

# TREATMENT MENU

SUMMER 2021

*Beaumier*

**LES ROCHES ROUGES**

FRENCH SAINT-RAPHAËL RIVIERA



- EN -

At Beaumier, your wellbeing is our priority. We are here to prepare you for a day's activity, to work out your muscular tension, to nourish your skin or help you relax and sleep well - all in the safe hands of our expert therapists.

In compliance with government guidance, we have implemented strict protocols to further safeguard the health and safety of our guests and team.

We have also simplified our treatment menu during these changing times to provide a small selection of treatments.



## MASSAGES AT THE SPA

30 mn - 80€    50 mn - 130€ (Snö: 135€)    75 mn - 195€

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

### **SIGNATURE MASSAGE** 50 mn / 75 mn

Designed exclusively for Beaumier, our Signature Massage is an immersive and personalised treatment, created with a unique playlist. This treatment alternates relaxing and energizing movements and is available in cocooning or Deep Tissue version, according to your current moods.

### **PERSONALISED MASSAGE, *IGRANE*** 50 mn / 75 mn

This full body massage is tailored to your individual needs. Choose your pressure, time and focus zones.

### **MATERNITY MASSAGE, *IGRANE*** 50 mn

A soothing and relaxing massage, adapted for this special time.

### **MESSAGE SPORT PREPARATION, *SNÖ*** 50 mn

Prepare muscles before exercise with this deep, invigorating back and leg massage.

### **MESSAGE AFTER SPORT, *SNÖ*** 50 mn

A back and leg massage to warm, relax and relieve aching muscles after an intense activity.

### **FACIAL YOGA THERAPY, *SNÖ*** 30 mn

Lift, tone and firm facial muscles with an effective and specialized facial workout.

### **NECK, SHOULDERS & SCALP MASSAGE, *SNÖ*** 50 mn

A soothing massage targeting areas of tension to de-stress and calm the mind.

### **TREATMENT BOOSTERS**

Heat Pack or Trigger Gun Therapy 5€



## FOR YOUR SAFETY AND COMFORT EVERYTHING YOU NEED TO KNOW

- Please kindly complete our online consultation form before arrival.
- Payments will be room charge or credit card only.  
In-room treatment: room charge only.
- Wearing of face masks is mandatory for all spa and in-room guests. For their safety and yours, our team will also be wearing face coverings and visors.
- Throughout the spa you will find sanitizer and hand washing facilities. Please wash your hands regularly while with us.
- Prior to your treatment please shower thoroughly and sanitize your hands.
- Enhanced cleaning procedures have been implemented: treatment rooms will be well ventilated and fully sanitized between treatments.  
In-room treatment: all equipment and products will be fully sanitized between treatments. Please ensure your hotel room has been well ventilated prior the therapist's arrival.
- In line with government guidelines, please maintain distance from other guests and the therapist when possible.
- For our properties with pools, steam and sauna rooms, when open, these will be bookable experiences with limited availability. Bookings may be made at Spa reception.
- Our treatment menu has been simplified to ensure the highest level of Covid-safety, and may be subject to change.
- Please note that all hotel guests are required to change into their robes in their guest rooms before arriving at the Spa or before the therapist's arrival in the hotel room.

## INFORMATION

### **Arrival**

Please arrive 5 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest. In room, please be ready 5 minutes prior as well so the therapist can set up the treatment.

### **Cancellations**

If you wish to change or cancel an appointment, please give us 24 hours notice. For any cancellation within 24 hours or no-show, you will be charged for the treatment.

### **Age policy**

Our treatments are specially tailored for adults of 18 years upwards. However, we can adapt certain treatments to those aged 14-18 with parental consent and accompaniment.

### **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 or in room.

*Rates for the season 2021*

## **HOTEL LES ROCHES ROUGES**

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