

WELLNESS  
& BEAUTY



# BARBOTAN LES-THERMES

  
Compagnie  
des Spas

par CHAÎNE THERMALE DU SOLEIL

## FACE

### ANTI-AGEING

**HYDRA<sup>3HA</sup> MOSTURIZING LINE. HYALURONIC ACID™**  
HYDRATING YOUTH CREAM 50 ML | 70€  
HYDRA<sup>3HA</sup> INTENSIVE SERUM 50 ML | 78€

### YOUTH-SERUM

WRINKLE-SPECIFIC YOUTH SERUM 30 ML | 91€  
FIRMING-SPECIFIC YOUTH CREAM 30 ML | 91€

### YOUTH-CREAM

RENOVATIVE NIGHT CREAM 50 ML | 82€  
WRINKLE-TARGETING YOUTH CREAM 50 ML | 88€  
FIRMING YOUTH CREAM 50 ML | 88€

### EYE CONTOUR

RADIANCE CREAM FOR WRINKLES  
DARK CIRCLES-PUFFINESS 15 ML | 59€

### CREAMS

#### SENSITIVE SKIN LINE

SOOTHING VELVET CREAM 50 ML | 56€

#### SECRETS DE SOTHYS®

PREMIUM YOUTH CREAM 50 ML | 180€  
EYE AND LIP YOUTH CREAM 15 ML | 88€

### BEAUTY

INSTANT ENERGIZING CORRECTOR 30 ML | 43€

### MAKE-UP REMOVERS & CLEANSERS

VITALITY LOTION 200 ML | 30€  
MORNING CLEANSER 125 ML | 39€

### SCRUBS

SCRUB 2 IN 1 40 ML | 28€

### MASKS

HYDRA-SMOOTHING MASK 50 ML | 43€

## BODY

### SCRUBS

DELICIOUS SCRUB 200 ML | 45€

### HYDRATING & NOURISHING

NOURISHING BODY ELIXIR 100 ML | 31€  
FRAGRANCES TO CHOOSE : CHERRY BLOSSOM,  
LEMON AND PETITGRAIN,  
ORANGE BLOSSOM AND CEDAR  
HYDRA-NOURISHING BODY LOTION 200 ML | 39€

### SLIMMING AND FIRMING

SILHOUETTE EXFOLIANT 200 ML | 42€  
PERFECTING SILHOUETTE SERUM 200 ML | 59€

### HANDS, LEGS AND FEET TREATMENTS

VELVET HAND CREAM 50 ML | 19€  
REFRESHING GEL FOR LEGS  
AND FEET 200 ML | 39€

## SUN PROTECTION

PROTECTIVE YOUTH OIL  
SPF 30 FACE AND BODY SPRAY 100 ML | 45€  
PROTECTIVE FLUID, FACE SPF50 50 ML | 41€  
AFTER-SUN REFRESHING  
BODY LOTION 125 ML | 35€

## MEN

AGE-DEFYING HYDRATING FLUID 50 ML | 48€

## SOTHYS CERTIFIED ORGANICS® COSMOS ORGANIC

FACE AND EYE  
MAKE-UP REMOVER OIL 200 ML | 29€  
FACIAL SCRUB RADIANCE  
REVITALISING 50 ML | 39€  
MOISTURISING EMULSION 50 ML | 43€  
RADIANCE MOISTURIZING MASK 50 ML | 39€

\*Prices and products subject to change during the year.





