



TREATMENTS

EN

ESPACE  
**WELLNESS**



## ABOUT US

Our Wellness team of experts are passionate about providing superior results in skin and body care by educating each guest and offering customized treatments and professional home care products.

YON  
KA  
PARIS

SOTHYS  
PARIS

NOREL®  
Dr Wilsz

Our Wellness is a sanctuary seeking place to de-stress, detox and renew the inner and outer beauty.

Every day life is full of stress and tension. If you have trouble sleeping, tired skin or burning muscles and joints, then maybe you should consider taking a couple of days off.

These are the classic symptoms of your body running out of energy and harmony.

## YON-KA PARIS THE QUINTESSENCE OF THE PHYTO-AROMATIC CARE

The Yon-Ka provides your skin with the most precious part of plants: their revitalizing essential oils full of solar energy and complementary ingredients-vitamins, fruit acids, polyphenols, peptides, oligoelements ...

Yon-Ka Quintessence, the brand's flagship treasure, is an exclusive combination of 5 essential oils: Lavender, Geranium, Rosemary, Cypress and Thyme.

Known for its regenerating, purifying and soothing properties, it perfectly symbolizes this unique approach where visible results and nature come together harmoniously.

## WE OFFER 4 SPECIFIED MASSAGES YON-KA

You choose your experience according to your needs and desires.

With recommendations from your beauty therapist, scrubs and massages are customized. A body range with 4 aromatic synergies, 4 benefits, 4 sensory journeys that will transport you to iconic regions of France and its territories.

Indulge in detoxifying getaway to Provence, a toning walk in the forest, an energizing Corsican detour and a relaxing journey to Polynesia.

## MASSAGES YON-KA

### GETAWAY TO PROVENCE

Lavender-everlasting DETOX - inhale and exhale for a feeling of luxurious calm.

A gentle scrub (30min), combined with AROMA-LUXE, a 100% manual relaxing and detoxifying massage (1h) with exclusive Yon-Ka techniques - for a harmonizing journey.

130 €

1h30

### CORSICAN DELIGHT

Mandarin sweet orange VITALITY - a renewable energy source for mind and body.

A sweet gourmet scrub (30min), combined with AROMA-ENERGY re-balancing massage with hand and foot acupressure (1h).

Massage to awaken your senses, free you from stress combat physical and mental fatigue and recover energy levels - to resume daily tasks with energy and positivity.

130 €

1h30

## MASSAGES YON-KA

### JOURNEY TO POLYNESIA

Tiare flower and jasmine RELAX - the allure of letting go.

Decadent 2 sugar scrub (30min), combined with AROMA-RELAX and indulgent massage (1h) plus hot volcanic stones applied to the back for intense relaxation for your body and mind, so you can totally „let go“ and enjoy the journey.

130 €

1h30

### WALK IN THE FOREST

Cedar-cypress SILHOUETTE - head to toe beauty.

This invigorating experience includes an intense salt scrub (30min), followed by AROMA-SCULPTANT.

Toning massage (1h) with bamboo for ultimate relaxing experience particularly beneficial on the legs - for a renewed feeling of lightness and well-being.

130 €

1h30



## WELLNESS RITUALS FOR COUPLES

### A LUXURIOUS EXPERIENCE FOR THE PERFECT COUPLE

Body peeling - for velvety skin - you choose (30min).

Two-person body wrapping - you choose the mask (30min).

Relaxation complete body massage - relieves muscular tension, restores the flexibility and mobility of the entire body (1h).

Paraffin mask -intensively regenerating and nourishing mask for your hands (30min).

Face treatment adapted to the skins needs (45min).

530 €

3h15

### THE INTIMACY OF LOVERS

Smoothing peeling will stimulate the blood circulation, precipitating the restoration and regeneration of the skin (30min).

Relaxing massage of your back, neck. Let your soul find its nirvana. All stress off! Remove the pain, relax your tensed muscles and forget about any blockades in your spine (25min).

Face treatments adapted to the skin needs (45min).

329 €

1h40

# WELLNESS RITUALS

## DEEP DETOX

The Treatment will regulate metabolism, improve the blood circulation and skin appearance and increase your muscular strength - to improve both mental and physical well-being.

