



SHAMAN

TREATMENTS & RITUALS



WELCOME

In our Spa Shaman, a sanctuary dedicated to relaxation, well-being and serenity. Here, time slows down. You don't simply come to unwind, you give yourself a true sensory retreat: to breathe more deeply, release tension and reconnect with what truly matters. Spa Shaman is an invitation to experience self-care and indulge yourself with the most precious of luxuries: TIME.

The relaxation area includes an outdoor jacuzzi, a steam room, a sauna and a tea lounge, complemented by two individual treatment rooms that can be combined to create a spacious room, ideal for duo treatments.

All treatments are performed using Omnisens products, a French brand dedicated to spa excellence.

FACIAL TREATMENTS

Anti-ageing				
ETERNALLY YOUNG		90 min €165		
An expert treatment that works deep within the skin to smooth wrinkles, fine lines and firms tissues. Enriched with hyaluronic acid and red algae, it restores elasticity, radiance and a youthful glow.				
All types of skin				
BEAUTY SIGNATURE		60 min €110		
A fully personalised treatment tailored to your skin's unique needs. Oxygenating, soothing, purifying or illuminating, it rebalances, revitalises, and reveals your face's natural radiance.				
Anti-fatigue				
RADIANCE AWAKENING		30 min €65		
An energising and boosting treatment that instantly revitalises your complexion. Your skin looks refreshed while your face regains its natural radiance and glow.				
Smoothing				
EYE ENHANCER		30 min €65		
A targeted treatment for the delicate eye area. It helps reduce fine lines and dark circles while restoring freshness and radiance. Your eyes appear rested, smoothed and visibly rejuvenated.				

BODY TREATMENTS

Tailor-made				
JUST FOR YOURSELF		30 min €65	45 min €85	60 min €110
A personalised full-body massage tailored to your preferences. Shaped for your needs and areas of tension, it is fully adapted to your current sensations.				
Relaxing				
SILK BREEZE				60 min €110
A soothing massage combining flowing gestures and delicate silk scarf movements. Your body releases tension deeply, your mind calms, and a feeling of lightness settles in.				
Active body				
MUSCLE TENSION RELIEF				60 min €110
A massage developed in collaboration with physical therapists, designed to target muscle tension caused by sports or daily activities. It releases overworked areas and helps restore mobility.				
Prenatal				
MOM-TO-BE MOMENT			30 min €65	45 min €85
A prenatal massage performed without essential oils, offering a soothing cocoon of well-being and comfort.				

PARENTHESES

|Relaxing

SENSORY RELEASE

20 min | €55

A deeply soothing scalp massage using a sandalwood comb. It stimulates microcirculation, releases tension and brings an immediate feeling of deep relaxation.

|Tension Release

BACK RELIEF

20 min | €55

A customised back massage tailored to your areas of tension. In just a few minutes, tight areas loosen up, your body relaxes and you regain flexibility and ease of movement.

|Detox

VITAL CENTRE

30 min | €65

A deep abdominal massage inspired by Chi Nei Tsang, working on internal balance and gentle energy flow. It helps release tension, support circulation and restore a sense of lightness and harmony.

|Exfoliating

SAND RADIANCE

30 min | €65

A delicate body scrub combining fine white sand with lemon zest. It smooths and tones your skin, restoring freshness, vitality and natural glow.

FROM HEAD TO TOE

|Balance

FOOT REFLEXOLOGY

30 min | €65

A Thai foot reflexology treatment using targeted pressure techniques with a wooden stick to stimulate reflex zones in your feet.

|Balance

HAND REFLEXOLOGY

20 min | €55

A palm reflexology treatment stimulating reflex points in your hands to support deep relaxation, relieve stress and restore energetic balance.

|Serenity

FACIAL BALANCE

20 min | €55

A facial reflexology treatment inspired by ancestral techniques, using acupressure to stimulate reflex zones. It helps rebalance your body's energy, calm your mind and create a deep sense of harmony.

RITUALS

| Beauty & Relaxation

SUSPENDED MOMENTS

90 min | €165

A ritual combining a deeply relaxing massage with a radiance-boosting facial. Inspired by the gentle art of living at the Château, it invites you to slow down, breathe and reconnect with yourself.

| Exfoliating & Toning

GARDEN ENLIGHTENMENT

90 min | €165

A ritual inspired by the Château's gardens, beginning with a white sand exfoliation followed by a toning massage with botanical notes. Your body is revitalised and your mind refreshed.

| Hydrating & Comforting

DELICIOUS AWAKENING

60 min | €110

A sensorial treatment with praline notes that awakens your senses while offering deep hydration and enveloping relaxation, like a sweet escape out of time.

| Soothing & Revitalising

GOLDEN GILDED

60 min | €110

A ritual combining a floral neroli-infused massage with energising facial work using citrine stones. It supports a gentle flow of energy, soothing and revitalising your skin and senses.

RELAXATION AREA

USEFUL INFORMATION

Access to the relaxation area is available **from 10:00 AM to 7:00 PM**, exclusively upon reservation at reception or by calling **+33 2 85 52 81 50**. Access slots are 60 minutes long, with arrivals scheduled every 15 minutes.

Access to the relaxation area is reserved for hotel guests, subject to availability and to any contraindications related to their use of the facilities. Capacity is intentionally limited to 6 guests at any one time, to ensure a calm and intimate atmosphere.

EXTERNAL GUESTS

60 min | €40

Access to the relaxation area is available to external guests **upon reservation only, from Monday to Friday, 10:00 AM to 7:00 PM, excluding school holidays and bank holidays.**

A complimentary 60-minute access to the relaxation area is offered with any treatment of €110 or more. We recommend enjoying it before your treatment in order to enhance its benefits and to extend its effects on your skin.

THE SHAMAN SPA GUIDE

YOUR APPOINTMENT

We provide slippers, bathrobes and towels to make sure your time is entirely devoted to relaxation. To fully enjoy your experience, **we recommend arriving 15 minutes before your appointment time.**

LATE ARRIVALS & CANCELLATIONS

Any cancellations must be notified **at least 24 hours in advance. Beyond this period, the full treatment price will be charged.**

In the event of a late arrival, the session **may be reduced without price change.**

CAUTION & INFORMATION

Before your treatment, we kindly ask you to inform us of any health conditions.

The massages offered are wellness and relaxation treatments only, and are not intended for any therapeutic or medical purpose.



SHAMAN

SPA & WELLNESS

Open daily from 10:00 AM to 7:00 PM

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