

Signature Treatments

Spa
L'OCCITANE



Reconnecting humans with themselves and with nature.

Authentically and with purpose - that's what we do within our spas.

We cultivate the art of well-being; inspired by the Provencal art of living, warm and comforting.

We believe
in a world where everyone
can *feel better*.

We believe that if it's good for nature, it's good for you.

We are passionate about loving our natural environment and revealing its wonders to you. Taking a break with us is a promise of a personalized journey to make you feel revitalized, balanced, and inspired.

Breathe. Soak it in.

Our treatments and rituals creations are inspired by our formulations naturality and our ingredients sensory to leave you with a recharged and rested feeling, providing space for personal renewal. Spa L'Occitane lifestyle treatments were carefully crafted to offer true benefits on Sleep quality and overall Well-Being, with direct effect on holistic Beauty.

Indulge yourself.

Your experience will be crafted to customize several physical, emotional, and holistic aspects of well-being to help you feel your best and unwind your mind. Relax deeply, let us invite you to Provence.

A woman with long dark hair, wearing a grey towel, is sitting on a stone ledge. She is looking out of a window frame at a landscape. The window frame is made of rough, textured stone. The landscape outside is a mix of green fields and some buildings in the distance under a blue sky with light clouds. The woman's skin is glowing, suggesting she has used a treatment.

Signature Treatments

Blending tradition, heritage and innovation, our Signature Treatments are the reflection of our expertise. Our Signature Body and Face Treatments are built around four pillars of holistic well-being : **Beauty, Regeneration, Balance et Detox**

To measure and highlight the benefits on sleep improvement and holistic well-being, our best-selling Signature Treatments have been tested and approved by L'Occitane laboratories as well as recognised research institutes.



Beauty

FACE
90 Minutes

Immortelle *Divine Secret*

Firming. This treatment helps unveiling the skin's natural youthful glow. The Immortelle Super Extract helps to redensify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the skin appears to be well-rested.

FACE
90 Minutes

Harmonie *Divine* *Eternal Beauty*

Redensifying. This Shiatsu inspired expert treatment helps to refine facial contours as well as restore skin density. Associated to the Immortelle Harmony collection, this treatment contributes to regenerating and replenishing the skin.

FACE
45 Minutes

Reset *Face & Eyes*

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.

