



conception graphique d'adabo.fr



## DOMAINE DU MAS DE PIERRE

RESORT & SPA • SAINT-PAUL DE VENCE

★★★★★

### DOMAINE DU MAS DE PIERRE

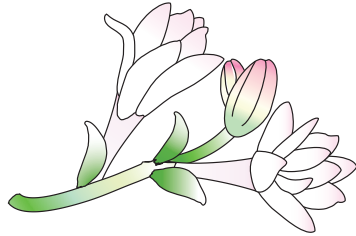
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# LE SPA

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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 m<sup>2</sup> 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. You can also book other fitness and wellness workshops with our team of experts (osteopath, sophrologist, yoga teacher, dietitian). As part of your full-board accommodation, a healthy and balanced cuisine is recommended for optimal results 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.

	3-Day	5-Day
Treatments only	€ 1 050*	€ 1 650*
Half-board	€ 1 230*	€ 2 010*
Full board	€ 1 330*	€ 2 210*

*\*Subject to availability. Prices are per person and do not include accommodation.*



# 3 & 5-DAY WELLNESS BREAKS LEAN & BALANCE

## *Tone Up Your Body...*

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

This Lean & Balance 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.*

## 3-DAY

**LEAN & BALANCE WELLNESS PROGRAMME**

Full programme offering a 9-hour service:

- 1 dietary consultation with impedance analysis,
- 1 body scrub,
- 1 detoxifying hydrotherapy session,
- 2 PowerShape 2 body remodelling sessions,
- 2 PAOMA® Instant Drainage massages,
- 3 cardio workshops,
- 1 Swiss Anticellulite treatment,
- 1 detox seaweed body wrap.



## 5-DAY

**LEAN & BALANCE WELLNESS PROGRAMME**

Full programme offering a 14-hour service:

- 1 dietary consultation with impedance analysis,
- 1 EMS training session,
- 1 body scrub,
- 2 detoxifying hydrotherapy session,
- 2 detox seaweed body wraps,
- 1 Swiss Anticellulite treatment,
- 1 Swiss Radiance Boost facial,
- 2 PowerShape 2 body remodelling sessions,
- 2 PAOMA® Instant Drainage massages,
- 3 cardio workshops,
- 1 bespoke massage,
- 2 muscle-strengthening workshops.





# 3 & 5-DAY WELLNESS BREAKS TIMELESS BEAUTY

## *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 Timless Beauty 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.*

## 3-DAY

**TIMELESS BEAUTY WELLNESS PROGRAMME**

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Full programme offering a 9-hour service:

- 1 dietary consultation,
- 1 Aquapure facial,
- 1 hydrotherapy session,
- 1 PowerShape 2 body remodelling session,
- 1 Hydra Cocoon body wrap,
- 1 Swiss Deluxe Procollagen facial,
- 1 Velvet Skin Signature treatment,
- 1 PAOMA® Sensory Awakening ritual,
- 1 Volupté Signature hand or foot care,
- 1 hot stone massage.



## 5-DAY

**TIMELESS BEAUTY WELLNESS PROGRAMME**

---

Full programme offering a 14-hour service:

- 1 dietary consultation,
- 1 Aquapure facial,
- 1 cardio workshop,
- 1 hydrotherapy session,
- 1 PowerShape 2 body remodelling session,
- 2 Hydra Cocoon body wraps,
- 1 Velvet Skin Signature treatment,
- 1 PAOMA® Beauty Enhancer ritual,
- 1 PAOMA® Instant Drainage massage,
- 1 gentle gym workshops (yoga and Pilates),
- 1 Swiss Anticellulite treatment,
- 1 Swiss Deluxe Procollagen facial,
- 1 Voluptuous Signature hand care,
- 1 Voluptuous Signature foot care,
- 1 hot stone massage.



# 3 & 5-DAY WELLNESS BREAKS ABSOLUTE SERENITY

## *Unwind...*

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 Absolute Serenity 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 PAOMA® and CellCosmet® 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.

