



LE SAINT ALEXIS

HOTEL & SPA



The Spa Villa

Spa Menu





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SOTHYS SIGNATURE BODY TREATMENTS

Exceptional treatments and an invitation to travel : Asia, the Orient or Japan.



INDONÉSIE ANCESTRALE - 1H00

120 €

An exotic treatment combining a full-body massage with the Mayonggo energy breathing ritual. From the moment you step into the treatment room, immerse yourself in the heart of Indonesia through the enchanting scents of santalwood and jasmine.

WITH A FULL-BODY EXFOLIATION - 1H30

180 €



SENSATIONS ORIENTALES - 1H00

120 €

A sensory journey inspired by ancient Eastern rituals, featuring an exceptional treatment combining exfoliation and massage. This restorative ritual nourishes and enhances the skin with enveloping textures and the aromatic notes of myrrh and amber.



HANAKASUMI - 1H30

160 €

A unique Japanese-inspired ritual combining gentle glove exfoliation, a full-body massage and a soothing foot massage, in a restorative and nourishing experience infused with the delicate notes of cherry blossom and lotus.



All our treatments are performed in a single treatment room.

Massages and body treatments are not available for pregnant women.

All treatments featured in our menu are exclusively available to guests aged 18 and over.

TARGETED MESSAGES

FACIAL AND SCALP MASSAGE - 0H30 65 €

Release facial tension and experience an immediate sense of relaxation. A soothing wellness massage for the face, scalp, neck and décolleté.

ESSENTIAL MASSAGE - 0H45 85 €

Foot, hand, arm and head massage. Escape and free your mind with this soothing massage focusing on the body's essential areas.

JAPANESE LIFTING MASSAGE - 1H00 120 €

An exceptional facial massage inspired by KOBIDO and enhanced with Gua Sha techniques, acting as a true natural facelift.

FOOT REFLEXOLOGY- 0H45 90 €

Inspired by Asian traditions, this ritual begins with a soothing foot bath followed by the stimulation of reflex points through acupressure. This foot massage promotes overall energy balance and is ideal for relieving fatigue, stress, and heavy legs.

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WORLD MESSAGES

SAINT ALEXIS MASSAGE - 0H30-0H45-1H00

65€-85€-110€

A 100% bespoke massage, tailored entirely to your needs and desires. Create your own massage experience by choosing your preferred oil, the areas you would like to focus on, and your desired pressure, in consultation with your therapist.

BALINESE MASSAGE - 1H00

110€

A traditional Balinese massage with draining, revitalising, and energising properties. Combining rhythmic percussion and long, flowing strokes along the body's meridians, this massage promotes deep relaxation and a profound sense of well-being.

LOMI LOMI MASSAGE - 1H00

110€

A soothing and enveloping Hawaiian-inspired massage. Performed using both the hands and forearms, this deeply relaxing treatment immerses you in an ocean of well-being.

QUATRE CIELS MASSAGE - 1H00

230€

Treat yourself to the ultimate relaxation experience with this exceptional four-handed massage, performed by two therapists working in perfect synchrony.

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SPECIALISED MASSES

INDONÉSIE ANCESTRALE - 1H00

An exotic treatment combining a full-body massage with the Mayonggo energy breathing ritual. From the moment you step into the treatment room, immerse yourself in the heart of Indonesia through the enchanting scents of santalwood and jasmine.

120 €



SWEDISH MASSAGE - 1H15

A deep-pressure massage designed to release muscle tension and promote deep muscular relaxation.

Inspired by Deep Tissue techniques, it is particularly well-suited for athletes and active individuals.

145 €



AYURVEDIC MASSAGE - 1H15

A massage inspired by ancient Indian techniques, designed to restore balance and harmony to the body's energy.

Ideal for those experiencing stress or finding it difficult to truly let go.

145 €



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A person is lying on their back, receiving a massage. Four hands are visible, two on each side of their back, applying pressure. The person is wearing a dark blue towel. The background is a light-colored, textured surface.

✦ ✦ ✦
QUATRE CIELS
MASSAGE
1H00 - 230€

Let yourself be carried away to new heights with this four-handed massage, orchestrated like a graceful, flowing dance in perfect synchrony.

