

2024



NM
LE NOUVEAU
MONDE
SAINT-MALO





SPA

FACE TREATMENTS



Honey coloured woods, smooth stones and pebbles, soft lighting, elegant treatment rooms, soft music and a warm atmosphere: a world entirely dedicated to your well-being. Our confirmed beauticians team welcomes you with a smile and are attentive to your every need; they are perfectly skilled in the exclusive Thermes Marins de Saint-Malo treatment protocols. A multitude of rituals inspired from across the globe take you to faraway shores to encounter well-being.

TRADITIONAL TREATMENTS

- **MARINE OXYGENATION**

All skin types except mature. Deep skin cleansing for a fresh, clear complexion.

- **HYDRA MARINE**

Dehydrated and/or sensitive skin. A facial treatment accompanied by a relaxing facial massage, works as a formidable regulator on skin moisture. Your skin is moisturized, soothed and radiant with vitality.

- **MARINE PURITY**

Combination to oily skin. This treatment will reduce the appearance of imperfections due to excess sebum by tightening the pores and refining the skin texture. The combination of the active ingredients and the relaxing massage will bring a real comfort to the skin, matify, purify and unify the complexion.

50 min **92 €**

1h10 **105 €**

1h10 **105 €**



All our face treatments are accessible to pregnant woman.



SPECIFIC TREATMENTS

“EYES - RADIANCE - NUTRITION”

- **EYE RADIANCE TREATMENT**

A new three stage treatment: stage 1, skin cleansing, stage 2, intensely moisturizing the face, stage 3, the decongestion of the eye contour for an overall new glow.

- **MARINE RADIANCE**

A facial treatment for tired, dull skin lacking oxygen.

The oxygenating massage stimulates cells and eliminates toxins.

Your skin is oxygenated with regained luminosity.

- **NUTRI MARINE**

Mature, dry and devitalized skin. Accompanied by an oxygenating massage,

this treatment restores the skin's hydrolipidic film. Your skin is nourished, supple and luminous.

1h20

120 €

1h30

125 €

1h30

125 €

ALL TREATMENTS ARE AVAILABLE IN PACKAGES OF 3 • 5 • 10 SESSIONS



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FACIAL MASSAGES DRAINING - EYE CONTOUR

- **RELAXING MASSAGE**

Gentle enveloping movements chase away muscular tension and improve deep relaxation for reposed facial features.

- **OXYGENATING MASSAGE**

This stimulating massage helps to eliminate toxins and improve circulation for a luminous complexion.

- **FIRMING MASSAGE**

By working over facial contours this stimulating massage improves tone and firmness for redefined facial contours.

- **ANTI-WRINKLE MASSAGE**

Specific movements and in-depth work over wrinkles and fine lines improve cellular stimulation and renewal for reposed, smoothed features.

- **GLOBAL ANTI-AGEING MASSAGE**

For mature skin presenting a lack of moisture, a loss of radiance and sagging skin with fine lines and wrinkles. The toning and specific movements of the massage work effectively on all the signs of ageing.

- **EYE CONTOUR TREATMENT**

This new treatment eliminates puffiness, dark circles, wrinkles and fine lines. Decongests, regenerates and moisturizes for younger more relaxed eyes.

30 min 60 €

40 min 72 €

40 min 72 €

40 min 72 €

40 min 83 €

50 min 92 €



ANTI-AGEING TREATMENTS

• GLOBAL ANTI-AGEING TREATMENT

This signature treatment combines a personalised anti-ageing massage with our PURE MER premium products by Thermes Marins de Saint-Malo. It acts on all the signs of ageing : dryness, loss of radiance, sagging skin, presence of lines and wrinkles and provides immediate and visible results.

• LIFT MARINE

Does your skin lack firmness?

This skin “tensing” treatment combined with a firming facial massage stimulates the skin’s tone and elasticity to redefine facial contours.

• MARINE ANTI-WRINKLE

Wrinkles and fine lines ?

This regenerating treatment combined with an Anti-wrinkle facial massage will diminish wrinkles and fine lines leaving your skin visibly smoothed.

1h30 175 €

1h30 125 €

1h30 125 €



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SPA

BODY TREATMENTS



BODY MESSAGES YOUR PASSPORT TO WELL-BEING

- **RELAXING MASSAGE**

A real invitation to well-being, this enveloping massage with gentle fluid movements releases tension and improves deep relaxation over the entire body.

