



NATURE SPA



Cheneaudière

HÔTEL SPA 5*





A Haven in the Forest Nest

Between the fir trees of the Vosges Mountains and the ancient houses of the village of Colroy-la-Roche, time slows down.

La Cheneaudière is a refuge. A place of authenticity.

Its spa, bathed in light and raw wood, opens onto the forest. People come here to breathe, to pause, to reconnect with what truly matters.

Each treatment is inspired by the natural rhythm of the seasons, the richness of local plants, and the expertise of committed, responsible brands.

The skin is renewed, tensions melt away, and the mind becomes clearer.

Every detail here invites you to slow down, to return to yourself, to nature, and to a certain vision of well-being: simple, genuine, and true.

FACIAL TREATMENTS

PAOMA
PARIS

A prestigious French skincare brand, eco-ethical and organic, PAOMA was created as a holistic, anti-ageing beauty ritual, combining proven efficacy with a unique sensory experience.



RÉVÉLATEUR DE BEAUTÉ

Natural Beauty Enhancer

60 min - 120 €

A true beauty-revealing ritual.

This preventive treatment regenerates, smooths and firms the skin. The complexion appears visibly firmer and enhanced.

RITUEL ANTI-ÂGE

Anti-Ageing Ritual

60 min - 130 €

A true anti-ageing ritual delivering an immediate, incomparable effect.

This treatment reduces the visible signs of ageing on the face, neck and décolleté. Deeply stimulated and relaxed, the skin regains its elasticity and facial contours are redefined.

PAOMA
PARIS



FACIAL TREATMENTS



natureisfuture

A local brand of certified organic cosmetics,
combining natural ingredients, proven efficacy and sensoriality,
to preserve and prolong cellular youthfulness
through the benefits of nature.



ÉCLAT AU NATUREL

Natural Radiance

30 min - 70€

60 min - 120 €

A personalized facial tailored to your skin's needs.
The natural radiance of your complexion is revealed.
The skin is hydrated, plumped and revitalized.

INSTANT AU MASCULIN

A Moment for Men

30 min - 70€

A treatment dedicated to men.
For a soothing and invigorating experience.
The skin is smoothed, refreshed, and revitalized.



natureisfuture





MASSAGES

Our therapists tailor your massage to your needs, focusing on the areas and duration of your choice, for a moment of absolute relaxation.

RELAXANT

Relaxing

30 min - 70 €

60 min - 130 €

90 min - 180 €

A personalized, enveloping massage that soothes the body and mind, inviting deep relaxation and letting go.

DÉCONTRACTANT

Tension-Relieving

30 min - 70 €

60 min - 130 €

90 min - 180 €

A slow, deep massage that relaxes, relieves tension, and aids in muscle recovery.

WELLNESS ESCAPES

CHALEUR MINÉRALE

Hot Stone Massage

60 min - 140 €

Volcanic hot stones, paired with a soothing massage, travel across the body, creating a profound feeling of serenity and well-being.

