

# La Villa Spa

*Spa menu*



LE SAINT ALEXIS

HOTEL & SPA





# SOTHYS SIGNATURE BODY TREATMENTS

Exceptional protocols and an invitation to journey : Japon, Asia or Orient.



## INDONÉSIE ANCESTRALE

1H00 - 115€

An exotic treatment combining global body massage and breathing ritual Mayonggo.

Dive into the heart of Indonesia the moment you walk through the door, thanks to sandalwood and jasmine fragrances.



## SENSATIONS ORIENTALES

1H00 - 120€

Inspired by ancestral Oriental rites with a scrubbing terracotta stone then an exclusive Sothys modelling.

A unique escaping moment with aromatic notes of myrrh and amber.



## HANAKASUMI

1H30 - 155€

A unique protocol of Japanese inspiration : peeling with exfoliating gloves, relaxing modelling of the entire body and specific modelling of the feet in this nourishing, delicately perfumed ritual with cherry blossom and lotus escape.



All our treatments are performed in a SOLO cabin.

We do not perform massages and body treatments on pregnant women.

All the treatments on our menu are exclusively accessible to people over the age of 18.

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## TARGETED MESSAGES

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### FACE AND SCALP MASSAGE

0H30 - 65€

Free your face from its tensions for an immediate release. Well-being massage of the face, skull, neck and neckline.

### ESSENTIAL MASSAGE

0H45 - 85€

Massage of feet, hands, arms and head. Escape and free your mind with this massage of the body's essential zones

### THE JAPANESE LIFT

0H45 - 95€

An exceptional facial massage inspired by KOBIDO acting as a true natural lifting.

### FOOT REFLEXOLOGY

0H45 - 85€

Inspired by Asia, foot bath ritual and stimulation of reflex points on the foot by digito-pressure. This foot massage restore the flow of energy throughout the body. Ideal against fatigue, stress and heavy legs.

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## WORLD MESSAGES

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### SAINT ALEXIS MASSAGE

100% customized massage. Put together with your therapist the massage you wish, by choosing your fragrance and zones you wish to concentrate upon with the pressure you desire.

0H30 - 65€

0H45 - 85€

1H00 - 105€

### BALINESE MASSAGE

Originating from Bali, this draining, invigorating, and energizing massage combines percussion and smoothing along the body's meridians, providing deep relaxation and tension relief.

1H00 - 105€

### LOMI LOMI MASSAGE

Relaxing and cocooning Hawaiian-inspired massage. This massage practiced with the hands and forearms plunges you into an ocean of well-being.

1H00 - 105€

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## SPECIFIC MASSAGES

### INDONÉSIE ANCESTRALE

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### SWEDISH MASSAGE

1H15 - 145€

Pressured massage for deep muscle relaxation.

Inspired by deep tissue techniques and ideal for athletes.

### AYURVEDIC MASSAGE

1H15 - 145€

This is an ancestral Indian massage technique that will bring back the balance and harmony of the body's energy.

Ideal for people who are in a hurry, under stress, who find it difficult to "switch off".



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## ESCAPE FOR THE SENSES

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### BODY SCRUB

0H30 - 65€

Body exfoliation combining sea salts and sugar to be personalised with the fragrance of your choice.

### RELAXING BACK RITUAL

0H45 - 85€

Enhance your back with this complete relaxing treatment, which includes a scrub, a wrap, and a back massage.

### LIGHT LEGS RITUAL

1H00 - 115€

Relieve your legs with this ultra-refreshing treatment, which includes a scrub, a cooling wrap, a draining massage, and the application of an ice-effect gel.



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## CHOOSE YOUR TREATMENT



0H30	-	65€
0H45	-	85€
1H00	-	105€
1H15	-	125€
1H30	-	150€
2H00	-	190€



Personalize your treatment by choosing from our treatment menu (massage, body scrub, face treatment...).

Excluding 1h15 specific massages and Sothys signature body treatments.

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## SOTHYS FACE TREATMENTS

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### THE SUBLIME EYES

Treatment specifically designed for the eye area, immediately erases signs of fatigue and ageing, while Sothys exclusive Modelling porcelains provide a refreshing effect.

*Option to include this treatment in a facial.*

0H30 - 65€

0H15 - 35€



### THE GLOW BOOST

Seasonal oxygenating treatment with delicious fruity notes for revitalized, resplendent skin.

0H45 - 85€



### THE ORGANIC

This treatment with a fresh scent awakens the skin and gives it instant radiance.

