

# Treatment list

## The Arts of Global Wellness: mindfulness experience

Must to B(e)

1hr15

Programmes of 3, 5 or 8 days:

Energy & Sleep - Harmony & Reconnection - Balance & Body Shape - Vitality & Youth

## Body Wellness Arts – Experience Massages

Bespoke Art to B(e) Massages

1hr or 1hr30\*

- Shiatsu Well-Being
- Thai Yoga Massage on Futon
- Abhyanga
- Shirotchampi
- Reflexology
- Kobido
- Harmony Star
- Hawaiian Lomi Lomi
- Thai Massage With Oils
- Balinese
- Prenatal
- Swedish
- Lymphatic Drainage
- Tui na Slimming Detox
- Tui na 'An Mo' Massage to Relieve Your Back

## Plenitude

5-hour, 10-hour and 20-hour programme of bespoke massages

## The Affinity Arts

(Individual or group session for 30min/1hr)

Santa Yoga(s) – Makko ho – 5 Tibetan Rites – Respirology - Qi Gong

## The Art of Global Beauty

B(e) Beautiful Body & Mind

The Original Natural Sugar

45min

Mother-of-Pearl

1hr30

## B(e) Beautiful Face & Mind

The Milky Way

1hr

Sublime Wonder

1hr30

Eternal Alchemy

2hr

## AAA Colour of Time Infusion

As part of a facial treatment or massage of at least 1hr30

In addition to a treatment or massage of less than 1hr30

plus 20min

Express AAA Colour of Time Infusion

30min

AAA Colour of Time Programme

3h30

## My Sunshine Dream

Sunshine Beach Ritual

1hr15

Sunshine After Sun

1hr15

Sunshine Serenity

30min

Sunshine Beach B(e)fore + After Package

2hr30

Sunshine Dream Package

7 days - 5h

## The Children's Island

B(e) Tender Kiddy Scrub

30min

B(e) Gentle Massage

30min

B(e) Duo Experience with Mum or Dad

1hr

B(e) Little Princess & Little Prince

30min

B(e) Mermaid & Pirate

30min

B(e) Tinkerbell & Peter Pan

30min

## Some Extra Pampering

Hand ritual

1hr

Foot ritual

1hr

Semi-permanent nail polish removal

45min

Semi-permanent nail polish application

30min

Nail polish application

15min

Gel polish removal

30min

Nail repair

30min

\* Depending on the treatments

N.B.: AAA Colour of Time Infusions (Anti-Ageing formula)

TROU AUX BICHES BEACHCOMBER GOLF RESORT & SPA

# Treatment list

## Hair removal

|             |
|-------------|
| Lips        |
| Eyebrows    |
| Chin        |
| Face        |
| Bikini Line |
| Full Bikini |
| Underarms   |
| Lower arms  |
| Arms        |
| Half-leg    |
| Full leg    |
| Back        |

## Makeup

|             |
|-------------|
| Beauty care |
|-------------|

## Hair salon

|                    |
|--------------------|
| Ladies' haircut    |
| Men's haircut      |
| Children's haircut |

## Blow dry without a wash

|                     |
|---------------------|
| Short/mid-long hair |
| Long hair           |
| Wash                |

## Wash, cut and blow dry

|                     |
|---------------------|
| Short/mid-long hair |
| Long hair           |

## Bridal hairstyle

|                     |
|---------------------|
| Short/mid-long hair |
| Long hair           |

## Evening hairstyle

|                     |
|---------------------|
| Short/mid-long hair |
| Long hair           |