



# WELLNESS

TREATMENTS

RELAX

RENEW

STONE



**evian**lesthermes

The home of balance

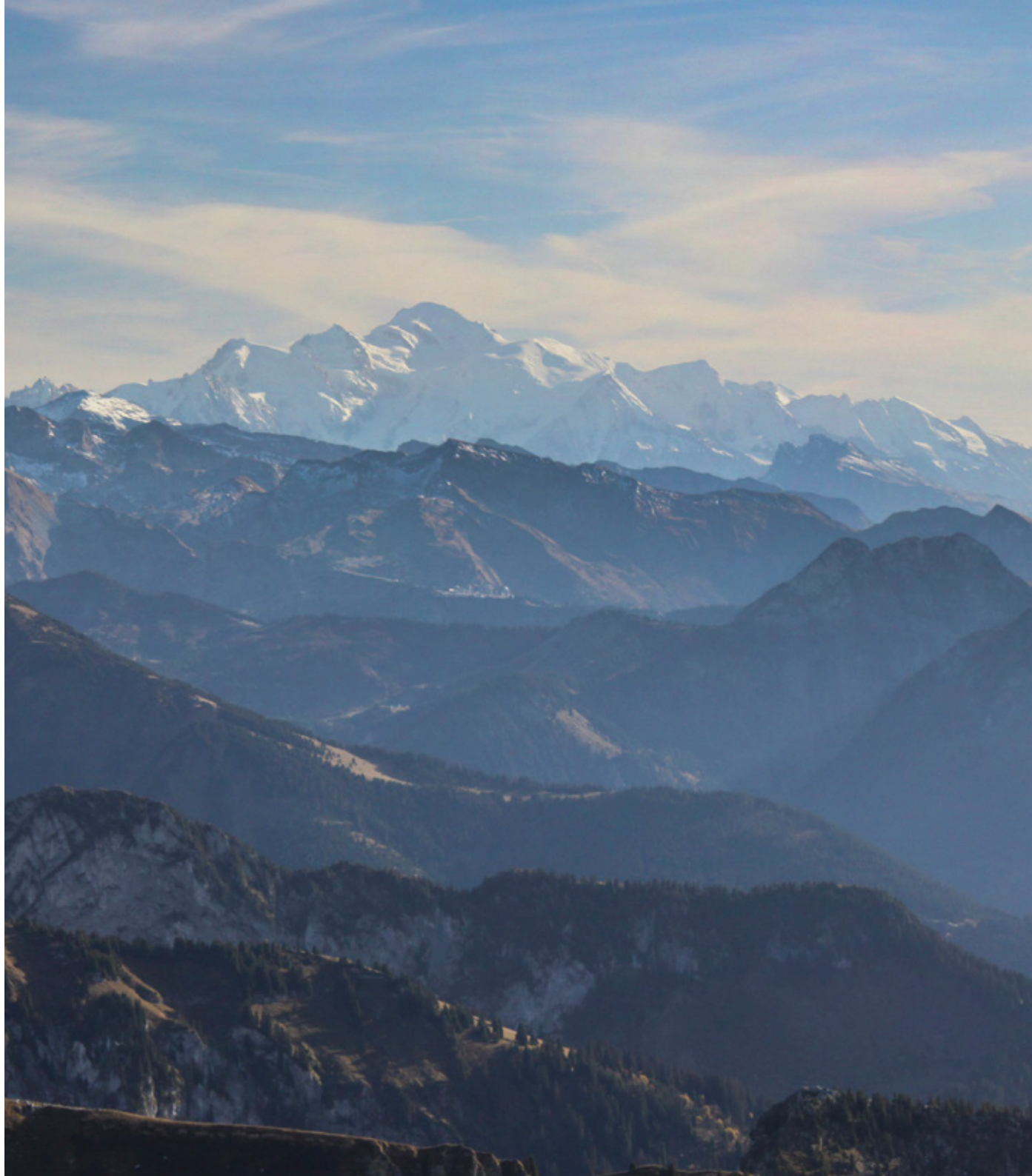




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WELLNESS TREATMENTS MENU



# evian® natural mineral water

It was in 1789 that Count Jean-Charles de Laizer, a man of science, discovered the benefits of evian® mineral water. The first thermal spa opened during the Belle Epoque, to “take the waters”.

