



Le Spa

SPA MENU

MASSAGES

Californian

99 €

Fluid and slow movements from the feet up to the head – A very relaxing massage and a great way to start your stay.

Ayurvédique

110 €

Method that consists of working all of the energy points in the body – helps beat stress and renew the harmony between mind and body.

Swedish

99 €

Invented by a sports doctor to relieve all muscular tension. It relieves and relaxes.

Hawaïen lomi lomi

99 €

Alternating between hands and forearms. You can imagine the gentle waves washing over your body.

Draining & relaxing

99 €

It gets your fluids moving for a draining effect, whilst bringing a great sensation of relaxation.

Gascon exfoliation & massage

110 €

A treatment using 'Graine de Pastel' products.

Treatments are by appointment only and are subject to availability. We advise you to reserve at least 48 hours prior to arrival. If none of our providers are available, you will not be invoiced.



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Pregnancy massage

99 €

Helps to improve sleep and digestion, reduce tiredness and back pain, relieves heavy legs.

Targeted massage

99 €

Relaxing massages for the back, head and neck or the feet.

SHORT MESSAGES

Sitting Amma massage

55 €

Based on the principals of traditional Chinese medicine using a mixture of Shiatsu, Korean relaxation and reflexology techniques.

A 30 minute session whilst sitting on an ergonomic chair.

WELL BEING TREATMENTS

Nursing Touch

99 €

Treatment using a very gentle touch to stimulate the receptors in the skin.

A very relaxing moment.

Sophro Relaxation

99 €

A mixture of methods like meditation, visualisation and breathing to help discover yourself.

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