Spoil yourself  
with a day  
at the Spa

164€

### SPA PREMIUM - 4 TREATMENTS

#### Hanakasumi Massage by Sothys

Hydromassage Hot Springs Bath

Hydromassage Bed

Hydromassage Thermal Shower

**+ Access to the Steam Bath\*\*  
and Jacuzzi Pool**

60 mn

15 mn

15 mn

15 mn

130€

### SPA DÉLICES - 4 TREATMENTS

#### Tailor-Made Relaxing Massage «5 Escapes» by Sothys

Hydromassage Hot Springs Bath

Hydromassage Bed

Hydromassage Thermal Shower

**+ Access to the Steam Bath\*\*  
and Jacuzzi Pool**

40 mn

15 mn

15 mn

15 mn

114€

### SPA DOUCEUR - 4 TREATMENTS

#### Fundamental Face Treatment by Sothys

Hydromassage Aromatic Bath

Hydromassage Bed

Hydromassage Thermal Shower

**+ Access to Steam Bath\*\*  
and Jacuzzi Pool**

30 mn

15 mn

15 mn

15 mn

100€

### SPA SÉRÉNITÉ - 4 TREATMENTS

#### Aromatic Relaxing Massage

Hydromassage Hot Springs Bath

Hydromassage Bed

Hydromassage Thermal Shower

**+ Access to Steam Bath\*\*  
and Jacuzzi Pool**

30 mn

15 mn

15 mn

15 mn

80€

### SPA DÉCOUVERTE - 3 TREATMENTS

#### Hydromassage Hot Springs Bath

Hydromassage Bed

Hydromassage Thermal Shower

**+ Access to Steam Bath\*\*  
and Jacuzzi Pool**

15 mn

15 mn

15 mn

52€

### SPA LIBERTÉ - 2 TREATMENTS

#### Hydromassage Bed

Hydromassage Hot Springs Bath

**+ Access to Steam Bath\*\*  
and Jacuzzi Pool**

15 mn

15 mn

\*\* According to the health context, this area could be temporarily closed.

# BODY TREATMENTS & MASSAGES\*



Silhouette Scrub  
200 ml - 45€

Nourishing Body Elixir 100ml  
with a choice of 3 fragrances - 31 €

## REN'ESSENCE FULL BODY & FACE RITUAL BY SOTHYS

⌚ 75 mn | 134€

**This wonderful ultra-complete ritual** combines an oxygenating face treatment with exfoliation, detoxifying massage and plant-based cocoon mask, followed by a 100% tailor-made Body massage\*. Undwind and open up world of rejuvenation, from head to toes.

## DEEP NUTRI-RELAXING MASSAGE\* BY SOTHYS

⌚ 60 mn | 96€

**A high quality massage\*** inspired by Deep Tissue techniques, specially designed to provide comfort and absolute relaxation.

Recommended for sports enthusiasts who want to tone up their muscles or provide comfort before or after exercise, or to lovers of "premium" massages to deeply relax the whole body and leave dry skin wonderfully soft and supple.

## INDONESIE ANCESTRALE™ SIGNATURE TREATMENT

NEW

⌚ 60 mn | 96€

An original treatment protocol inspired by ancestral Indonesian beauty rituals to bring about powerful well-being for the body and mind by rebalancing their energies. An exotic treatment combining global body massage and breathing ritual for both the client and the beauty therapist.

## HANAKASUMI MASSAGE\*

NEW

⌚ 60 mn | 96€

A unique protocol of Japanese inspiration: peeling with exfoliating gloves, relaxing modelling of the entire body and specific modelling of the feet in this nourishing, delicately perfumed ritual.

\* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.

# BODY TREATMENTS & MASSAGES\*

## TAILOR-MADE RELAXING MASSAGE\* 3 ESCAPES BY SOTHYS

Choose your favourite texture : nourishing oil, soft and smooth cream, or shea butter.

3 escapes to choose : lemon & petitgrain - orange blossom & cedarwood or mediterranean lemon with marine note.

🕒 60 mn | 96€

🕒 40 mn | 64€

🕒 30 mn | 48€

## SCRUB WITH 3 SALTS NEW

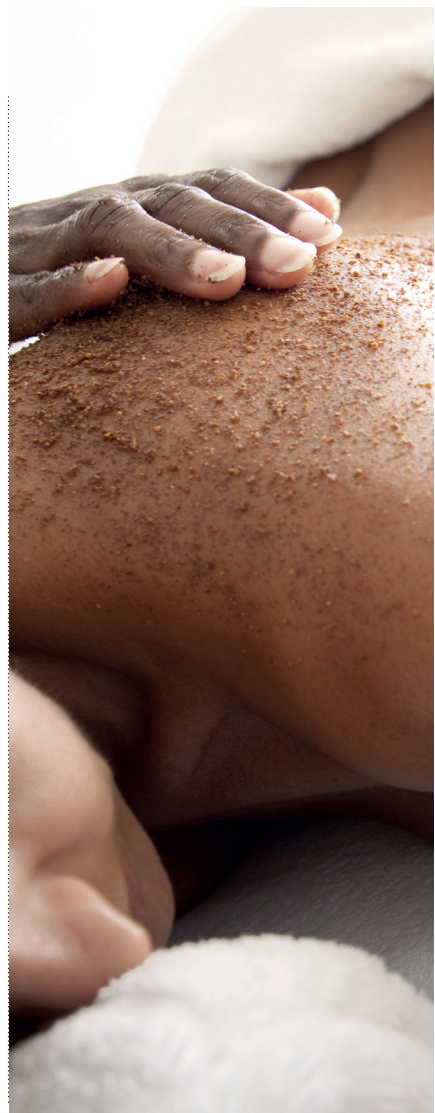
Rediscover silky comfortable skin with a blend of Himalaya and Dead Sea salts, relaxing and invigorating essential oils and French salt marshes.

