

Welcome to the SPA at Les Terrasses d'Eze

A DIVE INTO THE HEART OF MINERAL CARE

A combination of pure water and gemstones...

Discover our unique Spa of 500m2 in Eze, French Riviera

The marriage of a space with a unique design and a high quality technology for a voyage at the heart of well-being...

...

Every space has been created with our guests in mind to offer the best relaxation experience...

...

Discover our spa menu and our packages
For a relaxing day visit or short break...



SPA MENU

GEMOLOGY menu – Mineral cosmetics

For WOMEN

Gemology Facial treatments : the Classics – 45 mn

GEMOLOGY COMBINATION SKIN CARE – 85€

Ruby through its regulating action & Red Jasper, unveil the glow of a healthy & fortified skin

GEMOLOGY SENSITIVE SKIN CARE – 85€

The sweetness of Sapphire & Lapis Lazuli soothes your skin. Your complexion becomes brighter, your skin is protected

GEMOLOGY DRY SKIN CARE – 85€

The alliance of Jade 1 Malachite lights up your complexion; your skin is comfortable & moisturized

GEMOLOGY BLUE AMBER CARE – 85€

This treatment meets all the vital functions of the skin. The skin is brighter, firmer and protected

DIAMOND GEL MASK SKIN CARE – 95€

An incredible fresh sensation, achieved thanks to the hydrogel texture, enriched in 30 ingredients, for an anti-aging & radiance boost. Also available in 75mn Care

GEMOLOGY menu – Mineral cosmetics

For WOMEN

Gemology Facial treatments: the Anti-aging – 75 mn

WHITE PEARL SKIN CARE – 135€

A unique sensorial experience thanks to this whitening care using molecular cosmetic. Enriched in White Pearl & vitamins, this whitening cocktail will enhance the skin's radiance, uniformity & firmness

DIAMOND ANTI-AGING CARE – 145€

The indomitable Diamond unveils its secret to be combined with Orchid. The face is rested & lighted up. Wrinkles & fine lines are smoothed out

DIAMOND GEL MASK SKIN CARE – 145€

An incredible fresh sensation, achieved thanks to the hydrogel texture, enriched in 30 ingredients, for an anti-aging & radiance boost

RUBY & COLLAGEN SKIN CARE – 185€

Real restructuring care for your skin & profoundly hydrating thanks to its pure collagen mask. Perfectly adapted to all skin types, it improves immediately the texture & leaves a pleasant sensation of well-being. Furthermore, it tonifies & smoothes, while bringing radiance to the skin

Gemology specific body care : 60 mn

LIGHT LEGS CARE – MINT & FIELD HORSETAIL – 125€

Scrub, Massage & Wrap – The unique experience of a « cold care », a dizziness of freshness. A care to have legs & a svelte silhouette profile

SPA MENU

GEMOLOGY menu – Mineral cosmetics

For MEN

Gemology facial treatments : the Classics – 45 mn

GEMOLOGY BLUE AMBER CARE – 85€

This treatment meets all the vital functions of the skin. The skin is brighter, firmer and protected

GEMOLOGY COMBINATION SKIN CARE – 95€

Moon Stone - The Purifying Action of the Moonstone tightens pores, refines skin texture. You display a complexion without complex, which has found brightness & brightness

GEMOLOGY DRY SKIN CARE – 95€

Opal - The Opal rich in silicon acts naturally on collagen synthesis & promotes remineralization. The hydrated skin, regains flexibility, softness & tone

Gemology facial treatments: the anti-aging – 75 mn

RED JASPER BRIGHTENING CARE – 145€

The ideal solution for dull complexions. Red Jasper & Ruby act together to revitalize & boosts all your skin's functions, for a strengthened & protected skin

JADE TONIFYING CARE – 155€

Stressful days or short nights, fight against fatigue signs. The regenerative action of Jade & its anti-stress properties are your allies to wake up, moisturize & dynamize your skin

GEMOLOGY menu – Mineral cosmetics

For MEN

Gemology specific body care

FITNESS BODY CARE 45mn – 115€

Gemology offers you a Fitness Care, e true health care. The citrine that is inside Eclat de Mangue Badu Scrub purifies the skin in depth & prepares it to receive a massage with the Sapphire Cream & its calming properties

MINERAL BODY CARE 75mn – 155€

The Mother of Pearl for a gentle & smooth scrub. The body massage for Men with the Ruby Massage Cream tones & prevents from aging signs. The Tea Leaves & Cocoa Wrap has a detoxifying action

SPA MENU

GEMOLOGY spa menu – Mineral cosmetics

BODY cares

Gemology body cares: scrubs – 30 mn

RELAXING & ANTI-STRESS SALT SCRUB – **65€**
With Peridot salts

ANTI-AGING SALT SCRUB – **65€**
With Ruby salts

DETOX SALT SCRUB – **65€**
With Sapphire

TONIFYING SALT SCRUB – **65€**
With beads of Mother-of-Pearl

ENERGIZING «ECLAT DE MANGUE » SCRUB – **65€**
A fibrous texture, rich in vitamins, which brings a sensation of purity

