

LE SPA

La Réserve de Beaulieu



Step into the peaceful and refined atmosphere of an exceptional sanctuary within 'La Réserve'. Here, you are invited to pamper body and spirit with prestigious 'Maria Galland' treatments chosen especially for you.

WELLNESS PACKAGES

'La Réserve' treatment (Face & Body / Oxyderme® system) 110 min 320 €

This bespoke massage is designed by our expert therapists to meet your specific needs. It is followed by a luxurious facial complete with 'Oxy-radiance' and 'Oxy-hair'.

SHARED MOMENTS (Couples Massage) 50 min 300 €

"We don't remember days, we remember moments".

Let a blissful moment of relaxation draw you closer to that special someone!

DE-Stress treatment (Back & Face) 50 min 180 €

When you feel emotionally drained with tension building in your neck and shoulders, this back therapy alleviates stress to leave you feeling truly relaxed.

The treatment ends with an energising mask for tired eyes combined with targeted face modelling by acupressure, instantly reducing dark circles and signs of fatigue.

Regenerating LED treatment (Aquarelax & Face) 60 min 130 €

This dual treatment boosts the effects of LED light and Hydra'Global Express, enhancing overall results and effectiveness by channelling extra energy to skin cells. This revitalising treatment smoothes fine lines and leaves your skin firmer, better hydrated and with improved elasticity.

Slimming treatment (Massage & Body Wrap) 80 min 200 €

This treatment begins with a lymphatic drainage massage, followed by a detoxifying and sculpting laminaria algae wrap. Minerals and trace elements help flush out toxins; your figure is visibly slimmer.

'Sweet Moment' Package 90 min 100 €

Jacuzzi (30 min) | Aquarelax Body Massage (30 min) | Hydra Express Treatment (30 min)

'Indulgence' Package 300 €

Facial (30 min) | Aquarelax Body Massage (30 min)

Accès au choix : fitness, hammam, jacuzzi, piscine (1h)

Lunch at Le 'Vent Debout' or 'La Table' (starter, main & dessert – excl. beverages)

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EXCLUSIVE MARIA GALLAND FACIALS



The Mille 'Sublime Jeunesse' Ritual

80 min 240 €

This premium treatment combines the exclusive Mille formula and pure oxygen therapy. Harnessing the power of Gold and the TOP-C compound featuring high performance technology, this radiance-restoring ritual pumps your skin full of new-found energy.

Lift Expert Facial

50 min 180 €

100% manual, innovative modelling instantly restores volume and firms your skin while smoothing away fine lines and redefining the eye contour area.

Hydra Global Facial

50 min 180 €

Indulge in the ultimate hydrating and refreshing facial that leaves your skin intensely hydrated, plumped, revitalised and radiant. Smoother, softer, your complexion is glowing and signs of fatigue are visibly reduced.

Anti-Age Global Facial

50 min 180 €

This global age-defying treatment composed of 24-carat gold, white truffle and anti-age peptide nourishes and regenerates, reviving youthful radiance to your complexion.

Nutri'Vital Facial

50 min 150 €

This dense, luxurious treatment envelops dry to very dry skin in a nutrient-rich cocoon of absolute comfort. It nourishes, hydrates and revitalises your skin to reveal a soft, smooth feel and radiant beauty.

D-Tox New-You Facial

30 min 100 €

This deep-cleansing facial corrects uneven skin tone and brightens your complexion. It eliminates impurities, sebum and toxins that clog pores, leaving your skin soft, revitalised and radiant.

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Exclusive 'La Reserve' Facials

3D Face Massage

30 min 100 €

After a gentle cleansing, this massage uses exclusive manual techniques. A combination of deep pressure and lifting movements, this skincare ritual smooths your face and leaves your complexion glowing.

ProVitamin OXY BEAUTY®

50 min 180 €

A multi-vitamin cocktail, amino acid (taurine) and Oxyderme® (95-98% pure hyperbaric oxygen therapy) join forces, leaving you with visibly firmer skin and a clear, radiant complexion.

2-Phase Biogénie Electro-Esthétique Cellulaire®

50 min 180 €

The skin's detoxification and toning phases are the key to cellular metabolism. The face is purified, brightened, smoothed, toned with a facelift effect while reducing redness. Electrical current allows the cells to reposition themselves, remodelling facial contours for a deep, long-lasting facelift effect.

Hydrafacial® Excellence (World leader in skin care)

50 min 195 €

80 min 295 €

This non-invasive treatment targets your skin needs to give you an irresistible boost of radiance!

Hydrafacial facial cleansing and exfoliation are performed using patented Vortex-Fusion® technology to optimize the penetration of the active ingredients and prolong the results of the treatment.

Detoxified and hydrated, the skin regains its natural radiance.

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MASSAGE

Free your body, enchant your spirit and realign your soul



'La Réserve' Massage (Exclusive)

80 min 240 €

Luxuriant bespoke modelling that guides you towards harmony and well-being. Designed as the ultimate way to unwind, this tailored treatment ensures intense relaxation while deep hydrating your skin.

Supreme Relaxing Massage

50 min 180 €

This warm, comforting and calming massage provides the deepest relaxation to re-establish energy flow. Smooth, even movements relieve muscles and the nervous system, erasing fatigue, and leaving you in a state of total relaxation.

Deep Massage

50 min 200 €

This invigorating and deep massage consists of a series of precise gestures and meticulous manoeuvres all over the body, allowing tired or sluggish muscles to get back into shape.

