

SPA DES SAULES

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SPA MENU
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SPA DES SAULES / HOTEL DES BERGES
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The Spa des Saules stands in the garden near the Hôtel des Berges : the barn, as simple as beautiful, is deeply rooted in the land of Alsace. Taste the magical alchemy of minerals and plants, of the sky - light is ubiquitous - and of water. Discover the purity of the lines, soak up the intensity of the materials, make the generous volumes your own... The outdoor pool is closed at a temperature of 32 Grad Fahrenheit and below.

Nature Effiscience

The Spa des Saules has chosen Nature Effiscience, a brand recognised for the naturalness of its products combined with the technical character of their treatment based on shiatsu points. Juniper, arnica, neroli, almond, avocado, apricot... Flowers and fruits bring their benefits to your skin, remineralising, soothing and strengthening. The Nature Effiscience technique, which combines shiatsu and massage, brings an immediate and enduring sense of well-being. When relaxation rhymes with effectiveness.

CHO Nature Responsible Beauty

Health, efficiency and sensoriality are the key words of this family brand with strong values. Pronounced C-H-O for memory (Carbon), energy (Hydrogen) and life (Oxygen) discover a natural and organic range with uniques formulas made in their laboratory in Grasse. Specialized in vegetal, essential oils, let yourself be seduced by this high quality brand.

BODY TREATMENTS Nature Effiscience

	Time	Rate
HARMONY RELAXATION MASSAGE	30 min	60 €
Deep relaxation through a combination of multi-sensory massage movements which relax body and mind. For a beautiful and balanced body.	1 h	105 €
REVITAL'ILL MASSAGE	1 h 30	150 €
Absolute well-being massage with the aromas of neroli and ylang ylang. This massage releases tension and stress.		
DETOXIFYING AND SLIMMING MASSAGE	1 h 30	150 €
Inspired by traditional Japanese massages. This tonic ritual provides detoxification. Cellulite and water retention is reduced in different body areas.		
PURITY BODY SCRUB	45 min	80 €
Soft and powerful exfoliating scrub with circular, smoothing and rubbing movements across the body. Rich in brown algae, it regenerates and purifies. Skin is soft like silk. With vanilla tea aromas.		
MASSAGE DES SAULES	1 h	105 €
Powerful and sensory muscle massage with our white willow oil. Tension is released. Muscles return to their original place and condition.		
REFLEXOLOGY MASSAGE (SOFT)	30 min	60 €
This massage creates a connection between the body's individual organs and the corresponding nerve endings on the feet. This treatment is bringing a sense of harmony and total well-being to your entire system for a deep feeling of relaxation.		

FACIAL TREATMENTS Nature Effiscience

	Time	Rate
PURE BEAUTY TREATMENT	30 min	60 €
Deep cleansing of the skin with a purity treatment which smooths and relaxes the face's features. Radiant effect.		
ANTI-AGEING AND FIRMING TREATMENT	1 h	105 €
Powerful anti-ageing, redensifying and complexion enhancing treatment. The complete and active Effipuncture method provides Natural Lifting, smoothing complexion over time and providing an immediate and long-term radiant complexion.		
REVITALISING TREATMENT FOR HIM	30 min	60 €
Purifying and hydrating treatment for men. Deep cleansing, the skin is fresh and pure.		

FACIAL TREATMENTS CHO Nature

	Time	Rate
EYES TREATMENT	30 min	60 €
A special treatment for the eyes, erases tiredness, dark circles and pouches. Your look is rested.		
BEAUTY AND RELAX	1 h	105 €
One hour of complete relaxation for mind and skin. Muscles are loosen, skin is radiant and plumped.		
PRESTIGE	1 h 45	185 €
An intense treatment against wrinkles based on the chinese science. Reduction of wrinkle depth and length, maximum stimulation of skin regeneration and collagen development for improved resilience and firmness.		

OTHER BEAUTY TREATMENTS

	Time	Rate
MANICURE	30 min	60 €
With nail varnish	45 min	80 €
PEDICURE	30 min	60 €
With nail varnish	45 min	80 €

PROGRAMME

	Time	Rate
TAILOR-MADE 2 HOURS	2 h	210 €
2 hours programme		
COUPLE'S WELL-BEING TREATMENT	2 h	210 €
2 x 1 hour treatment (separate cabins)		
COCOON'ILL	2 h 45	270 €
Purity body scrub + Massage des Saules + Anti-Aging facial treatment		

Our massages are well-being and relaxation treatments; they are non-therapeutic and non-medical. The indicated duration of the treatments corresponds to the total treatment appointment: a 30 mins, 60 mins or 90 mins treatment corresponds respectively to a 20 mins, 50 mins and 80 mins treatment. . Please arrive promptly for your appointment at least 10 minutes in advance. Any delay will be taken off the booked treatment time. If you would like to cancel or postpone your treatment, please call the Spa 24 hours before your appointment. For our Day-Spa guests we charge an extra 35 euros per person and per reservation.