

Spa Menu - Les Terrasses d'Eze - 2019

Body rituals by THALGO

179€ midweek / 195€ weekend

Pacific ocean cruise (2h)

Scrub with sea salts, coconut shell, white sand of Bora Bora and vanilla from Tahiti. Relaxing bath and massage with hot sand ballotins bathed in a tiare oil. Application of an iridescent sacred oil.

Indian ocean cruise (2h)

Sweet and salty scrub with citrus scents. Relaxing milk bath. Application of a balm and oil massage. Finally, your body will be wrapped in a melting cream with a captivating scent.

Atlantic cruise (2h)

Body wrap with a creamy balm with green highlights. Scrub with pink coral sand and white quartz will be there to energize yourself and activate the energy flows. Massage with a concentrated seaweed cream enriched with gold.

Arctic cruise (2h)

Warm bath inspired by Icelandic springs, salt flakes scrub for an incomparable softness and relaxing massage combining Swedish techniques and deep tissue sublimated by relaxing fresh bubbles.

Massages

Ballotin Massage by Thalgo - 60 min : 85€ midweek / 100€ weekend - 90 min : 115€ midweek / 130€ weekend

Massage with hot sand ballotins bathed in a tiare oil for ultimate letting go.

Refreshing Massage by Thalgo - 60 min : 80€ midweek / 95€ weekend - 90 min : 110€ midweek / 125€ weekend

Swedish and deep tissue techniques sublimated by relaxing fresh bubbles.

Crystal rock Massage by Thalgo - 60 min : 80€ midweek / 95€ weekend - 90 min : 110€ midweek / 125€ weekend

Massage done with crystal rock gems for an innovative touch.

Relaxing Massage - 60 min : 80€ midweek / 95€ weekend - 90 min : 110€ midweek / 125€ weekend

Soft, long effleurages, light to medium pressure.

Muscle Massage - 60 min : 90€ midweek / 105€ weekend - 90 min : 120€ midweek / 135€ weekend

Focused on muscular tensions in the back with friction techniques and pressure points. Medium to deep pressure.

Hot stone Massage - 60 min : 80€ midweek / 95€ weekend - 90 min : 110€ midweek / 125€ weekend

Stones are put on energetic points and tensions to relieve you through the heat of the volcanic stones.

Tailored Massage - 30 min : 60€ midweek / 75€ weekend - 60 min : 90€ midweek - 105€ weekend - 90 min : 120€ midweek / 135€ weekend

Our therapists will adapt pressure and massage techniques according to your needs.

Pregnancy Massage - 60 min : 80€ midweek / 95€ weekend - 90 min : 110€ midweek / 125€ weekend

Suitable for mums to be, to relieve tension in the back and drain the legs (minimum 12 weeks pregnant).

Kid Massage - 30 min : 50€ midweek / 65€ weekend

A light relaxation on the back and a facial massage (presence of a parent mandatory).

10 messages booklet (60min to choose): 740€ (non-transferable booklet valid for 1 year)

Body wraps

65€ midweek / 80€ weekend

Melting wrap by Thalgo (30 minutes)

Nourishing and melting touch, enriched with anti-stress algae and protective and nourishing oil perfect for dry skin.

Mud wrap (30 minutes)

This 100% natural mud from the Dead sea remineralizes the skin, loosens muscles and joint tensions while promoting sweating.

Algae wrap (30 minutes)

Iodine-rich alginates from Laminaria promote slimness, whilst Fucus stimulates circulation and drains. Enjoy this anti-stress wrap that softens and moisturises your skin.

Scrubs by THALGO

65€ midweek / 80€ weekend

Sweet and salty scrub (30 minutes)

Cassonade, salt and Mediterranean essential oils, Qi-marine and sacred lotus mixed in this gourmet scrub to purify the body. Its oily and melting texture nourishes the skin and gives it an incomparable satin finish.

Delicious scrub (30 minutes)

Cococonut husks, white sand and sea salt to exfoliate the skin. Monoi and vanilla combined with apricot, jojoba and almond oils to nourish and soften the skin.

Pink sand scrub (30 minutes)

Creamy pinkish cream with pink sand crystals and white quartz that delicately rub your skin. Your body is exfoliated and toned, the skin smooth, supple and soft.

Salt flakes scrub (30 minutes)

Amazing texture with micro-flakes of exfoliating salts that purifies the body and leaves the skin wonderfully soft and velvety thanks to its trio of salts.

