

COLLECTION OF MESSAGES

Let yourself be transported into a world where time hasn't hold and enjoy the pure pleasure of tailor made treatments for you !

Tailor-made Full body Massage **55 min 95€**
1h25 135€

Tailor-made massages combining energizing, relaxing, and draining techniques

Delight Massage of the back, neck, shoulders **25 min 55€**

An express massage with aromatic oils that focuses exclusively on the back, neck and shoulders to relieve tension and provide delicious well-being.

Relaxing Hot Stone Massage **1h10 125€**

Black basalt stones are heated and used to massage the whole body and release deep tension. Ideal for muscle pain and contractions. By working on deep stresses, this treatment designed to unblock energy channels is an extraordinary holistic therapy for body and mind.

Indian Ayurvedic Massage **55 min 95€**

Inspired by the thousand-year-old Indian tradition, this tonic and muscular massage alternates fast and slow maneuvers, loosening the areas of tension in order to restore energy and vitality to your body

My first massage **25 min 55€**

Junior massage (up to 12 years). Relaxing massage of the back of the body. Your child discovers all the benefits of deep relaxation and leaves filled with beautiful energy.

Massage "Mother night light" **45 min 85€**

Massage for pregnant women (from the 3rd month). This treatment prevents, relieves and relaxes the body from small ailments related to pregnancy. It nourishes for better elasticity and tone of the skin and improves venous circulation.

COLLECTION HAUTE COUTURE BODY CARE

Aromatic complexes rich in minerals to meet all the needs of the skin and body

Anti-stress back care **45 min 85€**

A natural warming treatment for the back with pebbles to release nervous and muscular tension.

Preceded by a back massage for a deep feeling of well-being. During the installation of the pebbles, your beautician will practice the divine feet and legs massage. Relieves stress and fatigue of travel.

Sublime Ritual of Polynesia **55 min 95€**

1h25 135€

A sublime scrub with monoi from Tahiti, grains of sugar and coconut, followed by a relaxing massage.

Bengaluru Energizing Ritual **55 min 95€**

1h25 135€

Adapted from an ancient ritual of the island of Java, the Aromatic Scrub with Spices offers an exceptional scrub, enriched by the invigorating benefits of spices. Its combination of Sea Salt and Almond powder provides an exfoliating action that purifies the skin, softened by vanilla oil. Thanks to essential oils, this original treatment allows you to recharge your batteries in depth. To complete this treatment with a moment of relaxation, you will receive a massage of twenty minutes or fifty minutes

Ritual back **45 min 85€**

A scrub followed by a relaxing back massage.

FACIALS

Radiance care, skin perfector **55 min 95€**

A cleansing and "radiance" treatment for purified skin, smoothed skin texture and a perfect complexion.

A treatment that regenerates, tones and illuminates the skin. The complexion is luminous and the skin sublime.

Youth care **55 min 95€**

1h25 135€

A global anti-aging treatment, acts in depth on wrinkles, firmness, pigment spots and radiance.

The skin is toned, smoothed and plumped. The complexion is radiant.

EXCLUSIVE EXPERIENCES

Total Harmony Care **1h10 125€**

A soothing massage of the back, neck and scalp opens this wonderful relaxing treatment, designed to relieve areas of tension and muscle contractions. The beautician then performs a tailor-made phytoaromatic facial treatment.

The result: rehydrated, nourished and protected skin and an extraordinary feeling of peace and harmony.

Vosges stroll of Sophie's Gardens **1h45 180€**

Discover the benefits of local fir oils that will relieve muscle pain in heavy legs. Enjoy the relaxing effects of hot stones on the spine while your beautician gives you a leg massage with local fir essential oil for light legs.

Finally, your beautician will provide you with a tailor-made phytoaromatic facial.

Ultra relaxing ritual **2h25 240€**

Discover the benefits of volcanic stones provided by the hot stone massage. Beforehand you will have enjoyed the benefits of steam with 10 minutes of hammam and exfoliation. Following the massage you will benefit from a tailor-made phytoaromatic facial.

**Each treatment is provided in partnership
with the brand "Cinq Mondes".
Rates in euros including VAT**

 **les Jardins de Sophie**

RELAXATION AREA

In our second building, below the Domaine, we welcome you in our relaxation area.

The swimming pool, the fitness room and the spa area are accessible from 9:00 am to 8:00 pm.

You will find a basket in your room to accompany you to the pool. Towels are available upon request at the hotel reception. On your return, please leave them in the basket provided at the reception desk.

We recommend that you come to the pool in a bathrobe. However, if you wish to use the locker rooms and lockers, we will provide you with disinfectant spray and paper towels to clean up before you leave your belongings there.

You can also benefit from massages and beauty treatments. Appointments can be made at the hotel reception.

Please note that any change or cancellation of an appointment must be notified at least 24 hours in advance. For any treatment not cancelled in time you will still be charged. Please arrive at the spa reception desk 10 minutes prior to your treatment time.

Rates and information at the hotel reception
or by phone by dialing 9

CINQ MÖNDES

SPA PARTENAIRE



Le SPA



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