

# *The Spa of Cassagne*



INVITE YOU TO RELAX AND RECHARGE  
IN AN EXCEPTIONAL SETTING

A beautiful heated swimming pool (hydro-massage, counter-current swimming), overflowing Jacuzzi, Hammam with Eucalyptus scent, a chromotherapy shower and a fitness room.

MASSAGES AND TREATMENTS IN OUR INDIVIDUAL, DOUBLE OR TRIPLE CABINS.

Enjoy the spa treatments offered by Auberge de Cassagne in collaboration with the Swiss laboratories HORMETA, beauty boosted by trace elements. Our masseuse therapists and beauticians will be able to refine your choice at the beginning of the session with "tailor-made" treatments for women or men, each with their own particularities and requirements.

VIEW OR DOWNLOAD OUR SPA BROCHURE :

☎ 04 90 31 04 18

✉ [RESA@AUBERGEDECASSAGNE.COM](mailto:RESA@AUBERGEDECASSAGNE.COM)

# *Our Courses of Treatment*

*Have a very relaxing stay*

## *« Take Care of Yourself »*

Program of 2 treatments  
of a total duration of  
1h40

50-minute Body  
Treatment :  
A delicate Exfoliation,  
followed by a gentle  
Massage leaving you  
relaxed with a smooth  
and soft skin.

50-minute Face  
Treatment to prolong  
that moment of  
wellness, a tailored  
Face Treatment offers  
to your skin a pure  
moment of relaxation.

**270€**

## *« Wellness in Provence »*

Program of 5 treatments  
of a total duration of  
3h30

50-minute Facial, Plantar  
and Scalp Massage

20-minute session of  
Hydromassage bed  
& 50-minute Lomi Lomi  
Massage

20-minute session of  
Hydromassage Bed  
& 70-minute  
« Ultimate Precision »  
Facial Treatment.

**Beauty Advices**

**529€**

## *« Revitalize yourself in Provence »*

Program of 6 treatments  
of a total duration of  
4h00

30-minute Exfoliation  
with lavender flowers  
& 50-minute Lavender  
Massage

20-minute session of  
Hydromassage Bed  
& 50-minute Foot  
Reflexology

20-minute session of  
Hydromassage Bed  
& 70-minute  
« Ingenious Source »  
Facial Treatment.

**Beauty Advices**

**569€**

## *Your Beauty Prescription :*

Our beauticians would be pleased to establish with you un  
diagnosis of the needs of your skin, in order to recommend you the  
products designed to offer you solutions adapted to your skin.

# *Time for your Well-being*

*Relax body and mind with your head in the stars...*

## **Hydromassage bed**

**39 € per person**

Discover our Hydromassage beds and experience a unique moment of relaxation.

An innovative concept that adapts to all your expectations:

Soothe, drain, firm, revive and more!

Enjoy a moment of well-being alone or with a second person during a 20-minute session, adapted to your needs.



4 levels of massage: soft, relaxing, dynamic and deep tissue.  
No need to undress for this massage.

## **Enjoy the tranquility of a moment that reserved only for you in our spa's "Jacuzzi room"**

### **Relaxation for two**

**119 € per person**

20 minutes in a private Jacuzzi followed by 25 minutes of relaxing massage.

### **Absolute Relaxation for two**

**159 € per person**

20 minutes in a private Jacuzzi followed by 50 minutes of relaxing massage.



## **Champagne Taittinger « Brut Prestige »**

**37.5cl : 55 €**



## **CASSAGNE'S INSTANT FACIAL (25 min or 50 min)**

**99€ / 149€**

A real moment of well-being. This personalized treatment is pure relaxation for your skin.



## **100% Facial FOR MEN (25 min or 50 min)**

**99€ / 149€**

A moisturizing and balancing facial treatment adapted to male skin, a unique moment of relaxation.

## **PURE SERENITY Facial (50 min)**

**149€**

Purifying facial to clean oily skin, hydrate, rebalance the epidermis and refine skin texture. The detoxed skin is clearer, brighter, hydrated and able to breathe.



## **VELVET SORBET Facial (50 min)**

**149€**

A gentle beauty treatment, a real caress for sensitive skin that soothes discomfort, tightness, heated and flushed skin. The skin feels more comfortable and regains its uniformity.



## **INGENIOUS SOURCE Facial (70 min)**

**199€**

Collagen anti-ageing treatment, to push back time using powerful and carefully selected active ingredients. Fine lines and wrinkles will be smoothed. Deep hydration restores suppleness and radiance to your skin. An effective treatment specifically designed to reduce the signs of aging.

## **ULTIMATE PRECISION Facial (70 min)**

**199€**

Anti-ageing treatment that restores suppleness, radiance and tone, the features are smoothed. Its lift-off mask restores the skin's hydrolipic film, fights sagging skin and the signs of age.

