

# MASSAGES AND TREATMENTS MENU

## FACE CARE:

For women

### ■ 'Nature is Future' ritual

This natural-flavoured treatment is designed to restore your complexion's radiance and keep your face deeply moisturised. It provides real comfort while energising your skin cells with a remarkable luminous effect.

*NATURE IS FUTURE organic cosmetics, locally manufactured in France*

**60 minutes – € 120**

### ■ Beauty Reveal ritual

The combination of an expert touch with effective products from the PAOMA collection creates a moment of absolute wellness and visibly transforms skin. The jawline is redefined, the cheekbones are lifted, and skin texture is refined. Skin is soft, velvety, and more beautiful.

*PAOMA organic cosmetics, made in France*

**60 minutes – € 110**

### Favourite

### ■ Hyalurescence anti-aging ritual

As a true alternative to cosmetic medicine, the HYALURESCENCE Anti-Aging Ritual targets the visible signs of aging with action on the whole face, neck, and décolletage. Skin is stimulated and relaxed deep down to restore elasticity, fade wrinkles, and redefine contours.

*PAOMA organic cosmetics, made in France*

**75 minutes – € 175**



### ■ ADDITIONAL OPTIONS for the 2 PAOMA facials above

Five targeted modules have been designed to make Paoma's facials even more personal. Depending on needs and the desired outcome, one or more of these complementary modules can be used to enhance the **2 rituals PAOMA above**.

EYES • Drains, smooths & energizes	<b>15 min. - € 25</b>
FOREHEAD • Lifts, plumps & eases stress	<b>15 min. - € 25</b>
LIPS • Plumps, sculpts & smooths	<b>15 min. - € 25</b>
JAWLINE • Sculpts, firms & lifts	<b>15 min. - € 25</b>
DECOLLETAGE • Restructures, smooths & firms	<b>15 min. - € 25</b>

### ■ Innovation: 'Personalised skin diagnosis'

Carry out a skin diagnosis using a professional machine, followed by personalised advice based on your skin's needs.

**€ 50**

*(For all massage and treatment bookings, we are pleased to offer you this diagnosis)*

## BODY MASSAGES:

For women and men

### ■ 'L'instant zen'

This relaxing upper body massage eliminates tension thanks to an enveloping gesture performed with our organic 'cocooning' oil all along the back for an immediate relaxing effect. Relaxing the nape of the neck and scalp will leave you feeling extremely serene and totally disconnected.

**30 minutes – € 65**

### ■ 'Nature et douceur'

Body massage using warm oil and very gentle, enveloping movements. This treatment is suitable for those seeking a gentle approach, with light pressure.

**60 minutes – € 120**

**1h30 – € 180**

### ■ 'Lueur des sens'

A cocooning body treatment using a massage candle.

This harmonising treatment relaxes the whole body with long, slow, fluid movements using the forearms. It's an invitation to travel and a real treat for the senses.

**60 minutes – € 130**

### ■ 'Galets de nos rivières'

A massage using hot stones and fresh pebbles from our rivers, for a real invitation to sleep.

The oiled pebbles will travel over the whole body and the meridians for extreme relaxation.

**75 minutes – € 140**

### ■ 'Relaxation profonde'

This oil massage relaxes muscles and relieves tension thanks to slow, deep kneading and manoeuvres. This is a high-pressure treatment that includes mobilisation.

**60 minutes – € 140**

**1h30 – € 210**

### ■ 'Ballotins aux plantes'

Rediscover the virtues of the plants of our mountains with this ballotin massage.

This treatment releases the benefits of the warm oil-soaked sachets in a gentle warmth.

**60 minutes – € 140**

### Favourite

#### ■ Signature care 'La Cheneaudière'

Where products from the beehive and plants from our region take pride of place.

This full-body and facial massage is a unique concept from "Simples et Miel",

a discovery and a sensory invitation through our range of homemade cosmetics.

**75 minutes – € 145**



## MASSAGES AND MADE-TO-MEASURE TREATMENTS:

For women and men

Choose **2 experiences** from the list below to create your own tailor-made 60-minute treatment.

**60 minutes – € 130**

### ■ Experience 'Bien-être du dos'

A gentle massage of the entire back, using oils scented to match the ambience of your treatment room.

### ■ Experience 'Lâchez prise'

Massage the face, neck, scalp and arms with a soothing balm for a moment of total relaxation.

