

# Treatment menu

## Face treatments :

### “Customised facial care”

This personalised treatment is the perfect way to bring comfort to your skin and to restore its radiance. Your therapist will determine the treatment that suits you best and the techniques she will use according to your needs.

A feeling of absolute calm

55 minutes - 110€

### “Eye contour care”

This relaxing interlude includes a massage with refreshing ceramics and a cornflower water mask to reduce dark circles and eye bags.

Only as a supplement to a facial

15 minutes - 20€

### Favourite treatment : "Wellness face lift"

Thanks to a specific and tonic gesture, the production of collagen is activated, the skin plumped, smoothed and rejuvenated! This surprising treatment acts in depth on wrinkles, firmness and radiance of the skin. The anti-ageing effect is immediately visible, a real pleasure for the face.

Instant feeling of lightness

55 minutes - 110€





### “Nature and softness”

Well-being body massage with warm oil, using very gentle and enveloping techniques. This treatment is recommended for people who are looking for a gentle approach, with light pressure. **55 minutes - 120€ / 85 minutes - 180€**

### “Light of the senses”

Cocooning body massage using a modelling candle. This harmonising treatment relaxes the whole body with long, slow, fluid movements using the forearms.

A beautiful invitation to escape and a real appeasement of the senses.

**55 minutes - 130€**

### “Herbal ballotins massage”

Experience the benefits of the plants of our mountains with this wellness ballotins massage. This treatment releases the properties of the oil-soaked pouches in a gentle heat. **55 minutes - 140€**

### “Pebbles from our rivers”

Massage bien-être aux pierres chaudes et aux galets frais de nos rivières pour une véritable invitation au sommeil. Les galets huilés voyageront sur l'ensemble du corps et les méridiens pour une détente extrême. **75 minutes - 140€**

### Signature treatment "La Cheneaudière"

**Where the products of the hive and the plants of our region are honoured.**

This wellness massage of the whole body and face is a unique concept signed "Simples et Miel". It is a discovery and a sensory invitation through our homemade cosmetics line. **75 minutes - 145€**





## Create your treatment : 55 minutes, 130€

By choosing 2 treatments from the list, we invite you to create your own personalised moment of relaxation.

### “Wellness back massage”

Gentle wellness massage of the entire back, using scented oils based on the theme of our treatment rooms.

### “Release”

Wellness massage of the face, neck, scalp and arms, with a comforting “Simples et Miel” balm, for a moment of complete relaxation.

### “Well-being foot reflexology”

Release of the tensions and stimulation of the reflex zones by pressure on the foot arch. This well-being foot reflexology provides absolute calm.

### “Marvellous rose”

Facial treatment including a 2-in-1 scrub with rose powder followed by a wellness massage with pink quartz, the stone of soothing and rejuvenation.

### “Wellness face lift”

Find the benefits of your "wellness face lift". This treatment provides the most effective anti-ageing techniques for an immediate radiance boost.



## The “Mother-to-be” treatments :

For the comfort of the mother-to-be and the well-being of the baby, we only provide treatments for pregnant women from the 4th month until the end of the 8th month of pregnancy.

### “Precious harmony”

Personalised well-being massage offering a muscle relaxation, in order to regain a peaceful spirit before baby’s arrival.

**55 minutes - 130€. Specific massage candle option, 5€ extra.**

### “Serenity while waiting for baby”

- Specific wellness massage for the mother-to-be
- “Nature and softness” massage for the father-to-be
- Relaxing bath with fresh organic milk and soothing oatmeal pouches

**1h30 - 330€ for 2 persons**



## Exclusive ceremonies

The ceremonies will be provided in one of the 3 treatment rooms "Forest", "Prairie" or "Mountain".