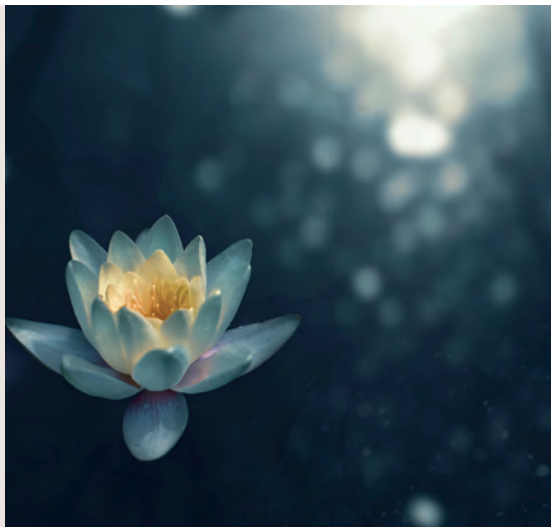
*\*LE SPA reserves the right to modify the order of treatments during your stay.*

3 - DAY

**ABSOLUTE SERENITY WELLNESS PROGRAMME**

Full programme offering a 9-hour service:

- 1 sophrology session,
- 1 yoga workshop,
- 1 PAOMA® Beauty Enhancer ritual,
- 1 AquaZen workshop,
- 1 Volupté body scrub,
- 1 Volupté body wraps,
- 1 Volupté Signature massage,
- 1 hydrotherapy session,
- 1 Abhyanga wellness experience,
- 1 Aquapure facial.



5 - DAY

**ABSOLUTE SERENITY WELLNESS PROGRAMME**

Full programme offering a 14-hour service:

- 1 sophrology session,
- 1 Pilates workshop,
- 1 PAOMA® Beauty Enhancer ritual,
- 1 yoga workshop,
- 1 Voluptuous Signature hand or foot care,
- 1 Voluptuous ritual,
- 1 hot stone massage,
- 1 Volupté body wraps,
- 1 Aquapure facial,
- 1 AquaZen workshop,
- 1 osteopathy session,
- 2 hydrotherapy sessions,
- 1 Abhyanga wellness experience,
- 1 PAOMA® Beauty Enhancer ritual,
- 1 bespoke massage.





# 3 & 5-DAY WELLNESS BREAKS MINDFUL ENERGY

## *Cultivate your Vibrational 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 Mindful Energy 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.

The hydrotherapy treatments and muscle recovery massages provided by our expert practitioners will relieve tension, release lactic acid accumulated during your sessions, and rebalance your body's overall harmony

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.*

## 3-DAY

**MINDFUL ENERGY WELLNESS PROGRAMME**

Full programme offering a 9-hour service:

- 1 dietary and naturopathy consultation,
- 1 private aquabike training session,
- 1 Deep Tissue Signature massage,
- 1 EMS training session,
- 1 hydrotherapy session,
- 1 Swiss Anticellulite treatment,
- 1 private cardio training session,
- 1 PowerShape 2 body remodelling session,
- 1 PAOMA® Instant Drainage massage,
- 1 osteopathy session.



## 5-DAY

**MINDFUL ENERGY WELLNESS PROGRAMME**

Full programme offering a 14-hour service:

- 1 dietary and naturopathy consultation,
- 1 private aquabike training session,
- 2 hydrotherapy sessions,
- 1 Deep Tissue Signature massage,
- 2 private cardio training sessions,
- 1 body wrap,
- 1 Swiss Anticellulite treatment,
- 2 EMS training session,
- 1 PAOMA® Instant Drainage massage,
- 1 PowerShape 2 body remodelling session,
- 1 Swiss Light Leg treatment,
- 1 osteopathy session,
- 1 Swiss Deluxe Elastocollagen facial.



# SIGNATURE TREATMENTS

*Natural & organic cares...*

## VOLUPTÉ SIGNATURE MASSAGE

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The slow rhythm and medium pressure of our Signature massage, inspired by *Lomi Lomi* and Swedish massage techniques, will gently relax your body. Pamper your entire body from head to toe with this sensory escape. A welcoming foot bath will begin your journey during the 90-minute experience.

60-min : € 170

90-min : € 230

## DEEP TISSUE SIGNATURE MASSAGE

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CREATED BY OUR OSTEOPATH, STÉPHANE MARTIN-ROSSET

Our deep tissue Signature massage uses techniques specially designed to bring comfort and absolute relaxation. It will dissipate stiffness and muscle contractures and boost your energy by detoxifying your muscle mass, using deep and supportive techniques such as trigger points and muscle kneading.

