

Treatment *menu*

LES HORTENSIAS DU LAC x MYBLEND SPA





myBlend

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Dare to experience high-performance treatments combined with myBlend's signature deep-touch techniques and the power of technology!

A NO-COMPROMISE EXPERIENCE

At the crossroads of scientific research, technology, and the art of touch, myBlend Synergistic Treatments invite you to enjoy the ultimate experience where effectiveness and sensorial pleasure meet.

Deeply expert and innovative, they deliver visible results on the skin. Exceptionally sensory, they provide an intense feeling of well-being.

THE SCIENCE OF FORMULATION

Highly concentrated and skin-friendly
Rich in neuropeptides and biomimetic peptides
100% clean

The properties of myBlend formulas awaken the vital forces that energize your skin while strengthening the microbiome and your skin's natural defenses.

DEEP TOUCH - THE SIGNATURE OF MYBLEND TREATMENTS

The myBlend touch is the practical application of our knowledge of the close connection between your skin and your brain. Massage is combined with skincare. Our personalized deep-pressure massage techniques reactivate skin tissues, stimulate muscles deeply, and trigger neurotransmitters present on the skin's surface. All to enhance regenerative effectiveness.

Facial treatments

THE SIGNATURE FACIAL TREATMENT

A bespoke treatment combining expert techniques and CellSynergy technology to revitalize, tone, and lift facial features. This face, neck, and décolleté protocol enhances radiance, firmness, and well-being, tailored to your skin's unique needs.

**EXPRESS 30 MIN - €80 | ESSENTIAL 60 MIN - €150
EXPERT 90 MIN - €190**

THE REGENERATING TREATMENT – NEW

This exclusive treatment stimulates the skin's natural renewal process to reveal a smoother, firmer, and more radiant complexion. Cryotherapy soothes and oxygenates, massage tones, and the LED mask revives skin radiance.

60 MIN - €150

THE LIFTING TREATMENT – NEW

A high-performance lifting treatment using myLIFTINGroller technology for firmer, more radiant skin. Microcurrent, sculpting massage, and LED stimulate collagen, smooth features, and revive glow.

60 MIN - €150

LIGHT LEGS TREATMENT

Add-on Treatment

Aesthetic cryotherapy relieves heavy legs, stimulates circulation, and firms the skin. It reactivates metabolism for lighter, more toned, and revitalized legs.

30 MIN - €60



Body modelling

ENERGIZING MASSAGE- NEW

A deep and rhythmic massage alternating warm-up movements, pressure, and muscle stretches. It releases tension, stimulates the body, and provides a lasting feeling of well-being.

60 MIN - €140 | 90 MIN - €180

HARMONIZING MASSAGE

A deeply relaxing massage inspired by Yin Yoga, combining gentle stretches, slow movements, undulations, and vibrations. It promotes letting go, rebalances energies, and releases tension for complete relaxation of body and mind.

60 MIN - €140 | 90 MIN - €180

HORTENSIAS SIGNATURE

A fully personalized treatment that deeply releases body tension, promotes total relaxation, and revitalizes inner energy. Adapted to your specific needs, it offers a unique tailor-made wellness experience.

30 MIN - €75 | 50 MIN - €125

Complementary facial treatments

These facial treatments are available as add-ons to body treatments.

LED LIGHT THERAPY MASK SESSION

Reveals your skin's natural radiance and stimulates regeneration for a visibly younger-looking complexion.

20 MIN - €30

FLASH HYDRATION TREATMENT

The Hydragel Mask, the ultimate hydration solution for radiant and plumped skin.

20 MIN - €30

MYLIFTINGROLLER DISCOVERY TREATMENT

Tones, firms, and redefines facial contours for an immediate lifting effect.

20 MIN - €30



Treatment rituals - Face & Body

MYBLEND SIGNATURE

A complete treatment combining body massage, facial expertise, and advanced technologies. This bespoke ritual combines massage, concentrated active ingredients, and LED light for targeted action and visible results.

90 MIN - €220

BACK TO SURF

A body scrub - 30 min
A body treatment of your choice: Energizing Massage
or Harmonizing Massage - 60 min
A Signature Express Facial - 30 min

120 MIN - €250

Bespoke body treatments

THE DRAINING TREATMENT

This detoxifying and draining treatment deeply stimulates lymphatic circulation and flushes out toxins. Ideal for relieving heavy legs and reshaping the silhouette. A revitalizing treatment to restore a true feeling of lightness.

60 MIN - €140

REFLEXOLOGY

Reflexology harmonizes your body's vital functions through massage of reflex points on the feet. It activates microcirculation to eliminate toxins. Effective for managing pain and stress, this technique promotes relaxation and better energy flow.

