



spa bien-être



carte de soins

spa bien-être  
le concept  
4 éléments

la clairière  
spa hotel



spa bien-être

## Spa bien-être, inspired by nature's elements

Before entering the spa, you will be able to change in a robe in your room or, if you come for the day, in our changing rooms. When you arrive at the spa reception, we will provide you with bath towels.

To get the most from your treatments we suggest that you arrive at the Spa at least 90 minutes before hand to give you time to relax through the 4 elements.

You will begin the experience of water ● with an energising shower using our aromatherapy soaps. Then, you can relax your body and spirit in the outside heated hydrotherapy pool and in our whirlpool, benefits that you will appreciate after an animated day or a sport activity. After 10 to 15 minutes, muscular tensions start to disappear and your circulatory system find its dynamism back.

You will begin the experience of fire ● in our tepidarium where you can relax for a recommended time of 20 to 30 minutes. Then you can chose between the wet heat of the aromatic steam bath for a recommended time of 10 to 15 minutes which will help detoxification and stimulate blood circulation. Discover the dryer heat of the sauna which has anti stress and detoxification features (we recommend one to three visits of 8 to 15 minutes); or the softer heat of the light sauna with natural aromatic essences and colour therapy (for a recommended time of 10 to 20 minutes).



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Between these various experiences, you can enjoy an 'experience shower' or you can then bring your temperature and heart rate back down again in the Ice fountain or the Plunge Pool, ideal to tighten tissues. Lastly, you will be able to rest on our outside terrace where you can soak up some scenic beauty en breathe in clean, fresh air 🌿.

You can continue with experience of earth 🌱 in the Refugium, where our therapists will give you advice on treatments adapted to your face and body by respecting the spa rituals to ensure your comfort. By using a range of products that we have selected according to our ethics and principles and our natural environment, we offer original and holistic treatment, for men and women, which use the principles of aromatherapy and bring results.

After the experience of a relaxing aromatherapy massage, a nourishing and detoxifying fango in the dry float or a Dr Hauscha harmonising facial care, you can relax in the Silence.

Café nature, the Spa's organic café, completes your experience, be it wickedly indulgent or rigorously healthy! You can find new inspirations and advices in the spa library and continue the spa ritual at home with the products available at our boutique. You can easily spend three to four hours in the spa bien-être.

## How to spa?

The spa bien-être is a sanctuary from the pressures of everyday living. It is a place where you can achieve your personal goals, whether they be to relax, to feel more beautiful or to purify and detox. To maintain this tranquil environment, we ask that you are respectful of other's privacy,



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talk softly, and deactivate any disruptive communication devices, such as cell phones.

## experience thermale

To get the most from your treatments we suggest that you arrive at the spa at least 90 minutes before hand to give you time to relax in our spa, where you can chose from different thermal experiences. Whether you just want to relax in the tepidarium, or try the light sauna, the aromatic steam room, or the dryer heat of the sauna. In between you can enjoy an 'experience shower' or you can then bring your temperature and heart rate back down again in the Ice fountain or the Plunge Pool.

## piscine hydro

You may also enjoy a swim in either our indoor or outdoor pools, or relax in the whirlpool.

## Wellness exercise

If you enjoy exercise you can use our fitness suite and its range of Technogym equipment or do some laps in our indoor pool.

## café nature

Our organic café offers a range of cocktails and snacks, both healthy and wicked, throughout the day.



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## salle duo

An ideal area for a couple or friends, particularly on a special occasion, to share a moment of pure relaxation in total privacy.

## what to wear

A robe is available in your hotel room. We can also provide you with spa slippers for 2 Euros.

In the wet areas we ask that you wear a swimming costume or a towel at all times. In the sauna and the light sauna, it is not recommended to wear a swimming costume but a towel and to always put a towel on the benches. Please enjoy your treatment without clothing. All our therapists are trained to drape correctly to ensure your comfort and privacy and can supply you with disposable underwear.

Due to their popularity, our Robes and Spa Suits are also available to purchase at the spa boutique.

## Storing valuables

All our lockers have a security mechanism, but if you feel more comfortable, we recommend that you leave valuable personal items in the safe at the front desk of the hotel or at the spa reception.

## Peace and tranquillity

The Spa is open to hotel residents and a limited membership to preserve its relaxing and exclusive ambience. It is also an exclusively adult environment suitable only to those over the age of 16 years. Mobile



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phones should be switched off, or left at reception.

The Spa is an entirely non smoking environment.

## Reservations

We recommend that you book your treatment in advance. If you are not sure what you want, then book some time and discuss your requirements with your therapist on arrival. We ask that you arrive at the Refugium at least 15 minutes before your treatment is due to start so that we can offer you refreshment and confirm your requirements. Late arrival may mean that your treatment time is reduced or unable to be honoured. Bookings cancelled with less than 24 hours notice will be charged at 50%. Should you not turn up then bookings will be charged at full price.

