



CARTE DES SOINS - SPA MENU



LE COUVENT DES MINIMES SPA
PAR L'OCCITANE



For a few years, L'Occitane has pursued its history creating and installing its own Spa concept. Around Provence and Mediterranean inspirations, the development has started in Asia and Brazil exporting natural productline created by L'Occitane promoting ingredients and formulas, perfumes, and full body hand massage to these countries. Each experience is viewed and designed as a Provence discovery "voyage" in its preserved environment.

J.L Pierrisnard (Development & Research Director at L'Occitane) is clearly defining the quality label around identified ingredients where quality and tracing are as rigorous as genuine. Corsica's "Immortelle", added to original Provence recipes : honey, olive or grapes.

Provence natural products have been completed by other original product to bring their active principals such as the Shea, travelled all the way from Burkina where L'Occitane is involved.



Olivier / Oliver Tree

RELAXATION EXPERIENCE

€ 25 per person and per session

Ideal before a treatment, this intensely relaxing moment invites you to experience deep-down stress relief and helps your body regenerate its powers. Includes chromotherapy indoor pool with relaxation beds and a rest area with natural hot and cold drinks, a laconium (gentle dry sauna at 55°C), a caldarium (humid air at 45°C with aromatic essence steam) and men's and women's saunas with a rest area.

The relaxation experience is complimentary with any treatment from 100€.

FACE TREATMENTS

Radiant Sensoriality

S • « L'OCCITANE SIGNATURE » IMMORTELLE SECRET TO YOUTH 1h15

A facial based on our skin-lifting and firming Signature massage. Combined with specific pressure points, this massage helps stimulate surface microcirculation and relax muscular tension responsible for the appearance of fine lines. The treatment also features the patented properties of Immortelle, a plant whose organic essential oil is endowed properties that work to help accelerate cell renewal and improve collagen production. Skin feels smoother and firmer, and appears visibly younger. Unrivalled effectiveness that makes this Signature treatment a must in all L'Occitane spas.

• Olive Radiance Recipe 1h15

The effectiveness of this facial is based on the patented benefits of Olive, the iconic ingredient of the Provence landscape. Known for its moisturizing properties and benefits on the complexion, Olive helps protect skin from the harmful effects of free radicals. A true radiance enhancer, this treatment is ideal for anyone exposed to a polluted environment, jet lag or stress.

• Ultra-Precious Face Treatment 1h30

This facial is our most comprehensive solution to effectively counteract the appearance of all visible signs of aging : wrinkles, slackening, loss of radiance, pigmentation marks and skin problems. This treatment includes our Signature skin-lifting massage sequence, as well as two successive masks for optimum results. To relax and dissipate stress and tension, we have also added a complete hand, foot and shoulder massage.

• Cade « for Men » 1h15

This facial has been designed to meet the specific needs of men skin. Our unique complex blends Cade essential oil with sandalwood, Immortelle and Rosemary essential oils. This patented complex naturally repairs, protects and purifies the skin, to regulate sebum production and prevents the development of bacteria. Combined with our signature drainage sequence that stimulates circulation and promotes the elimination of toxins, this facial will leave skin instantly more glowing, revived and fortified.

Provence and Authenticity

These classic treatments meet the fundamental needs of the skin and couple refined products with precise techniques for guaranteed pleasure and results.

• Almond-Apple Velvet Skin Treatment 1h15

Endowed with double action, this facial is ideal for all women who want to reduce the appearance of enlarged pores and protect their skin from the first visible signs of aging. It features a unique and patented combination of active ingredients produced in Provence: organic apple vinegar, apple extracts and almond proteins, which work to protect the skin's hydrolipidic barrier and tighten the appearance of pores. Skin feels immediately firmer and looks more beautiful, regaining velvety softness.

• Women's Gold Treatment with Shea 1h15

This facial is designed for anyone suffering from skin dehydration or dryness due to the skin's natural condition or exposure to environmental factors (harsh weather, wind, etc.). A natural moisturizer used for thousands of years in its native Africa, Shea Butter helps compensate for lipid deficiencies in skin cells and restore the skin's balance. Skin is hydrated deep-down and attains an unprecedented level of comfort.

• Red Rice Mediterranean Pureness 1h15

Purifying and Refreshing. This facial is based on an innovative ingredient from Camargue - a wild and much preserved area located in the South of Provence, on the Mediterranean coast: Red Rice. This purifying ingredient, whose effectiveness has been assessed through a new patent registration, is naturally rich in zinc, well-known for its long-lasting sebum-regulating properties, as well as rice powder, which offers immediate mattifying effect. Action of the red rice extracts and formulas will be strengthened by L'Occitane Signature drainage massage sequence that will promote toxin elimination, revealing a deeply purified skin.