60-min : € 190

90-min : € 250





### VELVET SKIN SIGNATURE CARE

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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

### VOLUPTUOUS SIGNATURE RITUAL

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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

## PAOMA® INSTANT DRAINAGE MASSAGE

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PAOMA® has partnered with Wellness Designer Jimmy Jarnet to develop unique treatments through a profoundly innovative approach. A creative, innovative and bespoke experience that invites you to embark on a journey of absolute well-being.

Performed manually and using a quartz *Gua Sha*, the dynamic and precise massage techniques stimulate lymph circulation and detoxify the body while reinforcing the immune system.

## TARGETED COMPLEMENTARY WELLNESS CARE

These three 15-minute modules have been specially designed to enhance your exclusive wellness experience. In line with your preferences and identified needs, one or more of these complementary modules can refine your overall PAOMA® treatment:

- Skull: relieves, soothes and eases;
- Belly: unknots, purifies and soothes;
- Feet: detoxifies, invigorates and relaxes.

60-min : € 150

15-min : € 40

## ABHYANGA WELLNESS EXPERIENCE

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An authentic Indian art of living that aims to harmonise body and mind, this Ayurvedic massage is a Dosha balancing practice relying on the body's energies. This ancient practice has long been recognised for its preventive virtues and ability to promote energy distribution throughout the body using friction, pressure and stretching. As a result, your physical and emotional well-being will be restored.

90-min : € 210

## HOT STONE MASSAGE

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This deeply relaxing massage will allow you to let go of your tensions through the delicate laying of heated volcanic basalt stones on specific body areas. Afterwards, a massage alternating hands and stones will diffuse heat over time through gentle kneading and draining on the legs.

This technique will gently release muscle tension thanks to the soothing heat of the stones.

60-min : € 150

90-min : € 210

## MOTHER-TO-BE MASSAGE

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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.

60-min : € 150

90-min : € 210

## BESPOKE MASSAGE

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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? Indulge yourself with our craniosacral massage or our plantar reflexology.

30-min : € 90

# BODY TREATMENTS

*Wellness treatments by the unit...*

## HYDROTHERAPY BODY TREATMENT

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

30-min : € 70

## PERSONALISED BODY SCRUB

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Choose from Signature Volupté scrub, Fresh Lemon Peel & Salt scrub, and Green Marine Extract scrub and PAOMA® gentle scrub.

30-min : € 70

## BODY WRAP

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

30-min : € 70



### SWISS LIGHT LEG TREATMENT

---

The Swiss Light Leg treatment is designed for people with venous and lymphatic circulation problems and heavy leg syndrome, often aggravated by heat or standing position. This TLC helps restore lower limb circulation, relieve swelling and recover light and comfortable legs thanks to a scrub, manual draining techniques and a refreshing gel—for a genuine walk-on-clouds feeling.

60-min : € 150

### SWISS ANTICELLULITE TREATMENT

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This anticellulite treatment reduces the irregular appearance of orange peel skin and dimples and visibly redefines the figure's contours. With skin preparation using a scrub, the modelling oil and specific phytomarine-formulated mask improve the quality of the skin and smoothen it. This professional cellcosmet™ treatment drains toxins and nourishes the skin for a satin finish.

90-min : € 210

### 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



# PAOMA<sup>©</sup> FACIAL TREATMENTS

*Ecoethical beauty rituals...*

PAOMA<sup>®</sup> is the first French brand of organic and ecoethical skincare products. It offers skincare protocols that combine the manual expertise of therapists with a range of natural, innovative and proven effective products.

PAOMA<sup>®</sup> facials are prestigious holistic journeys created by a renowned facialist: Sylvie Lefranc, an expert in facial yoga.

The skin is deeply moisturised, plumped and smoothed through new formulas and innovative modelling techniques inspired by ancestral beauty rituals. Deep cleansing, lymphatic drainage, facial yoga, massages with Roll-on and quartz Gua Sha, and acupressure gestures enhance these exquisite beauty journeys..

## PAOMA<sup>®</sup> SENSORY AWAKENING RITUAL

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The PAOMA<sup>®</sup> Sensory Awakening Ritual is a prestigious holistic treatment that can be tailored to each individual. This two-step beauty treatment comprises a 15-minute skin preparation, from make-up removal to facial mask application, followed by 15-minute modelling of the desired area: eyes, lips, forehead, oval of the face or décolleté.

30-min : € 90



### PAOMA® BEAUTY ENHANCER RITUAL

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A genuine alternative to cosmetic medicine, the PAOMA® Beauty Enhancer treatment targets the visible signs of ageing by working on the entire face, neck and décolleté. Intensely stimulated and relaxed, the skin regains elasticity, wrinkles are smoothed out, and contours are redefined for a refreshed and rejuvenated beauty.

