TREATMENT MENU

SUMMER 2023

Beaumier

LES ROCHES ROUGES

FRENCH SAINT-RAPHAËL RIVIERA

At Beaumier, your wellbeing is our priority.

We are here to make you look and feel your best, **inside and out**.

Relaxation, movement, nutrition and the products you put on your skin are all integral to good health.

We have partnered with Kalmar, Holidermie and Therabody to offer the best in class for holistic health.

Wellness will be available in our Spa for nurturing treatments or outdoors in nature including our Nohrd gym, seawater pool, yoga and pilates on the deck overlooking the ocean, or massage in the shade of a cabana.

kalmar Holidermie Therabody

OUR VISITING PRACTITIONERS

Claire

Claire is an experienced Esthéticienne, Masseuse and Trainer
with 6 years as a therapist, working in thermal, hotel and club spas. Claire is also trained in Sports Massage and enjoys using a wide variety of massage skills in addition to facials. Claire speaks English and French.

Elisa

Elisa is returning to Les Roches Rouges for a second season with us. A fully qualified Spa Practitioner and Esthéticienne with a passion for facials and expertise in lymphatic drainage Californian, Asian, and Swedish techniques. Elisa speaks French, English and Spanish.

SIGNATURE TREATMENTS AT THE WELLNESS SPA

GUA SHA BODY CONTOUR & FIRM 50 min -145€
75 min -200€

Cool Rose Quartz Gua Sha glide across the body to stimulate lymphatic drainage and circulation; sculpting, toning and firming. This is combined with a gentle body brushing and exfoliation to leave the skin soft, smooth & totally radiant. The extended version includes a longer massage and mindful breathwork for deep relaxation.

VITALITY 50 min - 140€

Uplift and awaken the body, whilst enhancing your inner mood and mindset. Breathwork soothes and rebalances before skin brushing revitalizes and stimulates energy. This deep, targeted full body massage combined with gentle stretches, is perfect to relax tense muscles, leaving you with a feeling of vitality.

THERABODY ™ JETAIR COMPRESSION LEG RECOVERY 20 min - 30€

Recharge your legs after air travel or exercise and relieve muscle fatigue, soreness or swelling. Therabody's new RecoveryAir boots use a clinically proven pneumatic compression system that boosts both circulation and lymphatic drainage, vital to overall health and faster post sports recovery.

OUR WELLNESS PACKAGES

(Packages available for our resident guests only)

We have gathered a selection of our most popular treatments to offer these tempting packages which can be used at your leisure through the duration of your stay. When purchased as a package, you will enjoy our promotional pricing.

SPORTS REMEDY PACKAGE 395€ *(435€ full price)*

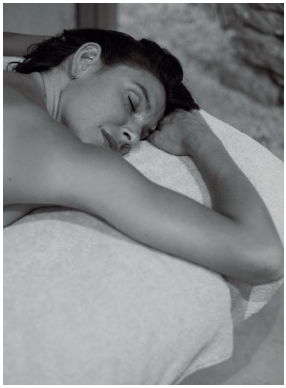
3 x Therabody Deep Tissue Massage (50 min)

OPTIMAL WELLNESS PACKAGE 440€ *(490€ full price)*

Gua Sha Body Contour & Firm (75 min), Therabody Deep Tissue Massage (50 min) & Holidermie Kobido Facial (60 min)

TASTER PACKAGE 200€ *(230€ full price)*

Back, Neck, Shoulders & Scalp Massage (50 min) & Instant Glow Facial (30 min)



MASSAGE

PERSONALISED MASSAGE 50 min -140€
75 min -200€

Everyone is unique. Our body tells us what we need. Your therapist will curate a massage honoring your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and rebalance body and mind.

THERABODY ™ DEEP TISSUE MASSAGE 50 min -145€

An intensely effective treatment designed to alleviate muscular stress and deep-seated tension. Specialized powerful techniques using Theragun™ percussive massage, focus on specific areas of concern to ease discomfort and restore suppleness and movement. Perfect to warm up muscles prior to exercise or help prevent soreness after sport.

MATERNITY MASSAGE 50 min -140€

A nurturing and comforting massage, adapted for this special time. Using gentle, safe oils, this treatment targets back ache, tension and heavy legs, providing a peaceful and relaxing experience.

BACK, NECK, SHOULDERS & SCALP MASSAGE 50 min -140€

A soothing massage targeting the most common areas of tension. Massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to areas of concern.

OUTDOOR CABANA MASSAGE 50 min -140€

Under the shade of our outdoor cabana, listen to the ocean waves as your therapist tailors the perfect massage for your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and rebalance body and mind.

