



SPA

**DIANE BARRIÈRE**

LE NORMANDY - DEAUVILLE



**A ONE-OF-A-KIND  
APPROACH TO WELLNESS**  
with Aerial Wellbeing for the Future™



**2018**

## REGENERATION & INTEGRATED TREATMENT AREAS

Entirely renewed in 2016, the revitalised Hôtel Le Normandy is back... and with it comes a new Barrière concept of wellness, 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 the only one of its kind in the world, 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.

### Areas designed especially for you

- ◆ 6 booths, including two double booths, 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.

## PHILOSOPHY, CONCEPT & VISION

Aerial Wellbeing for the Future™ is the only approach of its kind in the world. As we all have our own exclusive genetic identity, we adapt our procedures to your unique make-up, using **traditional Chinese medicine mixed with cutting-edge technology** to multiply the benefits. The Aculaser, for instance, stimulates the body's energy points using infrared technology, without any needles.

Available as a one-off session or a programme scheduled over several days, the treatments are bespoke and comprehensive, procuring multiple benefits, including health and wellness, slimming, detox, deep relaxation, and regeneration.



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.

### THE BENEFITS:



### AERIAL PROGRAMMES

6 DAYS, 2 OR 3 DAYS, À LA CARTE

#### INCLUDED IN THE PROGRAMMES:

- ✦ Constitutional check-up
- ✦ Personalised, tailor-made treatments
- ✦ A programme designed to prolong the benefits once you return home
- ✦ Access to the fitness centre, sauna, hammam and pool
- ✦ 4 treatments per day, as determined with the practitioner. À la carte treatments can be added as desired. Single and double stays are available.

#### WHAT IS THE CONSTITUTIONAL CHECK-UP?

The basis for all our treatment programmes, it is a precise bio-energetic evaluation using cutting-edge equipment and a detailed questionnaire to define each individual's unique characteristics and their individual expectations. It also determines the meridians and acupressure points to be targeted and defines the composition of the essential oils to be used.

#### 6 DAYS · 24 TREATMENTS

Visible and lasting results, the guarantee of renewed energy and a profound transformation. Strengthening of your body to establish solid foundations for health and longevity. Total healing for the body and mind.

#### 2 OR 3 DAYS · 8 OR 12 TREATMENTS

Short programmes to begin the process and activate mechanisms of cellular regeneration. Peace of mind and the joy of self-care while discovering the concept of tailor-made integrative treatments.

#### À LA CARTE

Some of our treatments are available à la carte without a check-up for overall, non-targeted well-being and extreme relaxation.

#### EXAMPLE OF A 3-DAY PROGRAMME

##### DAY 1

- ✦ Check-up
- ✦ Neurosense Treatment
- ✦ Bio-Energetic Massage
- ✦ Aculaser

##### DAY 2

- ✦ Foot Detox
- ✦ Gemstone Facial
- ✦ Immunity Massage
- ✦ Infrared

##### DAY 3

- ✦ Neurosense Treatment
- ✦ Aerial Body Gravity Treatment
- ✦ Bio-Energetic Massage
- ✦ Bio-Energetic Facial 50 min

## MASSAGES

### **Bio-Energetic Massage:**

Combination massage that specifically focuses on the energy meridians and acupressure points. A deeply stimulating or relaxing therapeutic treatment to improve general well-being. The basic treatment can be enhanced with more targeted options: **Sports, Detox Slimming or Immunity.**

### **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 Massage:**

uses 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 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.

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

◆ Available as part of the 2, 3 and 6-day programmes only.

## INNOVATIVE & TECHNICAL AERIAL TREATMENTS

**NeuroSense treatment:** cognitive and neuro-sensorial treatment performed in an AerialBed in a ZeroGravity position. During this treatment, you will be given special headphones and goggles emitting auditive and visual frequencies that procure an ideal feeling of wellness, calm 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.



## AERIAL WELLBEING FOR THE FUTURE™ RITUALS

### **COCOONING TREATMENT:** time to relax

- ◆ 20-minute infrared sauna
- ◆ 50-minute Bio-Energetic treatment
- ◆ Aerial O<sup>2</sup> 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 O<sup>2</sup> cocktail

### **PRESTIGE TREATMENT:** perfect combination of treatments to relax you from head to toe

- ◆ Neurosense
- ◆ 80-minute Bio-Energetic treatment
- ◆ Bio-Energetic facial with phototherapy

## EXCLUSIVE BEAUTY

Combining refined effective treatments dedicated to beauty and well-being. 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. Carried out with the help of a new generation Cellu M6 appliance.

### **Complete manicure/complete pedicure**

The hands or feet are hydrated and comprehensively cared for with a scrub, massage and mask, followed by the application of classic or semi-permanent varnish.

### **Express manicure/pedicure**

The nails are shaped and classic varnish is applied.

### **Semi-permanent manicure/pedicure**

The nails are treated and resistant varnish is applied.

### **Combination manicure/pedicure**

Express/complete/semi-permanent.

### **Waxing**

All waxing (body and face) is performed using a gentle organic wax for optimal results.

### **Signature Diane Barrière treatment**

A body treatment inspired by energising and neuromuscular techniques.



## CLASSES & MASSAGES

### DIFFERENT STYLES OF YOGA

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

**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.

**Floor barre:** Ballet-inspired warm-up to tone waist, buttocks and legs. Improve your flexibility, strengthen muscles, tone the body and correct your posture.

### MASSAGES

**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, One Night in Bali:** 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.

**Shiatsu/Reiki:** Traditional oriental massage techniques that do not use oil, to relax and tone.

## PRACTICAL INFORMATION

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

♦ **Bookings:** +33 (0)2 31 98 65 65 - [spalenormandy@groupebarriere.com](mailto:spalenormandy@groupebarriere.com)

♦ **Opening hours**

Open daily from 10:00 a.m. to 8:00 p.m.

The pool, sauna, hammam and fitness room are open from 7:30 a.m. to 9:00 p.m. from Sunday to Thursday and from 7:30 a.m. to 10:00 p.m. on Friday and Saturday.

♦ **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 do not bring 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**

During your treatment you can ask us to adjust the volume of the music, the temperature, or the pressure used. 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).

All yoga classes will be charged for if you cancel less than 3 hours beforehand.

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.

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