Deep clean Ritual - deep peeling to remove the dead cells off the skin. Then a therapeutic mud to drain the lymph, which removes toxins from your organism It will relax your body and soul (1h).

Relaxing face and neck massage to improve your skin condition. The treatment will eliminate swellings and fatigue symptoms (15min).

Lymph drainage is an effective detoxifying treatment (1h).

199 €  
2h15

## PERFECT MAN

An ideal option for men who value their health and fitness appearance.

Detoxifying and purifying body ritual - deep peeling to remove the dead skin cells. Then a therapeutic mud to drain a lymph responsible for removing toxins from the body (1h).

Intensive massage for back, neck and shoulders „MEN Only“. It stimulates the defensive forces of your body and helps you forget the troubles of the everyday life (30min).

Face treatment adapted to your skins needs with some specified products for men's skin (1h).

249 €  
2h30

# WELLNESS RITUALS

## CITRUS MIX

### NOREL Dr WILSZ

Aroma therapeutic treatment.

Citrus sugar body peeling stimulated microcirculation and lymph flow-skin detoxification (30min).

Stimulating and energizing mask-citrus mix; smoothed, brightened and firmed skin (30min).

Optimal moisturization, stimulated regenerative processes in the epidermis and refreshment.

As a complement to the ritual, a relaxing full-body massage (1h).

170 €  
2h

## HANAKASUMI SOTHYS TREATMENT

A unique protocol of Japanese inspiration: embark on an enchanting sensorial journey filled with floral notes of Cherry Blossom and Lotus Flower to relax the body and nourish your skin.

Our signature body treatment incorporates a warm exfoliating cream to soften and smooth the skin.

A unique, invigorating foot massage flows into a relaxing full body massage using warmed aromatic shea butter to bring blissful relaxation to your mind body and soul.

120 €  
1h30

# WELLNESS RITUALS

4TH-8TH MONTH OF PREGNANCY ONLY!

## FUTURE MOTHER BEAUTIFUL AND RELAXED

Waiting for the birth of a child is a moment when the future mum can give herself a few hours of relaxation which will help her stay healthy and beautiful.

Relaxing massage of your head, neck and shoulders - this delicate massage for pregnant women soothes all the tension (15min).

Draining massage for legs - „heavy legs“ will eliminate swellings and fatigue symptoms (30min).

Face treatment - because of the higher level of hormones the skin of pregnant women changes considerably (45min).

Velvet feet - treatment for healthy feet. This ritual begins with smoothing peeling with a mask to nourishes, moisturizes and revitalizes your skin (30min).

179 €

2h

# MASSAGES

## ENERGIZING MASSAGE

This massage is performed mainly with the inner forearms and with the use of warm „Ayurveda oil“. The massage delivers deep relaxation.

115 €

1h15

## FULL BODY MASSAGE

Relaxing effect, relieves muscular tension in the most stress prone areas.

99 €

1h

79 €

45min

## PARTIAL MASSAGE (BACK OR LEGS)

Relaxing effect, relieves muscular tension in the highly stressed areas.

59 €

30min

39 €

15min

# MASSAGES

## HOT STONE MASSAGE

Hot basalt stone body massage boosts circulation and micro-circulation. Adding a few drops of aromatic oils to the massage enhances the treatment with aromatherapy elements.

100 €

1h

## HOT STONE MASSAGE FOR BACK

Relaxing effect, relieves muscular tension in the highly stressed zones.

59 €

30min

## RELAXATION BACK AND NECK TREATMENT

A deep reaching back massage starts with an exfoliating scrub and detoxing mud mask to refresh your skin.

Enjoy our customised, stress reliving massage; combining two types of massage, manual and hot stone.

95 €

1h

# BODY EXFOLIATION

## SUGAR AND SALT SCRUB SOTHYS

Tonic exfoliation combining with sea salt and sugars - for velvety skin.

55 €

30min

## COFFEE BODY PEELING NOREL

Exfoliates, soothes out the skin and boosts oxygen supply, aids with the burning of fat tissue.

55 €

30min

## SOYA EXTRACT BODY PEELING NOREL

Body scrub with a nice creamy texture, recommended for the sensitive skin which is mature or needs regeneration.

