



SPA SAINT-MARTIN

by LA PRAIRIE
SWITZERLAND





WELCOME

Spa Saint-Martin by La Prairie



Enter a haven of serenity, enjoy the intimacy and tranquillity of a place where time seems to stand still. Balance your body and your mind to the rhythm of traditional techniques and discover a place where the treatments are all geared towards beauty, vitality and well-being.

The Château Saint-Martin & Spa has chosen exclusive La Prairie skincare.



LA PRAIRIE

« The Art of beauty »

LA PRAIRIE
SWITZERLAND

With the Art of Beauty, the House of La Prairie has conceived sensorial experiences as once indulgent and cutting-edge - singular, bespoke protocols enriched with potent molecules and precious ingredients captured in luxurious formulations.

Inspired by La Prairie's birthplace, the Art of Beauty is offered in an atmosphere that recalls the tranquil landscapes of the land of the House's origins.

Created by La Prairie as an expression of Swiss nature fused with 90 years of Swiss cellular science and discreet, elegant aesthetics, these experiences immerse you in a world of timeless beauty.

Each of the five exclusive Art of Beauty ceremonies pays tribute to one of La Prairie's precious ingredients: Swiss caviar, eternal platinum and radiant gold. A series of specially developed signature gestures that enhance the sublime textures completes the experience.

With La Prairie's Art of Beauty, emerge rejuvenated from a place where time stands still.



LA PRAIRIE

The Art of beauty

La Prairie's Art of Beauty experiences transport you to Switzerland, the land of our luxury house's origins - a world of timeless beauty.





LA PRAIRIE

Facial treatments

CAVIAR INDULGENCE

Lifts & firms

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CAVIAR ILLUMINATION

Illuminates and firms

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GOLD RADIANCE

Revitalises and nourishes

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PLATINUM HAUTE-REJUVENATION

Ultimate rejuvenation

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SOIN RÉINITIALISATION CELLULAIRE SUR MESURE

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PRECIOUS GAZE

Lifts & nourishes

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LA PRAIRIE

Body treatments

REJUVENATING FULL BODY MASSAGE

Regenerates & tones

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REFINING BODY EXFOLIATION

Revitalise & affine

Page 30

LA PRAIRIE FACIAL TREATMENT

Caviar indulgence

LIFT & FIRM

The experience

La Prairie offers a unique sensorial experience with its iconic ingredient - caviar, with its lifting and firming power. A protocol punctuated by a ballet of 5 massage ceremonies, on the eye, face and décolleté areas. A moment of total well-being, this treatment ceremony profoundly and visibly improves the skin's elasticity, firmness and tone.



60 min
90 min.

**Treatment time includes time for guests to get ready*



LA PRAIRIE FACIAL TREATMENT

Caviar illumination

ILLUMINATE & FIRM

The experience

Facial treatment based on the Science of Light to neutralise chromatic irregularities and restore the skin's luminosity. Swiss Golden Caviar Extract combined with a patented illuminating molecule minimises chromatic disturbances to restore an even, radiant complexion. This protocol includes tailor-made techniques to drain and oxygenate the skin. The results are immediate: firmer, smoother, more even-toned and luminous skin.



60 min
90 min.

**Treatment time includes time for guests to get ready*



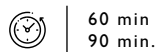
LA PRAIRIE FACIAL TREATMENT

Gold radiance

REVITALISE & NOURISHES

The experience

This La Prairie treatment is inspired by the benefits of Gold and the Pure Gold Diffusion System complex to strengthen the skin's barrier, provide intense nutrition and restore radiance. This skincare ceremony includes a signature massage with invigorating, stimulating and firming techniques. Skin is revitalised, regenerated and radiant.



**Treatment time includes time for guests to get ready*



LA PRAIRIE FACIAL TREATMENT

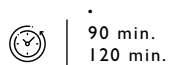
Platinum haute-rejuvenation

ULTIMATE REJUVENATION

The experience

Infused with platinum, this exceptional ceremony is the most effective way to reverse all the signs of ageing. This tailor-made protocol combines energising, firming and detoxifying techniques. Firmness and elasticity are improved, volume restored and hydration increased. The skin is transformed and visibly rejuvenated, with a new youthful radiance.

Time is suspended



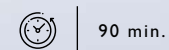
**Treatment time includes time for guests to get ready*





LA PRAIRIE
SWITZERLAND

TAILOR-MADE CELLULAR RESET TREATMENT



90 min.

LIFE MATRIX

MAÎTRISER L'ART DE LA LONGÉVITÉ

THIS TREATMENT TRANSFORMS THE FACE. IT RESETS THE SKIN'S CELLULAR MATRIX AND UNLEASHES YOUR YOUTHFUL POTENTIAL THANKS TO LIFE MATRIX HAUTE REJUVENATION CREAM.

A DETAILED SKIN ANALYSIS GUIDES THE PERSONALISED TREATMENT OF PRODUCTS AND MASSAGE TECHNIQUES TAILORED FOR EACH AREA OF THE FACE.



EN PARTENARIAT AVEC CLINIQUE LA PRAIRIE,
LA LÉGENDAIRE CLINIQUE SUISSE DE LONGÉVITÉ.

LA PRAIRIE FACIAL TREATMENT

Precious gaze

SUPPORT | TONE | MOISTURISE

The experience

This tailor-made skincare ritual is dedicated to the delicate eye contour area. A unique choice of rich, silky, creamy formulas impregnate the skin with highly concentrated, rare and precious active ingredients. The eye contour area is smoothed, lifted and deeply nourished



30 MIN.

**Treatment time includes time for guests to get ready*



LA PRAIRIE BODY TREATMENT

Rejuvenating full body massage

REGENERATES & TONES

The experience

The La Prairie Rejuvenating Full Body Massage (60 or 90 minutes) combines the slow, long strokes of Esalen techniques, the gentle flowenhancing benefits of lymphatic drainage, the transportive qualities of aromatherapy and relaxing deep tissue massage techniques. Warm compresses are applied to the feet and back to begin the muscle relaxation. The massage experience includes particular attention to the legs, back, arms, abdomen and décolleté areas to rejuvenate the body and the mind.