### ■ Experience 'Réflexologie plantaire de bien-être'

Release tension and stimulate reflex zones by applying pressure to the arch of the foot. This well-being foot reflexology treatment provides absolute calm.

### ■ Rituel 'Éveil des sens'

The ritual awakening of the senses is a prestigious holistic treatment that can be personalised. This treatment takes place in 2 stages: 15 minutes dedicated to preparing the skin, from removing make-up to applying a mask, followed by 15 minutes of modelling the desired area: eyes, lips, forehead, oval of the face or décolleté.

*PAOMA organic cosmetics, made in France*

### ■ Experience 'Lifting bien-être'

Rediscover the benefits of your "Lifting well-being" facial. This treatment features the most effective anti-ageing manoeuvres for an immediate radiance boost.

## SCRUBS AND WRAPS:

For women and men

### ■ 'Douceur des mains'

This treatment includes a scrub, a mask and a hand massage, as well as a complete nail treatment, followed by the application of a strengthening base.

**60 minutes – € 105**

### ■ 'Pieds douillets'

This treatment will leave your feet feeling light and deeply nourished.

It consists of a 2-in-1 peel, followed by a foot massage, a complete nail treatment and a strengthening base.

**60 minutes – € 105**

**Favourite** 

### ■ Treatment 'Rêve de satin'

A body scrub using an exfoliating sorbet, followed by the application of an enveloping body chantilly, created on a special wrap bed for a gentle sensation of comfort. Choice of sorbet and chantilly scents.

**60 minutes – € 120**



## MATERNITY CARE:

In order to avoid possible complications for the mother-to-be and the baby, we only perform treatments on pregnant women from the 4th month until the end of the 8th month of pregnancy.

### ■ 'Précieuse harmonie'

A special warm oil massage to relax the muscles and restore a relaxed state of mind before the arrival of baby.

**60 minutes – € 130**

Possibility of replacing the warm oil with massage candle wax: **€5** supplement.

### ■ Couples care: 'Sérénité en attendant bébé'

- A special pregnancy massage for the mother-to-be;
- A 'gentle nature' massage for the father-to-be;
- A relaxing bath for the couple with fresh organic milk and soothing oatmeal sachets.

**1h30 as a duo – € 165 per person**

## MEN'S CARE:

### ■ 'Barbe soyeuse'

Scrub to activate blood microcirculation, special beard moisturising and softening mask, followed by a relaxing neck and scalp massage. (Does not include beard trimming)

*ARSÈNE organic cosmetics, made in France*

**35 minutes – € 75**

### ■ 'L'apiculteur'

This 100% masculine facial encourages the elimination of toxins thanks to an exfoliating scrub, a special 'Eclat de Miel' mask and a relaxing massage.

**60 minutes – € 110**

### ■ 'Détente absolue'

Relaxation of muscular tension in the back, followed by a well-being massage of the face, neck and scalp with a comforting balm.

**60 minutes - € 130**

### ■ 'Peau Neuve'

Vetiver brush body scrub using local artisan soap or a traditional grain scrub (your choice), followed by an organic body wrap.

**60 minutes - € 120**

### ■ Couples care: 'Sérénité en attendant bébé'

- Nature et douceur' massage for the father-to-be;
- Pregnancy-specific well-being massage for the mother-to-be;
- Relaxing bath for the couple with fresh organic milk and soothing oatmeal sachets.

**1h30 as a duo – € 165 per person**

## EXCEPTIONAL CEREMONIES:

For women and men

Exceptional ceremonies are complete protocols including treatment and/or massage and bath. These ceremonies are only performed as a duo in one of the private treatment suites.

### ■ 'Lumière de la ruche'

- Back-of-body treatment with a warm, seasonal-scented massage candle;
- Well-being foot reflexology;
- Relaxing bath with plant pochons and Vosges fir bath salts.

**1h30 as a duo – € 155 per person**

### ■ 'Chaleur de la maison'

- Full-body massage with hot stones and fresh pebbles from our rivers;
- Relaxing bath with plant pochons and Vosges fir bath salts.

**1h30 as a duo – € 155 per person**

### ■ 'Voyage minéral' – 100% vegan care

- Back-of-the-body massage with local semi-precious stones;
- Healthy glow rose facial;
- Relaxing bath with organic oat milk;
- Tasting of bluet juice.

