



Spa Menu

Adapted to the health context

« Our Philosophy »

The Cheneaudière Spa Hotel has the privilege of being nestled in the middle of a preserved natural area.

The facilities, materials and treatments offered are respectful of nature and totally eco-friendly.

We are fully committed to providing you with a unique and meaningful experience, amongst a natural environment.

Simples et Miel

« Your exclusive brand of home cosmetics »

For your beauty care, La cheneaudière has created a line of cosmetics based on natural active paraben free ingredients

* using :

- Pure water from Colroy-La-Roche
- Honey from our montains
- Plants from the neighbouring meadows
- Berries from the forests of the Vosges mountains

*Developed with a local cosmetic laboratory

A range of lotions, serums, balms and oils that tell the story of a generous nature.



Discover our own range of cosmetics. Our products are available in our spa boutique.

PLUIE DELICIEUSE

Pure water from Colroy springs and blueberry.

This fresh water gently cleanses the face and eyes.

200ml : 42€



BAUME AUX MILLE VERTUS

Honey, beeswax, natural vitamin E, haether oil, heather flowers and great mullein.

Used on a daily basis, this healing ointment moisturizes and nourishes the face and body. Can be used by the whole family.

200ml : 56€



INFUSION PRECIEUSE

Plantain, elderflower and blueberry.

Applied smoothly around the eye area, this refreshing gel illuminates the eyes.

15ml : 36€



ELIXIR DE LA RUCHE

Royal jelly, honey, plantain, heater oil.

This cosmetic is a pure concentrate of Hive Gold.

This anti-aging elixir has an immediate tightening effect on the skin. Apply morning and evening a few drops of this precious nectar. It smoothes your skin for a youthful and radiant complexion.

30ml : 60€



TRESOR DES PRAIRIES

Mullein flowers and elderberry flowers, plantain, honey, beeswax.

This concentrated plant extract combined with honey moisturizes, softens and protect your face.

50ml : 48€



ECLAT DE MIEL

Heather, honey, white clay.

For a rejuvenating effect, apply generously like a mask, leave to penetrate for 3 minutes, then rinse.

100ml : 40€



PUR EXTRAIT DE BRUYERES

Macerat of whole heather flowers of the Vosges.

Highly concentrated extract for face and body. It repairs, softens and nourishes atopic and very dry

100ml : 32€



FACE CARE

Based on « *Simples et Miel* » Cosmetics

Duration 55 minutes

Bienfaits des Ruches

Signature treatment

Complete skincare ritual to rejuvenate mature skin, nourish and sooth tired skin. Royal jelly combined with different modelling techniques will oxygenate and relax the fine lines for a firmer and suppler skin.

For mature and sensitive skin

120€

Trésors de nos prairies

Healthy glow treatment for rehydrated and luminous skin. The small verbena, plantain and elderberry pouches will drain and beautify your complexion.

Hydratation and radiance.

110€

Brin de douceur

This treatment will soften your skin and erase tightness. Gentle scrub, refreshing massage with cryogenic spheres and bio-cellulose nourishing mask to sublimate and soothe your skin.

For sensitive skin

110€

Pureté des cimes

Freshness scrub, relaxing massage and white clay mask. Cleansing for a deeply purified and flawless skin that will leave your complexion glowing and uniform.

For combination to oily skin.

110€

L'apiculteur

This facial for men encourages the elimination of toxins. Thanks to the exfoliation and the specific « Eclat de Miel » mask, you will find clear and purified skin.

110€

Wellness Face Lifting Massage

Massage with invigorating motions that will leave your face feeling firmer and brighter. Smooth and plump, your skin will be glowing.

55 minutes - 110€



BODY TREATMENTS

Duration 55 minutes

« Ballotins aux plantes » Treatment

Signature body care

Full body wellness massage with plants pouches. Discovers the virtues of berries and plants from our mountains and emollient oat flakes in our pouches. This treatment gently releases the benefits of the pouches soaked in lukewarm oil.

140€

« Nature et douceur » Treatment

Full body wellness massage with warm oil using very soft and enveloping movements.

This treatment is suitable for pregnant women.

120€

« Lueur des sens » Treatment

Low motion movements combined with the warmth of a scented candle specially designed for massage with vegetable wax, leading to total relaxation.

Cocooning massage par excellence.

This treatment is suitable for pregnant women.

130€

« Dos sublime » Treatment

Complete back treatment.

Scrub followed by the application of a purifying white clay mask and back wellness massage.

130€

FACE YOGA

– NEW SESSION TO DISCOVER –

To extend the benefits of the Ceremony's care we would like to introduce you to the "FACE YOGA" to regain a luminous and pure face. This private session will be guided by a practitioner. She will perform some specific gesture of muscle toning, relaxing self-massage and gentle acupressure, which you can reproduce simultaneously on your face. The contracted muscles relax, the complexion is oxygenated, the skin breathes!

30 minutes

Individual: 20€

duo: 30€

EXCEPTIONAL CEREMONIES

Duration 90 minutes

The Ceremonies will be provided in either of the 3 treatments suites « Forest », « Meadow » or « Mountain ».