Facials by THALGO

Highlight treatment - 30 minutes : 60€ midweek / 75€ weekend

Magnifies radiance and reveals the beauty of dull and tired complexions. The secret of its effectiveness: its professional mask and concentrate, combined with an energising facial massage.

Basic care of the Sea - 60 minutes : 85€ midweek / 100€ weekend

The vital force from the Oceans concentrated in the heart of a tailor-made treatment to meet the specific needs of each skin type. Powerful professional products and a relaxing facial massage will sublimate your skin.

Hyaluronic filler treatment - 90 minutes : 95€ midweek / 110€ weekend

A solution saturated with hyaluronic acid with high penetration, this treatment fills and corrects fine lines and wrinkles thanks to its exclusive massage and professional double mask. From the first session, skin looks younger, smoother and more radiant.

Signature facial - 90 minutes : 130€ midweek / 145€ weekend

Ultimate regeneration experience to enhance youthfulness. A perfect alchemy between efficiency and sensoriality, this treatment gives you the revitalising benefits of regenerative marine intelligence. In its heart, the mask 'Prodige des Oceans' acts as pure plumping oxygenation and its specific massage inspired by Kobido visibly smoothes wrinkles, restores firmness and elasticity to the skin. The face shines with a new youth thanks to its absolute concentrate of 63 active marine ingredients (exclusive Thalgo's patent).

Beauty salon treatments

Signature manicure - 60 minutes : 60€ midweek / 70€ weekend

In addition to nail care, hand scrub, massage and nail polish application are included.

Signature pedicure - 60 minutes : 70€ midweek / 80€ weekend

Nail and heel care, exfoliation and massage to nourish your skin. Nail polish included.

Express hands or feet - 30 minutes : 30€ midweek / 40€ weekend

Nail care

Nail polish - 15 minutes : 15€ midweek / 20€ weekend

Balneotherapy - 30 minutes : 55€ midweek / 70€ weekend

Floating room - 60 minutes : 65€

10 floating sessions booklet: 520€ (non-transferable booklet valid for 1 year)

DAY SPA

Deep Wellness SPA access (1/2 day)* - 50€

Discovery stopover - 79€ : Access to the Deep Wellness Spa and lunch at le Tillac** (*not valid on Sunday*)

Inner stopover - 139€ : Access to the Deep Wellness Spa, lunch at le Tillac** and floatation session (60min) (*not valid on Sunday*)

Mediterranean stopover - 159€ : Access to the Deep Wellness Spa, lunch at le Tillac** and 60 min tailored massage (*not valid on Sunday*)

Sunday Spa brunch - 75€ : Deep well-being SPA access, buffet brunch at le Tillac (*only on Sunday*)

10 X 1/2 day SPA access booklet: 10 access* - 400€ / 20 access - 600€ / 30 access - 750€**

*Free access when more than 150€ is spent on treatments per person from Monday to Friday, not including public holidays

*Low season : between 10.00am to 2.30pm and from 2.30pm to 7.00pm

*High season : between 10.00am to 3.30pm and from 3.30pm to 8.00pm

*special rate for hotel guests, please contact us

**Back from Market' Menu excluding beverages

*** non-transferable booklet/personal booklet valid for 1 year

Etiquette

Opening hours : 10.00am to 7.00pm (from September 1st to May 31st) / 10.00am to 8.00pm (from June 1st to August 31st)

Wellness SPA access : Children under 16 years old are not allowed in the wellness area. The wearing of swimsuits is mandatory. We provide you a locker to store your belongings as well as a bathrobe, flip flops and a bath towel. The management disclaims any liability for loss, theft or damage to your personal belongings. Our Les Terrasses d'Eze Spa is a place of tranquility dedicated to well-being and harmony. It is therefore strictly forbidden to smoke, make noise and use your mobile phone. For the respect of hygiene standards, it is strictly forbidden to bring food into the spa.

Treatments : We invite you to arrive at the spa reception 10 minutes prior to your appointment. Any delay will result in a reduction of the time of your treatment.

Health : You should advise us of any health problems that may affect your treatment. You will be asked to fill out a health form before your appointment.

Cancellation policy : You will be asked for a credit card guarantee for each booking. For any modification or cancellation, you are asked to contact the Les Terrasses d'Eze Spa directly at least 24 hours in advance, otherwise all treatments will be charged

Les Terrasses d'Eze - Le Spa

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