

TREATMENT MENU



PHYTOMER
Spa & Wellness 

PHYTOMER

Spa & Wellness

Let yourself be carried away by a wave of well-being.
Discover the benefits of high-quality, all-natural products, 100% made
in Brittany, that restore your skin's natural glow and freshness.

With **PHYTOMER**,
indulge in exceptional, rejuvenating treatments that deliver
maximum results and deep relaxation.

With **Vie Collection**,
choose a high-performance anti-aging line inspired
by aesthetic medicine.

With **Fleur's**,
indulge in a sensorial treasure where the essence of flowers enhances
every treatment, a refined tribute to feminine beauty through
all seasons and stages of life.

With **Phytocéane**,
embark on an exquisite journey of natural skincare rituals inspired
by the world's most serene destinations, a true invitation to escape,
unwind, and reconnect.



Phytomer Spa & Wellness has been awarded the prestigious Spa-A certification,
a distinction that celebrates the excellence and high standards of our spas.

Facial Treatment



Anti-aging facial treatments

SIGNATURE TREATMENT

PHYTOMER

Supreme Youth Pioneer *Ultimate Facial Treatment . 1h30*

This premium treatment restores the skin's freshness, youth and radiance. Its exceptional massage, inspired by Kobido visibly smooths the skin while delivering absolute wellness. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

PHYTOMER

Oligoforce Lumination

Complexion - Dark Spots - Wrinkles Treatment . 1h

The ideal combination of a peel, a powerful anti-aging serum and a tissue mask enriched in vitamin B3 and trace elements, to bathe the skin in light. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

Expert Youth

Wrinkle Correction Treatment . 1h

The leading anti-aging ritual that targets all wrinkles to smooth the skin, reduce lines and replump the face. Throughout the treatment, the back is enriched with trace elements and a relaxing sensation of gentle warmth.

Customized version available for combination to oily skin.

Fleur's

Golden Skin

Collagen-Boosting Redensifying Treatment . 1h

A nourished and plumped skin that gains firmness thanks to the power of 24-carat gold, organic star lily, and hyaluronic acid.

PHYTOMER

OPT for an Exceptional Youth Treatment Course

Supreme Youth Treatment Course : 5 treatments & 3 facial products

3 Supreme Youth Pioneer treatments 1h30

& 2 Oligoforce Lumination treatments 1h15

1 scrub, 1 serum & 1 anti-aging cream

Dermo-cosmetic facial treatments

SIGNATURE TREATMENT

3-Dimensions Wrinkle

*Anti-Wrinkle Treatment with Botox-Like Peptides
and Hyaluronic Acid . 50 min*

A complementary or alternative protocol to Botox, hyaluronic acid, and growth factor injections to smooth out all wrinkles and prolonged the plumping effect.



Ultra-Concentrated Acid Peel

Renewing Resurfacing Treatment with 20% Glycolic Acid . 50 min
To reveal glowing, brightened, fresh, and even skin.



Pro-Collagen

Lifting and Firming Treatment with Pro-Collagen Peptides . 50 min
For an immediate tightening effect and visible results on skin firmness.

Mésforce

Revitalizing Plumping Treatment with Vitamins and Hyaluronic Acid . 50 min
For comprehensive revitalization against signs of aging, enhanced hydration and boosted radiance.



OPT for a Customized Dermo-Cosmetic Treatment Course

Medi-Exclusive Youth Treatment Course
4 Dermo-Cosmetic Facial Treatments . 4 x 50 min

Targeted facial treatments

SIGNATURE TREATMENT

Citylife

Anti-Pollution Skin Freshness Treatment . 1h

A breath of fresh air for your skin in a facial that concentrates all the benefits of the sea to detox and revitalize your skin. The break from pollution's harmful effects eliminates signs of fatigue, brightens your complexion and rehydrates your skin.

PHYTOMER

Hydra Original

Plumping Moisturizing Treatment . 1h

A must-have treatment that combines maximum hydration and intense relaxation by combining organic marine ingredients, products with sensorial textures and a relaxing massage. Skin regains comfort and radiance.

Cyfolia Organic . ORGANIC PRODUCTS CERTIFIED BY ECOCERT

Radiance Plumping Treatment - Face and Eye Contour . 1h

This exquisite treatment includes a soothing massage and highly-effective organic products to leave the face and eye contour glowing and moisturized.

Douceur Marine

Comforting Soothing Treatment . 1h

This pampering treatment softens your skin and enhances its protection system for soothed and perfectly hydrated skin.

Oligopur

Blemish Solution Treatment . 1h

A cleansing program with proven effectiveness against imperfections for visibly healthier, clearer skin and a complexion that regains all its freshness.

PHYTOMER

Targeted facial treatments

PHYTOMER

Accept Cica

Fragrance-Free High Tolerance Nourishing Treatment . 40 min

This repairing treatment with Organic Fermented Codium is ideal for reactive skin or skin weakened by repeated skin peels, pollution or climatic conditions.

New Skin for Men

Customized Facial Treatment . 1h

Choose a moisturizing, anti-aging, soothing or targeted treatment to enjoy the full effectiveness of PHYTOMER protocols, adapted to the specific needs of men's skin.

