

SPA LE BRISTOL
by **la prairie**
SWITZERLAND

Welcome to Spa Le Bristol by La Prairie, an invitation to serenity in the heart of Paris, far from the tumult of daily life.

In a soothing and refined atmosphere where time seems to stand still, we invite you to discover our luxury collection of face and body care by La Prairie, a pioneer in the field of cellular anti-aging therapies.

Opening onto a lush garden courtyard and bathed in natural light, Spa Le Bristol by La Prairie immerses you in a serene atmosphere suspended in time, where you will savour our exclusive protocols in the beauty and tranquility of our treatment rooms, or indulge in a romantic moment in a dedicated room for two. Extend your moment of absolute well-being with a relaxing tea or herbal infusion on one of our private outdoor terraces overlooking our peaceful French garden.

You will also discover the 100% natural philosophy of Tata Harper, who has reinvented organic well-being and designed a unique environment at Le Bristol Paris.

To honor the authenticity of our Russian baths, Le Bristol Paris introduces a Russian room, complete with a hammam and a heated marble massage table, so guests can benefit from our innovative Le Bristol signature treatments.

la prairie
SWITZERLAND

La Prairie has created «the art of beauty» just for you. Imagine a unique skincare regime provided in a world of luxury, relaxation and absolute pleasure. Enjoy a warm, relaxing and regenerating ambience exclusively designed for beauty and well-being. Indulge in the sophistication of our Swiss cellular treatments, our exclusive skincare methods and personalised massage techniques. We offer solutions adapted to the unique needs of your skin in response to the demands of a hectic life.

KOS
PARIS

Kos Paris Laboratory has designed four unique beauty oils for body and hair exclusively for Le Bristol Paris. The precious concentrates in these exceptional natural products evoke our Parisian Palace's most emblematic corners. Each exquisite oil reflects Kos Paris passion for scouring the world for rare plants with unique virtues and an ethical approach that respects the environment as much as the skin. For Le Bristol Paris, the Parisian laboratory designed a signature line based on natural and noble essences in the image of our hotel: refined, of the highest quality and inspired by nature.


TATA HARPER
BEAUTE NOUVELLE GENERATION
100% NATUREL & NON TOXIQUE

Tata Harper, a mother of three of Colombian descent, used her industrial engineering training to embark on a personal mission to design a line of 100% natural and non-toxic treatments. Her team of chemists and biologists research, design and manufacture her skincare line in a laboratory on her certified organic farm in Vermont. Using hundreds of high-performance ingredients produced both on the farm, and throughout the four corners of the world, they developed the natural skincare market's freshest and most effective formulae to eliminate the need for women to choose between beauty and health. For Le Bristol Paris, Tata Harper has designed an exclusive menu of skincare rituals to refresh, rejuvenate and tone the skin with all-natural, non-toxic products.

Bonpoint


On the menu, a tender concentrate for the most sensitive skin, inspired by hypoallergenic, protective and natural product from the Bonpoint range. Fluid creams with cotton flower creams, delicately-scented natural oils and serums with orange blossom inspired our expert team to create exclusive treatments specially designed for the well-being of young and old, in close collaboration with Bonpoint. The protocols exclusive treatments specially designed for the well-being of young and old. The Kids' Club is also decorated in Bonpoint colors, to the delight of children.



FACIALS

CAVIAR INSTANT LIFT FACIAL | 40 MIN | € 190

Perfection in less than an hour! Designed for Ladies and Gentlemen in a rush, this facial immerses you in a beautiful 'bubble'. A cranial massage improves microcirculation and a fresh relaxing eye mask offers you a wonderful renewed feeling, relaxation and radiance. You will be ready to face another hectic day or a night on the town.

CAVIAR LIFTING AND FIRING FACIAL | 55 / 85 MIN | € 235 / € 295

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the duller complexions into radiant, luminous skin. A lifting and firming, results driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin firmed, toned and silky soft.

