# SPA LE BRISTO L by la prairie

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 its own 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 this moment of absolute well-being by peacefully enjoying a cup of tea or an herbal infusion on one of our private terraces overlooking the serene, landscaped garden. You will also discover Tata Harper's 100% natural philosophy, who has reinvented organic well-being and designed a unique environment at Le Bristol Paris.

Le Bristol Paris has always loved children. From the lobby to the Suites, from the lounges to the garden, from the swimming pool to the restaurants, every detail has been thought out to welcome them. So quite naturally, at Spa Le Bristol by La Prairie too, they are more than ever welcomed. Children can now enjoy a moment of absolute sweetness designed for them by Bonpoint.



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 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, 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.



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, 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 LIFTING AND FIRMING FACIAL** | 55 / 85 MIN | € 270 / € 340

Pure luxury that instantly lifts and firms skin, giving it a perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dullest 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.

#### THE PURE GOLD RADIANCE FACIAL | 55 / 85 MIN | € 270 / € 340

When Beauty is elevated to Grace. The Pure Gold Radiance facial addresses the needs of devitalised skin, leaving skin revitalised, replenished, and enriched. It ignites the skin with the radiance of pure gold, returning a glow to the skin that time has extinguished.

#### WHITE CAVIAR BRIGHTENING AND FIRMING FACIAL | 55 / 85 MIN | € 270 / € 340

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and bright 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.

#### THE PLATINUM RARE HAUTE REJUVENATION FACIAL | 85 MIN | € 480

A Moment of Perpetual Rejuvenation. The Platinum Rare Haute Rejuvenation Facial triggers a halo of benefits across all skin layers, to fight all signs of ageing. It helps to activate collagen production, strengthen the skins barrier, improves moisture balance and invigorates the skin's natural rejuvenating capacity, which diminishes as we age.





## TATA HARPER AT LE BRISTOL PARIS

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

#### **BALANCING & GROUNDING FACIAL** | 55 / 85 MIN | € 255 / € 315

Using singing bowl ritual and calm-inducing breathing this treatment encourages positive emotions to soothe your busy mind. A face mapping therapy and kinetique face massage melt away stress and tension. This warming experience will transport you on a sensorial journey

#### **SOOTHE & REST FACIAL** | 55 / 85 MIN | € 255 / € 315

Focusing on lymphatic drainage to ease physical tension while sleep enhancing breathing technique brings you to serenity. A truly soothing and calming facial is suitable for irritated or inflamed skin, helping to restore the skin's defence system. The result is a healthy complexion and a relaxed state of mind.

#### **QUENCH & COCOON FACIAL** | 55 / 85 MIN | € 255 / € 315

Nurture and invigorate both skin and body with this revitalizing treatment including three different massage experiences. Starting with a tension releasing back massage, followed by an oxygenic face massage and finalized with a relaxing décolleté and neck massage. Your skin will be deeply hydrated and oxygenated, looking bright and healthy.

#### **ILLUMINATE & ENERGIZE FACIAL** | 55 / 85 MIN | € 255 / € 315

Tuning fork ritual helps to revitalize your body by focusing on facial marma points to remove any internal blockages and stimulate the flow of energy. Your skin will be instantly brighter and refined with the use of natural multi-acid peel in this treatment. Targeted oxygenic massage will repair and strengthen the skin.

#### **CLEAR SKIN & MIND FACIAL** | 55 / 85 MIN | € 255 / € 315

Starting with an invigorating foot treatment it relieves aches and pains, hydrates the skin and reduces swelling. A combination of manual and cupping face massage reinforces the skin's natural detox system, maintaining a longlasting hydration level and clear complexion.





## Hydrafacial<sup>®</sup>

## HYDRAFACIAL POUR LE BRISTOL PARIS

THE HYDRAFACIAL TREATMENT DETOXIFIES, REGENERATES, AND DEEPLY NOURISHES THE SKIN FOR AN EXCEPTIONAL RADIANCE. THE PATENTED TECHNOLOGY CLEANSES. EXFOLIATES AND INTENSELY HYDRATES. PROMISING RENEWED SKIN.

#### **SIGNATURE HYDRAFACIAL** | 30 MIN

#### Exclusively combined with a La Prairie or a Tata Harper treatment

This treatment combines three actions: deep cleansing, peeling, and extraction for a deep diffusion of moisturizing, antioxidant, and nourishing actives. The skin is clear and thoroughly rehydrated.

#### **DELUX HYDRAFACIAL** | 45 MIN | € 220

A treatment enriched with a booster tailored to the specific needs of the skin for plumped features and an immediate glowing effect. The perfect treatment to enhance the skin before an event.

