



Atlantic

BIEN-ÊTRE & SPA
by Omnisens

TREATMENT MENU



THE WELLNESS AREA

Overflow jacuzzi, starry hammam, infrared sauna, multisensory shower and herbal tea lounge.

During your stay at the hotel

- 1-hour access €20/person

Time for yourself

Non-hotel guests

- 1.5-hour access €32/person

Extend the experience

With any treatment of 50 minutes or more, enjoy 1 hour in our Wellness Area at the special rate of €20 per person.

PRIVATE SPA EXPERIENCES

On Cloud Nine • 2 people • 1.5 hours • €159

The Wellness Area, exclusively for the two of you.
A glass of Champagne and sweet treats.

Like a Dream • 2 people • 1.5 hours • €220

Private access to the Wellness Area, followed by a 25-minute couples massage.
A glass of Champagne and sweet treats.

Girls' Getaway or Hen Party • 5 people • 2 hours • €260

Private use of the Spa to celebrate a special moment, including a 25-minute massage for the bride-to-be and glasses of Champagne.
Maximum 9 people • €25 per additional guest.

The best moments are often the ones we finally decide to make time for.



THE ATLANTIC COLLECTIONS

At the Atlantic Spa, let yourself slow down.

RESET



Slow down. Breathe. Reconnect.

When everything is moving too fast.

Californian • 50 or 80 min

A soothing massage with long, flowing movements.

Thai Foot Reflexology • 45 min ♦

Targeted pressure on reflex points of the feet to restore balance and encourage deep relaxation.

Mom-to-be Massage • 50 min

A gentle, comforting massage specially designed for pregnancy.



SIGNATURE



The Atlantic Spa's most iconic experiences.

Our most complete rituals, created for the full Atlantic experience.

Experience • 80 min

Relaxing massage and Radiance Boost facial.

Timeless Escape • 80 min ♦

Gourmand Massage and Facia Lift for deep relaxation.

The Ultimate Detox Ritual • 80 min

Body scrub, wrap and draining massage.

♦ Created by Omnisens



Reveal your skin's natural radiance.

Expert treatments to hydrate, brighten and preserve your skin's natural beauty.

Radiance Boost Facial • 25 min

An express facial for an instant glow.

The Essentials Facial • 50 min ♦

A personalised facial tailored to your skin's needs.

Youth Restore Facial • 50 ou 80 min ♦

An expert anti-ageing facial to smooth, firm and restore radiance.

Facia Glow • 70 min ♦

A facial sculpting treatment designed to boost radiance and revive tired skin.

Facia Lift • 80 min ♦

An expert facial sculpting treatment to firm, smooth and redefine facial contours.



Release tension. Restore your energy.

When your body needs a break.

Swedish Massage • 50 min

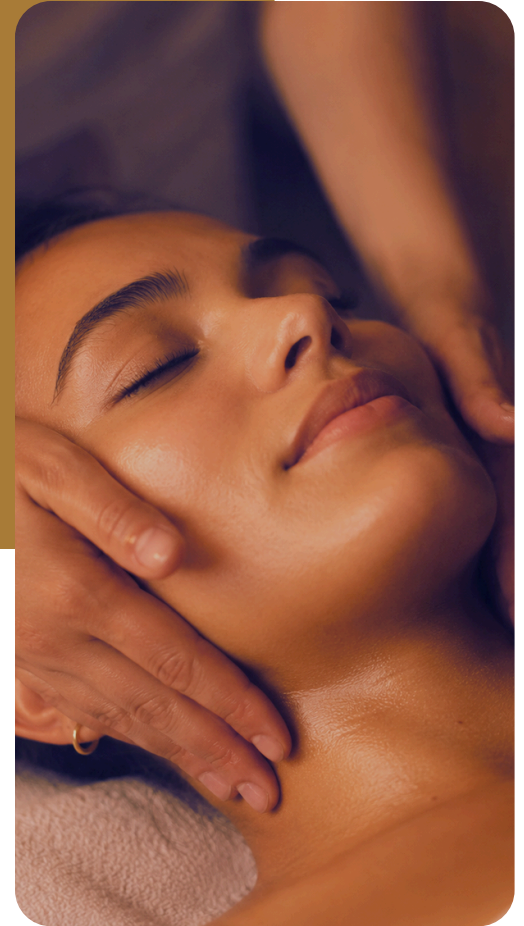
When your body needs a break.

