

# TREATMENT MENU

## Massages

<p><b>RELAXING LEGS MASSAGE - 20 min</b>            Legs and feet massage using invigorating and draining techniques to relieve fatigue and stimulate circulation.</p>	<p>€65</p>
<p><b>TRADITIONAL ORIENTAL MASSAGE - 50 min</b>            A full-body massage using argan oil with gentle, slow, and enveloping pressure to release tension and soothe tired muscles.</p>	<p>€105</p>
<p><b>SUBLIME POLYNESIAN MASSAGE - 50 min or 1h20</b>            A massage inspired by Polynesian Lomi-Lomi, using long, continuous forearm movements over the entire body to release tension and relax muscles.</p>	<p>€105 / 150</p>
<p><b>INDIAN AYURVEDIC MASSAGE - 50 min</b>            Invigorating massage with warm oil, alternating varied rhythms and friction to re-energize the body and promote relaxation.</p>	<p>€110</p>
<p><b>BALINESE MASSAGE - 50 min or 1h20</b>            Massage combining traditional smoothing strokes and gentle stretches to release tension and loosen muscles.</p>	<p>€110 / 155</p>
<p><b>SPARTA MASSAGE - 1h20</b>            A complete massage inspired by ancient Greece, combining smoothing, stretching, twisting, pressure, and kneading to provide deep and lasting relaxation.</p>	<p>€165</p>
<p><b>TAILORED MASSAGE - 20 min or 50 min or 1h20</b>            A fully personalized body massage tailored to your needs.</p>	<p>€60 / 105 / 150</p>
<p><b>TAILORED UPPER BODY MASSAGE - 20 min or 50 min</b>            A massage from the shoulders to the scalp combining relaxing techniques and acupressure, with an extended version including the back for complete tension release.</p>	<p>€60 / 105</p>
<p><b>FOOT REFLEXOLOGY MASSAGE - 20 min or 50 min</b>            Foot reflexology inspired by Chinese medicine, applying pressure and smoothing maneuvers on areas of the foot corresponding to organs and body parts.</p>	<p>€60 / 105</p>
<p><b>PRENATAL MASSAGE - 50 min</b>            A massage for pregnant women (from the 3rd month of pregnancy) that relieves back pain, lightens the legs, and softens the skin.</p>	<p>€105</p>
<p><b>SIGNATURE MASSAGE "THE BIRDIE" - 50 min</b>            A memorable moment at the Spa: it provides deep muscle work with two golf balls and warm oils to dissolve tension and rebalance the body. Perfect for recovering after a round of golf. The golf balls are complimentary at the end.</p>	<p>€110</p>

## Body scrubs

<p><b>BODY SCRUB OF YOUR CHOICE - 20 min</b></p> <ul style="list-style-type: none"> <li>• Papaya puree scrub.</li> <li>• Sublime Tahitian monoi scrub.</li> </ul>	<p>€70</p>
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## Rituals

*\*Excluding Ayurvedic, Balinese, Birdie massages, and Kobido facial.*

<p><b>CARE RITUAL - 1h20</b>            1 body scrub of your choice and 1 massage of your choice.</p>	<p>€165</p>
<p><b>ESCAPE RITUAL - 1h50</b>            1 massage of your choice and 1 facial of your choice*.</p>	<p>€200</p>
<p><b>ZEN RITUAL - 2h20</b>            1 body scrub of your choice, 1 massage of your choice*, and 1 facial of your choice*.</p>	<p>€250</p>
<p><b>PLÉNITUDE RITUAL - 2h50</b>            1 body scrub of your choice, 1 massage of your choice*, and 1 Kobido facial.</p>	<p>€300</p>

**Access to the spa is offered for any treatment booking of a minimum duration of 50 minutes, or of an equivalent amount of €105 per person.**