55 €

30min

## VANILLA AND SUGAR PEELING

With vegetable oil and sugar. Cleanses and soothes out even dry skin.

55 €

30min

# BODY EXFOLIATION AND WRAP COMBINATION

## HOT CHOCOLATE - RELAXING AND STIMULATING BLOOD CIRCULATION

Treatment recommendations: during slimming treatment, early signs of skin aging, stress.

Results: stimulate microcirculation, improved firmness and elasticity, slows aging processes, deep relaxation.

110 €

1h

## CINNAMON - SLIMING AND CELLULITE REDUCTION

Treatment indications: cellulite, skin stretch marks, loss of skin firmness and elasticity, slight body swelling.

Results after treatment: reduced cellulite, accelerated body fat burning, improved firmness and elasticity, stimulated microcirculation, detoxified skin.

110 €

1h

# BODY EXFOLIATION AND WRAP COMBINATION

## CRANBERRY BODY LIFT

Treatment indications: loss of firmness and elasticity, early signs of skin aging, dry skin, photoaging of the skin (sun, solarium).

Results of the treatment: revitalization, improved firmness, elasticity and colour of the skin, stimulated microcirculation, long lasting moisturization, anti-age effect, immunological barrier protection (high number of antioxidants).

110 €

1h

## COCONUT - SOOTHING AND REGENERATING

Treatment indications; dryness of the skin, psoriasis, atopic dermatitis, irritation of the skin; dehydrated skin.

Results: smoothing and moisturizing, protection of immunological barrier, soothes irritations, regeneration of damaged and dehydrated skin.

110 €

1h

# BEAUTY TREATMENTS FOR THE FACE, NECK AND DÉCOLLETAGE

## BASIC FACIAL TREATMENT

Diagnostic, peeling, specified face massage using appropriate cream and serum, mask cream.

60 €

45min

## SENSITIVE FACIAL TREATMENT

### INDICATED FOR SKIN WITH HIGH SENSITIVITY

First step-cavitation deep-peeling skin cleansing which is non-invasive (thanks to the ultrasound vibrations).

Used products, like serum and masks, are dedicated for reactive, coupe rose skin.

Results: calming effect and soothing of skin irritation, eliminates congestion and swelling by normalizing vascular permeability, strengthens natural defence system of the skin. Moisturize and regenerate.

100 €

1h15

## ENERGIZING TREATMENTS SOTHYS

Remarkable Siberian Ginseng optimizes the skin's resistance to daily stress and provides the vital boost needed to restore your skin's energy.

A relaxing Digi-energy facial massage coupled with a Vitamin C peel off mask reveals a glowing flawless complexion. Essential as a pre-event treatment or for dull, tired skin.

120 €

1h30

## FUNDAMENTAL FACIAL TREATMENT FOR MEN SOTHYS

An essential facial treatment to boost and detoxify men's skin. Precision cleansing, customised mask, relaxing massage and anti-aging serum enriched with the age-defying vegetal complex, specifically for men, for more resilient skin and an impeccable complexion.

85 €

1h

## ANTI-AGING TREATMENT $\beta$ P3-TRI COMPLEX SOTHYS

Intensive treatment uses the  $\beta$ P3-tri-complex of saffron, sophora and peptides to restore the skin's youth. Fight against oxidative stress and biological aging with this scientifically proven facial treatment that protects the youth capital at all ages by combating the signs of aging.

Exfoliating, stimulating massage and double dermo filling mask leave the skin feeling fresh, plump and youthful.

130 €

1h30

# BEAUTY TREATMENTS FOR THE FACE, NECK AND DÉCOLLETAGE

## EXFOLIATING AND PURIFYING TREATMENTS MANDELIC PEEL FORMULA NOREL DR WILSZ

Recommended for acne and oily types of complexion with enlarged pores, early signs of photo aging, inflammation, pigment discoloration, wrinkles, loss of firmness.

Contradictions: damaged epidermis, skin immediately after waxing, psoriasis, retinoid therapy.