60 min
90 min.

**Treatment time includes time for guests to get ready*



LA PRAIRIE BODY TREATMENT

Refining body exfoliation

REVITALISES & REFINES

The experience

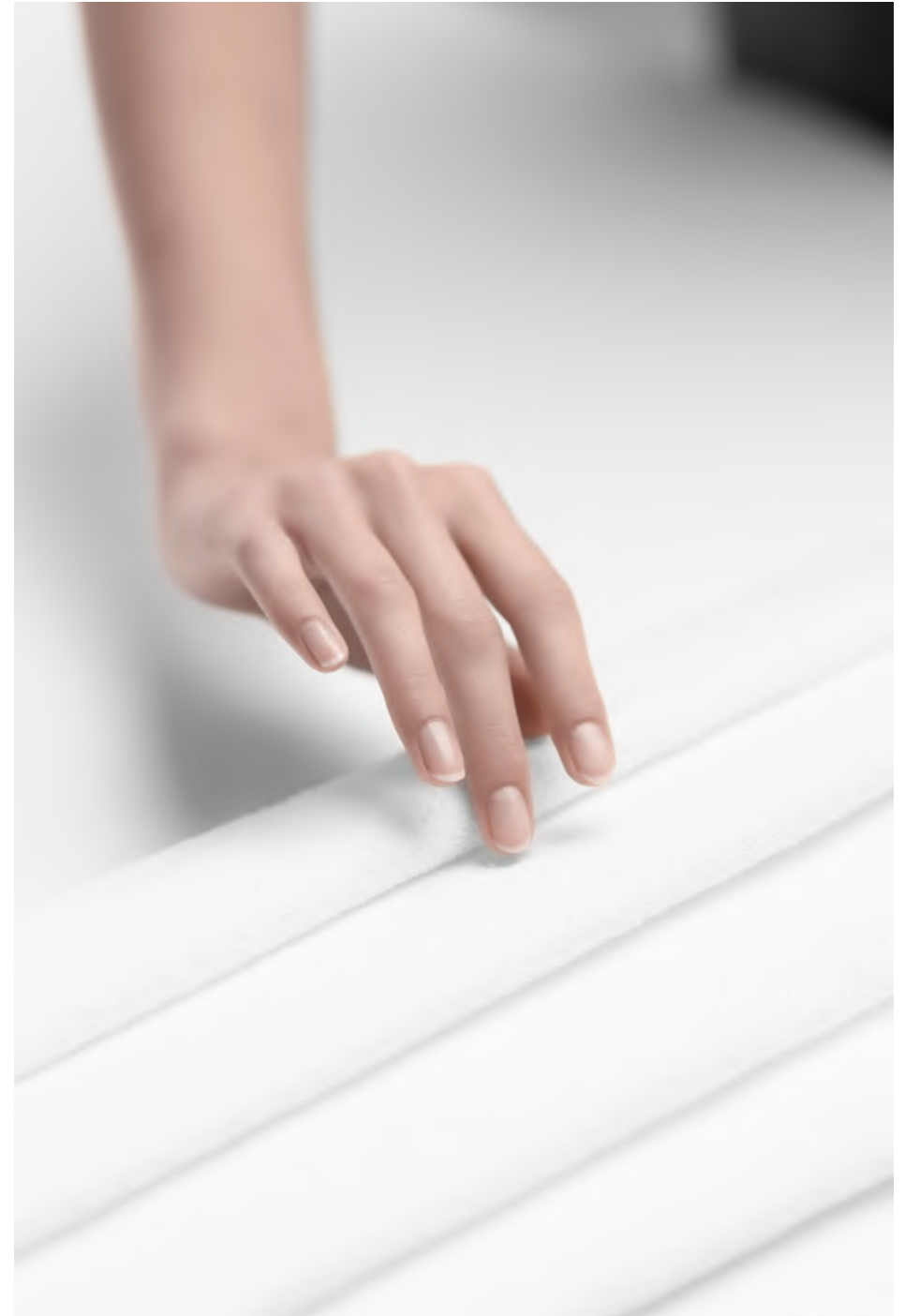
The Refining Body Exfoliation (45 minutes) refines and polishes skin using La Prairie's sea salt exfoliator and body massage oil, exclusive to our treatment rooms. The skin of legs, back, arms, abdomen and décolleté is refined, its texture fully rejuvenated.

This treatment is the perfect complement to a full body massage for the ultimate body rejuvenating experience.



45 min.

**Treatment time includes time for guests to get ready*



MASSAGES

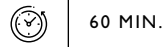
Exclusive Massages

Let yourself be guided by the hands of one of our therapists.

Cupping therapy

Practiced for millennia in Chinese medicine, cupping is based on the use of traditional suction cups.

This painless technique improves joint flexibility, reduces muscle tension, alleviates stress, and releases energy blockages

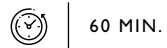


Maderotherapy Body

Originating from Colombia, maderotherapy consists of an intense massage performed with various wooden tools, each specifically designed to sculpt different areas of the body.

Unique protocol. Painless. Visible results from the first sessions.

Benefits: reduction of cellulite, elimination of toxins, improved blood circulation, draining effect, toning, and firming.



**Treatment time includes time for guests to get ready*

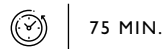


MASSAGES

Massage Collection

Lymphatic drainage body treatment

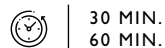
The lymphatic drainage is a specific manual massage to restore healthy, younger and more radiant skin, with a range of specialized, gentle rhythmic pumping techniques to encourage lymphatic flow. This treatment is practiced without oil.



