

Spa



VALMONT



Château de la Messardière

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Spa Menu

*Our health & safety measures are available on request*



Surrounded by umbrella pines, cypress trees and ancient olive trees, the estate of the Château de la Messardière thrives in the riches of the Mediterranean nature. The lush citrus and flower gardens boast a wealth of botanical treasures, from which we extract essential oils for your pleasure and well-being. Throughout your beauty getaway, you will choose the natural fruity and floral fragrances that will amplify your treatments and infusions.

After a thorough restauration, you will be able to choose one of our single or double cabins, according to your desire and, for total relaxation, we offer you a bath with donkey milk or essential oils as well as a Iyashi Dôme. The Royal Suite invites you and your partner to share moments of pure relaxation, for body and facial treatments. This highlight of the spa offers you the exclusive experience of a levitation pool, hammam and sauna.

The indoor pool, the hammam and sauna (mixed) are a serene break from the hustle and bustle of summer.

Then, the gentle scents of the garden will guide you to the fitness room. Nestled among the pine trees, it provides you with a panoramic view of the sea.



These treatments are adapted to the current sanitary circumstance with a strict social distancing protocol.



These treatments can be performed at your residence, on land or at sea.

#### VALMONT :

*As heir to the Swiss medical tradition, the Valmont brand supports both men and women with a collection of skin, hair and body treatments.*

*Valmont defies the laws of ageing through the use of unique cellular extracts and patented technology. Its anti-ageing expertise is brought directly to the treatment room through a range of emblematic rituals with Swiss-inspired names.*



### **Hydratation - Source des Bisses**

Skin is plumped and smoother, tiredness signs are erased.

### **Energy - Vitalité des Glaciers**

Skin is regenerated, firm and radiant.

### **Anti wrinkle and firmness - Sommet du Cervin**

Skin is lifted and re-densified.

**50 min / 160 €**

**80 min. (with application of Collagen mask) / 210 €**

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### **Beauty Coach**

**Initiation course : 30 min / 60 €**

This summer, le spa Valmont at La Messardière offers its best guidance for skincare, presenting a unique opportunity to learn the right techniques for cleansing and reshaping your face in front of a mirror.

Make an appointment with your beauty coach. With their help, you will be able to learn and reproduce each of their techniques.

All the skincare products necessary for your initiation will be at your disposal.

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### **Eyes - Reflection on a frozen lake**

**45 min / 110 €**

Your eyes will look radiant and youthful.

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### **Elixir des Glaciers - Majestic Treatment**

**1h45 / 395 €**

An exclusive treatment that combines two cleansings and three different massages, and offers the technical expertise of the Magician of time, and four masks including the essential collagen mask which offers the skin a real makeover in terms of youth and radiance.

## VALMONT BODY TREATMENT



### Fit and Tone - Summits of slimness

50 min / 170 €

An in-depth reshaping of the figure. Kneading, percussion, friction and smoothing pressures to provide a toned and slender body.

## MEN'S TREATMENTS

*We recommend to shave at least three hours before your facial treatment.*

### Valmont Cleansing Facial - Pureté des Alpes



45 min / 140 €

A purifying treatment that will balance and smoothen your skin.

For those in search of clean and clear skin.

### Valmont Energizing Facial Treatment



50 min / 160 €

A personalized facial that will moisturize and sooth your skin.

### Just For Him

50 min / 160 €

A cleansing treatment for the back, followed by a back massage.

### Back or chest waxing

40 min / 50 €

### Manicure or Pedicure

30 min / 50 €

## IYASHI DÔME



### Iyashi Dôme

The unique concept of the Iyashi Dôme Sauna is based on traditional Japanese therapies, which allow you to both tone and purify your body while improving your health. Thanks to the infrared technology, your body eliminates toxins, in particular heavy metals, by producing in one session a deep sweating equivalent to running 20Km (600 Kilocalories).

