

LE SPA
L'OCCITANE
EN PROVENCE







AN ICONIC DESTINATION

In the beating heart of Haute-Provence, birthplace of La Maison L'Occitane en Provence, Le Couvent des Minimes embodies the very soul of this sunlit and inspiring land.

Lavender fields, olive groves, historic stone walls— our 17th-century convent has become a sanctuary of Provençal Art de Vivre.

A place to slow down.
Where precious moments are shared with simplicity.

Here, the Maison L'Occitane en Provence unveils its most meaningful expression of holistic better-being in its iconic Spa.

Every detail invites guests to pause, to reconnect, not only with themselves, but also with others and with nature.

A true reflection of the multisensory and expert philosophy of Spa L'Occitane en Provence.

The destination of Better-Being.

Bienvenue.

Where Nature flourishes,
Inspiring our ingredients, our surroundings,
and our gestures crafted by expert hands.

Sleepy notes of lavender,
Warm sunlight caresses the skin.
Soothing melody of nature.
Close your eyes...

Be Touched by Haute-Provence.

A moment beyond time,
where reason meets heart ,
and time slows to be savored with pleasure.
So you see clearly, feel deeply, listen intently.
The body releases, the mind unwinds.





HERE, WELL-BEING BECOMES
BETTER-BEING



HOTEL SIGNATURES



FACE & BODY *Treatments*

BODY

90 Minutes



STONE HARMONY

HARMONIZING. The power of Agate and Red Jasper stones harmoniously combines to infuse new energies into the body in a balancing and revitalizing holistic treatment. A 'companion' stone, spontaneously chosen at the beginning of the treatment will complete the experience and extend the journey all the way home.

BACK & FEET

60 Minutes



PURE SHEA SOOTHING

SOFTENING. Opening with a nourishing infusion of our 100% natural origin Pure Shea Butter, certified organic* and Fair Trade** by ECOCERT, this back and foot massage deeply soften and restore the skin. A moment crafted to relieve tension, soothe the mind, and promote a deep sense of relaxation.

*Ecological and organic cosmetic certified by ECOCERT Greenlife according to the ECOCERT standard, available at <http://cosmetiques.ecocert.com>

**Fair trade controlled by ECOCERT Environment according to the Fair For Life standard, available at www.fairforlife.org



ICONIC TREATMENTS

HERITAGE. SENSORIALITY. EXPERTISE.
CRAFTING BETTER-BEING MOMENTS BASED ON
FOUR PILLARS: LONGEVITY,
REGENERATION, BALANCE & VITALITY.

*To measure and highlight the benefits on holistic better-being and sleep quality, our protocols have been tested and approved
by L'Occitane en Provence laboratories as well as recognized research institutes.*

LONGEVITY

REVEAL TIMELESS
REJUVENATION



FACE

90 Minutes

IMMORTELLE DIVINE SECRET

FIRMING. An expert treatment with results proven by science.

Inspired by the Kobido technique, with dynamic and precise gestures, it stimulates skin renewal and microcirculation.

Combined with Immortelle Divine collection, the skin appears visibly smoother, firmer, and plumper while offering a moment of relaxation and positive emotions.

FACE

90 Minutes

DIVINE HARMONIE

REDENSIFYING. This Shiatsu-inspired expert treatment helps

to refine facial contours as well as restore skin density. Associated with the Immortelle Harmony collection, this treatment contributes to regenerating and replenishing the skin.

FACE & EYES

45 Minutes

RESET IMMORTELLE

REVITALIZING. This treatment helps to smooth expression lines and

brighten the eye area. Combined with Gua Sha stones, the Face and Eyes Reset Serums act as a breeze of fresh air, leaving the skin rejuvenated and reinvigorated.

REGENERATION

RENEW THROUGH THE ART
& SCIENCE OF SLEEP



**FACE
& BODY**
90 Minutes

SLEEP & RESET

REGENERATING. Sleep is a key contributor to better-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep quality improvement. It allows to regain serenity as well as to provide an energy boost.