75 MIN.

Reflexology

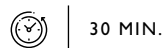
According to the principles of foot reflexology, the feet are divided into reflex zones, each corresponding to specific parts of the body. This foot massage will relieve the muscular tension by balancing the flow of energy, improving your sense of well-being.



30 MIN.
60 MIN.

Head massage

The head massage has the power to act, on the whole body. It allows to, stimulate blood circulation and helps in blood oxygenation. Promote the body's balance. Relax all the muscles by stimulating the nerves located in the cranial parts. Encourage glands to release hormones acting on stress.

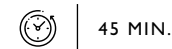


30 MIN.

**Treatment time includes time for guests to get ready*

Facial massage « Ko Bi Do »

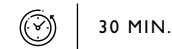
A Japanese facial massage with a deep action on wrinkles, firmness and radiance, focusing on the eye contour, mouth, décolleté and arms. This treatment stimulates the skin's tissues, giving a lifting effect while releasing facial muscle tension.



45 MIN.

Body wrap

A rich and stimulating treatment with laminaria algae or aloe vera for a draining and soothing effect. To enhance this treatment, we recommend combining it with a scrub for smooth and silky skin.



30 MIN.

Additional Touch

LED anti-aging mask | Hydra-firming mask | Youthful eye mask | Face cream mask, light legs gel application, hand or foot mask | Hot stones on the back.

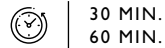
MASSAGES

Exclusive Massages

Shiroshampi Massage

Shiroshampi is an Ayurvedic massage of the head and scalp based on the dripping of oil on the forehead. It is recommended to fight against the stress of daily life linked to anxiety and overwork. It provides a feeling of well-being and relaxation and helps to relieve nervous, physical and emotional tension.

This treatment is ideal for very active and dynamic people.

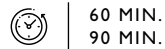


30 MIN.
60 MIN.

Thai oil massage or on a Futon

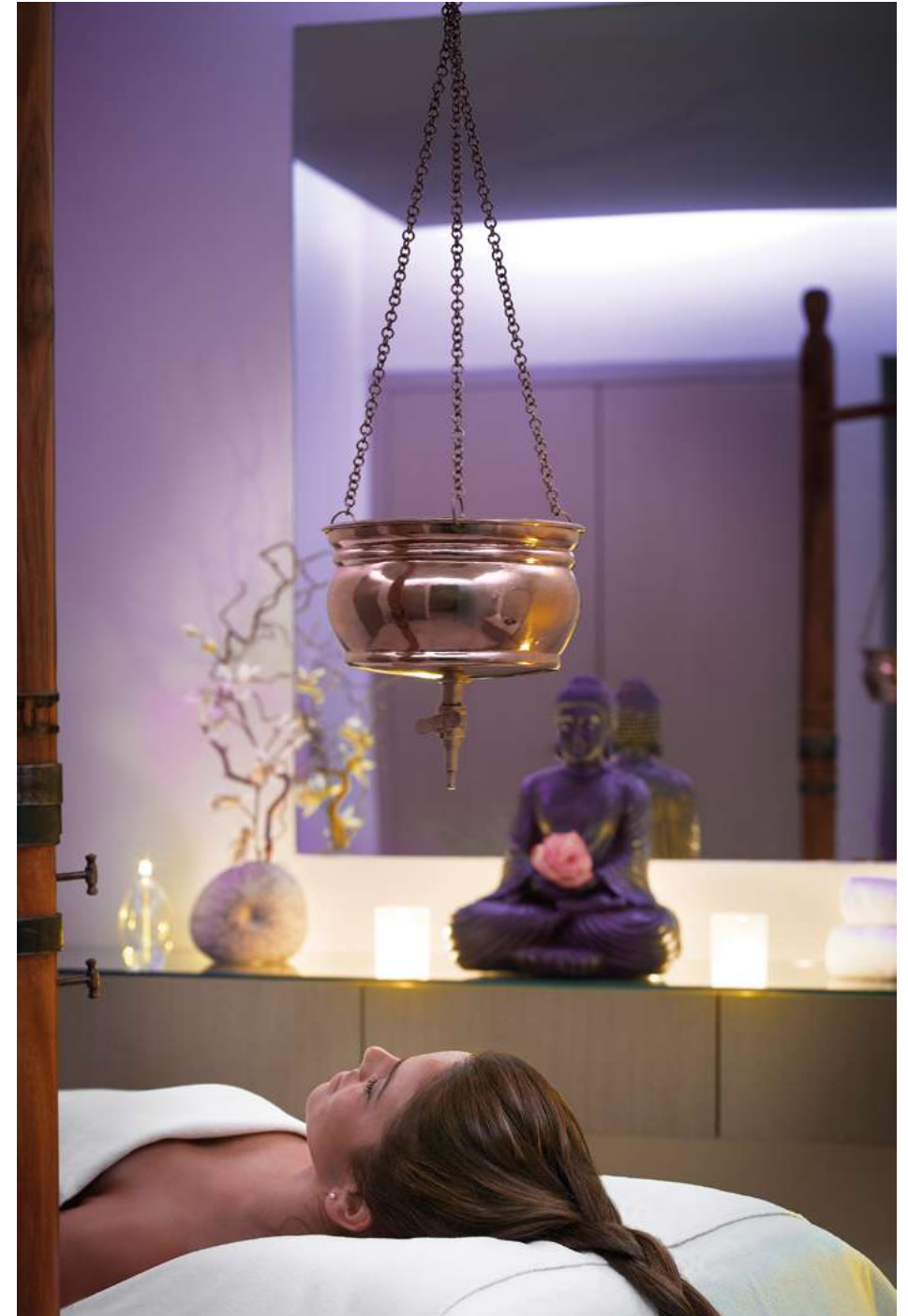
This technique, using passive stretches and pressure along the meridians, increases flexibility, relieves muscle tension, and balances the body's energy systems. It is both deeply relaxing and energizing.