TREATMENT BOOSTERS & ADD-ONS

Add the **THERAGUN PRO** to either the Personalised Massage or Back, Neck, Shoulders & Scalp Massage. 5€

BODY EXFOLIATION 30 mins - 85€

FACE MASSAGE 30 mins - 85€

Every massage is tailored to you and we will adapt to your time available, preferred pressure and desired outcome.

FACIALS AT THE WELLNESS SPA

Holidermie skincare was founded by former Fashion Editor of Vogue Paris, Melanie Huynh, and her friend, renowned plastic surgeon Jerome Paris, Holidermie presents a holistic approach to skincare. The brand combines topical products with nutritional supplements and facial massage programs to help you become your most "whole" self. After every facial, you can enjoy a Beauty Gummie, Collagen Cocoa Cube and Skin Elixir Tea

HOLIDERMIE CRYOTHERAPY FACIAL 75 min - 185€

Our signature facial combines a revitalising enzymatic exfoliant, Rose Quartz Eye Mask and Kobido facial massage designed to smooth, hydrate and lift the features. Cryotensor Globes sculpt and tone the facial muscles giving an immediate plumped effect and restoring the skin's natural luminosity.

HOLIDERMIE KOBIDO FACIAL 60 min - 145€

This results driven facial begins with gentle breathing and cranial massage followed by a deep cleanse, exfoliation and Holidermie Kobido facial techniques; these movements help to tone and firm the skin. The treatment finishes with Rose Quartz Gua Sha and a radiance mask to leave the face smoothed, nourished and rejuvenated.

HOLIDERMIE INSTANT GLOW FACIAL 30 min - 90€

Reveal your skin's natural radiance with this instant booster treatment. Combining traditional techniques and rose quartz massage tools, this facial delivers a complexion glowing with health.

CHILDREN & TEENS

30 min - 85€ each

We are pleased to offer a selection of treatments suitable for our younger guests and look forward to welcoming them when accompanied by an adult. *(*for 8 years and up)*

NECK, SHOULDERS & SCALP MASSAGE

HAND & FOOT MASSAGE

FACIAL MASSAGE

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WELLNESS MOVEMENT

YOGA & PILATES

We are here to prepare you for the day ahead, to clear your mind, strengthen and tone, stretch out, ease muscular tension or help you sleep.

Yoga or pilates movement classes and personal instruction are regularly available. For class schedule, location, pricing and timings, please enquire at the Wellness Spa or hotel's reception.

NOHRD OUTDOOR FITNESS AREA

Exercising outdoors has been proven to reduce stress. Enjoy a mental and physical boost in our outdoor gym, featuring ergonomically designed natural wood Nohrd equipment which works the body, with the sounds of the sea in the background to rebalance the mind.

OUR WELLNESS OFFERS

(Offers available for non-resident guests)

Four unique packages allowing non-resident guests to access our spa facilities, including the outdoor swimming pool and fitness area:

MORNING BREAK - 170€ per person

Enjoy a 50-minute personalised massage and a gourmet breakfast in our restaurant.

EXTENDED MORNING BREAK - 250€ per person

Enjoy a gourmet breakfast in our restaurant, an access to the fitness area, pool and a sunbed, plus a 50-minute personalised massage.

LUNCH & SPA - 210€ per person

Enjoy a 50-minute personalised massage and a nutritious lunch including a first course, main course, desert and glass of wine in our restaurant (on a pre-established selection).

LUNCH, SPA & TRANSAT - 290€ per person

Enjoy a 50-minute personalised massage, an access to the fitness area, pool and a sunbed, plus a nutritious lunch including a first course, main course, dessert and glass of wine in our restaurant (on a pre-established selection).

GIFT VOUCHERS

Give the gift of wellness to friends and family with our beautiful gift vouchers. These can be personalised so guests can choose their preferred treatments from our Wellness spa menu or Lifestyle Boutique.

Please note that gift vouchers are non-refundable.

INFORMATION

Arrival
Hotel guests are encouraged to shower and change into their robes before arriving at the Wellness Spa. Please arrive 15 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest.

Cancellations
If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellation within 24 hours or for non-arrival, you will be charged for the treatment.

Age policy
Our treatments are specially tailored for adults of 18 years upwards. However, our children's treatments are available from 8 years and upwards when accompanied by a parent.

Care
Throughout the spa you will find hand washing facilities. Please wash and sanitize your hands regularly while with us.

Payment
Payments will be room charge or credit card only.

Health conditions
When making your booking, please advise us of any health conditions and any medication you are taking.

Pregnancy
We can adapt certain therapies to be maternity-safe after the first 16 weeks of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

Ambiance
To preserve a peaceful ambiance and respect other guests, please kindly avoid using electrical devices such as phones whilst in the spa.

Rates for season 2023

LES ROCHES ROUGES

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