

# THERAPEUTIC CARE

## SPA LES THERMES

### Massothérapie

All of our massage therapist are certified and can issue insurance receipts on request.

Swedish massage	60 min.	90\$
	90 min.	125\$
	120 min.	160\$

With the use of oil, this massage technique is relaxing the entire body. It improve the circulation by increasing the level of oxygen in the blood by decreasing the muscle toxins.

### Under the rain massage

60 min. 150\$

The ultimate pleasure! All along the massage a light sprinkling of rain and a mist of warm water, adjusted to comfortably pours smoothly on the body. This treatment provides the well-balance of the nervous system and an unparalleled wellness.

### Hot stone massage

90 min. 150\$

Massage therapy performed with volcanic stones heated at 135 degrees to decrease the stress level and the muscle toxins, increases the blood flow and eases tensions. Possibly three times more efficient than any other treatment. It is an excellent way to restore physical and mental harmony.

### Essential oils

10\$

No matter the massage technique chosen, simply add essential oil to increase the benefits of the treatment.

### Two cares combo

Algae body wrap or exfoliation and therapeutic bath	65min/100\$
Therapeutic bath and 60 minutes massage or basic facial	80min/120\$
Exfoliation and algae body wrap	90min/140\$
Algae body wrap and basic facial or 60 minutes massage	105min/150\$
Exfoliation and 60 minutes massage	105min/150\$
Basic facial or back care and pedicure	105min/140\$

### Hydrotherapy

The whirlpool bath, with his water and air jets providing a smooth underwater massage all over the body to stimulate blood circulation and relaxation.

Essential oils 30 min. 40\$

### Body Wrap

The micronized algae mixed with essential oils have the ability to eliminate toxins and to nourish, mineralize, hydrate and heal the skin. It contains vitamins, minerals and oligo-elements that the body needs.

In addition to the benefits of the basic algae body wrap, the «cellulite» essential oils have the property to dissolve adipose cells.

The chocolate body wrap has a highly positive influence on our senses, it is a comforting body care. It has the property to eliminate toxins, to nourish, strenghten, mineralize and hydrate the skin.

It's also an excellent antioxidant

Algae	45 min.	80\$
Chocolate	45 min.	90\$
Maple	45 min.	90\$

### Exfoliation

Its main purpose is to eliminate the dead cells from the skin by gently rubbing the body. This treatment provides an extremely soft skin and elevate the blood flow troughout the body.

Sea sand lotion 45 min. 80\$

### Three care combo

Exfoliation, therapeutic bath and basic facial or 60 minutes massage	140min/180\$
Algae body wrap, therapeutic bath and basic facial or 60 minutes massage	125min/180\$
Exfoliation, 60 minutes massage and basic facial	180min/230\$
Exfoliation, pedicure and 60 minutes massage or basic facial	180min/210\$

### Fave care combo

355\$

A relaxing day at the spa, including a healthy cold platter lunch and a pause with herbal tea.

# AESTHETIC CARE

## SPA LES THERMES

### *Depilatory waxing*

thigh	20 min.	45\$
half-leg	20 min.	40\$
half-leg, underarm or bikini	30 min.	50\$
half-leg, underarm and bikini	35 min.	75\$
entire leg	40 min.	70\$
entire leg, underarm or bikini	45 min.	80\$
entire leg, underarm and bikini	50 min.	90\$
bikini line	10 min.	20\$
brasilian bikini	15 min.	35\$
full brasilian bikini	20 min.	45\$
underarm	10 min.	20\$
half-arm	20 min.	30\$
entire arm	30 min.	45\$
brow tweezing	20 min.	20\$
upper lip	5 min.	20\$
back and chest	50 min.	100\$
back only	30 min.	50\$
chest only	30 min.	50\$

### *Aesthetic care*

back care	60 min.	120\$
finger nail polish	30 min.	40\$
toe nail polish	30 min.	45\$
UV gel polish	40 min.	70\$
french UV gel polish	40 min.	65\$
complete hand care for him or her	60 min.	60\$
pedicure	75 min.	70\$
pedicure and UV gel polish	75 min.	80\$
velvet manicure or pedicure	30 min.	40\$
*make-up	45 min.	65\$
*bridal make-up	60 min.	85\$

### *Facial care*

basic facial	60 min.	90\$
aromatic facial	90 min.	120\$
men facial	90 min.	120\$

### *Specific facials*

balance/greasy skin and acne	60 min.	150\$
vitamineC/vitality	60 min.	170\$
delay/anti-aging, anti-wrinkles	60 min.	170\$
emozioni/sensitive redness skin	60 min.	170\$
white moon/brightning of the skin	60 min.	140\$
facefence/anti-age oxygenating	60 min.	250\$
actimat/eye lifting		90\$

\*Weddings  
Please inquire about our tailored make-up packages for weddings at the Auberge.

Combining therapeutic and aesthetic service on demande.

Free access to inside and outside whirlpool bath and sauna of the Spa. Also our heated pool during estival season.

Healty menu offered at the spa with wine service

It will be a pleasure to welcome you at Spa Les Thermes!

### Cancellation policy

- On the day of the treatment: Entirely non-refundable
- Less than 48 hours prior the treatment: the reservation will be transferred to a new appointment whitin 3 months of the cencellation date
- Insurance receipts on request

Taxes not included, gratuity to your discretion  
(All price in canadian dollars, subject to change without notice)