#### **PLATINIUM HYDRAFACIAL** | 60 MIN | € 320

A comprehensive anti-aging action. It minimizes the appearance of wrinkles and fine lines, tones, smooths, and firms the skin. The combination of lymphatic drainage, regenerating booster, and hyaluronic acid results in radiant skin.

For even more spectacular results, it is possible to combine the HYDRAFACIAL technology with one of our La Prairie or Tata Harper treatments.

**HYDRAFACIAL + LA PRAIRIE** | From € 315

**HYDRAFACIAL + TATA HARPER** | From € 305

The most suitable treatments for your skin will be recommended by our experts.





## PARENT&CHILD TREATMENTS

#### **SOFT FACETREATMENT** | 25 MIN | € 120 per person

This 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 FACETREATMENT** | 55 MIN | € 210 per person

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 agressions and ready to take on new adventures! (children aged 12 to 16).

#### **SOFT BODY TREATMENT** | 25 MIN | € 120 per person

Spending a moment of well-being and calm 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 BODYTREATMENT** | 55 MIN | € 210 per person

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 | € 255 € per person

The Soft body care combined with the Soft 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 and served in the children's favorite place: The Kids Club Le Bristol Paris x Bonpoint. Appeasement and gluttony are the key words of this moment of sharing of which only you will keep the sweet memory.

## MASSAGES COLLECTION

#### > SIGNATURE MASSAGES

#### **DEEP ENERGIZER** | 55 / 85 MIN | € 235 / € 295

#### 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 | € 235 / € 295

#### 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.

#### **FOOT REFLEXOLOGY** | 55 / 85 MIN | € 235 / € 295

#### 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.

#### **«LIQUID GOLD» ORGANIC BODY MASSAGE** | 55 / 85 MIN | € 235 / € 295

#### 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.

#### **BODY SHAPING MASSAGE** by Tata Harper | 55 / 85 MIN | € 235 / € 295

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 antioxidents tone and tighten the skin whilst also providing deep hydration and relaxation.

#### > SPECIFIC MASSAGES

#### **MOTHER'S MOMENT : BODY TREATMENT FOR MOTHERS-TO-BE** | 55 / 85 MIN | $\leqslant 235 / \leqslant 295$

#### 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. From 3 months of pregnancy.

#### OSTEOPATHY OR KINESIOTHERAPY MASSAGE | 55 / 85 MIN | € 270 / € 330

#### Le Bristol Paris by KOS Paris

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

#### **VODDER'S METHOD: LYMPHATIC DRAINAGE** | 55 / 85 MIN | € 305 / € 375

The lymphatic drainage is a draining massage that stimulates the organism in order to accelerate its elimination processes. The metabolism is accelerated, by a deep detoxification of the body and a real feeling of well-being. The silhouette is fitted, refined and sculpted.

#### **RENATA FRANCA'S METHOD: DRAIN & REMODEL TREATMENT** | 55 / 85 MIN | € 305 / € 375

The lymphatic drainage is a draining massage that stimulates the organism in order to accelerate its elimination processes. The metabolism is accelerated, by a deep detoxification of the body and a real feeling of well-being. The silhouette is fitted, refined and sculpted.

#### **RENATA FRANCA'S METHOD: MIRACLE FACE** | 55 MIN | € 305

The Miracle Face is a facial massage designed to drain excess liquids in the face as well as deflate and redraw its contours. From the first session, the face is decongested and detoxified, bringing an immediate lifting effect. This treatment re-oxygenates the tissues and stimulates the production of collagen. It engages a real anti-aging process, improving and maintaining the quality of the skin. The Miracle Face is a promise of a curved, sculpted, plumped and redesigned face as well as a feeling of well-being and deep relaxation.



## PACKAGES

#### MIDNIGHT IN PARIS | 4H | € 725 per person La Prairie & Le Bristol Paris by KOS Paris

- Two relaxing foot baths and foot scrubs with essential oils (20 min)
- Two Massages Collecion of your choice (85 min)
- Two La Prairie Caviar 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

#### **JUST FOR HER** | 4H10 | € 795 La Prairie & Le Bristol Paris by KOS Paris

- Body scrub with aromatic salts (60 min)
- Massage Collection of your choice (55 min)
- Caviar La Prairie facial (55 min)
- Private treatment room with garden terrace (30 min)
- Glass of Champagne with savory canapés by Chef Eric Frechon

#### PARISIAN GATEWAY | 3h10 | € 695 La Prairie & Le Bristol Paris by KOS Paris

- Relaxing bath and foot scrub with essential oils (20 min)
- Collection Massage of your choice (55 min)
- Caviar La Prairie facial (85 min)
- Treatment room with private garden terrace (30 min)
- Le Bristol Signature tea served with one of our pastries of the day by our Pastry Chef