Signature Treatments

Beauty

BODY
45 Minutes

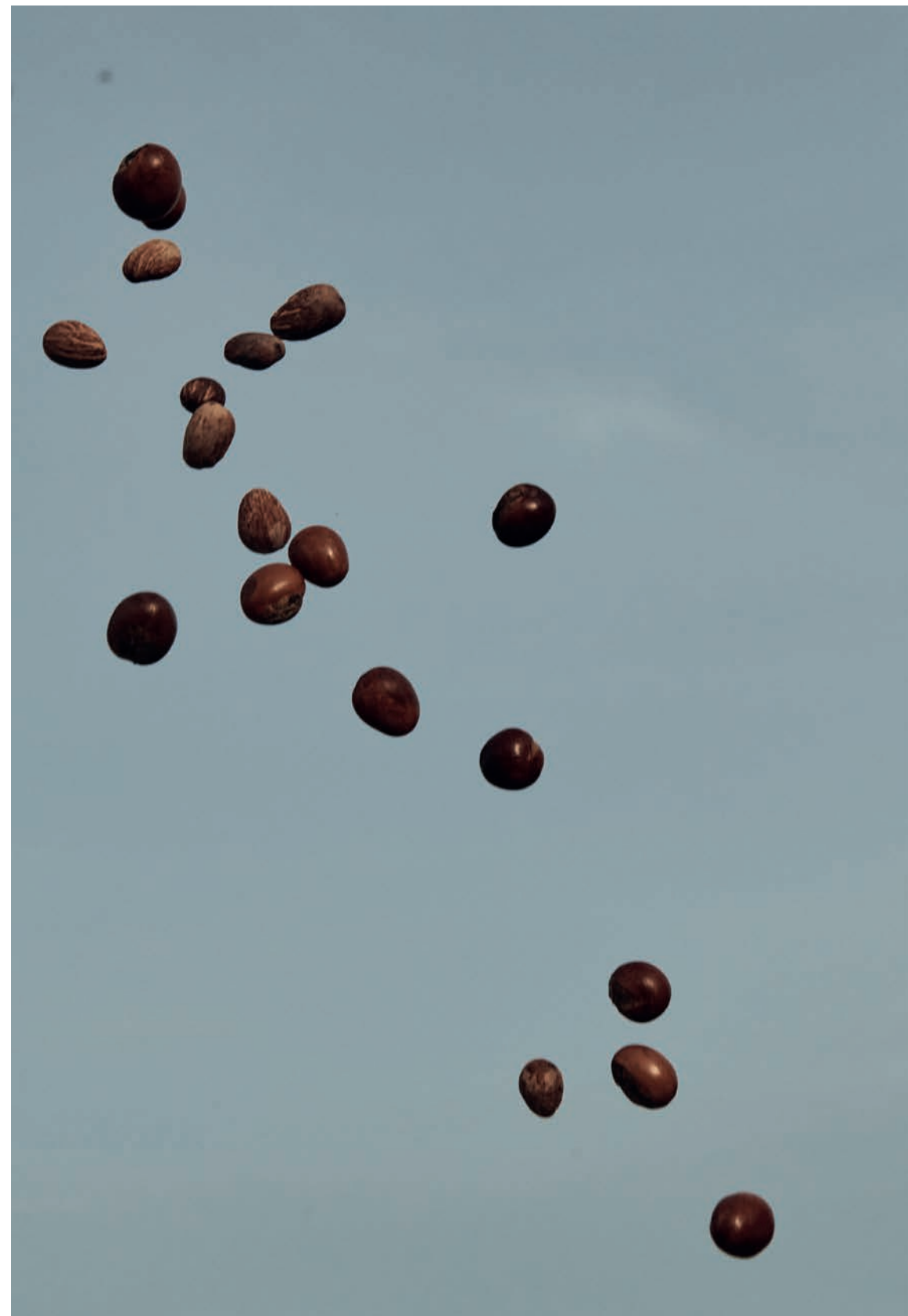
Shea Nourishing Scrub

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 Body 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 well-being.





Regeneration

BODY
90 Minutes

Sleep & Reset Massage

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

BODY
25 Minutes

Power Nap Massage

Reinvigorating. This treatment gives the same energy boost as the one felt after a restorative power nap. Designed as a break during the day, it is done without oil and with clothes on. It combines scalp acupressure, rocking movements and a relaxing hand or foot massage.