GEMOLOGY spa menu – Mineral cosmetics

BODY cares

Gemology body cares: Scrub & Massage – 75 mn

RELAXING & ANTI-STRESS SALT SCRUB & MASSAGE WITH PERIDOT CREAM – **135€**
The alliance of the mineral salts with Peridot. Your skin will be revitalized, relaxed & de-stressed

ANTI-AGING & SMOOTHING SALT SCRUB & MASSAGE WITH RUBY CREAM – **135€**
Salts, rich in trace elements, perfectly fit with Ruby for a soft & tonic skin

SLIMMING & FIRMING SALT SCRUB & MASSAGE WITH SAPPHIRE CREAM – **135€**
The minerality of salts joins the efficiency of Sapphire for a drained, firmed & detoxified body

RELAXING MOTHER OF PEARL SCRUB & MASSAGE THE PERIDOT CREAM – **135€**
The sweetness of Mother of Pearl, & the de-stressing action of Peridot to sooth the skin & refine the skin texture. Your body is relaxed & your skin is soft

ENERGIZING SCRUB « ECLAT DE MANGUE » & MASSAGE WITH SAPPHIRE CREAM – **135€**
A fibrous texture, rich in vitamins, which brings a sensation of purity. A Sapphire Cream with a nice fragrance of mint for a stimulating action

SPA MENU

GEMOLOGY spa menu – Mineral cosmetics

BODY CARES

Gemology Body cares: Scrub, Massage & wrap – 105 mn

MINERALIZING CARE OF THE ROTORUA VOLCANO OF NEW ZEALAND – 185€

Give you the privilege of a moment for yourself. Take stress & fatigue away. Enjoy with no limit the stimulating benefits of a wellbeing care

SLIMMING CARE WITH TEA LEAVES & COCOA BEAN – 185€

Eliminate, drain, detoxify. Curves are soothed over; the silhouette is slimmed down

PINK GARNET ANTI-AGING MINERAL BODY CARE – 185€

Under the effect of a precious cocktail made of “anti-aging” actives, you will enjoy a unique moment. Your skin is tonic, uniform, regenerated & protected from external aggressions

RITUAL MASSAGE WITH GEMOLOGY CANDLE 75mn – 135€

A new destination, a journey that carry you on the borders of wellness & calm. A unique care, where an incandescent candle turns into an elixir massage

GEMOLOGY spa menu – Mineral cosmetics

BODY cares

Gemology Mineral relaxation

BODY MASSAGE WITH WARM SEMI-PRECIOUS STONES 50mn – 130€

Unique sensation, for which you choose your cream or Massage Oil Ruby, Sapphire, Peridot

BODY & FACE MASSAGE WITH HOT SEMI-PRECIOUS STONES 80mn – 160€

Sensation unique, for which you choose your cream or Massage Oil with Ruby, Sapphire, Peridot for the body and that for face precious oil or mineral cream

SPA MENU

NATURE Cares *by Les Terrasses d'Eze*

Nature Facial treatments

Face lymphatic drainage 30 mn – **65€**

Energetic face massage 20mn – **35€**

Advanced energetic face massage (*energetic, firming & drainage care*) 50mn – **85€**

NATURE Body scrubs– 30 mn

Mineralizing purity, Detox body scrubs (3 salts) – **60€**

Mineral slimming (salts and seaweed)– **60€**

NATURE Body wraps– 30 mn

Mineral slimming (seaweed) – **65€**

Oligo-active mud – **65€**

Essentiel Detox – **65€**

NATURE Rituals – 75mn

Unique ritual – **145€**

Scrub, wrap & finishing to choose

NATURE Manicure & Pedicure

Manicure 40 mn – **50€**

Spa manicure 50 mn – **60€**

Pedicure 50mn – **60€**

Spa Pedicure 60mn – **70€**

Supplement polish 15mn – **20€**

NATURE Cares *by Les Terrasses d'Eze*

Nature care MANUAL RELAXATION – 30 mn

Massage (at your choice: back, feet...) – **50€**

Foot reflexology – **50€**

NATURE care MANUAL RELAXATION – 50 mn

Californian – **80€**

Intuitive - **80€**

Sport, deep tissue – **80€**

Manual Lymphatic Drainage – **80€**

Energetic – **80€**

Foot reflexology – **80€**

NATURE care MANUAL RELAXATION – 80 mn

Californian – **110€**

Intuitive - **110€**

Sport, deep tissue– **110€**

Manual Lymphatic Drainage (body & face) – **110€**

Energetic – **110€**

NATURE care MANUAL RELAXATION – 90 mn

Tuina – **130€**

Traditional Chinese massage

Deep well-being SPA journey

For HOTEL**** guests :

35€ for 2h single access

60€ for 2h couple access

For EXTERNAL guests:

55€ for 2h single access

100€ for 2h couple access

500€ for a card of 10 sessions of 2h (valid for 3 months)

900€ for a card of 10 « Duo » sessions of 2h (valid for 3 months)

The deep well-being spa journey includes:

The indoor hydromassage pool and its sea view terrace

The heat experiences' rooms journey

The ice wall and fountain

The journey of Sensory showers

The relaxation room with Himalayan salt wall

The Floating room

Unique experience

For a total relaxation of the body and mind!

