

AN EXPERIENCE TO BE SAVOURED LIKE A RARE TEA FROM A FAR OFF LAND...

## **THĒMAĒ FACIAL TREATMENTS**

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### **Moisturising Strategy- 50 mins - €88**

This treatment is particularly recommended for the tired, urban complexion. Delicate care that begins with gently stretching the nape of the neck. Relaxed, you will experience the contact of the treatment (purifying, exfoliation, mask, etc.), the movements (shiatsu...) and massage instruments (ridokis,...) as so many incentives to let go. Invigorating and relaxing phases alternate.

### **Youth Ceremony - 75 mins - €122**

After cleansing the skin, this treatment is particularly adapted for people who wish to prevent the signs of ageing and the appearance of wrinkles. The gestures lift the features, firm and smooth out creases. The treatments (exfoliation, serum with bio-protein of soya, etc.) are interspersed with sophisticated massages and the use of traditional instruments (ridokis, nouat-na which improve firmness). With strong gestures, this treatment gives a visible youthful result.

## **THĒMAĒ MESSAGES**

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### **Oriental Massage - 50 mins - €88**

With slow, enveloping gestures, this massage releases tension, working the suppleness of the muscles and the skin. You feel comforted, cradled, calmed by the kneading, pressing and smoothing movements. This massage works the whole body in parallel movements that incite you to feel better, your mind soothed, body relaxed.

### **Ayurvedic Massage - 50 mins - €88**

Powerful, deep and rhythmic, this massage works the muscle tissue intensely with alternating gestures that are stimulating and invigorating. As the rubbing, sustained smoothing, tapping and stretching progress, the stimulation warms the skin and the muscles, gradually relaxing the person being massaged.

### **Back regenerating massage - 50 mins - €88**

This massage combines deep muscle techniques (pressure, kneading) and Thai stretches (easing the body and flexibility of joints) for total relaxation. It really targets tension in the back and legs and releases them in depth.

## THÉMAÉ CARE TREAT

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### **Invigorating back massage - 25 mins - €52**

Thanks to a regenerating muscular massage (kneading, pressure) tensions dissolve and the back relaxes, ideal before a facial.

## INTENSE THÉMAÉ MOMENTS

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### **Thémaé Ceremony - Body & Face - 1 hr. 15 mins. - €122**

This complete treatment combines a 30-minute body massage and a Moisturising Strategy facial treatment for absolute well-being. After the introduction phase, the therapist deeply massages the back and the scalp. This is followed by the facial care in a sequence of stages that are stimulating, soothing and smoothing. While the facial mask is working, the legs are massaged. The complexion is fresh and rested; the body feels light.



### **THE ROCK NOIR SPA ALSO PROPOSES:**

#### **Hand beauty (50 mins) €60**

*With exfoliant treatment and modelling*

#### **Foot beauty (50 mins) €65**

*With exfoliant treatment and modelling*

#### **Foot reflexology (50 mins) €80**

***Please book your treatment at reception. To ensure our availability, we advise you to book 24 hrs in advance.***