WHITE CAVIAR FIRING AND ILLUMINATING FACIAL | 55 / 85 MIN | € 235 / € 295

Elegance and efficacy combined, this facial promotes even skin tone by helping to prevent colour and brightening the skin. With the added benefit of Golden Caviar extracts the skin is firmer and more hydrated. Providing a more illuminated, smoother skin that enhances complexion.

RARE PLATINIUM FACIAL ,THE ULTIMATE REJUVENATING NIGHT ELIXIR | 55 / 85 MIN | € 235 / € 295

A moment of calm, renewal and sensitivity, the night vibrates with a magic where everything becomes possible. This is when cell renewal is at its peak: the perfect moment to offer the infinite promise of ultimate rejuvenation.

REVITALISING AND PERFECTING RADIANCE FACIAL | 55 / 85 MIN | € 235 / € 295

La Prairie's gold standard for anti-aging. The pure golden drops of Cellular Radiance Concentrate Pure Gold visibly revitalises and perfects the skin. Gentle heat and the selected masks help to enhance the absorption of precious Pure Gold serum, making the skin look smoother and feel radiant and vibrantly alive.

SWISS CELLULAR ANTI-AGING FACIAL | 55 / 85 MIN | € 235 / € 295

With the incredible anti-wrinkle power of the Anti-Aging Collection, this facial helps to smooth and plump the appearance of fine lines and wrinkles. Incorporating the La Prairie signature face and eye massages, you will be left feeling completely relaxed and your skin will glow brighter and look younger and healthier.

CELLULAR SWISS ICE CRYSTAL AGE-DEFYING FACIAL | 55 / 85 MIN | € 235 / € 295

The skin is our body's interface to the outside world, shielding and protecting our body and soul from environmental stresses. Our skin needs moisture and energy. It must be nourished and cared for as it needs support to regenerate and to repair damage. Considering those needs, La Prairie has developed a new facial to encourage younger looking skin, bursting with moisture and vital energy with the new patent-pending Swiss Ice Crystal Complex consisting of a trio of Swiss extremophile plants and algae.

LA PRAIRIE'S SIGNATURE FACIAL | 55 / 85 MIN | € 250 / € 310

Our expert aesthetician will discuss with you your skincare needs and then analyse and perform an exquisite facial to achieve the highest results. Whether you are in need of the most dramatic results for dehydrated, stressed and fatigued skin or if you are looking to smooth out fine lines and wrinkles, each product will be hand-picked to target your main concerns, allowing the skin to glow brighter and look younger and healthier.



TATA HARPER AU BRISTOL PARIS

BRISTOL PARIS, JOYAU OETKER AND TATA HARPER COLLECTION, CO-FOUNDER OF THE EPONYMOUS SKINCARE BRAND HAVE IMAGINED A NEW 100% NATURAL SKIN BEAUTY RITUAL TO DISCOVER EXCLUSIVELY AT SPA LE BRISTOL BY THE PRAIRIE.

ULTIMATE YOUTH FACE TREATMENT | 55 / 85 MIN | 220 € / 280 €

A complete ultimate facial treatment to slow skin aging. Powered by the supernatural Tata Harper collection, the ultimate green technology in green, to firm, lift, volumize and lighten. Advanced therapeutic massage techniques combined with high activity the 100% natural performance reduces wrinkles, strengthens collagen and restores your youthful cushion. skin for a well-being experience that will make you feel the radiance of youth.

DEEP CLEANSING FACE CARE | 55 / 85 MIN | 220 € / 280 €

Like a cleansing juice for your skin! Purify and perfect your skin with this powerful deep cleaning treatment, designed to purge aging environmental aggressors and fight congested pores and blemished. This detoxifying ritual lightens, balances and perfects your complexion, leaving minimised pores, soft and smooth skin. The gentle stimulation of a relaxing massage improves circulation and encourages natural detoxification to reset your skin to perfect balance.

ENERGIZING FACE TREATMENT | 55 / 85 MIN | 220 € / 280 €

Treat yourself to a holistic facial treatment that balances the mind and skin with healing and energising masks and massage techniques. Designed with personalised advice from Tata Harper to save the skin, these advanced techniques help tired, stressed or eccentric skin recover for a restored and revitalised youthful glow.

