REGENERATION & RENEWAL
A new concept of wellbeing
In the spirit of renewal, the revitalised Hôtel Le Normandy is back... and with it comes a new Barrière concept of wellbeing for total regeneration.

Thanks to the Aerial Wellbeing for the Future Centre™ at Hôtel Le Normandy’s Spa Diane Barrière, relaxation and inner peace is assured in the hands of expert practitioners. An original and innovative bespoke programme based on integrative treatments: relaxation, regeneration, revitalisation, detox, and beauty. This centre, which is unique in France, has something for everyone.

Deauville’s Tigre Yoga Club completes the offering, providing a real haven of peace and self-improvement, where the mind is free to wander with yoga, pilates or treatments designed for total relaxation.

Come and try out these exceptional new experiences - our team and facilities are at your service.

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Aerial Wellbeing for the Future™ invites you to experience total regeneration, thanks to an innovative and unique technique.

The treatments on offer have all been specially created with an integrative, comprehensive and innovative approach, harnessing the wisdom of age-old Chinese medicine and combining it with the latest cutting edge techniques to stimulate, detoxify, re-energise the body and act on cognitive, physiological and neuro-sensory functions. You will find options to suit your needs, whether your priority involves getting in shape, relieving stress, looking good, slimming down or feeling rejuvenated.

The service is comprehensive and the approach individualised to improve both your health and wellbeing.

At the Aerial Wellbeing for the Future Centre™ you will be guided towards preventative health care. Restoring balance to busy lives, releasing tension from body and mind, personalised treatments - sensory or cognitive - to suit your needs all these contribute to making you feel more liberated, energised and ready for anything.

PHILOSOPHY, CONCEPT & VISION

Aerial Wellbeing for the Future™ is a completely original and innovative concept owned by AERIAL (RCS Nanterre n°805 335 957) All intellectual property rights reserved.
To maximise the results of the treatments, Aerial Wellbeing for the Future™ offers 2, 3 and 6-day programmes. Totally made-to-measure stays with a Constitutional Check-Up to define a specific treatment programme and general care, including meals that are also tailored to your needs and wellbeing.

The Constitutional Check-Up forms the basis for all our treatment programmes: a precise bioenergetic evaluation combining cutting-edge appliances and a detailed questionnaire to define each individual’s unique characteristics and their individual expectations. All the personalised treatments are tailored as a result of this check-up, which determines the meridians and acupressure points to be targeted and also helps define the specific composition of organic essential oils to be used.

Programmes include four treatments per day defined with the practitioner during the check-up and adapted to your requirements. You will be able to add à la carte treatments at your convenience.

The benefits
There are many benefits associated with these programmes which cater for various needs. Depending on the needs identified in the complete check-up, our practitioners will concentrate the treatments on those elements in order to enhance the benefits they have, but please let them know what you hope to achieve from your programme.

The Aerial Wellbeing for the Future™ programmes

6 DAYS
The complete 6-day programme offers measurable and lasting results, promising renewed energy and an in-depth transformation. This entirely customised stay will help strengthen your body, establishing a solid foundation for health and longevity. Total soothing of body and mind.

2 DAYS OR 3 DAYS
The shorter programmes initiate the process and trigger cell regeneration mechanisms. They allow you to find peace of mind and enjoy the pleasure of being pampered. It’s also an opportunity to discover the original, exclusive integrative and customised treatment concept.

À LA CARTE
Want to try the Aerial approach? Some of our treatments are available à la carte. They will be administered without the complete check-up and are designed to improve general wellbeing and promote relaxation.

All the Aerial Wellbeing for the Future™ treatments are carried out in specially designed rooms with chromotherapy controls to facilitate your treatment with a type of ionising and revitalising light therapy.

Treatments are delivered on AerialBeds®, a unique hybrid table that offers unrivalled comfort and state-of-the-art technology and actively participates in the revitalisation process.
THE AERIAL WELLBEING FOR THE FUTURE™ TREATMENTS

♢ Bio-Energetic treatment: combination treatment with specific focus on the energy meridians and acupressure points. A deeply stimulating or relaxing therapeutic treatment to improve general wellbeing.

