

LIGHT MASSES

20 minutes

Light Spirit 50€
Head and neck massage, which provides great relaxation and resolves tensions.

Back Comfort 50€
Relaxing massage alternating stroking and kneading in order to bring you maximum serenity.

Comfort of the legs 50€
Legs massage which improves blood circulation and venous return.

PREGNANCY MASSES

*A moment of sweetness to cocoon mum and baby in all serenity
Only from 4th to the 7th month included)*

Cocoon Bubble 1h10 - 100€
Cocoon massage accompanied by a hydrating and soothing facial care.

Cocoon Modeling 50 minutes - 85€
Exclusive wellness massage for future moms, comfortably installed with a pregnancy cushion, slow harmonious movement knead the neck, shoulders, back, lumbar, legs and feet..

RELAXING MASSES

50 minutes

Californian 80€
Relaxing massage, with sweet and enveloping movements for a muscular relaxation and an intense wellness.

Candle Ritual 85€
A full-body massage using Fleurs de Neige scented candles. An incredible repair treatment that envelops your body in a gentle heat and nourishes skin deep down.

Ritual with Mountain Balm 85€
Relaxing massage with essential oils, who relaxes muscles and nourishes the skin deeply for an intense repair.



DRAINING MASSES

50 minutes

Oriental 85€
Energizing massage that will eliminate toxins and give way to a feeling of lightness.

Sabi Sabi 90€
Our Deep tissue massage uses deeper pressure techniques, which are beneficial in releasing chronic muscle tension.

Balizen 95€
Mix of typically Indonesian softness and power offering a draining, detoxifying and relaxing massage to allow the body to regain serenity and lightness.



SPECIFIC MASSES

50 minutes

Lomi Lomi 90€
Massage orchestrated by the hands and forearms to reproduce the fluid and rhythmic movement of the waves. You just have to let yourself rock and wrap gently for an immediate release.

Abhyanga 90€
Tonic massage from the Indian tradition. It allows drainage, detoxification, muscle toning, circulation of fluids and energies for a harmonization of the body.

Energy Treatment of the Alpes 1h 15 - 120€
A full massage that alternates stretching, firm massage and a patting technique using small linen pouches filled with Himalayan salt and Alpine plants. A detox treatment that dissolves all tension, boosts energy and leaves skin super soft.

Reflexology Foot Massage 45 min - 65€
Massage through stimulation of reflex points in the feet and hands. Reflexology works on the entire body, relaunches the circulation of energy in each organ, relieves pain, and provides a sense of lightness and deep relaxation.

SENSES JOURNEY

Zen Day

75€

Valid from Monday to Friday, except public holiday.

- 20-minutes massage of your choice
- Daily menu at the Restaurant "Les Délices d'Adelphia"

Indonesian Detox Ritual

40 min - 85€

- Jamu scrub (green tea)
- Relaxing back massage with green tea slim detox oil

Escale Marina

1h10 - 100€

- Scrub of your choice
- Californian massage

Arabian Nights Ceremony

1h10 - 105€

- Sweet scrub (fig & grenade)
- Oriental massage with argan oil nectar

Indian Ayurvedic Invitation

1h10 - 110€

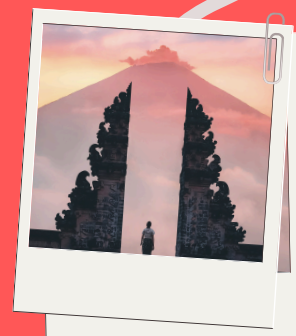
The Indian wisdom is an harmonious balance between the energies of the nature and the being.

- Cocooning scrub (Himalaya salt)
- Abhyanga massage with warm sesame oil

IYASHI DÔME

30 minutes - 45€
5 treatments - 150€

Iyashi Dome causes intense sweating to eliminate toxins and promote fat breakdown, allowing a stress evacuation and better recovery.



SENSES JOURNEY

Parenthèse Adelphia

1h30 - 115€

- Scrub of your choice
- Wrap of your choice
- Californian massage

Wellness Cruise in Polynesia

1h30 - 130€

When Island's energy takes over body and spirit...