Champ de lavande / Lavender landscape

BODY TREATMENTS

Provence Voluptuousness

True sensorial experiences of relaxation and revitalization – steeped in the spirit of Provence, its scents and marvelous plants, combined with real massages.

- **Relaxing Well-Being of the Senses**

1h00

Our Aromachology massage oil, specially developed from a blend of essential oils of lavender, teatree and geranium, with renowned relaxing properties, heightens the benefits of this relaxing treatment and helps release all tensions: stress is simply evacuated!

- **Stones and Provence**

1h30

Full body and face treatment with hot and cold stones will take you to unknown sensations. Starting from your face with a rejuvenating massage. Then, subtle and relaxing feeling with natural cristal rocks and yellow quartz, will evacuate tensions instantly. Muscles are deeply distressed, body tonified and soul rested.

-  • **« L'OCCITANE SIGNATURE » GRAPE CURE with exfoliation**

1h00

1h30

Our Signature "Grape Cure" helps regenerate the entire body by making the most of all the benefits of grapes. First, the body is entirely exfoliated with skin-polishing grape pulp, enriched with grape seeds and crushed walnut shells that gently lift away surface dead cells and effectively prepare the skin before the treatment. Then, the grape body wrap is applied on lymph end zones: its self-heating action helps boost surface microcirculation, while clay and essential oils of cypress work to purify the body deep-down. While the body is cocooned in comfort, the therapist carries out a relaxing scalp massage that provides a state of general well-being. Skin is now ready to benefit from our detoxifying massage, developed from the lymphatic drainage technique.

-  • **« COUVENT DES MINIMES SPA SIGNATURE » HOT & COLD LEMON-VERBENA**

1h15

This Verbena-Lemon Indulgence offers unique hot and cold interaction and allows discovering new invigorating sensations! After the foot bath as a welcome ritual, treatment will start with a hot body scrub that will gently remove dead cells and rough patches. Right afterwards, a refreshing shower will energize body and mind again. Thorough body massage will then offer great relaxation, focusing on all the areas of tensions or muscle pain. Once your body is fully relaxed, cold compresses fragranced, followed by cooled Body Sorbet are applied. The Eau De Toilette splash will finally revitalize all your senses!

Mediterranean Poetry Rituals

• **The Magic of a Siesté Bath**

0h30

In the polysensorial space of the Siesté, you will float weightless in the perfumed bath of your choice. Your mind wanders peacefully with the music and mists of scent, surrounded by colors selected especially for you.

As a complement, our Thematic Baths, for Le Couvent des Minimes Spa :

• **Gardener Silky Hand & Sieste**

0h45

The must-have add-on for anyone made with "Gardener's Hand Balm" by Le Couvent des Minimes©! A full hand and arm massage during your bath to evacuate tensions to recover full energy sensations up to your finger tips.

• **Feet to Head heaven voyage**

1h30

Surprising and joyful experience: after enjoying your Siesté Bath, you will receive a full hair treatment including a soft scalp massage. A facial exfoliation and a face mask will be proposed to finish with a full leg and feet massage to conclude.

• **« Sensorial Euphoria »**

1h30

Starting in the Siesté, your colorful dream mood experience will be followed by a highly hypnotic relaxing massage where tensions will fly away and your soul will peacefully be resting.

• **Mediterranean Grand Ritual of the Hammam**

1h30

A great classic specially interpreted for the Couvent des Minimes: hammam, exfoliation with traditional black soap, plus skin polishing with lemon/honey. This is followed by a body wrap with rhassoul (ghassoul) clay and a shea mask for the face. A relaxing aromatic massage will conclude this ritual.

Aroma Delights

• **Affusion Massage**

0h30

Indulge in the surprising experience of a relaxing massage with L'Occitane scented oils under the fine, warm mist of an affusion shower.

• **4-Hand Affusion Massage***

0h30

Intense well-being under the expert hands of two therapists who massage you in perfect harmony under the affusion shower with the L'Occitane aromatic oil of your choice.

• **Exquisite Affusion Experience**

1h00

A moment of pleasure and beauty: your body is polished by a L'Occitane exfoliant, while the affusion shower flows over your skin and relaxes you. Then, you receive a relaxing massage with the oil of your choice. The therapists' hands become one with the warm water to offer you the most delicious of sensations.

Duet Voyages

These rituals are invitations to discovery and sharing for two (couple, family or friends). A spacious treatment room is dedicated to you, like a hotel suite, with a deep bath and two massage tables for the body treatments.

• **Duet in Provence**

1h30

The soft sensuality of a moisturizing, relaxing and delicately scented bath during which you are served tea and a regional sweet. This is followed by a relaxing massage that will lift your mood and deeply relax you.

