

# TREATMENT MENU

SUMMER 2024

*Beaumièr*

## 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 care.

You can enjoy moments of well-being in our spa,  
which has 3 treatment rooms. You can also enjoy an  
outdoor massage overlooking the sea.

Make the most of the outdoors with our 'Nohrd'  
gym area, our seawater pool and our yoga and pilates  
classes.

kalmar

Holidermie



Therabody

## OUR TEAM



**Léa**

Léa has chosen the world of Hotel Spa to share a moment of well-being with you. A spa practitioner and beautician, she is passionate about massage and holistic treatments. Now in her 4th season at Beaumier, Léa is delighted to welcome you and offer you personalised advice.



**Marie Adeline**

With her background as a care assistant, Marie Adeline has a natural affinity with people, so she chose the well-being and environment of the Spa. Her experience in some fine establishments has enabled her to develop solid skills in world massages. As a spa practitioner and beautician, Marie-Adeline will be delighted to take care of you..



**Johanna**

Johanna began her career in a beauty salon before turning to the world of spas, with a passion for body treatments. She uses a range of techniques to offer you intuitive massages, always listening to your feelings. Johanna will be delighted to welcome you to her treatments.

## SIGNATURE TREATMENTS

Founded by Karen Ruimy, writer, dancer and spiritual teacher, Kalmar offers a range of products with a holistic approach. Daily rituals to anchor you in the present moment, improve your mood and boost your energy according to your state of mind.

### « JARDIN D'HERBES » TREATMENT 75 min - 205€

Close your eyes and let your breathing guide you, listening to the voice that leads you to a serenity of spirit. The treatment uses local herbal scents in a relaxing body and scalp massage. Finally, the facial massage combines enveloping movements with Kobido techniques to reveal the radiance of the face. This unique ritual is designed to soothe the body and restore balance.

### VITALITY MASSAGE 50 min - 145€

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.

### DRAINAGE & GUA SHA BODY CONTOUR 50 min - 149€ 75 min - 205€

This treatment combines a variation of slimming and draining toning movements. Its effectiveness is based on alternating manual techniques with the use of the Rose Quartz Body Gua Sha, combined with the Body Firming Milk and the Body Oil Serum: a ritual 100% concentrated on the areas to be remodeled. The extended version includes a sublimating scrub to restore the skin's radiance and softness.

## MASSAGES

**PERSONALISED MESSAGE** 50 min -145€  
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™ SPORT MASSAGE** 50 min -149€

An effective massage 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 MESSAGE** 50 min -145€

A comforting massage tailored to this special moment. This gentle treatment will relieve tension and heavy legs, giving you a peaceful, relaxing experience.

**BACK, NECK, SHOULDERS  
& SCALP MESSAGE** 50 min -145€

A massage paying particular attention to the most common areas of tension. Massage techniques are used to work in depth and soothe your mind.

**OUTDOOR MESSAGE  
(Personalised message only)** 50 min -160€

Under the shade, 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** 7€

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

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

## BODY TREATMENTS

### **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.

### **BODY EXFOLIATION**

30 mins - 85€

Our Epsom salt scrub exfoliates and remineralises your skin, while antioxidant coconut and watermelon seed oils provide natural hydration.

## FACIAL TREATMENTS

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 beauty. The brand combines topical products with nutritional supplements and facial self-massage programmes to help you become your most “whole” self. After every facial, you can enjoy a Beauty Gummie, Collagen Cocoa Cube and Skin Elixir Tea.

### **PREMIUM HOLIDERMIE TREATMENT & CRYOLIFT**

75 min - 195€

It's a complete ritual that combines kobido massage techniques with the tensing benefits of cold to soften, hydrate and lift the features. The treatment begins with gentle exfoliation and a radiance mask, followed by the use of cryotensor globes to sculpt the facial muscles. Your skin will emerge plumped, nourished and luminous.

### **HOLIDERMIE KOBIDO FACIAL**

60 min - 150€

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 - 85€

Reveal your skin's natural radiance with this instant booster treatment. Combining Kobido 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*)

**BACK, SHOULDERS & SCALP MASSAGE**

OR

**HAND & FOOT MASSAGE**

OR

**FACIAL MASSAGE**

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## WELLNESS MOVEMENT

**YOGA, PILATES & MEDITATION**

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, pilates and meditation classes and personal instruction are regularly available. For class schedule (private class on request), location, pricing and timings, please enquire at the 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.