🕒 30 mn | 52€

## SPECIFIC LEG CARE NEW

This protocol combines an exfolating phase with a specific massage technique aimed at lightening the legs.

🕒 30 mn | 48€



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# FACIALS



Premium Youth Cream 50 ml - 180 €

Radiance Cream For Wrinkles-Dark Circles-Puffiness 15 ml - 59 €



2  
+1

Or

1  
+2

## SECRETS DE SOTHYS® EXCELLENCE TREATMENT

⌚ 90 mn | 135€

Secrets de Sothys® treatment cleverly combines a high-quality patented ingredient – rose stem cells – with expert movements by the beauty therapist in 8 steps : sensorial make-up removal, ultra-efficient exfoliation, exceptional massage, high-performance mask, final smoothing with a cooling effect and a gorgeous beauty touch-up to finish. An unforgettable well-being experience that leaves the face dazzling with youth.

## HYDRA<sup>3HA</sup> HYALURONIC ACID™ INTENSIVE MOISTURIZING TREATMENT

⌚ 75 mn | 106€

Containing a triple hyaluronic acid and replenishing active ingredients, this intensive treatment provides comfort and results to dehydrated skin. It combines ultra comfortable textures and pampering techniques for smoother skin that appears to be “plumped” from within. On top of that, the skin barrier is reactivated, which limits water loss.

## βP3 TRI-COMPLEX™ YOUTH INTENSIVE TREATMENT

⌚ 75 mn | 106€

This intensive treatment combines 8 specific formulas and 5 key steps: cleansing, gentle exfoliation, rejuvenating massage to boost the skin's tissue structures, the application of an intensive mask, and the application of a youth serum. The 3 patented active ingredients – saffron, Sophora japonica and peptides – stimulate the production of collagen and strengthen the self-defence mechanisms in the epidermis. Your skin is visibly younger.

## YOUTH INTENSIVE AND HYDRATING PACKAGE

A unique sensory experience for a maximum efficiency : the excellence of the treatment combining Sothy's expertise with the esthetician's know-how , the Digi-Esthétique, transforms each treatment into a unique moment of well-being for body and mind. A 3 treatment package tailored to your skin's needs, set up in 2 + 1 or 1 + 2.

⌚ 3 x 75 mn | 286€

# FACIALS



## LIMITED EDITION SEASONAL TREATMENT

⌚ 45 mn | 74€

A new concept combining chronobiology and delicious sensations to reveal the skin's radiance with every season. A rejuvenating breath of fresh air combined with minerals to boost your defences before winter, and vitamins to revitalize your skin as summer approaches.

## FRESH GLOW TREATMENT SOTHYS ORGANICS® CERTIFIED

⌚ 30 mn | 55€

A quick treatment with a fresh scent to stimulate the skin and give it an instant glow. The combination of sensoriality and efficiency in this new Sothys Organics™ certified facial. Enjoy a moment of deep relaxation thanks to a cocooning face and scalp massage.

**SOTHYS ORGANICS®**  
ECOCERT CERTIFIED  
COSMOS ORGANIC

Cleansing Oil face & eyes 200 ml - 29 €

Radiance Face Scrub 50 ml - 39 €

Revitalizing Moisturizing Emulsion 50 ml - 43 €

Moisturizing Radiance 50 ml - 39 €

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GENTLEMEN'S  
FAVORITE

## DETOXIFYING TREATMENT FOR MEN BY SOTHYS

⌚ 45 mn | 73€

This treatment brings a refreshing boost to the skin. It combines a scrub, a targeted serum, a mask and a relaxing massage.