LUEURS DES SENS

Candle Massage

60 min - 140 €

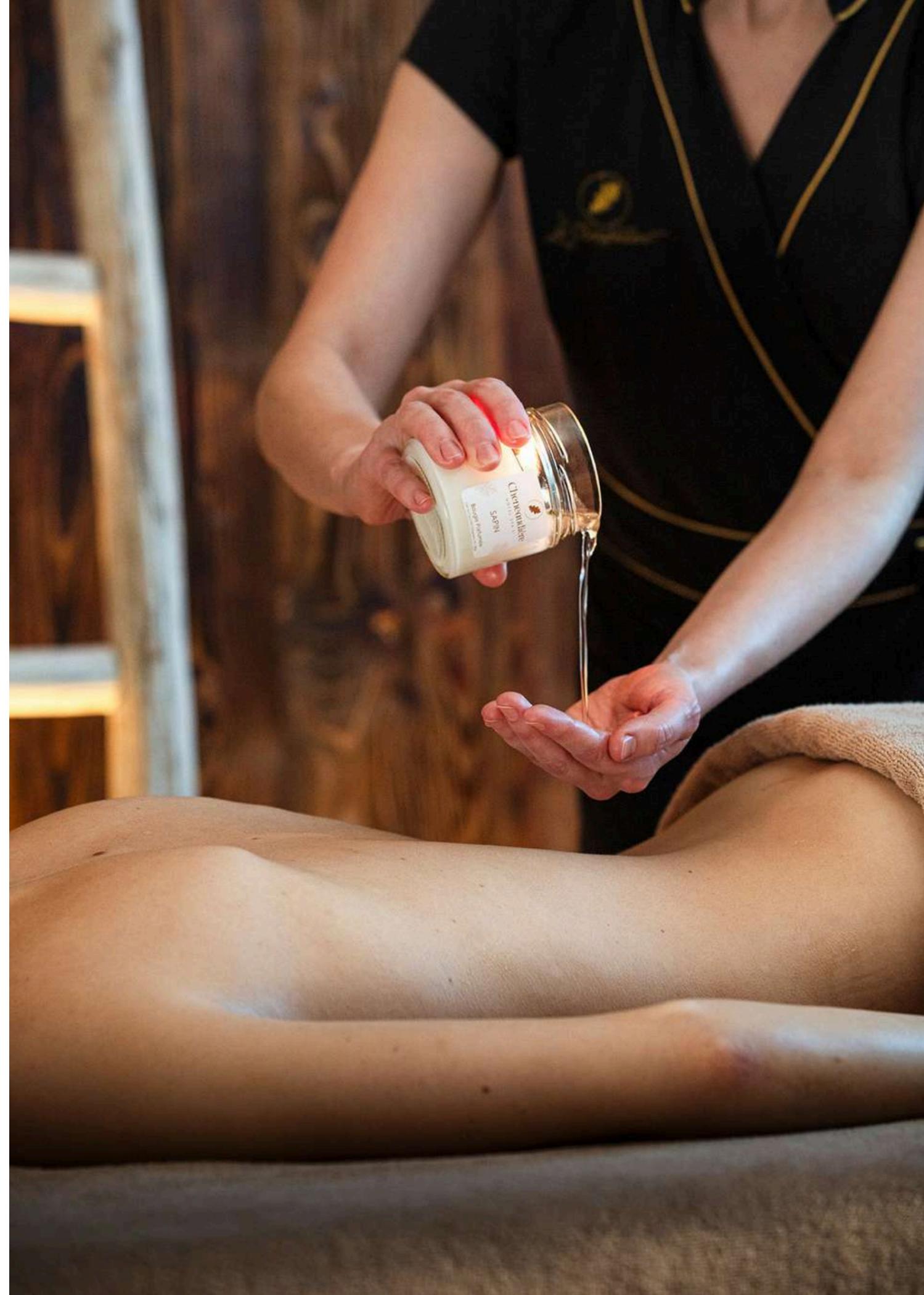
Performed with fluid, harmonizing movements and the gentle warmth of a massage candle in the scent of your choice, this treatment soothes the body and transports you on a blissful journey.

RÉFLEXOLOGIE PLANTAIRE DE BIEN-ÊTRE

Well-Being Reflexology

30 min - 70 €

Using targeted pressure on the soles of the feet, this non-therapeutic comfort treatment awakens the body's energy, harmonizes vital functions, and creates a profound feeling of overall well-being.



CÉRÉMONIE DE LA CHENEAUDIÈRE

The Cheneaudière Experience

90 min - 280 € par personne

**Awarded Best Signature Treatment 2023 in Paris,
this sensory journey, designed by our expert Florence Petit,
highlights the natural wonders of the Vosges.**

The treatment begins with the stimulation of reflex points using honey spoons of various sizes, to activate vital energy.

It is followed by specific massage techniques designed to revitalize, rebalance, and harmonize the body.

The experience continues in a fragrant bath infused with local plants, nourishing milk, precious honey, and fir salts, for a deeply regenerative moment.

This ritual is accompanied by a tasting of Cheneaudière delicacies and a herbal infusion with regional aromas, extending this moment of authentic well-being.





RITUALS

Conceived as sensory journeys, our ceremonies take place in two phases.

A soothing massage of the back and décolleté,
followed by a bath in the seclusion of our nature-facing suites.
Each ceremony is complemented by a handcrafted local drink,
enhancing the experience.

CÉRÉMONIE AUX GALETS

Hot Stones Ritual

90 min - 170 € per personne

During a comforting massage, volcanic hot stones travel and glide across the body, delivering a profound sense of serenity. The face is then massaged with small marble stones to tone and revitalize the skin. The ritual ends with a bath infused with regional plants and Vosges fir salts.

CÉRÉMONIE LUMIÈRE

Candle Ritual

90 min - 170 € per personne

The sensory journey begins with a harmonizing back massage, performed with a massage candle in the scent of your choice. It is followed by a wellness foot reflexology, using targeted pressure on reflex zones to create a profound sense of well-being. The ritual concludes with a bath infused with regional plants and Vosges fir salts.

