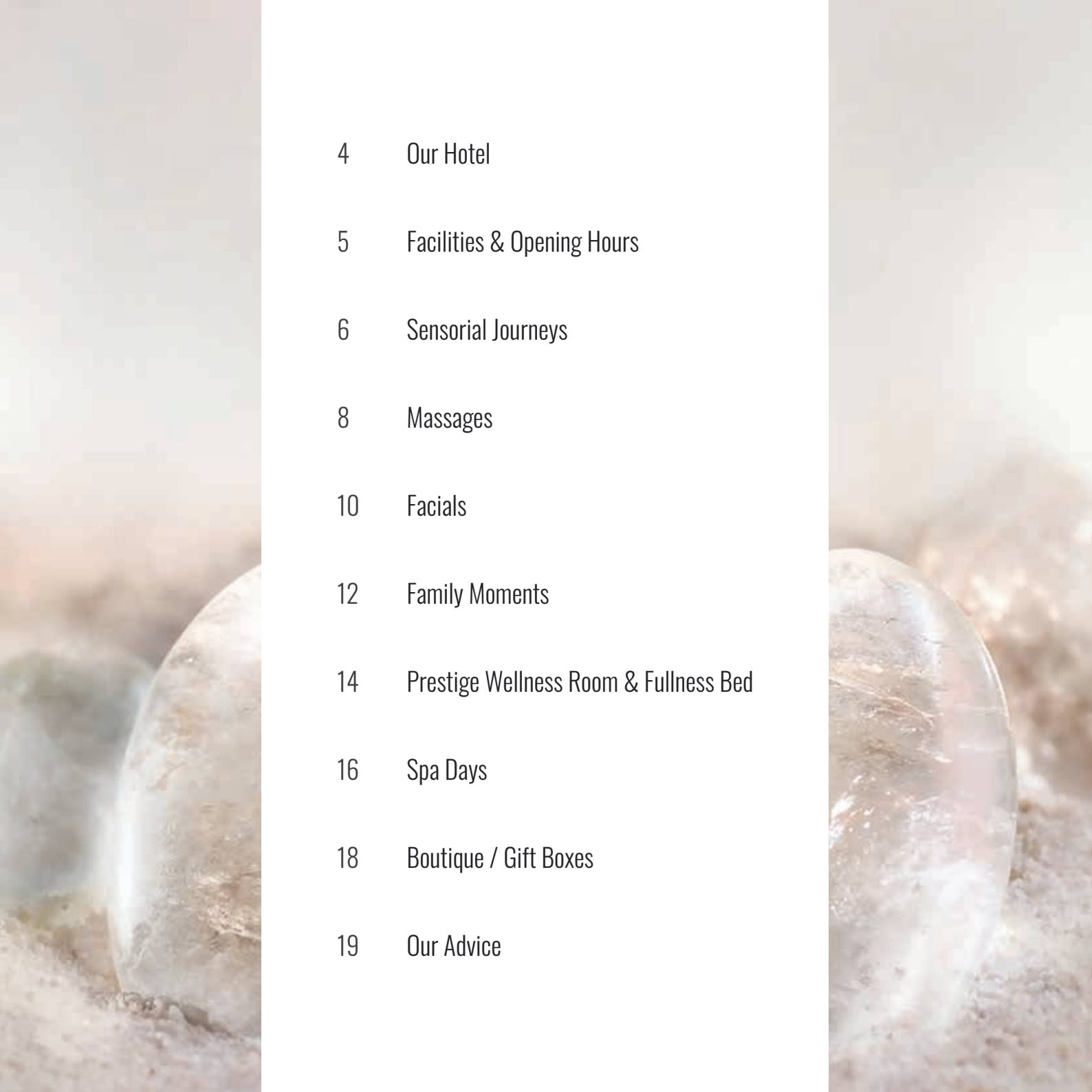




SPA DE VALRUGUES



Treatment menu



4	Our Hotel
5	Facilities & Opening Hours
6	Sensorial Journeys
8	Massages
10	Facials
12	Family Moments
14	Prestige Wellness Room & Fullness Bed
16	Spa Days
18	Boutique / Gift Boxes
19	Our Advice



Our Hotel

Le Vallon de Valrugues & Spa is a 5* property located 800 meters away from the bustling town center of Saint-Rémy-de-Provence, facing the protected Natural Park of the Alpilles. We offer you to stay in our luxury rooms, suites and villas, which include all the services provided by a friendly team with unique expertise.