« Bonheur au pré des Cheneaux »

- Full body massage with pouches filled with herbs and berries from the region, 60 minutes
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, 30 minutes
- Glass of Champagne served during the bath

Individual: 220€

duo: 400€

« Lumière de la Ruche »

- Hot candle back body massage, 30 minutes
- Wellness foot reflexology, 30 minutes
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, 30 minutes

Individual: 185€

duo : 305€

« Escapade au Ban de la Roche »

- Smoothing and nourishing facial, 50 minutes
- Relaxing foot massage, 10 minutes
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, 30 minutes

Individual: 185€

duo: 305€

« Voyage Minéral »

- Relaxing massage with heather oil and local minerals, 30 minutes
- Healthy glow facial treatment, 30 minutes
- Relaxing bath with organic oat milk while enjoying some organic bluet juice, 30 minutes

The products used during this ceremony are vegan.

Individual: 215€

duo: 365€

« Sérénité en attendant bébé »

- Pregnancy massage treatment specially designed for the expectant mother, 55 minutes
- "Nature et douceur" massage for the father-to-be, 55 minutes
- Relaxing bath with fresh organic milk and softened oatmeal pouches, 30 minutes

Duo: 320€

CREATE YOUR OWN TREATMENT

Total duration 55 minutes

130€

By choosing 2 treatments from the list below, we invite you to create your tailor-made moment of relaxation.

Back wellness massage

Relaxes muscles and joints. The whole back is freed.

« Lâchez prise » Treatment

Well-being massage of the face, neck and scalp with the comforting balm from the « Simples et Miel » range for a moment of complete relaxation.

Wellness foot reflexology

Release of tension and stimulation of reflex zones with pressure on the arch of the foot. This reflexology provides absolute relaxation.

« Fraîcheur cristalline » Treatment

Wellness back massage followed by draining legs massage with cool cryogenic spheres for a lightness feeling.

« Renaissance sublimée » Treatment

Wellness massage of the back of the body with « Pur extrait de Bruyères » oil. The different ceramics diffuse their pleasant warmth and allow you to feel different sensations that are both relaxing and stimulating.

« Rose merveilleuse » Treatment

Facial treatment including a 2-in-1 rose powder scrub-mask followed by a massage with rose quartz, which is a soothing and rejuvenating stone.

Eye contour treatment

Specific anti-fatigue treatment for the eye contour area. The witch hazel and cornflower floral water mask will soothe and tone your eyes area. This relaxing break is followed by an original massage with refreshing ceramics to blend dark circles and under-eye bags.

« Barbe soyeuse » Treatment

Scrub to improve the blood flow beard mask followed by a relaxing massage of the neck and scalp.

This treatment softens and hydrates your beard.
(Does not include beard trimming)

Body Scrub

Total scrub of the body for a softer skin.

Body wrap

Full body wrap with the application of an unctuous preparation which will leave you relaxed and your skin hydrated. After the wrap, enjoy a moment of rest on a water bed in a pleasantly heated cocoon.

« Douceur des mains » Treatment

Light scrub followed by a hand bath. Application of a nourishing preparation and generous massage with the « Baume aux Mille Vertus ».

« Pieds douillets » Treatment

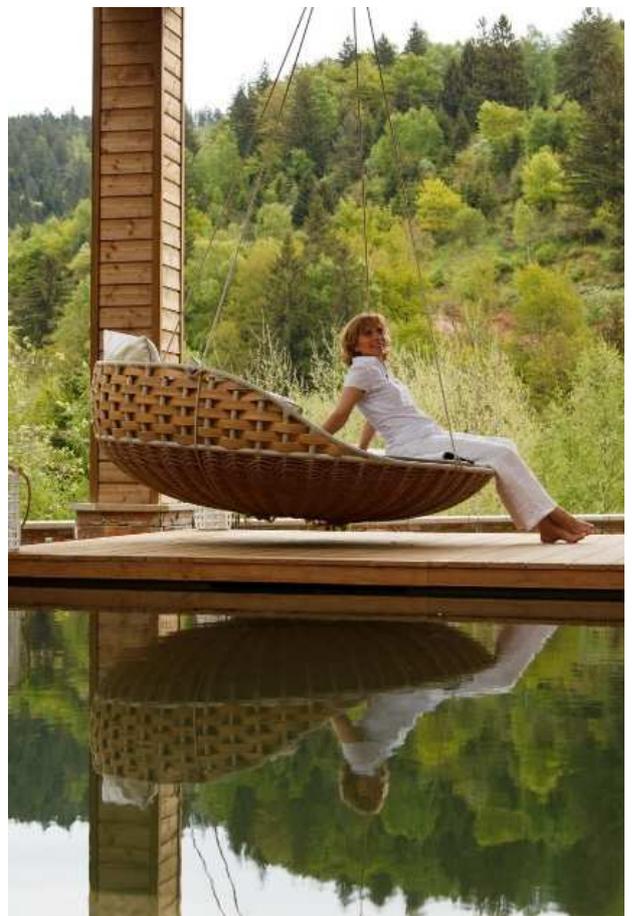
Gentle scrub followed by a soothing foot bath with dried flowers. Well-being massage with aromatic herbal pouches and « Baume aux Mille Vertus » for light feet sensation.