HYDRATION BOOSTER TREATMENT | 55 / 85 MIN | 220 € / 280 €

The ultimate hydration drink for your skin. Quench thirsty or sensitive skin with this soothing therapy treatment, designed to regenerate deep internal hydration to give you soft and lifted. Vitamin-rich raw Vermont clover honey, soothes and leaves your skin healthy and smooth in appearance, while biocompatible hyaluronic acid penetrates for deep, durable hydration.

NATURAL LIGHTENING FACE CARE | 55 / 85 MIN | 220 € / 280 €

This integral treatment is intended for dull and damaged skin. Tata Harper 100% natural chemical peel. Designed to provide a flawless complexion, using an innovative blend of multi-hydroxy acids to transform your skin and instantly reveal a brighter tone and a smooth, even texture with no downtime. A relaxing jade roller massage infuse your skin with targeted healing and lightening formulas to nourish and reduce dark spots caused by sun exposure, acne and more.

SCULPTING FACE TREATMENT | 55 / 85 MIN | 220 € / 280 €

Ultimate experience, the Sculpting Face Care offers a real anti-gravity lift for your skin. This ritual combines «green» advanced biotechnology with a facial massaging technique that firms and enhances the appearance of your skin. A rejuvenating treatment for the neck and neckline which provides instant revitalization, to give your skin a new youthful glow.



PARENT & CHILD TREATMENTS

SOFT FACE TREATMENT | 25 MIN | 110 € par personne

Facial and scalp massage will allow you to get away with your child and find a radiant, fresh and luminous complexion. A final touch of hydration and here is a face softer and fresher than ever (children aged 6 to 12).

TENDERNESS FACE TREATMENT | 55 MIN | 200 € par personne

It is never too early to learn the right healing rituals. You and your child will spend a moment of absolute relaxation thanks to a facial and scalp massage that will allow you to find your skin soothed with long-lasting hydration and protection. From external aggressions and ready to take on new adventures! (children aged 12 to 16).

SOFT BODY TREATMENT | 25 MIN | 110 € par personne

Spending a moment of well-being and soothing with your child is the promise of this body treatment. A back, neck, arm and leg massage will bring comfort and softness to your skin and protect it from lasting dryness. A relaxing head-to-toe experience for parents and children! (children aged 6 to 12).

TENDERNESS BODY TREATMENT | 55 MIN | 200 €

This treatment is an invitation to relax in softness and tenderness. A back, neck, arm and leg massage will give you a delicious soothing feeling. Your child will discover all the benefits of deep relaxation and will leave full of beautiful energy! (children aged 12 to 16).

MAGICAL GATEWAY | 90 MIN | 220 € par personne

The Douceur body care combined with the Douceur face treatment, for an escape and total well-being, face to face with your child. A delicious interlude that continues around a snack created by Pastry Chef Julien Alvarez and served in the children's favorite place: The Kids Club Le Bristol Paris x Bonpoint. Soothing and gluttony are the key words of this moment of sharing of which only you will keep the sweet memory.



MASSAGE COLLECTION

> SIGNATURE MESSAGES

LA PRAIRIE'S CAVIAR MASSAGE | 55 / 85 MIN | € 210 / € 270

La Prairie

Luxurious caviar - nature's most exquisite bounty - is the source of this exclusive nourishing and energizing total body massage. This ultimate lifting and firming treatment leaves skin shimmering with renewed vitality, improved elasticity and an overall sense of well-being.

DEEP ENERGIZER | 55 / 85 MIN | € 210 / € 270

Le Bristol Paris by KOS Paris

A true body workout focusing on the deepest layers of muscle tissue, this massage efficiently relieves tension through various techniques, such as warm-ups, kneading and stretching. This treatment will enhance muscle recovery and reduce physical stress related to the rigors of everyday life.

RELAX & REGENERATE | 55 / 85 MIN | € 210 / € 270

Le Bristol Paris by KOS Paris

This massage enhances harmony between body and mind and provides a soothing sensation of well-being and muscle relaxation. After choosing among the purest oils, you will benefit from a personalized «tailor-made» massage to meet your specific needs of the moment.

