



# LE SAINT ALEXIS

## SPA MENU

# World massages

## SAINT ALEXIS MASSAGE

0H30 - 60€

0H45 - 80€

1H00 - 100€

100% customized massage. Put together with your therapist the massage you wish, by choosing your fragrance and zones you wish to concentrate upon with the pressure you desire.

## BALINESE MASSAGE

1H00 - 100€

Massage originating from Bali draining energizing and energetic. This massage ensures a deep relaxation thanks to the percussions and smoothing along the body's meridians.

## LOMI LOMI MASSAGE

1H00 - 100€

Relaxing and cocooning Hawaiian-inspired massage. This massage practiced with the hands and forearms plunges you into an ocean of well-being.

# Targeted massages

## FACE AND SCALP MASSAGE

0H30 - 60€

Free your face from its tensions for an immediate release. Well-being massage of the face, skull, neck and neckline.

## FOOT REFLEXOLOGY

0H45 - 80€

Inspired by Asia, foot bath ritual and stimulation of reflex points on the foot by digito-pressure. This foot massage restore the flow of energy throughout the body. Ideal against fatigue, stress and heavy legs.

## ESSENTIAL MASSAGE

0H45 - 80€

Massage of feet, hands, arms and head. Escape yourself and free your mind thanks to this massage of the essential areas of the body.

*All our treatments are performed in a SOLO cabin.*

*We do not perform massages and body treatments on pregnant women.*

*All the treatments on our menu are exclusively accessible to people over the age of 18.*