Balance

BODY

30 Minutes
60 Minutes
90 Minutes

Relaxing *Aromachologie* Massage

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

BODY

90 Minutes

Shea Nurturing Massage

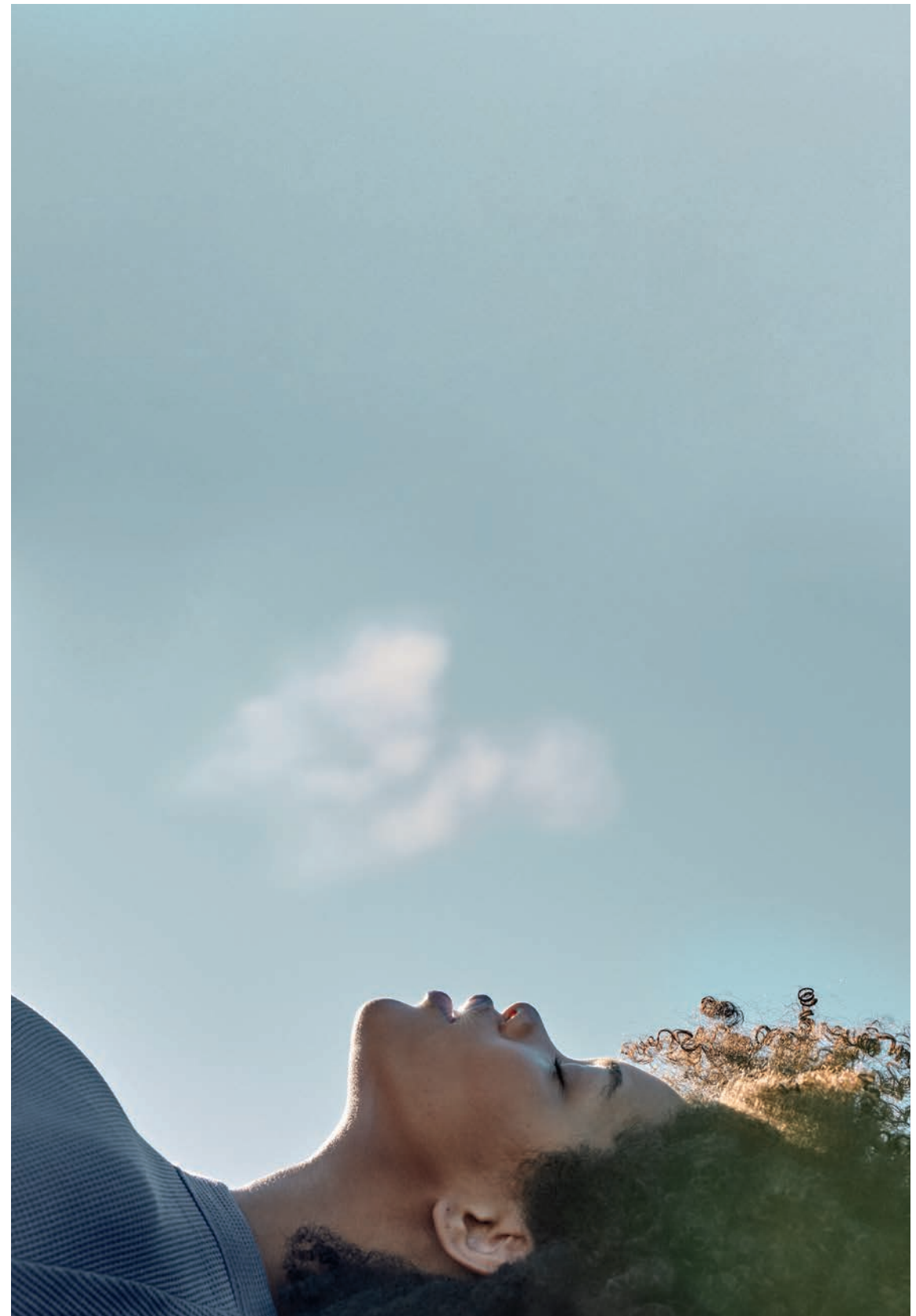
Enveloping. A 90-minute compilation of L'Occitane's signature massage movements designed to promote muscles relaxation and balance energy flow. The Shea Fabulous Oil's formula has an in-depth moisturizing effect and leaves the skin durably nourished.

BODY

45 Minutes

Listen & Feel Massage

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. A dreamlike ritual to let go, unwind and recharge.





Detox

BODY
90 Minutes

Almond Detoxifying Balance

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 as well as improves its elasticity.

BODY
45 Minutes

Leg Refresher With Essential Oils

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 oil, Souffle de Liberté, to provide softness and comfort.



BODY
60 Minutes
90 Minutes

Stones Harmony Massage

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.

Signature Treatments Price List

Face Treatments & Body Massage

■ 25 Minutes	75.00€
■ 30 Minutes	80.00€
■ 45 Minutes	130.00€
■ 60 Minutes	160.00€
■ 90 Minutes	190.00€





Terms & Conditions

Advance Booking

The spa reception is open every day from 9 am to 7 pm (October to April) and from 9 am to 8 pm (May to September). 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.

Dress Code

Bathrobe, disposable underwear, and slippers are at your disposal for your comfort.

Cancellation

The treatment you choose are especially booked for you. To avoid being charged for your treatments, please provide a minimum of 24 hours' notice for cancellations of treatments, whether they are à la carte or part of a package.

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.



Scan the QR code
to book your treatment.

Made to Measure
Treatments

Spa
L'OCCITANE

A woman with long brown hair, seen from behind, is walking barefoot through a field of tall, dry grass. She is wearing a long, white, short-sleeved dress with a deep V-back. In her left hand, she carries a round, woven wicker basket filled with green olives. The field is flanked by rows of olive trees that stretch into the distance under a clear, bright sky. The overall atmosphere is peaceful and evokes a sense of a rural, Mediterranean lifestyle.