1 session 30 min / 80 €

5 sessions / 350 €

10 sessions / 600 €

## SCRUB

25 min / 60€

45 min + hydratation / 90 €

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Essentials steps in the beauty ritual.

They prepare the skin for treatment and increase the efficiency of creams, milks or oils.

### *Fig*

Soft and sweet scrub for a perfectly moisturized skin.

### *Lavander*

A subtle combination of sugar crystals and flowers for clear skin.

### *Pine*

A scrub rich in natural antioxidants for skin regeneration.

### *Rosemary*

Scrub for a re-oxygenated skin.

## BODY WRAP

45 min + hydratation / 90 €

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Eliminates toxins, stimulates cellular renewal, hydrates and improves blood flow.

## BATHS



### **Levitation pool**

25 min / 70 €

Allows absolute physical and mental relaxation, helps to regain tone, calms pains, deeply relaxes muscles and softens skin.

### **Donkey milk**

25 min / 70 €

Restores elasticity, moistures and strengthens the skin.

### **Fig**

25 min / 40 €

Softens and protects the skin from dehydration.

### **Lavander**

25 min / 40 €

Reduces stress, relieves headaches, improves sleep.

### **Pine**

25 min / 40 €

Alleviates joint and muscle pain, clears respiratory problems.

### **Rosemary**

25 min / 40 €

Fights fatigue, improves blood circulation, and relieves arthritis.

## COCOONING DURING PREGNANCY

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We will be happy to pamper you from the fourth month of pregnancy.

### **Pregnancy Treatment**

**50 min / 160 €**

This relaxing massage with neutral oil which pays particular attention to the tensed parts of the body during pregnancy. With this gentle and embracing massage, treat yourself with a moment of pure serenity and relaxation.

### **Cocooning for pregnant women**

**1h50 / 250 €**

Levitation pool, scrub, massage for pregnant women  
Or Massage for pregnant women and a Valmont Facial.

### **Post-pregnancy Detoxifying Treatleb**

**1h50 / 250 €**

Scrub, wrap, and massage  
Or Iyashi Dôme, scrub and massage.

## OSTEOPATHY



### **Pregnancy**

**50 min / 180 €**

A relaxing and very gentle osteopathic session, aimed at helping the body to adapt more easily to the changes caused by pregnancy

### **Post-pregnancy**

**50 min / 180 €**

An adapted osteopathy session aimed to relieve the stresses and tension exerted on the body during pregnancy and childbirth.



### **Massage de la Messardière**

**60 min / 170 €**

Created in collaboration with an osteopath.

We have pooled our different techniques to offer a precise massage combining tension and acupuncture points, stretching, and muscle relaxation.

### **Tailor made massage**

**60 min / 170 €**

**90 min / 220 €**

With your therapist, choose the parts of your body that you want to focus on, along with the types of pressure, techniques, and the time to spend on each part.

### **Foot reflexology**

**60 min / 170 €**

Massage using specific reflex points on the feet.

Provides deep relaxation and improves general health.

### **Detox massage, using cupping therapy**

**60 min / 170 €**

Suction cups help to remove toxins that obstruct the pores, they restore the skin's softness and elasticity. It can release and eliminate negative energy blockages for a better muscular performance.



**Hawaiï - Lomi-Lomi**

This traditional Hawaiian practice principally uses forearms to provide an englobing and quite firm massage.

**India - L'Abhyanga**

Ayurvedic massage will help to create harmony within your body. The use of slow and fast moves provides an invigorating effect.

**Indonesia - Balinese**

Kneading, gliding strokes and stretching techniques are used to release muscular tensions and provide an intense relaxation while stretching improves your flexibility.

**Thailand - Wuo Thai**

Also called Osteo-Dance, is inspired by the Alliance of Dance and osteopathy, in which the movement of dance was added. Wuo tai bridges the gap between osteopathy and massage techniques, Yoga, Korean relaxation and dance. It is a marriage between East and West, Yin and Yang, reason and heart, matter and ether.