### "Joy in the Cheneaux meadow"

- Wellness massage of the body with herbal ballotins and berries from the region
- Relaxing bath with herbal pouches and Vosges fir tree bath salts
- 2 glasses of champagne served during the bath

1h30 - 400€ for 2 persons/220€ for 1 person

### "Light of the hive"

- Wellness massage of the back of the body using a seasonal scented hot candle
- Wellness foot reflexology
- Relaxing bath with herbal pouches and Vosges fir bath salts

1h30 - 305€ for 2 persons/185€ for 1 person

### "Warmth of the house"

- Wellness massage of the whole body with hot stones and fresh pebbles from our rivers
- Relaxing bath with plant pouches and Vosges fir tree bath salts

1h30 - 305€ for 2 persons/185€ for 1 person

### "Mineral escape"

- Wellness massage of the back of the body with local mineral stones
- Rose glowy face treatment with
- Relaxing organic oat milk bath and enjoy an organic bluet juice

1h30 - 365€ for 2 persons/215€ for 1 person

The products used in this ceremony are entirely vegan.



### Discover the "face yoga" !

Private session led and guided by your therapist, performing a specific muscle toning, self-massage and gentle acupressure gesture, that you can include in your beauty routine.

In addition to a ceremony

30 minutes - 30€ for 2 persons / 20€ for 1 person

## Body treatments :



### “Satin dream”

25 minutes body scrub followed by the application of a body wrap on a special water bed. Your skin will feel soft and comfortable after this cocooning treatment.

55 minutes - 120€

### “Hand softening”

Scrub, mask and wellness hand massage completed with nail treatment, followed by the application of a strengthening base.

55 minutes - 105€

### “Cosy feet”

This treatment will leave your feet feeling light and nourished. It includes a 2-in-1 peeling, a foot wellness massage as well as a complete nail treatment and the application of a strengthening base.

55 minutes - 105€

### “Semi-permanent polish”

Manucure or pedicure express followed by the application of a semi-permanent nail polish.

55 minutes - 55€ hands/65€ feet



## Men's care :



### “The beekeeper”

This 100% masculine facial encourages the elimination of toxins thanks to the exfoliation, the specific “Eclat de Miel” mask and the relaxing massage.

55 minutes - 110€

### “Silky beard”

Facial scrub to activate the blood microcirculation, moisturizing and softening mask for beards followed by a relaxing massage of the neck and scalp.

(Does not include beard trimming)

35 minutes - 75€

### “Absolute relaxation”

Relaxation of back muscle tension followed by a wellness massage of the face, neck and scalp with a comforting “Simples et Miel” balm.

55 minutes - 130€



## Exclusive facilities :

### "Flotarium"

#### - A unique sensory experience

In a 60m<sup>2</sup> private room, let yourself be transported out of time in our 3.50m x 3.50m pool. The floatarium reproduces the benefits of the Dead Sea thanks to the 4 tons of Epsom salt that allow the body to float, in total weightlessness.

#### - The benefits of a floating session

Epsom salt detoxifies and tones your body by strengthening the immune system, promotes restful sleep, eliminates tension and relieves joints while providing softness to your skin. The floatarium is particularly recommended for people suffering from insomnia and daily stress.

**This facility is recommend for pregnant women.**

### "Floating and resting moment"

Privatisation of the room for 50 minutes : 35 minutes floating followed by 15 minutes resting on a waterbed.

**For 1 or 2 persons : 105€**

### "Privileged moment"

Privatisation of the place for 1h10 : free floating, availability of a massage table as well as a massage candle (3 scents will be suggested to you), to share a moment together where you can massage each other.

**For 2 persons : 165€**



In order to personalise your session and allow you to experience a unique moment, we suggest the following option, composed of :

- The "Amethyst" cocktail (Crémant d'Alsace, violet syrup and blueberry juice)
- Sweet treats
- Decoration of the private room with rose petals.

**Extra 35€ for 2 persons.**



## "Kraxenofen"

Gentle heat hay sauna, 45°C.

Comfortably seated in an alcove of this private room, the hay vapours spread over your entire back, eliminating toxins and relieving tension in the back, shoulders and neck.