In 1878, the therapeutic effects of evian® natural mineral water were recognised by the National Academy of Medicine, and evian® water became the emblem of a youthfulness of body and mind. In 2012, the establishment underwent a makeover, to upgrade to the latest equipment and provide more comfortable and inviting facilities.

evian® natural mineral water is a bicarbonate-calcium-magnesium water type with a low mineral and low sodium content, pH neutral and free of all pollution; pure and balanced, it can be taken by everyone, daily, at any time of life. It is particularly recommended for babies as well as pregnant and breastfeeding women. It also activates the kidneys, so is an excellent diuretic.

## THE HISTORY



# Les Thermes d'evian®

With 3,000 m<sup>2</sup> dedicated to your well-being, an evian® mineral water pool, 25 aqua treatment rooms, 8 wellness treatment rooms, 1 sauna, 2 steam rooms, 2 relaxation rooms, a gym and an aquafitness area, Les Thermes d'evian® enables you to revitalise and protect your health. You access at the very source all the therapeutic benefits of evian® natural mineral water, recognised by the Academy of Medicine. Our health professionals are by your side throughout your treatments to help you with hydration, regeneration of your cells, toning, deep relaxation is to make improvements to your diet. Les Thermes d'evian® are proud to partner with the following leading brands: LPG for its expertise and results recognised for 30 years in slimming and endermologie, CRYOJET for its high-performance cold therapy technology, DERMACTE for its proven and visible results in treating skin ageing and imperfections thanks to highly-concentrated products and active emulsions, MATIS for its global approach that encompasses wellness, a sensory dimension and tailored, innovative treatments.

## THE HOME OF BALANCE





# Treatments with evian® natural mineral water

## evian® Ô signature treatment

40 MINUTES | 75 €

A pampering treatment with a balancing, manual stomach massage followed by a lymphatic drainage shower using evian® natural mineral water at a temperature of 37 °C. Promotes gentle, warm relaxation for body and mind.

## Rain massage

30 MINUTES | 67 €

Body massage using organic sesame oil enhanced by evian® natural mineral water at a temperature of 37 °C, enveloping and relaxing.

## Large jet shower

20 MINUTES | 36 €

10 SESSIONS | 300 € | i.e. 30 € per session

An invigorating, high-pressure jet applied to the whole body for a toning effect, improved circulation and deep pain relief. Your ideal slimming aid.

## Hydromassage bath

20 MINUTES | 36 €

Fine water jets within a bath of mineral water at a temperature of 37 °C, accompanied by light therapy, this signature treatment relaxes and releases tension.

## Clay poultices

20 MINUTES | 36 €

Poultices of warm clay, positioned on the back. The minerals and heat soothe back pain.

## Jet pool with evian® mineral water

20 MINUTES | 26 €

High-pressure underwater jets to soothe muscle and joint pain and to tone the body.

A group treatment with no more than 15 people, in the mineral water pool at a temperature of 34 °C.

# Facial treatments

**BY DERMACTE / The meeting of two worlds: aesthetic medicine and cosmetics.** Anti-ageing dermocosmetic treatments. Dermacte offers effective products with a high concentration of innovative active ingredients. They guarantee rapid, optimal absorption deep into the skin.



## Supreme youthfulness facial

75 MINUTES | 105 €

An effective and lasting solution to treat mature skin exhibiting sagging, wrinkles and fine lines. Inspired by mesotherapy, this treatment is boosted by the use of a roller with fine needles which aids penetration of the hyaluronic acid and peptide active ingredients.

## Multi-vitamin hydrating facial

75 MINUTES | 95 €

This treatment provides deep hydration and maintains the moisture balance for dehydrated and dull skin, thanks to its main active ingredients, hyaluronic acid and vitamins E et C.

## Skin-perfecting and even skin tone facial

45 MINUTES | 75 €

This expert treatment brightens and illuminates dull skin, provides deep rehydration and reduces pigmentation spots, to even the tone and beautify skin, with the help of licorice and vitamin C.

## Professional skin peel

30 MINUTES | 60 €

PROGRAMME OF 3 TREATMENTS | 160 €

Application of a peeling treatment with a high concentration of fruit acids, which helps to remove the upper layers of the epidermis, smooths the skin, reduces marks, scars and wrinkles. This treatment renews the skin's texture deep down. We advise you to reinforce the effects of the treatment at home with the post-peeling repair cream and the UV protection cream 365 days of the year.



**MATIS**  
PARIS

**BY MATIS / Awaken your senses and emotions and reveal a radiant complexion.** Products that combine results, respect for the skin, naturalness and technical expertise. A Matis facial is a unique sensory experience allowing you to let go and be in tune with your own needs. A skin analysis carried out by our beauty expert means your treatment is unique.