- Bora-Bora fine sand and monoï scrub
- Maori wrapping (mango butter)
- Lomi-lomi massage with tropical nectar (frangipani flower)

Ritual Sabi Sabi in the land of Africa

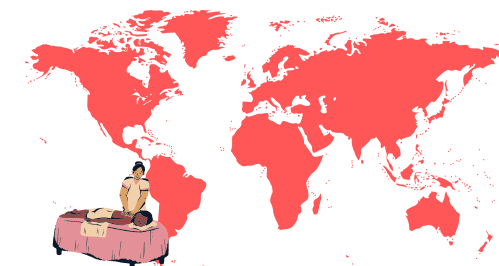
1h30 - 140€

- Bio Baobab seeds scrub
- Relaxing wrap with essential oils
- Sabi Sabi massage with bio Africa plants nectar

Thai Royal Ritual

1h30 - 150€

- Spices scrub
- Relaxing wrap with essential oils
- Royal Thai massage with relaxing balm



RELAX • TRAVEL • REVIVE

FACE CARE

Bol d'Oxygène Care 50 minutes - 80€

Detox & Cocooning

Pure Altitude's classic facial performed by our therapists according to your skin's needs: a full cleansing and detox facial combined with a massage of the reflex zones to oxygenate the skin and soothe the epidermis.

Men's Purity Treatment 50 minutes - 80€

Purifying and hydrating treatment combined with the masculine. Deeply cleansed, the skin regains freshness and purity.

Sève de Vie Care 1h20 - 100€

Glow & Anti-aging

This treatment reveals all the benefits of the Sève de Vie skincare range. This care oxygenates and renews skin tissues and firms the epidermis for a uniform, luminous complexion.



SPA ACCESS offered for a care purchase over 60€ included (to consume the day of the appointment)

FACE CARE

Equilibre Essential Care 45 minutes - 75€

Tailor-made balancing treatment to meet the specific needs of the skin while combining rest and relaxation.

Organic Revitalizing Facial Treatment 45 minutes - 75€ 4 sessions - 255€

Peeling treatment helping to eliminate dead cells and regenerate skin cells more quickly, to correct imperfections and irregularities of the skin.

Personalized Facial Treatment with Physiadermie Method 1h15 - 110€

The Physiadermie Method has created facial treatments, ideal to meet everyone's needs. Depending on your skin concern, we will offer you, through a variety of treatments, a treatment that meets the needs of your skin.

Chrono Repair Care 1h15 - 120€

Treatment of excellency with immediate and prolonged action which offers a plumping effect and which will act to reduce skin imperfections as well as signs of aging (wrinkles, fine lines, spots)

PhysioTonic Care 1h30 - 120€ 4 sessions - 255€

Facial treatment method which consists of stimulating the muscle fibers using precise and deep pinching movements. The objective is to activate circulatory exchanges and muscles to find more toned connective tissue in order to counter the signs of aging.



BALNEOTHERAPY

20 minutes - 35€
3 treatments - 85€

Chrono Relaxing Bath

This hydro massage carried out by the association of air bubbles and water, will give you a relaxing massage with microcirculatory effects. Chromo therapy will prolong the relaxation thanks to the benefits of the colors.

Aquatic Relaxation Bed

Comfortably lying down on a waterbed, discover the benefits of the hydro jet mattress to fight stress and back pain. Several jets of water are projected in elliptical movements under the mattress to massage you from the neck to the ankles.

Body Wrap Remineralizing

The body wrap with seaweed is ideal for purifying and moisturizing the skin.

Mechanical Lymphatic Drainage

More commonly known as pressotherapy, it improves blood circulation. In stimulating the lymphatic circulation, pressotherapy contributes to increase the functions of elimination of toxins.

Cryogel Draining Wrap

To cope with the problem of heavy legs, this care with cold menthol and camphor provides upon application a real sensation of freshness and lightness.

HOW TO BOOK ?

We advise you to book as soon as possible, especially for duo care.

WHICH CONTRAINDICATION ?

Our cares are not intended for minors under 16 years old, pregnant woman neither (except specific care). Please, thank to notice us at the booking if you have any health problem, allergy or other thing which could prevent the smooth course of treatment.



WHAT TIME DO I HAVE TO SHOW UP FOR MY CARE ?

We recommend you to come 30 minutes before the start of your care. We always indicate at what time the treatment begins, and do not indicate the time spent undressing. If you are late, your care will be reduced as much as your delay in the respect of our protocols.

WHAT SHOULD I BRING ?

Please bring your swimsuit (not larges one for men), a pair of plastic shoes, and a towel. The bathrobe is provided for the session.



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HOW TO CANCEL ?

Please contact us at least 24h in advance. So the time slot will be open for someone else.

OTHER INFORMATIONS

Most of our care can be done in duo, do not hesitate to inquire when booking. Opening and closing times vary according to the seasons or exceptional events. Our prices are VAT, can be modified without prior notice and are non-negotiable. We informed you that all our massages are done by men and women graduate masseurs, and it can be men or womens. If you have any preferences, please indicate at the booking.