The gastronomic restaurant Le V offers you a menu at the service of a refined cuisine in harmony with the seasons for your diners. At lunch, Le Bistrot de Valrugues welcomes you with delicate and gourmet flavours. Located in the heart of the hotel, enjoy also our bar of 135 sq.m with a non-stop restaurant service and its home-made cocktails.

Relax at the **Spa de Valrugues**, a 600 sq.m space dedicated to well-being, including a heated indoor swimming pool, a spa-jacuzzi, a sauna, a steam room, a fitness room and 8 treatment rooms including 3 doubles.

Feel emotions and sensations thanks to our exclusive manual techniques combined with the incomparable scents of our French products. Each treatment begins with a consultation and is completed by a beauty and well-being coaching around a cup of tea. Enjoy a treatment in a single or double cabin to share a delicious moment of relaxation and complicity together.

Facilities

Free Access

Indoor heated swimming pool at 29°C
Spa-jacuzzi 37°C
Sauna
Steam room
Fitness room

On request

8 treatment cabins including 3 duo rooms
Fullness bed
Duo treatment room with private steam
room and jacuzzi

Opening Hours

For our hotel & villas guests

From Monday to Sunday, from 9:30am to 1:00am
Treatments and massages are available from 9:30am to 7:30pm

For our “non-resident” guests

From Monday to Sunday, from 9:30am to 7:30pm. Treatments and massages are available from 9:30am to 7:30pm
2 hours of free access to the Spa, for any minimum of 25 minutes treatment reservation

For our young clients (up to 14 years old)

From Monday to Sunday, 9:30am to 2:30pm under parent’s supervision



— v —

Sensorial Journeys

— v —

Sensorial Journeys

For a unique sensory experience, the Spa de Valrugues has chosen five complete treatments immersing you in an experience from the four corners of the world, to purify the body, soothe the mind and capture the ultimate moment of tranquillity. All rituals begin with a warm foot bath, with specific essences for each of them. Each treatment can include a 30 minutes privatization of the Prestige Wellness Room (private jacuzzi and steam room).

	Simple 1h20	With privatization 1h50		Simple 1h20	With privatization 1h50
<p>Pacific Islands Relaxing Ritual</p> <p>Monoï scented treatment combined with the warmth of sandbags for absolute relaxation (exfoliation 30', massage 50')</p>	180 €	210 €	<p>Arctic Wonder Tension Relief Ritual</p> <p>Nordic-inspired treatment combining the warmth of your practitioner's hands and the freshness of our icy spheres to relieve tensions (exfoliation 30', massage 50')</p>	180 €	210 €
<p>Atlantic Jewels Energizing Ritual</p> <p>This energizing treatment intensely stimulates and invigorates the body thanks to a combination of manual techniques and rock crystals (exfoliation 30', massage 50')</p>	180 €	210 €	<p>Indian Seas Rebalancing Ritual</p> <p>This treatment, with essential oils used in Ayurveda, releases points of tension and restores harmony to the body and mind (exfoliation 30', massage 50')</p>	180 €	210 €

The Prodigious

| 2h40 - 340 €

This exceptional ritual, from head to toe, offers ultimate regeneration and deep relaxation (body and face | 30' privatization, 30' exfoliation, 50' massage and 50' facial treatment)



— v —

Massages

— v —

Massages

Let go in the expert hands of a therapist who will determine the type of massage and pressure with you during your consultation.