## Ultimate anti-ageing facial

75 MINUTES | 105 €

A treatment bursting with powerful active ingredients; blue algae and hibiscus petal reduce wrinkles, smooth and firm up the skin. This treatment is enhanced with jade stones during the massage to sculpt the contours of the face, smooth facial lines and provide deep relaxation.

## Hydration boost facial

75 MINUTES | 95 €

A truly corrective treatment with a high concentration of hyaluronic acid that smooths skin, removes signs of fatigue and expression lines, the complexion is fresher-looking and skin plumped up.

## Radiance facial

30 MINUTES | 60 €

For skin like new, thanks to an exfoliating mask rich in vitamin C and pomegranate. This cleansing treatment smooths the skin's texture. The complexion is even and more radiant.



# Body treatments

## You & me (duo treatment)

75 MINUTES | 210 € FOR TWO PEOPLE

Share a moment of relaxation and togetherness in our VIP duo room. Enjoy a soothing bath in our double bathtub and a personalised relaxation massage.

## evian® signature treatment

75 MINUTES | 152 €

**For the first time or a return visit.** This treatment retraces the journey of evian® mineral water. The facial with edelweiss petals hydrates and renews the skin, and the body massage invites you to let go, awakens the mind and relaxes deep down.

## Back treatment

45 MINUTES | 77 €

**The bestseller.** This treatment releases muscle tension in the back. The application of warm mud, for 20 minutes, relaxes and prepares you for the targeted massage which provides powerful tension relief.

## Soft skin spa ritual\*

60 MINUTES | 98 €

The combination of the two basic body treatments. Discover a gentle scrub to cleanse and refine skin texture and the enveloping body wrap for deep nourishment. The skin is restored to its original softness and suppleness.

## Body exfoliation\*

30 MINUTES | 65 €

Body exfoliation to remove dead skin cells and refine the skin's texture. This essential treatment restores the skin's suppleness and softness.

*\* Shower included in the treatment time.*

# Well-being massages

## Personalised relaxation massage

45 MINUTES | 87 €

75 MINUTES | 122 €

**The bestseller.** Enveloping and relaxing, this body massage is tailored to your needs and preferences, or any contraindications.

## evian® signature massage

45 MINUTES | 92 €

**New.** A massage inspired by our basic element, water. It recreates the movement of water on your body as a wave that envelops you, powerfully releasing tension and inviting you to let go.

## Muscle massage

45 MINUTES | 92 €

A deep massage which soothes muscle tension, releases knots, provides drainage, oxygenates and stretches the body.

## Slimming massage

45 MINUTES | 92 €

A massage tailored to individual needs that sculpts the skin to activate the elimination of toxins and body fat. Firms the skin and smooths cellulite.

## Face and scalp massage

45 MINUTES | 87 €

**For a head in the clouds.** A sublime relaxing and regenerating massage. The skin on the face is lifted. Cellular renewal and blood circulation are stimulated deep down for smooth, plumped up and brighter skin.

## Foot reflexology

45 MINUTES | 80 €

A well-being massage which applies pressure to the reflex zones of the feet to re-energise the body and eliminate built-up toxins.







# Endermologie treatments

**LPG® ENDERMOLOGIE**, with the benefit of 30 years' experience, offers a 100% natural alternative to restart sluggish cellular activity, combat all those unwanted visible signs (wrinkles, sagging skin, stubborn curves, orange-peel skin...).

The mechanical stimulation of cells, called endermologie®, is a way to kick start their activity, naturally and without pain.

**With the latest generation equipment, les Thermes d'évian® has been a recognised centre of expertise since 2020.**

## Cellu M6 LPG endermologie for the body

This motorised palpate and roll slimming technique releases fatty deposits, provides drainage, smooths cellulite and firms the skin simultaneously, for visible results in 5 sessions.

1 FULL SESSION 35 MINUTES | (Treats up to 4 areas) | 65 €

10-SESSION PACKAGE | 580 €

1 TARGETED SESSION 15 MINUTES | (one area only) | 45 €

10-SESSION PACKAGE | 400 €

(Complimentary LPG suit)

## Cellu M6 LPG endermologie facial

A fitness workout for the skin with motorised valves that stimulate the natural production of the essential substances of youth. This cellular stimulation allows fibroblasts (youth cells) to restart their production of collagen (firmness), elastin (suppleness) and hyaluronic acid (volume and hydration), naturally present in our skin.