75 €

50min

## RENEW EXTREME - WITH PHYTIC ACID 25%, RETINOL H10 5% AND VC VITAMIN C 10% NOREL DR WILSZ

Innovative anti-aging treatment. Treatment is very safe, comfortable and enjoyable. Effects are visible in a very short time.

Treatment indications: any type of mature skin after age 35, signs of photoaging (hyperpigmentation, loss of firmness), smoker's skin, stress, polluted environment, tired and grey skin. Also, for problematic, oily, coupe rosé and rosacea skin types.

CAUTION! After the treatment for at least 6-8 hours you should not wash the skin!

90 €

50min

# BEAUTY TREATMENTS FOR HANDS AND FEET

## WELLNESS HAND THERAPY

Intensive treatment for damaged and dehydrated skin on the hands and nails - moisturizes the skin and gently replenishes lipids, provides protection from irritations caused by water, soap ... exfoliation, shaping of nails, cuticle treatment and relaxing massage with softening and smoothing mask.

Leaves the skin of the hands soft and delicate.

55 €

55min

## WELLNESS FOOT THERAPY

Intensive nourishing treatments for feet - regenerating, softness and moisturizes feet. Scrub - peels off and polishes the epidermis, cleanses skin. Shaping on nails and cuticle treatment.

A foot mask relaxes and refreshes tired feet. As a complement a relaxing foot massage.

60 €

55min

## GIFT VOUCHERS



Gift vouchers are available in our wellness

## ADDITIONAL CARE

Henna on eyebrows ..... 15 €  
Henna on eye-lashes ..... 15 €

### EPILATION FOR HER

Eyebrow hair removal ..... 15 €  
(complimentary with each facial treatment)  
Lips and chin ..... 15 €  
Face ..... 30 €  
Armpits ..... 30 €  
Arms ..... 30 €  
Legs ..... 45 €  
Lower legs ..... 25 €  
Bikini ..... 35 €  
Complete hair removal: legs and bikini .. 70 €

### EPILATION FOR HIM

Chest ..... 35 €  
Back ..... 40 €  
Shoulders ..... 30 €  
Complete hair removal:  
chest, back, shoulders ..... 90 €

### SOLARIUM

Solarium 1min ..... 1 €

## OPENING HOURS

Swimming pool, relaxation room and gym:  
Daily from 8h00 until 20h00  
In addition Friday and Saturday until 21h00

## ACCES TO THE ESPACE WELLNESS

External guests ..... 25 € / pers.  
Hotel guests (day of departure) ..... 20 € / pers.  
Swimming pool ..... 5 € / pers.  
(Included by booking of treatments)  
Sauna World (sauna, Hamman, infrared cabin, salt cave, Kneip basin, tropical shower, relaxation room, gym and swimming pool) from the age of 13.

### SUBSCRIPTIONS

- Sauna World, gym and swimming pool
  - Unlimited access
- 1 months ..... 90 € / pers.  
3 months ..... 200 € / pers.  
Gym: 1 month ..... 60 € / pers.

### ATTENTION

- Bathrobes and towels are obligated but not provided.
- It is forbidden to wear a swimsuit in the Sauna World.
- Towels are obligated.

Spa and Sauna World:  
Daily from 10h00 until 20h00  
In addition Friday and Saturday until 21h00

# SAVOIR VIVRE

1. I'm not in the best of health - then what ?

Please report any health problems like; allergies, injuries, illnesses, medication you are taking. That may affect the treatment or the quality of institute service.

You should also inform us if you are pregnant, before the treatment !

Do not eat heavy meals one hour before treatments.

2. Booking in advance is recommended to avoid disappointment resulting from lack of availability.

Treatments should be booked at the same time as your hotel reservation.

Staff of our institute is pleased to provide all necessary information regarding treatments. You will be able to take advantage of free cosmetic consultation, where a specialist also advise on what treatments are appropriate for you.