# *Specific massages*

## **SWEDISH MASSAGE**

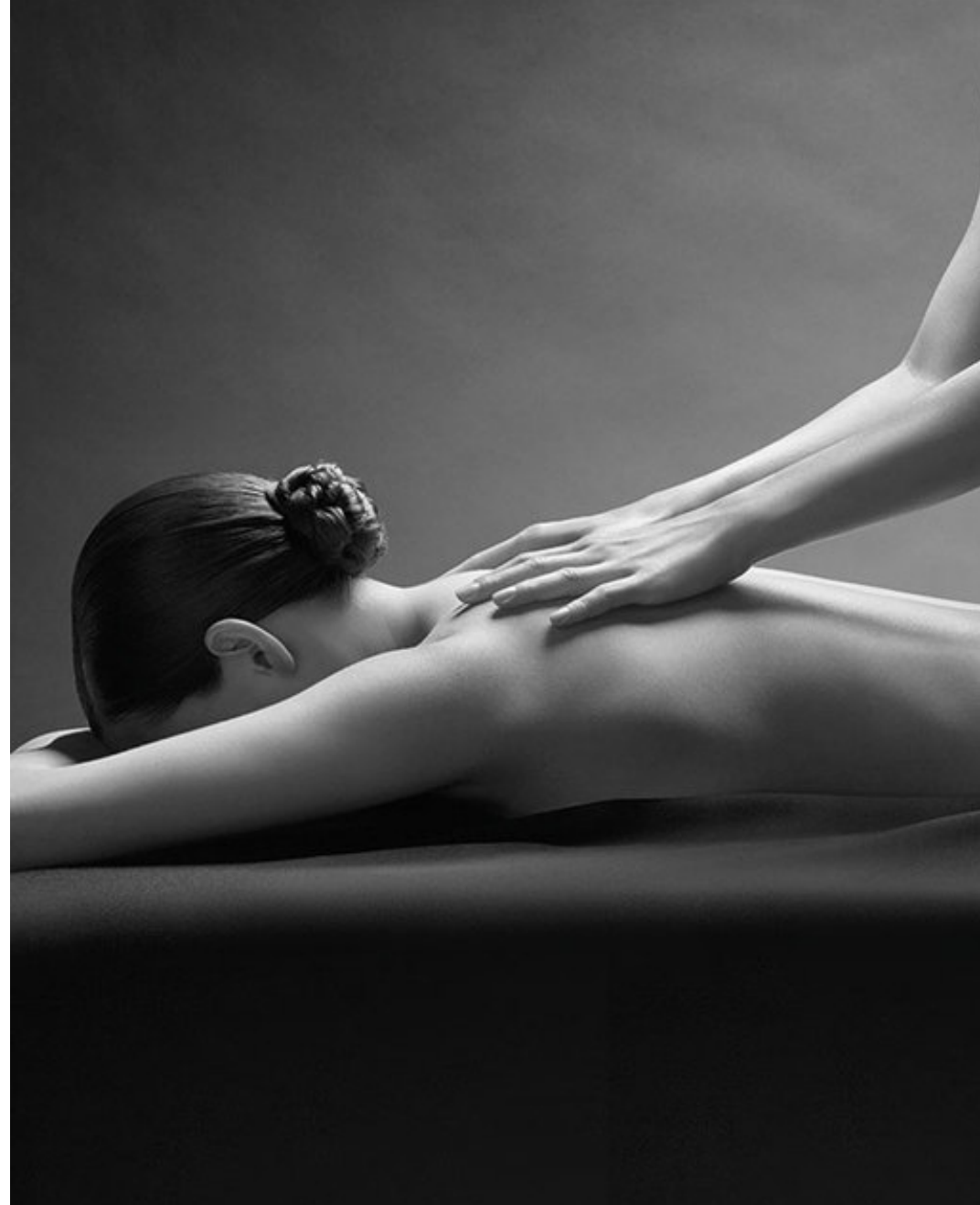
1H15 - 130 €

This deep massage helps to promote muscles relaxation.  
This massage releases tension (due to sport or stress), stimulates and tones.  
Inspired by Deep Tissue and ideal for athletes.

## **AYURVEDIC MASSAGE**

1H15 - 130 €

This is an ancestral Indian massage technique that will bring back the balance and harmony of the body's energy, through the combination of movements enticing all the senses.  
Ideal for people who are in a hurry, under stress, who find it difficult to "switch off".



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# Sothys signature body treatments

Exceptional protocols and an invitation to journey : Japon, Asia or Orient.



## SENSATIONS ORIENTALES

1H00 - 110€

Inspired by ancestral Oriental rites with a scrubbing terracotta stone then an exclusive Sothys modelling.

A unique escaping moment with aromatic notes of myrrh and amber.



## INDONÉSIE ANCESTRALE

1H00 - 110€

An exotic treatment combining global body massage and breathing ritual Mayonggo.

Dive into the heart of Indonesia the moment you walk through the door, thanks to sandalwood and jasmine fragrances.

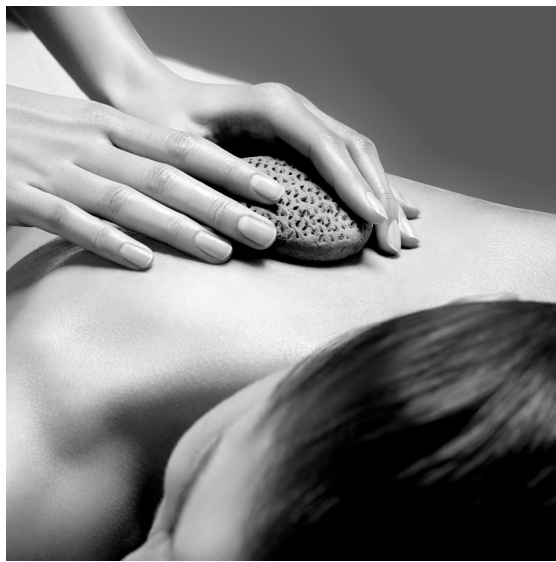


## HANAKASUMI

1H30 - 150€

A unique protocol of Japanese inspiration : peeling with exfoliating gloves, relaxing modelling of the entire body and specific modelling of the feet in this nourishing, delicately perfumed ritual with cherry blossom and lotus escape.

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# Escape for the senses

## GOMMAGE

0H30 - 60€

Body exfoliation combining sea salts and sugar to be personalised with the fragrance of your choice.

## RITUEL DÉLASSANT DOS

0H45 - 80€

Sublimate your back with this complete relaxing treatment including a back exfoliation, a back wrap and a back massage.