## **INTENSE PERFORMANCE Facial (90 min)**

**249€**

Enhanced action of two anti-ageing treatments, one targeted to restore life, texture and radiance to the skin destabilized by hormonal changes and a collagen treatment which pushes the limits of time even further with effective active ingredients. An intense treatment, specifically designed to redefine and strengthen the skin's tone, combat sagging skin, reduce age spots, smooth out wrinkles and fine lines and moisturize the epidermis. The skin regains density, suppleness and tone.

All our facials are composed of 5 steps: make-up removal, face scrub, mask, massage and application of a personalized cream.

# *Our Massages*

In Individual, Double or Triple cabin  
(Extra of 50% after 08PM)

## **Californian Massage** (25 min, 50 min or 80 min)

**95€ / 139€ / 189€**

Characterized by long fluid movements that have an enveloping and deeply relaxing effect through slow and harmonious strokes, followed by sliding pressures that becomes stronger on particularly tense parts of the body.

**For perfect relaxation, we recommend that you precede the massage with a hydromassage bed session (soft or relaxing program).**

## **Swedish Massage or Deep Tissue** (25 min, 50 min or 80 min)

**95€ / 139€ / 189€**

Swedish massage is a set of dynamic massage techniques that aims to dissolve tensions and relax muscles. Its invigorating and relaxing effect promotes blood and lymphatic circulation, favors the elimination of toxins and helps the body regain its natural balance.

**To prepare your body for the massage and your muscles for relaxation, we recommend to you a hydromassage bed session (dynamic and deep tissue program).**

## **Draining Massage** (25 min, 50 min or 80 min)

**95€ / 139€ / 189€**

The massage is both slow and fast, concentrating on highly dynamic points for a feeling of lightness in the massaged areas. It also helps to eliminate toxins by stimulating the circulation of lymphatic fluids throughout the body. Long-term circulation is improved.

## **Slimming Massage** (25 min or 50 min)

**95€ / 139€**

The Slimming Massage uses a technique aimed at fighting against cellulite and facilitating the elimination of body fat. It reduces congestions and oedemas and improves blood circulation.

**To improve the effects of your treatment, we recommend you to follow it with a detox wrap or a draining massage.**

## **Foot Reflexology** (25 min or 50 min)

**95€ / 139€**

The foot is a miniature representation of the human body. Each part of the body, organ or gland has a corresponding "reflex zone" or acupressure point. Pressure applied to these reflex zones relaxes tensions and re-establishes an equilibrium in the corresponding body parts. This massage eliminates toxins and induces a feeling of well-being.

## **Light legs Massage** (25 min ou 50 min)

**95€ / 139€**

The massage technique used is the one of manual lymphatic drainage, applying pressure, rotation and effleurages on the legs and thigh in order to relieve painful and swollen legs.

# *Our Massages*

In Individual, Double or Triple cabin  
(Extra of 50% after 08PM)

## **Lavender Massage** (25 min, 50 min or 80 min)

**95€ / 139€ / 189€**

A Californian massage with lavender oil, the ideal product for relaxing muscles and relieving articular pain. Your skin feels soft and hydrated. This is a massage which will leave you relaxed and ready to go to sleep.

## **Hot Stones** (50 min or 80 min)

**139€ / 189€**

Of Hawaiian origin, the ritual of hot stones is a relaxing massage that consists in a rhythmic sliding of hot basalt stones on precise parts of the body to relieve deep muscular tension and chronic pain. Massage with hot stones is truly relaxing.

## **Massage for Pregnant Woman** (25 min or 50 min)

**95€ / 139€**

This massage is intended to relieve the usual aches and pains of pregnancy, such as lumbar tension, joint pain, and swollen legs. The massage also helps to prevent the appearance of stretch marks by softening the skin.

## **Lomi Lomi Massage** (25 min, 50 min or 80 min)

**95€ / 139€ / 189€**

This exotic massage is characterized by large movements of the forearms and stretching. The Lomi Lomi massage aims primarily at achieving a state of physical, spiritual, mental well-being and by connecting the heart, soul and body.

## **Four-Hands Massage** (50 min)

**269€**

The hand ballet begins in a synchronized rhythm. Four hands take care of you. The Four Hands Massage is a unique moment of relaxation.

According to the law of 30 April 1946, and decree 60 669 of 4 July 1960, article 489L, and the decree of 8 October 1996, these are not medical massages or physiotherapy, but techniques for well-being by physical relaxation and stress relief.

**All our massages can be modified and adapted to your wishes.  
A hydromassage bed session will complete and improve the benefits.**





## **Caresse body treatment (25min)**

**99€**

A delicate exfoliation for a soft skin.