TONIC REVITALIZER | 55 / 85 MIN | € 210 / € 270

Le Bristol Paris by KOS Paris

This stimulating and vigorous massage inspired by Eastern European traditions deploys the virtues of heat and cold to stimulate circulation and a powerful cocktail of invigorating oils to eliminate toxins and relieve muscular tension. A bracing massage alternating heat with the friction of crushed ice tones followed by hot towel compressions. A regenerating sensory experience designed to strengthen the immune system.

«LIQUID GOLD» ORGANIC BODY MASSAGE | 55 / 85 MIN | € 210 / € 270

Tata Harper

Experience total relaxation during this soothing massage, featuring the Tata Harper Skincare Liquid Gold: The exclusive Estate Grown Beauty Complex, made with herbs grown on Tata's Organic farm in Vermont. The Complex's vitamins, nutrients, and antioxidants will leave your skin feeling soothed and nourished, while circulation-boosting massage techniques calm your body and senses.

> SPECIFIC MESSAGES

OSTEOPATHY MASSAGE | 55 / 85 MIN | € 220 / € 280

Le Bristol Paris by KOS Paris

After determining your areas of tension and imbalance, our osteopath will effectuate a deep manipulation of your body to relax muscles and joints. This methodical massage provides well-being and relief.

FOUR-HAND MASSAGE FOR LE BRISTOL TRAVELER | 55 / 85 MIN | € 280 / € 380

Le Bristol Paris by KOS Paris

A moment of absolute relaxation! Our perfectly synchronized four-hand massage liberates your body of every tension. The combination of different massage techniques with wide and deep movements creates the sensation of total relaxation. Warm towel compressions, combined with the subtle fragrance of Le Bristol Paris by KOS oil, provide an incomparable feeling of well-being while enhancing joint flexibility.

FOOT REFLEXOLOGY | 55 / 85 MIN | € 210 / € 270

Le Bristol Paris by KOS Paris

Based on ancestral Chinese medicine techniques, this treatment begins with a relaxing foot bath incorporating the soothing properties of aromatherapy followed by pressure exerted on the points and meridians to stimulate the elimination of toxins and restore your body's energy flow. This massage provides total relaxation for body and mind.

BODY SHAPING MASSAGE | 55 / 85 MIN | € 210 / € 270

Tata Harper

The ultimate luxury for youthful radiance from head to toe. This complete age-defying body massage smoothes and firms to visibly enhance the elasticity and softness of your skin. A complex blend of Murumuru butter, vitamins and antioxidants tone and tighten the skin whilst also providing deep hydration and relaxation.

MOTHER'S MOMENT : BODY TREATMENT FOR MOTHERS-TO-BE | 55 MIN | € 210

Tata Harper

The perfect pampering moment for all mothers-to-be. A soothing full body massage using nourishing, 100% natural ingredients leave your skin soft and smooth, and relieve feelings of tension and heaviness. You will relish this precious moment of calm, relaxation, and support during a time of constant change.

«LIQUID GOLD» ORGANIC FACE MASSAGE | 55 MIN | € 210

Tata Harper

This relaxing face massage features our Tata Harper Skincare Liquid Gold: The exclusive Estate Grown Beauty Complex, made with herbs grown on Tata's Organic farm in Vermont. These precious oils, vitamins, nutrients, and antioxidants will leave your skin feeling soothed and nourished. Special massage techniques boost microcirculation for an immediate lifted and sculpted look.

Notes: all our massages can be performed in the comfort of your room for an additional cost of 50€ from 9 am to 9 pm.



BODY EXFOLIATION

BODY EXFOLIATION TREATMENTS BEGIN WITH A PRIVATE 15-MINUTE HAMMAM SESSION IN LE BRISTOL PARIS RUSSIAN ROOM. TREATMENTS ARE PERFORMED ON A HEATED MARBLE TABLE, FOLLOWED BY A HYDROTHERAPY SHOWER.

