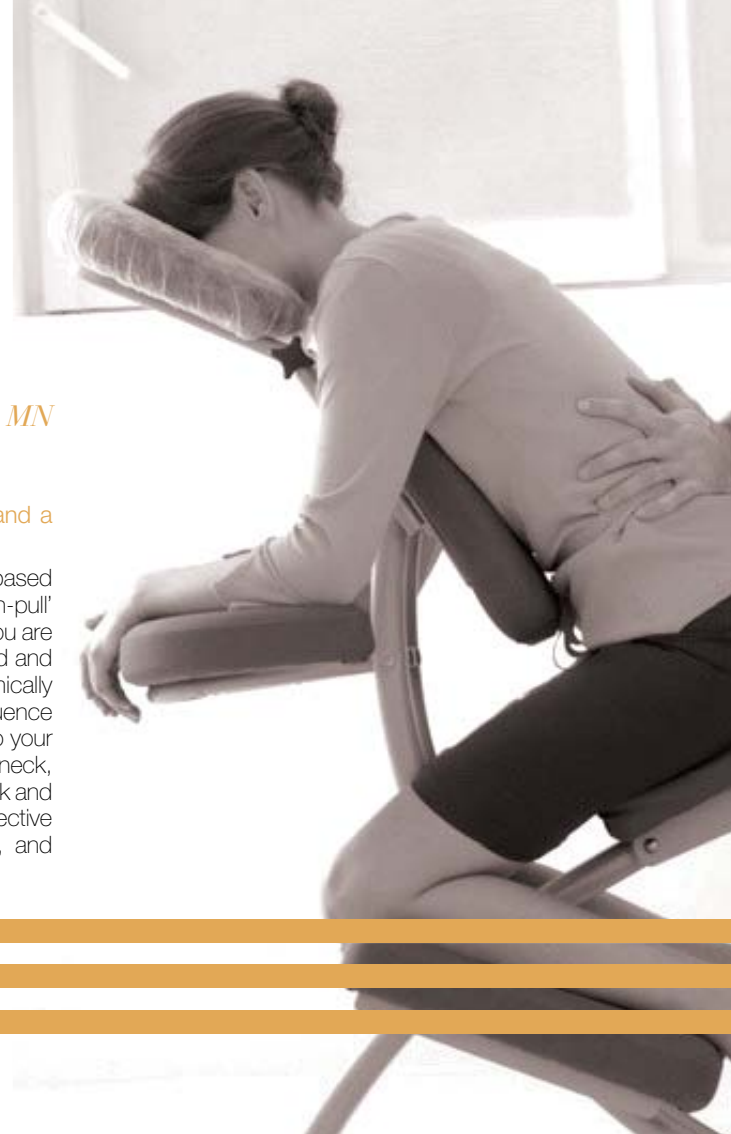


RELAXING

Break - 20 MN

Perfect for intense relaxation and a boost during the crossing.

Amma Massage, which is based on the ancient Japanese 'push-pull' technique, is carried out while you are seated. You remain fully clothed and sit on a comfortable, ergonomically designed chair; a precise sequence of movements is then applied to your shoulders, the back of your neck, your arms, your hands, your back and your hips. It is particularly effective in eliminating stress, tiredness, and muscle tension.



Brittany Ferries



Photo COMMUNICATION • 02 23 411 800 Crédit photo : Fotoila

*Enter
a bubble
of Well-Being*



Indulge yourself with our 'Zen and Beauty' Services and discover a perfect way to begin or end your holiday whilst onboard. Our personalised treatments, **for men as well as women**, will increase your feeling of well-being, with the guarantee of instant results. We use **the best and most up-to-date products in the field of beauty treatment, all in ideal surroundings.**

Treat yourself to a pure moment of relaxation, a revitalising relaxing break, or a rejuvenating beauty therapy.

beauty - pampering - relaxation - rejuvenation - innovation



RELAXING *Journey* - 20 MN

Relax and let total well-being take over. Lie back, relax and let total well-being take over in the Perfect Chair®, Serenity Zero Gravity recliner. The zero gravity reclining position of the chair offers a unique experience by elevating the legs to help boost circulation. Add a soft wave full body experience and feel yourself transported.

ANTI-AGE *Journey* - 30 MN

Whilst reclining in the zero gravity position, why not benefit from a **Pro Care Moisturising or Revitalising** beauty mask where the skin is lifted or plumped. Pro Care is not a brand of cosmetics but an authentic medical brand, and therein lies its strength. Pro Care has been developed according to the specifications of the management of the Clinics and Centre for Aesthetic Medicine.



BULLE DE BEAUTÉ

Filorga Professional

Filorga has been the **PIONEER in medical equipment for aesthetic doctors** for the last 30 years. **Filorga constantly improves its products** and its beauty treatments through scientific research. The brand has always adopted a very avant-garde approach in terms of skin ageing. Ageing signs are tackled and treated with a holistic approach. Discover our 6 exclusive treatments on board today. Suitable for both men and women.



FILL-TIME “*Anti-Age Remodelant*” - 30 MN

This Cryolift treatment, combined with DNA, collagen and elastin fills wrinkles from the inside to reduce their appearance. It evens out the skin surface while plumping the whole face.

GLOW-SKIN “*Eclat Surnaturel*” - 20 MN

This Cryolift treatment is combined with NCTF gel. It adopts essence of mesotherapy without the use of needles to give the cells a boost and stimulate skin microcirculation while optimizing the natural glow of the skin. To sum up, it is a lasting radiance boost. The NCTF active principles are the same as those used in aesthetic mesotherapy. The SAME FORMULATION, the SAME CONCENTRATION.

HYDRA-FRESH “*Hydratation Active*” - 20 MN

This Cryolift treatment is combined with collagen. Hydration of all layers of the skin so that the cells, once revitalized, are optimised. The skin fills out on the surface and gleams with smoothed, hydrated radiance.

CLEAN-SKIN “*Detox suractivée*” - 20 MN

Objective: to refine skin texture, tighten pores and stimulate cell renewal. A soft peel based on sequential variation of pH, for a smooth exfoliation. The 18 anti-aging ingredients of its exclusive formula eliminate the dull layers of skin, refine skin texture and stimulate cell renewal.

LE BOOSTER EXPRESS - 10 MN

Facial draining massage + moisturising and firming mask. After this relaxing process, rediscover a bright complexion with energised, oxygenated and radiant skin.

L'EXCELLENCE MAINS - 10 MN

Erase pigment stains and age spots from your hands. A soft peel based on sequential variation of pH, for a smooth exfoliation. The 18 anti-aging ingredients of its exclusive formula eliminate the dull layers of skin, refine skin texture and stimulate cell renewal. Pigment stains are diminished.

OUR CUTTING EDGE BEAUTY BARS



NAIL *Bar: O.P.I*

Experience beautiful hands, nails with the award winning brand, O.P.I. More than a treatment... a pampering process. To stay beautiful right to your fingertips until you get back from your holiday, let us take care of your hands. The products from **O.P.I, a world leader in professional nail products**, have always combined high-tech performance and a keen sense of colour. Discover the new revolution in semi-permanent nail varnish, guaranteeing perfect hands throughout your holiday and beyond.



HEALTHY GLOW *Bar*

Instant one-minute Natural Tanning for the face, using a fogging technique. Now available onboard in the **Sun Chocolate** range. For men and women. **The safest way of getting a natural looking tan and giving your skin a gorgeous, even glow!**