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# DOMAINE DU MAS DE PIERRE

RESORT & SPA • SAINT-PAUL DE VENCE  
★★★★★

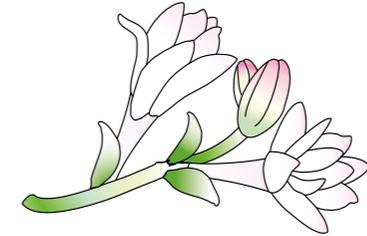
DOMAINE DU MAS DE PIERRE  
2320 Route des Serres • 06570 Saint-Paul de Vence

+33 (0)4 93 59 00 10  
spa@lemasdepierre.com



domainedumasdepierre.com

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# LE SPA

WELCOME TO A HAVEN OF SERENITY





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# LE SPA

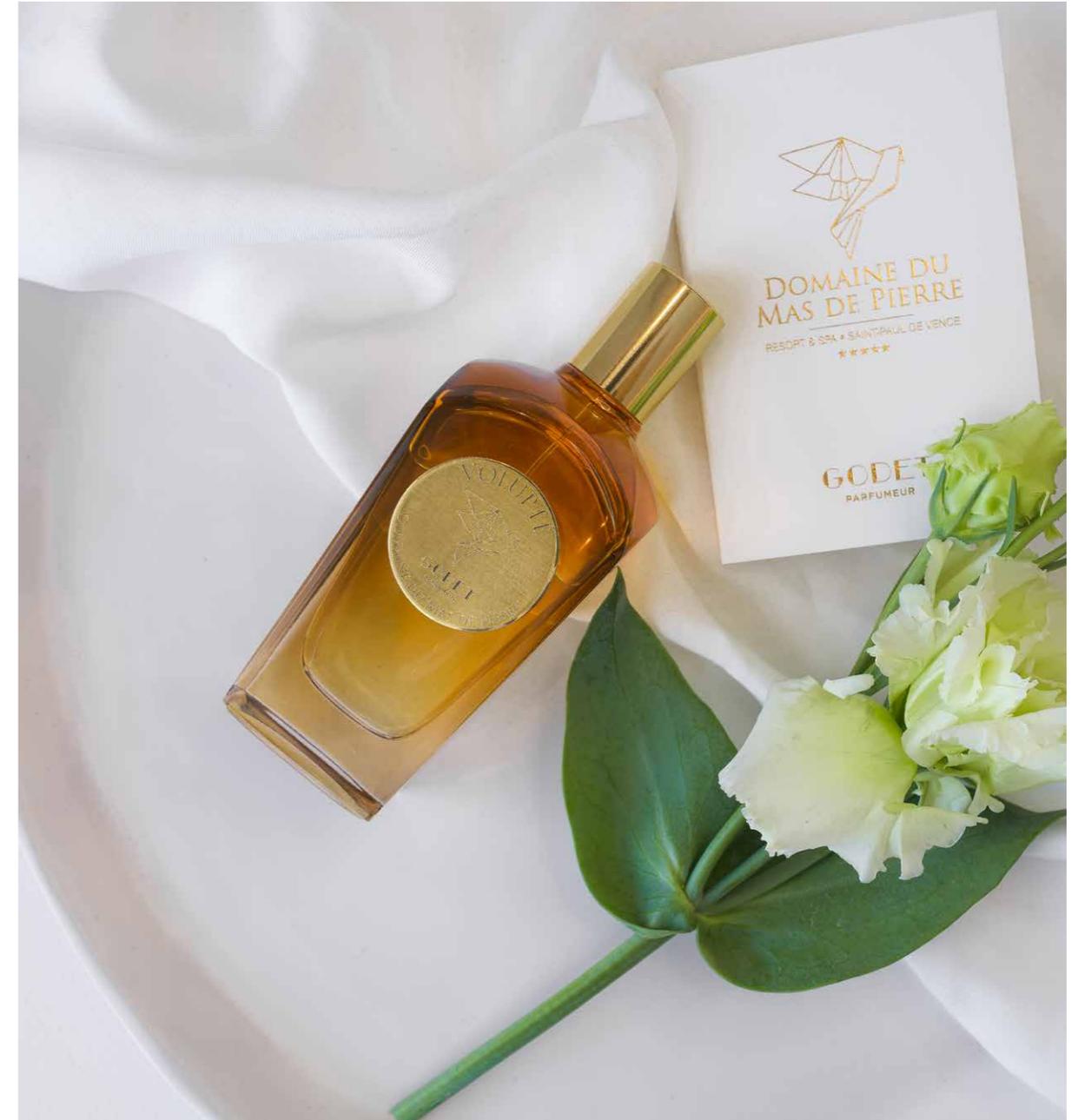
*Welcome to a haven of serenity*

LE SPA at Domaine du Mas de Pierre invites you to an experience of absolute indulgence in a sober setting, using a soft and harmonious chromatic palette, playing with textured materials inspired by the Mediterranean.

As you enter LE SPA, a unique, sensual and captivating fragrance reveals the olfactory identity of this wellness sanctuary. Its signature: the tuberose flower essence. Its name: Volupté.

The renowned nose, Sonia Godet, imagined a solar and feminine composition from 55 natural ingredients. This signature fragrance is a tribute to the region and Saint-Paul-de-Vence, where tuberose flowers grow and bloom every year in late summer. The great-granddaughter of perfumer Jean Julien Godet, Sonia Godet, relaunched the family perfumery business in 2017 by collaborating with heritage producers and focusing on replicating the same ancestral production techniques. Composed in Saint-Paul-de-Vence, Parfums Godet are made exclusively from regional flowers.

In addition to its interior Signature fragrance, Domaine du Mas de Pierre offers Signature scrub, body wrap, bath and massage oils. Our Signature Eau de parfum, scented ceramics and candles are also available at LE SPA Boutique. While savouring your exquisite moment at LE SPA, the unique fragrance of this local flower will lead you into a world of sheer relaxation, a wellness haven.



# LE SPA

## *Le Spa and its facilities*

Dedicated to relaxation and the joys of water, LE SPA features a large 18-metre indoor swimming pool. Heated throughout the year and outfitted with lounge chairs, this pool offers swimming corridors with aquatraining trail and equipment, relaxing water jets, and bubbling hydromassage benches. In addition, an outdoor jacuzzi extends the wellness experience to the fullest. LE SPA also features a hammam and snow cave, a room cooled to 12°C with an ice wall, providing a hot-cold contrast to help rejuvenate the skin. Salt and herbal saunas prolong the blissful moment living up to the promise of instant relief. This wellness sanctuary enables you to disconnect from the outside world to reconnect with yourself.

## *Fitness area*

Located on the ground floor of LE SPA and open 24/7, the 130 m2 fitness area offers a selection of the best cardio and strength training equipment by Technogym, including the Kinesis system, an intuitive, multifunctional training experience offering various controlled exercises under the guidance of an in-house coach. Two private coaching rooms are at your disposal for personalised sessions in complete privacy.

Thanks to a weekly sports and water activities schedule, our workshops are also accessible to our external clientele and fitness subscribers.

## *Feel-good face & body care*

Twelve magnificent treatment cabins specially designed to achieve your absolute relaxation from the very first instant, offering the freedom to select the cabin's brightness and music as well as massage oil of your choice for personalised face and body treatments.



# LE SPA GETAWAYS

*Your well-being all year round*

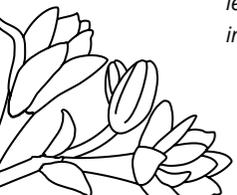
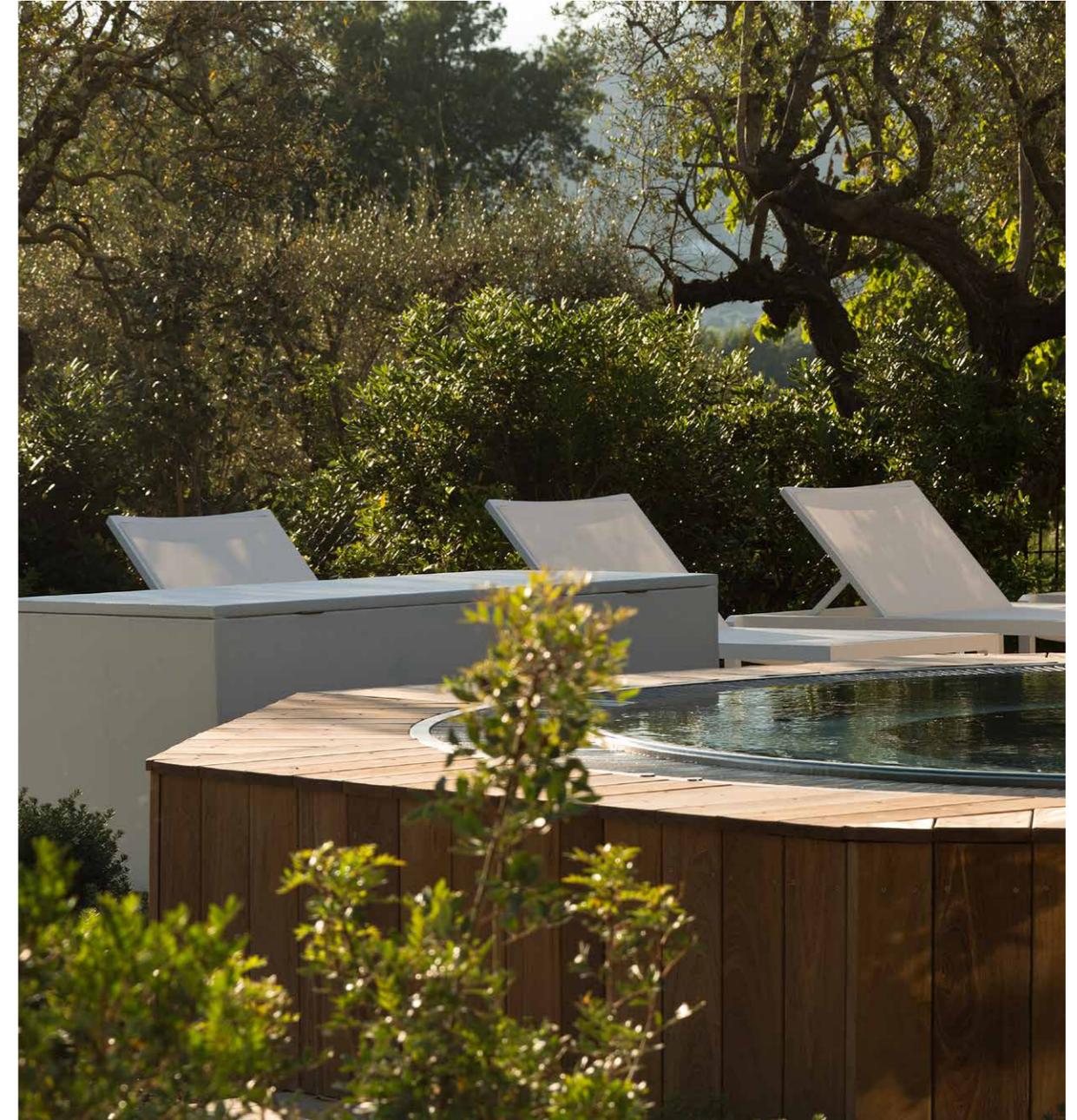
Domaine du Mas de Pierre offers you four exclusive wellness getaways\* of 3 to 5 days, customised to the distinct needs for each season. Our body undergoes profound organism and psychic transitions with each seasonal change, so we offer you the key to regaining balance throughout the year!

