

Treatments carte

From March 30th to October 31th 2020

Le Grand Spa Thermal

THERMES DE BRIDES-LES-BAINS



By booking only, from monday to saturday, from 8am to 8pm

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Relaxation Spa & packages

You have only a few hours to treat yourself to the pleasures of the Grand Spa Thermal de Brides-les-Bains? Enjoy our Relaxation Spa and the pool Section. You can also choose one of our Spa Thermal Break packages for more activity or body care in addition. Since 2018, a 600 m2 Pool section enriches this beautiful parenthesis.



Entry fee · €39 (valid for a half-day, reservation required)

Entry fee x 10 · €320 (valid for a half-day, available from 4pm to 8pm)

Access to the Relaxation Facilities and Pool Section :

POOL SECTION

A 1,969 sq ft long swimming corridor, a relaxation pool with two Jacuzzis, two bubble benches, underwater jets, six swan-neck massaging jets and other features, plus a covered outdoor patio.

RELAXATION FACILITIES

A genuine sensorial and regenerative experience including: hammam, aromatic & plant steam baths, rest area, one indoor and two outdoor Jacuzzis, solarium patio and rest room, sauna, ice showers, frost fountain and experimental showers.

Spa Detox · €105

- 1 body scrub with black soap
- 1 Sothys facial treatment (30 mn)
- Access to the Pool section and Relaxation facilities

Spa Cocoon · €105

- Seaweed body wrap on a water bed (20 mn)
- Brides massage (30 mn)
- Access to the Pool section and Relaxation facilities

Spa Aquaforme · €50

- 1 aquafit session (30 mn)
- Access to the Pool section and Relaxation facilities

Reservation is required for all treatments from Monday to Saturday (8am to 8pm)

A bathrobe and a towel are provided to access the Spa and treatments. Sandals are not included.

- Minimum amount per day : €57 per person.
- All treatment booked and cancelled 24 hours before will be 100% billed.
- For children under 14 year-old, please contact the Spa manager.

Massages

All massages at the Grand Spa Thermal de Brides-les-Bains are administered by qualified physiotherapists. Our guarantee of truly therapeutic treatment.

Brides massage · 30 mn · €67 (50 mn · €101)

Circulatory and anticellulitic actions - Muscle relaxation

This 30 or 50 minutes dynamic therapeutic massage dissolves tension and tones muscles through sliding pressure and kneading. Its toning and relaxing effect stimulates blood circulation and the release of toxins. It can be personalised on request: back pain, circulation problems, muscle contraction, cramp, recovery from illness or injury.

Foot reflexology · 30 mn · €67

Action to rebalance body energy and stimulate reflex points

The aim of reflexology is to stimulate the body's self-healing processes. It is performed by using the finger tips to apply pressure to zones and reflex points on the feet. These points correspond to organs or their functions.

Manual lymphatic drainage · 30 mn · 67€

Circulatory and anticellulitic actions

This gentle massage consists of movements to stimulate the lymphatic system. It is designed to detoxify the body and boost the immune system. Lymphatic drainage relieves congestion in legs and thighs and helps to reduce build-up in the areas affected whilst also improving the appearance of the skin.



World massage list

All massages at the Grand Spa Thermal de Brides-les-Bains are administered by qualified physiotherapists. Our guarantee of truly therapeutic treatment. Classification of the most gentle massage to the deepest.



Ayurvedic massage · 50 mn · €101

Anti-fatigue and de-stressing actions

Originally from India, Ayurvedic body massage - Abhyanga - uses warm sesame oil. It consists of very long sweeping movements which connect the upper and lower body by means of figure of eight patterns. This soothing massage stimulates the whole body. It helps to relieve stress, improve sleep and reduce tiredness.

Californian massage · 50 mn · €101

Global relaxing action

Californian massage is characterised by long, fluid movements. First practised in the USA in the 1970s, it calms the body and promotes deep physical and mental relaxation.

Chinese massage · 50 mn · €101

Energy harmonization action

Whole body massage to harmonize vital energies (IQ) by digitopressure of acupuncture points and energy meridians.

Lomi-lomi massage · 50 mn · €101

Decontracting and revitalizing actions

This Hawaiian massage involves flowing rhythmic movements made with the forearms, elbows and hands. It releases knots, relieves physical and emotional tension and boosts vitality.

