

"À la carte" treatments



A sanctuary of serenity in the heart of nature, where every treatment is an invitation to harmony and wellness. Take a moment for yourself, let yourself guide by the attentive listening of your body and reconnect yourself to your deep essence.

The access to the spa and treatments is reserved for the guests staying at the hotel and for the customers who booked a wellness experience with the restaurant.

Swedish Massage – 60 min | 120 €

The Swedish massage combines long, flowing strokes, moderate pressure, and kneading techniques to relax the muscles. It improves blood circulation, releases tension, and promotes harmony between body and mind.

Californian Massage – 60 min | 120 € (*adapted for pregnant women*)

The Californian massage, with its fluid and enveloping movements, relieves stress and provides a deep sense of well-being.

Chinese Massage – 60 min | 120 €

The Chinese massage is a tonic and deep massage. It relaxes the back and leg muscles. It relieves fatigue and tones the body.

5 continents Massage – 90 min | 170 € Lomi-Lomi. Californian, Swedish, Ayurvedic, reiki.

The 5 continents massage combines manual and energetic techniques to relax muscles, stimulate blood circulation and rebalance energies.

Deep tissue – 60 min | 120 €

Deep Tissue massage targets deep muscle layers and the connective tissues to soothe chronic tensions and muscle pain.

Foot Reflexology – 60 min | 120 €

A massage of the reflex zones of the feet, stimulating organs and rebalancing vital energies.

Kobido Massage – 60 min | 120 € / 90 min | 175 €

This Japanese face treatment tones the muscles, stimulates the blood circulation, improves the skin elasticity and provides a deep relaxation.

Facial Treatment – 60 min | 120 €

The facial treatment cleanses, moisturises and nourishes the skin while improving its glow and texture. It offers a relaxing feeling and helps to soothe signs of fatigue.

Personalise your Wellness – Your choice – 60 min | 120 € / 90 min | 180 €

Mix and match two massages to suit your preferences, for example 30 minutes Swedish massage and 30 minutes Kobido or 60 minutes Kobido and 30 minutes foot reflexology.

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The Little Ones' Sensory Journey (from 4 to 11 years old) – 30 min | 70 €

The children's massage we offer is a sensorial adventure where each movement becomes a fairy-tale chapter. Accompanied by music and scents that reflect the story, the child will be taken on a soothing journey in search of a hidden treasure, inviting deep relaxation.

Reiki – 90 min | 130 €

Reiki is an energetic practice that rebalances energy flow, promoting the body-spirit harmony. It helps to reduce stress, to calm emotions and to release blockages, providing a deep relaxation. By restoring the balance, it supports the natural healing and general wellness.

Shiatsu – 60 min | 120 € / 90 min | 170 €

Shiatsu is a practice using pressure from the fingers, palms and thumb on specific points on the body. By stimulating these areas, Shiatsu helps to restore the energy balance to soothe tension and to promote blood circulation. This method allows a deep body relaxation as well as reinforcing the immune system and releasing energy blockages contributing to a general wellness.

Sonotherapy – 60 min | 150 € per person

The sonotherapy is a wellness practice using songs and vibrations to harmonise body and mind. It relies on instruments such as Tibetan bowls, gongs, tuning forks or crystal bowls, emitting specific frequencies. These vibrations act on the body's cells, reducing stress, rebalancing energy and favouring a deep relaxation.

Qi gong – 60 min | 90 € for 1 person and 30 € per additional people

Qi gong is practiced in the park, in case of bad weather, the session will be cancelled at no extra charge.

The Qi Gong is an ancient Chinese practice combining slow movements, breathing exercises and meditation to cultivate and harmonise the vital energy or "Qi". By activating the energy flux across the body, the Qi Gong helps to reinforce the health, reduce stress and to improve the flexibility and balance. This gentle practice allows you to refocus to release energy blockages and to promote well-being.

From 7pm to 9pm, evening massage with 30€ additional fee per person

Cancellation policy : Any booking cancelled less than 24 hours in advance will be due in its entirety, unless absolutely imperative and upon presentation of supporting documentation.

**For any booking or inquiry, contact the hotel front desk at 04 93 58 08 18
or by email at info@hotelcantemerle.com**