Lie down and relax in this dark room filled with 25cm of Epsom Saltwater at 35°c for a real experience of floatation with sensory deprivation

65€ for one session of 60mn

500€ for 10 sessions of 60mn



MEMBERSHIP card

To explore a world of privilege...

	12 months membership	6 months membership	3 months membership	1 month membership
	3 000 €	1 550 €	800 €	280 €
Benefits:				
2 hours access per day to the deep well-being Spa journey (upon booking)	yes	yes	yes	yes
Deep well-being Spa journey GIFT VOUCHER	6	2	1	no
Consultation for advice and wellness programme	1	1	1	1
A Gemology product kit	1	no	no	no
1 member welcome Day Spa ** or 3 massages of 50mn (massage of your choice)	1	no	no	no
Floating session	1	1	0	1
Floating session or 30mn massage	no	no	1	no
50mn massage of your choice	no	1	no	no
Punctual wellness courses	10	4	1	no
Yoga session	10	4	1	no
Discounts:				
5% discount on Gemology treatments	yes	yes	yes	yes
10% discount on Nature cares	yes	yes	yes	yes
10% discount on punctual workshops	Yes	Yes	Yes	yes
10% discount on Day Spa & Spa Cures	Yes	Yes	Yes	yes
10% discount on à la carte restaurant (excluding menus and beverages)	Yes	Yes	Yes	yes

(**) Contact us for details of the welcome day spa



SPA Cure

ANTI STRESS Spa Cure – Programme over 2 days **538€ per person**

1st day:

- 1 floatation session (60mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Gemology Relaxing Mother of Pearl Body scrub (30mn)
- 1 foot reflexology (45mn)

2nd day:

- 1 floatation session (60mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Gemology mineral anti stress body wrap (30mn)
- 1 Nature Californian Manual Relaxation (45mn)

Gentleman Spa cure – programme over 2 days **533€ per person**

1st day :

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature Mineral Purity body Scrub with 3 salts (30mn)
- 1 Nature Manual Relaxation at choice (45 mn)
- 1 Gemology Face Care (45mn)

2nd day :

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature seaweed body wrap (30 min)
- 1 foot reflexology (30 min)
- 1 Nature Manual Relaxation at choice (45 mn)

SPORTIVE Spa Cure – Programme over 2 days **478€ per person**

1st day:

- 1 floatation session (60 mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature Mineral Purity body Scrub with 3 salts (30mn)
- 1 Nature sport Manual Relaxation (30 mn)

2nd day:

- 1 floatation session (60 mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature decontracting mud body wrap (30 min)
- 1 Nature sport Manual Relaxation (30 mn)

DETOX Spa cure – programme over 2 days **458€ per person**

1st day:

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature Mineral Purity body Scrub with 3 salts (30mn)
- 1 Nature manual lymphatic drainage (40 mn)

2nd day:

- 1 floatation session (60 minutes)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature essential detox body wrap (30 min)
- 1 Nature Manual Relaxation at choice (45 mn)

SPA Cure

BEAUTY & WELLNESS Spa Cure – Programme over 2 days

488€ per person

1st day:

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature nurturing body scrub (30 mn)
- 1 Gemology body & face massage Cream Ruby, Sapphire or Peridot (50 min)

2nd day:

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 pedicure (50 minutes)
- 1 manicure (40 mn)
- 1 Gemology facial treatment (45 mn)

SVELTESSE Spa Cure – Programme over 2 days

413€ per person

1st day:

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Gemology slimming and firming sapphire body scrub (30 min)
- 1 slimming massage (40 mn)

2nd day:

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature Mineral body wrap (30 min)
- 1 Nature manual lymphatic drainage (45 mn)

Day SPA

DISCOVERY STOPOVER - 79€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)

INTERNAL STOPOVER - 139€ per person

- 1 floatation session (60mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)

MEDITERRANEAN STOPOVER - 159€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature Manual Relaxation at choice (50 minutes)

ANTI STRESS day spa - 269€ per person

- 1 floatation session (60mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Gemology mineral anti stress body wrap (30mn)
- 1 Nature Californian manual relaxation (45mn)