♢ Sports treatment with suction pads: massage oils and selected acupressure points will have a targeted effect, working to help relieve muscle tension, repair tissue and prepare the body for physical exertion, with treatment focused on the musculoskeletal system.

♢ Immunity treatment: using infrared devices, this treatment aims to revive energy resources to boost the body and its immune system by combining different techniques, acupressure points and oils with specific properties.

♢ Detox/slimming treatment: drainage massage combined with specific acupressure points and essential oils targeting fatty deposits to encourage their elimination and tackle water retention.

♢ Chi Nei Tsang abdominal massage: practised at the imperial court in ancient China, this treatment acts on the stomach, known as the ‘second brain’, to release physical and emotional knots, as well as to improve the functioning of other internal organs thanks to targeted manipulation and a totally unique healing technique.

♢♢ Gemstone Therapy treatment: using different crystals to stimulate specific acupressure points depending on your needs. This treatment also incorporates a new version of the hot stone treatment using obsidian, a volcanic stone that is warmed and known for its naturally beneficial effects and relaxing and energising properties.
FACIAL TREATMENTS

Bio-Energetic Facial with phototherapy: this facial combines acupressure with Wellbeing for the Future™ oils chosen for their compatibility with your individual needs and freshly prepared by the practitioner who applies them while stimulating reflex zones on the face. Followed by a phototherapy, which involves using LED lights with specific wavelengths to stimulate the skin and improve problems including wrinkles, marks, acne and rosacea.

LaserHead: using low level laser therapy, the practitioner stimulates the scalp to restore beauty and strength to hair while encouraging regrowth.

ElectroLift: microcurrent therapy to stimulate the face and reflex zones and procure a tightening effect that helps smooth lines and trigger vital functions for regaining a youthful appearance inside and out.

Soin Visage Gemstone Face: this facial was inspired by ancient China and uses jade for an incredibly refreshing and anti-ageing effect.

INNOVATIVE & TECHNICAL AERIAL TREATMENTS

NeuroSense treatment: cognitive and neuro-sensorial treatment practised in an AerialBed in a ZeroGravity position. During this treatment, you will be given special headphones and goggles emitting auditory and visual frequencies that procure an ideal feeling of wellbeing, soothing and energy.

Gemstone Reflexology: promising complete regeneration (body, mind, energy) with a treatment targeting the reflex zones on the feet that correspond to vital functions, incorporating semi-precious stones specifically shaped to activate acupressure points deep down.

AerialDetox® treatment: carried out while sitting in a large armchair, feet immersed in a special bath and stimulated by water and ionisation which triggers the process of detoxification, while the practitioner carries out a scalp treatment and stimulates acupressure points on the skull to produce an extremely relaxing effect.

Aerial Body Gravity®: this treatment promises to transport you, weightless, to a warm cloud for extreme relaxation. To address different needs, three programmes have been specially created by Aerial: Detox, Sleep, and Muscles/Joints.

Infrared®: this treatment incorporates infrared technology aimed at energy points on the back to revitalise and stimulate the immune system, while also acting to improve muscle and joint problems.

AcuLaser: this treatment involves stimulating acupressure points using low level laser therapy (rather than needles) and is specially designed to target those areas defined during your complete check-up.

Available as part of the 2, 3 and 6-day programmes only.
AERIAL WELLBEING FOR THE FUTURE™ RITUALS

Cocooning treatment: time to relax
- 20-minute infrared sauna
- 50-minute Bio-Energetic treatment
- Aerial O² cocktail

Purity treatment: full-body relaxation from the tips of your toes
- Feet detox
- Gemstone reflexology

Rebirth treatment: a detoxifying fresh start
- Aerial body gravity
- Chi nei stang
- Aerial O² cocktail

Prestige treatment: perfect combination of treatments to relax you from head to toe
- 30-minute Neurosense
- 80-minute Bio-Energetic treatment
- Bio-Energetic facial with phototherapy

Special diet meals to help you achieve your goals are served in a dedicated area of our gourmet restaurant, La Belle Epoque. This nutritional plan, inspired by the thousand-year-old Chinese diet, enhanced with specifically chosen spices and selected beverages, has been developed with Aerial Wellbeing for the Future™ in consultation with the Chef at the Hôtel Le Normandy restaurant.