Phytoceane

Destination Shirakami . ORGANIC PRODUCTS CERTIFIED BY ECOCERT

Organic Moisturizing Facial with Organic Aosa Water . 1h

Embark on a revitalizing journey to the heart of Japan in Shirakami with this multi-sensory organic treatment. For deeply hydrated skin and a serene, rejuvenating moment.

PERSONALIZE your facial treatment

Relax Back

Remineralizing Anti-Fatigue . 15 min

An ultra-relaxing back massage followed by a gentle application of Self-Heating Marine Mud along the spine for total relaxation, optimal detox and remineralizing effects.

An add-on possibility for all facials.

Eye Perfection

Radiance Smoothing Eye Treatment . 20 min

A comprehensive, effective and relaxing treatment for beautiful eyes that sparkle with youth.

An add-on possibility for all facials.

A high-quality photograph of a woman's back and shoulders, viewed from above. She is lying on a blue surface, and her arms are raised above her head. Two hands are placed on her upper back, suggesting a massage or body treatment. The lighting is soft and focused on the skin, highlighting its texture and the contours of the back. The text "Body Treatments" is centered at the bottom of the image, with a small decorative line underneath it.

Body Treatments

Body wellness treatments

SIGNATURE TREATMENT

PHYTOMER

Oligomer® Spa

Remineralizing Revitalizing Massage . 1h or 1h30

This deeply relaxing, reenergizing signature massage includes both a full body exfoliating scrub and massage. The session provides a unique sensory experience thanks to Oligomer® Phytomer's legendary active marine ingredient, and its extraordinary remineralizing and revitalizing benefits.

Trésor Wellness

Absolute Serenity Massage . 1h

This very fluid massage, inspired by Ayurveda and performed with a precious oil scented with sunny notes, awakens and rebalances your energy, leaving you feeling weightless.

PHYTOMER

Sea Holistic

Relaxing Massage with Sea Boluses . 1h

Through soft effleurage strokes, targeted pressure and stretching, this Thai-inspired body massage gently releases tension points one by one through soothing warmth.

Prenatal Massage. NEW

Relaxing Treatment for Pregnant Women . 1h

Developed in collaboration with an osteopath specializing in maternity care, this prenatal massage offers expectant mothers a moment of well-being.

Fleur's

Aromavédic

Ayurvedic Ritual with Apricot Oil . 1h / With Facial Treatment . 1h30

This complete Ayurvedic-inspired massage recharges the body with energy and stimulates energy centers to release tension.

*From the 4th to the 8th month of pregnancy, inclusive.

Destination Émeraude

Relaxing Hot Stone Massage with Organic Green Tea . 1h

Its detoxifying organic green tea massage balm and Chinese-inspired hot stone massage make this body treatment an unforgettable wellness ritual, providing deep relaxation from head to toe.

Destination Zanzibar

Virgin Coconut Oil Relaxing Body Massage . 1h

This treatment takes you to the clear waters of distant lagoons... Its massage with virgin coconut oil offers an instant escape.



Invigorating treatments

SIGNATURE TREATMENT

PHYTOMER

Oligotherapy . NEW

Remineralizing Drainage Body Treatment . 1h or 1h30

Detox with this complete body treatment: a draining massage that eliminates toxins and tension is combined with a remineralizing Oligomer® body wrap for a total body makeover.

Sparkles of the Sea

Remineralizing Relaxing Back Treatment . 50 min

Our signature detoxifying and remineralizing marine products enhance a tension-releasing foot, scalp and back massage.

PHYTOMER

Iyashi Dôme

Japanese Detox Sauna . 1h (Exclusively offered at Phytomer Spa Étoile)

Inspired by Japanese tradition, the Iyashi Dome with long infrared provides intense heat for a deep detox effect, improving relaxation, skin quality, and overall energy levels.

Ideal as a gentle complement to a facial treatment or as a more intense detox and slimming booster.

Contouring treatments

SIGNATURE TREATMENT

Sculpt Zone

Targeted Heating Wrap and Massage Abdomen - Buttocks - Thighs 1h

An intensive exfoliating scrub, a targeted massage and an innovative thermo-sculpting wrap eliminate curves and cellulite in record time.

The results are dramatic.

PHYTOMER

P5 Contouring Treatment

Full Body Massage and Algae Jam Wrap . 1h

A full body contouring treatment that combines a toning massage with an exclusive algae wrap to slim curves, reshape and tone the body.

PHYTOMER

Seatonic

Body Wrap and Firming Massage . 1h

A high-performance gel wrap is applied then massaged into the skin to lift, tighten tissue and prevent sagging.

Body Reflex

Ultra-Smoothing Body Scrub and Wrap Abdomen - Buttocks - Thighs . 1h

The ideal body peel for an immediate “new skin” effect: an exfoliation combined with an ultra-smoothing body wrap, that is then massaged on targeted areas for maximum effectiveness.