## Opening hours

Indoor swimming pool and fitness

8 am to 8 pm

Spa bien-être

2 pm to 8 pm

Refugium – les soins du bien-être

On request



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## **refugium, les soins du bien-être (treatments for well-being)**

The Refugium is a place where you can retire to soothe and revive the tension, stress and fatigue that greet our every day. More than treatments, the Refugium offers a unique experience. Our therapists will give you advice on treatments adapted to your face and body by respecting the spa rituals to ensure your comfort. By using a range of products that we have selected according to our ethics and principles and our natural environment, we offer original and holistic treatment, for men and women, which use the principles of aromatherapy and bring results.

The products we use, in our therapies and treatments should :

- be exclusive and of a s high a quality as possible
- use exceptional quality ingredients and essential oils
- bring results
- use principles of aromatherapy, colour therapy
- use, where possible, organically-grown plants
- not use artificial colours or fragrances
- not use animal by products and be cruelty free
- be environnemental aware
- respect our concept and philosophy

### **Natural Face treatments by Dr Hauschka**



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The process of creating a treatment program starts with a holistic approach. Paying close attention to physiological, psychological and emotional aspects, clients are considered as a whole. Treatment is concentrated on specific parts of the body in order to optimize the skin's delicate balance.

Night creams are not recommended as they hinder the skin's ability to breathe and to eliminate toxins.

To avoid stretching of muscles and thereby loosening of the skin, facial massages and scrubs are not practiced.

Using silk brushes as well as specific and unique manipulations belonging to the Dr.Hauschka method, facial massages are replaced with our lymphatic stimulation.

## **soin plénitude**

Duration : 120 minutes

A unique experience...

You come in feeling stressed, tired, tight, mind rushing...

You are in a space that is quiet and still. This is your time. Relax and let your Bio Aesthetician look after you. The Treatment begins with a warm Sage foot bath. Once your feet are dried, you move to the couch where your feet and legs are massaged, followed by gentle stretching and relaxation movements to your neck, head and arms. Your face and décolleté are then cleansed with aromatic water, and after a facial steam bath, a cleansing mask is applied to deep cleanse your skin. Next, if you are still awake, feel the rhythmical movements of the lymph stimulation and décolleté massage. Day care is applied to complete this 2 hours journey. You leave feeling relaxed, refreshed, glowing...

Using only the Dr.Hauschka Skin Care products this gentle healing treatment works to restore harmony and balance to our skin and mind.



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### **soin revitalisant**

Duration : 90 minutes

This soothing and purifying treatment combines the face and the chest. This regenerating treatment is a result of the use of two masks, vials and lymphatic stimulation, bringing out the skin's radiance and youth, leaving no traces of redness or irritation.

### **soin harmonisant**

Duration : 60 minutes

The foot bath and massage, the lymph stimulation, the facial mask and décolleté masks and massage will leave your mind and body feel deeply relaxed and restore harmony and balance.

### **soin purifiant**

Duration : 60 minutes

A facial steam bath, a purifying mask and the rhythmical movements of the lymph stimulation will leave refine your skin.

### **soin spécifique**

Duration : 60 minutes

This in-depth treatment helps heal irritated skin.

A lymphatic stimulation of the face, neckline, arms, and a massage of the feet and head are an integral part of the treatment.



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## **Les soins du corps**

### **4 elements**

### **(body treatments)**

#### **enveloppements corporels**

Unlike other floatation treatments where you are submerged in water, the sensory dry float bed literally allows you to reap the benefits of floatation - without getting wet. You are wrapped in a thin membrane which adjusts to the shape of the body due to the water pressure. Between membrane and body, pure and unthinned product will be applied...This concept has a positive effect on you immune system.

Duration : 30 minutes

#### **enveloppement Fango**

Fango is composed of a clay with active properties born from a slow maturation in thermal springs. The heat and the composition of Fango provide a deep feeling of relief, a general oxygenation of muscular tissues and an in-depth cleaning of toxins.

#### **enveloppement Nature**

Moor is a natural bio mineral substance having the aspect of mud. It is the result of a maceration of more than 300 indexed components, plants, flowers etc.... particularly effective for its regenerating action.

#### **enveloppement Cucurbita**

This envelopment rich in vitamin E and minerals and has an immediate effect: it drains, providing an intense re-hydration and a toning of the skin



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## **enveloppement Sole**

This envelopment containing sea salt regenerates the protective skin function and gives flexibility and immediate hydration to the skin. According to the concentration of the product, the effects will be slimming and releasing.

## **enveloppement Algae**

Composed of an invaluable mixture of algae allowing an effective drainage and elimination of toxins, this treatment with shape and tone your body.

## **aromatherapy body massage**

### **Relaxing body massage**

Duration : 60 minutes

Thanks to the unifying and enveloping gestures of this massage as well as quality essential oils, you will have a feeling of harmony and deep well being for body and soul.