60-min : € 160

### TARGETED COMPLEMENTARY FACIAL CARE

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These five targeted modules have been specially designed to tailor your exclusive PAOMA® beauty journeys. In line with your preferences and identified needs, one or more of these complementary modules can enhance the benefits of the Sensory Awakening Ritual or the Beauty Enhancer Ritual.

- Eyes: drains, smoothes and relaxes;
- Forehead: lifts, plumps and destresses;
- Lips: plumps, reshapes and smoothes;
- Face Oval: sculpts, firms and lifts;
- Décolleté: restructures, smoothes and firms.

15-min : € 25

# CELLCOSMET® FACIALS

## *The Science of Sublimation...*

CellCosmet® is a brand inspired by over 30 years of Swiss cellular and phytocosmetic science research.

It uses the best active ingredients, scientifically selected and skilfully balanced. Each cellcosmet™ care protocol has been carefully studied to act precisely on the targeted body and face problematic areas.

The CellCosmet® unique and ultimate luxury approach: Treatments are entirely tailored to the specific needs of male or female skin while respecting their physiological age.



### SWISS RADIANCE BOOST FACIAL

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The Radiance Boost facial reveals a radiant and glowing complexion. Specially designed to plump up skin tissue for an immediate anti-ageing effect.

The therapist chooses the facial mask according to the skin type for optimal action—exceptional and immediate radiance.

60-min : € 160

### SWISS DELUXE ELASTOCOLLAGEN FACIAL

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#### INTENSIVE:

An exceptional firming and moisturising treatment designed to firm the skin and reshape the facial architecture. The facial contours are better defined thanks to the synergy of precious ingredients and the benefits of a skilfully orchestrated modelling. This treatment tones up the skin tissue and defines the facial contours.



#### CLARIFYING

An exceptional moisturising and unifying treatment designed to revitalise and restore radiance to the skin. Your skin appears perfectly moisturised, unified and revitalised. Hyperpigmentation is reduced, and your complexion is radiant and glowing, thanks to the synergy of precious ingredients and the benefits of a skilfully-orchestrated massage.

90-min : € 230

### SWISS DELUXE PROCOLLAGENE FACIAL

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The Swiss Deluxe Procollagen face and neck treatment is an instantly effective anti-fatigue and anti-ageing treatment. By applying a sheet of ultra-pure collagen with ultra-concentrated stabilized cell extracts, this treatment smoothes and plumps up wrinkles and fine lines. It also redefines the features, delivers intense and immediate hydration, and soothes redness to reveal a radiant complexion.

90-min : € 330



# LE SPA RITUALS

*A wellness interlude...*

## VOLUPTUOUS SIGNATURE RITUAL

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A complete experience combining a 30-minute balneotherapy, a 30-minute body scrub, a 30-minute body wrap and the 30- or 60-minute Volupté Signature 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 the body scrub, the beeswax and manuka honey wrap will deeply nourish the skin. Finally, the Volupté Signature massage will bring comfort and deep relaxation lulled by the scent of tuberose.

120-min : € 290

150-min : € 350

## PAOMA® TOTAL HARMONY RITUAL

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A graceful, sensory and harmonious experience, the PAOMA® Total Harmony Ritual invites you to relax your body and mind. It will provide immediate results thanks to the combination of the Instant Drainage massage and the Beauty Enhancer ritual for the 120-minute version.

A full-body exfoliation completes the 150-minute experience with the PAOMA® Gentle Scrub as an introduction to the treatment.

120-min : € 270

150-min : € 325



# SPECIFIC CARE FOR MEN

*Treatments and massages...*

## 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



### DEEP TISSUE SIGNATURE MASSAGE

---

CREATED BY OU OSTEOPATH, STÉPHANE MARTIN-ROSSET

Our deep tissue Signature massage uses techniques specially designed to bring comfort and absolute relaxation. It will dissipate stiffness and muscle contractures and boost your energy by detoxifying your muscle mass, using deep and supportive techniques such as trigger points and muscle kneading.

60-min : € 190

90-min : € 250

### PAOMA® INSTANT DRAINAGE MASSAGE

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PAOMA® has partnered with Wellness Designer Jimmy Jarnet to develop unique treatments through a profoundly innovative approach. A creative, innovative and bespoke experience that invites you to embark on a journey of absolute well-being.