Massage thai · 50 mn · €101

Action of limbs stretching and energy circulation

This traditional Thai massage is administered on a mattress on the ground. The recipient wears loose, comfortable clothing (available for hire). This massage combines pressure applied by the palms, thumbs, elbows and feet along with stretching postures and joint manipulation. This work helps to restore balance and dynamic energy to the body.

Thermal water treatments

The Grand Spa Thermal showcases water in all its forms to achieve your beauty, health and well-being goals. Combined with body care techniques, this thermal spring, drawn from the mountains, plays an active role in relieving, reshaping and activating blood circulation.

Affusion sculpting massage · 20 mn · €57

Decontracting and circulatory actions

Skin softening

The hydrotherapist performs a massage of the body by mobilizing muscles and adipose tissues under a rain of thermal water of Brides-les-Bains.

Aerojet Whirlpool bath · 15 mn · €48

(pack 6 care · €238)

Circulatory and relaxing action.

Thermal invigorating bath combining jets of thermal water from Brides-les-Bains and jets of air under pressure.

Bath with massaging jet · 15 mn · €57

(pack 6 care €295)

Draining, anti-cellulite and relaxing action

The hydrotherapist performs a deep and targeted massage of the body immersed in a bathtub using a jet of thermal water Brides-les-Bains under pressure.

Jet shower · 8 mn · €25 (pack 6 care · €132)

Draining, anti-cellulite and relaxing action

The hydrotherapist performs a tonic massage of the body using a jet of thermal water of Brides-les-Bains under strong pressure. Protocol adaptable as needed.

OTHER ACTIVITY

Aquafit

Aquafit session · (30 min) : €18

(pack 5 sessions: €81)

In a dedicated pool, an aqua fitness circuit with 5 weight machines allows you to sculpt or model the body effectively, and without pain thanks to the lift of the water. Three different levels of resistance, adjusted to the needs of each person, allow targeted work.





Beauty treatments

SOTHYS
PARIS

The French brand Sothys has been accompanying the Grand Spa Thermal for 15 years. Its protocols give preference to manual techniques and personalization of care for her and for him

FACIAL TREATMENTS BY SOTHYS

Discovery facial treatment · 30 mn · €57

Prepare, protect, restore: the golden rule for achieving beautiful skin - and keeping it that way. Gentle cleansing for women or active cleansing for men, followed by a purifying exfoliation in preparation for the application of a mask suited to your skin type.

Oxygenating season treatment · 50 mn · €73

Treatment with gourmand notes: scrub, double-mask and relaxing modeling for a reboosted and radiant skin.

Intensive moisturizing treatment: Hydra 3HA

1 h 15 · €107

This care excellence is specially developed to meet the hydration needs of all skin types. A specific protocol in 6 phases, exclusive Digi-esthetic® maneuvers and last generation moisturizing active ingredients. Results in one treatment only with a regimented, visibly younger skin: up to + 71% hydration.

Intensive treatment : BP3 Tri Complex™

1 h 15 · €107

Through 5 key steps and no less than 8 specific formulas associated with 1h15 relaxation and expert support for a visibly younger skin, this treatment helps protect the youth capital at any age by a double action against the signs of aging.

Intensive detox energy treatment

1 h 15 · €107

This treatment is suitable for all skin types, it is a real booster and is ideal for preparing an intensive anti-aging or moisturizing treatment to restore energy and radiance to the skin.

Soothing care for sensitive skin · 50 mn · €73

This treatment allows to visibly soften the daily life of sensitive skin, to bring it comfort and serenity.

High protection eye treatment · 15 mn · €23

This unique technique reduces puffiness around the eyes and erases signs of fatigue. (Only available with a facial treatment)

BODY TREATMENTS BY SOTHYS

ESCAPE

Hanakasumi · 1 h 15 · €102

A unique Japanese-inspired protocol: glove scrub, all-over body sculpting and foot modeling in a refreshing and nourishing ritual with airy notes of cherry flowers.

Ancestral Indonesia care · 1 h · €80

An original treatment protocol inspired by Indonesian ancestral beauty rituals to provide a powerful well-being of body and mind through a rebalancing of energies. An exotic treatment combining global body massage and client and beautician respiratory ritual.

Oriental care · 1 h 15 · €102

An exceptional protocol drawn from Oriental ancestral rites: a syrup to prepare the body for exfoliation and then a modeling to nourish and sublimate the skin in a moment of pure relaxation.