50 MIN - €115

EXFOLIATING RITUAL BY L:A BRUKET

This invigorating sea salt scrub smooths the skin, helps reduce cellulite, and stimulates blood circulation for a feeling of comfort and lightness.

SCRUB ONLY: 45 MIN - €90
SCRUB & MASSAGE RITUAL: 75 MIN - €150





ANNE MILLOIS
BIARRITZ

PURE PLENITUDE

Body massage

Specially adapted for pregnant women, this slow, gentle, and enveloping body massage provides a delicious moment of «me time», serenity and pure relaxation.

We practice the Pure Plenitude treatment from the 2nd trimester of pregnancy.

60 MIN - €140

THE SAHO RITUAL

Facial treatment

This intuitive treatment includes a double cleansing and an exceptional facial massage. Resulting from an ancestral Japanese beauty ritual, it will allow your skin to regenerate naturally, while offering you a real moment of serenity.

45 MIN - €95

PLEASURE OF THE SENSES

Ritual

This ritual is ideal during the nine months before the baby's arrival. It offers you a unique parenthesis combining the Pure Plenitude and the Saho Ritual to take full care of yourself.

105 MIN - €200

Day packages

Discover our day passes

RELAX & LUNCH

A myBlend Signature Face & Body Treatment - 90 min
Spa access (excluding fitness)
Lunch at Les Hortensias restaurant (excluding drinks)

€315 / PERS

SEA, SURF & CHAMPAGNE

A myBlend Signature Face & Body Treatment - 90 min
Spa access (excluding fitness)
Tapas & Champagne

€250 / PERS



Institut de beauté treatment

CLASSIC MANICURE OR PEDICURE

This nail beautifying treatment with filing, shaping, and cuticle work is ideal before any application of classic polish.

30 MIN - €50

MANICURE OR PEDICURE WITH GREEN POLISH APPLICATION

This classic polish, made mostly from naturally derived ingredients, enhances the nails.

45 MIN - €70

MANICURE OR PEDICURE WITH GREEN FLASH POLISH APPLICATION

This long-lasting polish is a true alternative to traditional gel polish, offering durable, glossy color. It is applied only as a complement to a hand or foot treatment to ensure optimal results.

60 MIN - €80

SIGNATURE TREATMENT MANICURE OR PEDICURE

Realized with the care of Anne Millois

This complete hand or foot treatment includes a gentle scrub, a nourishing mask, and a relaxing massage. Polish application is not recommended after this treatment and is not included.

30 MIN - €30



Useful informations

OPENING HOURS

The spa welcomes you every day from 10am to 7pm (except the swimming pool).
Fitness every day from 7am to 9pm (for hotel guests).

RESERVATIONS

Swimming pool access is for hotel guests only. Regarding SPA and Fitness access (free of charge for hotel guests, wearing a swimsuit for wet areas is required and sports attire is compulsory for the use of cardio equipment).

CANCELLATION POLICY

Bookings can be cancelled. To this end, we ask you kindly to notify us no later than 12 hours in advance to avoid 50% of the service being billed or deducted from the gift voucher or subscription.

ARRIVAL

We recommend that you arrive 15 minutes before the start of your treatment to allow time to change. In case of late arrival, the treatment will be shortened in order to accommodate subsequent bookings. For your comfort, we provide bathrobes, towels, and slippers.

HEALTH INFORMATION

The establishment reserves the right to refuse treatment based on your health condition. Numerous treatments are prohibited during pregnancy. We ask you kindly to inform us of your state of health when reserving or on your arrival.

All of our massages are non-medical. They are wellness, aesthetic and non-therapeutic treatments.



Useful informations

ACCESS TO CHILDREN

Minors aged 16 must be accompanied by an adult, and will not have access to the sauna and hammam facilities.

COACHING

On request and only with your prior reservation, we can call on a coach.

YOUR PERSONAL BELONGINGS

We advise the use of the personal lockers located in the changing rooms. Your valuable can be left in a safe at the hotel reception. Our establishment cannot be held responsible in the event of loss or any damage suffered during your visit.

PAYMENT METHOD

Your credit card number will be required when booking your treatments. For hotel guests, payment can be added to your room bill.

WELL-BEING

The Spa is an environment dedicated to calm and serenity. For the well-being of all, we ask that you turn off your cell phones.

GIFT VOUCHERS

Offer someone you love a unique and personalized wellness experience at the Les Hortensias du Lac spa. Compose your own gift voucher with treatments or for a defined amount. Gift vouchers are valid for 6 months from the date of purchase.

Find out more about all our services on our website www.leshortensiasdulac.com



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