**KID'S SPA - PRINCESSES AND PIRATES**

**Family Spa**

60 min / 300 €

Start the experience with the exclusive use of the Royal Suite and its levitation pool, sauna and steam room, then continue your relaxation with a parent-child treatment.

**Ritual of the Princesses and Pirates of the Castle - Too Fruit**



25 min / 70 €

Choose between a massage or facial cleansing for children. Satisfy their sweet tooth with this customizable magic care treatment.

Princesses and pirates will enjoy a smoothie at the end of the treatment.

*For children between 5 and 14 years old, the treatment is performed subject to the presence of a parent.*

**Princess Nails - Kure Bazaar**



25 €

Nail polish for little princesses.

## BEAUTY AND GROOMING TREATMENTS



### **Nail Care for Hands and Feet - Kure Bazaar**

Kure Bazaar nail polish offered for all hand or foot beauty treatments.

The exclusive Kure Bazaar formula – up to 85 % of which is of natural origin.

<b>Express Manicure</b>	<b>25 min / 35 €</b>
Nail reshaping and polish	
<b>Hand Beauty treatment</b>	<b>50 min / 80 €</b>
Nail reshaping, cuticle treatment, massage, polish	
<b>Express Pedicure</b>	<b>25 min / 35 €</b>
Nail reshaping and polish	
<b>Foot Beauty treatment</b>	<b>50 min / 90 €</b>
Nail reshaping, cuticle treatment, exfoliation, massage, polish	
<b>Hands with removal and semi-permanent polish</b>	<b>130 €</b>
<b>Feet with removal and semi-permanent polish</b>	<b>140 €</b>
<b>Hands with semi-permanent polish application</b>	<b>120 €</b>
<b>Feet with semi-permanent polish change</b>	<b>130 €</b>
<b>Semi-permanent Polish change</b>	<b>65 €</b>
<b>Removal semi-permanent Polish</b>	<b>25 €</b>

## WAXING

Eyebrows/upper lip/chin	25 €
Underarm	30 €
Arm	40 €
Standard bikini wax	40 €
Brazilian bikini wax	50 €
Full bikini wax	60 €
Half-leg wax	50 €
Full leg wax	70 €

## TINTING

Eyelashes tinting	<b>20 min / 40 €</b>
Eyebrows tinting	<b>20 min / 40 €</b>

## THE RITUALS : to be composed over one day or during your stay

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**Cocooning in our Royal Suite** **3 h / 450 €**  
Levitation pool, steam room, sauna, ice bucket, massage, Valmont facial, Valmont hair mask.

**Sportif** **3 h / 450 €**  
Run in the park, seawater pool, sauna, steam room, ice bucket, and a Sports massage.

**Plénitude** **5 h / 500 €**  
Yoga or pilates, a walk in the park, Iyashi Dôme, reflexology, bath, massage or Valmont Facial.

You can add a lunch or an afternoon tea

## WELL-BEING GETAWAY

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**Valmont** **2h30 / 300 €**  
Fit and Tone body treatment, Valmont facial and hair mask application.

**Beauty** **3 h / 300 €**  
Manicure, pedicure, Valmont facial treatment.

**Messardiere** **90 min / 250 €**  
Osteopathy, massage de la Messardiere.

**Detox** **2 h / 220 €**  
Iyashi Dôme, body scrub, suction cup massage or fit and tone massage.

**Silky skin** **80 min / 150 €**  
Iyashi Dôme, body scrub and donkey milk bath.

**Head in the cloud** **45 min / 120 €**  
Facial, head, neck and shoulder massage and Valmont hair mask application.

## FITNESS



A room nestled in the pines with sea view of the gulf, bathed in natural light. Fully equipped with Technogym machines.

A personal trainer is available on request. It will be a pleasure for them to meet your needs.