Made to Measure Treatments

Our Made to Measure Treatments offer a personalized experience to meet every needs. Like a sensory journey in Provence, they awaken the senses, the promise of a relaxing moment in the hands of our experts.



FACE
from
30 Minutes

Facial Treatment

Expert. A targeted facial treatment with multiple massage options available. Using products and facial techniques tailored to the skin's mood, our experts adapt to provide a moment of relaxation all to oneself.

BODY
from
30 Minutes

Body Massage

Sensory. A choice from a selection of body massage techniques that favour all five senses. Paired with Relaxing or Energizing massage oils, enriched with Almond or Shea butter, this wellbeing interlude delights the senses.

**FACE
& BODY**
from
60 Minutes

Face & Body Treatment

Complete. A combination of a targeted facial treatment and a sensory body massage for a wellbeing interlude that meets every need as well as promotes harmony between the face, body, and senses.

**FACE
& BODY**
+15 Minutes

Complementary Treatments

Escape. Our short and targeted complementary treatments enhance and reinforce the effects of the made to measure treatment, treating oneself to a timeless moment.

Because each
person is *Unique*,
so are our treatments.

To meet every need, our Made to Measure Treatments
is an experience unlike any other.

Choose your *duration*

Face Treatments & Body Massage

■ 30 Minutes	80.00€
■ 60 Minutes	160.00€
■ 90 Minutes	190.00€
■ +15 Minutes (Complementary Treatment(s))	35.00€

Face ■ 30 Min. ■ 60 Min. ■ 90 Min.

What is your main need? *(1 choice only)*

- **Glow** *(Fresh and radiant complexion)*
- **Firmness** *(Smooth and plump skin)*
- **Reshape** *(Contours reshape and tension relief)*

What is/are your current beauty concern(s)?

- **Anti-Aging** *(Divine)*
- **Prevention** *(Precious)*
- **Nutrition** *(Shea)*
- **Hydration** *(Réotier)*
- **Radiance** *(Queen of Meadows)*

Body ■ 30 Min. ■ 60 Min. ■ 90 Min.

What is your main need? *(1 choice only)*

- **Relaxation** *(Wellbeing and serenity uplift)*
- **Vitality** *(Energy boost and invigorating body care)*
- **Intensity** *(Deep tissues relaxation)*
- **Harmonizing** *(Gentle release and letting go)*
- **Warmth** *(Body tension release thanks to warm basalt stones)*
- **Detox** *(Blood flow stimulation and toxin drainage)*
- **Refine** *(Lighter silhouette and firm skin)*

Choose your favourite massage oil

- **Cocon de Sérénité** *(Calms the mind and promotes sleep)*
- **Souffle de Liberté** *(Helps to regain energy and vitality)*
- **Almond** *(Softens and firms the skin)*
- **Shea** *(Nourishes and protects against dryness)*

Complete your Experience with one or more *Complementary Treatment(s)*

- **Face Massage** (+15 Min.)
Massage of your choice to brighten or promote firmness.
- **Instant Eye Lift** (+15 Min.)
Awakens, nourishes and smooths the eyes.
- **Scalp Massage** (+15 Min.)
Cranial Bliss.
- **Neck & Decolleté** (+15 Min.)
Beautifies the neck and décolleté.
- **Gua Sha Massage** (+15 Min.)
Smooth face lines, refreshes and awakens the eyes.



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Health

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Gateways

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L'OCCITANE



The Gateways

An expansive 2,500-square-meter, offering sensory pool and showers, both indoor and outdoor swimming pools, two saunas, a steam room, a salt cave, and a relaxation area, for a timeless getaway.

Weekday Relaxation Break

Morning or Afternoon 3h access to Spa L'Occitane facilities.

Monday to Friday 65.00€

Weekend Relaxation Break

Morning or Afternoon 3h access to Spa L'Occitane facilities.

Saturday & Sunday 80.00€

Weekday Relaxation & Gourmet Break

Lunch at our gourmet restaurant, Pamparigouste*
Morning or Afternoon 3h access to Spa L'Occitane facilities.