Acti'Vital Massage (Sports)

50 min 200 €

This powerful massage relieves deep-seated tension and muscle aches. Special techniques such as active stretching and stimulating movements help revitalise your body.

Mummy-to-Be Pampering Massage

50 min 180 €

A gentle, nurturing massage for expectant mothers: the pressure is adjusted to foster a feeling of ultimate well-being.

Anti-Stress Back Massage

30 min 100 €

Instantly relieves tension generated by travel, sleep issues and/or screen fatigue.

Our blend of therapeutic oils combined with a pressure point massage stimulates your body's energy flow. You will feel more limber and thoroughly invigorated.

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MASSAGE

Free your body, enchant your spirit and realign your soul

Refreshed Legs

30 min 100 €

Precious ally for tired and heavy legs, this treatment pairs a draining massage and gel-mask to boost microcirculation. It soothes and relieves instantly. Your legs feel toned, lighter, wrapped in a lasting sensation of coolness.

Foot Reflexology

30 min 100 €

During this treatment, all the energy points located under the arch of the foot are stimulated by powerful, targeted movements. These localised massages and applied pressure relax your muscles, release stress, melt away tensions and revive the whole body.

Cranial-Cervical Massage

30 min 100 €

This treatment targets tension in the head, neck and upper back. It alleviates energy blockages and contributes to an overall state of relaxation.

Warm Stone Massage

50 min 200 €

This relaxing massage based on the therapeutic properties of volcanic stones gently releases tense muscles. Combined with essential oils, these warm stones offer you a soothing moment of relaxation.

Exfoliating Sublime Massage

50 min 180 €

This gentle exfoliating massage helps drain toxins from your body and boost the skin's energy for a fresh start.

Body Scrubs

30 min 100 €

Body scrubs (Papaya / Salt / Pineapple / Coconut) are real alliances in terms of softness and energy. These delicate treatments, combined with an harmony of targeted gestures, allows to eliminate efficiently dead cells, who smothers the epidermis and to refine the skin. This unctuous treatment purifies the skin, who regains its suppleness and balance.

Body Masks

30 min 100 €

Body wraps (Cranberry / Algae / Clays / Hydrogel) work wonders on your skin. Deeply hydrating, they nourish, revitalise and detoxify your skin, leaving it soft and luminous

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MIX & MATCH OUR MANY TREATMENTS

Pressotherapy

30 min

50 €

This treatment features lymphatic drainage by alternating compression and decompression, improving circulation and alleviating venous problems and the feeling of tired, heavy legs.

LPG Body

30 min

70 €

This treatment stimulates skin tissue, while softening and improving the appearance of fatty and fibrous tissues. It helps break down fat cells and activate the flow of blood and lymphatic fluids.

Aquarelax – Hydrojet Wellness Therapy

30 min

50 €

A dry hydromassage bed offers an experience incredibly close to manual therapy and a fabulous 'floating massage' feeling. Luxuriate in a universe of water, warmth and massage designed to release and relax every muscle in your body.

Luxury Spa (Steam room, Jacuzzi, Fitness centre)

30 € / heure

Treat yourself to a luxurious spa experience including a Jacuzzi, sensory shower, steam room, fitness centre and relaxation area (can be booked with or without a treatment).

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BEAUTY TREATMENTS

Hands & Feet

Hands Beauty Treatment (nail polish not included)		70 €
Feet beauty treatment (nail polish not included)		90 €
Shellac Manicure		60 €
Shellac Pedicure		70 €
Shellac Treatment		50 €
Shellac Removal		30 €
Express Manicure or Pedicure		50 €
Polish Application		20 €

Hair removal

Full Legs	60 min	70 €
Half Legs or Arms	30 min	40 €
Underarms	15 min	30 €
Eyebrow or Lip or Chin	15 min	20 €
Bikini	20 min	30 €
Brazilian	50 min	50 €
Hollywood	60 min	70 €

Colour

Eyelashes	15 min	30 €
Eyebrows	15 min	40 €

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GENERAL CONDITIONS

YOUR ARRIVAL AT THE SPA

We recommend arriving 15 minutes before your spa appointment. The reserved time slot will not be extended for late arrivals, and there is no reduction for shortened treatment sessions.

CANCELATION POLICY

Any modification or cancellation must be made at least 5 hours prior to your spa appointment for hotel residents and 24 hours ahead of time for non-hotel clients. After this time, all treatments must be paid in full.

SPECIAL PHYSICAL REQUIREMENTS

Please notify us in writing at the time of booking if we should be aware of any health considerations such as medical conditions, recent surgery, cardio-vascular illness, allergies, pregnancy or breast feeding.

ACCESS CONDITIONS AND MINIMUM AGE

Hotel clients enjoy complementary access to our relaxation area from 10:30 am to 6:30 pm. Guests under the age of 18 must be accompanied by an adult.

COMFORT

For the comfort of all, no alcoholic beverages or smoking are permitted in the spa. We also ask that you wear a swimsuit and shoes in the common areas and turn off your cell phone.

VALUABLES

The establishment declines all responsibility for any valuables brought into the spa.

Opening hours:

Spa & Pool & Fitness centre: 10am to 7pm

Steam Room & Jacuzzi: 9am to 6.30pm

Treatments: Peak Season (July-August): 10am to 8pm

Information and booking - from your room dial

6904 for [the Spa](#) and 6202 for [the Pool](#)

From outside the hotel, please call +33 (0)4 93 04 36 50

or contact us by email at spa@reservebeaulieu.com

Website www.reservebeaulieu.com