The sauna is tolerated by people who suffer from heavy legs or who do not tolerate the high heat of saunas.

**20 minutes - 45€ for 2 persons / 30€ for 1 person**



## "Hydro-massage"

Thanks to the water spray inside of the water mattress, enjoy an invigorating or relaxing wellness massage with variable intensity, according to your needs.

**25 minutes - 30€/person. Individual session.**

**This session is suitable for pregnant women.**



## "Radiofrequency"

Face and body lifting treatment. With radiofrequency, the oval of the face is redesigned. This gentle treatment immediately firms up the skin of your body, leaving it more beautiful and radiant.

**60 minutes - 150€/person. Individual session, only provided in your room.**





## Cosmetics Simples and Honey

### Our exclusive range of home cosmetics.

For your beauty, La Cheneaudière has created a line of natural cosmetics\*, without parabens, based on:

- **Pure water** from Colroy-La-Roche
  - **Honey** from our mountains
- **Plants and herbs** from the surrounding meadows
  - **Berries** from the Vosges forests

\*Developed with a local cosmetic laboratory

An **essential range**, which tells the story of a **generous nature**.



### Baume aux mille vertus

Honey, beeswax, vitamin E. Comforting balm for the whole family. Creamy, melting, it wraps in softness. Face and body.  
Capacity 200ml: €56

### Pluie délicieuse

Spring water from Colroy la Roche and floral water to gently cleanse. Face and eyes.  
Capacity 200ml: €42



### Infusion précieuse

Major plantain, elderflower and blueberries. Smoothing, soothing and decongesting gel for the eye contour.  
Capacity 15ml: €36

### Elixir de la ruche

Royal jelly, honey, major plantain. Anti-aging nectar for plump skin. Non-comedogenic texture. Suitable for combination and oily skin.  
Capacity 30ml: €60



### Trésor des prairies

White broth and elderberry flowers, major plantain, honey. Moisturizing and protective cream to soothe and protect all skin types.  
Capacity 50ml: €48

### Eclat de miel

Heather, honey, white clay. For purified and radiant skin in a few moments, leave this mask on for a maximum of 3 minutes.  
Capacity 100ml: €40



### Pur extrait de bruyères

Macerate of whole heather flowers from the Vosges. Highly concentrated care oil for face and body. Repairs, softens and nourishes atopic and very dry skin.  
Capacity 100ml: €32





## **Age limit**

For safety reasons, access to the Nature Spa is restricted to people over 15 years old.

## **Booking**

We recommend you to book your treatments in advance in order to get the best availability.

You can book :

- By phone from your room (557)
- By contacting the **Nature Spa reception directly**
- By phone at **03 88 47 23 16**
- By email to **spa@cheneaudiere.com**

## **Your treatment**

For the sake of organisation and to fully accommodate you, we recommend you come 10 minutes before your treatment. In case of delay, the time devoted to your treatment cannot be guaranteed.

## **Health condition**

If you have any doubts about your health, please consult your doctor before booking. The Nature Spa is a non-medical environment and all the treatments provided have your well-being as their sole aim.

## **Treatment dress code**

It is important for you to be comfortably dressed and relaxed. During your treatment, our therapists will make sure to cover the intimate areas of your body. Disposable underwear is also available for your comfort.

## **Behaviour**

Nature Spa staff are not allowed to approach any intimate part of your body. Any hint or request of this type will result in the immediate ending of the treatment and the full payment of the services.

## **Valuable items**

We recommend you to leave all your valuables and jewellery in your room safe. The Nature Spa declines all responsibility in case of loss or theft in the spa.

## **Modifications and cancellations**

For any change or cancellation of a treatment, you are requested to contact the Nature Spa only, at least 24 hours before the start of the treatment.

After this period, any cancelled treatment will be fully charged. Likewise, any absence from a reserved treatment will be charged.