Massages 80 min | 170 €

Massages 50 min | 135 €

Massages 25 min | 85 €

Deep Tissue 50 min | 150 €

Body Scrub 30 min | 85 €

Hot Stones Back Massage 25 min | 95 €



— v —

Facials

— v —

— VV —
Facials

Well-thought-out protocols and the expert hands of our therapists. All our treatments begin with a discussion with your therapist, followed by a customized treatment tailored to your needs and desires, coupled with a massage of the face, neck and décolleté.

This is followed by a coaching session over a cup of tea. On the advice of our beauty experts, boost the effects of your facial by adding the technology of our OVE3 mask for 12 minutes for an additional 35 euros.

Essentials Treatments

| 50 min - 150 €

Moisturizing and Fortifying

Moisturizes and fortifies thirsty skins

Comforting-Relipidant

Cocooning treatment for dry and sensitive skins

Purifying

For a purified and clearer skin

Man's Skin Care

Energizing anti-fatigue treatment: purifying or anti-aging

Resurfacing

Intensive peeling treatment for a new skin

Skin Light Booster Treatment

| 30 min - 100 €

| 4 sessions - 320 €

A treatment combining cleansing, exfoliation and 20 minutes under the OVE3 mask. A revolutionary technology, during which you'll enjoy a massage of the area of your choice (head, hands or feet)

Prodigious Treatments

| 80 min - 180 €

Hyalu-Procollagen

Wrinkle-filling moisturizing treatment

Silicium Lift

Firming treatment

Spiruline Boost

Energizing and detoxifying treatment

Exceptional Redensifying Treatment

| 80 min - 195 €

Global anti-aging treatment including OVE3 mask technology

Express Treatments

| 25 min - 90 €

Beauty Flash

Instantly restores cellular vitality and gives the skin a luminous complexion

The Male

Source of moisture and energy for the skin

Eye Expert

Specific anti-fatigue treatment for the eye contour area

Family Moments



— VV —

For each family member to live his own
moment of relaxation

— VV —

Family Moments

Child/Adult Session
Until 14 years old

| 25 min - 150 €

A real moment of complicity in our duo cabin

Fullness Bed Session
From 14 years old and for mom-to-be

| 20 min - 35 €

Wrapped in a blanket of water heated to 34°C, muscular and articular tensions and stress will disappear thanks to the benefits of hydro-massaging jets, chroma-therapy and sophrology

Mom to Be Massage
From the 4th month of pregnancy

| 50 min - 135 €

A cocooning treatment that prepares your body and your skin for the arrival of your baby

Mom to Be Care
From the 4th month of pregnancy

| 80 min - 170 €

Extend your Mom to Be Massage with a radiance facial treatment



— v v —
Prestige Wellness
Room
&
Fullness Bed
— v v —

Prestige Wellness Room

Enjoy a bubble of softness in this 60 sq.m space featuring a private jacuzzi and steam room, as well as two massage tables and a lounge area for a moment out of time.

Privatization 50 min | 100 €
2 to 4 persons

Privatization 30 min & 25 min Duo Massage | 220 €
2 persons

Privatization 30 min & 50 min Duo Massage | 320 €
2 persons

Fullness Bed | 20 min - 35 €

Enjoy the well-being of a floatation bed and the warmth of water at 34°C without getting wet. Combined with hydro-massage jets, chroma-therapy and sophrology.