PHYTOMER

OPT for a Customized Contouring Treatment Course

3D Body Remodeling Treatment Course

4 Massage and Wrap Treatments . 4 x 1h

Treatments & Body Beauty Services

PHYTOMER

Marine Scrub

Toning Body Scrub Treatment . 50 min

An exfoliation combined with a massage for an express beauty treatment that leaves the skin soft and silky.

Also available in a 30-minute version as a complement to Phytomer body treatments.

Sun Destination

Hydrating Sun-Enhancing Treatment . 1h

Gently exfoliated, the skin is then hydrated from head to toe. The finishing touch: The application of self-tanner. Ideal for a natural and radiant tan without sun exposure or to extend your holiday glow.

Hand or Foot Beauty

A professional manicure or pedicure, including nail polish application.

Classic Polish Beauty Treatment . 45 min

Semi-Permanent Polish Beauty Treatment . 1h

Luxury Hands or Feet Treatment

An ultra-complete treatment that beautifies nails and skin. It includes a gentle exfoliation, a repairing treatment for cuticles, a hydrating massage, and nail polish application.

Luxury Treatment with Classic Polish . 1h

Luxury Treatment with Semi-Permanent . 1h15

Waxing

Half-Legs | Underarms | Basic Bikini Line

Other waxing services available upon request.



Spa Rituals

Face & body rituals

SIGNATURE RITUAL

PHYTOMER

Suprême Wellness

Global Anti-Aging Facial Supreme Youth Pioneer

& Oligomer® Spa Body Massage . 2h30 / with Body Exfoliation . 3h

Discover the perfect fusion of an anti-aging facial treatment with instantly visible results and a deeply relaxing, re-energizing body treatment. This signature ritual combines the pinnacle of facial performance with an exceptional massage experience.

PHYTOMER

Trésor Well-being Ritual

Revitalizing Radiance Facial Cyfolia Organic

& Absolute Relaxation Massage Tresor Wellness . 2h

A radiant glow and well-hydrated skin with an organic facial treatment combined with an Ayurvedic-inspired body massage that invites letting go and complete relaxation.

Detox Remineralizing Ritual . NEW

Anti-Pollution Facial Treatment Citylife

& Remineralizing Drainage Treatment Oligotherapy . 2h

A total revitalization. Signs of fatigue fade away, radiance is restored, the body is re-energized and feels lighter.

Fleur's

Floral Beauty Ritual

Collagen-Boosting Redensifying Treatment Golden Skin

& Body Massage Aromavédic . 2h

The absolute youthful power of 24-carat gold, star lily, and hyaluronic acid combined with an energizing Ayurvedic-inspired body massage.

Phytocéane

Escape Ritual . NEW

Organic Hydrating Treatment with Organic Aosa Water Destination Shirakami

& Body Massage Destination Zanzibar . 2h

A sensory journey combining a revitalizing moment in the heart of Japan for ideally hydrated skin and a sunlit interlude in the crystal-clear waters of Zanzibar with a relaxing body massage using Virgin Coconut Oil.

Treatment packages

We offer you 3 packages that offer you preferential rates.

SIGNATURE PACKAGE 10 TREATMENTS

10 Phytomer facial treatments, body treatments, or body massages 1h

Valid for 10 months.

PRIVILEGE PACKAGE 5 TREATMENTS

5 Phytomer facial treatments, body treatments, or body massages 1h

Valid for 10 months.

SUBSCRIPTION PACKAGE

8 identical treatments purchased

=

2 identical treatments offered

Valid for 10 months.

Gift cards

To gift well-being to those you love. Our team will advise you on treatments and massages, and prepare a beautiful gift card for you - valid for 10 months.

WELLNESS SUITES

For the ultimate relaxation experience as a duo, enjoy the exceptional comfort of one of our two private suites. Elegantly and tastefully decorated, each suite offers a fully private treatment space, complete with its own changing room, bathroom, relaxation area, and private terrace. The Iroise Suite also features a personal steam room for a truly indulgent escape.

The suite can be reserved in addition to your treatment.

Reservation and Cancellation

The treatment must be paid for at the time of booking. If you are unable to attend, please cancel your appointment at least 24 hours in advance to receive a full refund.

Gift Cards and Treatment Packages

Gift cards and treatment packages are valid for ten months. If not used within this period from the date of purchase, neither the buyer nor the recipient will be eligible for a refund. The client may choose products equivalent to the gift card value. Subscription packages are strictly personal and non-transferable and must be paid in a single payment.

Your Arrival at the Spa

To fully enjoy your treatment, we recommend arriving 15 minutes before your appointment. We provide robes, slippers, towels, and disposable undergarments. If you are late, we will offer the same service if our schedule permits. Otherwise, we may need to shorten your treatment accordingly.

Health

Many treatments are not recommended during pregnancy. We advise consulting your doctor and informing us of your condition at the spa reception when booking your treatments. Please also report any other specific health conditions so we can tailor our services accordingly. A medical opinion may be required.

Children

Treatments are provided to guests over 16 years old, except for the Cyfolia Organic Facial Treatment and the Californian Wave Wellness Massage, which are available for teenagers from 13 years old.

PHYTOMER

Spa & Wellness

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