Dive into the heart of nature thanks to our range of ORGANIC and VEGAN products and enjoy a moment of deep relaxation.

0H45 - 90€



### THE CUSTOMIZED

100% customized facial. This fundamental treatment is adapted to skins individual needs to maintain a beautiful skin.

0H30 - 65€

1H00 - 105€



## THE HYDRATING COCKTAIL

1H15 - 125€

This treatment combines ultra-comfortable textures with high-performance active ingredients to bathe the skin with well-being and provide it with a sensation of absolute hydration.



## THE ANTI-AGING

1H15 - 125€

Targeted treatment against the signs of aging : wrinkles and sagging skin. Faithful to the Sothys intensive treatment philosophy, this ultra-sophisticated treatment combines ultra-targeted products with expert application methods.



## THE ENERGIZING

1H15 - 125€

A treatment to treat the skin to a burst of energy and help it to defend itself in any situation against the harmful effects of environmental stress.



## THE EXCELLENCE

1H30 - 165€

*Discover the perfection of treatment.*

A facial treatment in 8 steps combining sensorial make-up removal, ultra-efficient peeling, exceptional massage, high performance mask, ice effect final smoothing. An ultimate unique treatment with sothys rose cells and precious porcelain flower oil..

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## ANTI-AGING FACE MASSAGE

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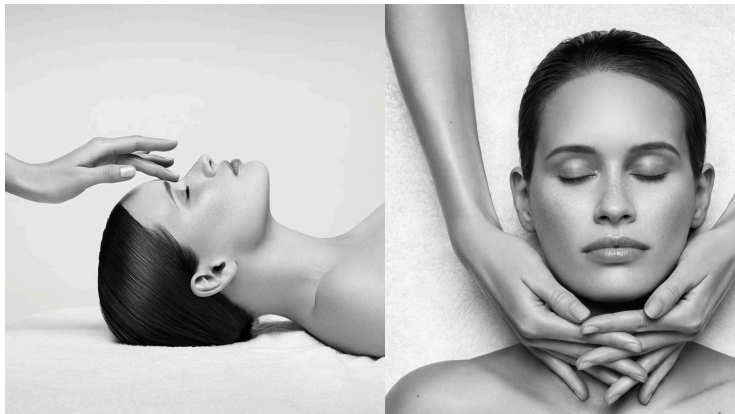
### THE JAPANESE LIFT

0H45 - 95€

An exceptional facial massage acting as a true natural lifting.

Alternating anti-wrinkle and lifting movements and energy massage of the meridians, this massage inspired by KOBIDO stimulates the entire energy circulation of the face and neckline.

This treatment eliminates toxins and tones the muscles of the face, thereby acting on the main causes of the appearance of wrinkles.



Not suitable for pregnant women, acne-prone skin or reactive skin.

# AQUATIC EQUIPMENT

## HEAT EXPERIENCE

Private access to our aquatic equipment : HAMMAM AND SENSORY POOL.

Privatisation for	0H30	1H00
1 person	50€	70€
2 persons	35€ per person	50€ per person
3 persons	-----	50€ per person
4 persons	-----	50€ per person



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## PACKAGES FOR 1

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### MY MOMENT

2H30 - 195€

Heat Experience (0h30) + body scrub (0h30) +  
relaxing back ritual (0h45) + facial (0h45)

### ZEN MOMENT

3H00 - 245€

Heat Experience (0h30) + body scrub (0h30) +  
body wrap (0h30) + Saint Alexis massage (0h45) +  
facial (0h45)

### EXCELLENCE MOMENT

3H00 - 265€

Heat Experience (0h30) + Excellence body scrub  
(0h30) + Excellence body massage (0h30) +  
Excellence face treatment (1h30)

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## PACKAGES FOR 2

Treatments are performed in our DUO cabin

### YOU AND ME MOMENT

1H00 - 170€

Heat Experience (0h30) + treatment of your choice (0h30) + fruit cocktail

### MOMENT FOR TWO

2H00 - 270€

Heat Experience (1h00) + treatment of your choice (1h00) + fruit cocktail or a glass of champagne

### HAND IN HAND MOMENT

2H30 - 390€

Heat Experience (0h30) + body scrub (0h30) + Saint Alexis massage (0h45) + facial (0h45) + fruit cocktail or a glass of champagne



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## PACKAGES FOR 3 AND 4

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### RELAX MOMENT

110€ per person

Heat Experience (0h30) + treatment of your choice  
(0h45)

### MOMENT FOR 3 OR MOMENT FOR 4

135€ per person

Heat Experience (1h00) + treatment of your choice  
(1h00) + fruit cocktail or a glass of champagne

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## SPA AND LUNCH

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From 2 to 4 persons

### GOURMET EXPERIENCE

300€ for 2 persons

Heat Experience (0h30) + treatment of your  
choice (0h30) + 1 fruit cocktail + 1 lunch at the  
restaurant ( Dish and dessert )

450€ for 3 persons

600€ for 4 persons

From monday to thursday.