# SLIMMING



Delicious Scrub

200 ml - 42 €

Body Perfecting Serum

200 ml - 59 €

## TAILOR-MADE SILHOUETTE MASSAGE\* BY SOTHYS

NEW

⌚ 60 mn | 96€

A silhouette massage to discover for the originality of the Limoges body accessory. The whole body will be treated, including the back, for a relaxing effect never before seen in a slimming treatment. the skin is smoother and the orange peel appearance is reduced.

## SILHOUETTE CURE

A complete silhouette cure with a slimming massage\* in 3, 6 or 9 treatments.  
Tailor-made Sothys massage\*.

⌚ 9x60mn | 518€

6x60mn | 404€

3x60mn | 214€

## TARGETED STOMACH OR HIPS AND BOTTOMS ZONE

Refining the «bermuda zone» 30 mn silhouette massage\* to redesign the hips and bottom.

⌚ 9x30mn | 259€

6x30mn | 202€

3x30mn | 115€

## PRESSOTHERAPY

A detoxifying boot-compression session designed to increase the venous and lymphatic flow.

⌚ 30 mn | 40€

\* Our massages are performed by qualified beauty therapists and masseuses, but are not designed to be therapeutic and cannot replace medical massages performed by a physiotherapist.

UP TO  
-15%

## PRESSOTHERAPY SPECIAL OFFER

Buy your favorite treatment by 6 and get a 15% discount.

buy  
6  
treatments



Book on +33 (0)5 62 08 32 88  
or [boutique.chainethermale.fr](http://boutique.chainethermale.fr)

# EXTRAS



## Body Waxing

### FULL AREA

49€

Full-leg / Brazilian bikini

### TARGETED AREA

21€

Face / Eyebrow Line / Underarm / Half-leg /  
Bikini line / Forearm

### SMALL AREAS

12€

Upper-lip / Chin / Eyebrows



### Velvet Hand Cream

50 ml - 19 €

### Hydra-Nourishing Body Lotion

200 ml - 39 €

## Hand Beauty

### HAND OR FEET BEAUTY TREATMENT + MASSAGE \*

⌚ 45 mn | 50€

### « FRENCH MANUCURE » APPLICATION

36€

### NAIL POLISH APPLICATION

20€

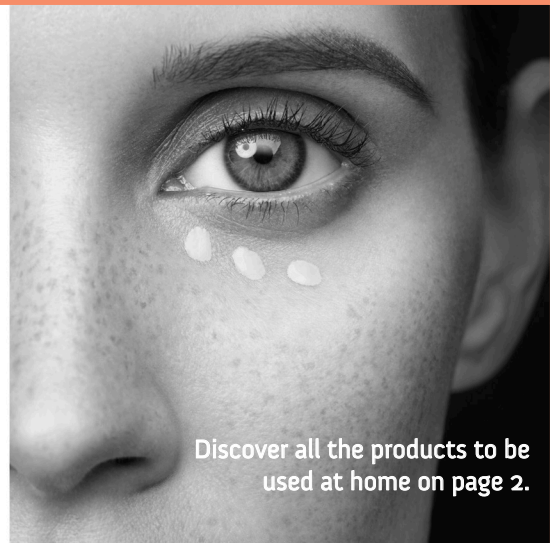
\* Note: a beauty treatment for the hands or feet in an institute does not replace the specific treatments provided by a pedicure.



Sothys, one of the original beauty institute and spa brands, was created in 1946 during the new wave of French beauty.

Under the leadership of Dr Hotz, a spa treatment visionary and a keen Egyptologist, the first formulas were developed in 1946.

Sothys, the name of a dazzlingly beautiful star from the legends of the Pharaohs, became the name of the brand.



Discover all the products to be used at home on page 2.

# HYDROTHERAPY



EXCLUSIVE  
TREATMENTS

## Light Legs Package 3 TREATMENTS | 69€

### 1 PRESSOTHERAPY SESSION

⌚ 30 mn

### 1 KNEIPP SESSION

⌚ 15 mn

### 1 DETOX THALAXION SESSION

⌚ 15 mn

### VICHY SHOWER MASSAGE

⌚ 20 mn | 51€

Under a warm rain of thermal water, your body is rubbed and pressed with several techniques. This treatment provides a deep feeling of wellbeing to your body and soul.