## RITUEL JAMBES LÉGÈRES

1H00 - 110€

Relieve your legs with this ultra-freshening treatment including an exfoliation, a fresh wrap, a draining massage and the application of an ice-cube effet gel.

*We do not perform massages and body treatments on pregnant women.*



# Choose your treatment

0H30 60€

0H45 80€

1H00 100€

1H15 120€

1H30 140€

2H00 180€

Personalise your treatment time by choosing your treatments from our treatment menu (*massage, body exfoliation, face treatment ...*).

*Excluding 1h15 specific massages and Sothys signature body treatments.*

# Hands and feet treatments

## SOFT HANDS TREATMENTS (OR) ENCHANTING FEET TREATMENT

A treatment combining relaxation and efficiency including a manucure or pedicure, an exfoliation, a mask and a massage for beautiful and soft hands or very pretty feet.

WITHOUT NAIL POLISH

1H00 - 70€

WITH NAIL POLISH

1H15 - 85€

*Not suitable for gel nails.*

# Sothys face treatments

## LE SUBLIME YEUX 0H30 - 60€

Treatment specifically designed for the eye area, immediately erases signs of fatigue and ageing, while Sothys exclusive Modelling porcelains provide a refreshing effect.

*Included in a facial.*

0H15 - 30€

## LE COUP D'ÉCLAT 0H45 - 80€

Seasonal oxygenating treatment with delicious fruity notes for revitalized, resplendent skin.

## LE SUR MESURE 0H30 - 60€

100% customized facial. This fundamental treatment is adapted to skins individual needs to maintain a beautiful skin.

1H00 - 100€



## LE COCKTAIL HYDRATANT 1H15 - 120€

This treatment combines ultra-comfortable textures with high-performance active ingredients to bathe the skin with well-being and provide it with a sensation of absolute hydration.

## L'ANTITEMPS 1H15 - 120€

Targeted treatment against the signs of aging : wrinkles and sagging skin. Faithful to the Sothys intensive treatment philosophy, this ultra-sophisticated treatment combines ultra-targeted products with expert application methods.

## L'ÉNERGISANT 1H15 - 120€

A treatment to treat the skin to a burst of energy and help it to defend itself in any situation against the harmful effects of environmental stress.





# Sothys organic facial



L'ORGANICS

0H45 - 85€

This treatment with a fresh scent awakens the skin and gives it instant radiance.

Dive into the heart of nature thanks to our range of **ORGANIC** and **VEGAN** products and enjoy a moment of deep relaxation.



# Japanese face lift massage

LE LIFTANT JAPONAIS

0H45 - 90€

An exceptional facial massage acting as a true natural lifting.

Alternating anti-wrinkle and lifting movements and energy massage of the meridians, this massage **inspired by KOBIDO** stimulates the entire energy circulation of the face and neckline.

This treatment eliminates toxins and tones the muscles of the face, thereby acting on the main causes of the appearance of wrinkles.

4 TREATMENT CURE - 340€  
Valid over 1  
month

*Not suitable for pregnant women, acne-prone skin or reactive skin.*



# The Sothys Excellence

Rituals that combine exceptional ingredients with elegance and refinement for an unforgettable moment of well-being.

