



Les Soins  
Treatments

## CLARINS TREATMENTS

### Facial treatments

The best products combined with the best application techniques make for the very best treatments. That's why Clarins provides the best response to all your facial beauty concerns. Virtuous formulas highly concentrated in plant extracts, expert movements, attentive hands, and the face reveals the most of its beauty and its radiance.

#### Extra-Firming from Bavaria

Extra-firming youthful treatment based on Hops rich in Vitamin D precursors.

#### Extreme Youth from Kyoto

Super restorative treatment based on Pueraria Lobata, called "the eternally young plant" in Japan.

#### Light from Maori

Renew-plus treatment, based on Kiwi, the fruit which contains the most Vitamin C and Vitamin E.

#### Hydration from Madagascar

Thirst-quenching treatment, based on Kataray bark extract, a tree which leaves and bark have long been used in traditional medicine in Madagascar to hydrate and renew skin.

#### Truly Matte from Mogok

Truly matte treatment based on Tanaka powder, a tree originally from Burma with softening and purifying properties to help keep skin matte.

#### Comfort from Palenque

Ultra-gentle treatment based on Christophine, a plant from Central America known for its soothing virtues.

### Exfoliating Treatments

Exfoliating is an absolute 'must' treatment before any further body treatment because it helps facilitate product absorption and increases product effectiveness.

### Rising Sun Gentle Exfoliation

Ultra-gentle exfoliation with Bamboo powders and Moringa extract with detoxifying and purifying properties.

### Sweet and Savory Exfoliation of the Pharaohs

Gentle exfoliation thanks to a 100% natural cocktail of Carthame flower, Salt crystals from the Camargue and Pineapple enzymes.

### Sweet and Savory Exfoliation from Provence

Gentle exfoliation thanks to a 100% natural cocktail of Lavender flower, Salt crystals from the Camargue and Pineapple enzymes.

## Body Treatments

The body is Clarins. From the beginning. As a specialist in body contouring and firming treatments, Clarins knows the body by heart and knows how to take care of it like no one else. For every problem, there is a Clarins solution. For every concern, there is a beauty answer.

### Silhouette from the Andes

Total Body Lift treatment based on Uncaria Tomentosa from Peru that blocks the enzyme of fat molecules.

### Youthfulness from Rajasthan

Renew-Plus treatment based on Cashew Nut oil from India, rich in Vitamins with nourishing and replenishing properties.

### Firming from Guyana

Firming treatment based on Bocoa, an ancient tree from the Amazon known for its energizing properties.

### Hawaiian Wave

A super moisturizing treatment based on Hawaiian Candlenut oil known for its essential fatty acids.

### Beautiful and Tanned without the Sun

Self-tanning treatment for the face and body for a superb tanned colour that is surprisingly natural-looking, and soft, well-hydrated skin.



## Along the water's edge

Water, know-how, meticulous massage movements, attention and plant extracts: renew yourself and your energy while gaining soft, supple skin, a relaxed body and serene mind.

*For women, for men.*

### Detoxifying Hydra Jet with Broom

Massaging Hydra Jet bath with filtering and skin-firming essential oils.

### Relaxing Hydra Jet with Camomile

Massaging Hydra Jet bath with relaxing and softening essential oils.

### Toning Hydra Jet with Mint

Massaging Hydra Jet bath with toning and energizing essential oils.

## Body Wraps

Take time for yourself and dive into the deepest of relaxation...In a humid environment, these sovereign body wraps help you say goodbye to stress and hello to harmony.

*For women, for men.*

### Draining Vegetal Mud Drape

Filtering wrap based on Green Clay and essential oils of Broom and Gingko Biloba. Light, nimble, refined silhouette.

### Relaxing Vegetal Mud Caress

Gentle Body Wrap based on Green Clay, essential oils of Lavender and Shea Butter. Soft, supple, comfortable skin.

### Purifying White Clay Drape

Purifying Body Wrap with Mint and Rosemary essential oils. Clean, healthy, radiant skin.



## Stop-overs

Indispensable during a vacation, they meet all the needs of frequent travelers who make a stop-over with Clarins.

*For women, for men.*

### Anti-Jet Lag stop-over

Revitalizing body treatment for “frequent travelers” to erase all signs of fatigue and boost energy.