CÉRÉMONIE BIENFAISANTE

Herbal Ritual

90 min - 170 € par personne

During a deeply relaxing massage, warm pouches of local herbs are gently glided over the skin, releasing their nourishing and soothing properties. The ritual concludes with a bath infused with regional plants and Vosges fir salts, prolonging the sensation of well-being.

MOTHER-TO-BE

A massage and a ritual dedicated to perinatal care

For the safety and comfort of both mother and baby, our treatments are available from the start of the 4th month through the end of the 8th month of pregnancy.

DOUCEUR DE VIE

Gentle Prenatal Massage

60 min - 130 €

A prenatal massage using warm organic oil, specially designed to support expectant mothers.

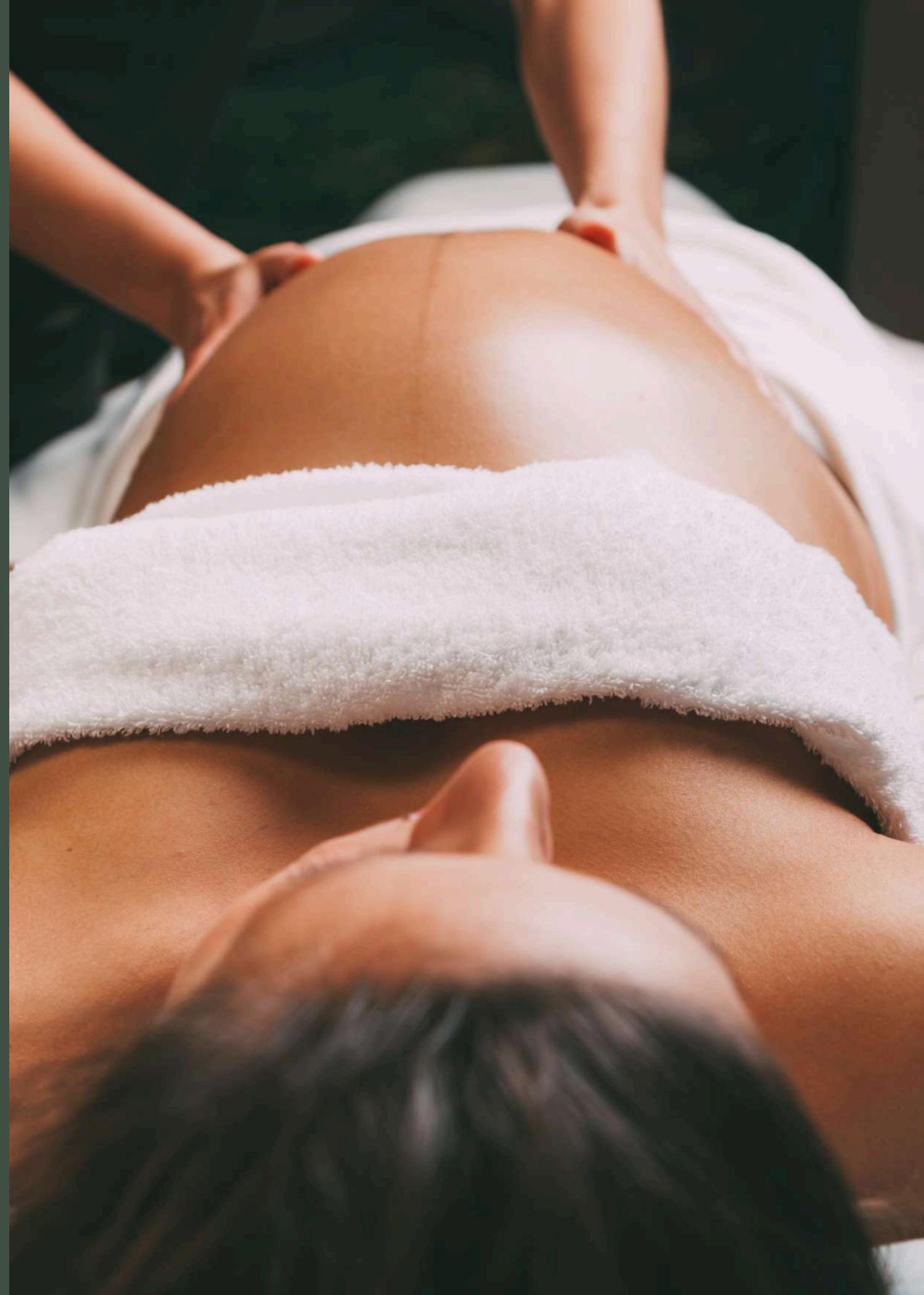
Like a comforting caress, this massage helps relieve tension and brings a genuine sense of well-being and lightness.