Monday to Friday, Excluding June, July, and August 100.00€

Weekend Relaxation & Gourmet Break

Lunch at our gourmet restaurant, Pamparigouste*
Morning or Afternoon 3h access to Spa L'Occitane facilities.

Saturday & Sunday - Excluding June, July, and August 130.00€

Weekday Escape at Les Minimes

Lunch at our gourmet restaurant, Pamparigouste*
60 minutes of L'Occitane treatment of your choice
Morning or Afternoon 3h access to Spa L'Occitane facilities.

Monday to Friday 220.00€

Weekend Escape at Les Minimes

Lunch at our gourmet restaurant, Pamparigouste*
90 minutes of L'Occitane treatment of your choice
Morning or Afternoon 3h access to Spa L'Occitane facilities.

Saturday & Sunday 240.00€

Spa Day

Access to Spa L'Occitane facilities.

Monday to Friday / 9 am to 4 pm 110.00€

Gourmet Spa Day

Lunch at our gourmet restaurant, Pamparigouste*
Access to Spa L'Occitane facilities.

Monday to Friday / 9 am to 4 pm 145.00€

* Set menu (appetizer, main course, dessert), excluding beverages.



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Wellness Destinations

Spa
L'OCCITANE



Wellness as a Destination

For its Wellness Destinations, L'Occitane has teamed up with the best well-being experts to design programmes adapted to every need.

On your journey through the Wellness Destinations, the palette of Spa L'Occitane treatments blends harmoniously with alternative practices, creating a perfect synergy. The combination of Spa L'Occitane treatments with approaches such as naturopathy, yoga, meditation and aromatherapy, deepens the holistic well-being experience.

The Destinations offer various durations and complete customisation to suit individual needs. All stages of the programmes are carefully designed to accompany each person in their own quest for well-being, with the support of a team of specialists including naturopaths, personal trainers, spa practitioners, osteopaths and many more.

Like a call to travel, each Destination invites you to immerse yourself in the resplendent nature of the Couvent des Minimes: a refuge conducive to rejuvenation and reconnection with oneself.

The different elements to consider when choosing a Destination: Lifestyle, Diet, Age And Sex, Physical Condition, Health Issues, General State ,Mental And Emotional State.

The Vision of Well-Being at Spa L'Occitane at the Couvent des Minimes

Reconnection with Nature

Authentic Luxury

Natural Therapies

Mindfulness Activities

Bespoke Experiences





To Each Their Destination

Programmes lasting 3, 6 and 14 days among the following themes:

Destination Reconnection & Rejuvenation

Destination Balance & Emotion

Destination Longevity & Vitality

Destination Fitness & Detox

Destination n°1

Destination *Reconnection & Rejuvenation*

This Wellness Destination contributes to restoring a perfect balance between vital energy and emotional state. The journey begins with the elimination of accumulated toxins and tensions, before bringing both body and mind to a state of balance and harmony. A Destination that combines plenitude and renewal thanks to an experience that follows one's own rhythm.

BENEFITS

- Improve emotional well-being
- Adopt new healthy habits
- Maintain mind-body balance

L'Occitane Treatments

- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Listen & Feel Massage
- Almond Detoxifying Balance
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Massage (Of your choice)

Complementary Treatment

- Silhouette Massage

Energy Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang
- Korean Relaxation

