

Bien-être

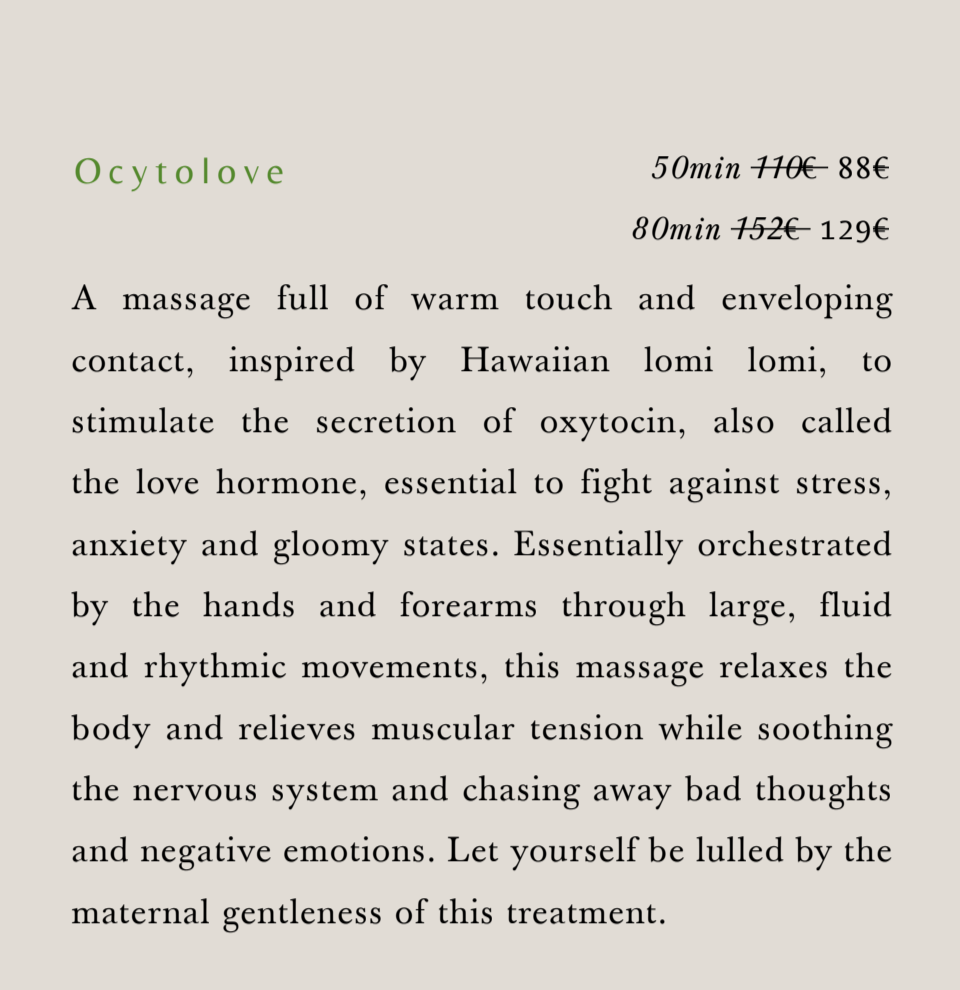
RUE DE LA MER PLOUIDER

In an inspiring journey to the renaissance, the spa of La Butte begins a profound metamorphosis. Soon, a sanctuary of well-being will be born of the transformation, a dedicated awakening the senses and reconnecting with the most essential elements of nature. In this enchanting setting, each care, every detail will be built around simplicity and authenticity.

This project, anchored in an ecological and conscious, the raw and natural materials peaceful aesthetics, thus creating a where the body and mind can regenerate.

During this period of metamorphosis, a dedicated place allows our guests to benefit from the care, testifying to a sincere attention to serenity and the settlement at preferential rates.

HO KARAN BODY MESSAGES



Anti burn out 80min ~~152€~~ 129€

The Ho Karan signature treatment, destressing et regenerating, provides a moment of deep relaxation. This holistic treatment releases all the tensions in the body, from the head to the feet. It combines facial care and massage with gestures developed to relax deep muscle tissues.

We have your back 50min ~~110€~~ 88€

It combines deep muscle relaxation techniques (pressure, kneading) which softens the back and relaxes the tissues. It really targets tension in the entire back and relieves it deeply. You feel relieved, regenerated and ready to take on new adventures.

Ocytolove 50min ~~110€~~ 88€

80min ~~152€~~ 129€

A massage full of warm touch and enveloping contact, inspired by Hawaiian lomi lomi, to stimulate the secretion of oxytocin, also called the love hormone, essential to fight against stress, anxiety and gloomy states. Essentially orchestrated by the hands and forearms through large, fluid and rhythmic movements, this massage relaxes the body and relieves muscular tension while soothing the nervous system and chasing away bad thoughts and negative emotions. Let yourself be lulled by the maternal gentleness of this treatment.