Created entirely in collaboration with our dietitian and osteopath, Stéphane Martin Rosset, our personalised stays include spa services, fitness, healthy and savourous meals, elaborated by our chef, combined with effective nutricosmetics boost. Our dietician or naturopath will guide you from the start of your stay to help you choose the best dishes tailored to your needs and share the secrets to achieving the expected results.

Half board stays offer balanced feel-good menus elaborated by our chef in the Bistrot Lis Orto. Dishes inspired by Southern French cuisine and created from regional local produce will bring you all the nutritional essentials to recover your healthy balance.

Our chef strives every day to interpret nature's generosity by combining wellness and flavours. After all, keeping your body fit should remain a delicious dining experience. In the morning, you will find a wide selection of healthy and hearty produce to enjoy at the gourmet buffet breakfast, so treat yourself!

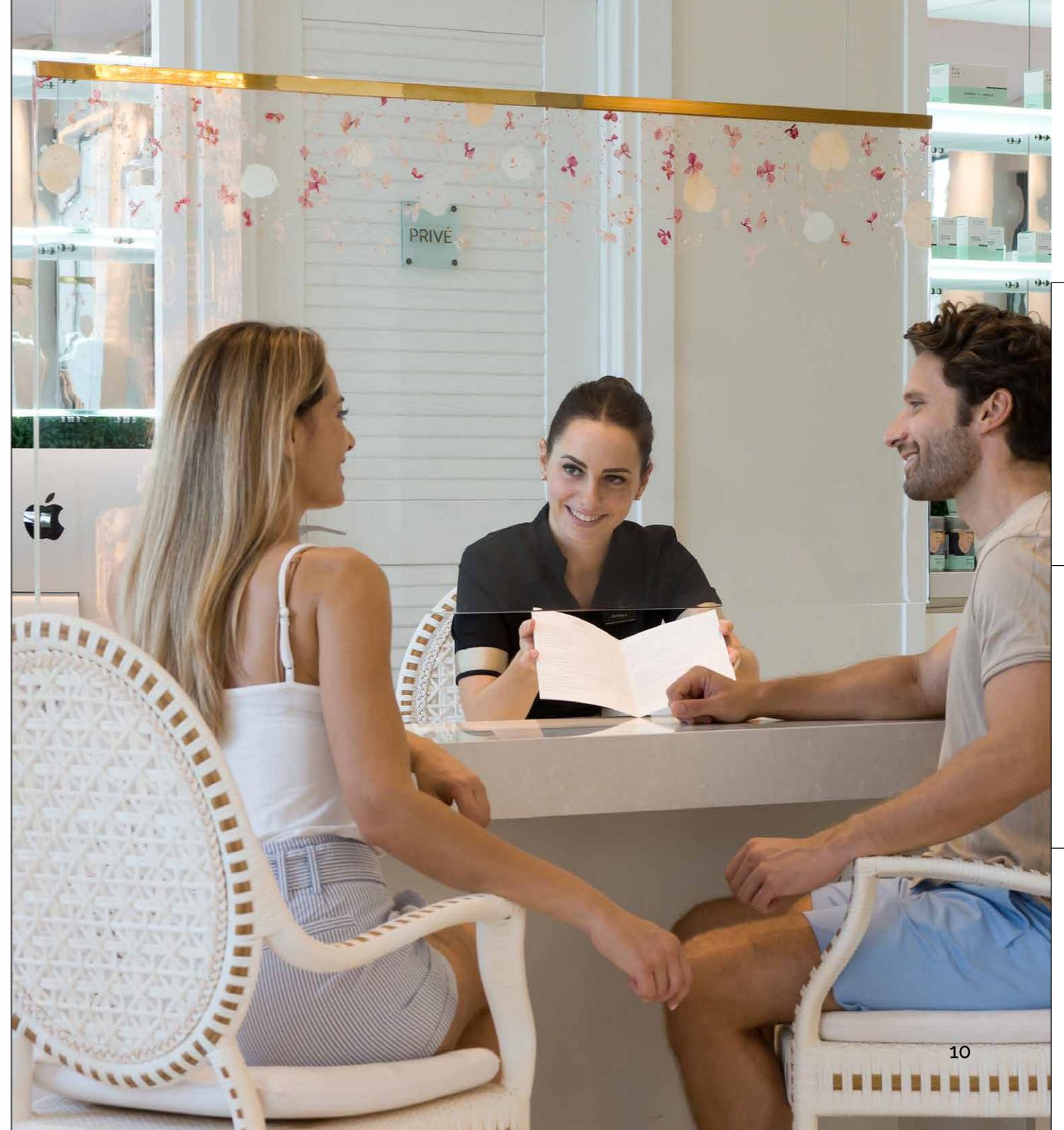
\* LE SPA reserves the right to modify the order of treatments during your stay. Collective fitness and wellness workshops (8 people) are led by our team of experts (osteopath, sophrologist, yoga teacher, naturopath, dietitian). For optimal effect, full board accommodation, including healthy and balanced cuisine, is recommended during your spa getaway.



# TO MEET YOUR EXPECTATIONS

*A team of highly experienced professionals :*

-  Aestheticians, massage therapists, osteopaths, sophrologists, dietitians, naturopaths, sports coaches and yoga teachers.
-  Individual support throughout your spa experience.
-  Entry and exit check-ups depending on the length of your stay.
-  Treatments and massages adapted to each specific theme.
-  Fitness and wellness activity workshops (in small groups).
-  Drinks, teas and herbal teas with detox, slimming, energising, rejuvenating properties.
-  D-LAB organic nutritional supplements produced in France.
-  Unlimited access to our wellness facilities (hammam, snow cave, saunas) to enhance spa treatment benefits.





# D-LAB

## *Integrative and preventive beauty*

D-LAB is both a pioneer and a trend-setter in helping to create the perfect conditions to support the whole body by nourishing and regulating our source of life. The soft gel capsule becomes a new beauty ritual that allows you to do yourself good and, above all, to feel better every day. Thus, bringing beauty from the inside outwards. D-LAB Nutricosmetics is the French nutricosmetics laboratory that has been the leader among professionals in luxury and medical spas, geothermal bath resorts, and aesthetic clinics for the past ten years.

Exclusive in-depth formulas based on micronutrition, naturopathy, and phytotherapy take back control of the whole body. High-quality French production complies with French standards and ingredients from Green Tech chosen for their naturalness and bioavailability

<b>3-day LE SPA Wellness Break:</b>	from € 875 to € 995 *
<b>5-day LE SPA Wellness Break:</b>	from € 1,310 to € 1,490 *

\*Excluding accommodation and according to season.



# 3 & 5-DAY WELLNESS BREAKS DETOX & SILHOUETTE

## *Balance...*

Time to detoxify and tone up your body for a lasting effect!

This Detox & Silhouette Wellness Break\* will help the body release accumulated toxins through specialised treatments, tailored sports activities, balanced menus and nutricosmetic supplements to detoxify the liver and other organs. After a personalised interview with our dietitian, PowerShape 2 remodelling sessions will smooth the targeted areas with slimming anticellulite treatments. Cleansing yourself from the inside out will be the aim of this stay; fitness activities will reactivate and strengthen your body.

We recommend taking advantage of LE SPA's hydrotherapy area at least once a day to follow the hot/cold circuit (hammam, sauna and snow cave) to improve skin and tissues oxygenation.

Wellness and detox menus are specially designed to boost your effort throughout your stay. Upon arrival, our dietitian will also advise you on favouring the nutrients adapted to your body's specific needs.

*\*LE SPA reserves the right to modify the order of treatments during your stay.  
We can also adjust the length of stay on request.*

### 3-DAY

#### DETOX & SILHOUETTE WELLNESS PROGRAMME

Full programme offering a 6-hour service:

- 1 dietary consultation with impedance analysis
- 1 body scrub
- 3 detoxifying hydrotherapy sessions
- 2 PowerShape 2 body remodelling sessions
- 1 lymphatic drainage or rebellious area massage
- 1 cardio workshop
- 1 muscle-strengthening workshop.



### 5-DAY

#### DETOX & SILHOUETTE WELLNESS PROGRAMME

Full programme offering a 9-hour service:

- 1 dietary consultation with impedance analysis
- 1 osteopathy session
- 1 body scrub
- 3 detoxifying hydrotherapy sessions
- 1 detox body wrap
- 1 Sothys slimming treatment
- 2 PowerShape 2 body remodelling sessions
- 1 rebellious area massage
- 2 cardio workshops
- 2 muscle-strengthening workshops.



# 3-DAY WELLNESS BREAKS BEAUTY SECRET

## *Radiance...*

It is time to regain your glow-rious complexion and brighten up your face under the beautiful sun of Saint-Paul-de-Vence! Fill up on vitamin D, and we will do the rest to beautify your skin!

The Beauty Secret Wellness Break\* combines technology with the manual techniques of our aesthetics experts to beautify your skin. It has been designed to bring back face rejuvenation and body revitalisation by working from the inside out. After an initial assessment by our dietitian and skin analysis, your experience will begin with an exceptional treatment using our high-tech Aquapure equipment. This state-of-the-art device combines four technologies and a deep cleansing of your epidermis while simultaneously improving its overall radiance. Then our personalised Sothys facial treatments will enhance the natural beauty of your face. Signature body treatments created around our Volupté fragrance will boost nutrients and anti-ageing benefits thanks to the active ingredients of argan, borage and evening primrose.

You can benefit from a D-LAB collagen-formulated nutricosmetics treatment that will strengthen elasticity, stimulate tissues, and smooth out features during your stay.