BODY
25 Minutes

POWER NAP

REINVIGORATING. Tested in collaboration with the European Sleep Center, this treatment offers deeper relaxation and enhanced recovery compared to a regular nap. A harmonious blend of effleurage, acupressure, and percussion gestures to sooth the mind, release tension, and revitalize the entire body.

BALANCE

HARMONIZE BODY, MIND
& EMOTIONS



BODY

60 Minutes

RELAXING AROMACHOLOGIE

COMFORTING. This enveloping massage eases the body and mind into letting go thanks to its relaxing movements. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.

BODY

90 Minutes

SHEA NURTURING

ENVELOPING. A 90-minute compilation of L'Occitane en Provence's signature massage movements designed to promote muscles relaxation and balance energy flow. The Shea Fabulous Oil's formula has an in-depth moisturizing effect and leaves the skin durably nourished.

BODY

45 Minutes

LISTEN & FEEL

VIBRANT. This treatment associates an energetical harmonizing massage with a bespoke musical composition. The vibrations of the music and the Shiatsu-inspired techniques help to restore inner serenity as well as provide a deep relaxation moment.

BODY

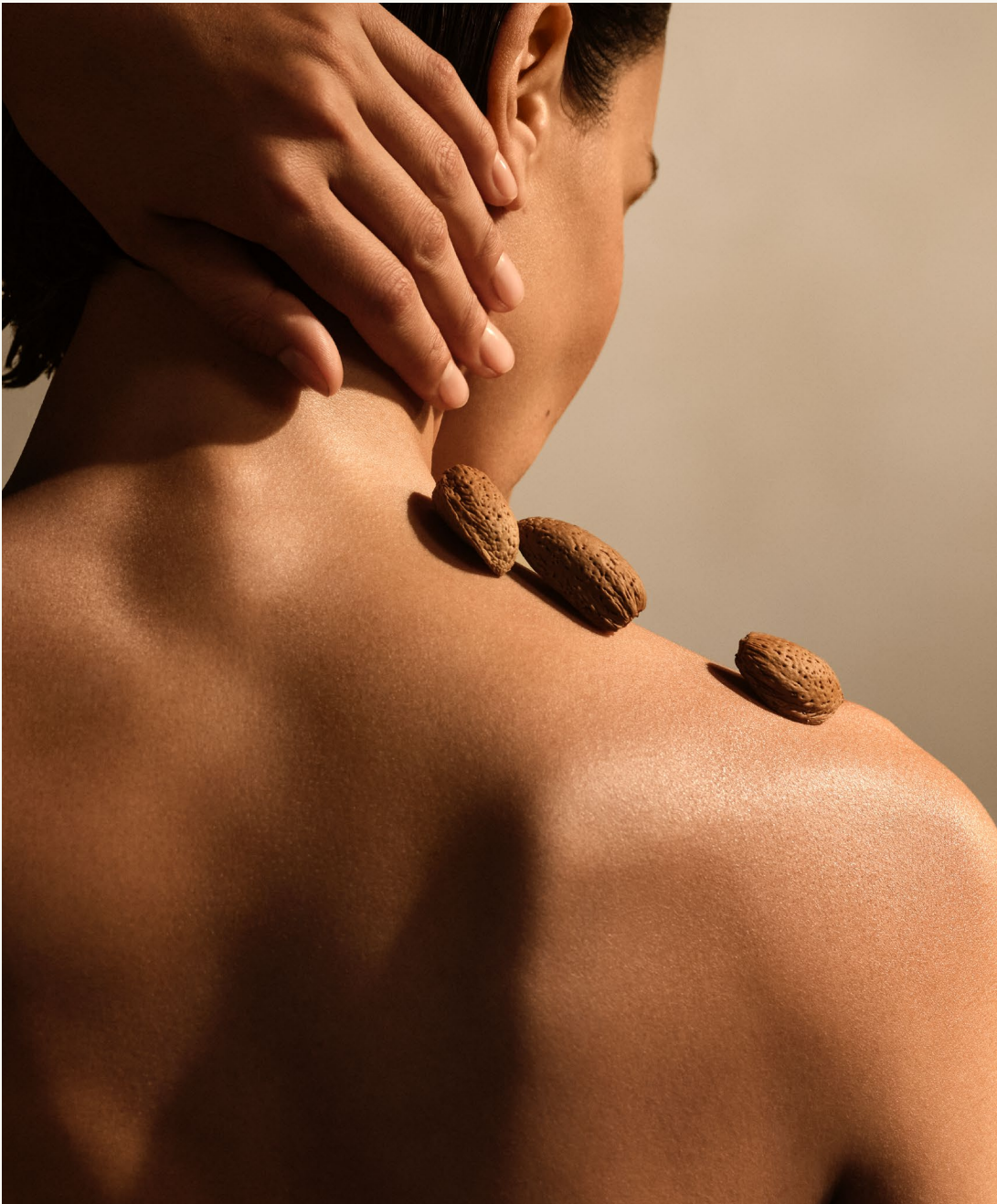
60 Minutes

MIND & SCALP

UNWINDING. This massage of the neck, décolleté and scalp, awakens microcirculation to welcome the benefits of the scalp expert serum, while releasing tension and inviting your whole body to a sensory reconnection for a deep sense of release.