- **RELAXING INDIAN MASSAGE**

This body massage with oils is particularly gentle and soothing. Ideal for people feeling very tired, it relaxes, revitalizes and improves blood and lymphatic circulation.

- **RELAXING BACK TREATMENT**

Full back treatment including purifying cleansing and a deep relaxing massage.

- **DEEP TISSUE MASSAGE**

This in-depth massage, with deep and powerful manoeuvres promotes muscle relaxation and loosens mind and body. This combination of passive mobilizations and pressures is particularly appreciated by the athletes. This tonic massage loosens the tension areas in order to restore energy and vitality.

- **FOOT REFLEXOLOGY**

The foot contains numerous reflex zones which are manipulated with pressure and in-depth movements to eliminate toxins, improve circulations and energy balance.

- **TOTAL BALANCE**

A relaxing treatment composed of foot reflexology, a hand massage and a scalp massage to stimulate nerve endings and provide well-being and balance.

1h00 122 €

1h10 145 €

50 min 105 €

1h10 160 €

50 min 105 €

1h20 142 €



- **WELLNESS AND SLEEP MASSAGE**

A relaxing massage to the back of the body. Finger pressure is applied in alternate movements over the body's energy lines in rhythm with your breathing. This massage helps you relax and let-go, it relieves tension and improves sleep so you can enjoy your day!

- **DETOX MASSAGE**

This draining massage is ideal after a little overindulgence, it efficiently helps to eliminate toxins. Slow-paced and gentle it offers a veritable moment of relaxation.

- **HOT STONE MASSAGE**

Hands and hot stones become one with delicate strokes over the entire body... Through the gentle heat of the volcanic stones, this massage harmonises energy flows, releases tension.

- **BALINESE MASSAGE**

This massage is the harmonious combination of deep, slow and warm movements, it allies power and sweetness. Real detoxification of the body, this massage improves the deep relaxation, the elimination of the stress, restores vitality and dynamism.

- **TRADITIONAL CHINESE ENERGETIC MASSAGE**

Improves energy balance through finger pressure along the body's meridian energy lines and releases congestion points which block energy circulation and transports you into deep relaxation.

- **AYURVEDIC MASSAGE**

Escape to the rituals of ancient India through this massage which provides true relaxation by appeasing tension and energy flows. Alternates the different techniques of Abhyanga (movements which stimulate) and Marmatherapy, (in-depth movements over the body's energy points).

40 min **95 €**

50 min **92 €**

1h10 **135 €**

1h10 **175 €**

1h00 **150 €**

1h10 **165 €**

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BODY TREATMENTS



BODY SCRUBS

Revitalize your skin's radiance: we have created a range of the best body scrubs with exotic ingredients from faraway lands for soft, clear, fresh skin. Their exfoliating effect prepares the skin for the penetration of active ingredients.

- **GRANITA SCRUB NONI & COCONUT**

This fluid-textured scrub provides an intense exfoliation that respects the epidermis thanks to its fine salt crystals. Enriched with Noni pulp (precious Asian plant), this scrub restores vitality, hydration and softness to the skin. Its gourmand fragrance with Coconut notes immediately transports you to an island paradise.

30 min **69 €**

- **MINERAL LAVA POWDER SCRUB**

This creamy black scrub with Lava Powder melts as it is applied as a massage and turns into a milk texture in the shower.

30 min **69 €**

- **OYSTER SHELLS & SACRED LOTUS SCRUB**

Sprinkled with oyster shells powder and marine salts, this scrub ensure an intense exfoliation while providing all the essential minerals and trace elements to the skin.

30 min **69 €**



BODY BEAUTY MASKS

OUR BEAUTY MASKS SELECTION

Veritable cocoons of warmth, well-being, and gentleness: our Body Beauty Masks are accompanied by a relaxing massage of the shoulders, nape and scalp.

- **PAPAYA & PRICKLY PEAR BODY BEAUTY MASK**

A genuine drainage and moisturising care, this body mask offers the skin well-being and a sensation of lightness. It combines exceptionally hydrating active ingredients (Prickly Pear and Hyaluronic Acid) with an extract of a red alga, *Palmaria Palmata*, known for its drainage action promoting the elimination of water and toxins.

40 min **75 €**

- **COCOONING POLAR ALGAE BODY BEAUTY MASK**

This creamy and cocooning mask intensely nourishes the epidermis and preserves the skin's youth capital thanks to a regenerating active ingredient from a Polar Alga and a Sea Buckthorn Oily Macerate.

