

WELCOME TO THE SPA LA COUR CARRÉE



# *Welcome* TO THE SPA!

The Cour Carrée spa welcomes you every day from  
9 A.M. to 9 P.M. in its dedicated relaxation area.  
Treatments are available from 10 A.M. to 7 P.M. on reservation preferably.

*Relax...*  
YOUR JOURNEY  
*begins here*

In a privileged setting under our magnificent glass roof in the heart of nature,  
treat yourself to a relaxing moment where serenity  
and sensory discovery meet.

Our SPA and its partners, Cinq Mondes, Omnisens and Chic des Plantes,  
will introduce you to the discovery of new horizons.

# *The know-how* OF NATURE



French brand of natural cosmetics made in Brittany.  
Omnisens offers generous, indulgent treatments where all the senses  
are celebrated, inviting you to completely let go.



An iconic luxury spa brand, Cinq Mōndes offers treatments inspired by beauty  
rituals from around the world. Its products, formulated with patented active  
ingredients, are natural, free from petrochemicals, and, together with their  
dedicated protocols, guarantee a moment of absolute well-being.



French brand offering 100% organic products made from plants, spices, flowers,  
fruits and vegetables. The brand provides teas, herbal teas, broths and infusions,  
all B Corp certified and eco-responsible.





# Signature treatments

## OF THE DOMAINE

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### **The Domaine Signature Massage 1H30**

*Intensity \*\*\**

€160

This massage was created to awaken your senses and encourage deep relaxation of the body, and above all, peace of mind.

This innovative treatment alternates the use of bamboo with relaxing and invigorating manual techniques, from head to toe.

### **The Cour Carrée Signature Facial 50MIN**

€105

This exclusive treatment revitalizes and soothes your skin through the use of bamboo during the facial massage.

A hand and arm massage is also performed while the mask is applied, for a deeply relaxing experience.

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*The bamboo massage draws its origins from traditional practices from Asia.*

*This technique uses bamboo sticks of different sizes to perform precise, deep and rhythmic movements over the entire body and face.*

*Bamboo massage is known for its draining and circulation-boosting benefits, and is also highly appreciated by athletes.*



# Relaxing

## MASSAGES

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**Intuitive 50 minutes** *Variable intensity* €105

A tailor-made body massage, with or without facial treatment. This treatment is personalized according to your needs and preferences (choice of pressure, rhythm, areas, etc.).

**Traditional Oriental Relaxing 50 minutes** *Intensity \** €105

A soothing and enveloping massage, featuring long gliding strokes and a slow rhythm. This treatment promises an escape into a state of serenity and calm.

**Hawaiian 50 minutes** *Intensity \*\*\** €105

A slow massage that promotes muscular relaxation through work performed using the practitioner's forearms, elbows, hands and thumbs.

# Dynamic

## MASSAGES

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**Balinese 50 minutes** *Intensity \*\*\** €105

A massage combining slow and fast movements. This treatment alternates stretches, percussion and joint mobilization for complete muscular relaxation.

**Indian Ayurvedic Energizing 50 minutes** *Intensity \** €105

An invigorating massage using friction and sweeping movements. This treatment helps rebalance vital energy and revitalize your body.

**Golf ball 50 minutes** *Intensity \*\** €105

A rhythmic, energizing massage that relieves muscular tension. Using a duo of golf balls for precise and stimulating massage work. Throughout the treatment, stretches are performed to enhance your body's mobility and flexibility.

# Targeted

## MASSAGES

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**Mother-to-be 50 minutes** *Intensity \** €105

From the beginning of the 4th month until the end of the 7th month. Outside of these periods, you may enjoy a facial treatment instead. A specific treatment for pregnant women, this gentle and enveloping massage provides a feeling of well-being.

**Seasonal Massage 50 minutes** *Variable intensity* €105

A massage that changes according to the season. The Spa team will inform you about the treatment of the moment.

**Maderotherapy 50 minutes** *intensity \*\*\** €105

An anti-cellulite massage that improves the appearance of the skin through the use of wooden tools that work in depth. This sculpting massage helps drain and tone the body.

**Family 35 minutes** *Variable intensity* €160

*Parent/child duo (from 8 to 15 years old)*

A massage of one or several areas of the body, or a personalized facial treatment, to share a unique family moment.







# Facial

## TREATMENTS

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All our facial treatments include cleansing, exfoliation, massage, a mask and skin hydration. While the mask is applied, you will also enjoy a hand, foot and/or scalp massage.

### Eye Contour 50 minutes

€105

A facial treatment dedicated to the eye contour area, to reduce signs of aging and fatigue (wrinkles, puffiness and dark circles). Draining techniques are performed and specific eye tools are used.

### Five Flowers Ritual 50 minutes

€105

A beautifying and revitalizing facial for a brighter complexion, thanks to the combination of extracts from five tropical flowers.

### Ko Bi Do Redensifying 50 minutes

€105

A facial treatment that restores a toned, smoothed and plumped skin appearance thanks to its action on the entire face and neck.

### Ko Bi Do Royal Regenerating 50 minutes *Intensity \*\**

€105

A lifting facial massage that works deeply on wrinkles, firmness and skin radiance. Seventy-five massage techniques are performed on the entire face and neck.