VITALITY

RESTORE THE MENTAL
& PHYSICAL ENERGY



BODY *Massages*

BODY

60 Minutes

90 Minutes

ALMOND DETOX

DETOXIFYING. This massage promotes circulation and provides a feeling of lightness. The draining movements help to remove toxins and reduce water retention. The Almond Supple Skin Oil hydrates the skin and improves its elasticity.

BODY

60 Minutes

90 Minutes

PROVENCAL DEEP TISSUE

INVIGORATING. Inspired by the strength of Provencal nature, this deep muscular massage combines firm pressure, acupressure, and stretching to help unlock body tension. Muscles are released, energy flows, and mind feels restored.



MADE TO MEASURE TREATMENTS

BECAUSE EACH PERSON IS UNIQUE,
SO ARE OUR TREATMENTS.



FACE

30 Minutes

60 Minutes

90 Minutes

FACIAL TREATMENT

EXPERT. A personalized facial treatment with a range of product options and massage techniques tailored to suit every skin mood.

BODY

30 Minutes

60 Minutes

90 Minutes

BODY MASSAGE

SENSORY. A selection of massage techniques paired with preferred massage oil creating a better-being interlude designed to delight the senses.

Massage Oils: Relaxing, Revitalizing, Almond, or Shea Butter.

BODY & FACE

From

60 Minutes

BODY & FACE TREATMENT

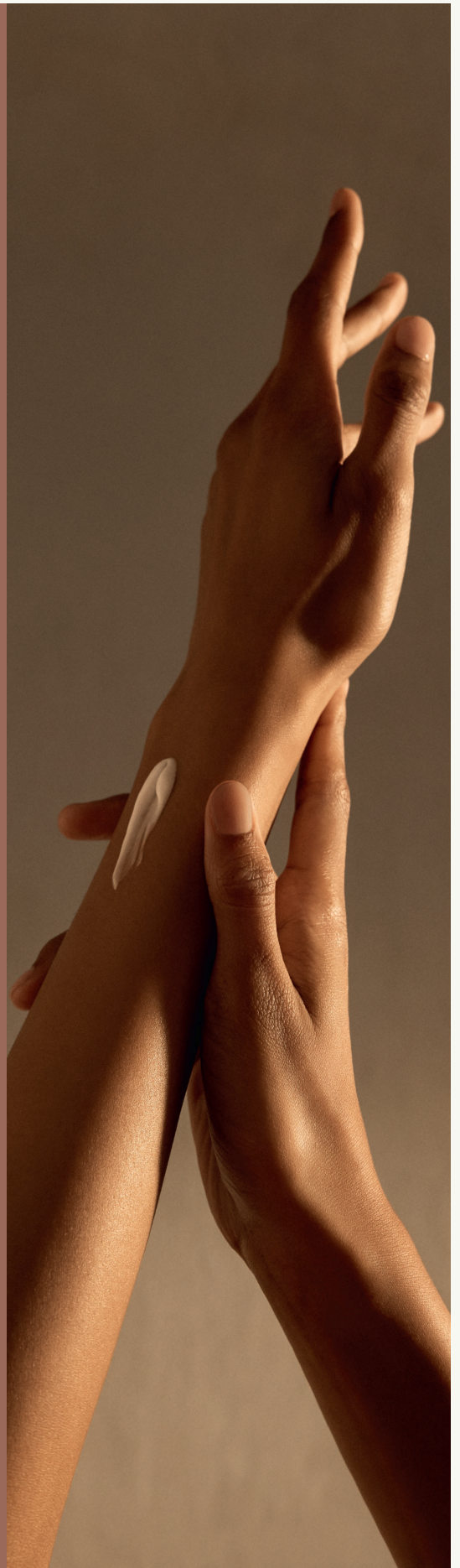
COMPLETE. A combination of a personalized facial treatment and a sensory body massage that meets every need and creates harmony between face, body, and mind.