OPEN TO ALL

The relaxation area: allows you to continue the Aerial Wellbeing for the Future™ experience in an atmosphere of absolute calm. Feel free to visit before or even in between treatments to relax in its soothing and cocooning atmosphere.

The Pampering Bar: sample its unique drinks:
- Aerial Oxygen® Cocktail, a drink made from plant extracts and infused with 99% pure oxygen to procure a guaranteed regenerating effect with these options to choose from: Energy, Relax, Detox, Refresh, Immunity
- Freshly prepared organic herbal teas, made to order and blended to your taste
- Fruit juice contributing to the detox programmes

The Aerial shop: selling the brand’s unique products (face and body care, hair care, food supplements, etc.) as well as a range of products selected specifically to enhance the results of your programme and maintain the progress made going forward.
REGENERATION & INTEGRATED TREATMENT AREAS

Areas designed especially for you

- 6 booths, including one double booth equipped with special Aerial Wellbeing for the Future™ technology
- 4 booths for à la carte treatments, including 1 “Exclusive Beauty” booth
- A yoga studio
- A Pilates studio with Reformer/Cadillac equipment

- An area for relaxation
- The AERIAL pampering bar
- A fitness centre
- A heated indoor pool plus sauna and hammam**

**A privilege reserved for the hotel’s guests.
In 2015, the Barrière group added a number of entirely new beauty and wellness centres. They’re now united under the Spa Diane Barrière label, a tribute to the woman who embodied French beauty: beautiful, elegant, bold, and refined.

In addition to La Baule, Spa Diane Barrière has a presence in three establishments in Deauville: Hôtel Le Normandy, Hôtel Le Royal and L’Hôtel du Golf. The elegant Hôtel Le Normandy was recently refreshed, demonstrating in itself the value of beauty, luxury and originality while moving boldly towards an increasingly refined level of service. The Aerial Wellbeing for the Future Centre™ offers various programmes to leave you feeling truly revitalised, with both unique and specially tailored treatments available. Deauville’s Tigre Yoga Club will play its part in helping to restore balance in your life as well.

You are invited to explore its state-of-the-art facilities and a whole new dimension of wellbeing.
Combining refined effective treatments dedicated to beauty and wellbeing. The Exclusive Beauty area is designed to meet all your beauty requirements.

Among the services on offer:

**LPG Body and facial endermology**
Ideal for those looking to lose weight, relieve muscle tension after physical exertion and treat water retention. Anti-ageing and firming facials are also available. With the help of a new generation Cellu M6 appliance.

**Full Manicure**
Full manicure with scrub, massage and moisturising mask, followed by application of classic or semi-permanent nail varnish.

**Express Manicure/Pedicure**
With classic nail varnish
Application Semi-permanent nail varnish application Semi-permanent nail varnish removal

**Full Pedicure**
Full pedicure with scrub, massage and cocooning slippers, followed by application of classic or semi-permanent nail varnish.

**Combination Manicure/Pedicure**
Express
Full treatment

**Waxing**
using gentle wax, followed by the application of a refreshing, soothing lotion.

A refreshing aromatic drink will be served during the course of your treatment.
Deauville’s Le Tigre Yoga Club is a unique concept incorporating a wellness club, a centre for yoga and meditation, a pilates studio, a treatment institute and a concept store dedicated to wellness (online and offline).

Deauville’s Le Tigre Yoga Club offers something for everyone, whether you are suffering from low energy, back problems, emotional stress, difficulty sleeping or concentrating, poor posture, etc.

Deauville’s Tigre Yoga Club is a haven of peace and self-improvement, which we are pleased to be able to share with you every day.
YOGA

Hatha Yoga
The basis for traditional Indian yoga, hatha yoga establishes a foundation level that includes postures, breathing and meditation.

Kashmiri Yoga
Gentle, meditative yoga with slow movements.

Vinyasa Yoga
Traditional and dynamic synchronisation of movements and breathing.

PILATES & OTHER DISCIPLINES

Mat Pilates - floorwork
Gentle gymnastic exercises designed to tone and stretch the core.

Machine pilates
Using Cadillac or Reformer equipment, a personalised class allowing you to work on improving your core strength.

Barre fitness
Ballet inspired warm-up to tone waist, buttocks and legs. Improve your flexibility, strengthen muscles, tone the body and correct your posture.