### After Sun stop-over

Skin-repairing treatment for intense hydration of the face and body along with superb, long-lasting tanned colour.

## New - Clarins Massages

Today, Clarins innovates and gives massage a whole new meaning by giving everyone the chance to experience a truly unique moment. Embark on a journey to the heart of the five senses in an aromatic setting on the frontiers of the five continents with a choice of two massages depending on your needs.

### Comfort and Well-Being Massage

This relaxing massage helps fight stress and relieve tension thanks to the aromatic properties of the PRO Relax Oil composed of Basil, Camomile and Petit Grain.

### Energy and Well-Being Massage

This massage tones the body and stimulates the senses thanks to the aromatic properties of the PRO Tonic Oil composed of Rosemary, Mint and Rosewood.

## Treatments for Men

Clarins, now the specialist in men's skin physiology, but also of their needs and desires, has developed a made-to-measure series of treatments based on the expertise of the ClarinsMen product range.

#### Objective: Clean Skin (face)

Anti-fatigue treatment to tighten features and chase away stress while soothing skin irritated by shaving.

#### Objective: Anti-Fatigue (body)

Anti-fatigue treatment to erase signs of stress and tension. A relaxing break for those who are busy and feel stressed.

#### Objective: New Energy (back and scalp)

Express exfoliating and revitalizing treatment to soothe an achy back and shoulders. An ideal pick-me-up after sport.

## SAINTE ANNE TREATMENTS

### Classic treatments

#### Sainte Anne Dream Time Body Massage

A soothing massage which uses essential oils and blends Swedish, shiatsu and reflexology techniques to revive the body and mind.

#### Sports massage

Designed to promote recovery after intense physical efforts, this massage is ideal to relieve and prevent cramps and muscular contractions. Provides an intense and invigorating full-body relief.

#### Rejuvenating Special

A quick remedy to soothe the neck, shoulders and back. A facial is also included to give the skin a healthy glow.

#### Anti-Cellulite Massage

A soothing massage designed to sculpt the body, improve elasticity and prevent water retention.

#### Indian Head Massage

An ancient massage technique which focuses on the scalp, face, shoulders and back. Helps stimulate the body's own natural healing mechanism.

#### Eye Reviver

A cooling treatment to make tired eyes look refreshed. Helps to reduce fine lines, dark circles and puffiness.



### Sainte Anne Massage

Indulge yourself with a fantastic treatment that will restore your body and mind. Essential oils are smoothed into the skin from head to toe, providing instant relief and well-being.

### Lymphatic Drainage of the body

This massage is designed to unclog the lymph system. It is perfect to help reduce cellulite while stimulating the blood circulation and immunity system.

### Lymphatic Drainage of the face

Enjoy a gentle face massage that will improve the lymph flow. Results will include a healthier skin, reshaped face contours and improved cell regeneration.

### Lymphatic Drainage of the legs

A soothing massage designed to sculpt the legs, improve elasticity and prevent water retention.

## Oriental massages

### Abhyanga

Abhyanga is a four-hand full body massage. Special herbs and essential oils are blended to balance the three “doshas”. Known for its soothing properties, this method improves physical well-being, induces deep relaxation and increases vitality. This luxuriously relaxing ritual has a rejuvenating effect on the whole body. It relieves rheumatic symptoms, improves eyesight, promotes quality sleep and gives the skin a healthy glow.

### Udwarthana

Two therapists synchronise to perform this full-body massage. A stimulating herbal paste is applied on the whole body. Repeated massage strokes over hair follicles and skin tissues promote the breakdown of fatty deposits. This massage reduces cholesterol levels and obesity, helps with skin problems, improves joint mobility, strengthens muscles and refreshes the body.



### Choomaswedana

This therapy starts with the application of a dosha-balancing massage oil. The entire body is then massaged thoroughly using heated pouches filled with mixed herbal powders. This relieves neurological disorders, rheumatism, arthritis and is excellent for joint or muscular aches and pains.