GENTLEMAN Day Spa - 279€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature Mineral Purity body Scrub with 3 salts (30mn)
- 1 Nature Manual Relaxation at choice (45 mn)
- 1 Gemology Face Care (45mn)

SPORTS Day Spa - 259€ par personne

- 1 floatation session (60mn)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Gemology mineral anti stress body wrap (30mn)
- 1 Nature Californian manual relaxation (45mn)

DETOX Day Spa - 249€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Nature mineral purity body scrub with 3 salts (30mn)
- 1 Nature seaweed body wrap (30 min)
- 1 Nature Manual Lymphatic drainage (40 mn)

BEAUTY & WELLNESS Day Spa - 294€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Gemology Anti-aging Salt body Scrub with Ruby (30mn)
- 1 Nature Mineral body wrap (30 min)
- 1 Gemology Body Finishing with Ruby or Sapphire Cream (15 min)
- 1 Gemology face treatment Diamond Gel Mask (30 min)

SVELTESSE Day Spa - 289€ per person

- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 lunch at Le Tillac bistronomic restaurant (menu Return of the market, excluding drinks)
- 1 Gemology slimming and firming sapphire body scrub (30 min)
- 1 Nature Detox body wrap (30 min)
- 1 Nature slimming massage (45 mn)
- 1 Gemology Body Finishing with Ruby or Sapphire Cream(15 min)

WELLNESS STAYS

TOTAL RELAX package – 1 night / 2 days

From 202.50€ per person in a double room

- 1 night in double comfort room, breakfast included
- 1 dinner on half board excluding drinks at the Tillac restaurant
- 1 floatation session (60mn)
- 1 access to the Deep Wellness Spa Journey (duration 2h)

RELAXATION package – 1 night / 2 days

From 222.50€ per person in a double room

- 1 night in double comfort room, breakfast included
- 1 dinner on half board excluding drinks at the Tillac restaurant
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature manual relaxation at choice (50mn) or 1 Gemology facial treatment (45mn)

DETOX package – 2 nights / 3 days

From 345€ per person in a double room

- 2 nights in double comfort room, breakfast included
- 1 dinner on half board excluding drinks at the Tillac restaurant
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature ritual: body scrub - wrap & massage (90mn)

REVITALIZATION package – 2 nights / 3 days

From 340€ per person in a double room

- 2 nights in double comfort room, breakfast included
- 1 dinner on half board excluding drinks at the Tillac restaurant
- 1 floatation session (60mn)
- 1 access to the Deep Wellness Spa Journey (duration 2h)
- 1 Nature Energetic Manual Relaxation (30mn) or 1 Nature lighting up face care (30mn)



Information

Schedule of hours

Care, shop & Deep Wellness journey : 10.00am – 8.00pm
Locker room hours: 9.50am to 8.10pm

Reception

Guests are welcome to arrive 10/15 minutes before the time at the spa reception.
The passage to the reception of the Spa makes it possible to record the arrival of each customer and to fulfill the formalities of reception.
Children under 18 years old are not allowed in the Spa.

Dress code

For the Deep Wellness Journey, guests are invited to wear a swimsuit.
Bathrobes, towels, flip flops and other welcome products are at their disposal in the locker room and the course.

Locker rooms

Only guests who have booked a treatment or access to the Deep Wellness Journey can use a locker in the locker room.

Respect & Responsibility

Our Spa Les Terrasses d'Eze is a space dedicated to well-being, harmony, it is a world of tranquility; so it is forbidden to smoke, to make noise, to use a telephone.
For the respect of the standards of hygiene, it is forbidden to consume food.
The management can not be held responsible in case of loss, theft, deterioration or forgetfulness of object in our establishment.

Health

Each client must advise us of any health problem, allergy, injury ... that could have consequences on the care or the Deep Wellness Journey. In case of doubt, do not hesitate to see your doctor before any reservation. The Spa Les Terrasses d'Eze provides only cares of well-being and esthetics and is not a medical or paramedical establishment. The terms "massage" or "manual relaxation" are used to express body relaxing cares, performed using different techniques. Before each treatment, you will be asked to fill in a consultation form.

Privatization of the Spa

For your events, we offer personalized offers tailored to the nature of the event, your needs, your desires and the number of your guests. Contact us directly by phone or email.

Booking – cancellation

When booking, credit card details are required as a guarantee.

For any change or cancellation of the reservation, you are asked to contact the Spa des Terrasses d'Eze directly and this, within a minimum of 72 hours before the beginning of the treatment. In this case, no cancellation fees will apply.

Any cancellation or reservation made within 48 hours before your appointment will be charged 50% of the amount of the service booked - by debiting your card.

Beyond this period, any reservation or cancellation of service will be invoiced in its entirety in the same way.

2018 rates subject to modification without prior notice

Contact details:

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