1 30-MINUTE SESSION | 50 €

10-SESSION PACKAGE | 430 €

# Cold therapy treatments

## Cryolipolysis

1 AREA | 115 €

This technique involves destroying fatty cells using the cold. Ideal to reduce love handles, a stomach crease or the hip and bottom area.

A suction device targets and cools the stubborn fatty area (ideally between 2 and 6 cm). The result: the fat cell, which is sensitive to the cold, when subjected to a temperature of between - 5 and - 9 °C for an extended period of between 45 to 60 minutes, is eliminated.

2 sessions, spaced 3 weeks apart, are needed for optimal results.

## Whole body cryotherapy

PER SESSION | 46 €

Cryotherapy uses the power of the cold (down to a temperature of -150°C) for 3 minutes to boost oxygenation and cellular activity, activate the body's drainage mechanism and produce pain relief and anti-inflammatory effects. It is used in the following areas:

- . For the muscular system, to aid muscle recovery.
- . In rheumatology, to relieve musculoskeletal pains, headaches and chronic daily pain.
- . In neuropsychology, to reduce stress and improve sleep.
- . For cosmetic reasons, to firm and restore the skin's radiance.



# Maternity & Baby Treatments

## Mother-to-be

### **MOTHER-TO-BE MASSAGE**

45 MINUTES | 92 €

This massage alleviates the tensions experienced by pregnant women at this very special time in their lives and provides comfort and relaxation. Ideal from the 20th week of pregnancy onwards.

### **AQUA MATERNITY**

45 MINUTES | 27 € | (Wednesdays at 12 p.m.)

PROGRAMME OF 5 SESSIONS | 105 €

Relaxation, breathing and posture exercises in the evian® mineral water pool. This practice improves blood circulation, alleviates pain, strengthens muscles and promotes awareness of one's body. Ideal from the 28th week of pregnancy onwards. Symbiosis between mother and baby, relaxation. Group sessions in the thermal pool with water at a temperature of 34 °C.

## After the baby arrives

### **NEW MOTHER MASSAGE**

75 MINUTES | 120 €

A revitalising full body massage, to support the journey back to well-being for the mother after pregnancy and giving birth. This treatment helps the body to restore balance more quickly, boosts vitality and decongests heavy legs. It soothes muscle tension and helps to prevent the baby blues. It is followed by a firming body wrap. Ideal from when the menstrual cycle restarts after giving birth.

### **evian® BABY WORKSHOP**

45 MINUTES | 60 € | BABY (from 4 to 10 months)

This unique workshop has been designed to create moments of togetherness with your baby. You can choose:

- . Learn baby massage
- . Discover how to communicate with your baby using sign language
- . Learn how to use a baby sling
- . Awaken your baby's senses and motor skills with our learning journey. Development and bonding.



**evian® BABY BATH**

20 MINUTES | 40 €

(from 4 to 10 months)

A totally different baby massage! Together with your child, take a large bath of mineral water at a temperature of 37 °C, the mineral water jet will gently massage your baby under the water, so that they can discover how it feels to float and be caressed by the water. **A totally exclusive gentle experience.**



# Treatments for children

We offer a gentle and well supervised introduction to the world of the spa, wellness and beauty, to children from 5 to 16 years old. For the child's well-being, a parent remains with the child in the treatment room. All of our treatments begin with relaxation exercises, keeping things simple and fun to create a haven of tranquillity.

## Prince & Princess facial

20 MINUTES | 45 €

(from 5 years of age)

A gentle treatment suitable for any sweet little face. It gently cleanses the skin and relaxes with a face and scalp massage.

## My fantastic facial

30 MINUTES | 55 €

(from 10 years of age)

This treatment gently cleanses the skin. Tailored to any current needs, it soothes and hydrates or treats and reduces impurities. The face and scalp massage promotes relaxation.

## My magic moment

20 MINUTES | 45 €

(from 5 to 16 years)

A super gentle body massage using almond oil during which the wishes and privacy of the child are respected.

## My duo treatment with mum or dad

30 MINUTES | 95 €

(Price for 2)

In our duo treatment room, share a bath and a relaxation massage with your child, spend some time bonding and unwinding, just the two of you.





# Nutrition

Whether you want to lose weight, begin a specific way of eating or just simply take stock of your food habits, Les Thermes d'evian® provides a personalised response to your needs with nutritional consultations that include an bio impedance analysis.