### Shirodhara

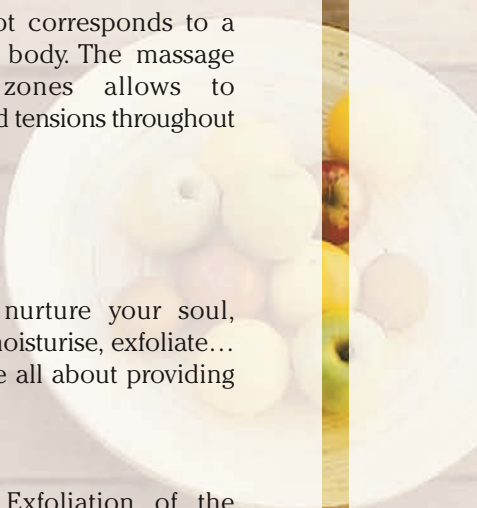
This technique consists in pouring a continuous stream of warm oil across the forehead, on the “third eye”. This stimulates the neurotransmitters, promoting balance and relaxation. Known to relieve stress and pains, it helps slow down the ageing process. Perfect to reconnect with your own inner resources.

### Shanti Massage – Ayurvedic

Four-hand massage with warm oil. Gentle pressure soothes the body and regenerates the skin, promoting a sensation of intense well-being and serenity.

### Reflexology

Reflexology is based on the belief that each part of the foot corresponds to a specific part of the body. The massage of those reflex zones allows to eliminate accumulated tensions throughout the body.



## PACKAGES

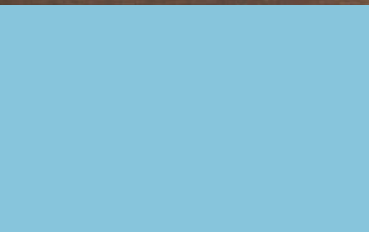
Soothe your spirit, nurture your soul, nourish your body, moisturise, exfoliate... Our Spa packages are all about providing sensual treats.

### Redefine

Sweat and Savory Exfoliation of the Pharaohs  
Detoxifying Hydra Jet with Broom  
Draining Vegetal Mud Drape

### Revive

Sweat and Savory Exfoliation of the Pharaohs  
Toning Hydra Jet with Mint



Purifying White Clay Drape

#### Relax

Sweat and Savory Exfoliation from Provence

Relaxing Hydra Jet with Camomile

Relaxing Vegetal Mud Caress

#### The Clarins Must

A cocktail of tailor-made treatments to pamper your soul.

Rising Sun Gentle Exfoliation

Customized Clarins Body Treatment

Customized Clarins Facial Treatment

#### Men Special Exotic retreat

Because men need pampering too.

Balneotherapy

Exfoliation

Body Massage

Personalised Facial

#### The Sainte Anne Ritual

A beauty ritual soothing your every sense.

Clarins Sweet and Savory Exfoliation

Clarins Body Wrap

Aromatic Break (10 mn)

Sainte Anne Massage

Personalised Clarins Facial Treatment

## The Fusion Spa voyage

#### First day

Rising Sun Gentle Exfoliation

Clarins Body wrap

Massage

#### Second day

Clarins Hydra Jet Treatment

Sainte Anne Massage

Personalized Clarins Facial

Reflexology

#### Journey Through Paradise – Five days

The ultimate indulgence experience.

- Day one: Clarins Facial  
Eye Reviver
- Day two: Clarins Exfoliating treatment  
Purifying White Clay Drape  
Hydration from Madagascar
- Day three: Comfort and Well-Being  
Massage
- Day four: Clarins hydra jet treatment  
Reflexology
- Day five: Sainte Anne Massage



## ADDITIONNAL SERVICES

### Waxing

Bikini line  
Under arms  
Half-legs  
Half-arms  
Back  
Full arms  
Full legs  
Upper lip  
Eyebrows

### Hands & Feet Care

Beauty of hands - Manicure and aromatic hand massage  
Beauty of feet – Pedicure and aromatic foot massage  
Express manicure  
Express pedicure  
Nail polish application  
French manicure

### Bridal Make-up

Bridal make-up, hairstyle, nail polish application on hands and feet  
Bridal make-up, hairstyle, beauty of hands and feet, nail polish application on hands and feet

### Hair treatments

Shampoo  
Shampoo and hair cut for children  
Men hair cut  
Ladies hair cut  
Blow dry  
Perming  
Hairstyle  
Colouring  
Bridal creation  
Revitalising treatment