Finally, our chef will offer you wellness menus while combining flavours and local produce to provide you with the most holistic experience. Our dietitian will work closely with our chef to integrate omega-rich foods to enhance cell renewal.

*\*LE SPA reserves the right to modify the order of treatments during your stay.  
We can also adjust the length of stay on request.*



### 3-DAY

#### BEAUTY SECRET WELLNESS PROGRAMME

Full programme offering a 6-hour service:

- 1 dietary consultation
- 1 Aquapure facial
- 2 hydrotherapy sessions
- 1 personalised Sothys facial
- 1 Velvet Skin Signature treatment
- Volupté Signature massage
- Natural Everyday Makeup



# 3 & 5-DAY WELLNESS BREAKS D-STRESS

## *Serenity...*

Our body's energy is low. It needs to anchor itself and regain its serenity. Lean back, relax and let us pamper you to achieve a sense of absolute well-being!

This D-Stress Wellness Break\* aims to seek psychic harmony and relaxation, to restore balance between mind, body and soul.

It includes gentle activities such as yoga and Pilates. It includes gentle activities such as yoga and Pilates. A sophrology session will initiate your smooth recovery with controlled breathing and relaxation techniques, followed by mental stimulation and yoga sessions. Finally, deep relaxation treatments using our Sothys and Tata Harper beauty brands will allow you to let go progressively.

Balanced menus will be included during your stay and our dietitian will accompany you in choosing the most suitable foods to alkalise your organs by minimizing the acidity which is a source of chronic fatigue and migraine. You will find a cocoon of well-being that will allow you to better apprehend the hazards of everyday life.

*\*LE SPA reserves the right to modify the order of treatments during your stay.  
We can also adjust the length of stay on request.*

### 3-DAY

#### D-STRESS WELLNESS PROGRAMME

Full programme offering a 6-hour service:

- 1 sophrology session
- 1 body scrub
- 2 relaxing hydrotherapy sessions
- 1 cocoon body wrap
- 2 relaxing 30-minute massages
- 1 hot stone massage
- 2 gentle gym workshops (yoga and Pilates).

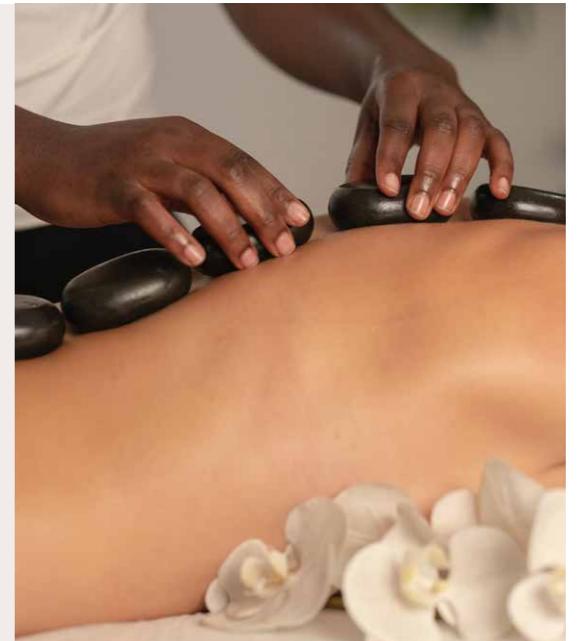


### 5-DAY

#### D-STRESS WELLNESS PROGRAMME

Full programme offering a 9-hour service:

- 1 sophrology session
- 1 osteopathy session
- 1 body scrub
- 3 relaxing hydrotherapy sessions
- 2 cocoon body wraps
- 2 relaxing 30-minute massages
- 2 hot stone massages
- 3 gentle gym workshops (yoga, Pilates and balance).



# 3 & 5-DAY WELLNESS BREAKS BODY BOOST

## *Energy...*

As the days shorten, a sense of gradual fatigue takes hold of our bodies. Fill up on vitality to boost your overall energy and immunity!

In need of extra vitality and tonicity to restore your body to mint condition?

This Body Boost Wellness Break\* will meet all expectations by offering you an array of wellness treatments for the entire body to increase your immunity the healthy way.

To start, a naturopath will assess your body's needs and deficiencies and guide you through your programme. Then, your sports coach will refine his/her advice to help you reach your desired energy level during the workshops.

Provided by our expert practitioners, hydrotherapy treatments, muscle recovery massages, and plantar reflexology will relieve tension by liberating lactic acid build-up during your workouts— for a complete enhancement of flow, balance and harmony of the body's energy system.

A wellness half-board will enhance your experience thanks to balanced menus prepared by our chef, an expert in gourmet and health-conscious cuisine!

*\*LE SPA reserves the right to modify the order of treatments during your stay.  
We can also adjust the length of stay on request.*

### 3-DAY

#### BODY BOOST WELLNESS PROGRAMME

Full programme offering a 6-hour service:

- 1 dietary and naturopathy consultation
- 1 body scrub
- 2 hydrotherapy sessions
- 1 body wrap
- 1 invigorating massage with essential oils
- 1 deep tissue massage
- 1 plantar reflexology
- 2 Body Boost workouts.

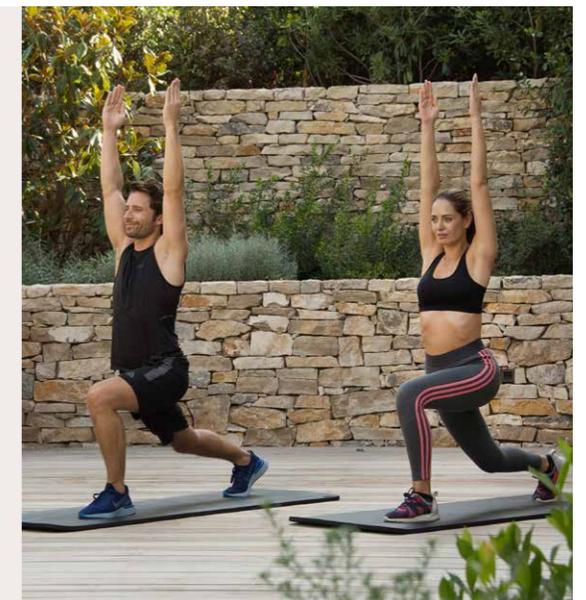


### 5-DAY

#### BODY BOOST WELLNESS PROGRAMME

Full programme offering a 9-hour service:

- 1 dietary and naturopathy consultation
- 1 osteopathy session
- 1 body scrub
- 3 hydrotherapy sessions
- 2 body wraps
- 2 deep tissue massages
- 1 plantar reflexology
- 2 Body Boost workouts
- 2 active stretching/body balance workshops.



# SIGNATURE TREATMENTS

*Natural & organic care*

## VOLUPTÉ SIGNATURE MASSAGE

Inspired by Swedish and Polynesian Lomi Lomi massage techniques, this powerful and enveloping massage will gently release excess energy with its large fluid, rhythmical gestures, reproducing the to-and-fro of the ocean. For the 90-min, a soothing footbath will begin your experience. Lulled by the scents of our Signature fragrance, your entire body will be pampered from head to toe.

60-min: € 170    90-min: € 230

## DEEP TISSUE SIGNATURE MASSAGE

CREATED BY OUR OSTEOPATH, STÉPHANE MARTIN ROSSET

A deeply therapeutic massage using the trigger point bodywork technique to tender muscle tissue, release pain and achieve soothing muscle relaxation. Whether you are a sportsman or an amateur, this massage will stimulate and condition your body before sport. After the effort, it will dissipate stiffness and muscles contractures for a better recovery.

60-min: € 170    90-min: € 230



## VELVET SKIN SIGNATURE CARE

This signature body care includes a nourishing, anti-ageing oil scrub and massage produced from the active ingredients of argan, borage and evening primrose. The apricot kernel powder scrub and its melting texture will smoothly and effectively refine the skin texture. The body modelling will sublimate the epidermis, leaving a silky feel and captivating fragrance on your skin.

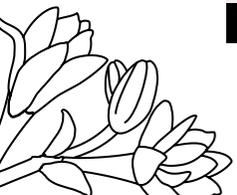
60-min: € 170    90-min: € 230

## VOLUPTUOUS RITUAL

This complete spa experience combines 30-minute balneotherapy, 30-minute body scrub, 30-minute body wrap, and the 30 or 60-minute Signature Volupté massage.

The bath oil will begin the olfactory journey while providing relaxation and an emollient benefit to prepare the skin for the exfoliating treatment. Following body scrubbing, the Manuka beeswax and honey wrap will nourish deeply. Finally, the Signature massage will bring comfort and deep relaxation fragrant with the scent of the tuberose.

120-min: € 290    150-min: € 350



# MASSAGES

## TATA HARPER® ORGANIC RELAXING MASSAGE

This Tata Harper signature massage lets you attain total relaxation, ideal for soothing your body and mind after a long journey. The massage oil, made from a botanical cocktail straight from Tata's Vermont farm, will benefit areas of accumulated stress.

50-min: € 130

80-min: € 190

## HOT STONE MASSAGE

This deeply relaxing massage will allow you to let go of your tensions thanks to the alternating laying of heated volcanic basalt stones delicately positioned on certain areas of the body. Afterwards, a massage alternating hands and stones will diffuse heat over time through gentle kneading and drainage on the legs. This technique will gently ease muscle tension thanks to the soothing heat of the stones.

50-min: € 130

80-min: € 190

## SOTHYS® INVIGORATING MASSAGE WITH ESSENTIAL OILS

Let yourself be carried away by the scent of essential oils of lemon, cypress, mandarin and petit grain. A massage where manual techniques will revitalise the whole body, relieve heaviness and fatigue, and reactivate blood circulation to better tissues' oxygenation.

50-min: € 130

80-min: € 190

## MOTHER-TO-BE MASSAGE

A gentle massage without essential oils but with slow and enveloping gestures. It is targeted to the personal concerns of each mother-to-be to relieve tension points and bring a sense of lightness.

50-min: € 130

80-min: € 190

## PLANTAR REFLEXOLOGY

The foot is the reflect of the human body. Treat yourself to a foot massage using acupressure. This manual technique aims to massage each targeted area to release tension and activate reflex areas. Plantar reflexology releases the body's ability to self-regulate.

30-min: € 80

## BESPOKE MASSAGE

What do you fancy today? Choose a specific area, and one of our practitioners will be happy to participate in your relaxation by customising a massage according to your needs. What is your current area of tension? Nape, trapezius, legs, back?

30-min: € 80



# SOTHYS® TREATMENTS

## *Facial treatments*

Sothys represents French excellence in spa and institute care.