## Facials

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- **FACIAL** - 20 min (radiance) or 50 min (sublimating) or 1h20 (perfecting) €60 / 105 / 150  
A complete facial inspired by Balinese beauty rituals, with targeted techniques to revive the complexion's radiance. While the mask is setting, enjoy a massage of your choice: scalp, hands, or feet. The 50-minute treatment focuses on one area, while the 1 hr 20 min treatment focuses on two areas.
- **KOBIDO FACIAL** - 20 min or 50 min or 1h20 €65 / 110 / 160  
A facial inspired by Japanese anti-aging techniques, combining lifting movements and targeted stimulation on all areas of the face and neck to smooth wrinkles, firm contours, and revive the skin's radiance. While the mask is setting, enjoy a massage of your choice: scalp, hands, or feet. The 50-minute treatment focuses on one area, while the 1 hr 20 min treatment focuses on two areas.
- **KOBIDO MASSAGE** - 20 min or 50 min (royal) €65 / 110  
Anti-aging massage inspired by Japanese techniques, combining lifting and plumping maneuvers (kneading, beating, smoothing) of the face and neck to smooth wrinkles, firm the skin and brighten the complexion.

## Children's care

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*Ages 6 to 12*

- MY FIRST MASSAGE** - 20 min €52  
A massage specially designed for children to discover well-being and its relaxing effects.
- LITTLE FACE** - 20 min €52  
A facial to learn the essential first steps and how to care for your skin.
- A MOMENT OF CONNECTION** - 20 min €115  
A special moment to share with mom or dad to discover massages and facials.

## Gourmet days

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- TEA TIME RELAXATION** - 1 or 2 people €112 / 224  
  - 1 or 2 50-minute treatments of your choice (excluding Ayurvedic, Balinese, Birdie massages, and Kobido facial),
  - 1 or 2 desserts from the menu and 1 or 2 hot drinks at Le Club Restaurant,
  - Access to the spa (heated indoor pool, hammam, fitness room, experience shower, and tearoom).
- RELAX & RESET** - 1 or 2 people €150 / 300  
  - 1 or 2 50-minute treatments of your choice (excluding Ayurvedic, Balinese, Birdie massages, and Kobido facial),
  - 1 or 2 lunches or 1 or 2 dinners (starter-main-dessert from the menu, excluding drinks) at Le Club Restaurant,
  - Access to the spa (heated indoor pool, hammam, fitness room, experience shower, and tearoom).
- GOURMET ESCAPE** - 1 or 2 people €250 / 500  
  - 1 or 2 rituals of 1 hour 50 minutes each (excluding Ayurvedic, Balinese, Birdie massages and Kobido facial),
  - 1 or 2 lunches or 1 or 2 dinners (starter-main-dessert from the menu, excluding drinks) at Le Club Restaurant,
  - Access to the spa (heated indoor pool, hammam, fitness room, experience shower and tearoom).

## Membership card

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*Nominative card valid for one year from the date of purchase*

- FAVORITE SPA CARD** €70  
  - -15% off all treatments of 50 minutes or more,
  - -50% off spa access (indoor heated pool, hammam, fitness room, experience shower, and tearoom),
  - -5% off Cinq Mondes products,
  - The 6th treatment is free when you purchase 5 treatments of 50 minutes or more (excluding gift vouchers),
  - Earn loyalty points for exclusive rewards (1 € spent = 1 point),
  - Receive invitations to our private events.

## Spa access

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### TREATMENTS AND MASSAGES

- July 1 to August 31: 10:00 AM-7:00 PM
- September 1 to June 30: 10:00 AM-6:00 PM

### NON-GUESTS - Half-Day

Non-guests can enjoy half-day access to the spa (heated indoor pool, hammam, fitness room, experience shower, and tearoom) during the following hours: open daily from 10am to 7pm.

€28

### CHILDREN NON-GUESTS - Half-Day

Children (ages 6-16) can enjoy half-day access to the spa (heated indoor pool and tearoom) during the following hours: open daily from 10am to 4pm.

€20

### RESIDENT GUESTS

Hotel guests enjoy privileged access to our spa during opening hours.

- Fitness room : open 24/7
- Indoor heated pool: open daily from 9am to 9pm
- Hammam / Experience shower / Tearoom: open daily from 10am to 8pm

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