Performed manually and using a quartz gua sha, the dynamic and precise massage techniques stimulate lymph circulation and detoxify the body while reinforcing the immune system.

60-min : € 150

### HAND CARE FOR HIM

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

45-min : € 60

### BARE FEET CARE FOR HIM

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

45-min : € 70





## SWISS DELUXE ELASTOCOLLAGEN FACIAL

---



### INTENSIVE

An exceptional firming and moisturising treatment designed to firm the skin and reshape the facial architecture. The facial contours are better defined thanks to the synergy of precious ingredients and the benefits of a skilfully orchestrated modelling. This treatment tones up the skin tissue and defines the facial contours.



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90-min : € 230

## SWISS RADIANCE BOOST FACIAL

---

The Radiance Boost facial reveals a radiant and glowing complexion. Specially designed to plump up skin tissue for an immediate anti-ageing effect. The therapist chooses the facial mask according to the skin type for optimal action—exceptional and immediate radiance.

60 min : 160 €

## PAOMA® SENSORY AWAKENING RITUAL

---

The PAOMA® Sensory Awakening Ritual is a prestigious holistic treatment that can be tailored to each individual. This two-step beauty treatment comprises a 15-minute skin preparation, from make-up removal to facial mask application, followed by 15-minute modelling of the desired area: eyes, lips, forehead, oval of the face or décolleté.

30-min : € 90

# DUO TREATMENTS

*Made for Two Spa Experience...*

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.

Access Duo Suite 30-min:	€ 90 / duo*
Access Duo Suite 60-min:	€ 170 / duo*
Duo Champagne:	€ 42 / 2 glasses
Fresh fruit basket :	€ 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 steam room 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

*\* Enjoy the hammam, jacuzzi and private terrace without any scheduled treatments.*

*Note: All our treatments are available in our 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

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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

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

30-min solo : € 70

30-min duo : € 140

### LITTLE FAIRY HANDS

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

20-min : € 35

### LITTLE FAIRY FEET

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

20-min : € 35

### CHILD SWIMMING LESSONS

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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

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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

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

45-min : € 95



### **FACIAL CLEANSING CARE**

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

30-min : € 70

### **TOTAL HAND OR FOOT BEAUTY CARE - CLASSIC NAIL POLISH**

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Nail shaping, cuticle work, hand or foot moisturising and a classic nail polish application of your choice.

60-min : € 85

# AESTHETIC CARE

## *Green beauty...*

### MANUCURIST® GREEN

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.

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.

### O.P.I®

O.P.I© is the world leader in professional nail products and is available in over 100 countries. It is a complete, innovative and creative brand that offers a wide range of colours that are not just numbers but irresistible and fun names. O.P.I© nail polishes come in multiple colours, from the sober to the brightest, including the great timeless classics and the trendiest shades. An actual reference in the beauty world, O.P.I© is also intrinsically linked to the world of fashion.

*\* Free from nine toxic chemical ingredients and not tested on animals.*

## VOLUPTUOUS SIGNATURE HAND OR FOOT CARE

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### HANDS

Our hands are one of the mirrors of our age, so pamper your hands with special care. First, a scrub will soften the skin of the hands, constantly subjected to external aggressions, followed by a comforting hand massage with a moisturising balm. Lastly, a classic or semi-permanent nail polish application of your choice will complete this ritual.



### FEET

Give your feet the attention they deserve! First, we will gently exfoliate and massage them to relieve the arches of the feet. Lastly, a classic or semi-permanent nail polish application of your choice will complete this ritual.

75-min : € 110 classic nail polish

75-min : € 120 semi-permanent nail polish

## TOTAL HAND OR FOOT BEAUTY CARE

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Nail shaping, cuticle work, hand or foot moisturising and a classic or semi-permanent nail polish application of your choice.

60-min : € 85 classic nail polish

60-min : € 95 semi-permanent nail polish

## EXPRESS MANICURE/PEDICURE

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Nail shaping, buffing and base coat application.

20-min : € 45

## 03 | LE SPA À La Carte Menu

### CLASSIC NAIL POLISH APPLICATION

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Choose the colour to suit your mood from our Manucurist Green Evolution, Nail Lacquer and Infinite Shine from O.P.I.®.

15-min : € 30

### SEMI-PERMANENT NAIL POLISH APPLICATION

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Choose the colour to suit your mood from our Gel Color O.P.I.®.

