

SPA MENU



Le Spa

MASSAGES - 1 hour

99 €

Californian

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

Swedish

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

Hawaïen lomi lomi

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

Draining & relaxing

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

Pregnancy massage

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

Targeted massage

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

Head modeling

Head, neck, and shoulder massage to release accumulated tension. Promotes the influx of energy with work on the 3 upper Chakras.

Treatment in 2 stages: sitting on a low chair then lying on a massage table.

Soins sur rendez-vous et sous conditions de disponibilité des prestataires partenaires. Pour votre confort nous vous conseillons de réserver 48h à l'avance. En cas d'indisponibilité du partenaire, votre réservation ne vous sera pas facturée.

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MASSAGE – 1h15

110€

Ayurvedic

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

SHORT MASSAGES – 30 minutes

55 €

Sitting Amma massage

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

Sitting on an ergonomic chair.

Head modeling

Head, neck, and shoulder massage to release accumulated tension. Promotes the influx of energy with work on the 3 upper Chakras.

Sitting on a low chair.

WELL BEING TREATMENTS

99 €

Facial treatment

Treatment including cleaning, exfoliation, modeling, mask and a treatment cream.

Suitable for all skin types.

Nursing Touch

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

A very relaxing moment.

Sophro Relaxation

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

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BEAUTY TREATMENTS – 1h **55€**

Nail care

Nail care and classic nail polish.

Foot care

Nail care and classic nail polish.

THREADING

Eyebrow waxing **20 €**

Duration: approximately 30 minutes.

Lip hair removal **10€**

Duration: approximately 20 minutes.

Chin waxing **10€**

Duration: approximately 20 minutes.

Face package **30€**

Eyebrow, lip and chin waxing.

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