Sports & *Energy* Arts

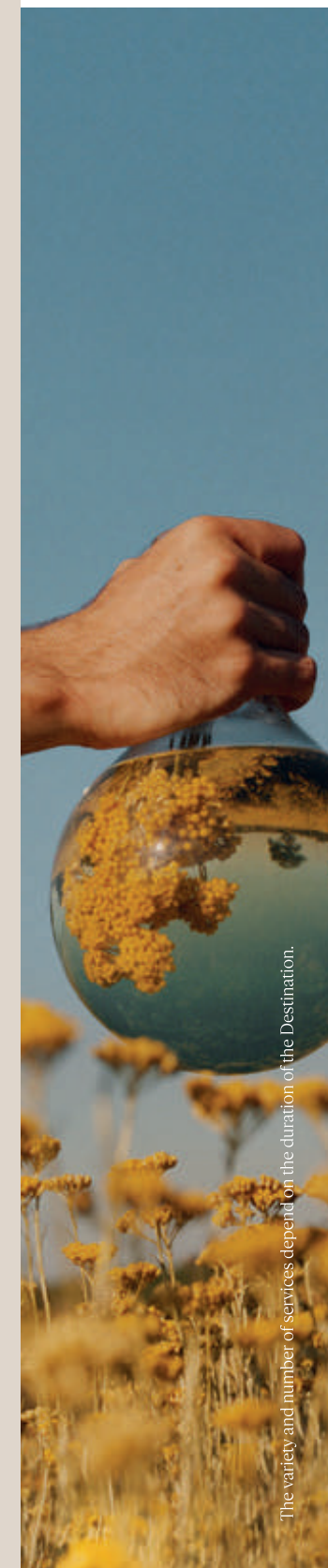
- Bike Rides
- Yoga
- Walk & Yoga
- Personal Training
- Group Classes
- Qi gong
- Meditation

Workshop

- Nature immersion Workshop
- Understanding your Skin Workshop
- Atelier Cuisine Sauvage

Holistic Service

- Naturopathy
- Sophrology Session
- Hypnotherapy



Destination n°2

Destination *Balance & Emotion*

This Destination will be the culmination of a journey that engages all of your senses. Reconnect with nature and its peacefulness. The inner journey and restful sleep are this programme's priorities. This Destination brings a heightened sense of well-being, like a rendezvous with oneself.

BENEFITS

Explore inner dimension
Improve sleep quality
Reconnect with nature

L'Occitane Treatments

- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Reset Face & Eyes
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Almond detoxifying Balance
- Listen & Feel Massage
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Body Massage (Vitality)
- Made to Measure Body Massage (Relaxation)
- Made to Measure Body Massage (Of your choice)

Energy Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang
- Korean Relaxation

Sports & *Energy* Arts

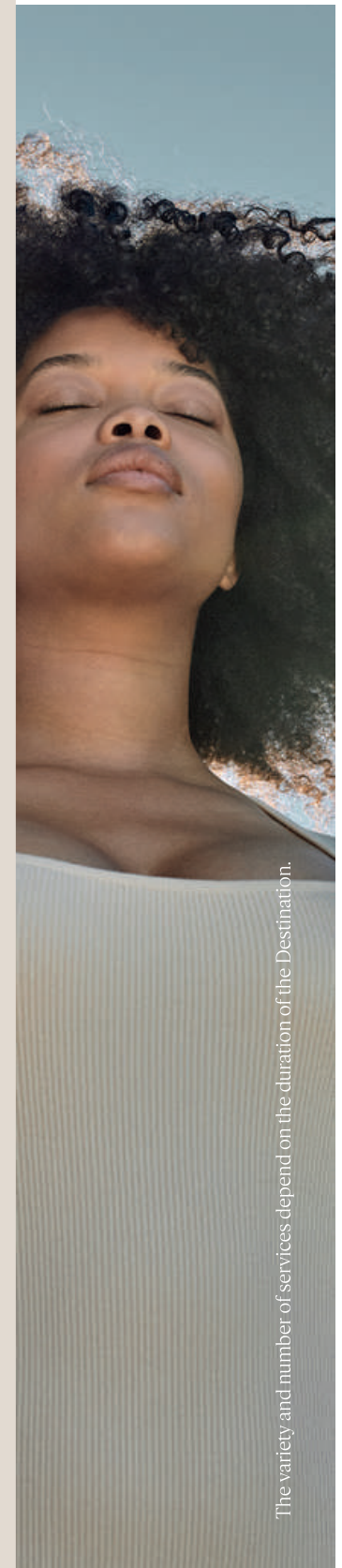
- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Qi Gong
- Meditation

Workshop

- Nature Immersion Workshop
- Cuisine with Wild Food Workshop
- Essential Oils Workshop

Holistic Service

- Naturopathy
- Sophrology Session
- Hypnotherapy



Destination n°3

Destination *Longevity & Vitality*

This Destination is an invitation for you to flourish, offering a concentrate of vitality in an environment conducive to letting go. The main goals of this programme are to restore radiance, clear and beautiful skin, and to boost the whole body's dynamism.