Except bank holidays and school holidays.

The hotel pool and sunbeds are exclusively reserved for hotel guests.



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## HANDS AND FEET TREATMENTS

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### SOFT HANDS TREATMENTS (OR) ENCHANTING FEET TREATMENT

A treatment combining relaxation and efficiency including a manucure or pedicure, an exfoliation, a mask and a massage for beautiful and soft hands or very pretty feet.

WITHOUT NAIL POLISH	1H00 - 95 €
WITH NAIL POLISH	1H15 - 110 €

Treatments not suitable for anyone with semi-permanent or gel polish.

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## HAIR REMOVAL

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Booking starting from 55 €

### WOMAN

Eyebrows	20 €
Upper lip	20 €
Underarms	25 €
Classic bikini	30 €
Brazilian bikini	40 €
Semi complete or complete bikini	55 €
1/2 legs	35 €
Thighs	35 €
Full legs	55 €

### MAN

Breast	50 €
Back	55 €

AN ADDITIONAL CHARGE  
will apply for any extra area to be waxed  
or for difficult hair.

# SPA GUIDE

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## OPENING TIMES

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We welcome you every day from 9:00 AM to 6:45 PM.

Phone reception from 9:00 AM to 6:30 PM.

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## BOOKING

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Booking only.

We recommend that you book in advance from your room by dialing 4420 or from outside at 02 62 44 66 01.

In order to secure your reservation, you will be asked for your credit card details or the reference number of your gift voucher.

Spa treatments do not grant access to the hotel pool and sunbeds.

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## TREATMENT

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We recommend that you arrive 15 minutes before your appointment starts to fully enjoy your treatment.

For any cancellation or change of appointment, we kindly ask that you notify us at least 24 hours before your appointment time. Otherwise, the initially scheduled service will be charged and collected at 100 %, which you agree to by providing your credit card details at the time of your reservation. No appeal will then be possible.

In the case of a delay, it will not be possible to lengthen, the initial time of the session; the full amount of the care will be due.

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## PAYEMENT

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We accept the payment by credit cards (visa, amex, mastercard...), or by cash.

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## GOLDEN RULES

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The Spa premises are a place of relaxation and rest exclusively accessible to individuals over 18 years old.

The management of the Spa reserves the right to interrupt your treatment for any inappropriate behavior or remarks toward our staff, or for non-compliance with the established protocols or rules.

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## HEALTH

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If you have a health concern or if you 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 medical or rehabilitative physiotherapy techniques.

Our Spa Therapists are not entitled to perform treatments on clients with skin issues or to provide massages to those undergoing treatment for a cardiovascular condition, currently being treated for cancer, or affected by paralysis, even if localized.

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## GIFT VOUCHERS

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Please your friends and family with our gift cards valid for 8 months.

Buy your gift cards :

- at our Spa reception.

- on our website : [www.hotelsaintalexis.com](http://www.hotelsaintalexis.com) / section : PRICES AND BOOKING.

The gift vouchers are exchange vouchers, without presentation of these on the day of the appointment no treatment can be carried out.

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

If an appointment is cancelled less than 24 hours in advance, or in the event of a no-show, the SPA invitation will be considered definitively lost. No exceptions will be accepted.

Our gift vouchers cannot be extended.

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## HEALTH

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Wearing a swimsuit is mandatory in the spa premises.

Having a shower before any body treatment is required.

The maximum capacity in our HEAT EXPERIENCE is 4 people.

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## PERSONAL BELONGING

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We recommend that you remove your jewelry for treatments and keep your valuables away.

The Spa disclaims all responsibility in case of loss of belongings, valuables, and jewelry during your visit.



LE SAINT ALEXIS

HOTEL & SPA



TEL : 02 62 44 66 01

FROM YOUR ROOM : 4420

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[www.hotelsaintalexis.com](http://www.hotelsaintalexis.com)