### AROMATIC WARM MUD WRAP

⌚ 20 mn | 46€

Forget stress and backaches ! A warm, soft aromatic cream made with white clay and thermal water is distempered over your whole body.

### HYDROMASSAGE THERMAL BATH

⌚ 15 mn | 37€

A deep and powerful hydro-massage reminiscent of kneading, with a penetrating and sustained action. The result combines muscular and vertebral relaxation and deep drainage of the tissues

### HYDROMASSAGE THERMAL SHOWER

⌚ 15 mn | 37€

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 make 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.

### HYDROMASSAGE BED

⌚ 15 mn | 35€

Say goodbye to tensions with this relieving treatment : warm water jets hit the underside of a floating bed where you lie on and massage your body from head to toe.

### KNEIPP

⌚ 15 mn | 29€

Specialized care for phlebology. The Kneipp treatment produces the same effect as a Scottish shower, combining alternating sprays of fine hot and then cold droplets to the top of the calf. This helps to stimulate the regulation of the skin microcirculation. The sedative effect on venous symptoms is immediate: a feeling of lightness in the legs is felt and this lasts a long time.

### DETOX THALAXION

⌚ 15 mn | 29€

Efficient on cellulitis, venous and lymphatic flows, this specific sequenced-wave shower releases the full kneading power of water to leave your body light and toned.

### JACCUZI + HAMMAM ACCESS

⌚ 30 mn | 20€

# WELLNESS



## FITNESS & RELAXATION

A magnificent 1,200 m<sup>2</sup> Fitness and Vitality Space features an extensive a thermal course with a bubbling pool, underwater jets and counter-current, and 2 thermal pools, one dedicated to aquabiking, the other to aquatic activities. This area is sided by a fitness studio and a cardiotraining facility.

### Water Activities

#### AQUAGYM / AQUABIKE / AQUATIC RELAXATION AQUA CIRCUIT / VEINOTOUR

1 session	23 €
3 sessions	58 €
6 sessions	93 €
10 sessions	115 €
30 sessions	227 €
100 sessions	673 €

 40 mn



FLASH TO VISIT THE WEBSITE  
VITALITÉ & FORME



CLICK HERE TO FIND THE  
ACTIVITIES SCHEDULE



RATES START AT

23€



Book on +33 (0)5 62 08 32 88  
or [boutique.chainethermale.fr](http://boutique.chainethermale.fr)



## GENERAL INFORMATION

**OPENING** > OPEN FROM 20 MARCH TO NOVEMBER 26 2025 from Tuesday to Saturday

**RESERVATION** > Advanced reservations are highly recommended to ensure availability and preferred times.

**PRICE AND TREATMENTS** > Our prices are indicated in euros net including VAT per person. Treatments, treatment times and prices are subject to change without notice (non-exhaustive list).

**SPA ACCESS** > The Thermal Spa is limited to people aged 18 and over. We recommend arriving 15 minutes before the beginning of your treatments.

Bath robes and towels will be provided except slippers which are compulsory (on sale on site). Please do not bring jewelry or valuables to the spa. We regret that we cannot be responsible for any loss or damage of personal articles.

**LATENESS AND CANCELLATIONS** > We kindly request that you arrive on time for your treatment. Late arrivals will be finished within the scheduled service time. In the case of a cancellation, please notify the Spa no later than **48 hours** in advance, otherwise full payment will be charged.

**HEALTH CONDITIONS** > To avoid any disappointment, please inform us about any medical conditions before booking your treatment.

Please let us know if you are pregnant in order to recommend you the most suitable treatment.

Depending on the health context, some areas may be temporarily closed.

## SPOIL YOUR LOVED ONES !

### Find what you're looking for in our E-Boutique !

Discover our Spa Days, our à la carte treatment programmes and our Wellness & Spa packages, to escape the daily routine.

A dose of Well-being to unwind, recharge your batteries and relax from head to toe.  
our offers are valid for 1 year from the date of purchase.



**OFFER**  
a gift voucher

Thermes de  
**BARBOTAN-LES-THERMES**

32150 Barbotan-les-Thermes (Gers)  
barbotanlesthermes@chainethermale.fr

## RESERVATION

+33 (0)5 62 08 32 88

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