EN ATTENDANT BÉBÉ

Waiting for baby

90 min - 170 € par personne

A tailor-made prenatal massage for the expectant mother, a relaxing massage for her partner, followed by a soothing bath with fresh organic milk and oat flakes, creating a timeless moment of gentleness and shared connection.





FLOTARIUM

A WEIGHTLESS EXPERIENCE

In this 60 m² space, a warm-water pool enriched with four tons of Epsom salt welcomes you for a rare experience: one of absolute flotation, as if levitating on the saline waters of the Dead Sea.

From the moment you are immersed, muscles release, the body lets go, and inner silence gently settles in.

This experience soothes joint and muscle pain.

It remineralizes the body, envelops the skin in a beneficial mineral veil, and encourages deep surrender.

Gravity fades away, and with it, all remaining resistance.

A true sanctuary where time seems to stand still.

Perfect for expectant mothers, tired bodies, or over-stimulated minds.

Your session includes a 35-minute floating experience, followed by 15 minutes of rest.

60 minutes of absolute calm in a private room — 120€ per session.

Maximum of 2 people per session.

To Extend This Blissful Interlude

Gourmandise - Gourmet Indulgence

Two glasses of our signature sparkling wine 'Bulles de la Cheneaudière', accompanied by delicate sweet treats — Supplement of 40€

Echappée Romantique - Romantic Escape

An additional 30 minutes in an atmosphere adorned with rose petals, along with a massage candle for you to enjoy a shared massage — Supplement of 80€

HYDROMASSAGE BED

A SENSORY JOURNEY

25 min - 35 €

Immersed in a soothing atmosphere, enjoy the experience of a massage on a specially designed mattress that releases jets of warm water at varying intensities beneath your body.

With no direct contact with water, each gentle pulse invites the muscles to unwind, providing instant well-being.

According to your preferences, choose a soft pressure for deep relaxation, or a more invigorating intensity for a revitalizing effect.

Suitable for expectant mothers.



BODY WRAP

A COCOONING EXPERIENCE

Body Wrap – 30 min – 60€

Let yourself be wrapped in gentle heat and surrender to a profound sense of release.

Comfortably nestled in a Soft-Pack floating bed, combining a warm water mattress with a heated blanket set to 37°C (98.6°F), your body is enveloped in nurturing active ingredients. The warmth relaxes the muscles, deeply replenishes the skin, and invites a state of absolute relaxation.

A timeless interlude where the body regenerates and the mind gently drifts away... A soothing escape just for you.