Choosing Sothys means choosing a plural care experience combining impeccable technicality with a real sensory experience. Sothys is in 120 countries, an exclusively professional approach practised by beauticians highly trained in the brand.

The unique and innovative formulas from Sothys Advanced Research, combined with exclusive gestures and treatment protocols, express the quintessence of Sothys care.

### THE FACIAL RITUAL SECRETS DE SOTHYS®

The facial ritual Secrets de Sothys® elegantly and stylishly combines the ingredients for the ultimate unique treatment-an unforgettable experience of well-being. This 8-step facial combines sensorial make-up removal, ultra-effective peeling, exceptional massages, high-performance masks, ice effect final smoothing, and sublimating beauty treatment.

90-min: € 250

### INTENSIVE TREATMENTS

A unique sensory experience for targeted effectiveness: the excellence of in-cabin care. Combining Sothys' expertise with the aesthetician's know-how, Digi-Esthétique® transforms each treatment into a haven of well-being for the body and mind.

#### DÉTOX ÉNERGIE™ TREATMENTS

A detox treatment to give the skin a new lease of life and help it defend itself in all circumstances against the harmful effects of environmental stress that can accelerate skin ageing. You will find satisfaction from the very first treatment, and your skin will regenerate itself and recharge its reserves of energy for a luminous and purified complexion.

#### INTENSIVE MOISTURISING TREATMENTS: HYDRA 3HA™ HYALURONIC ACID AND 1055 BOLETUS EXTRACT

A perfect alliance of technicality and sensoriality, this treatment combines ultra-comfortable textures with high-performance active ingredients to infuse the skin with well-being and provide a sensation of absolute hydration.

#### YOUTH TRI-COMPLEX™ SAFRAN-SOPHORA-PEPTIDES

Through five key steps and eight specific formulas, experience the youthful effectiveness of Sothys, combined with relaxing massages and expert care for visibly younger skin. You will regain 50% more firmness after three treatments!

75-min: € 160

### SPECIFIC PROFESSIONAL AND COSMECEUTICALS TREATMENTS

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#### CRYO EYE PROFESSIONAL TREATMENT\*

This 45-minute treatment, specifically designed for the eye contour area, immediately fades the signs of fatigue and ageing and provides an immediate refreshing effect thanks to Sothys' exclusive modelling porcelains.

15-min: € 40

45-min: € 115



#### GLYSALAC PRO PEEL TREATMENT

This treatment is an alternative or to be used in alternation to dermo-aesthetic techniques and its devices. It has been designed to refine the skin's texture and reveal a clear and even complexion. This treatment is complementary to the Hydra 3Ha™ treatment to boost efficiency and optimise results.

15-min: € 40

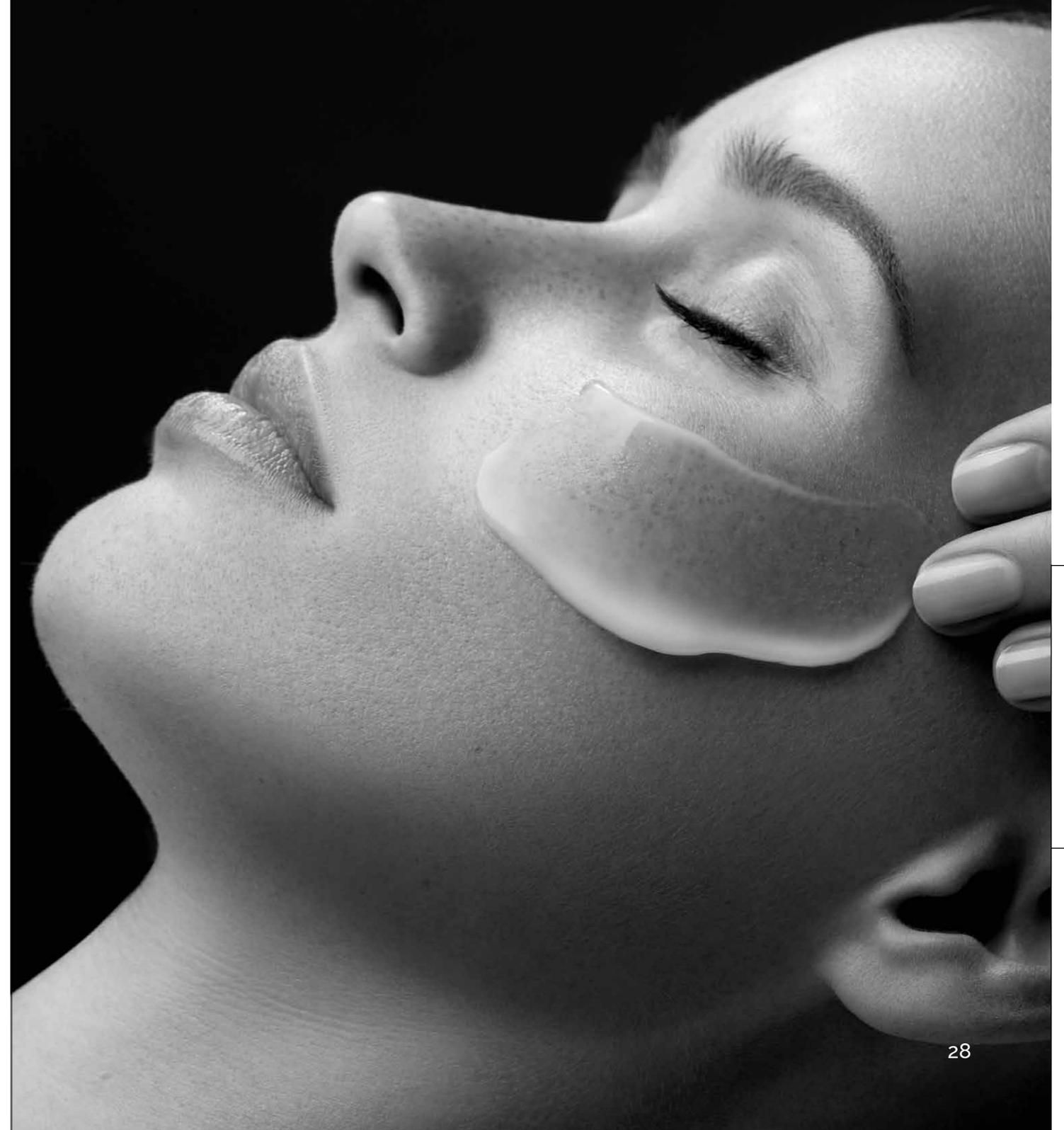
### SEASONAL FACIAL CARE

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The Seasonal Facial Care, limited edition, is a new concept combining chronobiology and indulgence to reveal the skin's radiance at each season. A real breath of fresh air combined with a cocktail of minerals to boost your defences before winter and a cocktail of vitamins to revitalise your skin as the summer approaches.

45-min: € 115

*\*This treatment can be combined with the Hydra 3Ha™ with hyaluronic acid treatment to increase the results tenfold and only requires an additional 15 minutes.*





# TATA HARPER<sup>®</sup> TREATMENT

*An organic and wellness experience*

Created in 2010 by Tata Harper at her Vermont farm, Tata Harper Skincare was a pioneer in cosmetics combining impeccable natural formulation and remarkable efficacy.

Tata Harper Skincare is a 100% natural, 100% non-toxic, Ecocert-certified brand that delivers clinically proven anti-ageing results without a single drop of chemicals. All products are handmade in Vermont at the brand's organic farm. Tata Harper uses complex formulas with up to 43 active ingredients to achieve a simple goal: to bring the best to your skin. This natural, non-toxic luxury brand is proud to offer incredible performance and a unique sensory experience!

## SUPER NATURAL YOUTH CARE

A complete anti-ageing treatment to slow down skin ageing thanks to an advanced therapeutic signature massage combined with the best of 100% natural green biotechnology. This treatment focuses on smoothing wrinkles by strengthening collagen and restores the epidermis of your skin by focusing on its deep hydration. A lifting massage using suction cups will complement this treatment to act on the different layers of your epidermis. Your skin is deeply nourished, more elastic and visibly smoother.

A wellness experience that will highlight your youthful radiance.

90-min: € 230



## YOUR PERSONALISED FACIAL CARE

following a skin analysis, your aesthetician will customise your treatment according to your skin's current needs. Because our skin changes according to the seasons and the journeys we undertake, Tata Harper offers individualised techniques that complement the benefits of these active organic ingredients to bring you balance and radiance at any time of your stay. Blackhead removal is included in this treatment.

60-min: € 150

## RADIANCE BOOST CARE

A discovery and radiance enhancer treatment to give your face a boost the day before an event or celebration. This treatment includes the facial treatment's key steps, including a purifying cleansing, a mask, and an oxygenating massage of the face.

30-min: € 80

# BODY TREATMENTS

*Sothys® body care*

## 100% BESPOKE ESCAPE TREATMENT

Feel free to compose your body care routine with a Sothys Sugar & Salt scrub and a sculpting massage with the perfume and texture of your choice. What will be your favourite scent?

- Three sensory escapes: lemon and petitgrain escape, orange blossom and cedarwood escape, seasonal escape.
- Three textures to choose from: oil, cream or shea butter.

90-min: € 220

## SIGNATURE SLIMMING TREATMENT

Complete slimming treatment to reduce the appearance of all cellulites. Precisely tailored to each spa guest, this treatment begins with an incredible slimming scrub/wrap to smooth the skin, followed by a bespoke concentrated serum and an exclusive slimming massage. A highly efficient treatment!

75-min: € 160



## SOIN EXCELLENCE SECRETS DE SOTHYS®

The body treatment Secrets of Sothys® combines elegance and refinement in three steps: after an awakening prelude, a sublime granita body scrub followed by a nourishing massage that transports you into a state of deep relaxation.

60-min: € 140

## ENERGISING LEGS PROFESSIONAL TREATMENT

This ultra-fresh protocol combines three formulas with active ingredients renowned for their toning and stimulating properties. A guaranteed cooling effect by Sothys Athletics™! The cornerstone of this treatment is a massage with a dual focus: a specific technique to relieve the legs, boosted by foot massage using energising friction and pressure.

45-min: € 110



# TATA HARPER<sup>®</sup> TREATMENTS

## *Body treatments*

### TATA HARPER<sup>®</sup> BODY CARE

#### SERENITY BODY RITUAL

Experience total relaxation with this soothing ritual. Efficient and biodegradable, our exfoliating treatment leaves your skin soft, supple and perfectly silky from head to toe. Continue in serenity for a relaxing massage with our luxurious body oil and feel a sensation of revitalisation and pure well-being.