### **Energising body massage**

Duration : 60 minutes

This treatment based on energising essential oils combines various massage techniques that will reinforce the immune system, activate cellular regeneration and will bring you increased vitality.

### **Massage « silhouette »**

Duration : 30 minutes

This treatment will stimulate blood circulation, eliminate toxins. As a result you will find an improvement of your skin texture, and a localised slimming and toning. This treatment uses the "palper rouler" technique



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mainly used to treat cellulites but also very effective to relieve heavy legs.

## **Back treatment**

Duration : 30 minutes

This complete back treatment will make you live a moment of pure happiness. The scrub using sea salt and essential oils will eliminate dead cells and the back massage will bring you pure relaxation.

## **Light Legs**

Duration : 30 minutes

The specific composition based on algae and medicinal herbs activates blood circulation and allow you to feel an immediate lightness.

## **Exfoliations**

Duration : 30 minutes

### **Exfoliation based on salt and essential oils**

An exfoliation eliminates dead cells from the epidermis. It stimulates the circulation of the blood while giving the skin a satin-smooth feel.

### **Exfoliation based on grape oil extracts**

This exfoliation is based on invaluable grape oil extracts and will eliminate dead cells, to clear up and soften your skin. It will be nourished and hydrated in depth.



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## Hydro massage bath

Duration : 30 minutes

Used since the time of the Pharaohs, the baths have the property, according to their aroma, to stimulate, to calm or to clear the respiratory system. While in the bath, water and air jets will massage your body from feet to neck, while following the meridian lines of acupuncture.

Balneotherapy is recommended before or after a face or body treatment to increase their effects.

## Bain with essential oils

Chose from a calming and soothing lavender bath, a pine bath which helps clear the respiratory system, a toning lemon bath or a stimulating rosemary bath.

## Bain Yunohana

Yunohana, is a unique concentrate of mineral elements from the natural hot spring water of Beppu in Japan. It contain sulphur and lime which are good for health. After a bath, the muscles are slackened, stress disappears. The elements contained in Yunohana improve the immune system, ensure natural drainage of the skin and eliminate toxins.

## Himalaya salt bath

Himalaya Crystal Salt is one of the most profound re-discoveries of our time. For centuries, the energy/information content, in the form of vital mineral elements locked away within these perfectly formed crystals of mineral rich salt, were utilized for treating most every disorder known to humans, and with unflinching success, uncovering it's inherent therapeutic and energy balancing properties. Himalayan Salt is detoxifying and will make your skin feel silky.



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### **Sea salt bath**

This bath is an association of nutritive oils and sea salt. Trace elements, vitamin E and rare active ingredients will dissolve throughout the treatment. Your skin will be hydrated and soft.

### **Seaweed bath**

This bath containing algae powder has a slimming and nutritive effect. Your skin will feel soft like silk. This bath also activates the cellular.

IMPORTANT : please communicate to our therapists any health problems or if you are pregnant.



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## Beauty treatments

### Day Make up, light and natural

Duration : 30 minutes                      28 euros

### Evening Make up

Duration : 45 minutes                      38 euros

### Des mains de rêve

Duration : 60 minutes                      38 euros

The refreshing treatment par excellence for the hands. A hand bath using Himalaya salt, followed by a massage with rose and neem oil, will render your hands as soft as silk.

### Beauté des pieds

Duration : 60 minutes                      42 euros

This treatment will give beauty and comfort to your feet. Sage foot bath, sea salt scrub, massage with Dr Hauschka foot balsam and neem oil. This treatment is ideal after a walk in the forest.

### Hair removal

Legs 45 euros

Half legs 31 euros

Armpits 15 euros

Bikini 19 euros

Back 31 euros

Stomach 31 euros

Eyebrows 8 euros

Upper lip 8 euros

Arms 19 euros



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## Spa menus « évasion »

### Menu tandem

Duration : 120 minutes

share a moment of pure relaxation in total privacy.

- Exfoliation and dry float treatment of your choice
- one hour facial or body treatment
- a healthy cocktail from our café nature

### Menu « 4 elements »

Duration : 180 minutes

- Bath
- Exfoliation
- dry float treatment
- Relaxing or energising massage
- harmonising facial
- a healthy cocktail from our café nature

### Menu zen

Duration : 120 minutes

- Relaxing bath
- dry float treatment
- relaxing massage

### Beautifying Menu

Duration : 150 minutes

- Bath
- Hand and Feet treat
- Dr Hauschka Facial
- Make up



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## Prices

Prices per person for treatments (except beauty treatments)

30 minutes 40 euros

60 minutes 80 euros

90 minutes 116 euros

120 minutes 152 euros

150 minutes 188 euros

180 minutes 224 euros

120 minutes tandem 280 euros

For two

Also available for gifts