- . You wish to learn about eating more healthily.
- . You need to lose weight and are looking for personal coaching.
- . You have health problems (diabetes, irritable bowel syndrome, high cholesterol...) and you need to adapt your diet.
- . You have allergies or intolerances and you need help to find alternative foods.
- . You are vegetarian or wish to be and you want to avoid nutritional deficiencies.
- . You practice a sport and are looking to optimise your performance through diet.

**1st CONSULTATION** | 60 MINUTES | 55 €

**2nd CONSULTATION** | 45 MINUTES | 39 €

**FOLLOW-UP CONSULTATION | MY PROGRAMME**

5 SESSIONS | 156 € (1 consultation is free)

# PACKAGES

Whether for the day packages or a break, prices are “all inclusive”: you have free access to the fitness and aquafitness classes that day (excludes fee-paying classes), to the cardio and weight training room, sauna, steam room and relaxation rooms. Our evian® natural mineral water fountains are at your disposal for healthy, deep rehydration.



# evian® day packages

## Plenitude day | 175 €

A day to bring out your radiance and all the revitalisation you need.

- . Hydromassage bath (20 minutes).
- . Body scrub (30 minutes).
- . Rain massage (30 minutes).
- . Radiance facial treatment (30 minutes).

## The ultimate day | 165 €

Deep, soothing relaxation.

- . evian® thermal pool with jets (20 minutes).
- . Back treatment (45 minutes).
- . Face and scalp massage (20 minutes).
- . Deep foot massage (45 minutes).

## Mineral day | 115 €

Discover the revitalising benefits of evian® natural mineral water.

- . Hydromassage bath (20 minutes).
- . Large jet shower (20 minutes).
- . Rain massage (30 minutes).

## Enlightenment day | 85 €

Relaxation and letting go.

- . Face and scalp massage (20 minutes).
- . Personalised relaxation massage (20 minutes).

## Discovery day | 70 €

Discover our thermal spa signature treatments for serene relaxation.

- . evian® thermal pool with jets (20 minutes).
- . Personalised relaxation massage (20 minutes).

## PACKAGES



## evian® breaks

Two to five days of treatments devoted to your well-being, select the stay that best suits your needs and your preferences. Be guided by a team of professionals who will help you to relax, renew or tone.

### Enlightenment wellness break

2 DAYS | 265 €

Relaxation and letting go.

Discover our thermal spa's signature treatments.

#### DAY 1

- . evian® thermal pool with jets (20 minutes).
- . Soft skin ritual (60 minutes).
- . Rain massage (30 minutes).

#### DAY 2

- . Hydromassage bath (20 minutes).
- . Large jet shower (20 minutes).
- . Personalised relaxation massage (45 minutes).

## Detox Break

3 DAYS | 410 €

Let yourself go with the flow of the water and its regenerative properties, rediscover your radiance and top form.

### DAY 1

- . Hydromassage bath (20 minutes).
- . Large jet shower (20 minutes).
- . Soft skin ritual (60 minutes).
- . Nutrition workshop (60 minutes).

### DAY 2

- . evian® thermal pool with jets (20 minutes).
- . Back treatment (45 minutes).
- . Deep foot massage (45 minutes).

### DAY 3

- . Hydromassage bath (20 minutes).
- . Skin-perfecting and even skin tone facial (45 minutes).
- . Personalised relaxation massage (45 minutes).

## Ultimate relaxation break

4 DAYS | 595 €

Be cocooned in our treatments to let go and rediscover balance and tranquillity.

### DAY 1

- . evian® thermal pool with jets (20 minutes).
- . Soft skin ritual (45 minutes).
- . Rain massage (30 minutes).

### DAY 2

- . Hydromassage bath (20 minutes).
- . Hydration boost facial (75 minutes).
- . Back treatment (45 minutes).

### DAY 3

- . evian® thermal pool with jets (20 minutes).
- . Large jet shower (20 minutes).
- . Personalised relaxation massage (75 minutes).

### DAY 4

- . Hydromassage bath (20 minutes).
- . Deep foot massage (45 minutes).
- . evian® signature massage (45 minutes).

## Mother-to-be break

3 DAYS | 385 €

(Only available Tuesday to Thursday)

Relaxes the body and mind, soothes tension, helps become aware of one's body at this very special time on the pregnancy journey, ideal from the 28th week of pregnancy onwards.

### DAY 1

- . Hydromassage bath (20 minutes).
- . Mother-to-be massage (45 minutes).
- . Mother-to-be fitness class (50 minutes): strengthen muscles which are put under pressure in pregnancy and childbirth.
- . Nutrition consultation (60 minutes): personalised advice to cover all the nutritional requirements of pregnancy.