Two therapists unite their movements to envelop your body in a continuous wave of well-being, making all sense of space and time disappear. A rare, suspended moment where the body surrenders and the spirit soars, as if reaching the sky... four hands at a time.

EXCEPTIONAL MASSAGE

SENSORY ESCAPE

EXFOLIATION - 0H30

65 €

Three-salt body exfoliation, personalised with the sensory escape of your choice. This treatment leaves the skin soft, smooth, and delicately fragranced.

RELAXING BACK RITUAL - 0H45

85 €

Enhance the beauty of your back with this complete relaxing treatment, including an exfoliation, a body wrap, and a soothing back massage.

RELAXING BACK RITUAL WITH STEAM - 0H50

95 €

LIGHT LEGS RITUAL - 1H15

130 €

Soothe and refresh your legs with this ultra-cooling treatment, including an exfoliation, a refreshing wrap, a draining massage, and the application of an invigorating ice-effect gel.

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BESPOKE TREATMENTS



TREATMENT OF YOUR CHOICE

Choose the duration of your treatment and make the most of your time in the treatment room, then select your preferred treatment upon arrival at the spa.
(Exfoliation, massage, facial treatment ...)

The menu of treatments available for you to choose from will be provided upon arrival.

0H30	-	65€
0H45	-	85€
1H00	-	110€
1H15	-	125€
1H30	-	150€
2H00	-	200€

Hors massages spécifiques.

Hors soins signature corps

Sothys.

Hors soin du visage prestige.

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SOTHYS FACIAL TREATMENTS



SUBLIME EYE TREATMENT- 0H30

65 €

A targeted treatment for the delicate eye contour. It helps reduce the appearance of signs of fatigue and ageing, while providing an immediate cooling effect thanks to Sothys' exclusive porcelain tools.

This treatment can also be incorporated into a facial treatment - 0H15

35 €



RADIANCE TREATMENT- 0H45

85 €

A seasonal oxygenating treatment with delicious fruity notes, leaving the skin revitalised, refreshed, and radiant.



ORGANIC TREATMENT- 0H45

90 €

This refreshing treatment awakens the skin and delivers an instant radiant glow.

Immerse yourself in the heart of nature with our ORGANIC and VEGAN range, and enjoy a moment of deep relaxation.



BESPOKE TREATMENT- 0H30-1H00

65 €-110 €

A 100% bespoke facial treatment, tailored to your skin's specific needs and type. The perfect treatment to preserve and enhance the natural beauty of your skin.



HYDRATING - 1H15

125€

This treatment combines ultra-comfortable textures with high-performance active ingredients to envelop the skin in a wave of well-being and provide an intensely hydrated feeling.



ANTI-AGEING - 1H15

125€

A targeted treatment designed to address visible signs of ageing, including wrinkles and loss of firmness. True to the philosophy of Sothys' intensive treatments, this highly sophisticated facial combines precisely targeted products with expert application techniques.



ENERGISING - 1H15

125€

A detoxifying treatment featuring a deep cleanse to give your skin a fresh new lease of life. A true shield against environmental stressors, it helps combat skin burnout and reactivate the skin's natural defence mechanisms. With anti-pollution, antioxidant, and energising benefits, this treatment restores the skin's natural glow.



DOUBLE PEEL - 0H45

A professional facial treatment combining the high efficacy of a 30% acid peel with the safety of Sothys formulas, for a gentle and reassuring experience. Experience a renewed, radiant complexion from the very first treatment.



90 €



DARK SPOT CORRECTING TREATMENT-1H15

A brightening beauty ritual designed to target and treat all types of dark spots. The perfect combination of a high-performance treatment and a professional Ridoki. This treatment works on dark spots, provides deep hydration, and leaves the complexion visibly more even and radiant.



125 €

COMBINATION TREATMENTS



ANTI-AGEING + DOUBLE PEEL - 1H30

For visibly younger-looking skin and a renewed, radiant complexion.

155 €



HYDRATING + LE DOUBLE PEEL - 1H30

For intense hydration and a renewed, radiant complexion.

155 €

SOTHYS SECRETS OF EXCELLENCE

Rituals that elegantly and beautifully combine exceptional ingredients, creating an unforgettable moment of well-being.