The Thai massage is performed on a massage table with oil, or you can choose the Thai massage done on a futon on the floor, during which you wear clothes.



60 MIN.
90 MIN.

**Treatment time includes time for guests to get ready*



Bamford philosophy

Signature Restore and Glow Treatment by Bamfordt

The ultimate treatment to leave skin feeling healthy, smooth and glowing. Targeting back tension and skin conditioning, the treatment begins with skin brushing on the back of the body to boost circulation and remove dead skin cells. This is followed by a back and legs massage targeting the most common areas of tension in the body. The treatment is completed with a Gua Sha Facial Massage to create lymphatic flow and reduce puffiness, with guided sophrology that will leave you feeling calm and relaxed. The 90-minute treatment also includes a massage of the front of the legs and arms.

Sophrology session of your choice during the treatment as a complement deep relaxation | breathing and refocusing | alignment and energy | relaxation and return to yourself



90 MIN.

Jade Treatments

Jade is a stone rich with mystery. Symbol of purity and serenity, its chemical composition allows it to retain heat and conduct energy. The exclusive Jade stone massage is a massage with organic oils combined with warmed and cooled stones. The alternating temperature makes this treatment a unique and deeply relaxing experience.

- Jade Stone Body Massage (60 min.) to target specific areas of tensions.
- Jade Stone Face and Body Massage (90 min.) a head-to-toe indulgence for the body and spirit using this precious ancestral stone



60 MIN.
90 MIN.

**Treatment time includes time for guests to get ready*



MEN'S SPA

Men's treatments

Just for Him

This treatment has been developed especially for men. Using refreshing geranium blend, an infusion of eucalyptus, geranium, lavender and peppermint, the freshest of all the product line. This massage starts with the exfoliation of the back with our body polish followed by a deep massage focused on areas on tension. This treatment is completed with a cranial massage.



75 MIN.

Soothing for Men

Instant Lifting Facial Treatment, reflexology, neck, back & shoulders massage, a pure moment of relaxation.



60 MIN.

Beauty treatment for him

Men 's manicure
Men's pedicure
Back or torso waxing
Ears or nose waxing

**Treatment time includes time for guests to get ready*

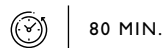


WOMEN'S SPA

The Mother's Beauty Appointments

The pregnant woman experience

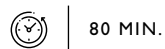
Pregnancy is a wonderful time as well as an exhausting one for most women. This treatment is designed to pamper the pregnant woman. A facial and specific body massage adapted to the needs of the mother to be.



80 MIN.

The ultimate nourishing after baby-care

An exfoliating body treatment combined with a nourishing massage restoring the smoothness and the elasticity of the skin.



80 MIN.

Pregnancy care

A gentle body and belly massage achieved without essential oils. Lying down an adapted position for your well-being.
Recommended after 12 weeks of pregnancy.

Additional touch

LED anti-aging mask | Hydra-firming mask | Youthful eye mask | Face cream mask, light legs gel application, hand or foot mask | Hot stones on the back.

**Treatment time includes time for guests to get ready*



Aesthetics by June Jacobs

Each June Jacobs product contains their powerful patented blend of six anti-oxidants to fight the visible signs of aging. This blend of extracts offers protection against free radicals while making the active ingredients in the formula even more effective.

June Jacobs

Natural hand ritual with polish application
Brazilian hand beauty without nail polish
Natural foot ritual with nail polish
Brazilian foot beauty without nail polish

Nail Polish Application

Classic nail polish application
Semi-permanent nail application
Removal semi-permanent nail polish
Package removal and application semi-permanent nail polish

Make-up

Sophisticated make-up | Day make-up
Evening make-up | Beauty after-care

Waxing

Bikini | Brazilian bikini | Full bikini | Under arms
Half legs or thighs | Full legs | Eyebrows or upper lip
Arms | Waxing package (bikini - half legs - under arms)



HAIR SPA

Care experiences

Men

Hair cut short hair | Hair cut long hair

Children

Braid

Kid's blow dry | Kid's hair cut
Teen's blow dry | Teen's hair cut

Women

Blow dry

Short hair | Medium hair | Long hair
Sophisticated blow-dry | Blow-dry with hair extensions

Cut

Short hair | Medium hair | Long hair

Hair style

Shampoo and mask | Hairstyling

Colour

Short hair | Medium hair | Long hair

Eyelashes or eyebrows tinting

Highlights

Short hair | Medium to long hair

Wedding event

Bridal Hairstyle | Try | Sophisticated bridal bun
Bridesmaids Hairstyles | Buns | Fancy



CHILDREN'S SPA

Kids & Teenagers

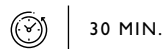
Going to the spa for some pampering is great, but going with the kids is even better ! All our Spa treatments dedicated to children use 100 % organic and paraben-free products.

*All guests under the age of 18 must have a signed parental consent form signed by a parent or legal guardian.

The Princes & Princesses* (between 5 and 12 years old)

Relaxation discovery for little Princes and Princesses.

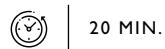
*Subject to the accompaniment of a parent or legal guardian for a relaxing massage in the duo treatment room.



30 MIN.

Fairy Nails

Decorative nail polish for little Princesses.

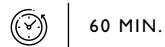


20 MIN.

Teens & Spa* (between 12 and 18 years old)

Back scrub | Skin cleansing
Relaxing treatment for the back, shoulders & head.