15-min : € 45

### NAIL POLISH REMOVAL

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Have your semi-permanent nail polish removed in the gentlest ways without damaging your nails.

15-min : € 20





## *Makeup*

Natural Everyday Makeup • 25-min :	€ 50
Sophisticated Makeup (evening, event) • 50-min :	€ 90
Eyelash Extension:	Available on request

## *Hair removal*

A large body area (half legs, thighs, back, torso):	€ 40
A small body area (underarms, half arms):	€ 30
A facial area (eyebrows, lips, nose):	€ 20
Basic bikini:	€ 40
Brazilian bikini:	€ 50
Full bikini:	€ 60



# SPECIFIC CARE

*High-tech care .beauty & slimness...*

## 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.



45-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.

45 min - ritual : € 110

Package of 10, 40-min ritual: € 990

## *External healthcare treatments*

### **Osteopathy - 60-min:**

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 - 60-min:**

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 ACCESS

*Le Spa welcomes you...*

ALL-DAY ENTRY AT LE SPA

€ 150/ person

LE SPA ALL-DAY ENTRY  
IN ADDITION TO A 60-MINUTE SPA TREATMENT

€ 50/ person

LE SPA ALL-DAY ENTRY  
IN ADDITION TO A 90-MINUTE SPA TREATMENT

2 hours free access



LE SPA access &  
Discovery days

# DISCOVERY DAYS

*A moment just for you...*

## PAOMA® DETOX SPA DAY

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Your PAOMA® Detox Spa Day to live a rebalancing experience by detoxifying your body and mind.

Two offers to choose from:

Your PAOMA® Detox Spa Day to live a rebalancing experience by detoxifying your body and mind.

Two offers to choose from:

A 60-minute draining massage or a 120-minute Total Harmony Ritual from our organic cosmetic brand PAOMA© will offer you complete well-being, including a 60-minute revitalising massage followed by a Beauty Enhancer facial to regain a soft and energised skin. Your day includes half-day access to LE SPA facilities from 9 am to 1 pm or from 2 pm to 6 pm. On top, we invite you to a relaxing herbal tea from the Domaine's garden at the end of the treatment. Lastly, a wellness lunch at the Bistrot Lis Orto (water, coffee and seasonal herbal tea included) will complete this exquisite moment.

60-min : € 260

120-min : € 400

## RELAXING & GOURMET DAY

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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 : € 260

120-min : € 330







### BABY ON BOARD SPA DAY

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A day to take care of yourself at a time when you need it most!

This tailored care offers you a maternity massage or a moisturising facial from our organic cosmetic brand PAOMA®. The day includes half-day access to LE SPA facilities from 9 am to 1 pm or 2 pm to 6 pm. In addition, you can relax with a Signature treatment and a healthy and tasty lunch at the Bistrot Lis Orto (water, coffee, and seasonal herbal tea included).

60-min : € 260

90-min : € 330

### 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).

€ 570/ duo

### 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

45-minute collective workshops access:

Solo : € 30 Duo : € 50

*To join a collective session, please contact LE SPA reception desk.*

Personalised coaching session • 30 min / swimming lesson • 30 min:

Solo : € 60 Duo : € 100

Personalised coaching session • 60 min :

Solo : € 100 Duo : € 170

Personalised coaching session • 90 min :

Solo : € 150 Duo : € 220

Swimming lesson • 60 min / personalised aquatraining session • 50 min :

Solo : € 100 Duo : € 170

Package of 5 personalised coaching sessions • 60 min :

Solo : € 400 Duo : € 800

Package of 10 personalised coaching sessions • 60 min :

Solo : € 900 Duo : € 1 530

*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

## AN ELECTROSTIMULATION SUIT

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-min EMS training session : € 85

Package of 10, 30-minute EMS training session: € 630







# ACCESS & ETIQUETTE

## *Opening hours*

Spa treatments from 9:30 am to 7 pm from November to April and from 9:30 am to 7:30 pm from May to October.  
Access to LE SPA and wellness facilities (spa pool, hammam, saunas, snow cave, jacuzzi): 9 am to 8 pm.  
Access to fitness room from 6 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. Some pathologies or therapies, such as chemotherapy, may be incompatible with some of our spa treatments and procedures. Therefore, we kindly request to obtain a medical certificate stipulating that you can receive a specific spa treatment.

## *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!*