Hand care

Nails filing, cuticles are hydrated and pushed back, wellness massage, application of strengthening basecoat.

Foot care

Nails filing, cuticles are hydrated and pushed back, wellness massage, application of strengthening basecoat.



EXCLUSIVE

« Mains divines » Treatment

Hand care with beeswax to regain absolute softness. After a gentle exfoliation that will stimulate microcirculation, the « Baume aux Mille vertus » and honey will be applied as a mask to repair and moisturize, followed by a nourishing poultice with 100% natural beeswax. The specific massage of the hands will bring lightness.

55 minutes - 80€

EXTRAORDINARY TREATMENTS

FLOTARIUM

A sensory experience

Indulge in this unique treatment in a spacious 60m² private suit, unwind and let go of tension thanks to the physical weightlessness of floating in the largest float-tank in Europe (3.5m x 3.5m), with soothing light and underwater music.

The Benefits of a Flotarium session.

Epsom salt softens the skin, detoxifies and invigorates the body. Highly relaxing, this treatment alleviates the effects of jet lag. Flotarium sessions are particularly recommended for pregnant women.

Floating session followed by a moment of relaxation

50-minute private flotarium hire:

35-minute flotation followed by 15-minute of relaxation.

This treatment is suitable for pregnant women.

105€ – for up to 2 people

“A special moment”

1h10 private flotarium hire: after relaxing in the floating pool, enjoy a privileged moment together by massaging each other. A massage table and massage candle will be at your disposal.

165€ – for 2 people

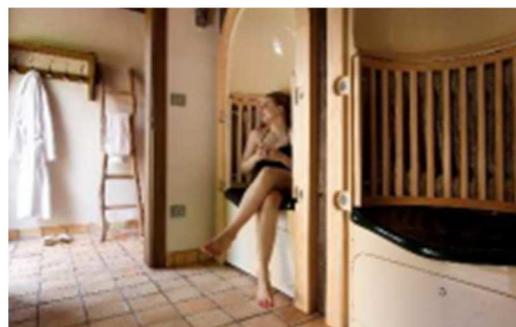


« KRAXENOFEN »

Soft hay sauna heated to 45°C.

Comfortably sitting in our sauna heated with organic hay from the meadows around Stampoumont and the thousands of flowers that grow there, you will enjoy the hay vapors swung into space over you that will relax your back and neck. The coumarin released by the slow-burning hay will detoxify your back and relieve tensions. This sauna is tolerated by people with tired legs who cannot enjoy the high heat of traditional saunas.

20-minute session Individual: 30€ For 2: 45€



WATER BED

Thanks to the jets powered inside the water mattress, benefit from a tonic or relaxing massage with variable intensity according to your choice.

This treatment is suitable for pregnant women.

Individual session of 25 minutes: 30€



GEL NAIL POLISH

The semi-permanent polish is applied like a classic polish. After catalysis, it will completely dry and it will last about 15 days.

Express manicure and semi permanent nail polish
55€

Express pedicure and semi permanent nail polish
65€

Important information

Booking

We strongly recommend that you book your treatment as soon as possible to ensure availability.

You can book :

- By phone from your room (557)
- By contacting the reception of Nature Spa directly
- By phone : + 33 3 88 47 23 16
- By email : spa@cheneaudiere.com

Your treatment

For organizational reasons and to fully satisfy you, we recommend that you arrive 10 minutes before your appointment at the Nature Spa reception. In the event of delay, the time devoted to your treatment cannot be guaranteed. In case of delay of our part, we will respect the time normally scheduled for your treatment.

Health questionnaire

A mandatory questionnaire will be given to you before the treatment in order to best personalize your treatment.

Health

In case of doubt about your health, please consult your doctor before any reservation. Our treatments are non-medical and are performed for your sole well-being.

Pregnant women

In order to protect the mother and her baby, wellness massage can only be carried out between the 3rd and 8th month of pregnancy.

Duo treatment

Depending on availability, all of our treatments can be practiced in duo, except body scrub, body wrap and waterbed sessions.

Health context protocol

Wearing a mask is compulsory during wellness massage. The well-being massage will be performed with gentle pressure only in order to respect the health and well-being of the practitioners. Only the treatments indicated on this menu can be performed during the entire health period.

Dressing during treatment

It is important that you are comfortably dressed and relaxed. During your treatments, our therapist will make sure to cover all the private parts of your body. Disposable underwear is also available. The staff at Nature Spa is not allowed to approach an intimate part of your body. Any hint or request of this type will result in the immediate termination of treatment and full payment for services.

Minimum age

Access to the Nature Spa is only reserved for people over 15 years old.

Valuable objects

We recommend that you put all your valuables and jewelry in the safe of your room or your locker. Nature Spa declines all responsibility in the event of loss or theft in the spa.

Changes and cancellations

In the event of change or cancellation please contact only the Nature spa at least 24 hours before the start of your treatment. Beyond this period, any canceled care will be invoiced in full. Likewise, any absence from a reserved treatment will be invoiced to you.
Any reservation made within 24 hours is non-cancellable.