



Spa Maison Les 4 Terres[®]

2009 Programmes

The à la carte treatment rates are available
on request by calling +33 (0)4 50 26 85 00 or
on our website www.evianroyalresort.com

“4 Terres” Relaxation

Objective: Cocoon yourself and vitalize your body and spirit

7 treatments over 4 or 5 days at your own rhythm

- Relaxing scrub with salt microcrystals and shea balm
- A gentle coloured clay massage to nourish and balance
- Precious Face Treatment
- Foot reflexology with eucalyptus and pine essence oils and volcanic earth balm
- Cocoon treatment with white Oriental crystals
- Nourishing massage with warm shea balm
- Balancing massage with hot Peruvian basalt stones

All-inclusive price

560 €

“Earthactiv” Stimulation

Objective: For optimal sporting performance

9 treatments over 4 to 6 days at your own rhythm

- 2 detoxifying body treatments with silica grains and volcanic earth balm
- Relaxing balm massage with small Oriental grains and lavender
- Flexibility massage
- Treatment for light legs
- “Tertonic” clay massage
- Sport massage
- Remineralizing Moore Earth wrap
- Invigorating massage with hot and cold stones

All-inclusive price

625 €

Water & Earth

Objective: Combine the beneficial effects of the Earth and Water

8 treatments over 3 days at your own rhythm

- Relaxing scrub with salt microcrystals and shea balm
- Detoxifying volcanic earth and rosewood wrap
- Massage with warm shea balm rich in vitamins
- Évian Aquamassage at the Thermes Évian
- Jet shower at the Thermes Évian
- Thermal pool with jets at the Thermes Évian
- Remineralisation using Moore Mud wrap
- Invigorating massage with hot and cold stones

All-inclusive price

415 €

“4 Terres” Experience

Objective: Relaxation and vitality

4 treatments over 2 or 3 days at your own rhythm

- Exfoliating body treatment with Bex salt microcrystals
- Warm shea balm massage
- Invigorating massage with hot and cold stones
- Gemology Beauty Box facial treatment for women or Facial treatment specially designed for men

All-inclusive price

310 €

Flowing Swing

Objective: For optimal golfing performance

Preparation

- Scrub with Bex salt microcrystals
- Flexibility sports massage

All-inclusive price

345 €

“4 Terres” Stopover for 2

Objective: Toning and deep relaxation for two

4 treatments to share as a duo

For her:

- Gentle massage with rose oil
- Gemology Beauty Box facial treatment

For him:

- Massage with peppered oil
- Nickel anti-fatigue facial treatment

All-inclusive price

175 € / pers.

After golf

- Relaxing mud wrap, rich in trace elements
- Recuperating sports massage

“Oriental Earth” Escape

Objective: Journey to the heart of the rituals of the Atlas

4 treatments over 2 or 3 days at your own rhythm

- Instant scrub with olive oil black soap and a Kessa glove
- Gentle Sahara Desert Rassoul wrap
- Relaxing massage with amber and jasmine oil
- Radiance facial with Oriental rose and basalt stones

All-inclusive price

260 €

“4 Terres” body shape

Objective: Slim down and reshape your body

14 treatments over 6 days

- Detoxifying and smoothing treatment with Bex salt crystals
- Draining red clay wrap with juniper
- Aesthetic lymphatic drainage
- Anticellulite sculpting
- Personalised perfect shape treatment with clay La Phyto® - 1
- Treatment to activate the circulatory system with cold stones
- Circulatory massage with red clay
- Red and white clay complex
- Aesthetic lymphatic drainage
- Treatment to activate the circulatory system with cold stones
- Anticellulite sculpting
- Personalised perfect shape treatment with clay La Phyto® - 2

- Anticellulite sculpting
- Personalised perfect shape treatment with clay La Phyto®- 3

All-inclusive price

935 €

Mother-baby

Details and Rates on page 10

Mother-to-be

Be an even more beautiful and relaxed mother-to-be

- Exfoliating and moisturising body scrub with silica seeds
- Precious Gemology® facial treatment
- Manicure or foot beauty
- Circulatory decongestion massage

All-inclusive price

200 €