## **Caresse body treatment, Softness (50 min)**

**149€**

A delicate exfoliation followed by a gentle massage leaving you relaxed with smooth and soft skin

## **Silhouette body treatment, Delicious Dream (80 min)**

**209€**

A cocoon and exfoliating body treatment: an exfoliation, a wrap under a heated blanket, known for its slimming properties and minerals. As a final touch, massage cream will bring you hydration and firmness. A relaxing treatment to restore soft skin.

## **Silhouette body treatment, Relaxing Ceremony (100 min)**

**249€**

An overall body treatment: an exfoliation and wrap under a heated blanket, known for its slimming properties and minerals, followed by a full body massage tailored to your needs. A relaxing expert treatment to detoxify, restore radiant and velvety skin.

## **Detox body treatment, Relaxing Moment (50 min)**

**149€**

An antioxidant wrap, rich in vitamins C and E under a heated blanket followed by a light massage, to moisturize, remineralize and detoxify the skin. A relaxing moment for the senses.

## **Delicious body treatment, Sensorial Pleasures (50 min)**

**169€**

A delicious exfoliating massage with lavender flowers. A 2 in 1 relaxation body treatment for a glowing skin.

## **Delicious body treatment, Gourmet Dream (80 min)**

**219€**

A relaxing gourmet body treatment to enhance the skin. An exfoliation with lavender flowers, followed by a nourishing massage to recover a soft and satiny skin.

## **Delicious body treatment, Exquisite Ceremony (100 min)**

**259€**

An exquisite complete body treatment combining an exfoliation with lavender flowers, a detoxifying body wrap and a relaxing massage. A moment of pure relaxation, a feast for mind and body.



An outstanding performance in tailor-made treatments,  
for a balanced skin, radiant of beauty.



Pioneers in this field, the Swiss HORMETA Laboratories had the idea to introduce trace elements in cosmetic products.

Since 1949, they have been developing unique complexes combining the benefits of specific trace elements in highly effective skincare products.

### **The Hormeta expertise : an exclusive complex of trace elements**

With its expertise and know-how, Hormeta has chosen to combine 5 trace elements : zinc, manganese, copper, magnesium, and silicium. As a result, Oligocos-5 is created and provide the skin with answers adapted to its needs by helping to hydrate and strengthen the barrier function, protecting it against free radicals and promoting the healing process of the epidermis.

### **High performance ingredients**

Essential key to the HORMETA skin cares, the Oligocos-5 complex restores et reinforces the main skin functions. Rebalanced and strenghtened, the skin is ready to receive all the benefits of complementary ingredients selected by the HORMETA research department : Mosturize, Protect and Repair.



**Our beauticians would be pleased to offer you personalized advices  
and give you samples of the products.**

# *Practical Information*

## Opening Hours

The spa of Cassagne is open from 9 am to 1 am to guests staying at the hotel.

For clients not staying at the hotel, 3 hour spa access can be reserved in a limited number

## Reservations

**Telephone : 04.90.31.04.18**

or

**Mail : [resa@aubergedecassagne.com](mailto:resa@aubergedecassagne.com)**

Please reserve your massages and treatments and arrive 5 minutes before the appointment. Please inform the massage therapist or the beautician of any health concerns or pregnancy at reservation or before the beginning of the treatment so all necessary precautions can be taken.

## Clothing

Please arrive at the Spa wearing the bathrobe and slippers supplied in your hotel room.

For clients not staying at the hotel, changing-rooms, bathrobes, slippers and towels are at your disposal at the entrance of the Spa.

## Spa Days

The Spa de Cassagne is a place for quiet relaxation and harmony. We restrict the number of guests with day access. Please reserve in advance.

## Children

Minors are welcome in the spa area if accompanied by an adult.

We ask there be no shouting or jumping in the pool.

Minors may reserve spa treatments but must be accompanied by an adult for the duration of the treatment.

## Valuables

Management declines all responsibility in the case of loss or theft of personal property. We advise you to leave such items in the lockers available in your room if you are staying in the hotel.

## *General Conditions of Sales*

A credit card number will be required to guarantee and validate all spa and treatment reservations. This constitutes an obligation to the Spa of the Auberge de Cassagne and implies your acceptance of the terms and conditions. All Auberge de Cassagne & Spa customers acknowledge that they have read these terms and conditions before making an appointment. By making an appointment, you fully agree to the terms and conditions and accept them without reservation. Cancellations or change of treatment less than 4 hours before the appointment will be charged. Rescheduling is possible if space and spa personnel is available.

**Any lateness from the client will lead to a shortening of the time of the treatment  
(2023 Prices)**

