



Spa Evian Source 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

Ultimate Spa Evian Source

Duration: 5 days

A “diagnostic” treatment carried out by a specialist enables a tailor-made programme of 16 treatments to be put together including:

- Foot reflexology (1h)
- Shiatsu (1h30)
- Thai (1h30)
- Korean relaxation (1h15)
- Reiki (1h15)
- Chinese massage (1h30)
- “Silk Dream” (1h15)

All-inclusive price (5 days)

3 900 €

Prices subject to change at any time

Source of Re-energy

Day 1

- Purity facial treatment (1h)
- Purity bath with essential oils (20 min)
- Ancestral Indian skin scrub (1h15)
- Purifying massage with oils (50 min)

Day 2

- Chi Cong (1h)
- Energising massage:
Tui Na or Shiatsu or Nuad Bo Lan
- Instantaneous Plenitude treatment (1h15)

Day 3

- Stimulating hydro-massage bath (20 min)
- Balinese massage (50 min)
- Kansu (50 min)

Day 4

- Energising facial drainage (25 min)
- Seaweed or mud treatment with trace elements (50 min)
- Energising stomach massage or Relaxation massage (25 min)
- Foot reflexology (50 min)

Day 5

- Regenerating facial treatment with coloured clays (1h15)
- Abhyanga massage (1h15)
- Shirodhara (45 min)
- Shiny hair treatment

All-inclusive price (5 days)

1 900 €

Discover:

- Inspiration Stay: Do you dream of writing? Thanks to this totally new Spa-Writing programme, become the author of your dreams.
- **Pregnancia®** Magic of Birth Stay: an exclusive programme to prepare for the arrival of baby in the gentlest way.

Dates and details of the programmes : on request

Objective Slimming

Day 1 - Preparatory phase

- Dietary analysis (1h)
- Physical check-up (30 to 45 mn)
- "Chi" analysis with one of our specialists in energies
- Presentation of the programme and its aims
- Sports activity (45 min)
- Slimming sophrology session (1h)

Day 2 - Slimming boost

- Energising stomach massage (30 min)
- Prelude to Slimness treatment (50 min)
- " Kinesis " Personal Training (45 min)
- Lymphatic drainage
For men = Electrostimulation (45 min/1h)

Day 3 - Objective firmness

- Pinch and roll (30 min) / For men = Personal training (45 min)
- ThalgoSlim LC24 NEW treatment (1h15)
- Aquasculpt (30 min)
- Jet shower (15 min)
- Yoga (1h)

All-inclusive price (6 days)

2 900 €

Prices subject to change at any time

Day 4 - Purification

- Jet shower (15 min)
- Seaweed wrap (45 min)
- Slimming-oriented Chinese massage (1h15)
- Personal Training (45 min)
- Lymphatic drainage / For men = Electrostimulation (45 min)

Day 5 - Resculpted body

- Pinch and roll (30 min) / For men = Kinesis (45 min)
- Slim and Sculpt treatment (1h15)
- Aquasculpt (30 min)
- Jet shower (15 min)

Day 6 - Long-lasting beauty

- Slimming-oriented Chinese massage (1h15)
- Anne Sémonin facial treatment (1h15)
- " Kinesis " Personal Training (45 min)
- Jet shower (15 min)

Each day

- A course of Evian Natural Mineral Water
- A course of Thalgo's Slimming Drink Slim 7
- Walk in the grounds (30 min)

Mother-Baby

Enjoy an exceptional stay with your 3 to 10 month old baby*.

*Proof of date of birth (passport or identity card) compulsory. Obligatory vaccinations: 2 DT Polio injections and BCG. Presentation of health records or a medical certificate stating that the child has no contraindication to a collective environment and discovering swimming. A special welcome for baby in your room including all necessary equipment (pushchair, cot, bib, bottle warmer...).

For Mother:

Day 1 : Salt skin scrub followed by a soothing wrap - Lymphatic drainage - Dietetic consultation

Day 2 : Bust remodelling treatment - Shiatsu

Day 3 : Personalised facial (dermo-vitality treatment) - Foot reflexology

Day 4 : Pressotherapy - «Slim and Sculpt» treatment

Day 5 : Hydro-massage bath - Balinese massage

For Baby: Everyday - Baby swimming and massages

All-inclusive price

5 days 1 520 € / 3 days 990 €

Mother-to-be

Day 1 - Day of well-being and Relaxation

Gentle body scrub (1h), Yoga for effective breathing (30 min), Personalised comfort massage (50 min).

Day 2 - Day of well-being and beauty

Aqua relax (45 min), Personalised facial treatment (1h), Personalised comfort massage (50 min), Manicure of foot beauty.

All inclusive price (2 days)

550 €

Summit Rituals - 1 or 2 days

Revitalize Mont-Blanc - Alpine ritual

- Alpine salt scrub (45 min)
- Bath with Alpine essences (20 min)
- Toning sophrology (1h)
- Crystal therapy with Alpine quartz (1h15)

All-inclusive price 490 €

Revitalize Everest - Chinese ritual

- Tai Chi (1h)
- Chinese massage (1h15)
- Regenerating balm (1h15)
- Instantaneous Plenitude (1h15)
- Bath with Chinese tea (20 min)
- Foot reflexology (50 min)

All-inclusive price 690 €

Revitalize Anapurna - Ayurvedic ritual

- Ancestral Indian skin scrub (1h15)
- Abhyanga massage (1h)
- Kansu foot massage (45 min)
- Yoga (1h)
- Shirodhara (40 min)
- Hair treatment (optional)

All-inclusive price 590 €

Revitalize Mont Fuji - Japanese ritual

- Shiatsu (1h) or Aqua-Shiatsu (45 min)
- Reiki or Fuji massage (1h)
- Japanese bath (20 min)
- Introduction to Do In (1h)

All-inclusive price 380 €

Revitalize Doi Inthanon - Thai ritual

- Nuad Bo Lan (Thai massage) (1h30)
- Thai foot massage (45 min)
- Thai massage with oils (50 min)
- Thai stretching (45 min)

All-inclusive price 440 €

Source of Relaxation & Energisation

Day of letting go

- Personalised facial with coloured clays (1h15)
- Seaweed or mud treatment with trace elements (50 min)
- Deep massage with perfumed oils (50 min)

Day of energisation

- Toning and slimming jet shower (15 min) or Massage under a stream of water (25 min)
- Regenerating balm (1h15)
- Foot reflexology (50 min)

All-inclusive price (2 days) 650 €