BENEFITS

Improve vitality
Optimise physical health
Prevent the effects of ageing

L'Occitane Treatments

- Immortelle Divine Secret
- Harmonie Divine Eternal Beauty
- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Almond Detoxifying Balance
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Body Massage (Vitality)
- Made to Measure Body Massage (Intensity)
- Made to Measure Body Massage (Of your choice)

Complementary Treatment

- Silhouette Massage

Energy Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang

Sports & *Energy* Arts

- Yoga
- Personal Training
- Group Classes
- Qi Gong
- Meditation

Workshop

- Understanding your Skin Workshop
- Healthy Cuisine Workshop

Holistic Service

- Naturopathy

Destination n°4

Destination *Fitness & Detox*

This vitamin-rich, invigorating and detoxifying Destination will leave you feeling lighter and brighter from the inside out. This bespoke programme helps slim and tone the silhouette while giving both body and mind a reboot. For renewed energy and endurance, it is recommended for every change of season.

BENEFITS

Detoxify the body
Restore vitality
Feel good in your body

Soins *L'Occitane*

- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Relaxing Aromachologie Massage
- Almond Detoxifying Balance
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Body Massage (Vitality)
- Made to Measure Body Massage (Intensity)
- Made to Measure Body Massage (Warmth)
- Made to Measure Body Massage (Of your choice)

Soin *Complémentaire*

- Silhouette Massage

Soins *Énergétiques*

- Foot Reflexology
- Chi Nei Tsang

Sports & Arts *Énergétiques*

- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Meditation

Ateliers

- Liver Detox and Nutrition Workshop
- Healthy Cuisine Workshop

Prestations *Holistiques*

- Naturopathy
- Hypnotherapy





Energy Therapies

The genesis of this adventure lies in Provence, the cradle of age-old know-how and beneficial plants with long-established virtues.

These precious resources are magnified and subtly enhanced by influences from other horizons. The selected hands-on techniques are well-known for addressing the individual as a whole.

Like a real journey in Provence, suitcases filled with lavender, it is the beginning of a round-the-world trip, discovering along the way hands-on techniques recognised for their holistic approach: foot reflexology, Chi Nei Tsang, Tui Na, Korean Relaxation...

Some ports of call are just as inspiring, such as the osteopathy and Chinese medicine sessions infused with the aromas of beautiful olive groves.

Sports Activities & Energy Arts

Striving for a healthy mind in a healthy body doesn't have to be dull. Here is a maxim that applies perfectly to the Spa L'Occitane experience at the Couvent des Minimes.

Conquer Provence's great outdoors thanks to a wide array of activities... Breathe in the fresh Luberon air while enjoying an activity that benefits both body and mind: cross-training, cardio-boxing, aerial yoga, Qigong...

At the Couvent des Minimes, Spa L'Occitane specialists are experts in this quest for inner alignment, practising a variety of techniques: meditation, sophrology, hypnosis... The aim: help each guest recover their vital energy.

A global rejuvenating experience in surroundings that have been wonderfully designed for restoring vitality: generous, lush nature, a spa where architecture has created a truly restorative place, and experts trained to deliver world-class experiences. The ambition? For fitness to triumph by regenerating the body through sport that becomes an enjoyable activity in a perfect setting. Recharge your batteries, enjoy the peace and quiet: a true renaissance to feel relaxed and revitalised.



Destinations Price List

Reconnection & Rejuvenation

■ 3 Days	850.00€
■ 6 Days	1900.00€
■ 14 Days	3950.00€

Balance & Emotion

■ 3 Days	900.00€
■ 6 Days	1600.00€
■ 14 Days	3950.00€

Longevity & Vitality

■ 3 Days	950.00€
■ 6 Days	1800.00€
■ 14 Days	4250.00€

Fitness & Detox

■ 3 Days	800.00€
■ 6 Days	1800.00€
■ 14 Days	3850.00€

These prices are per person and excluding accommodation and restaurant charges.



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