TREATMENTS

Ayurvedic
Traditional Indian treatments that involve stimulating the body's energetic meridians. Originating from Kerala, the ayurvedic treatment using warmed coconut oil or sesame oil is particularly recommended for those feeling stressed or drained, as it cleanses four key areas of tension in the stomach, back, solar plexus and feet.

Signature intuitive treatment
A treatment that begins with a 30-minute scrub, followed by an in-depth massage using oil that adapts to the needs of an individual's body and mind for total relaxation.

Japanese facial
Facial massage designed to produce a natural lifting effect. An ancient technique for refreshing facial features and restoring glow, like a natural facelift. The Japanese Facial incorporates not just the face, but the neck, décolleté and shoulders to promote drainage, clear the skin of imperfections, loosen and relax all the muscles.

PRACTICAL INFORMATION

♦ The Spa Diane Barrière is located on the ground floor of Le Normandy

♦ Bookings: +33 (0)2 31 98 65 65 - normandy@groupebarriere.com

♦ Opening hours
Open daily from 10 a.m. to 7 p.m. and from 9 a.m. to 9 p.m. on Fridays and Saturdays.
The swimming pool is open daily from 7 a.m. to 10 p.m. on weekdays and until 11 p.m. at weekends.

♦ Your appointment
Please arrive 15 minutes prior to your appointment in order to have plenty of time to enjoy the peaceful surroundings and be ready for your treatment.

♦ Courtesy
We recommend that you leave your mobile phones and tablets inside the Spa.

♦ Clothing
If you are a guest at Le Normandy, we suggest wearing the bath robe and slippers provided in your room.
If you are not a guest, you will find everything you need in the changing rooms.
Comfortable clothing is recommended for attending classes. Shoes are not permitted in the studios.

♦ Your comfort
Please let us know if we can adjust the volume of the music, the temperature or the pressure of your treatment. Also let us know if you require an extra towel, robe, etc.

♦ Cancellation policy
All treatment cancellations must be made more than 24 hours in advance. If cancellations are not made more than 24 hours in advance, the total sum will be due (50% with 48 hours notice).
A deposit of 40% of the total amount of a booking for a 2, 3 or 6-day programme will be requested when booking, and there is a 72-hour cancellation policy.

♦ Security deposit
Credit card information is required when booking for non-hotel residents.
### Personalised programmes

Detox, Vitality, Slimming, Beauty, Relaxation, Longevity

<table>
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<tr>
<th>Duration</th>
<th>From</th>
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<tbody>
<tr>
<td>2 days</td>
<td>€ 1,040</td>
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<tr>
<td>3 days</td>
<td>€ 1,560</td>
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<td>6 days</td>
<td>€ 3,120</td>
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### Special treatments

<table>
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<tr>
<th>Treatment</th>
<th>Single</th>
<th>Couple</th>
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<tbody>
<tr>
<td>Constitutional check-up</td>
<td>30 MIN</td>
<td>€ 90</td>
</tr>
<tr>
<td>Bio-energetic treatment (1)</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
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<tr>
<td>Bio-energetic treatment (1)</td>
<td>80 MIN</td>
<td>€ 180  € 340</td>
</tr>
<tr>
<td>Immunity treatment</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
</tr>
<tr>
<td>Immunity treatment</td>
<td>80 MIN</td>
<td>€ 180  € 340</td>
</tr>
<tr>
<td>Detox/slimming massage (1)</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
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<tr>
<td>Detox/slimming massage (1)</td>
<td>80 MIN</td>
<td>€ 180  € 340</td>
</tr>
<tr>
<td>Sports massage with suction pads (1)</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
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<tr>
<td>Sports massage with suction pads (1)</td>
<td>80 MIN</td>
<td>€ 180  € 340</td>
</tr>
<tr>
<td>Chi Nei Tsang Abdominal treatment ♢</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
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<tr>
<td>Gemstone Therapy treatment ♢</td>
<td>50 MIN</td>
<td>€ 130</td>
</tr>
<tr>
<td>Bio-Energetic facial with phototherapy</td>
<td>50 MIN</td>
<td>€ 140  € 260</td>
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<tr>
<td>Laserhead</td>
<td>30 MIN</td>
<td>€ 70   € 120</td>
</tr>
<tr>
<td>Electrolift</td>
<td>50 MIN</td>
<td>€ 130</td>
</tr>
<tr>
<td>Gemstone Face ♢</td>
<td>50 MIN</td>
<td>€ 130</td>
</tr>
<tr>
<td>Neurosense treatment</td>
<td>50 MIN</td>
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<tr>
<td>Gemstone Reflexology</td>
<td>50 MIN</td>
<td>€ 130  € 240</td>
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<tr>
<td>Aerial Detox® treatment</td>
<td>50 MIN</td>
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</tr>
<tr>
<td>Aerial Body Gravity®</td>
<td>50 MIN</td>
<td>€ 130</td>
</tr>
<tr>
<td>Aculaser ♢</td>
<td>50 MIN</td>
<td>€ 130</td>
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### Aerial rituals