## FACE RITUAL

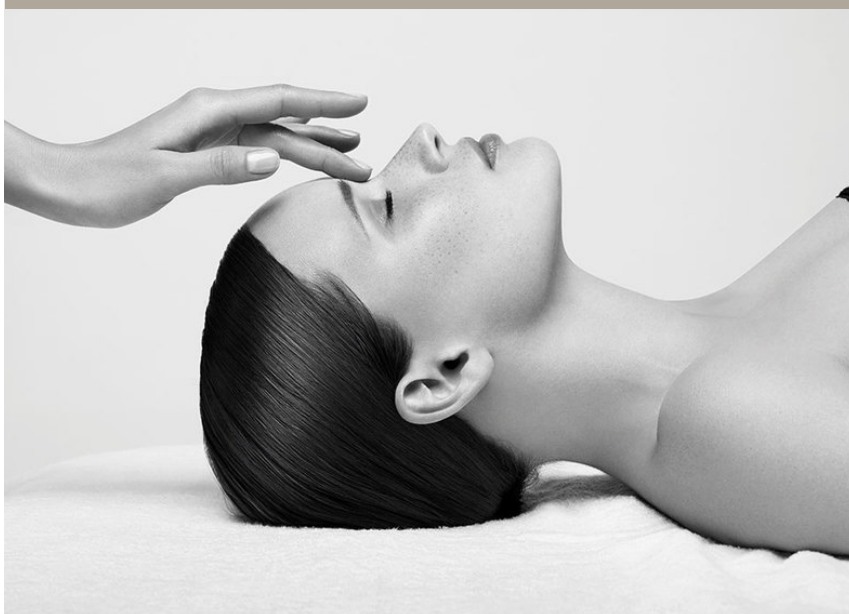


LE PRESTIGE

1H30 - 160€

*Discover the perfection of treatment.*

A facial treatment in 8 steps combining sensorial make-up removal, ultra-efficient peeling, exceptional massage, high performance mask, ice effect final smoothing. An ultimate unique treatment with sothys rose cells and precious porcelain flower oil..



## BODY AND FACE RITUAL



L'INSTANT PRESTIGE

3H00 - 260€

Heat Experience (0h30)

+

Excellence Secret de Sothys body exfoliation (0h30)

+

Excellence Secret de Sothys body massage (0h30)

+

Le prestige face treatment (1h30)





# Heat experience

Private access to our aquatic equipment :  
HAMMAM AND BASSIN SENSORIEL

Privatisation for	0H30	1H00
1 person	50€	70€
2 persons	35€ per person	50€ per person
3 persons	-----	50€ per person
4 persons	-----	50€ per person

# Packages for 2

*Treatments are performed in our DUO cabin*

L'INSTANT TOI ET MOI 1H00 - 155€

Heat Experience (0h30) + treatment of your choice (0h30) + fruit cocktail

L'INSTANT À DEUX 2H00 - 255€

Heat Experience (1h00) + treatment of your choice (1h00) + fruit cocktail or a glass of champagne

L'INSTANT MAIN DANS LA MAIN 2H45 - 370€

Heat Experience (0h45) + body exfoliation (0h30) + Saint Alexis massage (0h45) + facial (0h45) + fruit cocktail or a glass of champagne

# Packages for 1 person

L'INSTANT POUR ELLE OU LUI 1H15 - 105€

Heat Experience (0h30) + treatment of your choice (0h45)

L'INSTANT POUR SOI 2H30 - 185€

Heat Experience (0h30) + body exfoliation (0h30) + rituel délassant dos (0h45) + facial (0h45)

L'INSTANT ZEN 3H00 - 240€

Heat Experience (0h30) + body exfoliation (0h30) + body wrap (0h30) + Saint Alexis massage (0h45) + facial (0h45)

# Packages for 3 or 4

L'INSTANT À TROIS OU L'INSTANT À QUATRE  
127.50€/per person

Heat Experience (1h00) + treatment of your choice (1h00) + fruit cocktail or a glass of champagne

L'INSTANT POUR ELLE OU LUI 105€/per person

Heat Experience (0h30) + treatment of your choice (0h45)

# Escale gourmande

Heat Experience (0h30)

+

Treatment of your choice (0h30)

+

1 fruit cocktail

+

1 lunch at the restaurant  
(Dish and dessert)

120 € / person

(From monday to friday, except bank holidays)

Not available for gift vouchers. Booking only.