Deep relax 50min ~~110€~~ 88€

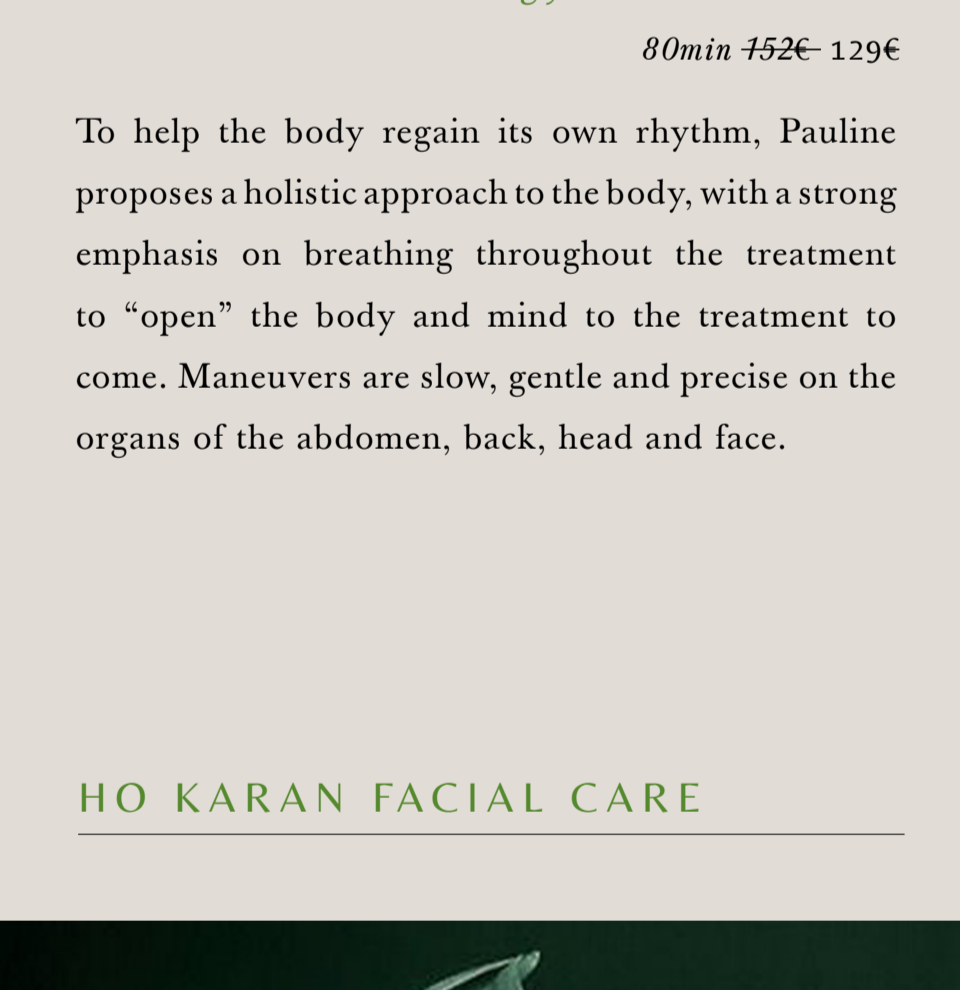
This intensive and methodical massage will provide relaxation and intense muscle and joint relief for the entire body. Its deep and tonic maneuvers promote a state of recuperative well-being following physical exertion or in the face of recalcitrant stress knots.

West Coast 50min ~~110€~~ 88€

80min ~~152€~~ 129€

The Californian is the king of massages because he embodies the ideal marriage of softness and tonicity (like Brittany), with his strong pressure and enveloping gestures.

OUR CARE



Our suggestion :

Signature massage 50min ~~110€~~ 88€

80min ~~152€~~ 129€

Inspired by facial, palm and foot reflexology, this body and face treatment combines muscular relaxation of the upper back with scalp, face, hand and foot sculpting.

Tui Na massage 50min ~~110€~~ 88€

0min ~~152€~~ 129€

This massage relaxes the muscles 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.

Maternity care 50min ~~110€~~ 88€

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.

Ayurvedic massage 50min ~~110€~~ 88€

80min ~~152€~~ 129€

This slow massage deeply relaxes and revitalizes. It releases "overflow". It harmonizes the body's energy and replenishes muscles through alternating circular movements and gentle pressure.

Energetic reflexology 50min ~~110€~~ 88€

80min ~~152€~~ 129€

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.

Abdominal reflexology 50min ~~110€~~ 88€

80min ~~152€~~ 129€

To help the body regain its own rhythm, Pauline proposes a holistic approach to the body, with a strong emphasis on breathing throughout the treatment to "open" the body and mind to the treatment to come. Maneuvers are slow, gentle and precise on the organs of the abdomen, back, head and face.

HO KARAN FACIAL CARE

Ready to glow 50min ~~110€~~ 88€

Bring moisture and radiance to the skin. This treatment is a real shot of hydrating hyaluronic acids and healthy-looking vitamins, boosted by the ancestral know-how of great massage gestures (facial shiatsu and long smoothing strokes). The result is oxygenation and immediate beautification of the skin, which is plumped and glowy like a waterlogged fruit.

Uplifting 80min ~~152€~~ 129€

Boost skin and spirits! A unique massage that combines ancestral gestures (kobido, palpate-roll) and traditional instruments, with the modern efficacy of CBD and the stimulation of the blood and lymphatic system. Leave with a feeling of inner and outer youthfulness. Features are smoothed and tissues firmed.

HO KARAN SPIRIT MASSAGE

Dream machine 50min ~~110€~~ 88€

Immerse yourself in the unique and innovative experience of mind massage.

Comfortably installed in our relaxation cabin, explore your unconscious territories in a deep state of relaxation thanks to photostimulation technology.

The Dream Machine is a simple and accessible experience, enabling you to reach deep states of relaxation that would otherwise require years of meditation or self-hypnosis practice, through sound stimulation. In this mental relaxation cabin, enjoy the benefits of light therapy and scalp sculpting to induce a deep meditative state. It's an experience as rejuvenating for the mind as a deep sleep to restore your energy.

Depending on the program, a Dream Machine session can have a variety of benefits: reducing stress and anxiety, promoting relaxation, optimizing sleep and rest, fostering emotional balance, stimulating creativity.