60-min: € 140

#### DETOX BODY CARE

Wake up your tired skin with this revitalising treatment designed to energise the whole body. First exfoliated to perfection, your skin is then purified with targeted treatments, including a body wrap that removes toxins accumulated on the surface of your epidermis. Finally, a relaxing massage gives you the energy you need after a trip or a long day.

90-min: € 220



### HYDROTHERAPY BODY TREATMENT

#### HYDROTHERAPY WITH ESSENTIAL OILS

Choose from four different essential oil benefits: relaxing, revitalising, detoxifying and Signature Volupté.

20-min: € 70

#### PERSONALISED BODY SCRUB

Choose from Sothys Sugar & Salt scrub, Signature Volupté scrub, Fresh Lemon Peel & Salt scrub, and Green Marine Extract scrub.

30-min: € 70

#### BODY WRAP

Choose from four sensorial textures: Rasshoul, Hydrating Cocoon mask, Energizing Mandarin jelly, Red & Brown Algae and Green Clay complex for slimming action

20-min: € 70

# SPECIFIC CARE FOR MEN

## *Treatments and massages*

### BARE FEET CARE FOR HIM

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A complete pedicure including a scrub, total nail care and a nourishing massage.

30-min: € 80

### HAND CARE FOR HIM

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A complete manicure including nail filing and grooming as well as a nourishing hand massage.

30-min: € 60

### DETOXIFYING FACIAL CARE

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Your skin is aggressed and irritated daily by shaving. Sothys offers you a facial treatment tailored to men's needs.

60-min: € 140

### RADIANCE BOOST CARE

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Give your skin an incomparable radiance with our 100% natural scrub, specially formulated to improve the complexion. This ritual instantly reveals a luminous complexion and a smooth and homogeneous skin texture. Your skin seems to regain its youthful glow and vitality.

30-min: € 80

### DEEP RELAXING MASSAGE

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This massage uses deep tissue techniques specially designed to bring comfort and absolute relaxation. Whether you are a sportsman or an amateur, this massage will stimulate and condition your body before sport. After the effort, it will dissipate stiffness and muscles contractures for a better recovery.

60-min: € 170

### ESCAPE BODY CARE

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Exfoliate your skin with the Sothys Sugar & Salt scrub with a unique masculine fragrance. Afterwards, your body will benefit from a moisturising massage with the texture of your choice between an oil, cream or shea butter according to your skin's needs.

60-min: € 140

### PLANTAR REFLEXOLOGY

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The foot is the reflect of the human body. Treat yourself to a foot massage using acupressure. This manual technique aims to massage each targeted area to release tension and activate reflex areas. Plantar reflexology releases the body's ability to self-regulate.

30-min: € 80

# DUO TREATMENTS

## *Duo suite & signature ritual*

Extend the experience in our exclusive spa facility and discover our luxurious Duo Suite. As a couple, with a friend or during a mother-daughter moment, share a pure moment of well-being in the privacy of our double cabin.

<b>Access Duo Suite 30 min:</b>	€ 90 / duo*
<b>Access Duo Suite 60 min:</b>	€ 170 / duo*
<b>Duo Champagne:</b>	€ 42 / 2 glasses
<b>Fresh Fruit Basket :</b>	€ 30 / duo*

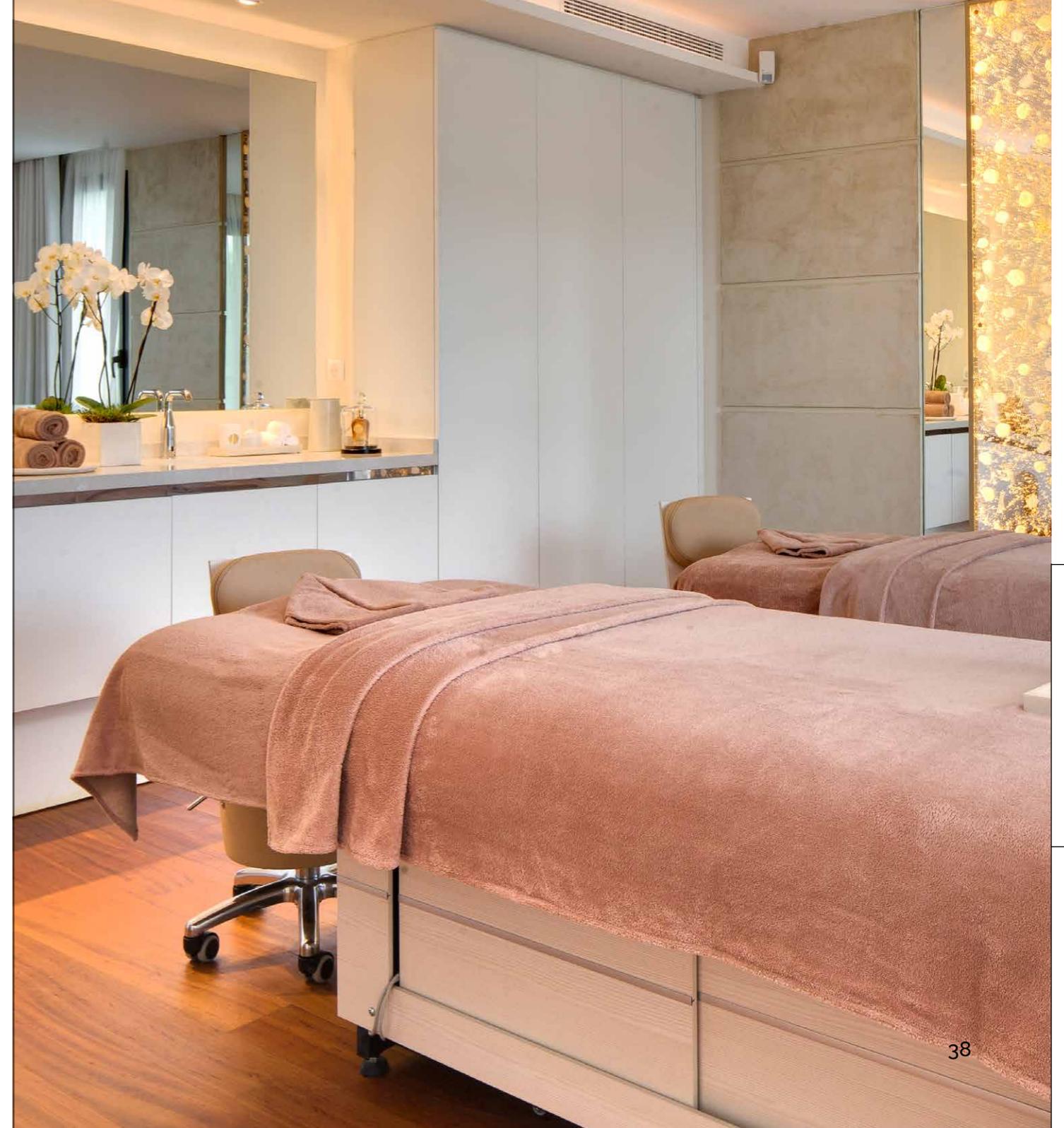
### RITUEL ROMANCE ET VOLUPTÉ / ROMANTIC VOLUPTÉ RITUAL

This exceptional romantic couple's ritual combines a moment of relaxation in the private jacuzzi and hammam for 30 minutes, a 30-minute body scrub or a 30-minute body wrap with our Signature products, followed by a 60-minute Volupté massage in an intimate atmosphere. Enjoy this romantic wellness ritual while sipping a glass of champagne.

120-min: € 590 / duo

*\*Including relaxation in the hammam, private jacuzzi and terrace.*

*Note: Our massages are also available in Duo Suite.*





# CHILD SPA CARE 6 to 12-YEARS-OLD

*Accompanied by a parent*

So that your children can also enjoy a wellness break, we have created a selection of discovery treatments with our partner brand Nougatine Paris. This 100% French and organic cosmetic brand has created face, body and hair products especially for your little ones and playful care protocols offering a cocktail of gourmet scents such as chocolate, candy floss, and candy apple.

Your children will learn the first steps in developing a skincare routine by cleansing and moisturising their sensitive skin. Efficient, efficient and dermatologically tested products. Pleasant and playful textures with gourmet ingredients and fragrances inspired by the funfair for the greatest joy of our little ones!



## FUNFAIR FACIAL CARE

A facial cleansing with candy floss, followed by a splash of candied-apple scented micellar water. A nourishing mask with a choco-hazelnut scent, followed by a vanilla-strawberry facial massage and caramel lip balm moisturiser.

30-min: € 70

## PRINCES & PRINCESSES BEAUTY REST

A gentle massage of the scalp, neck and shoulders with the honey-vanilla scented RÊVE D'ANGE massage balm.

30-min: € 70

## LITTLE FAIRY HANDS

Nail shaping, relaxing hand massage and Petite Manucurist Green nail polish application (nail polish offered).

20-min: € 35

## LITTLE FAIRY FEET

Nail shaping, relaxing hand massage and Petite Manucurist Green nail polish application.

60-min: € 140

## CHILD SWIMMING LESSONS

Swimming lessons for children accompanied by a parent.

30-min: € 60

60-min: € 100

Domaine du Mas de Pierre's Little Guests (4 to 12-years-old) are welcome from 1 pm to 5 pm, provided they are accompanied by an adult with authority, including during their spa treatment. LE SPA aquatic facilities are not accessible to children from 1 July to 31 August.

# TEEN SPA CARE 12 to 18-YEARS-OLD

*Enjoy some family time at le Spa!*

Everyone can benefit from a pampering moment, adults and children alike. During puberty, our skin type changes, and so do our needs. Any young person under 18 can benefit from spa treatments in the Duo Suite and an accompanying parent.

LE SPA offers the right treatments for adolescent skin in a positive well-being environment.

## RELAXING LEGS & BACK MASSAGE

A relaxing organic oil to nourish your skin combined with smoothing massage techniques on the back and leg areas.

45-min: € 95

## PURE BLISS CARE

A Sugar & Salt back scrub and a back, neck and trapezius massage to relax the entire upper body.

45-min: € 95



## FACIAL CLEANSING CARE

A facial cleansing care followed by blackhead extraction, if need be, and a purifying and absorbing mask.

30-min: € 70

# manucurist

## AESTHETIC CARE

*Green beauty*

### NAILS WITH MANUCURIST®

### FLASH & EVOLUTION

An organic solution to stay healthy and feminine to the very tip of your nails!

Manucurist© is a green beauty brand and creator of clean products for women everywhere. **Green nail polish is vegan, 9-free and cruelty-free!** It contains up to 84% of natural ingredients.