• **Legend and Vitality**

1h30

This experience could be the dream signature of Le Couvent des Minimes, as it fills the body with peaceful strength. The hammam is followed by a refreshing verbena bath. Herbal tea and dried fruits from Provence.

• **Starry Night**

2h00

A delicate shea bath with flower petals and a drink of Muscat grape juice. Exfoliation of your back with shea, followed by a face and body massage.

COMPLEMENTARY TREATMENTS



S • « COUVENT DES MINIMES SIGNATURE » GARDENER SILKY HAND TREATMENT 1h15

Nourishing and softening, A real beauty-enhancer for the hands ! The must-have add-on for anyone made with « Gardener's Baulm » by Le Couvent des Minimes. It starts with a thorough exfoliation which effectively prepare the skin for further treatments, followed by a detailed cuticle treatment, to enhance beauty of the nails, as well as a hand mask. While mask on, a relaxing massage will be performed on the neck and shoulders to promote your overall well-being.

• Exfoliation 0h30

They are selected among the L'Occitane products ranges in order to give you personal results : Shea or Almond for a soft exfoliation , and deep scrub with grape pulp » and lemon-Honey sugar.

ULTIMATE SENSORIALITY GRAND RITUALS

Adapted combination of several treatments to experience a wonderful moment of beauty and wellness. The relaxing experience is strongly recommended in order to optimise your ritual

- | | | |
|--|-------------|-------------|
| <ul style="list-style-type: none"> • Extreme Occitane - Almond body exfoliation - Well-Being of the Senses Body Treatment | 2h00 | €175 |
| <ul style="list-style-type: none"> • Exceptional Provence - Mediterranee Body Treatment - Soft massage for hands - Facial treatment according to skin profile | 2h30 | €215 |
| <ul style="list-style-type: none"> • Authentic Delights - Grape pulp body exfoliation - Body Treatment: Grape Cure - Soft massage for hands - Facial treatment according to skin profile | 3h00 | €245 |

Tous nos soins sont facturés sur les séquences de référence de 30 mn à 180 mn :
All our treatments are priced based on reference sequences of 30 to 180 minutes :

0h30	55 €
0h45	80 €
1h00	100 €
1h15	125 €
1h30	150 €
1h45	175 €
2h00	190 €
2h30	245 €
3h00	280 €



**Les modelages à 4 mains sont facturés 100 € pour 30 minutes.*

Politique d'annulation : une réservation peut être annulée jusqu'à 4 heures avant l'heure du rendez-vous.

Passé ce délai, 50% du prix du soin seront facturés et 100% en cas de non-annulation

**The tariff for the 4-hand massage is 100 € per 30 minutes.*

Cancellation policy : a reservation can be cancelled until 4 hours before the appointment, passed this time, 50% of the amount will be charged, and 100% in case of no-show.



L'expérience que vous allez vivre est le résultat de recherches historiques sur le bien-être en Provence alliée à des rituels et gestes de références de soins et de modelages issus d'Asie et d'Europe que L'Occitane et Le Couvent des Minimes ont validés, travaillés, composés pour votre plus grand plaisir.

La qualité des produits et le respect des gestes ancestraux vous assureront un résultat de qualité dans une ambiance unique au cœur de la Provence. Nous vous souhaitons un joli moment de quiétude et de plein ressourcement.

Quand plantes et ressources naturelles régionales riment avec bien-être et évasion, c'est ce supplément d'âme que vous découvrirez au Couvent des Minimes Spa par L'Occitane.

Plus qu'un lieu... une expérience précieuse pour le corps et l'esprit...

RENSEIGNEMENTS ET RÉSERVATION DEPUIS VOTRE CHAMBRE : COMPOSEZ LE 5041.

Experiences you will enjoy result of historic researches on well-being in Provence, combined with reference treatment techniques and rituals from Asia and Europe that L'Occitane and Le Couvent des Minimes have composed, developed and validated for your ultimate pleasure fully respecting regional traditions. Quality products and time-proven techniques ensure an exquisite result in the unique ambience at Le Couvent des Minimes. We wish you a lovely moment of tranquility and relaxation as well as full replenishment.

By using regional natural resources combined with wellness and relaxation techniques, Le Couvent des Minimes Spa by L'Occitane will bring you this precious extra gift of life: More than a Spa ... a precious moment for body and soul.

INFORMATIONS AND RESERVATION FROM YOUR ROOM : PLEASE CALL 5041.



*Le Couvent des Minimes Hôtel & Spa
Chemin des Jeux de Mai - F-04300 Mane en Provence
Tel : +33 (0)4 92 74 77 77 - Fax : +33 (0)4 92 74 77 78
reservations@couventdesminimes-hotelspa.com*