SPA DU LAC

120' POOL, SAUNA & STEAM BATH
10€ FOR HOTEL RESIDENTS - 18€ FOR NON-HOTEL RESIDENTS

CINQ MONDES FACIALS

RITUAL FLEURS DE BALI
FACE CARE & MASSAGE - 30MN — 55 €
Enjoy the delicate scents of tropical flowers in this "express radiance" treatment inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty.

BALI FLOWERS & FRUIT RITUAL
SKIN RENEWAL FACIAL – 50MN — 75 €
Deep cleansing treatment, skin perfector and "radiance booster" inspired of Balinese beauty rituals. Take full advantage of the beneficial effects of active ingredients provided by natural tropical flowers and fruit acids (AHAs) to restore, purify and smooth the skin for a radiant complexion.

KO-BI-DO
LIFTING & PLUMPING FACIAL- 50MIN — 90 €
This manual anti-wrinkle facial from the ancestral Japanese Ko Bi Do Ritual is associated with a unique anti-ageing active complex. Enjoy this holistic approach to lift and tonify your facial contours and effectively renew smooth and plump lines on the face and neckline.

PRECIOUS KO-BI-DO GLOBAL
ANTI-AGE FACIAL - 80MN — 120€
This "global anti-ageing" facial, manual anti-wrinkle treatment from the Japanese Ko Bi Do ritual paired with a regenerating mask, deeply works on wrinkles, firmness and dewy complexion and focuses on eye contour, lips, neckline and arms. Skin feels soft and youthful, and the spirit and mind very restful.

BODY TREATMENTS

DU LAC BALINESE MASSAGE – 60MN — 80€
An exotic spa ritual that includes a relaxing foot bath with rose petals and traditional Balinese full body massage with warm essential oils. This calming treatment allows the mind and body to completely unwind.

FOUR HANDS
RELAXING MASSAGE - 30MN — 80€
The ultimate massage experience at Spa du Lac, where two therapists work together in perfect harmony to multiply the beneficial properties of the massage. Allow our experts to relax and calm your body and feel the difference.

INDIAN HEAD MASSAGE - 30MN — 50€
Discover the virtues of this deeply relaxing massage. By focusing on the back, nape and shoulder blades, this treatment releases built-up tension providing a feeling of well- being and total relaxation.

INDIAN LEG MASSAGE - 30MN — 50€
To get rid of sensation of "heavy legs", this draining, toning and circulatory improving massage of the leg muscles from an Ayurvedic tradition, allows regaining vitality and lightness.

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SPA DU LAC

CINQ MONDES
MASSAGE THERAPIES

RELAXING ORIENTAL
MASSAGE RITUAL- 30MN 55 €
MASSAGE RITUAL- 60MN 75 €

A genuine art of living massage that works on the entire body using delicately perfumed hot Argan oil. The expert hands of the massage therapist work on tender knots and tensions to eliminate toxins and muscle pains while promoting a state of pure wellness.

TONIFYING INDIAN AYURVEDIC
MASSAGE RITUAL- 60MN 95 €
MASSAGE RITUAL- 90MN 150 €

Enjoy the vanilla and cardamom fragrances of this tonifying hot oil massage inspired by the millenary Indian tradition. The change in pace between energetic and heating strokes relieves tensions and relaxes the muscles.

SOOTHING FRENCH- POLYNESIA
MASSAGE RITUAL – 60MN 90 €
MASSAGE RITUAL – 90MN 130 €

A body massage treatment inherited from The Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements. Tiare flower notes accompany you all along this blissful experience of instant relief.

CINQ MONDES SCRUB COLLECTION 55 €
30MN

Choose between Energizing Aromatic Scrub with Spices, Sublime Scrub with Tiare and Monoi or Puree de Papaye, the scrub that best fits your mood to get rid of dead cells and agreeably complete any massage experience.

SPA ETIQUETTE

Please arrive 15 minutes prior to your scheduled treatment. Being late for your appointment may shorten the duration of your treatment. Towels, bathrobes and slippers for the pool and showers are available in the Spa. Put your shoes in the specially designed space. Wear slippers in all public areas. Swimsuits are mandatory. For some treatments, you will be given disposable underwear. During treatments, please inform your therapist if you're comfortable, if too warm or too cold, or if the applied pressure is too light or too firm. Your comfort and care is of our greatest concern.

Use of spa services
Before using the pool areas, it is necessary to shower. For hygiene reasons we kindly ask you not to use the pool after your body treatment because the water will incur residues essential oils have been used. For your safety diving is not allowed.

Cancellation
We kindly request a minimum of 4 hours cancellation notice for a treatment otherwise we will regrettably have to charge 50 % of your treatments.

Age Requirement
Spa facilities are permitted to people over 16 years old.

Mobile phones & Smoking
Smoking is prohibited. The use of mobile phones is not permitted in the Spa.

Personal belongings
Please try not to attend Spa facilities with personal valuables. The hotel is not responsible for any loss or damage of your belongings

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