 500m² space contains five rooms for facial and body treatments, a sauna, an indoor infinity pool overlooking the Bay of Goulven, a Nordic shower, a sensory shower, a relaxation room with heated armchairs, and La Tisanerie tearoom, all of which contribute to an exceptional spa experience.

Open 7 days a week, our spa is managed by a team of 5 professional aestheticians.





SAUNA

Made of northern pine, our sauna has both upper and lower benches and a stove with heated volcanic stones. A bucket of water is provided to increase the humidity. In contrast to steam rooms, sauna heat has low humidity (between 3% and 20%) and more intense heat (between 70 and 80°C).



POOL

Beautifully-designed and overlooking the Bay of Goulven, our indoor infinity pool is heated to 29°C year-round. The pool is equipped with 6 massage jets and a jet stream to ease tired backs and gently exercise muscles. Poolside deckchairs are provided for relaxing before or after your swim.

NORDIC SHOWER

This shower experience stimulates the body between more «heated» sessions in the sauna. Our team would be happy to give you more information about this Scandinavian practice.

THE SHOWER EXPERIENCE

A chromotherapy shower with waterfalls, misting and fine rain to relax the body and mind.

RELAXATION ROOM

Our relaxation room offers the same stunning sea view from the comfort of heated armchairs made by Luttinger of Austria. These carefully-designed ergonomic seats allow you to relax and replenish your energy in absolute comfort. Their marriage of pine and leather brings welcome warmth to both the décor and stressed or tired bodies.



EXCEPTIONAL SERVICE

For your visit, the Spa at La Butte provides robes, eco-friendly slippers, and towels as well as a selection of hot teas, herbal teas and refreshing drinks served around the pool. Lockers are available to store your personal effects. La Tisanerie offers a selection of 15 teas and herbal blends, including black, white, green and red (rooibos) tea, echoing the 4-tea theme of the Thémaé products used in our Spa treatments. The Thémaé cosmetic range for body and face is available for sale in La Tisanerie. Emile Auté teas and herbal teas are available for purchase in the delicatessen at Le Comptoir de la Butte.







To accompany you, the Thémaé range of products, based on teas and spring water, acts effectively for a long-lasting well-being. Thémaé is the Japanese name for the tea preparation ceremony. Tea has been known and recognised for thousands of years for its numerous virtues.

THÉMAÉ
PARIS

Body Care and Massage

The Oriental Massage

Body and face care, relaxation by excellence! The slow, soft and enveloping gestures invite to just let go, the mind is calmed, the body released from its tensions. You will feel cocooned, rocked and pampered by the movements of kneading, pressuring and smoothing.

50 mn	105 €
80 mn	145 €

The Singapore Massage

The meeting of three cultures makes this treatment a unique and relaxing experience. This massages chases fatigue of the body and mind by focusing on energy areas of the body and face. It is ideal to relieve the stress and strains of everyday life.

50 mn	105 €
80 mn	145 €

Regenerating Back Massage

This treatment combines deep muscle techniques and Thai stretching for total relaxation, for both muscles and joints. It eases deep tensions in the back and legs. The body and mind are intensely regenerated.

50 mn	105 €
-------	-------

The Lomi Maé Massage

This body and face treatment, inspired by Hawaiian traditions intensively restores physical and mental harmony. Lulled by the rhythm of the waves, the body is relaxed and relieved from muscle tension, blood and lymph circulation is stimulated. Essentially orchestrated with the forearms, hands and fists, this powerful massage and enveloping, fluid and rhythmic lulls you and gently envelopes you in order to stimulate the muscles, release positive energy and detoxify the body and mind.

50 mn	105 €
80 mn	145 €

The Signature Massage

Body and face care that combines a short period of muscular relaxation of the upper back to the scalp, face, hands and feet. Inspired by the facial reflexology, palms and soles, it focuses on energy zones for optimal relaxation, an inner well-being and a deep healing of the body and mind.

50 mn	105 €
-------	-------

Energizing Ayurvedic Massage

A powerful massage, deep and rhythmic, borrowing techniques of Indian tradition: circular and sliding pressures, friction, acupressure, tapping and stretching. The skin heats up, the muscles of the whole body are relaxed: back, legs, feet, arms, shoulders and neck. The body and mind are full of vitality, for a boost of energy.



50 mn	105 €
80 mn	145 €

The Thai Massage

Inspired by traditional Thai massage and Shiatsu techniques, this comprehensive treatment is a concentrate of vitality and relaxation. This massage gently relaxes the muscles, relieves tensions, rebalances the energies. Stretches soften the body and improve the body's well-being!

50 mn	115 €
80 mn	165 €



Energetic Plantar Reflexology

Reflexology is an Asian technique of gentle pressure that aims at harmony.

Thanks to the stimulation of our nerve endings by precise points present on the hands, feet, face and skull, reflexology makes it possible to restore the balance between the body and the spirit. It relieves tension, energizes and revitalizes vital energy, while reducing emotional and energetic blockages.

50 mn	105 €
80 mn	145 €

Californian Massage

This complete massage is ideal for relaxing, regaining awareness of your body and letting your mind escape. Alternating soft and enveloping effleurages and deeper maneuvers.