#### **JUST FOR HIM** | 2H40 | € 610

#### La Prairie & Le Bristol Paris by KOS Paris

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

#### **SPARK OF RADIANCE** | 2h25 | € 510

#### La Prairie

- Massage Collection (30 min)
- Instant Caviar Lift Facial (40 min)
- Classic manicure and nail polish (45 min)
- Treatment room with private garden terrace (30 min)
- « Booster » cocktail by Chef Eric Frechon

#### THE REFRESH: ORGANIC PACKAGE | 3H10 | € 625 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

#### **FREE SPIRIT** | 2h35 | € 575

#### Tata Harper

- Hammam and essential oils Tata Harper (15 min)
- Lymphatic Drainage (55 min)
- Tata Harper facial (55 min)
- Privatization of the wellness cabin, testing a Tata Harper tea (30 min)

For packages, the semi-permanent polish removal and application is not included.

## SIGNATURE RITUALS

#### **FOUR-HAND MASSAGE FOR THE BRISTOL TRAVELER** | 55 / 85 MIN | € 305 / € 405

#### La 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.

#### BALANCE & GROUND BODY RITUAL | 110 MIN | € 385

#### Tata Harper

Beginning with the gentle placement of singing bowl on the body for immediate serenity. Full body scrub that softens and revitalizes the skin is followed by a body wrap rich in honey and pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

#### **RESURFACING BODY TREATMENT** | 85 MIN | € 315

#### Tata Harper

With dry brushing for the whole body and temperature-varied Gua Sha stone body massage, this powerful renewing treatment uses Tata Harper's Resurfacing Serum applied universally with a silky body brush to give you the ultimate glow from head to toe.

## WELLNESS

**SOPHROLOGY** First session | 1H30 | € 250 5 sessions | 55 MIN | € 950 10 sessions | 55 MIN | € 1900

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.

#### **REIKI** | 55 MIN | 200 €

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.

## **BODY EXFOLIATION**

#### **EXFOLIATION WITH AROMATIC SALTS** | 60 MIN | € 225

#### 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 | € 225

#### 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.

NB: wellness reservation 48 hours in advance at the Spa

## BEAUTY

#### **BEAUTY FOR HANDS AND FEET**

<ul> <li>Classic manicure</li> </ul>	25 MIN	€ 60
(Nail filing, cuticles)		
• Spa Manicure	45 MIN	€110
(Nail filing, cuticles, hand scrub		
and massage)		
• Classic Pedicure**	25 MIN	€ 60
(Nail filing, cuticles)		
• Spa Pedicure**	60 MIN	€110
(Nail filing, scrubing, treatment		
of callouses, cuticles, massage )		
• Classic nail polish Kure Bazaar*		€ 40
• French nail polish*		€ 45
• Semi-permanent vegan nail		
polish 1944	60 MIN	€ 50
• Semi-permanent nail polish OPI <b>60 MIN</b>		€ 60

#### **MAKE UP**

• Light Fantastic La Prairie		
Make Up	30 MIN	€ 100
<ul> <li>Make Up Artist</li> </ul>	60 MIN	From € 280

#### **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

#### HAIRDRESSING

In-room service

• Women

· women	
Blow-dry	From € 200
Shampoo / Blow-dry	From € 230
Shampoo / Blow-dry / Styling	From € 250
Shampoo / Haircut / Blow-dry	From € 250
Hairstyling	From € 260
Bride Trial	From € 260
Wedding Hairstyle	From € 400
• Men	
Haircut / styling	From € 170
Barber	From € 170



<sup>\*</sup> 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 | € 160

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 | € 160

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.

#### **REHAB STRECHING** | 60 MIN | € 160

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 | € 160

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 | € 160

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 | € 160

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.



## HOW TO ENJOY SPA LE BRISTOL BY LA PRAIRIE

FITNESS AND SWIMMING POOL
SPA LE BRISTOL BY LA PRAIRIE
KIDS CLUB LE BRISTOL X BONPOINT

EVERYDAY - FROM 6:30 AM TO 10:30 PM EVERYDAY - FROM 9 AM TO 9 PM EVERYDAY - FROM 9 AM TO 9 PM

#### **ARRIVAL AT THE SPA**

We invite you to arrive 20 minutes before the time of your appointment to 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 swimwear and accessories.

#### **CHILDREN'S AREA**

Our «Kid's club Bonpoint» 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.

WWW.OETKERCOLLECTION.COM

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