EXFOLIATION WITH AROMATIC SALTS | 60 MIN | € 200

Le Bristol Paris by KOS Paris

This invigorating scrub begins with a warm application of oils by Le Bristol Paris by KOS on your skin. This preparation, composed of sea salts and oils selected according to your specific needs, is methodically integrated into the epidermis with circular movements to eliminate dead cells and stimulate blood circulation, leaving your skin silky and luminous.

BEAUTIFULLY BUFFED: ORGANIC BODY SCRUB | 60 MIN | € 200

Tata Harper

Feel perfectly polished from head to toe. The Tata Harper 100% natural body scrub, with a powerful blend of five biodegradable exfoliating particles, buffs and polishes to stimulate your skin and remove surface impurities for a soft, smooth, plump look.

SOAP SCRUB | 60 MIN | € 200

Savon du monde

Le Bristol Paris invites you to select the scrub of your choice from our menu of soaps from around the world, offered exclusively at the Spa.

Your treatment in the Russian Room begins with a vigorous body exfoliation with the emollient and soothing properties of our soap and continues with a tonic massage, leaving your skin fresh and purified. This treatment provides a delightful sensation of relaxation and well-being and leaves your skin purified and supple.

NB: according to your preferences and upon request, all of our body exfoliations can be offered in a classic treatment room.



PACKAGES

BLOW OF RADIANCE | 2H25 | € 370

La Prairie

- La Prairie Caviar Massage (30 mn)
- Instant Caviar Lift Facial (40 mn)
- Express manicure and nail polish (45 mn)
- Treatment room with private garden terrace (30 mn)
- Booster cocktail by chef Eric Frechon

PARIS GATEWAY | 3H10 | € 510

La Prairie & Le Bristol Paris by KOS Paris

- Relaxing bath and foot scrub with essential oils (20 min)
- Signature Massage of your choice (55 min)
- Signature La Prairie facial (85 min)
- Treatment room with private garden terrace (30 min)
- Le Bristol signature tea served with Chef Eric Frechon's sweet delicacies

THE REFRESH: ORGANIC PACKAGE | 3H10 | € 495

Tata Harper

- Relaxing bath and foot massage (20 min)
- «Liquid Gold» Body massage (55 min)
- Tata Harper facial (85 min)
- Treatment room with private garden terrace (30 min)
- Chef Eric Frechon's detox juices and snacks

MAGICAL GATEWAY | 55 MIN | € 220 per person

La Prairie & Le Bristol Paris by Bonpoint

- Facial treatment
- Body care
- Tea & pastries
- By Chef Julien Alvarez

MIDNIGHT IN PARIS | 4H | € 560 per person

La Prairie & Le Bristol Paris by KOS Paris

- Two relaxing foot baths and foot scrubs with essential oils (20 min)
- Two Signature massages of your choice (85 min)
- Two La Prairie Signature facials (55 min)
- Private duo spa suite with private steam room, whirlpool, and garden terrace (60 min)
- Two glasses of Champagne served with savory canapés by Chef Eric Frechon or sweet delicacies by Pastry Chef Julien Alvarez

JUST FOR HER | 4H10 | € 645

La Prairie & Le Bristol Paris by KOS Paris

- Signature massage of your choice (55 min)
- Signature La Prairie facial (55 min)
- Manicure / Pedicure and nail polish (90 min)
- Beauty La Prairie (20 min)
- Private treatment room with garden terrace (30 min)
- Glass of Champagne with savory canapés by Chef Eric Frechon

JUST FOR HIM | 2H40 | € 490

La Prairie & Le Bristol Paris by KOS Paris

- Deep Energizing Massage (55 mn)
- La Prairie Signature men's skincare (55 mn)
- Scalp massage (20 mn)
- Private treatment room with garden terrace (30 mn)
- Vitamin cocktail of fresh fruit or vegetable juices by chef Eric Frechon

NB: Each package's duration includes the treatment and relaxation time in your private treatment room.

SIGNATURE RITUALS

SWISS BLISS TREATMENT | 2H55 | € 525

La Prairie

A three-hour “dream” experience that brings time to a standstill. Using techniques based on a true synergy between face and body and drawing on principles of the iconic Skin Caviar which lifts and firms, this special program simultaneously “works” the entire body – from scalp to toes – producing a sensation of total relaxation and well-being.