The remaining percentages ensure that our products retain their intense colour and shine while still being kind to the environment and your health.

Green Flash is THE green gel nail polish solution! The range has been formulated with no endocrine disruptors or allergenic molecules. It is guaranteed to contain no sensitising monomers or hydroquinone. And it's 9-free! As it's up to 84% bio-sourced, Green Flash has minimal impact on the environment.

Manucurist formulas are so pure, even young children can use them risk-free. The Petite Manucurist range contains no formaldehyde or by-products, no toluene, no petrochemical solvents, no DBP, no phthalates, no parabens and no camphor. Petite Manucurist nail polishes wash off easily in soapy water.



### TATA HARPER® HAND RITUAL

Sadly, our hands mirror our age, so pamper your hands with special care! A scrub will soften the skin of the hands, constantly subjected to external aggressions, followed by a comforting hand massage with a moisturising balm. An organic nail polish application from Manucurist Green will complete this foot ritual.

60-min: € 95



### TATA HARPER® FOOT RITUAL

Give your feet the rest they deserve! We will gently exfoliate and massage them to relieve the arches of the feet. An organic nail polish application from Manucurist Green will complete this foot ritual.

60-min: € 95



### HAND BEAUTY CARE

Nail shaping, cuticle work, hand moisturising and nail polish application.

45-min: € 80



### FOOT BEAUTY CARE

Nail shaping, cuticle work, foot moisturising and nail polish application.

45-min: € 80



### EXPRESS MANICURE/PEDICURE

Nail shaping, buffing and base coat application.

20-min: € 45

 **NAIL POLISH APPLICATION**

Choose the colour to suit your mood from our Manucurist Green Evolution nail polish selection.

15-min: € 30

 **GREEN FLASH GEL NAIL POLISH APPLICATION**

Choose the colour to suit your mood from our Manucurist Green Flash, the first clean gel nail polish.

Nail polish application - 15-min: € 30

Nail polish removal - 15-min: € 20

 **EXPRESS GREEN FLASH GEL NAIL POLISH REMOVAL & APPLICATION**

Nail polish removal, express manicure or pedicure and Green Flash gel nail polish application.

75-min: € 120



*Makeup*

<b>Natural Everyday Makeup, 25-min:</b>	€ 55
<b>Sophisticated Makeup (evening, event), 50-min:</b>	€ 100
<b>Eyelash Extension:</b>	Available on request

*Hair removal*

<b>A large body area (half legs, thighs, back, torso):</b>	€ 40
<b>A small body area (underarms, half arms):</b>	€ 30
<b>Basic bikini:</b>	€ 40
<b>Brazilian bikini:</b>	€ 50
<b>Full bikini:</b>	€ 70
<b>A facial area (eyebrows, lips, nose):</b>	€ 20

# SPECIFIC CARE

*High-tech care: beauty & slimmness*

## AQUAPURE

AQUAPURE

This advanced form of facial microdermabrasion combines four treatments with cosmetics into optimal skin rejuvenation. From the first skincare, the results are immediate and visible. Aquapeel will prepare your facial skin for the followed treatments by removing all impurities. Electroporation will effectively increase the in-depth absorbency of skin cells to pave the way for additional treatments.

Microcurrent will stimulate the deep muscles within the skin layers to promote elastin and collagen regeneration. Finally, cryotherapy will reduce wrinkles and tighten pores for a fresh and radiant skin appearance!

A highly expert treatment to restore your skin's radiance, smooth and firm the epidermis and boost the dermis elastin and collagen fibres, maintaining their long-term tonicity. It also improves the healing of problematic skin and the treatment of pigmentation spots.



40-min ritual: € 110

Package of 10, 40-min ritual: € 990

## POWER SHAPE 2

ProShape

A new generation of body toning and remodelling! This body & face device combines three cutting-edge technologies: vacuum suction, BP radiofrequency and low-level laser. In addition to smoothing treated areas, the vacuum function improves blood circulation and lymphatic drainage. Radiofrequency will work deeply to reactivate collagen fibres using the generated heat to firm up the entire skin. Lastly, the laser will focus its energy on the hypodermis to reduce and dissociate adipocytes.

This state-of-the-art device treats both the desired areas of the body and the face. A minimum of three sessions is recommended to achieve an instant visible result.

40-min ritual: € 110

Package of 10, -40 min rituals: € 990

## *External healthcare treatments*

### **Osteopathy:**

Osteopathy is a manual therapy removing joint blockages in the body, thus enabling it to function better. It restores the joints' normal function and stability, increasing mobility and balance between joints, organs, tissues, and nervous systems.

€ 150

### **Sophrology:**

Sophrology uses breathing, relaxation, gentle movement and visualisation techniques to quieten the mind and ground you in the body. It aims at anyone who seeks to improve their life, develop their well-being and relax.

€ 150

### **Naturopathy, 60-min:**

Naturopathy is the art of keeping human in perfect health with natural help. We offer you personalised support, based on various techniques such as dietary rebalancing, phytotherapy, aromatherapy and many others, to restore and sustain your vitality in the long term.

€ 150

### **Dietary Consultation, 60-min:**

Our dietitian will be happy to carry out your assessment and provide you with tailor-made nutritional advice. An expert in phytotherapy, she will also guide you in your quest for balance.

€ 150

# LE SPA RITUALS

*A wellness interlude*

## RITUEL SECRET D'EXCELLENCE DE SOTHYS® / SECRETS DE SOTHYS® RITUAL

The body & facial ritual Secrets de Sothys® elegantly and stylishly combines the ingredients for the ultimate unique treatment—an unforgettable experience of well-being. This 3-step body treatment incorporates an awakening prelude, a granita body scrub to sublimate your body followed by a nourishing massage to transport you into a state of deep relaxation. This 8-step facial treatment combines sensorial make-up removal, ultra-efficient peeling, exceptional massages, high-performance masks, ice effect final smoothing, and sublimating beauty treatment.

150-min: € 350

## RITUEL ÉVASION 100 % SUR-MESURE / 100% BESPOKE ESCAPE RITUAL

Create your personalised ritual by selecting among our exotic fragrances and textures. Your fragrant journey begins with a 30-minute body scrub, followed by a 30-minute nourishing cocoon body wrap, and then a 90-minute relaxing massage for the ultimate indulgence.

Our selection of fragrances: lemon/petitgrain, orange blossom/cedarwood, seasonal fragrances, and men fragrances.

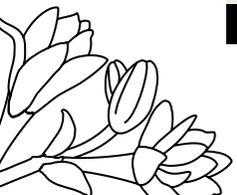
150-min: € 330



## RITUEL EXCLUSIF TATA HARPER® / EXCLUSIVE TATA HARPER® RITUAL

Tata Harper specially designed this ritual for Domaine du Mas de Pierre. This ritual begins with a gentle slimming scrub that will leave your skin velvety soft, followed by a personalised energising and revitalising body massage. Facial care, featuring a Signature facial massage, will complete the experience to achieve ultimate radiance and relaxation.

150-min: € 350



# LE SPA DISCOVERY DAYS

*At Domaine du Mas de Pierre*

## LUXURY, CALM & VOLUPTÉ DISCOVERY DAY

Your Discovery Day at Domaine du Mas de Pierre offers half-day access to all spa facilities (from 9 am to 1 pm or from 2 – 6 pm), including access to the pool, jacuzzi and wellness area: hammam, salt and herbal saunas, snow cave, relaxation lounges and refreshing teas. Guests can relax with a Signature treatment and a savourous healthy lunch at Bistrot Lis Orto (water and seasonal herbal infusion included).

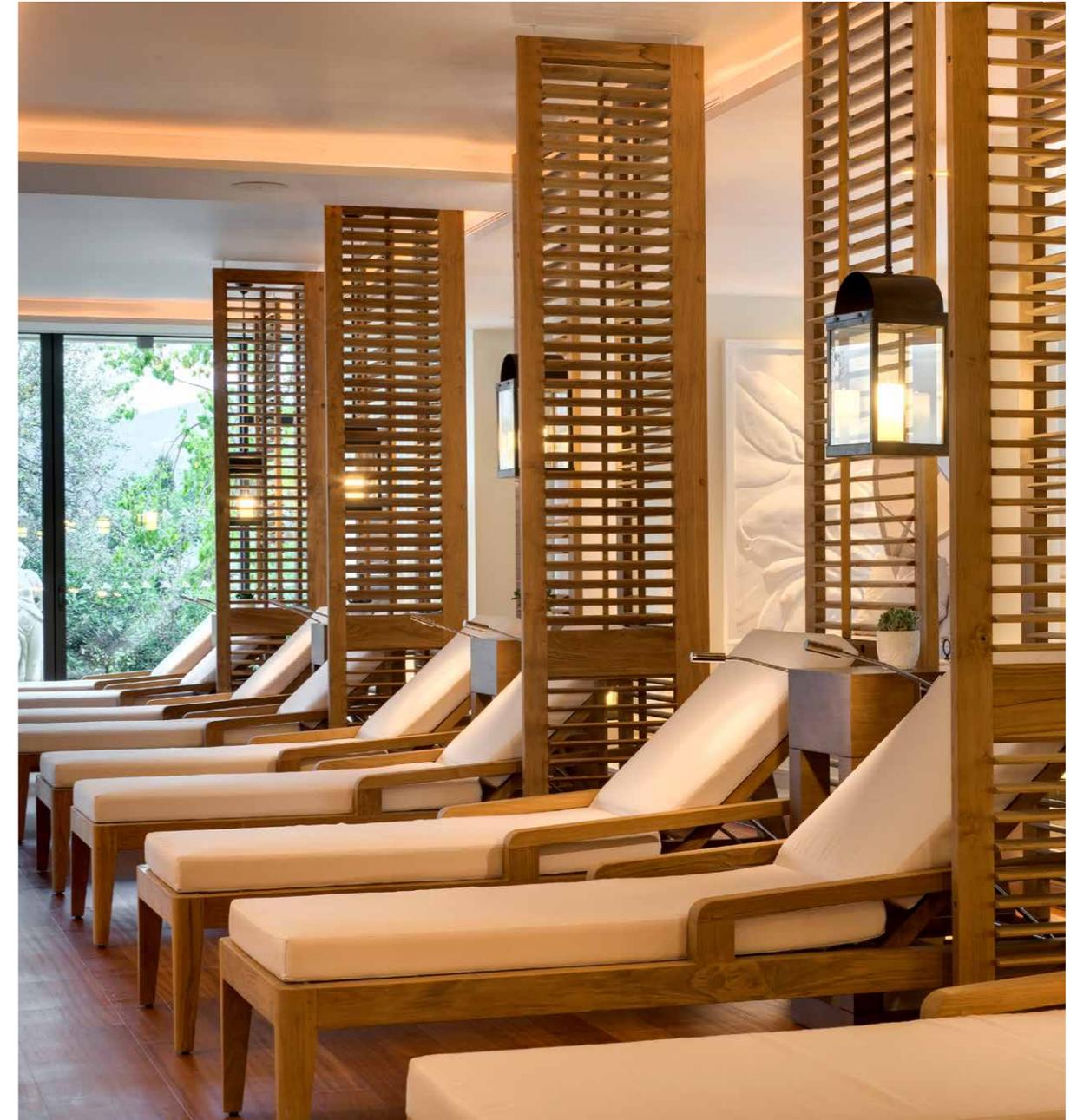
60-min ritual: € 240

90-min ritual: € 310

## TATA HARPER® GREEN DISCOVERY DAY

Wrap your skin and senses from top-to-toe in 100% natural 'green' bliss for your ultimate 'greener' body and spirit detoxifying experience. A 90-minute detoxifying body care from our organic Tata Harper® skincare brand will offer you a complete wellness experience, including a body scrub, a detox wrap followed by a relaxing massage to leave your skin soft and energised. LE SPA Discovery Day includes half-day access to all spa facilities from 9 am to 1 pm or from 2 – 6 pm. At the end of your treatment, you will be invited to enjoy an herbal infusion from our garden. A savourous detox lunch at Bistrot Lis Orto will complete this privileged moment (water and seasonal infusion included).