*Subject to the accompaniment of a parent or legal guardian for a relaxing massage in the duo treatment room. modelage relaxant en cabine duo uniquement.



60 MIN.

**Treatment time includes time for guests to get ready*

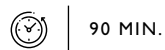


DAY SPA

Rituals

Be Healthy Be Happy

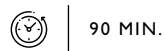
(Every day except Mondays and Tuesdays) A refreshing cocktail, the swimming pool, the olive trees, a healthy formula around a bowl and a dessert (excluding drinks) complete this perfect day for the body (scrub, wrap, modelling).



90 MIN.

Ayurvedic ritual

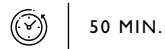
Composed of cares Abhyanga and Shirodara at the same time, this ritual eliminates tension, offers an absolute relaxation of body and mind and relaxes you over time.



90 MIN.

Well-Being Experience

A well-being experience to enjoy a gourmet lunch at « Le Saint-Martin » restaurant and its panoramic terrace or barefoot on the grass at the summer restaurant « L'Oliveraie » and a spa treatment at the Spa Saint-Martin by La Prairie. A gourmet experience through the flavourful cuisine of Head Chef Jean-Luc Lefrançois. (three course meals, drinks not included). A moment of well-being at the Spa Saint-Martin by La Prairie with a La Prairie facial treatment or Bamford body treatment.



50 MIN.

**Treatment time includes time for guests to get ready*



EXCLUSIVES TREATMENTS AT THE HOTEL

Wellness, detox & nutrition

By appointment 24-48 hours before.

These three exceptional treatments are designed to enhance your well-being, stimulate cellular regeneration, sculpt your silhouette, enhance your skin, free you from migraines, and correct any dysfunction in your body. A true journey towards renewed vitality.

Simple Iridology | Session 30 min

Explore the secrets of your well-being with our iridology session. Let the precision of this ancestral method unveil inner harmony through your eyes.

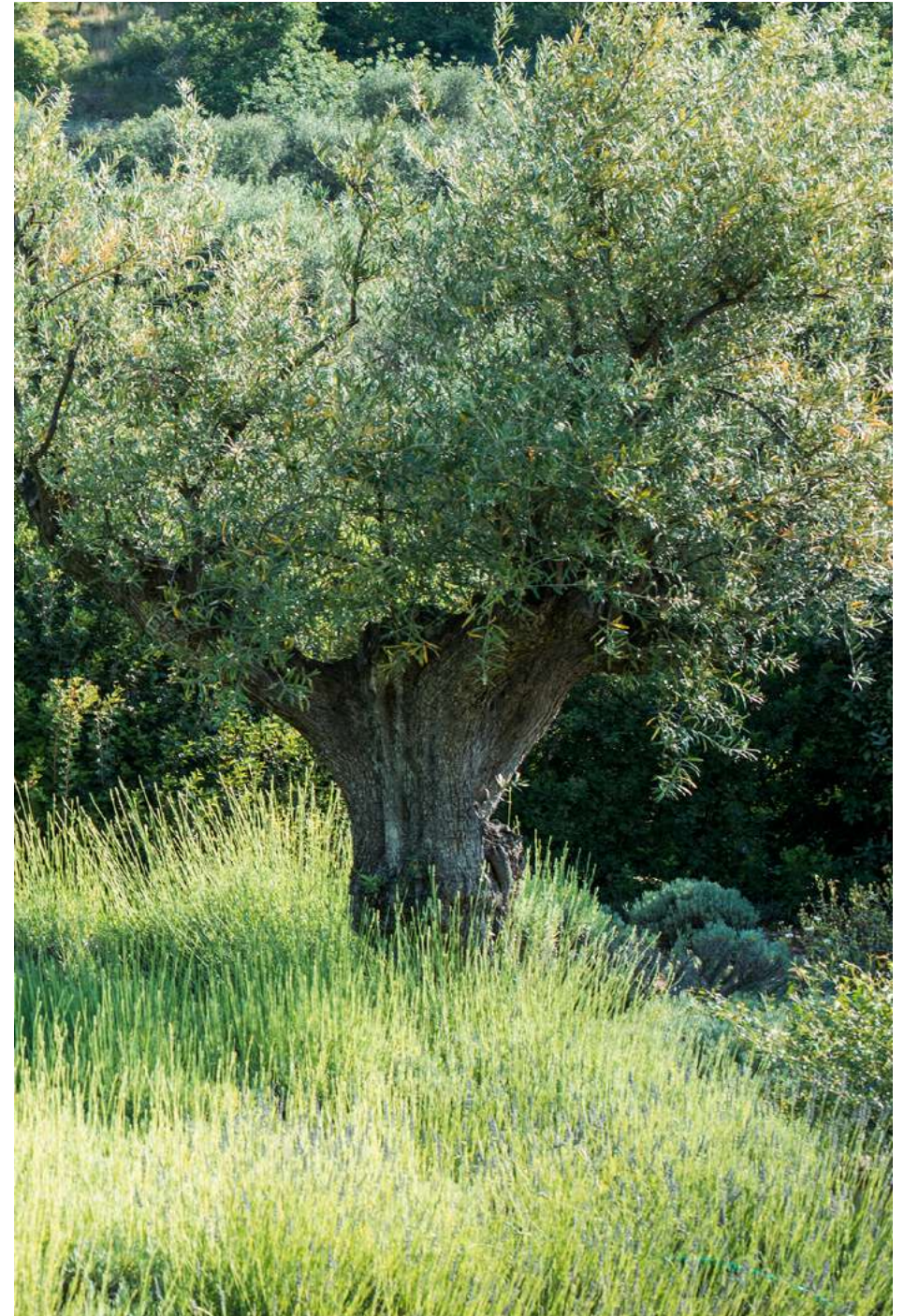
Complete iridology includes recommendations in naturopathy Session 60 min

Naturopathy combined with iridology provides a holistic approach to health. Through a detailed analysis of the iris, this personalized session identifies imbalances, enabling the naturopath to recommend customized natural methods, including diet, medicinal plants, and other advice, to promote optimal well-being.