** This treatment includes a body scrub and massage as well as a facial.*

BODY AND SOUL / BANIYA RITUAL | 1H30 | € 345

Savon du monde

Inspired by the various rituals of the world and Russian tradition, this personalized detox treatment focuses on working with your energy to relieve tension and regain balance between mind and body. Utilising the contrast between softness and strength, and linking inhalation and exhalation, the treatment begins with a gentle moment of relaxation and the friction of crushed ice in the heat of our hammam. You'll then discover hot veniks (infused birch branches) to stimulate your blood pressure and cardiovascular system, followed by venik compressions to boost the immune system, thanks to the wood sap and essential oils contained in the leaves. We finish with a body exfoliation with natural soap chosen for its emollient and softening properties, leaving your skin fresh and purified. A unique, intense and soothing experience that goes deep within to emerge a whole new you.

PURE PERFECTION: HEAD TO TOE DETOX BODY TREATMENT | 2H10 | € 375

Tata Harper

This total body detox purifies your skin and stimulates your senses with a powerful cleansing blend of ginger, fennel and turmeric. Your skin will be polished to perfection from head to toe, then clarified and decongested with targeted treatments designed to purge the skin of built up toxins. A Purifying Mask body wrap and the award winning, age-defying formulas boost microcirculation and nourish skin with extracts straight from her Vermont farm for skin that's smooth, firm, and purified.

RADIANCE REVITALIZED: ENERGIZING BODY TREATMENT | 2H40 | € 445

Tata Harper

A rebalancing and restorative ritual for tired, stressed and jetlagged skin. The Chakra de Cristal therapy, combined with a full body scrub, stimulates microcirculation for a detoxifying lymphatic drainage. Your body is wrapped in a restorative moisturizing mask, followed by a full body massage with acupuncture techniques to soothe the senses and restore your body-mind balance.

WELLNESS

REIKI SESSION | 55 / 85 MIN | € 200 / € 260

ReiKi relaxes the muscles, eliminates toxins, stimulates blood circulation and clears stress and fatigue. You will immediately feel a lasting body-mind harmony and serenity. Practiced regularly, ReiKi is a precious resource for quickly recharging your batteries, preserving your energy and maintaining fitness.

You'll remain dressed, lying comfortably on a massage table to the sound of soft, relaxing music.

SOPHROLOGY SESSION | 55 / 85 MIN | € 200 / € 260

Sophrology combines breathing, psycho-corporal relaxation, dynamic visualization and techniques to regulate thoughts and enhance one's physical and psychological balance. This psycho-corporal practice is essentially based on body relaxation, obtained through breathing exercises and visualizing soothing imagery.

MEDITATION SESSION | 55 / 85 MIN | € 200 / € 260

Let yourself be transported by a soft and enveloping voice. Move closer to inner peace by emptying your mind, releasing the stress of daily life and attaining a state of deep relaxation. Studies have found that meditation has many measurable psychological and physiological benefits. Anyone can use this practice to boost health and well-being.

NB: wellness reservation 48 hours in advance at the Spa.

BEAUTY

BEAUTY FOR HANDS AND FEET

- Express manicure (Nail filing, cuticles and basic nail polish) 25 MIN € 40
- Spa Manicure (Nail filing, cuticles, hand scrub and massage and basic nail polish) 45 MIN € 75
- Express Pedicure (Nail filing, cuticles and basic nail polish) 25 MIN € 50
- Spa Pedicure (Nail filing, scrubbing, treatment of callouses, cuticles, massage and basic nail polish)** 60 MIN € 100
- Nail polish* € 35
- French nail polish* € 40
- Manicure and semi-permanent nail polish 60 MIN € 150
- Pedicure and semi-permanent nail polish 60 MIN € 160