THE PRESTIGE - 1H30

165 €

The ultimate facial experience.

An eight-step facial treatment combining a sensorial cleanse, an ultra-effective exfoliation, an exceptional facial massage, a high-performance mask, and a final cooling “ice-effect” massage.

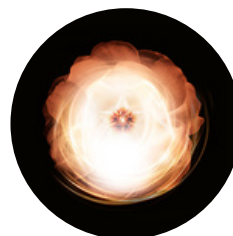
An unparalleled signature treatment featuring Sothys Rose stem cells and precious Porcelain Flower oil.



PRESTIGE MOMENT - 3H00

270 €

Sensory pool (0h30) + sublime body exfoliation (0h30) + nourishing massage (30 min) + the Prestige Facial treatment (1 h30) + fresh fruit cocktail



ANTI-AGEING FACIAL MASSAGE

JAPANESE LIFTING MASSAGE- 1H00

120€

An exceptional facial massage that acts as a true natural facelift.

Combining anti-wrinkle, lifting, and draining techniques, this Kobido-inspired massage stimulates the face and décolleté's entire energy flow.

It helps eliminate toxins and tone the facial muscles, addressing some of the key factors contributing to skin ageing.

Enhanced by the use of Gua Sha, this complete ritual delivers sculpting, draining, and illuminating benefits, helping the skin regain suppleness, hydration, and a plump, rejuvenated appearance.



Not suitable for pregnant women or for acne-prone or sensitive skin.

SENSORY POOL

Enjoy a unique wellness experience in the heart of a water journey combining relaxation and gentle stimulation.

Heated to the ideal temperature, the pool allows the body to fully unwind, encouraging a deep sense of release.

The sensory pool offers total immersion, with soothing bubbles designed to promote muscular relaxation.

It calms the mind and gently prepares the body to embrace the benefits of deep relaxation.

PRIVATE ACCESS TO OUR AQUATIC CIRCUIT

SPA PACKAGES FOR ONE

A MOMENT FOR YOURSELF - 2H30

200 €

Sensory Pool (0h30) + body exfoliation (0h30) +
relaxing back ritual (0h45) + radiance facial (0h45)

A MOMENT OF ZEN - 3H00

250 €

Sensory pool (0h30) + body exfoliation (0h30) +
body wrap (0h30) + Saint Alexis massage (0h45) +
radiance facial (0h45)

A PRESTIGE MOMENT - 3H00

270 €

Sensory pool (0h30) + sublime body exfoliation
(0h30) + nourishing massage (0h30) + the Prestige
facial treatment(1h30) + fresh fruit cocktail

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SPA PACKAGES FOR TWO

Treatments are performed in our DUO treatment room.

DUO MOMENT - 1H00

165 €

Sensory Pool (0h30) + treatment of your choice
(0h30) + fresh fruit cocktail

A MOMENT FOR US - 1H45

260 €

Sensory pool (0h45) + treatment of your choice (1h) +
fresh fruit cocktail or glass of champagne

HAND IN HAND - 2H30

400 €

Sensory pool (0h30) + body scrub (0h30) + Saint
Alexis massage (0h45) + radiance facial (0h45) + fresh
fruit cocktail or glass of champagne

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SPA PACKAGES FOR THREE OR FOUR

A MOMENT SHARED BY THREE

390€ for three guests

Sensory pool (0h45) + treatment of your choice (1h00) + fresh fruit cocktail or glass of champagne

A MOMENT SHARED BY FOUR

520€ for four guests

Sensory pool (0h45) + treatment of your choice (1h00) + fresh fruit cocktail or glass of champagne

Our spa welcomes groups of up to 4 people, allowing everyone to enjoy an exceptional moment in an atmosphere of calm and serenity.

WELLNESS DAY

Relaxation
day

WELLNESS ESCAPE

175€ per person

Treatment of your choice (0h45)

- 1 lunch at the restaurant (starter, main course, dessert, 1 bottle of water, 1 coffee or 1 tea)
- Access to the hotel swimming pool and sun loungers from 10:00 am to 6:00 pm

Monday to Friday, excluding public holidays and school holidays.
Subject to availability. Limited places.