Microbiota Analysis | Session 30 min

Explore the mysteries of your intestinal flora, optimize your digestion, strengthen your immunity, and unveil the keys to mental vitality.

A fascinating dive into your inner well-being, where a profound understanding of your microbiota paves the way for an energetic and balanced life.



EXCLUSIVES TREATMENTS AT THE HOTEL

Wellness, detox & nutrition

Developed by our beauty and wellness experts, our Collection programmes have been created to take care of your body and mind. Combining manual therapies, relaxation, sport and nutrition, these programmes will allow you to find a better balance in your life.

A personalised programme depending on the length of your stay and your objectives: eliminating toxins, combating stress and burn-out, refocusing, anti-ageing, promoting relaxation.

3-hour programme of treatments to choose from our selection

7 hour treatment programme to choose from our selection

10 hour treatment programme to choose from our selection

Beauty & Detox

Purify yourself from the inside to take care of your outer beauty

Coaching class 60 min.

Yoga or Pilate class of 60 min.

Naturopathy consultation with analysis of the intestinal microbiota

Draining massage 60 min.

Body wrap 30 min.

La Prairie Facial - Caviar Indulgence 60 min.

Light legs treatment 45 min.

Foot reflexology 60 min.



EXCLUSIVES TREATMENTS AT THE HOTEL

Wellness, detox & nutrition

Body & Harmony

Rejuvenate, relax and ground yourself to find infinite well-being

Yoga or Pilates class of 60 min.

Reiki session of 60 min.

Cupping therapy of 60 min.

Ayurvedic massage Shiroshampi 60 min.

A cranial massage of 30 min.

Restore & Glow of 90 min.

Beauty & Relaxation

Regenerate and enhance your natural beauty

Yoga or Pilates class of 60 min.

Ko bi do facial of 60 min.

La Prairie Facial - Precious Gaze 30 min.

La Prairie Body Care 60 min.

Hand and foot care of 90 min.

Body wrap 30 min.

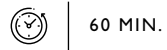


WELLNESS

Coaching & Osteopathy

Fitness and Wellness Coaching
(upon reservation)

Individual coaching | Duo coaching | Group coaching (from 3 people)



60 MIN.

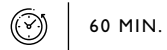
Osteopathy
(upon reservation)

Osteopathy is a treatment based on manipulation techniques focusing on the body as a whole.

Yoga
(upon reservation)

The practice of yoga will strengthen and relax your body. Yoga also improves the function of your respiratory, circulatory, digestive and hormonal system. Yoga will add emotional stability and mental clarity.

Individual yoga / Yoga duo / Group classes (from 3 persons)



60 MIN.



WELLNESS

Spa Membership

Membership at our spa grants you access to exclusive benefits within our wellness space as well as various offers within Château Saint-Martin & Spa. Enjoy privileges at the gourmet restaurant Le Saint-Martin, receive invitations to exceptional evenings, and avail yourself of services exclusively dedicated to our privileged clientele. We spare no effort to ensure that members of Spa Saint-Martin by La Prairie experience unique moments.

SPA BENEFITS

- Unlimited access to the pool
- Unlimited access to the fitness center
- Unlimited access to the Sauna, Hammam et Hot-tub
- One 60-minutes facial or body treatment
- 10% discount on treatments and dining
- 15% discount on La Prairie products (excluding Life Matrix products, Platinum range, and Gold range)
- 3 Day Pass for your guests (excluding July and August)