WAXING

- Full leg 45 MIN € 120
- Half leg 25 MIN € 80
- Arms 25 MIN € 70
- Underarms 15 MIN € 50
- Bikini 30 MIN € 70
- Brazilian Bikini / Full 50 MIN € 130
- Eyebrows, Lip or Chin 15 MIN € 35
- Back 45 MIN € 90

TINTING AND ENHANCEMENT

- Eyelash tinting 15 MIN € 60
- Eyebrow tinting 15 MIN € 60
- Eyelash enhancement and tinting 60 MIN € 200

MAKEUP

- Light Fantastic La Prairie Make Up 30 MIN € 90
- Makeup Artist 60 MIN € 250

HAIRDRESSING

Room service

- Women
 - Shampoo € 50
 - Brushing € 200
 - Shampoo / Brushing € 220
 - Shampoo / Haircut / Brushing € 240
 - Hairdressing / Styling € 220
 - Evening hairstyle € 260
 - Bride Trial € 260
 - Wedding Hairstyle € 400
- Men
 - Haircut / styling € 170
 - Barber € 170

* We offer the nail polish of your choice.

** All our pedicures are aesthetic treatments with no medical purpose.



FITNESS

PERSONALIZED FITNESS SESSION WITH PERSONAL TRAINER | 60 MIN | € 140

Our personal trainers offer customized fitness programs tailored to your goals to improve your athletic performances or continue your fitness program away from home.

OUTDOOR CIRCUIT TRAINING | 60 MIN | € 140

Le Fitness du Bristol offers outdoor fitness programs for those who wish to vary their usual routine while enjoying Paris' legendary sites. Our experienced coaches are happy to develop customized programs that combine the discovery of Paris while achieving your athletic goals.

CARDIO BOXING | 60 MIN | € 140

A sports coach will introduce you to this physical workout that combines kickboxing and boxing techniques. With choreography, rhythm and lively music, the ultimate goal is a deep muscular workout to boost your cardio respiratory system.

REHAB STRECHING | 60 MIN | € 140

Le Bristol Paris offers stretching sessions; a complete activity that features slow posture sequences to loosen the joints and stretch the muscles of the body. Rehab stretching is ideal for alleviating jet lag.

YOGA | 60 MIN | € 140

Our yoga teachers are at your disposal to help you discover and practice a yoga method to achieve physical and spiritual well-being. Yoga facilitates mental and muscular relaxation almost instantaneously and helps to develop suppleness and a spirit of perseverance and concentration over time.

PILATES | 60 MIN | € 140

Pilates is a training method inspired by yoga, dance and gymnastics that helps to develop your deep musculature and improve posture and muscle balance. The principles of Pilates are concentration, control, core centering, breathing, fluidity and precision.

BODY RESHAPE | 60 MIN | € 140

Sculpt, tone and slim your silhouette with this perfect sequence of exercises for incomparable results. This method is based on the concept of interval training alternating muscle building and core cardiovascular exercises to burn fat, stretch and lengthen your muscles and body.

SWIMMING POOL

AQUA TRAINING | 60 MIN | € 140

Aquatrainning sessions are conducted under the supervision of our professional trainers to burn calories and tone the body and muscles while lengthening your silhouette.

SWIMMING LESSONS FOR CHILDREN | 30 / 60 MIN | € 95 / € 115

Private swimming lesson with a certified swimming instructor.

SWIMMING LESSONS FOR ADULTS | 30 / 60 MIN | € 105 / € 140

Private swimming lesson with a certified swimming instructor.

NB: reservation 24 hours in advance at the Spa.

HOW TO ENJOY SPA LE BRISTOL BY LA PRAIRIE

THE FITNESS ROOM AND SWIMMING POOL

ARE OPEN DAILY FROM 6:30 AM TO 10 PM

THE SPA

IS OPEN DAILY FROM 9 AM TO 9 PM

THE SPA'S LES AMIS D'HIPPOLYTE CHILDREN'S AREA

IS OPEN DAILY FROM 9 AM TO 9 PM

ARRIVAL AT THE SPA

We invite you to arrive 20 minutes before the time of your appointment. This will allow you to change in total tranquility and enjoy the Spa's facilities before your treatment (bathrobes and slippers are provided). Any delay will result in a reduction in the duration of your treatment without a commensurate reduction in price.

