

# The Facial Treatments

## Hydration

**Hydroptimale<sup>®THI3</sup>** \_\_\_\_\_ 1hr15min \_\_\_\_\_ €

A deep hydration treatment in three dimensions with visible and immediate results. A skin that recovers flexibility and comfort... A truly refreshing experience.

## Oxygenation

**Oxylance<sup>™</sup>** \_\_\_\_\_ 1hr30 min \_\_\_\_\_ €

An antipollution system that boosts the breathing system with sphérulites<sup>®</sup> of cellular energy. Straightening effect / Radiance / Vitality.

## Restructuring

**Lift Defense<sup>®2</sup>** \_\_\_\_\_ 1hr30min \_\_\_\_\_ €

The latest generation in antiageing treatments. It combines compounds and high technology formulation. For a prodigious anti-wrinkles result and filling effect.

## Seasonal

**Revitalising and toning with grenadine and passion fruit** \_\_\_ 40 min \_\_\_\_\_ €

Exotic cleaning and refreshing treatment for the skin. Deep cleaning according to the type of skin, relaxing massage with passion fruit cocktail and face pack with passion fruit cream and grenadine gel. You get the remaining grenadine gel to continue at home, for applying under the daily moisturising cream.

## Complementing Treatments

### Prestige

**Excellence Secrets Sothys<sup>®</sup>Treatment** (facial) \_\_\_\_\_ 75 min \_\_\_\_\_ €

An anti-stress, anti-ageing programme. A privilege for the senses, it is an invitation for a multisensorial journey.

To age better, age later.

### Sothys Homme

**Detox-antistress treatment** \_\_\_\_\_ 45 min \_\_\_\_\_ €

45 minutes to relax nervous tensions, stimulate the spirit and detox the skin.

# The Body Treatments

## PRESTIGE

**Excellence Secrets Sothys® Treatment** (facial & body) \_\_\_\_\_ 2hr \_\_\_\_\_ €

An anti-stress, anti-ageing programme. A privilege for the senses, it is an invitation for a multisensorial journey.

To age better, age later.

## PROSPA-CONCEPT™

### THE DRY RITUALS

#### Gommages

Rapture ginger Gommage... \_\_\_\_\_ 30 min \_\_\_\_\_ €

A creamy exfoliating balm with spicy enrapturing tones. An invitation on a journey...

#### Massage

**Slimming metamorphosis** \_\_\_\_\_ 45 min \_\_\_\_\_ €

A slimming massage with citric essential oils (lemon, grapefruit) and vegetable oils (cypress, cedar, juniper...)

**Peace to the senses** \_\_\_\_\_ 45min \_\_\_\_\_ €

A relaxing massage with orange and marjoram essential oils. A 100% anti-stress moment.

**Radiant skin** \_\_\_\_\_ 45 min \_\_\_\_\_ €

A decongestion and relaxing massage. Ideal for skin with redness and congestion due to pollution and stress.

**Tribal** \_\_\_\_\_ 1h15min \_\_\_\_\_ €

Gommage with calming Baobab oil and 100% torrefacto coffee beans. Wrap in hydrating cactus wax. To finish, a full body massage with Tahiti monoi, first with mortar pestles and then with hands to allow for a maximum relaxation.

### THE WET RITUALS

## Gommages

**Gentle delight Gommage** \_\_\_\_\_ 30 min \_\_\_\_\_ €  
A gentle loofah gommage, a true delight for skin with a fragile tendency.

**Awaken Gommage** \_\_\_\_\_ 30 min \_\_\_\_\_ €  
A gommage with sea salt and citric essential oils. Guaranteed toning effect. Or if you prefer a more exotic option, a delicious gommage with spices and essential oils of ginger, nutmeg, orange for a soft and delicately perfumed skin.

## PROFESSIONAL EXPERT TREATMENTS

**Detox sea benefits** \_\_\_\_\_ 1 hr00 – Full treatment \_\_\_\_\_ €  
A gommage with sea salts and citric essential oils, followed by the benefits provided by the benefits of the Desquamer face pack.

**Mineral spell** \_\_\_\_\_ 1 hr30 – Full treatment \_\_\_\_\_ €  
A gommage with sea salts and citric essential oils, with a detox mineral mud application. At the end, a relaxation massage, delicately perfumed with essential oils.

**Melting slimming wrap** \_\_\_\_\_ 1 hr30 – Full treatment \_\_\_\_\_ €  
1 hr00 – without gommage \_\_\_\_\_ €  
A gommage with sea salts and citrics, with a caramelised melting wrap to eliminate toxins and improve slimming. Massage with citric oils.

**Eastern spices ceremony** \_\_\_\_\_ 1 hr00 – Full treatment \_\_\_\_\_ €  
Enchanting ritual with oriental tones, with spice pandas, warmed in an aromatic butter. Ginger gommage, massage on different points of the body following an Indian tradition. Escape to a different world.

**Hanakasumi** \_\_\_\_\_ 1 h10 – Full treatment \_\_\_\_\_ €  
Revitalising and nourishing ritual of Japanese inspiration. Gommage and massage with ethereal notes and a foot massage. An invitation on a journey...

**Miracle velvet skin** \_\_\_\_\_ 1 hr00 – Full treatment \_\_\_\_\_ €  
40min – without gommage \_\_\_\_\_ €

### Spa Thermal treatments

All the benefits of Eau Thermale Spa™ water in a single treatment: éclat gommage, thermal gelée wrap and soft relaxing massage.

**Cacao wrap** \_\_\_\_\_ 1 hr00 – \_\_\_\_\_ €  
Gommage with two peppers and cacao mousse wrap, ending with a cacao butter massage, a sweet and relaxing treatment.

Quiromassage \_\_\_\_\_ 30 min \_\_\_\_\_ €

## HANDS & FEET BEAUTY RITUALS

Hand softness treatments \_\_\_\_\_ 50 min \_\_\_\_\_ €

1hr00 – with varnish \_\_\_\_\_ €

Gommage with salts and relaxing massage. Optional varnish application.

Magic feet treatment \_\_\_\_\_ 50 min \_\_\_\_\_ €

1hr00 – with varnish \_\_\_\_\_ €

Gommage with salts followed by a pleasure massage. Optional varnish application.