# Les soins d'1h30

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## **Intuitive 1H30**

*Variable intensity*

€160

A tailor-made body massage, with or without facial treatment.

This treatment is personalized according to your needs and preferences (choice of pressure, rhythm, areas, etc.).

## **Sparta Massage 1H30**

*Intensity \*\*\**

€160

A deep, relaxing sports massage inspired by the ancestral medicine of ancient Greece.

This treatment is composed of precise and specific techniques combining stretching, kneading, twisting and pressure, inspired by the principles of physiotherapy and osteopathy.

## **Classic Ritual 1H30**

€160

A full-body scrub that brings softness and radiance, followed by a 50-minute massage of your choice.

*This ritual is performed exclusively in a private treatment room.*

## **Balneotherapy Ritual 1H30**

€160

A relaxing bath with whirlpool jets and essential oils, followed by a 50-minute massage of your choice.

*This ritual is performed exclusively in a private treatment room.*





# Escapes

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## **Soft Escape 2H30**

€235

A journey beyond the senses, combining a balneotherapy bath with essential oils, a coconut body scrub, and a draining massage of the legs and abdomen. To finish, a scalp and facial massage.

## **Zen Escape 2H30**

€235

This well-being break combines a Monoi body scrub and a relaxing back-of-the-body massage.  
It concludes with the benefits of the global anti-aging Kobido facial treatment.

*At the end of your Escape, we will offer you a box of infusion of your choice.*

# Relaxing Add-ons

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*To extend and complete your relaxation, we offer additional treatments.  
They are available depending on our availability.*

## **Cranial massage 15 minutes**

€20

## **Mask application 15 minutes**

(Face, hands or feet)

€20

## **LED Light Therapy Mask 15 minutes**

€20

*Prices in Euros, VAT included. The displayed rates exclude the 5% staff contribution.*

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# Beauty

## TREATMENTS

*Bikini waxes are intended for women only.*

### Waxing

Eyebrows or upper lip	€10
Underarms	€15
Half legs	€25
Full legs	€35
Basic bikini	€20
High-cut bikini	€30
Full bikini**	€40

### Beauty

Hand or foot beauty treatment without nail polish. <b>45 minutes</b>	€80
Nail shaping, cuticle care, exfoliation, massage and nourishing mask.	
Application of a clear base coat is available.	

*Prices in Euros, VAT included. The displayed rates exclude the 5% staff contribution.*

# Cocooning

## PACKAGES

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### **Cocooning breakfast** €125

50-minute treatment of your choice

1 hour access to the relaxation area

Buffet breakfast at the Montaigu

### **Cocooning Gourmet Tea** €130

50-minute treatment of your choice

1 hour access to the relaxation area

Assortment of sweet delights prepared by the Chef

Glass of Champagne

Hot beverage\*\*

### **Cocooning Club** €140

50-minute treatment of your choice

2 hours access to the relaxation area

Lunch or dinner at the Club: Château Menu / starter, main course, dessert

Hot beverage

### **Cocooning Montaigu** €195

50-minute treatment of your choice

Half-day access to the relaxation area

La Bretesche cocktail at the Bar des Écuries

Three-course dinner at Montaigu (drinks not included)





# Relaxation

## PACKAGES

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### Bachelorette / Bachelor Celebration

€125/pers.

This package is valid for a minimum of 6 people. It includes a 50-minute treatment of your choice, a glass of Champagne, and private access to the relaxation area for 1 hour. A complimentary package is offered to the future bride or groom: a 50-minute treatment of your choice, a glass of Champagne, and a Spa gift.

### Memberships & Treatment Plans

Our memberships are valid for 12 months from the date of purchase and are not nominative. You can enjoy them alone, with family, or with friends.

5 treatments of 50 min + 1 free

€495

10 treatments of 50 min + 2 free

€925

5 treatments of 1h30 + 1 free

€750

### Relaxation area

The relaxation area is accessible free of charge for 1 hour with the reservation of a treatment of at least €80. This area includes a heated indoor pool and a glass-roofed lounge with a herbal tea corner. We recommend enjoying it before your treatment to optimize the benefits. A robe, towel and pair of slippers will be provided for you in a locker under your name.

### Relaxation area 2H

*Available for an accompanying guest of a person who has booked a treatment, subject to availability.*

€25

### Amma Seated 15MIN Available from November to April, subject to availability.

€20

A massage performed on an ergonomic chair and through clothing, combining pressure, stretches and percussion to release tension in the back, arms and scalp.





## *Good to know*

If you have allergies to certain products, please let us know  
when booking your treatment.

Prices, in euros, include VAT, exclude the 5% staff contribution,  
and may be modified without prior notice.

The Spa welcomes you every day from 9am to 9pm.

Treatments are available from 10am to 7pm.

Please inform us of your treatment choice no later than 24 hours  
before your appointment. Free cancellation up to 24 hours before the treatment.  
After this period, the full amount will be charged. We recommend arriving 15 minutes  
before your treatment; any delay will be deducted from the treatment time.

Our treatments are non-therapeutic and non-medical. If you are pregnant  
or have health concerns, please ensure you have medical approval  
and inform our staff, as some treatments may not be recommended.

Individual lockers are available at the pool. The Spa accepts no responsibility  
in case of loss or theft.

*Take*  
THE TIME  
*to relax*

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