40 min **75 €**

- **VOLCANIC EARTH BODY BEAUTY MASK**

This mask relaxes, revitalizes and sublimates the epidermis thanks to the synergy of 3 natural Sicilian geothermal resources (Thermal Spring Water from Sclafani, extract of non-sanguine Orange from the Madonie Mountain Park, Thermal Mud from Gorga).

40 min **75 €**

- **ALGAE AND MARINE PLANT BODY BEAUTY MASK**

This body mask with *Laminaria* Algae and Floral Water of Sea Fennel is a high performance treatment that intensely revitalizes the skin and improves the draining of tissue.

40 min **75 €**



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BODY TREATMENTS



CONTOURING **AND FIRMING TREATMENTS**

- **ACTIVE CONTOURING TREATMENT**

2 effects for optimal results: destock fat mass and smooth away the orange peel effect. and combat sagging. A perfect duo of Chinese massage movements and suction cups to boost metabolism for a significantly more slim-line silhouette.

1h00

92 €

- **DETOX CONTOURING TREATMENT**

This treatment triggers the contouring process. A global body wrap which helps the perspiration process and a draining massage giving a real sensation of lightness and a contoured silhouette.

1h20

140 €

CONTOURING **DRAINING AND CIRCULATION TREATMENTS**

- **DETOX BODY WRAP**

A contouring booster treatment, this detox body wrap improves transpiration and detoxification. It is accompanied by a relaxing scalp massage.

40 min

75 €

- **AESTHETIC MANUAL DRAINING**

This treatment works to efficiently combat water retention, improve blood circulation and refine the silhouette.

1h00

105 €

ALL TREATMENTS ARE AVAILABLE IN PACKAGES OF 3 • 5 • 10 SESSIONS

MARINE ESCAPES

Enjoy your stay with a Spa package on 1, 2 or 3 days.

• MARINE ESCAPADE

- Marine Oxygenation Facial Treatment 50 min
 - Relaxing Back Treatment 50 min
 - Algae and Marine Plant Body Beauty Mask 40 min
- 3 treatments 240 €**

• JOURNEY TO THE HEART OF VOLCANOES

- Mineral Lava Powder Body Scrub 30 min
 - Hot Stone Body Massage 1h10
 - Volcanic Earth Body Beauty Mask 40 min
- 3 treatments 250 €**

• SCANDINAVIAN WANDER

- Baltic Amber Sparkles Scrub 30 min
 - Relaxing Body Massage 1h00
 - Facial Hydra Marine Massage 1h10
- 3 treatments 265 €**

• TROPICAL ESCAPADE

- Granita Scrub Noni & Coconut 30 min
 - Relaxing Indian Massage 1h10
 - Papaya & Prickly Pear Body Beauty Mask 40 min
- 3 treatments 255 €**

WAXING

- 1/2 leg 30 min 25 €
- 3/4 leg 40 min 30 €
- Full leg 1h00 40 €
- Underarms 20 min 20 €
- Regular or brazilian bikini 20 min 25 €
- Full bikini 40 min 35 €
- Arms 30 min 20 €
- Eyebrows, Lip, or Chin 10 min 15 €
- Face 30 min 25 €
- Back or Chest 30 min 30 €

INFORMATION & ADVICE

It is strongly advised not to book hair removal appointments after water activities.

SPA DU NOUVEAU MONDE

BY THERMES MARINS DE SAINT-MALO

OPENING TIMES

- From Monday to Saturday: 9 AM to 7 PM
- Sunday 9 AM to 1 PM.

RESERVATION

- From your room, dial 9
- From outside, dial 02 99 40 40 00

BOOK YOUR TREATMENTS WELL IN ADVANCE

UPON ARRIVAL

We recommend that you arrive 10 mn before your appointment. A bathrobe and slippers are available in your room.

TREATMENT DURATION

Treatment duration includes welcoming, undressing and dressing time and with certain treatments the necessary relaxation time.

WARNING

Some treatments are not recommended, especially during pregnancy. Please consult our beauticians.

CANCELLATIONS

All cancellations should be made at least 24 hours before treatments. Otherwise payment will be due.

LATE ARRIVALS

Late arrivals will not enable treatment prolongation.



Please ask our beauticians for **our selection of Spa treatments accessible to pregnant woman.**



Discover our treatment room with sea view.
A shared experience for couples or friends,
a unique moment of well-being.



HÔTEL LE NOUVEAU MONDE • 64, CHAUSSÉE DU SILLON • 35400 SAINT-MALO

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www.lenouveaumonde.fr/en



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