HANDS AND FOOT TREATMENTS

SOOTHING HAND TREATMENT

A treatment combining relaxation and effectiveness, including a manicure, exfoliation, mask, and massage, leaving your hands beautifully soft and smooth.

ENCHANTING FOOT TREATMENT

A treatment combining absolute relaxation with an expert pedicure, an anti-callus peel, a nourishing mask, and a soothing massage, leaving your feet beautifully soft, smooth, and perfectly pampered.

NO NAIL POLISH APPLICATION- 1H00	105€
WITH CLASSIC NAIL POLISH APPLICATION- 1H15	120€

These treatments are not suitable for clients wearing semi-permanent or gel polish.

WAXING

Bookings require a minimum spend of 60 € .

WOMEN

Eyebrows	20€
Upper Lip	20€
Underarms	25€
Classic Bikini	35€
High-Cut Bikini	45€
Brazilian or Full Bikini	60€
Half Legs	40€
Thighs	40€
Full Legs	60€

MEN

Chest	55€
Back	60€

ADDITIONAL CHARGE

For any additional waxing beyond the specified area or for difficult-to-remove hair.

OPENING HOURS

We welcome you every day from 9:00 am to 6:45 pm.

Telephone reception is available from 9:00 am to 6:30 pm.

BOOKINGS

By appointment only.

We recommend booking in advance from your room by dialling 4420, or from outside the hotel on +262 262 44 66 01.

To guarantee your booking, your credit card details or gift voucher reference will be required.

Spa treatments do not include access to the hotel swimming pool or sun loungers.

LATE ARRIVALS & CANCELLATIONS

We recommend arriving 15 minutes before your appointment to ensure you can enjoy your treatment in full.

For any cancellation or change to your appointment, we kindly ask that you notify us at least 24 hours before your scheduled appointment time. Otherwise, the full cost of the treatment originally booked will be charged to the credit card provided at the time of booking, to which you consented by providing your card details. No refund or appeal will be possible.

In the event of a late arrival, the treatment cannot be extended beyond the originally scheduled time, and the full price of the treatment remains payable.

PAYMENT

The Spa accepts payment by credit card (CB, Visa, Amex, Mastercard, etc.), cheque, or cash. A valid form of identification will be required for cheque payments.

GOLDEN RULES

The Spa is a place dedicated to relaxation and tranquillity, exclusively accessible to guests aged 18 and over.

Spa management reserves the right to terminate your treatment in the event of any inappropriate behaviour or remarks towards our team, or failure to comply with the applicable protocols or rules.

HEALTH

If you have any health concerns or are pregnant, please inform our team, as certain treatments may not be suitable for you.

Our relaxation and wellness massages are not associated with any physiotherapy, medical, or rehabilitative techniques.

Our Spa therapists are not qualified to provide treatments to guests with skin conditions, nor massages to guests receiving treatment for cardiovascular conditions, undergoing cancer treatment, or experiencing paralysis, even if localised.

GIFT VOUCHERS

Treat your loved ones to a special experience with our SPA Gift Vouchers, valid for 8 months.

Purchase your gift vouchers:

At the Spa reception.

On our website: www.hotelsaintalexis.com

Under the “RATES & RESERVATIONS” section.

Gift vouchers are redeemable vouchers. The voucher must be presented on the day of the appointment; otherwise, the treatment cannot be provided.

The value of the voucher cannot be exchanged for cash or refunded under any circumstances.

For any appointment cancelled less than 24 hours in advance, or in the event of a no-show, the SPA Gift Voucher will be considered forfeited.

No exceptions will be made.

The validity period of our gift vouchers cannot be extended. Once the expiry date has passed, no claims or extensions will be accepted.

HYGIENE

Swimwear is mandatory throughout the Spa.

Showering is mandatory before every body treatment.

The maximum capacity of our aquatic areas is 4 people.

PERSONAL BELONGINGS

We recommend removing your jewellery before treatments and keeping your valuables safely locked away.

The Spa accepts no responsibility for the loss of valuables or jewellery during your visit.



LE SAINT ALEXIS

HOTEL & SPA



The Spa Villa

Tel : 02 62 44 66 01

From your room : 4420

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Reunion Island

www.hotelsaintalexis.com