50 mn	105 €
80 mn	145 €

<p>Tuina Massage</p> <p>This massage relaxes the muscles and joints and acts on the circulation of vital energy throughout the body. It releases energy blockages and reduces nervous tension. Kneading, percussion, friction and finger pressure are used to rebalance the body's energy.</p>	50 mn	105 €	<p>Facial Care</p>		
	80 mn	145 €			
<p>Swedish Massage</p> <p>This dynamic massage is perfect for muscular recovery and for the preparation to the effort. Tonic, draining, it reduces muscular and articular tensions. Sports modeling par excellence.</p>	50 mn	105 €		<p>The hydration strategy Hydra'thé</p> <p>Tired and stressed skins profit from this delicate care that begins with stretching movements of the neck. Once relaxed, you will appreciate the care mix (cleansing, exfoliation, mask ...), gestures and massage equipment. The stimulating and relaxing phases alternate. The skin is intensely hydrated, revitalized, the facial features are rested and restored.</p>	<p>50 mn</p> <p>105 €</p>
	80 mn	145 €			
<p>The THEMAE Ceremony</p> <p>Body and face care, relaxation by excellence! The slow, soft and enveloping gestures invite you to let go, the mind relaxing, the body tensions are released. You will feel as in a cocoon, rocked, pampered by relaxing movements which combine pressure and relaxation.</p>	80 mn	145 €		<p>The Purity brightness Pure'thé</p> <p>This facial care will appeal to both women as well men looking for a complete facial cleansing, whilst relaxing. A care recommended for skins which need brightness, purity and deep oxygenation.</p>	<p>50 mn</p> <p>105 €</p>
<p>The maternity care, care Materni'thé</p> <p>This treatment designed specifically for pregnant women is soft, very enveloping and tonic to improve blood circulation, relieve the discomfort of the legs and back. Ideal for mothers who want a unique break and feel lighter, pampered and relaxed.</p>	50 mn	105 €		<p>The Originelle Beauty Beau'thé</p> <p>This treatment effectively fights against the presence of wrinkles and loss of skin elasticity. Thanks to sophisticated techniques involving peeling, remodeling maneuvers and a revitalizing mask and stimulation, the skin regains its radiance and original beauty. The body is also relaxed by a massage of the arms and legs. It is recommended to practice this treatment regularly for visible and lasting results.</p>	<p>80 mn</p> <p>145 €</p>



The Mignardise Care*

Green Tea facial

This radiance treatment is ideal for revealing a fresh and luminous complexion. It offers a gentle make-up remover, a micro-grain rice powder scrub, a steam bath and a sparkle mask with extracts of lupine and moringa. Finally, a relaxing arm massage with ultra-melting balm transforms this treatment into a real moment of pleasure. The skin is radiant and hydrated.

25 mn 50 €

Modelage tonique du Dos

Muscle relaxation and regenerating massage (kneading, pressure and friction). Tensions are released and the back is relaxed. It is ideal before a facial.

25 mn 50 €

The Mignardise Nepal Tea Body Scrub Velou'thé

The skin regains its radiance and softness after being massaged and rubbed with this exfoliating cream combining apricot oil, shea butter, bamboo powder and a 4 tea complex.

25 mn 50 €

* For optimal relaxation, we advise you to associate a short care with a complete care of at least 1 hour. For any 1 hour spa treatment, access to the pool, sauna and steam room is offered. Enjoy a moment of relaxation &

Our mignardise car can be done for your children from the age of 10, in a solo or duo cabin!



The Shop

Gift Certificates

Treat your loved ones to a unique wellness experience at SPA La Butte...

The gift invitations are nominative, personalised and offer the possibility of a specific treatment or treatment time.

The beneficiary will be able to freely choose his or her treatments at the time of booking. Valid for 6 months.





THEMAE cosmetics

Extend the benefits of the treatments at home by discovering the Thémaé line of products, on sale at the Tisanerie.

DAY SPA

1/2 day Maternity
(reserved for expectant mothers)

- The maternity Care, exclusive care for expectant mothers (50 minutes)
- Access to the SPA : swimming pool, sauna, Norwegian shower, sensory shower, relaxation room
- The menu of the day selected by the chef (excluding drinks) at the comptoir bistrot
- The access to the spa is offered with any purchase of a 1/2 day cocoon



140 €/ person

Valid from Monday to Friday.

Recharge your batteries !

- 3 course meal at Le Comptoir de La Butte (excluding drinks)

- Access to our well-being area (pool, sauna, Nordic shower, sensory shower, relaxation room)

- One 50-minute session from our selection of treatments

- Tea and snack break

140 €/ person

Valid from Monday to Friday



IN PRACTICE



The wellness area (relaxation pool, counter-current swimming, sauna and hammam) welcomes you from 10am to 8pm every day, subject to availability. Treatments are available upon reservation. The Spa is open to hotel guests and the general public.

Reservations

We request a credit card or gift certificate number at the time of reservation. Please contact us 48 hours before the time of your appointment if you wish to modify or cancel your reservation. Failure to do so will result in the treatment being fully charged.

Treatments

To fully enjoy this moment of relaxation, we recommend that you arrive 15 minutes before your treatment is scheduled to begin. We are unfortunately unable to extend appointments for late arrivals, and your treatment will still be charged at the full rate. Please inform your aesthetician of any health issues (allergy, injury, heart or circulation problem, illness)

that might affect your treatment.

More information

Our treatments are non-medical, non-therapeutic wellness and relaxation procedures. Our prices include VAT and are guaranteed with the exception of changes to VAT rates at the time of billing.

Linens

You will find slippers, a robe and a towel provided in your locker, which we ask you to keep for the duration of your visit. Please bring your own bathing suit for your visit to the spa.

Personal items

Secure lockers are provided for our guests. La Butte cannot be held liable for the loss or theft of personal items.



12 rue de la Mer - 29260 Plouider
02 98 25 40 54
info@labutte.fr
labutte.fr