90-min ritual: € 310



### FUTURE MOTHER OR BABY ON BOARD SPA DAY

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A day to take care of yourself at a time when you need it most! For this special indulgent moment, you may choose between a 60-minute body massage\* or a 75-minute hyaluronic acid moisturising facial from our Sothys© skincare brand. LE SPA Discovery Day includes half-day access to all spa facilities from 9 am to 1 pm or from 2 – 6 pm. A well-being lunch at Bistrot Lis Orto (water and seasonal herbal infusion included).

*\*excluding Signature massage*

60-min ritual: € 240

### HONEYMOON DISCOVERY DAY

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A romantic getaway at Domaine du Mas de Pierre to recharge your batteries together! Your day offers a 30-minute relaxation in the private double cabin (with hammam and jacuzzi), followed by a 50-minute double massage of your choice. LE SPA Discovery Day includes half-day access to all spa facilities from 9 am to 1 pm or from 2 – 6 pm. A gourmet lunch will be served for you at Bistrot Lis Orto (gourmet lunch for two, water and seasonal herbal infusion are included in this package).

€ 530 / duo

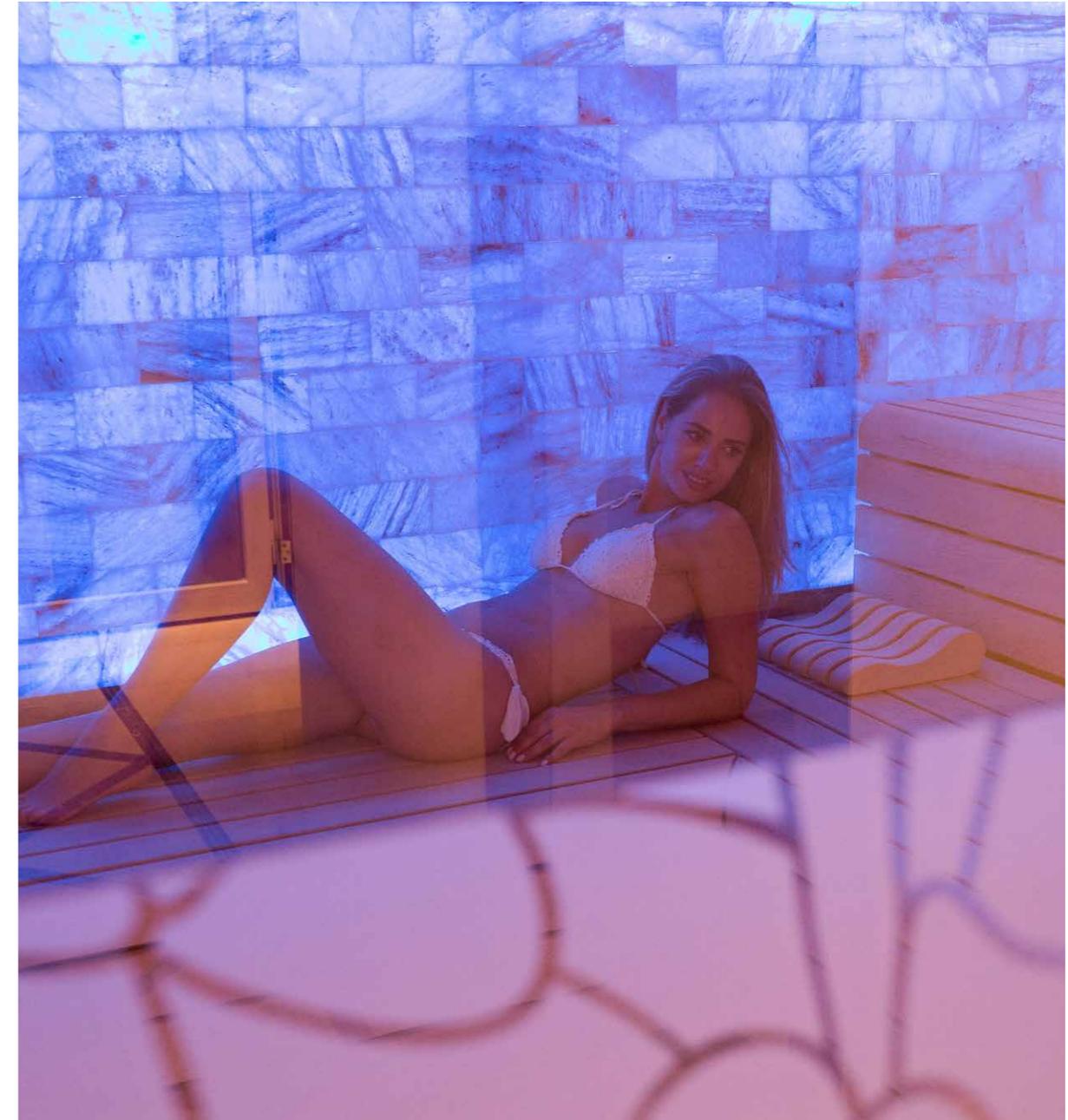
€ 265 / person

### BESPOKE LE SPA DISCOVERY DAY

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An event to celebrate? We create tailor-made LE SPA Discovery Days for groups of eight people and more, including treatments and access to all spa facilities for each guest. We invite you to contact LE SPA, who will be happy to assist you with any request.

Price on request



# FITNESS

## *Workshops and private coaching*

Our 130 m<sup>2</sup> fully equipped Technogym fitness room has two private coaching rooms with multifunctional Kinesis equipment.

LE SPA offers a weekly schedule of workshops available under reservation to all our hotel guests. Coaching is also available by reservation for 100% tailor-made assistance to your expectations and physical condition.

-  **ABT Workout:** Abdominals, butt and thighs strength session.
-  **Body Pump:** Combining cardio training and bodybuilding.
-  **Footing:** Running session around the Domaine according to your level.
-  **Circuit Training:** A sequence of exercises with little recovery time to tap into your cardio potential.
-  **Power Walk:** Dynamic walk through the Domaine's 8-hectare premises.
-  **Pilates:** A gentle discipline aimed at developing deep muscles, improving posture and joints flexibility.
- Yoga Yin:** Breathing exercises and ligament stretching to bring physical and mental well-being.
-  **Yoga Yong:** A more dynamic postural practice combining traditional Atha with Vinyasa yoga.
-  **Stretch & Balance:** A gentle discipline aimed at slow muscle and postural stretching to gain flexibility and internal tonus.
-  **Aquabiking:** An aquatic session to increase cardiovascular capacity and tone up the muscles with limited impact. The effort in the water helps improve drainage and blood flow.

-  **Aquaboxing:** A cardio-dominated aquatic session that combines fitness and martial arts technique. Recommended to improve your muscular fitness.
-  **Aquatraining:** A session that combines the benefits of aquabiking, running, weight training and swimming all at once.

## *Workshops and coaching*

<b>45-minute collective workshops access:</b> <i>To join a collective session, please contact LE SPA reception desk</i>	Solo : € 30 Duo : € 50
<b>30-minute personalised coaching session or swimming lesson:</b>	Solo : € 60 Duo : € 100
<b>50-minute personalised coaching session:</b>	Solo : € 100 Duo : € 170
<b>80-minute personalised coaching session:</b>	Solo : € 150 Duo : € 200
<b>50-minute personalised aquatraining session or swimming lesson:</b>	Solo : € 100 Duo : € 170
<b>Package of 5, 50-minute personalised coaching sessions:</b>	Solo : € 450 Duo : € 800
<b>Package of 10, 50-minute personalised coaching sessions:</b>	Solo : € 900 Duo : € 1530
<b>Access to LE SPA facilities:</b>	€ 150 / Person

*For any booked treatment of 50 minutes or more, an extra charge of only € 50/person will be applied.  
For any booked treatment of 90 minutes or more, a 2-hour access to LE SPA facilities is offered before treatment.*

# FITNESS

*Exclusive to le Spa*

## INTÉGRAL EMS

Intégral-EMS is a revolutionary fitness and muscle building high-intensity training method using electro-stimulation impulses to tone up and resculpt your body. It allows you to rapidly and effectively burn fat and gain tonicity.