ADD-ON TREATMENTS

| +15 Minutes |

ELEVATE YOUR EXPERIENCE
AT THE HIGHEST LEVEL

Available for 30-minute treatments or more



FACE & BODY *Targeted treatments*

FACE

Brightens or firms with a tailored touch.

EYE CONTOUR

Revitalizes and smooths the eye area.

GUA SHA

Smooths facial lines and refreshes eye contours.

SCALP

Soothes the mind and invites letting go.

NECK & DECOLLETÉ

Lifts and refines neck and décolleté for a radiant look.

ABDOMINAL

Enhances abdominal better-being and balance.

HANDS

Softens and relaxes the hands.

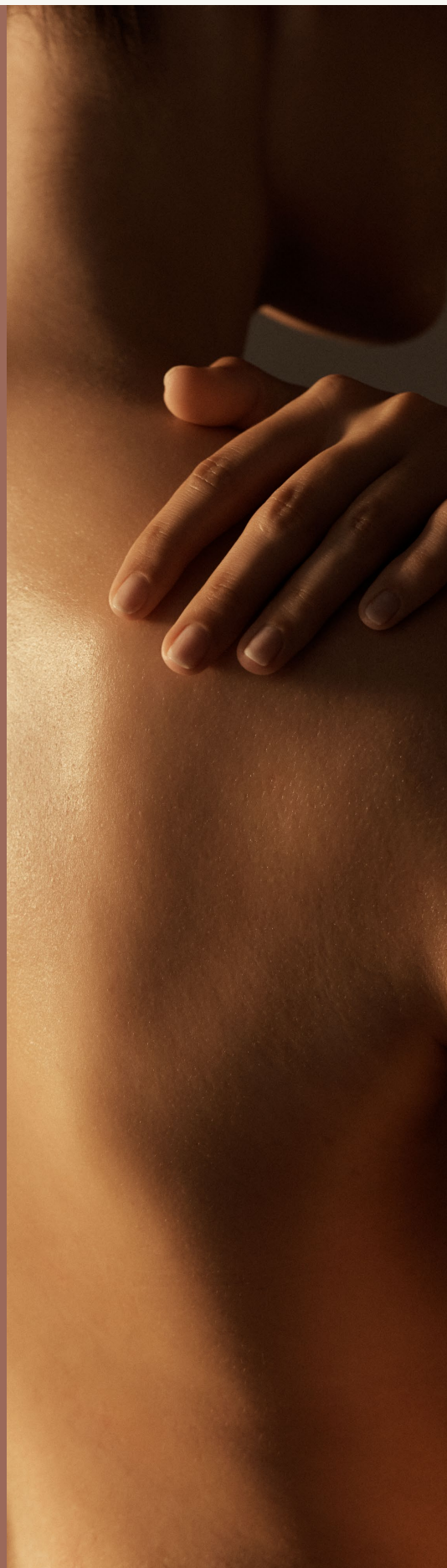
LEGS

Soothes, eases tension, and refreshes.

FEET

Grounds and energizes tired feet.

OTHER TREATMENTS



OTHER *Treatments*

BODY

45 Minutes

MUM-TO-BE COCOON

EMBRACING. A massage that gently cradles mothers-to-be in softness during this special time. Through gentle, enveloping movements, it brings comfort to the body, with particular attention to the back and legs. A tender cocoon to relax, turn inward and connect with the life blooming inside.

