

# CAPELONGUE SPA

WELCOME TO THE CAPELONGUE SPA  
OPEN EVERY DAY FROM 10AM TO 8PM

## THE SPA FACILITIES

2 single cabins

1 duo cabin

1 Roman bath

2 outdoor pools

1 cryogenic bath

1 hammam

Fitness gym



## OUR FACIAL TREATMENTS BY BIOLOGIQUE RECHERCHE

*Founded in the late 1970s by a family of artisanal skincare experts, Biologique Recherche came about through the passion of biologist and physiotherapist duo Yvan and Josette Allouche.*

*Their consummate savoir-faire and visionary approach underpin the brand's reputation for effectiveness and outstanding products. The fruit of four decades of experience, and based on products with a high concentration of active ingredients.*

*Their methodology is based on unique and personalized skincare protocols adapted to the Skin Instant© of each individual.*



*These treatments for face, body and scalp – equally suitable for both men and women – comprise three principal stages:*

ASSESSMENT STAGE  
INITIALIZATION STAGE  
TREATMENT STAGE

## BIOLOGIQUE RECHERCHE FACIAL TREATMENT MENU

### RESTRUCTURING SMOOTHING

A customised treatment adapted to skin needs to maintain and protect the different skin types. Great Booster, in a perfect alliance of technical advancement and sensory pleasure.

60 MIN / 180 € – 90 MIN / 230 €

### LIFT CVS

A high-performance active spa bath lifts and firms ; leaving your skin smoothed, toned, and refined. You radiate beauty !

60 MIN / 180 € – 90 MIN / 230 €



*Prices are given in euros, taxes and services included.  
Allergen list available on request.*

## **MC110**

Has been specially designed to preserve youthfulness. A treatment that smooths fine lines and wrinkles for dull Skin Instants©. The skin of your face, neck and décolleté is toned and redefined.

**60 MIN / 180 € – 90 MIN / 230 €**

## **SECOND SKIN**

Excellent Facial which elegantly and stylishly combines the ingredients for the ultimate unique treatment, an unforgettable experience of well-being. Intensive treatment adapted to your skin's real age, a customised anti-ageing program.

**90 MIN / 320 €**

*Prices are given in euros, taxes and services included.  
Allergen list available on request.*

## BODY MESSAGES

**TAILOR MADE MESSAGE**

60 MIN / 150 € – 90 MIN / 210 €

**DEEP TISSUE MESSAGE**

60 MIN / 150 € – 90 MIN / 210 €

**SHIATSU MESSAGE**

60 MIN / 150 € – 90 MIN / 210 €

**THAI MESSAGE**

60 MIN / 150 € – 90 MIN / 210 €

*Prices are given in euros, taxes and services included.  
Allergen list available on request.*

## SPECIFIC TREATMENTS

### **MOTHER-TO-BE MASSAGE**

*(between 3 and 7 months)*

60 MIN / 150 €

### **FOOT REFLEXOLOGY**

60 MIN / 150 €

*Prices are given in euros, taxes and services included.  
Allergen list available on request.*

# SPORT & WELLNESS PROGRAM

## GROUP CLASSES

We're here to prepare you for the day ahead, to clear your mind, strengthen, tone and/or stretch your body, relieve muscular tension or help you sleep.

Group yoga and muscle-strengthening classes are offered on a regular basis.

Please ask at the hotel reception desk for the schedule.

*Prices are given in euros, taxes and services included.  
Allergen list available on request.*



## PRIVATE CLASSES

For any one-to-one Pilates, yoga, Thai-chi, fitness or even meditation session, our certified coaches will adapt their practice to yours to take you further in the discovery of your physical and mental capabilities.

We offer 2 formats:

- Coaching — private classes on the premises
- Expedition — guided bike or trail outings on the Luberon trails.

\*These services are available on request — prices and durations may vary — please book 48 hours in advance.

PRICES			
	60 MIN	90 MIN	DUO
COACHING	120 €	150 €	60 MIN / 180 € 90 MIN / 210 €
EXPEDITION	180 €	210 €	60 MIN / 230 € 90 MIN / 260 €

*Prices are given in euros, taxes and services included.  
Allergen list available on request.*

# ETIQUETTE & GENERAL TERMS AND CONDITIONS

## SPA GUIDE

**CHANGING ROOMS:** a changing area with lockers is available before and after your treatment or relaxation.

**BATHROBES AND FLIP-FLOPS** (provided by the Spa) are mandatory to access the Spa, as is the obligation to wear either a bathing suit or undergarments.

**SAFETY:** children under 16 must be accompanied by an adult for health and safety reasons. Access to the steam room is strictly forbidden for children under 16 years old. It is highly recommended to avoid drinking alcohol before and during your time at the Spa.

## RESERVATIONS

For all reservations, a bank imprint is required (bank details).

Please inform us of any specific health condition when making your reservation (pregnant, high blood pressure, heart condition, allergies, etc.).



## **ARRIVAL AND CHECK IN**

We ask you to arrive at least 15 mn before your treatment starts, so that we can welcome you and prepare you for your Spa experience.

If you arrive late, please note that your treatment time will be reduced. Late arrival will always result in full billing for your requested service, even though your actual treatment time may be reduced.

Please do not bring jewellery or valuables to the Spa, as management declines all responsibility for loss, theft or damage.

## **PREGNANCY**

Massages such as reflexology, Thai, shiatsu, tailor made and deep tissue massage are not recommended before 3 months and after 7 months of pregnancy.

However, a 'Mother To Be' massage is permitted between 3 and 7 months. Facial treatments are also possible at any stage of pregnancy.

## **CANCELLATION POLICY**

Your reservations require the presence of our talents.

As a courtesy and to avoid full charges, we require 48 hours notice if you need to modify or cancel your reservation.

After 48 hours, you will be charged the full cost of your treatment.

## **OPENING HOURS**

We are open every day.

The Spa from 10 AM to 8 PM. Last treatment at 7 PM.

The fitness area from 6 AM to 11 PM.