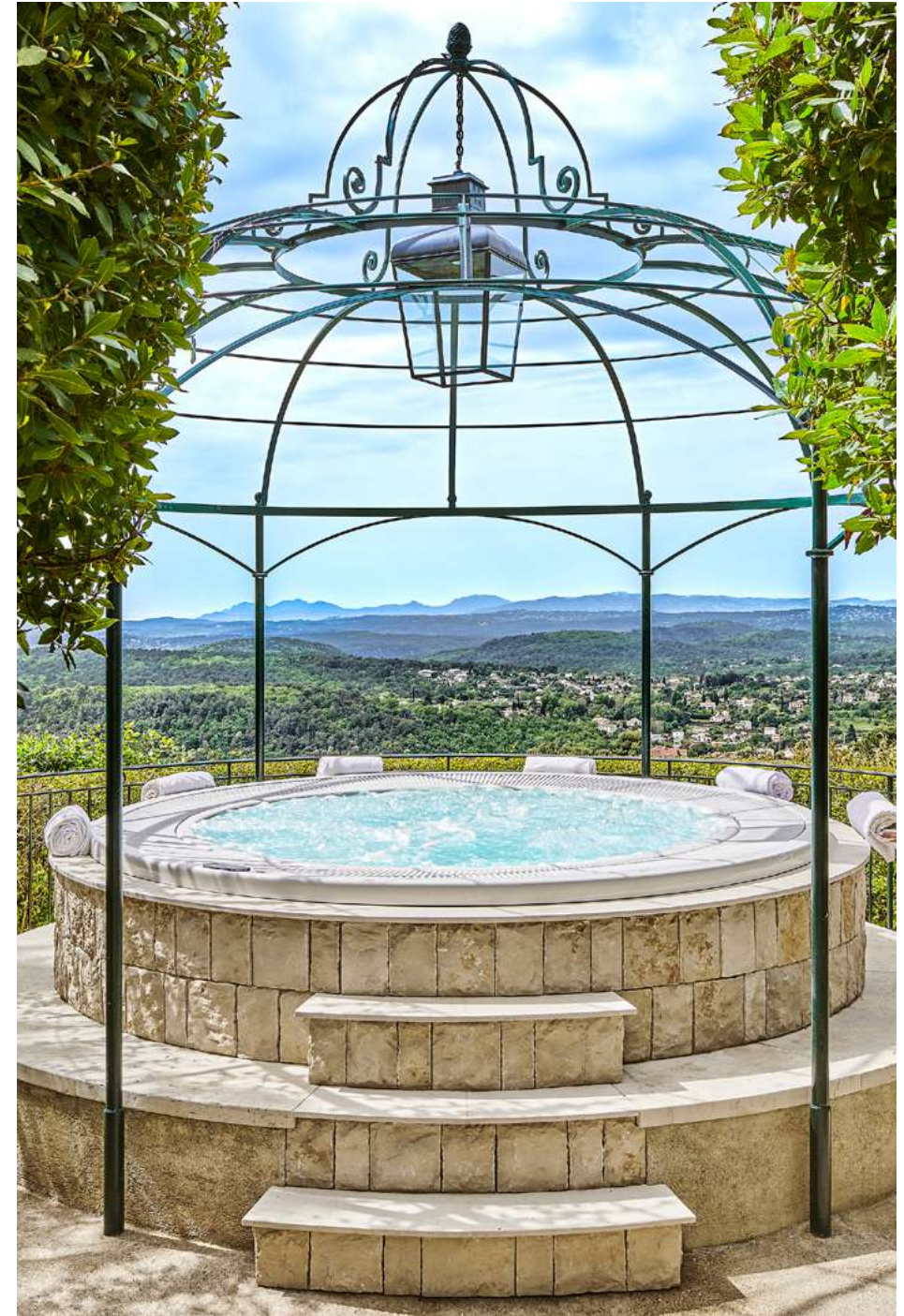
RATES

- Single: 1,950€ per season or 990€ for 3 months
- Duo: 2,990€ per season or 1,850€ for 3 months

EXCLUSIVES BENEFITS

- A day of relaxation in a cabana (upon reservation, excluding Minuty cabana)
- 1 Yoga/Fitness or Tennis/ Pickleball class upon reservation
- Valet parking service
- Pressing service for your clothes
- Access to the Kids Club for your children while you are at the Spa (during opening hours and dates)
- 5% off at the hotel boutique
- A welcome gift upon membership
**x2 for duo membership*

7 days a week, from May 5 to October 12, 2025, except during exclusive periods. During these periods, the hotel is not open to non-resident guests. We invite you to ask for the dates of exclusivity when you subscribe to Spa Membership.



CHÂTEAU SAINT-MARTIN & SPA

Oetker Collection boutique

The Château Saint-Martin & Spa is pleased to introduce you to its boutique, located in the extension of the reception.

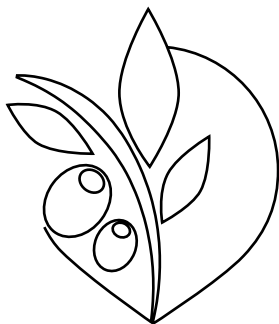
Discover a choice of designer and artisan brands selected for their elegance, refinement and quality. A friendly space to discover beauty products that complement the offer of our Spa Saint-Martin by La Prairie.

The Boutique welcomes you every day:
9.30am to 1pm and 3pm to 7pm

Telephone: +33 (0)4 93 58 02 02



How to enjoy



Booking

We advise you to book your treatments the earliest to provide you a booking on date an time requested. Some treatments can be done in our outside Rotonda on request and when the weather permits it. The duration of the spa treatment includes the guest's installation. To book from your room, please dial 4080 or contact us at +33(0)4 93 58 40 80 and by email spa.csm@oetkercollection.com.

Hygiene

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after each service and treatment.

Outside customers booking

For each reservation of treatments, we will ask you a credit card authorization to confirm the reservation. As we have cancellation policy, this one is applicated to all the customers.

Gift vouchers

Offer to your friends or family a unique well-being experience at the spa. Gift vouchers are personalized so guests can choose their preferred treatments from our spa menu. Please note that a gift voucher is not refundable.

Cancellation

If you need to reschedule or cancel your appointment, please advise us 24h before your appointment, otherwise the full treatment will be charged.

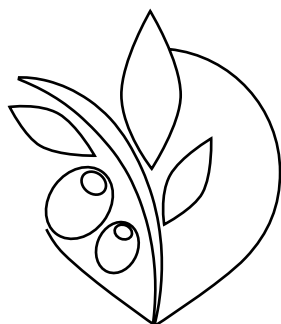
Opening hours

Every day from 9.30am to 7pm. In July and August from 10am to 8pm. A 20% surcharge will be applied for all treatments carried out outside opening hours. A surcharge of 25% will be applied for all treatments carried out in the room or villa.

Valuables

We advise you not to bring valuables with you. The management declines all responsibility for the loss of objects and jewellery. We advise you to check that you have not forgotten anything in the pockets of your bathrobe before leaving the spa.

Before coming



Take your time

We encourage you to arrive at least 15 min prior to your scheduled appointment to allow time to check in, and slip into your robe and slippers, then relax in our sauna, steam bath. The steam is recommended prior to your spa treatment as it will relax your body and make the experience more enjoyable. Arriving late will limit the time of your treatment. Your treatment will end on time in order to respect the following appointments. The full value of your treatment will be charged.

Attire

Your comfort and well-being are our utmost priority: there is no need to bring or wear any special clothing, everything you need will be provided into your treatment room (disposable underwear for all treatments and massages).

Your comfort

Our spa team is here to meet your every need and make your visit an unforgettable experience. Whether it is the level of the music or the intensity of the lighting, an additional towel, stronger or lighter pressure during a massage – just let us know so that we can provide you with an optimum experience. We value your opinion and invite you to fill out a guest questionnaire after your treatment in order to share your spa experience with us. We remind you that our therapists are at your service for any customized advice in our boutique.