From 4 months

BODY

45 Minutes

LEG REFRESHER

LIGHTNESS. This treatment targets the legs and feet to give a pleasant feeling of lightness as well as improve circulation. It consists of an invigorating scrub followed by a massage using the revitalizing massage oil, to provide softness and comfort.

BODY

45 Minutes

SHEA NOURISHING SCRUB

EXFOLIATING. This Shea enriched scrub restores the comfort of a soft, smooth and supple skin. The exfoliation is completed with a Shea, Almond, Lavender or Verbena moisturizer application, leaving the skin hydrated and nourished.

BODY

45 Minutes

SHEA ULTRA-MOISTURIZING WRAP

NOURISHING. This treatment contributes to nourishing and reinforcing the skin barrier. The creamy and velvety texture of the Rich Shea Butter Cream soothes the skin and comforts all the senses, while a foot and scalp massage complete this moment of better-being.

GETAWAYS



Getaways

SPA ACCESS

Morning or afternoon 3 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday

Weekend: Saturday & Sunday

RELAXATION & GOURMET BREAK

Lunch* at our gourmet restaurant, Pamparigouste.

Morning or afternoon 3 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday

Weekend: Saturday & Sunday

Excluding June, July, August

GETAWAY BREAK AT THE MINIMES

Lunch* at our gourmet restaurant, Pamparigouste.

60 Minutes Spa treatment of your choice

Morning or afternoon 2 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday

Weekend: Saturday & Sunday

SPA DAY

Access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday (9am - 4pm)

GOURMET SPA DAY

Lunch* at our gourmet restaurant, Pamparigouste.

Access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday (9am - 4pm)



SPA ETIQUETTE

ADVANCE BOOKING

We kindly recommend that you book your treatment in advance to ensure that the desired time and service are available.

We would like to remind you that access to the aquatic facilities is exclusively available through prior reservations.

SPA ARRIVAL

We recommend that you arrive at least 15 minutes before your spa appointment. This will allow you sufficient time to change and relax. Our therapists can assist you in selecting the most beneficial treatments for your needs. Please note that late arrivals will not receive an extension for their scheduled treatments.

SPA ACCESS

For the serenity and safety of all guests, our Spa, including the indoor pools, is exclusively reserved for adults.

DRESS CODE

Bathrobe, disposable underwear, and slippers are at your disposal for your comfort.
Appropriate swimwear must be worn in all Spa areas.

CANCELLATION

The treatments you choose are especially booked for you. Any cancellation or modification must be made at least 24 hours prior to the scheduled treatment time to avoid being charged in full.

HEALTH

When booking your spa experience, please inform us of any health problems, allergies, or injuries that could impact your treatment. For your comfort and safety, we reserve the right to deny access to our facilities or treatments to anyone whose condition is not compatible with our services.

LOSS AND DETERIORATION

Unfortunately, we cannot assume responsibility for the loss or deterioration of personal items. To safeguard your clothing, we recommend wearing the provided robe.



NOS SOINS SPA

SPA TREATMENTS

15	Minutes	—	40€
25	Minutes	—	85€
30	Minutes	—	90€
45	Minutes	—	140€
60	Minutes	—	170€
90	Minutes	—	220€



ESCAPADES GETAWAYS

	Semaine <i>Week Day</i>	Week-end & jours fériés <i>Weekend & bank holidays</i>
Pause Détente <i>Spa Access</i>	— 85€	105€
Pause Détente & Gourmande <i>Relaxation & Gourmet Break</i>	— 126€	158€
Évasion aux Minimes <i>Getaway Break at the Minimes</i>	— 260€	280€
Journée au Spa <i>Spa Day</i>	— 150€	
Journée Gourmande au Spa <i>Gourmet Spa Day</i>	— 185€	

LE
**COUVENT
DES MINIMES**

UN HÔTEL & SPA L'OCCITANE EN PROVENCE

MANE — 1613



OPENING HOURS

Opened every day

9:00am - 7:00pm

Tel : +33 4 92 74 77 77

reservations@cdm-hotelspa.com

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