Spa Days



— VV —

Introduce yourself to the world of the Spa
and immerse yourself in a world of pure
well-being for half a day

— VV —

Spa Days

Lunch, Treatment & Spa

| 1 person - 160 €

2 hours access to the Spa (indoor pool, spa-jacuzzi, sauna, steamroom, fitness)
A 50 minutes treatment of your choice from our menu
A lunch in our restaurant (starter/main course or main course /dessert)

Lunch, Treatment & Spa Prestige

| 2 persons - 380 €

30 minutes privatization of the wellness cabin (private jacuzzi and steamroom)
2 hours access to the Spa (indoor pool, spa-jacuzzi, sauna, steamroom, fitness)
A 50 minutes treatment of your choice from our menu
A lunch in our restaurant (starter/main course or main course /dessert)

Lunch & Spa (From Monday to Friday)

| 1 person - 90 €

2 hours access to the Spa (indoor pool, spa-jacuzzi, sauna, steamroom, fitness)
A lunch in our restaurant (starter/main course or main course /dessert)

Water Wellness (From Monday to Friday)

| 1 person - 85 €

2 hours access to the Spa (indoor pool, spa-jacuzzi, sauna, steamroom, fitness)
A 20 minutes fullness bed session

Spa's Boutique

A brand with natural ingredients controlled,
that meet our requirements and yours.
Beauty secrets for your face and your body
that you will discover thanks to our listening
and our expertise. Come discover the wellbeing
that can bring the cosmetics of Spa de Valrugues shop.



Giftboxes

Small occasions or big events, you will be sure to please
anyone with a Spa de Valrugues Gift Card.
Modular, they are valid for two years.
3 possibilities are available to you:

For informations

At the reception of the Spa or the hotel's reception

Contact us

+33 4 90 92 68 85 - spa@vallondevalrugues.com

Buy online

www.vallondevalrugues.com

Our Advice

Arrival

We ask you to arrive at the reception of the Spa 15 min before the time of your treatment in bathrobe and slippers. A confidential questionnaire will be filled with you, it will determine whether or not you are fit to receive treatment. Thank you for respecting the punctuality of the appointments; in case of delay, we will be obliged to reduce the duration of your treatment equivalent to your delay without any reduction in price. The treatment will in no way be postponed. The Spa also offers you a changing room and showers to change your clothes on the spot for our non-resident clients. We remind you that it is mandatory to take a shower in the changing room or in your room before your treatment.

Respect for others

We inform you that the wearing of a swimsuit is mandatory in wet areas (sauna, steam room, swimming pools, etc.) In order to access our fitness area, you will be asked to wear sportswear and appropriate footwear. In order to preserve the silence and harmony of the place, we ask you to be vigilant about the sound volume of certain electronic devices and to avoid making noise. The Management cannot be held responsible for the loss, theft, oblivion or damage of objects in the Spa. No valuables should be left in the locker rooms and lockers. We advise you aswell to take off any jewellery before coming to the Spa.

Cancellation

In case of impediment, all appointments modified or cancelled less than 12 hours before the booking time will be fully charged.

Health status

Spa treatments are reserved exclusively for healthy people. Please advise us of any health problems, allergies or injuries that may interfere with your treatment or the use of the Spa's equipment. In case of doubt, please consult your doctor before booking. The Spa is a non-medical environment and all the treatments provided are for your well-being only. Our massages and treatments are intended for your well-being and are neither therapeutic nor medicalized. Under no circumstances do they replace or substitute in whole or in part a medical, therapeutic or physiotherapy treatment.

Pregnant women

We have created special treatments for future mothers, starting from the 4th month of pregnancy. Feel free to seek advice from the staff at the Spa reception to help you choose your appropriate Spa treatment. Sauna and steam room are not recommended for pregnant women. Please inform the Spa therapists about your pregnancy, this is an essential information for us to take care of you in the best way.



Imprim'Vert® certified brochure
PEFC certified

This product comes from sustainably managed forests and controlled sources. Pefc-france.org

In the town of Saint-Rémy-de-Provence,
the Spa de Valrugues opens its doors every day of the year
for a privileged experience in the heart of the Alpilles.



SPA DE VALRUGUES

9 chemin Canto Cigalo - 13210 Saint-Rémy-de-Provence
spa@vallondevalrugues.com - www.vallondevalrugues.com
Phone : +33 (0) 4 90 92 68 85