### DAY 2

- . Light legs massage (20 minutes).
- . Hydration boost facial (75 minutes).
- . Aquamaternity (45 minutes).

### DAY 3

- . Hydromassage bath (20 minutes).
- . Face and scalp massage (20 minutes).
- . Mother-to-be massage (45 minutes).

## Baby & mother break

3 DAYS | 510 €

(Only available Thursday to Saturday)

Share moments of togetherness with your child and stay on top form.

### THURSDAY | BABY AND MOTHER ACTIVITY

evian® baby workshop (45 minutes).

evian® baby bath (20 minutes).

Nutrition consultation: learn about introducing your baby to solid foods and how to regain balance and internal energy (60 minutes).

### FRIDAY | A DAY JUST FOR MOTHER

#### PLEASE ARRANGE CHILDCARE FOR YOUR CHILD

- . Large jet shower (20 minutes).
- . Body scrub (30 minutes).
- . Hydromassage bath (20 minutes).
- . New mother massage (75 minutes).

### SATURDAY MORNING | A MORNING TOGETHER WITH BABY

- . Group baby swimming session in the leisure pool (45 minutes).
- . evian® baby workshop (45 minutes).

### SATURDAY AFTERNOON | AFTERNOON JUST FOR MOTHER

- . Hydromassage bath (20 minutes).
- . Large jet shower (20 minutes).
- . Hydration boost facial (75 minutes).

# Slimming break

4 DAYS | 665 €

Lose weight, shape your silhouette, restore nutritional balance, regain energy and detoxify.

Our beauty technicians, sports coaches and nutritionist support you every step of the way working towards your personal goals.

## DAY 1

- . Nutrition consultation (60 minutes).
- . Cellu M6 (35 minutes).
- . Body scrub (30 minutes).
- . evian® thermal pool with jets (20 minutes).

## DAY 2

- . Balancing stomach massage (30 minutes).
- . Hydromassage bath (20 minutes).
- . Personal training (50 minutes).
- . Large jet shower (20 minutes).

## DAY 3

- . Jet pool with evian® (20 minutes).
- . Cellu M6 (35 minutes).
- . Body wrap (30 minutes).
- . Nutrition workshop (60 minutes).

## DAY 4

- . Hydromassage bath (20 minutes).
- . Large jet shower (20 minutes).
- . Personal training (50 minutes).
- . Slimming massage (45 minutes).





# Our mutual commitments

## A caring approach

You will be warmly welcomed by our hostesses, who will give you your schedule and your wristband for access to the treatment areas. They will show you to the changing rooms where you will be given a bathrobe, bath towel and slippers for use while at the spa.

For your comfort, we ask you to arrive **30 minutes** prior to your treatment time to complete the admission formalities.

We ask you to leave any valuables (jewellery, mobile phone, etc.) in the secure lockers provided for this purpose. The establishment cannot be held responsible for any loss or theft.

**Use of the sauna, steam room and relaxation rooms is included in your moment of relaxation.** Hydrate yourself at our evian® mineral water fountains to stay healthy and experience a complete feeling of letting go.

For organisational reasons, should you arrive late, the treatment time will be shortened accordingly. Treatment times may vary slightly depending on client requirements.

Please inform us of any change to your booking **or a cancellation 24 hours in advance.** After this time, the paid deposit will be kept in full and cannot be used at a later time or date.

You will be asked to complete **a health questionnaire** to ensure that you have no contraindications to the treatments. Please do not hesitate to make us aware of any special requests.

Les Thermes d'evian® reserves the right to change its prices without notice. The applicable price is the price valid at the time of booking.

## Expertise and treatments

Our qualified staff, men and women, possess expert skills, knowledge and know-how.

Keeping to the established protocols helps to ensure a high quality of service. We are constantly concerned with the maintenance and cleanliness of our facilities. Our massages are well-being treatments, not intended for therapeutic purposes.

Les Thermes d'evian® is **AQUACERT** certified since 2016 and **AQUACERT SPA** certified since 2019. This is an international certification controlled by independent scientists and organisations and shows that we meet the **quality, hygiene, cosmetic traceability and safety requirements relating to the use of mineral water.**



# Your loyalty is rewarded

Spend 10 euros = receive 1 point.

Spend 100 points = 30 euros credited to your account.



**evian**lesthermes

Les Thermes evian®

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