3. Children under 13 years of age can stay only under constant adult supervision.

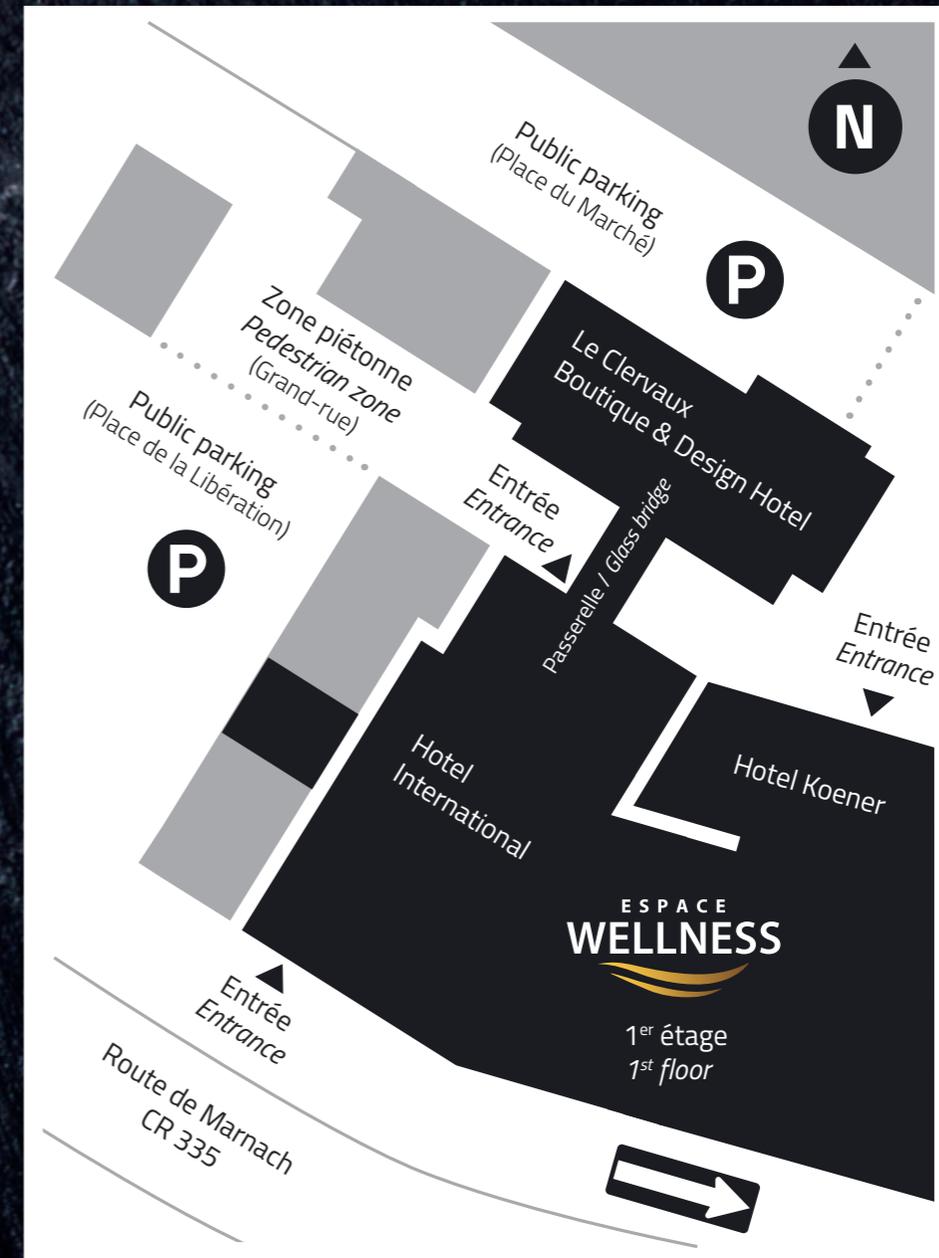
4. To make the stay in our wellness area for each guest pleasant, we ask you to follow the guidelines. It is forbidden to wear a swimsuit in the world of sauna - towels are obligated.

5. We suggest leaving your valuables (jewellery, cellular phone ...) in your room safe. We are not responsible for any lost items.

6. Any delay by you or non-perception of a booked appointment, which leads to delays in our schedule sequence or a shortening in your care result will be credited with the full price.

7. Please arrive at least 10 minutes before your scheduled appointment in order to prepare yourselves for it and complete the formalities.

We ask you to keep conversations at a low volume !



ESPACE  
**WELLNESS**

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