BODY SCRUB

THE PERFECT SKIN RITUAL

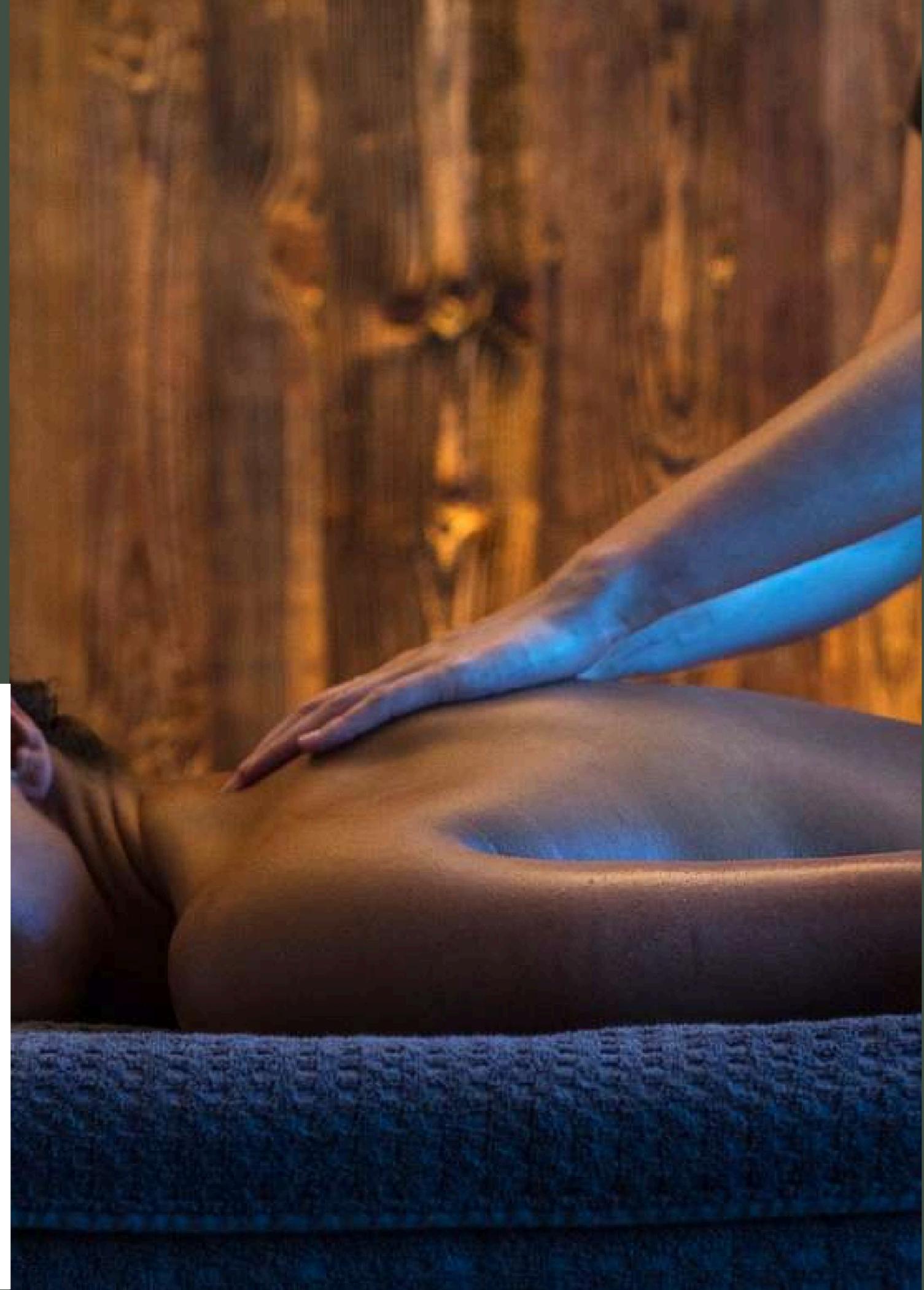
Body Scrub – 30 min – 60€

Body Scrub & Body Wrap – 60 min – 110€

Treat your skin to a true renaissance.

Thanks to dynamic gestures and exfoliating textures, this softening and purifying treatment refines the skin's grain and reveals its natural radiance.

The skin becomes softer, smoother, and perfectly prepared to receive the full benefits of subsequent treatments... A moment of pure sensation.



KRAXENOFEN

AN IMMERSIVE ALPINE STEAM EXPERIENCE

Nestled within a secluded alcove, this ritual invites you on a sensory journey inspired by Alpine traditions.

Seated comfortably in a wooden chair, your back and neck are gently enveloped in soft steam at 45°C.

A blend of medicinal plants harvested at high altitude is slowly heated to release all of its beneficial properties, allowing its aromatic vapors to unfold.

Thanks to the coumarin released by the hay, tension gradually melts away, muscles relax, and breathing deepens within a vegetal atmosphere infused with herbaceous notes.

This comforting moment, designed as a pause for reconnection with nature, is meant to be experienced in complete privacy, alone or as a couple, in this fully privatized space.

After the treatment, enjoy two glasses of sparkling white tea with bergamot at our Spa bar.

20 min - 35 € per session
2 persons maximum per session



SPA HOURS

Family Area: 7:00 AM – 7:30 PM
Nature Spa: 9:00 AM – 7:30 PM
Lunch Hours: 12:15 PM – 2:30 PM
Afternoon Tea: 3:00 PM – 5:00 PM

ACCESS

The Spa is open from 9:00 AM to 7:30 PM, and access is not included with à la carte treatments. You can book your spa access with our reservations team or via the hotel website. We recommend arriving at the spa reception at least 15 minutes before the start of your treatment. A personalized skin consultation is offered with each booked treatment.

HEALTH

For your safety, please inform us of any medical condition, allergy, or ongoing treatment. Certain health conditions may restrict access to treatments or facilities. Our prenatal treatments are offered only from the 4th to the 8th month of pregnancy inclusive.

Use of the facilities is at your own risk. The Spa cannot be held responsible for any undisclosed medical information. All treatments provided are for wellness purposes and are not therapeutic.

ETIQUETTE

Disposable undergarments are provided for all treatments. Treatments will not take place without them. Any inappropriate or sexual requests will result in the immediate termination of the treatment, and full payment for the services will still be required.

GENERAL TERMS

We invite you to review our full terms and conditions of sale on our website.



PROLONG YOUR BLISS

Find all our Cheneaudière products
in the spa and hotel boutiques,
as well as online at:
[our website](#)

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