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<tr>
<th>Ritual</th>
<th>Single</th>
<th>Couple</th>
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<tbody>
<tr>
<td>Cocooning treatment</td>
<td>€ 200</td>
<td>€ 380</td>
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<tr>
<td>Purity treatment</td>
<td>€ 220</td>
<td>€ 400</td>
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<tr>
<td>Rebirth treatment</td>
<td>€ 220</td>
<td>€ 400</td>
</tr>
<tr>
<td>Prestige treatment</td>
<td>€ 420</td>
<td>€ 800</td>
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(1) Also available in your room from Wednesday to Sunday between 6.00 p.m. and 9.00 p.m. with a 20% surcharge on the displayed price.

(2) valid in a double treatment room ♢ Available as part of the 2, 3 and 6-day programmes only.
**EXCLUSIVE BEAUTY**

**Treatments**

<table>
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<tr>
<th>50 MIN</th>
<th>€ 115</th>
<th>80 MIN</th>
<th>€ 170</th>
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**Group classes** Yoga, Pilates, Barre fitness...

Single class 60 MIN .......................................................... € 24

10 class package ................................................................... € 220

20 class package ................................................................... € 400

**Premium Offer** Unlimited group classes for 1 year ........................................ € 1 600

**Weekday Offer** Weekdays for 1 year (Valid from Sunday 2 p.m. until Friday 2 p.m.) ........................................ € 900

**Private Yoga class** in studio (1 or 2 ppl max) ................. 60 MIN € 115 ................................ 90 MIN € 140

**Machine Pilates class** Solo class 60 MIN ....................................... € 90 / 10 cours € 780

15% (3) discount on group classes (excluding the Weekday Offer), private classes and massages for Deauville residents.

Offer cannot be used in conjunction with any other current promotional offers.

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**Body and facial endermology**

| 45 MIN Body ............................................................................................. € 80 | 10 sessions € 750 |
| 30 MN Facial ............................................................................................ € 70 | 10 sessions € 650 |

**Manicure/Pedicure**

Full treatment with choice of nail varnish .................................. € 95 .......................................................... € 180

**Express Manicure or Pedicure**

With classic nail varnish application ........................................ € 55 .......................................................... € 100

French manicure ............................................................... € 60 .......................................................... € 110

Semi-permanent nail varnish application ................................ € 65 .......................................................... € 120

Semi-permanent French manicure ............................................. € 70 .......................................................... € 130

Semi-permanent nail varnish removal ......................................... € 30 .......................................................... € 50

**Waxing** (4)

Upper lip .................................................................................. € 20

Brows - Shaping ........................................................................ € 35

Brows - Maintenance .................................................................. € 25

Face ............................................................................................. € 70

Underarms .................................................................................. € 45

Forearms ..................................................................................... € 30

Arms ............................................................................................ € 35

Lower leg ..................................................................................... € 42

Full leg .......................................................................................... € 60

Brazilian or French bikini wax ................................................ € 55

Hollywood bikini wax ............................................................. € 75

A refreshing aromatic drink will be served during the course of your treatment.

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(3) Monday to Friday upon presentation of proof of address. Prices may be subject to change at any time.

The hotel reserves the right to modify its list of treatments over the course of the year; information will be available from the hotel and Spa welcome desks.

(4) Combination 2 zones -5%, 3 zones -10%, 4 zones and over -15%.