GIFT VOUCHERS

A moment of absolute relaxation at Spa Le Bristol by La Prairie is the perfect gift for any occasion. Our gift vouchers, available at the Spa, are issued in the name of the recipient and valid for a period of one year. Vouchers may not be exchanged or refunded.

SPA BOUTIQUE

To extend your Spa Le Bristol by La Prairie experience, a boutique area is at your disposal at the Spa reception desk, where you'll find the products used during your ritual, as well as a wide selection of swimsuits and accessories.

CHILDREN'S AREA

Our Les Amis d'Hippolyte children's play area is reserved for parents with an appointment for a spa treatment and the children of our Hotel guests. Kindly contact our hostesses so your child may take full advantage of this fun and educational space.

HEALTH

We thank you for sharing any useful information about your health, allergies or injuries at the time of your reservation. A health questionnaire must be completed prior to any treatment. This procedure is mandatory in order to provide you with a service tailored to your needs. We recommend that you check with your doctor to confirm that it is safe for you to use the hammam before your treatment. Heat is not recommended for people with hypertension, circulatory problems, asthma or breathing difficulties.

FITNESS

A personal coach is at your disposal for private lessons. For all reservations or information, please contact our Spa reception. We recommend that you book at least 24 hours in advance to ensure that the requested time slot is available. Children under 16 must be accompanied by a parent or a responsible adult.

SPA PACKAGES

For additional information on our Spa Le Bristol by La Prairie packages or special group offers, please contact the Spa at +33 (0)1 53 43 41 67. Reservations must be made at least 24 hours in advance.

PREGNANCY

We offer specific treatments for expectant mothers. Our Spa receptionists are able to guide you in choosing the best care for this special moment in life. Treatments can be booked from the second trimester of pregnancy.

LOSS OR DAMAGE OF PERSONAL BELONGINGS

We do not accept liability for loss or damage of personal effects. We recommend you keep your valuables either in the locker provided in our locker room or in your room safe if you are a guest at the hotel.

SWIMMING POOL

The pool, located on the hotel's 6th floor, is strictly reserved for Hotel guests. Children under 16 must be accompanied by a parent or a responsible adult. Bathrobes, towels and slippers are available at your disposal.

CANCELLATION POLICY

Please note that the price of your treatment will be charged in full in the event of any modification or cancellation of your reservation made less than 12 hours before your appointment.

HYGIENE RULES

For the sake of hygiene and cleanliness and to ensure the safety and health of our guests and teams, all of our equipment is cleaned and sterilized after each treatment and each use by our guests.

RESERVATIONS

We strongly advise you to book your treatment at least one day in advance to ensure that the desired time slot and services are available. We will request a credit card number from non-Hotel guests to secure an appointment. For guests staying at the Hotel, a card confirming your appointment will be delivered to your room. Non-Hotel guests will receive an email or a confirmation call the day before an appointment.

HAIRDRESSING SERVICE

Our hairdressing services in room are exclusively reserved for Hotel guests.

ROOM SERVICE

You can request to have a massage, manicure or pedicure in your room. You can easily reach us to make a reservation by pressing the «Spa» key on your room telephone. An additional €50 per treatment will be charged for this service. For any treatment provided outside the Spa's opening hours, an additional 50% of the treatment cost will be applied.

CELLPHONES

Our Spa is a place of calm and relaxation. To respect the tranquility of all of our guests, we kindly ask you to turn off your cell phone and other electronic devices. If you are waiting for a phone message, please notify our receptionists, who will be happy to assist you.

DRESS CODE

For the sake of comfort, Hotel guests are permitted to visit the Spa in their bathrobe. Disposable underwear is at your disposal for treatments. If you forget your swimsuit, please note that swimwear is available for purchase at the Spa reception.

CHANGING ROOMS

For your comfort, our changing rooms are at your disposal, where you'll find bathrobes, slippers and all the necessary accessories.



LE BRISTOL
PARIS



OETKER COLLECTION
Masterpiece Hotels