Electrostimulation suit hygiene is 100% efficient by disinfecting with ozone and UV, which have bactericidal and fungicidal properties

### Key Highlights:

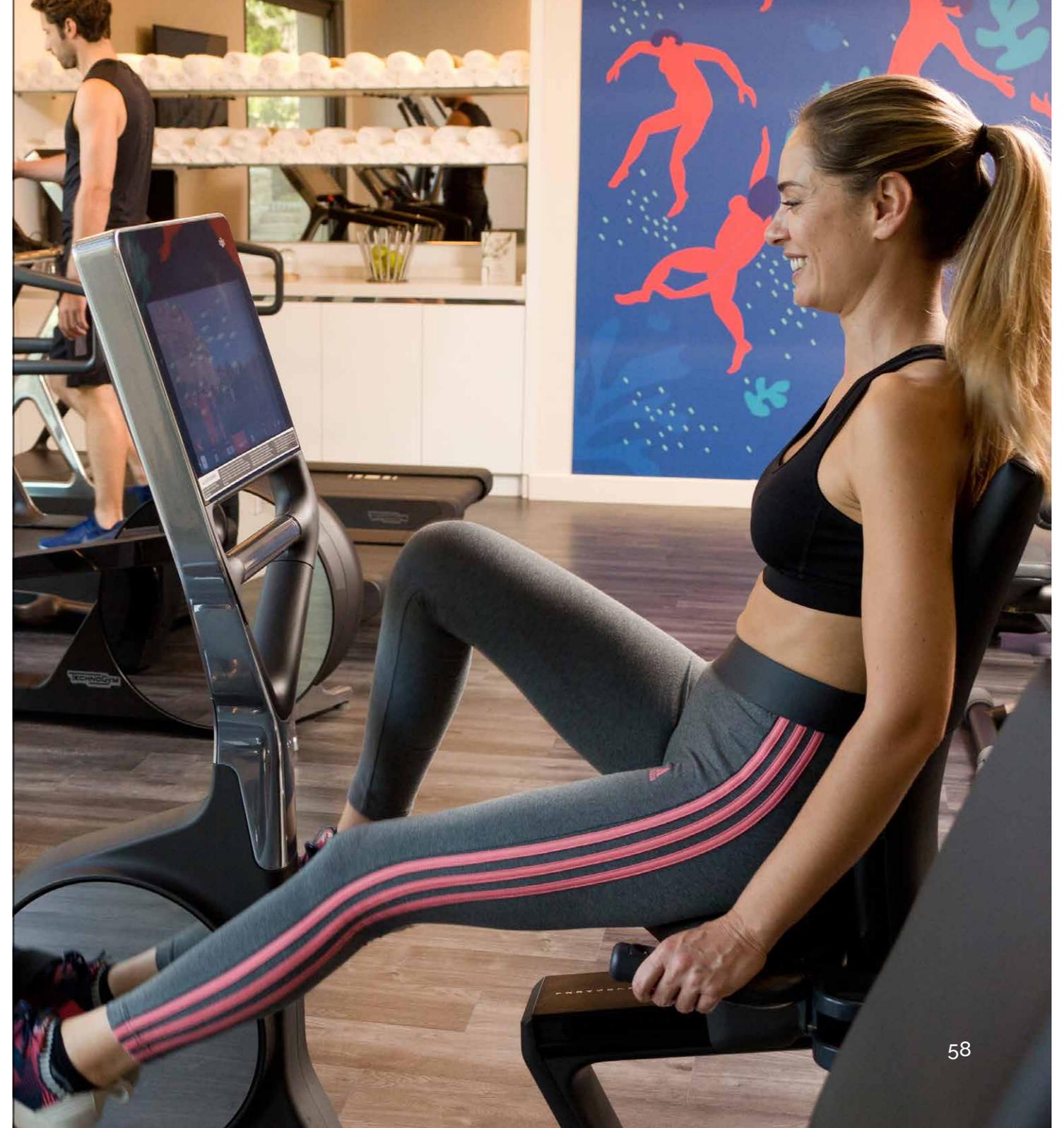
- Time-saving training session, equivalent to a 4-hour training session in just 20 minutes.
- Hundreds of muscles stimulated in one session.
- Muscle fibres are recruited regardless of your body condition.
- No extra weight.
- No strain on the joints.
- Four hours of autonomy.
- Wireless for total freedom of movement.

Electrical muscle stimulation triggers reflex muscle contractions. A repeated electrical impulse on a muscle recruits 98 to 100% of the targeted muscle fibres, unlike a voluntary contraction which recruits only 40 to 60% of the muscle fibres during a traditional physical exercise.

30-minute EMS training session: € 85

Package of 10, 30-minute EMS training session: € 770

## AN ELECTROSTIMULATION SUIT



# ACCESS & ETIQUETTE

## *Opening hours*

Spa treatments from 9 am to 7 pm and from 9 am to 8 pm in July/August.

Access to LE SPA and wellness facilities (spa pool, hammam, saunas, snow cave, jacuzzi): 9 am to 8 pm.

Access to fitness room from 7 am to 10 pm.

LE SPA Discovery Days and LE SPA memberships offer access to all our wellness facilities for our external clientele.

## *Spa etiquette*

Access to LE SPA wellness facilities is offered to our hotel guests only.

Children from 4 to 18-years-old can enjoy the spa pool under the supervision of a parent from 1 pm to 6 pm every day, excluding July and August.

Use of the hydrotherapy area (hammam, saunas and snow cave) is accessible from the age of 18.

Spa treatments of external guests offer access to the relaxation area, solarium and relaxing lounges but do not include access to the wellness and hydrotherapy area of the spa (spa pool, hammam, saunas, jacuzzi and snow cave).

Spa etiquette always requires the use of swimwear or underwear.

## *What to wear*

For your convenience, a robe and slippers will be provided upon arrival. For all treatments, our therapists will provide you with disposable undergarments. We also remind you that swimming attire be worn in the hydrotherapy area.

## *Le Spa Boutique & Gift vouchers*

LE SPA offers a wide range of gift ideas to suit your desires. Original and personalised, your gift vouchers are valid for one year!

We also offer a wide selection of bath and lifestyle items as well as accessories for the opportunity to indulge.

## *Booking & cancellation policy*

Our massages are well-being and relaxation treatments; they are non-therapeutic, non-medical.

All our treatments are mixed and can be done as a duo or as a group. For more information, please inquire at LE SPA reception desk. The specified timings correspond to the actual duration of the treatments.

Please stick to the appointment schedule and arrive at LE SPA reception 20 minutes before your treatment. Let yourself wind down by indulging in our Welcome Ritual while completing a pre-treatment questionnaire to determine your specific needs. Any delay will affect the timing of booked treatment(s).

If you wish to cancel or postpone your treatment, please call LE SPA 24 hours before your scheduled appointment. According to our cancellation policy, no-shows or cancellations after the deadlines mentioned above will result in the deduction of the amount of the treatment from the credit card number or a Gift Invitation provided upon booking.

Domaine du Mas de Pierre declines all responsibility for the loss or theft of objects within LE SPA.

## *Physical limitations and pregnancy*

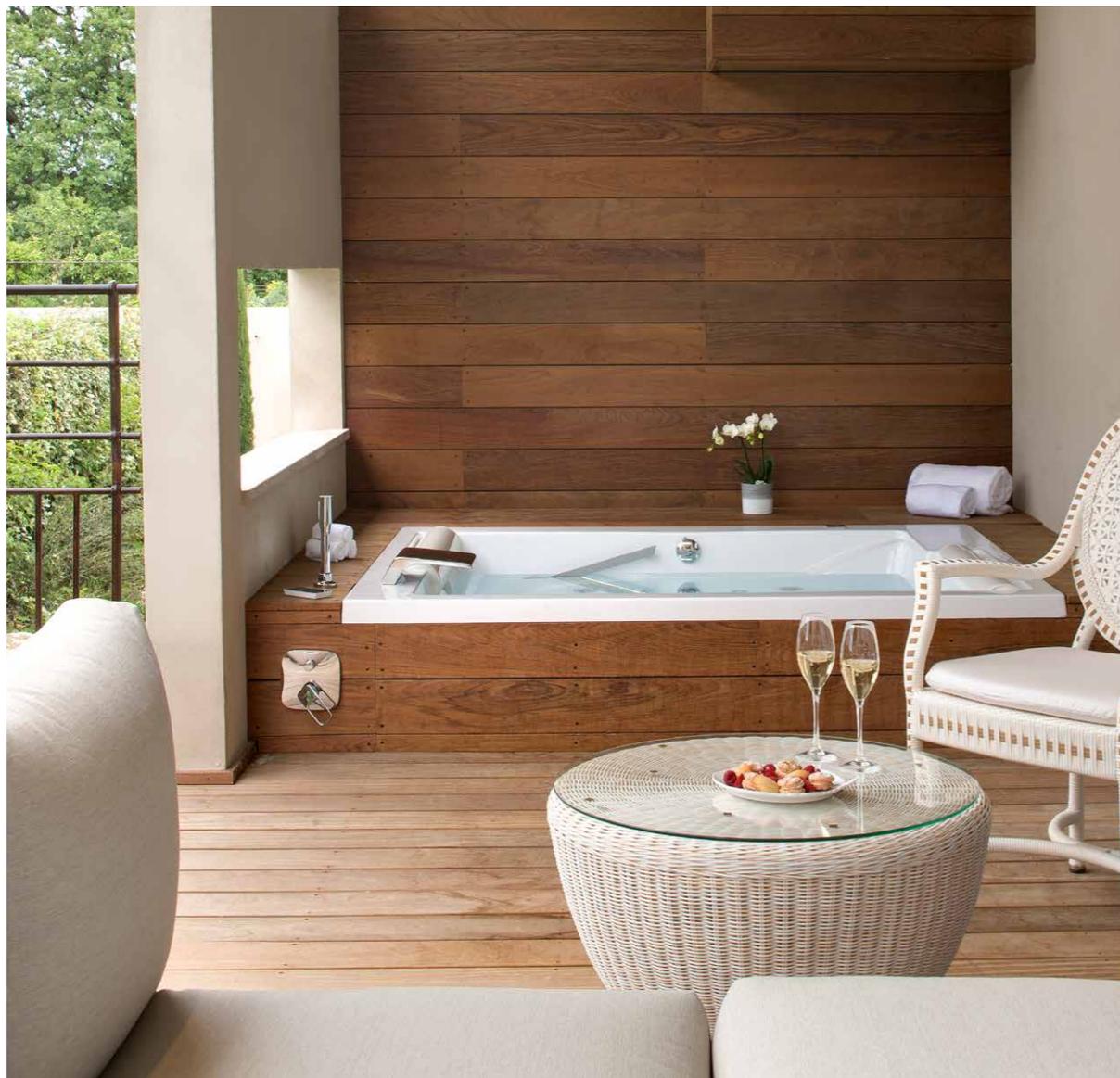
We kindly ask you to inform us of your physical condition at the time of booking, mentioning any specific problems requiring special attention, such as high blood pressure, allergies, other health conditions, or pregnancy.

## *Contact for Le Spa external guests*

Booking by phone on +33(0)4 93 59 00 10 or by e-mail to the following address: [spa@lemasdepierre.com](mailto:spa@lemasdepierre.com). Your credit card number will be requested as a guarantee.

## *Sanitary measures*

The entire LE SPA team of Domaine du Mas de Pierre team has taken the necessary sanitary measures to guarantee you the best experience.



*An interlude of relaxation & well-being...*



*An invitation to let go!*