Spa etiquette

Smoking and alcoholic beverages are not allowed in the spa. Moreover, we are not responsible for any valuables brought into the spa.

Environment

To preserve the sense of harmony in the spa we kindly request that mobile phones are switched off. May we also remind you that the wearing of swimsuits is compulsory in the wet zone.

Health conditions and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). You will also be required to sign a form relating to using our spa facilities prior to your treatment.

Age requirements

We offer a selection of wellness treatments for our younger guests as well as a range of appropriate wellness treatments for children. They have to be accompanied by an adult. Access to our sauna / steam bath facilities is not permitted. All guests under the age of 18 must be in possession of a parental consent form signed by a parent or legal guardian.

Treatment menu

La Prairie

Facial treatments

Caviar indulgence	60/90 min. 200/250€
Caviar illumination	60/90 min. 300/350€
Gold radiance	60/90 min. 400/450€
Platinum haute-rejuvenation	90/120 min. 500/550€
Tailor-made cellular reset treatment	90 mins. 600€
Precious gaze	30 min. 100€

La Prairie

Body treatments

Rejuvenating full body massage	60/90 min. 210/300€
Refining body exfoliation	45 min. 150€

Massages

Massage Collection

Cupping therapy	60 min. 175€.
Maderotherapy	60 min. 185€.

Exclusive Massage

Shiroshampi massage	30/60 min. 110/175€.
Thai oil massage	60/90 min. 185/290€.
“Ko Bi Do” face massage	30/60 min. 110/175€
Lymphatic drainage body treatment	75 min. 230€
Reflexology	30/60 min. 110/175€
Head massage	30 min. 95€

Other Exclusive Treatments

Body wrap	30 min. 110€
Additional touch	
Collagen facial	50€
Collagen eyes	40€
Cream facial mask	30€
Hot stones on the back	30€
Application of light leg gel	40€

Exclusive treatments of the hotel

Wellness, detox & nutrition

Simple Iridology	Session 30 min 290€
Complete iridology includes naturopathy	Session 60 min 500€
Microbiota analysis	Session 30 min 500€
Programs	
Beauty & Detox 3h / 7h / 10h	On request
Body & Harmony 3h / 7h / 10h	On request
Beauty & Relaxation 3h / 7h / 10h	On request

Bamford

Bamford Philosophy

Signature Restore & Glow	60/90 min. 185/295€
Jade Stone Treatments	60/90 min. 200/300€

Women's Spa

Mother's beauty appointments

The pregnant woman experience	80 min. 285€
The ultimate nourishing after baby-care	80 min. 285€
Pregnancy care	50 min. 155€
Additional touch	
Collagen facial	50€
Collagen eyes	40€
Cream facial mask	30€
Hand or foot mask	25€
Cryo leg gel	40€
Hot stone on the back	30€

Men's Spa

Men's Treatments

Just for him	75 min. 230€
Soothing for Men	60 min. 180€
Esthetic for him	
Men's manicure	80€
Men's pedicure	105€
Back or torso waxing	85€
Ears or nose waxing	30€

Beauty Spa

Aesthetics by June Jacobs

June Jacobs	
Complete natural ritual manicure	90€
Brazilian manicure without nail polish	50€
Complete natural ritual pedicure	100€
Brazilian pedicure without nail polish	70€

Nail polish application		
Classic nail polish application	25€	
Application of semi-permanent polish	50€	
Removal semi-permanent polish	40€	
Duo offer removal and semi-permanent nail polish	90€	
Make-Up		
Sophisticated make-up	105€	
Day make-up	55€	
Evening make-up	85€	
Beauty after-care	35€	
Waxing		
Bikini	50€	
Brazilian bikini	60€	
Full bikini	70€	
Under arms	45€	
Half legs or thighs	65€	
Full legs	90€	
Eyebrows or lips	25€	
Arms	60€	
Waxing package (bikini line - half legs - underarms)	135€	
Hair spa		
Treatment experiences		
Men		
Hair cut short hair	95€	
Hair cut long hair	115€	
Children		
Braid	20€	
Kid's blow dry	55€	
Kid's hair cut	65€	
Teen's blow dry	70€	
Teen's hair cut	75€	
Women		
Blow dry		
Short hair,	95€	
Medium hair	100€	
Long hair	105€	
Sophisticated blow-dry	110€	
Blow-dry with hair extensions	120€	
Cut		
Short hair	95€	
Medium hair	105€	
Long hair	115€	
Hair style		
Shampoo and mask,	30€	
Hairstyling	125€	

Color		
Short hair	95€	
Medium hair	105€	
Long hair	105€	
Eyelashes or eyebrows tinting	65€	
Highlights		
Short hair	115€	
Medium to long hair	130€	
Wedding event		
Bridal Hairstyle		
Try	120€	
Sophisticated bridal bun	240€	
Bridesmaids Hairstyles	from 120€	
Buns, fancy	from 150€	

Children's spa

Kids & Teenagers

The Princes & Princesses	30 min. 75€
Fairy Nails	20 min. 25€
Teens & Spa	60 min. 105€

Day spa

Rituals

Be Healthy Be Happy	90 min. 300€
Ayurvedic ritual	90 min. 235€
Sleeping Ritual	90 min. 255€
Well-Being Experience	50 min 220€

Wellness

Coaching & Osteopathy

Fitness and Wellness Coaching	
Individual coaching	60 min. 135€
Duo coaching	60 min. 215€
Group coaching (from 3 people)	60 min. 65€/pers.
Osteopathy (upon reservation)	175€

The prices indicated are in euros. VAT included.

