

le visage  
le corps  
essences naturelles  
la terre  
Se nourrir de vie  
un hommage cosmébio aux saisons  
hiver  
l'harmonie biologique  
printemps  
été  
automne

SOINS FRAIS

CLÉ DES CHAMPS  
SOINS DE SAISONS

## Clé des Champs

Clé des Champs is a BIOCHIC brand which follows the biorhythms of nature and the seasons. It draws its inspiration from energy medicine in order to attain beauty, well-being and inner harmony with an approach which takes into account the relationship of the human being to its environment.

Our natural and organic cosmetic treatments and massages take you to the heart of nature where a combination of fragrances, colours and flavours from seasonal ingredients evoke a particular atmosphere: the freshly cut grass in Spring, ripe fruits in Summer, the forest in Autumn or a crackling wood fire in Winter.

**SPRING** Nature awakens, energy returns and the skin needs to regain its tonicity.

Poppy and green tomato are used for their detoxifying, invigorating and toning effect.

**SUMMER** Energy is at its zenith, the sun caresses the skin, which demands hydration and soothing.

Raspberry and Aloe Vera moisturize and refresh the skin.

**AUTUMN** Time is for interiorization; the skin is preparing for winter.

Chestnut and pumpkin purify and oxygenate.

**WINTER** The skin is attacked by the cold and heating, and needs tender loving care.

Honey, vanilla and beeswax provide a feeling of comfort and suppleness.



## FACIAL CARE

### **Season's facial - Revitalizing / anti-aging - 60 min / 130 €**

Complete revitalizing care and stimulation of the seasonal reflex zones of the face, hands and feet. The skin is restored and rested, leaving a radiant complexion.

### **Light offering Treatment - 30 min / 70 €**

Brightening facial using seasonal products. The skin is perfectly cleansed and hydrated for a healthy glow.

### **Purifying facial - 50 min / 100 €**

Deep cleansing, raspberry scrub, face massage, mask, seasonal serum and cream. The skin is oxygenated, the grain is refined for a new sensation of balance and lightness.

### **Ultimate repair treatment with precious oils - 20 min / 50 €**

Facial massage. Thanks to the seasonal balm and its restorative oils, the skin is comforted and nourished leaving your face perfectly relaxed.

### **Energizing facial for men - 30 min / 70 €**

Deep cleansing and application of cryonic rose to tone the skin. Seasonal scrub and mask, massage of the trapezius muscles and seasonal reflex zones. The skin is perfectly cleansed, free of impurities, fresh and taut.



## BODY CARE

### **Seasonal body scrub - 30 min / 75 €**

Spring-Summer: Fresh scrub with poppy extract.

Autumn-Winter: Foaming scrub with extracts of olive wax and vanilla honey.

The skin regains softness and radiance.

### **Relaxing back treatment - 50 min / 110 €**

Scrub followed by a herbal poultice and aromatic massage. 50 minutes entirely devoted to the wellbeing your back.

### **Foot care and reflexology - 35 min / 70 €**

Foot bath with essences of Rosemary. Exfoliation with poppy and bamboo extracts and massage of the reflex zones with melting balm.

### **Walk of the Season - 2h / 220 € (or 1h30 without wrap / 190 €)**

- **Seasonal scrub**,

- **Seasonal wrap** with “Argile du Soleil” clay and almond extracts (Spring / Summer)

or

Seasonal wrap with white clay, combined with cereal extracts (Autumn / Winter)

- **Seasonal massage**.

This seasonal walk is an olfactory and sensory journey in the heart of nature. The whole body is refreshed, breathes, vibrates and is regenerated.



## MASSAGES

### **Seasonal massage - 60 min / 130 €**

Energy body massage focusing on the meridians of the season. The massage works on the energy flow, leaving you intensely recharged and uplifted.

### **Customized aromatic massage**

**25 min / 60 € - 50 min / 95 € - 75 min / 120 €**

A selection of care oils highly concentrated in active ingredients and a massage specially adapted to your needs.

### **Hot Stone Massage - 75 min / 140 €**

Mineral care for deep muscular relaxation thanks to the stone's heat spreading through the body. The promise of a pure moment of relaxation.

### **Mother-to-be massage (4 months and +) - 35 min / 70 €**

Massage suitable for the mother-to-be, which helps relieve back pain and heavy legs, promotes blood circulation, and reduces fatigue for a pregnancy in complete serenity.

## OTHER BEAUTY TREATMENTS

### **Manicure or pedicure - 45 min / 65 €**

Scrub, massage and care of the hands or feet

**Nail polish 20 €**

**French manicure 25 €**



## SIGNATURE APPLE TREATMENTS

### **Sensory scrub – 25 min/60 €**

Gentle exfoliation with apple pomace. Skin emerges radiant, soft and glowing.

### **Apple express facial treatment – 25 min/60 €**

Apple based facial care. Cleansing, scrub and a very pleasant massage.

### **Apple facial treatment - 60 min/120 €**

100% natural apple based products. This soothing and nourishing treatment restores the skin's comfort and helps to regain its elasticity, softness and a great feeling of comfort.

### **Apple massage – 75 min/140 €**

Apple seed oil massage for a Norman relaxation. A true pleasure to discover.



## PACKAGES

### Well being package      4 hours of treatments – 420€

- 1 seasonal scrub and wrap
- 1 customized aromatic massage 75 min
- 1 relaxing back treatment
- 1 season's facial

### Normandy package      2 ½ hours of treatments – 290€

- 1 sensory scrub
- 1 apple massage 75 min
- 1 apple facial treatment



## INFORMATION

La Ferme de Bien-Etre welcomes you every day from 8 :30 am to 8 pm and from 10 am to 4 pm for children under 12 years old.

Our Spa Practitioners welcome you every day from 10 am to 7:30 pm for your treatments.

We advise you to book your treatments in advance by phone at +33 (0) 231.817.800, at the spa reception or from your room (dial 229).

In order to enjoy your treatment in all serenity we invite you to present yourself 10 minutes before the time of your appointment.

The use of flip-flops (provided at the spa reception desk) is essential to safety access wet areas.

All our massages are for relaxation and well-being only and not for medical or therapeutic purposes.

Please remember to inform us of any modification or cancellation no later than 24 hours before the time of your appointment. After this period, the treatment will be invoiced in full.

Any delay will be deducted from the time of your treatment so as not to delay the next appointment.