Ayurvedic Massage • 50 min

An energising massage inspired by Indian tradition.

Tailor-Made Relaxation Massage • 25 min

A targeted massage focusing on the area of your choice.



♦ Created by Omnisens



A change of scenery, without going far.

Scents from faraway places and techniques inspired by traditions from around the world for a truly sensory escape.

Gourmet Massage • 50 min ♦

A comforting massage with deliciously indulgent fragrances.

Moana Polynesian Massage • 50 min

A deep, enveloping massage inspired by Lomi-Lomi.

Passion Delight Body Scrub • 25 min ♦

A nourishing exotic body scrub.

Escape Rituals • 80 min

Body scrub and massage to make the escape last a little longer.



♥ LITTLE MOMENTS

Their first steps into wellness.

Gentle treatments specially created for younger guests to discover the pleasures of the Spa.

My First Massage • from age 8 • 25 min

A gentle introduction to massage, specially adapted for younger guests.

Purifying Facial • Teens • 25 or 50 min

A gentle facial designed to help restore the skin's natural balance.

My Relax Moment • Teens • 50 min

A relaxing full-body massage designed especially for teenagers.



LES TARIFS

MASSAGES

		⧑	⧑⧑
Tailor-Made	25 min	52€	99€
Californian	50 min	92€	182€
	80 min	130€	255€
Swedish	50 min	92€	182€
Polynesian	50 min	92€	182€
Gourmet	50 min	92€	182€
Ayurvedic	50 min	102€	199€
Mom-to-be	50 min	92€	-
Thai Foot Reflexology	45 min	92€	182€

BODY SCRUBS

		⧑	⧑⧑
Passion Delight	25 min	52€	99€
Dream of Sand	25 min	52€	99€

SIGNATURE RITUALS

		⧑	⧑⧑
Experience	80 min	140€	275€
Escape Rituals	80 min	140€	275€
Ultimate Detox	80 min	140€	275€
Timeless Escape	80 min	140€	275€

FACIALS

		⧑	⧑⧑
Radiance Boost	25 min	60€	115€
The Essentials	50 min	100€	195€
Youth Restore	50 min	110€	210€
	80 min	140€	275€
Facia Glow	70 min	130€	255€
Facia Lift	80 min	140€	275€

LITTLE MOMENTS

		⧑
My First Facial	25 min	60€
My First Massage	25 min	52€
My Relax Moment	50 min	92€
Purifying Facial	25 min	60€
	50 min	100€

MEMBERSHIPS

		au lieu de
5 × 50-min Body Treat.	405€	460€
10 × 50-min Body Treat.	765€	920€
10 × 1.5H Spa Accesses	220€	320€

THE GIFT SHOP

Lovely Box.fr

Good times make great gifts too.



Treatments, rituals, Spa access or stays at the Atlantic: choose an experience, personalise your gift and receive your gift voucher instantly.

Ready to gift in just a few clicks • Valid for 18 months



GOOD TO KNOW



Before your appointment

Please arrive 10 minutes before your treatment, giving you time to settle in and unwind. If you arrive late, your treatment may need to be shortened.

Enjoying the Wellness Area

Swimwear is required, long hair must be tied back and jewellery should be left in the changing room. Bathrobe, towel and slippers are provided, as well as disposable underwear for treatments.

Little Moments

Our Little Moments treatments are available for children from age 8.

Access to the Wellness Area is available from age 12, with minors accompanied by an adult.

Treatments & contraindications

Please let us know when booking if you are pregnant or have any allergies or specific contraindications, so we can recommend the most suitable treatment.

Bookings & cancellations

We recommend booking in advance for the best choice of appointment times. Cancellations or changes are free of charge up to 6 hours before your appointment. After this time, the treatment will be charged in full.

Payment

We accept bank cards, American Express, cash and ANCV holiday vouchers. Personal cheques are not accepted.

ATLANTIC HÔTEL ****

5 promenade godet
LES SABLES D'OLONNE

WWW.ATLANTICHOTEL.FR

Book online

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