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## OUR WELLNESS PACKAGES

*(Packages available for our resident guests only)*

We have put together a selection of our most popular treatments to offer you these packages during your stay.

By purchasing a package, you benefit from reduced prices.

To guarantee availability, we recommend that you schedule your treatments with us as soon as you purchase your package.

### **SPORTS REMEDY PACKAGE** 300€

1x Therabody Sport Massage (50 min), 1x Vitality Massage (50 min),  
1x Therabody Jetair Compression Leg Recovery (20 min)

### **OPTIMAL WELLNESS PACKAGE** 450€

1 x Drainage & Gua Sha Body Contour (75 min), 1 x Back, Neck, Shoulders and Scalp Massage (50 min), 1 x Holidermie Kobido Facial (60 min)

### **FUTURE MOM PACKAGE** 350€

1 x Body Exfoliation (30 min), 1 x Maternity Massage (50 min), 1 x Holidermie Kobido Facial (60 min)

*Please note that the treatments offered in the packages cannot be modified.*



## OUR WELLNESS OFFERS

*(Offers available for non-resident guests only)*

Three unique packages allowing non-resident guests to access our spa facilities:

### MORNING BREAK\* - 170€ per person

A breathtaking view, the sound of the waves, the taste of a croissant, the smell of hot coffee, the feel of a massage. Enjoy this special moment by savouring our breakfast followed by a personalised 50-minute massage. From Monday to Friday, breakfast from 8am to 10am and your treatment at 10am or 11.15am.

*\*This package does not include access to the swimming pools.*

### LUNCH & SPA\* - 195€ per person

Enjoy a tailor-made 50-minute massage at 11.15am or 3pm, and a lunch including a starter and main course or main course and dessert, plus a glass of wine or a large bottle of water, in our restaurant La Plage (open from 12pm to 2pm) (from a pre-selected menu).

*\*This package does not include access to the swimming pools.*

### LUNCH, SPA & TRANSAT - 265€ per person

Treat yourself to a moment of relaxation with a tailor-made 50-minute massage at 11:15am or 3pm or 4.15pm, access to the fitness area, to the 2 swimming pools and a sun lounger, as well as a lunch including a starter and a main course or a main course and a dessert, plus a glass of wine or a large bottle of water, in our restaurant La Plage (open from 12pm to 2pm) (from a pre-selected menu).

## GIFT VOUCHERS

Offer A WELLNESS BREAK to friends and family with our beautiful gift vouchers. These can be personalised so guests can choose their preferred treatments from our spa menu.

For more information, visit [www.beaumier.com](http://www.beaumier.com)

*Please note that gift vouchers are non-refundable.*

## INFORMATION

### Arrival

Hotel guests are asked to arrive at the spa in their bathrobe 10 minutes before their appointment. If you are late, your treatment may be cut short for the sake of the next guest.

### Cancellations

If you wish to change or cancel an appointment, please give us 24 hours' notice. If you cancel less than 24 hours in advance or if you do not show up, you will be billed in full for the treatment.

### Payment

Payments can be made by credit card, cash, gift vouchers or will be credited to the room account.

### Health conditions

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

All our treatments provide well-being and relaxation, but are not intended to be therapeutic. For better understanding, the term 'massage' is used to designate a well-being modelling.

### Pregnancy

Treatments for pregnant women are only available between the 4th and 8th month of pregnancy. Outside this period, no treatment can be given for the well-being of your baby. Please inform us of your pregnancy when booking.

### Ambiance

The atmosphere of the spa is dedicated to calm and disconnection, which is why we ask our friendly customers to keep their phones on silent so that everyone can fully enjoy their moment.

## LES ROCHES ROUGES

90, Boulevard de la 36<sup>e</sup> Division du Texas  
83530 Saint-Raphaël

Tél. +33 (0)4.89.81.40.60  
spa.lesrochesrouges@beaumier.com

www.beaumier.com

