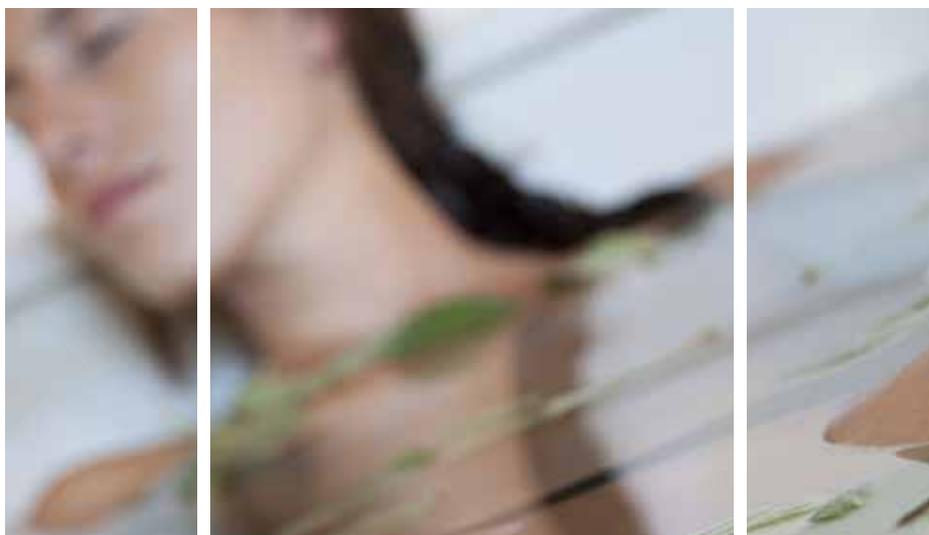


THE FERME THERMALE®
AT EUGÉNIE



HOT SPRINGS TREATMENTS

Nature Beauty Routine

The Nature Beauty Routine comprises a selection of 5 hot springs treatments. They are all executed in warm and refined individual treatment room, leaving time to sip an herbal infusion, cuddled up by the wood fire.

This routine, bequeathed from Greco-Latin, Celtic and Oriental customs, is composed of à la Carte Vegetal and Mineral Hot Springs Treatments, which you will find on the following page



Nature Beauty Routine

5 treatments chosen from Vegetal and Mineral Hot Springs Rituals

Duration 2 hours
Rate € 170

Hot Springs Treatment

Duration variable according to the chosen treatment
Rate € 40

Massage under Hot Springs Waters

Performed by a certified physiotherapist

Duration 30 minutes
Rate € 70





Vegetal Hot Springs Rituals

Eugénie Hot Springs Baths activated with Plants

Enriched with three different aromatic preparations, this treatment is given in individual «cabins» of blond chestnut wood or in the imperial cabin ; all are equipped with white marble baths, warmed with thermal water.

The Queen Floral Bath is an infusion of red rose buds, lavender, chamomilla and hawthorn. This bath is relaxing, soothing and aids digestion.

The Citrus Milk Lustral Bath is enriched with essential citrus oils, and accompanied by a sachet of lemon, grapefruit and orange peel. This bath has a sedative action, and is highly recommended in cases of overweight and cellulite.

The Medieval Plant Bath is a fragrant infusion, with perfumes of thymes, rosemary and sage. With its invigorating and draining actions, this treatment is recommended in cases of overweight and rheumatic affections.

Soft and Warm Illutations (mud-wraps) with Plants

Given for your comfort on a marble table warmed with thermal water, this is a general application of Eugénie warm thermal mud, enriched with herbs and plants, according to three different compositions :

- Holly, sweet clover, cyprus, to improve blood flow,
- Oats and lime blossom, for their soothing, calming and anti-asthenic virtues,
- Climbing ivy, green tea, horsetail, nettle, anti-rheumatic and anti-cellulitic.

This treatment is followed by a particularly stimulating torrential thermal shower.

Hot Springs Showers misted with a Choice of Three Aromatics

This treatment permits a double absorption of vapours of Eugénie thermal water, enriched with aromatic components, both by the respiratory tract and cutaneously.

Three natural essences are used alternately, namely :

- Lavender for its anti-spasmodic, anti-infectious and anti-inflammatory virtues,
- Cloves for its general stimulating effects and calming properties
- Pine sap, sedative and anti-inflammatory, recommended for rheumatic pain.





Vegetal Hot Springs Rituals

To these three thermal plant treatments is added a fourth daily thermal treatment, chosen by your hydrotherapy doctor from the following :

Hot Springs Steam Bath (Hammam)

The physico-chemical composition of the thermal water vapour of Eugénie, and the temperature (40°C), by both gentle and continuous sweating and inhalation of the thermal water vapours, have a general sedative action on muscular pain and contraction.