*Hotel pool and sunbeds are exclusively reserved for hotel customers.*



# Hair removal

BOOKING FROM 35 €

Eyebrows	17 €
Upper lip	12 €
Chin	12 €
Nose	12 €
Ears	12 €
Underarms	18 €
Underarms MEN	24 €
Breast MEN	28 €
Breast warm wax MEN	42 €
Full back MEN	30 €
Full back warm wax MEN	44 €
Classic bikini	18 €
Brazilian bikini	23 €
Semi complete bikini	32 €
Complete bikini	38 €
1/2 legs	24 €
1/2 legs MEN	31 €
Thighs	26 €
Full legs	35 €
Full legs MEN	42 €
Arms	23 €

EXTRA CHARGE

*for any excess area or difficult hairs*

## Opening times

Open daily from 9.00 AM to 18.45 PM.

## Booking

Booking only.

Reservations can be made from your hotel room by dialing 4420 or by calling (+262) 02 62 44 66 01.

You will be required to provide your credit/debit card details or gift voucher number in order to guarantee your reservation.

Spa treatments do not include access to the hotel pool and sunbeds.

## Treatment

We recommend you to come 15 minutes before your appointment so as to fully appreciate your case session.

Please notify us of cancellations or changes to appointments at least 24 hours prior to the scheduled appointment. If you fail to do so, you will be charged for the service and the sum will be debited, which you consent to by providing your credit/debit card details when booking. No appeal will then be possible.

In the case of a delay, it will not be possible to lengthen the initial time of the session; the full amount of the care will be due.

## Payment

We accept the payment by credit cards (visa, amex, mastercard...), or by cash.

## Golden rules

The spa is a place of relaxation and rest exclusively reserved for customers over 18 years old.

The Saint Alexis Spa reserves the right to stop or cancel the service in the event of inappropriate behaviour or comments to our Spa team..

## Health

Please warn us if you are pregnant or if you have any health issues, some of our cares could be inconvenient for you. Our wellness massages are not linked with any physiotherapy, medical or rehabilitation process.

Our Spa Therapist are not entitled to practicing massages on clients showing skin problems, following cancer treatment, following a treatment for cardiovascular disease or affected by a local paralysis.

## Gift vouchers

Please your friends and family with our gift cards valid for 8 months.

Buy your gift cards :

- at our Spa reception.

- on our website : [www.hotelsaintalexis.com](http://www.hotelsaintalexis.com) / section : **PRICES AND BOOKING.**

The gift vouchers are exchange vouchers, without presentation of these on the day of the appointment no treatment can be carried out.

The value of the voucher cannot under any circumstances be exchanged for cash or reimbursed.

If an appointment is cancelled less than 24 hours in advance, or in the event of a no-show, the SPA invitation will be considered definitively lost.

No exceptions will be accepted.



## Health

Swimming costumes must be worn inside the Spa.

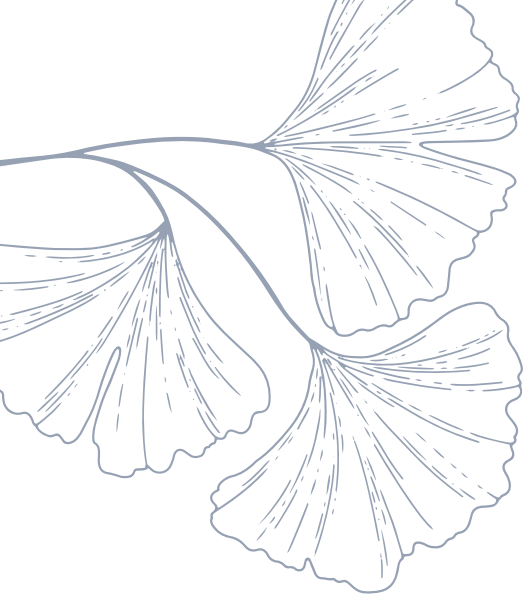
Having a shower before any body treatments is required.

Maximum capacity of 4 customers for Heat Experience access.

## Theft and personal belongings

We recommend that you remove your jewellery for treatments and keep your valuables under lock and key.

The management cannot be held responsible for the loss, theft, omission or damage of your personal belongings on the Spa premises.



LE SAINT ALEXIS

HOTEL & SPA



TEL : (+262) 262 44 66 01

FROM YOUR ROOM : 4420

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[www.hotelsaintalexis.com](http://www.hotelsaintalexis.com)