**1h30 as a duo – € 185 per person**



### ■ 'Bonheur au pré des cheneaux'

- Full-body massage with bundles of local herbs and berries;
- Relaxing bath with pochons of plants and Vosges fir bath salts;
- 2 glasses of champagne served during the bath.

**1h30 as a duo – € 200 per person**

### ■ Signature ceremony 'Simples et Miel'

This innovative and unique protocol, created by our training manager Florence Petit, was awarded **1st prize in the 'Best Signature 2023 skincare' competition** in Paris.



- A fluid, enveloping body massage followed by gentle, precise pressure points. These are carried out with honey spoons in different sizes. This gentle stimulation of reflex points brings a real sense of freedom and a state of perfect balance;

- Relaxing bath with pochons of herbs, milk, honey and Vosges fir salt;
- Tasting of local delicacies made with honey and herbal teas from the region.

**1h30 as a duo – € 280 per person**

## EXTRAORDINARY CARE:

For women and men

### The 'flotarium'

A unique sensory experience! In a private 60m<sup>2</sup> suite, let yourself be transported out of time in a 3.50 m x 3.50 m pool. The floatarium reproduces the benefits of the Dead Sea, thanks to the 4 tonnes of Epsom salt that allow your body to float in total weightlessness.

Epsom salt detoxifies and tones your body by strengthening the immune system, promotes restful sleep, eliminates tension and relieves joint pain while leaving your skin feeling soft.

The floatarium is particularly recommended for people suffering from insomnia and daily stress.

This session is also beneficial for pregnant women.

50 minutes of private time:

35 minutes floating followed by 15 minutes resting on a water bed.

**50 minutes solo or duo - € 105**

### OPTION 'privileged moment' :

Add 20 minutes of privatisation/flotation

+ provision of a massage table

+ a massage candle (3 scents to choose from),

to share a moment together where you can massage each other..

**For 2 people: + € 60**

### OPTION 'personalisation' :

Personalise your floatarium experience with :

- 2 house cocktails;
- sweet treats;
- private suite decorated with rose petals.

**For 2 people: + € 35**

***The options can be combined.***



### ■ The 'kraxenofen'

A gentle hay steam sauna, heated to 45°C. Comfortably installed in an alcove in this private room, the hay vapours release coumarin and spread over your entire back, eliminating toxins and relieving tension in your back, shoulders and neck. This steam sauna is suitable for people who suffer from heavy legs or who cannot stand the excessive heat of traditional saunas.

**20-minute solo session - € 30**

**20-minute duo session - € 45**



### ■ The hydromassage bed

Thanks to the jets propelled inside the water mattress, you can enjoy an invigorating or relaxing massage, with variable intensity, according to your needs. This treatment is suitable for pregnant women.

**25-minute solo session - € 30**



### ■ The 'radiofrequency'

Lifting treatment for the face and body.

Radiofrequency helps to reshape the oval of the face. This gentle treatment immediately firms the skin on your body, leaving it radiant and more beautiful. Individual session, carried out in your room only.

**60-minute session - € 150**



# Information and booking

We recommend that you book your treatments in advance to ensure the best possible availability.

Reservations can be made:

- by telephone from your room (557)
- directly at the Nature Spa reception desk
- by telephone on 03 88 47 23 16
- by mail to [spa@cheneaudiere.com](mailto:spa@cheneaudiere.com)

## Nature Spa Rules:

### Minimum age

For safety reasons, access to the Nature Spa is restricted to people aged 15 and over.

### Your treatment

For organisational reasons and to ensure your complete satisfaction, we recommend that you arrive 10 minutes before your treatment. If you are late, your treatment time cannot be guaranteed.

### Your state of health

If you are in any doubt about your state of health, please consult your doctor before booking. The Nature Spa is a non-medical environment, and all the treatments it offers are aimed solely at your well-being..

### Your outfit during the treatment

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

### People skills

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

### Valuables

We recommend that you leave all valuables and jewellery in your room safe. Nature Spa accepts no responsibility for loss or theft in the spa.

### Changes or cancellations

If you wish to change or cancel a treatment, please contact Nature Spa at least 24 hours before the treatment is due to start.

After this time, any treatment cancelled will be billed in full. Likewise, you will be charged for any no-show for a booked treatment. Thank you for your understanding.