Special Slenderizing Needle Shower

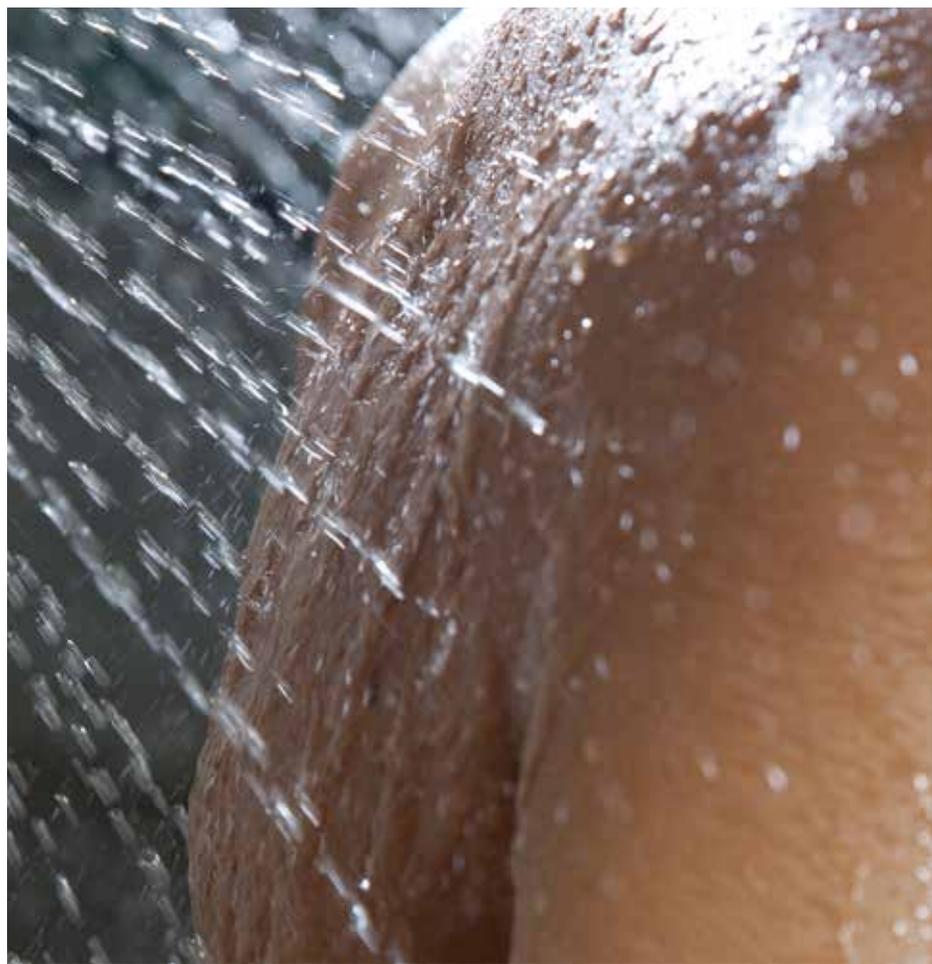
It has a multiple action : «peeling» at the cutaneous level, and activating at the circulatory level, improving oxygenation of the sub-cutaneous tissues.

The needle shower represents one of the best techniques for drainage of tissues, particularly in cases of overweight and cellulite.

Superactivated Shower for Health and Tone of Hands and Legs

A treatment particularly recommended for the treatment of osteoarthritis of hands and feet. Its efficiency is undeniable : relief of pain, drains aching legs, suppleness of joints.





Mineral Hot Springs Rituals

Thermal Bath with Pressure Shower, in Individual Pool

The effects are those of a deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result is that of muscular and vertebral relaxation and deep drainage of the tissues.

Signature White Mud Bath

This is an overall bath in delicate, white thermal mud, where the density is such that the real impression of weightlessness facilitates both mobilisation and relaxation ; it is particularly recommended for rheumatism, problems of intestinal transit and stress. At the same time, a penetrating massage of the entire dorsal region is assured by powerful jets of mud. This treatment is followed by a particularly stimulating torrential thermal shower.

Diluvial Hydromassing Thermal Shower

Lying on a white marble table, warmed with thermal water for the patient's comfort, the body is showered with a multitude of jets of thermal water. Simultaneously, two oscillating shower lines sweep thermal water under pressure over the whole body. This treatment makes use of the flow of water to stimulate the penetration of the thermal elements into the tissues, and thus combat muscular pain and relieve insomnia.

Kneading Shower with Jet Water

Administered at a variable distance from the patient under variable pressure, and directed at body parts indicated by the doctor, this shower produces an effect of percussion and vibration of the muscular masses. The overall thermal shower with jets constitutes a powerful stimulant in thermal medicine, accompanied by a circulatory and muscular toning effect.

To these four mineral thermal treatments, a fifth daily thermal treatment is added, chosen by the doctor from the following :

Hot Springs Steam Bath (Hammam),
Special Slenderizing Needle Shower,
Superactivated Shower for Health and Tone of Hands and Legs
whose respective qualities have previously been described.