Aquagym / Muscle building in the pool	60min.	130 €
Swimming lesson	60min.	130 €
Jogging	60min.	130 €
Personal training	60min.	130 €

Modest clothing is required in the fitness room  
(t-shirt, shorts, trainers etc.).

## OSTEOPATHY



**50 min / 180 €**

Manual techniques aimed at restoring balance in the body to prevent musculoskeletal disorders. An in-depth approach towards relieving tension and regaining a general sense of well-being and relaxation.

## YOGA



**60 min / 130 €**

Ancestral oriental technique, a way to relax and regain energy.  
Improves flexibility and muscle tone.



### DRY CUT minute

- Contouring	10 min	20 €
- Just one cut	20 min	40 €
- Cut n' styling	30 min	60 €

### BUN BAR minute

- Hair bun	15 min	30 €
- Hair bun	30 min	60 €
- Hair bun	45 min	80 €
- Evening hair bun		150 €
- Hair bun lesson	60 min	180 €

### HAIR COLOR

Hair color EOS (Shampoo + conditioner)		105 €
Flash (Shampoo + conditioner)		95 €
Tighlights (Shampoo + conditioner)	105 € / 125 € / 145 € / 175 €	
Discoloration (Shampoo + conditioner)		115 €
Color scrub		90 €
Gloss		60 €

### HAIR STYLE

Cut package (Shampoo - Cut - Blow dry)		
- Women		à partir de 105 €
- Transformation		145 €
- Men		à partir de 80 €
- Blow dry		40 € / 50 € / 60 €

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## TREATMENT AROUND THE HAIR

Shampooing	13 €
Conditioner	12 €
Mask with massage	30 €
Treatment Wella Plex ou Liquid Hair	60 €

## SPECIFIC TREATMENTS (only on reservation)

Brazilian keratin	Half head 450 € / Full head 650 €
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## WEDDING

- 1 hair style test	150 €
- 3 hair style tests	300 €
- Hair bun wedding day	300 €

## HAIR TREATMENT

### « CHRISTOPHE NICOLAS BIOT » SIGNATURE TREATMENT

- Soin Spécial « Fourches »	1h00 150 € / 1h30 180 €
- Treatment Bio by BIOT, 100% vegetable and Bio.	30 min à 45 min 80 € / 60 min 120 € / 75 min 180 €

## CLAY CARE

- Hair treatment bio (40 min) (Without blow dry)	65 €
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## TREATMENT HAIRSPA SYSTEM PROFESSIONAL

- Treatments (15 min / 30 min)	50 € / 75 €
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## BARBER CUT

Beard outline (15 min)	25 €
Beard cut + outline (30 min)	35 €

## BEARD TINTING

Beard color	45 €
Side color	45 €

*In room, + 30% during opening time,  
+ 50% outside of opening time.*

## PRACTICAL GUIDE

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### **Opening Hours and Access**

The Spa is open every day from 9 am to 9 pm.

Treatments are offered daily from 10 am to 8 pm (9 pm in July and August) only. Appointments outside of opening hours are available at an additional cost.

In-room treatments are available at an additional fee.

The fitness room is open 24/7.

Direct line: 04 94 56 76 80 or extension 25.

### **Treatment in villa or on yacht**

Our team can relocate for treatments at an additional cost.

### **Changing Rooms**

The Spa provides each guest with a private locker as well as towels during their presence in the Spa. The management takes no responsibility for personal items left in the Spa

### **Children**

Children under the age of 16 must be accompanied by an adult at all times during their spa treatment.

Access to the spa and the fitness room is allowed for children above the age of 14.

### **Mobiles Phones**

The Spa is a haven for wellbeing and serenity; therefore, in consideration of other guests, we would appreciate that you turn off your mobile phone.

### **Cancellations**

Should you wish to cancel or reschedule your appointment, please advise us at least 24 hours prior to your appointment to avoid 100% treatment charge.

### **Loss of valuable items**

Valmont Spa takes no responsibility for loss of valuables and jewelry during the entirety of your stay at the spa or fitness centre.



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