Body escape 100% tailor-made

Exfoliation or body sculpting · 30 mn · €57

Exfoliation and body sculpting · 50 mn · €84

Three different textures for sculpting massages and a scrub in the fragrance of your choice. The sculpting massage can be personalised with "Sensory escape".

SLIMMING

Light legs treatment · 30 mn · €57

An express treatment for lighter and more comfortable legs. A full exfoliation with a 3 salts peel followed by a draining and sculpting massage using strips soaked in light legs refreshing lotion. Cooling effect guaranteed!

Signature slimming treatment · 1 h 15 · €106

Complete slimming treatment to reduce the appearance of all cellulite. Precisely adapted to each client, this treatment begins with an incredible scrub / slimming wrap to smooth the skin, followed by a concentrated serum and an exclusive slimming massage. A high-efficiency treatment that redraws its silhouette.

Slimming body sculpting massage 30 mn · €61

A slimming massage to perfect the silhouette and redraw its contours. Ideal for women in a hurry. To advise in a cure

with the Signature slimming treatment. All cellulites: adipose and / or aqueous and / or fibrous.

BEAUTY OF HANDS AND FEET

Beauty of hands · 45 mn · €53

Removing varnish, filing nails, polishing, regrowing cuticles, polishing, application of a vitamin oil, gentle modeling of the hands to soften the joints. Laying a protective base.

Beauty of feet · 45 mn · €56

A beauty of the nail with the image repels cuticles, polishing application of a vitamin oil, laying of a protective base on the nail. Follow-up of the Callus Peeling treatment, treatment for the beauty of the feet which allows to obtain immediate and unbelievable results by eliminating completely calluses, calluses and crevices.

BEAUTY FACIAL AREA FOR MEN

Basic facial treatment · 50 mn · €73

Essential facial treatment

A combination of relaxation and effectiveness to give your skin a lift and release toxins. High-performance cleansing, a mask to suit your skin, a relaxing sculpting massage and a men's anti-aging serum for more resistant skin and a flawless complexion.

BODY TREATMENT FOR MEN

100% tailor-made

Exfoliation or body sculpting massage

30 mn · €57

Exfoliation and body sculpting massage

50 mn · €84

The originality of the tailor-made body treatments makes them fully customisable: relaxation and well-being are guaranteed with a treatment with a fresh, woody fragrance. Three different sculpting massage textures: nourishing oil, melted wax, mild cream. Exfoliation using salts and sugar for softer and more toned skin.



Other treatments

BODY SCRUB

Body scrub with black soap · 1 h · €57 €

Indeed after preparing your skin and apply black soap, a therapist will erase the dead skin with a kessa glove.

Following this cleansing an application of moisturizer will leave a skin texture smooth and soft. (Supported by the therapist 25 min).

BODY WRAPS

Detoxifying and slimming seaweed body wrap

20 mn · €49 (6 packs €247)

Warm seaweed is applied to the body to release toxins and recharge the skin with essential minerals.

Special body wraps · 20 mn · €56

- Cotton powder : relaxation
- Coconut : nourishing
- 3 Teas : détoxifiant

THERMO CRYOLIPOLYSIS

The goal is to target and destroy the fat cells in the deepest fat tissue. A targeted area, heated with a suction cup (up to 42 ° C) will undergo a thermal shock with the decrease of the temperature (up to -5 ° C) thus promoting the crystallization of the adipocytes and their elimination.

1h · €99

Areas to determined when booking: stomach, abdomen.

1h30 · €180

One area to determined when booking: waist, thighs, glutes, hips or knees.

Nutrition

Individual nutritional interview · 45 min · €52

The interview with a dietician prepares for the return home, taking into account the personal situation, the constraints and problems of each person. This consultation begins with a measurement of body composition by impedance measurement. After this analysis, possible avenues for change in terms of weight loss and / or health are established in the dialogue.

Workshops to change habits or with culinary practice · 1h30 · €24

Each week, various workshops are offered, led by a dietician. Ask the hostesses for the schedule and the various themes.

Body composition assessment by impedance measurement · 20 min · €21

During this assessment, a measurement of impedancemetry is carried out in order to assess your body composition: fat mass, muscle mass, hydration, water balance and determination of energy expenditure at rest.