

# TREATMENT MENU

SUMMER 2022

*Beaumièr*

# LES ROCHES ROUGES

FRENCH SAINT-RAPHAËL RIVIERA



At Beaumier, your wellbeing is our priority. Put yourself in the caring hands of our specialist team of therapists.

Indulge in nurturing treatments crafted using thoughtful touches such as gently warmed oils and cooling compresses, perfect before or after a day's activity or relaxing outdoors.

We are here to help ease muscular tension, nourish and protect the skin or to encourage a good night's sleep.

Feel the cares of the world just drift away with an unforgettable spa & wellness experience.

In compliance with government guidance, we have implemented strict protocols to further safeguard the health and safety of our guests and team.

kalmar Holidermie

## MASSAGES AT THE WELLNESS SPA

### «JARDIN D'HERBES» SIGNATURE MASSAGE

75 min - 195€

Our unique signature treatment is designed to soothe the body and bring serenity to the mind. Inspired by nature, we use a synergy of locally sourced herbs and Kalmar's natural oils during a calming body, face and scalp massage to melt away tension. Visualization and breathwork result in a deep feeling of relaxation and a renewed sense of wellbeing.

### VITALITY MASSAGE

50 min - 130€

Uplift and awaken the body, whilst enhancing your inner mood and mindset. Breathwork soothes and rebalances before skin brushing revitalizes and stimulates energy. This deep, targeted full body massage combined with gentle stretches, is perfect to relax tense muscles, leaving you with a feeling of vitality.

### PERSONALISED MASSAGE

50 min - 130€ / 75 min - 195€

Everyone is unique. Our body tells us what we need. Your therapist will curate a massage honoring your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and rebalance body and mind.

**SPORTS MASSAGE**

50 min - 140€

An intensely effective treatment designed to alleviate muscular stress and deep-seated tension. Specialized powerful techniques using Theragun™ percussive massage, focus on specific areas of concern to ease discomfort and restore suppleness and movement. Perfect to warm up muscles prior to exercise or help prevent soreness after sport.

**MATERNITY MASSAGE**

50 min - 130€

A nurturing and comforting massage, adapted for this special time. Using gentle, safe oils, this treatment targets back ache, tension and heavy legs, providing a peaceful and relaxing experience.

**BACK, NECK, SHOULDERS &  
SCALP MASSAGE**

50 min - 130€

A soothing massage targeting the most common areas of tension. Massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to areas of concern.

**TREATMENT BOOSTERS**

5€

Add the Theragun Pro to either the Personalised Massage or Back, Neck, Shoulders & Scalp Massage.

*Every massage is tailored to you and we will adapt to your time available, preferred pressure and desired outcome.*

## FACIALS AT THE WELLNESS SPA

**HOLIDERMIE SIGNATURE FACIAL** 60 min - 150€

This results driven facial begins with gentle breathing and cranial massage followed by a double cleanse, exfoliation and radiance mask. Next, our massage techniques of Kobido and Jacquet movements tone and firm the skin. The treatment finishes with Rose Quartz Gua Sha and Duo Rollers to leave the face smoothed, nourished and rejuvenated.

**HOLIDERMIE INSTANT GLOW FACIAL** 30 min - 85€

Reveal your skin's natural radiance with this instant booster treatment. Combining traditional techniques and rose quartz massage tools, this facial delivers a complexion glowing with health.

## CHILDREN & TEENS

30 min - 80€

We are pleased to offer a selection of treatments suitable for our younger guests and look forward to welcoming them when accompanied by an adult.

**NECK, SHOULDERS & SCALP MASSAGE**

**HAND & FOOT MASSAGE**

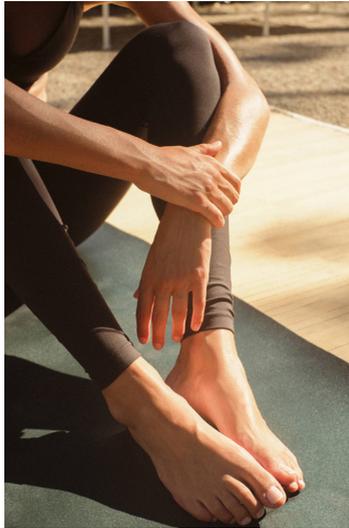
**FACIAL MASSAGE**

## WELLNESS MOVEMENT

### YOGA

At Beaumier, your wellbeing is our priority. We are here to prepare you for the day ahead, to clear your mind, strengthen and tone, stretch out, ease muscular tension or help you sleep.

Yoga movement classes and personal instruction are regularly available. For class schedule, location, pricing and timings, please enquire at the Wellbeing Spa or hotel's reception.



## OUR OFFERS

### MORNING BREAK - 150€ per person

A breathtaking view, the sound of the waves, the taste of a croissant, the smell of hot coffee, the touch of a massage. Awaken your senses. Enjoy this privileged moment by savouring our breakfast followed by a 50 minute personalised massage.

From Monday to Friday (from 9am to 11am), breakfast from 9am to 10am and your treatment from 10am to 11am.

### EXTENDED MORNING BREAK - 190€ per person

Enjoy our morning break and then relax by our pools and our privileged access to the sea.

From Monday to Friday, breakfast from 9 to 10 am and from 10 to 11 am your treatments. Deck chairs available until 7pm. Offer valid apart from July and August.



## FOR YOUR SAFETY AND COMFORT EVERYTHING YOU NEED TO KNOW

- Please kindly complete our online consultation form before arrival.
- Payments can be made by room charge, credit card or cash.
- Beaumier will follow French Government guidelines to ensure the safety of guests and team. This may include social distancing, wearing of face masks or booking time slots for our heat experiences. Our team will make you aware of current protocols at the time of booking.
- Throughout the Wellness Spa you will find hand washing facilities. Please wash and sanitize your hands regularly while with us.
- Prior to your treatment please shower thoroughly.
- Enhanced cleaning procedures have been implemented: treatment rooms will be well ventilated and fully sanitized between treatments.
- We have ensured the highest level of Covid safety, therefore any guests experiencing any symptoms are advised to reschedule their treatment.
- Please note that all hotel guests are required to change into their robes in their guest rooms before arriving at the Wellness Spa.

## INFORMATION

### **Arrival**

Please arrive 5 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest.

### **Cancellations**

If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellation within 24 hours or for non-arrival, you will be charged for the treatment.

### **Age policy**

Our treatments are specially tailored for adults of 18 years upwards. However, we can adapt certain treatments to those aged 14-18 with parental consent and accompaniment.

### **Health conditions**

When making your booking, please advise us of any health conditions and any medication you are taking.

### **Pregnancy**

We can adapt certain therapies to be maternity-safe after the first 16 weeks of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

### **Ambiance**

To preserve a peaceful ambiance and respect other guests, please kindly avoid using electrical devices such as phones whilst in the spa.

*Rates for season 2022*

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