



spa
evian[®]
source

Reveals your inner youth

Rates 2010



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Helpful information

A 1,200m² facility entirely dedicated to your well-being

Indoor and outdoor pools with jacuzzis

Steam room and sauna

Hydro-contact trail

Aquagym pool

Relaxation room

34 individual treatments rooms

Exercice studio

Weight training and cardiotraining room

Hairdressing salon

The Spa Evian Source is open every day from 9 a.m. to 7.30 p.m., depending on the time of year. Information and reservations on 33 (0)4 50 26 85 00.

Any planning changes must be notified at the desk 24 hours in advance.

Any treatment not cancelled with the reception desk 24 hours beforehand will be charged for. Our prices include all taxes and service charge.

Massages: in accordance with the law of 30th April 1946, decree 60 669 of the 4th July 1960, article 489L and the bye-law of 8th October 1996, these treatments are not medical or physiotherapeutic massages but techniques designed to promote well-being, physical relaxation and recreation to soothe stress.

«A la carte» treatments

Source of balance

Re-energy

Zen shiatsu *°	50 min	110 €
	75 min	145 €
Chinese massage "Tui Na" *°	50 min	110 €
	75 min	145 €
Foot reflexology *°	45 min	100 €
Traditional Thai massage *°	75 min	145 €
Traditional Thai foot massage *°	45 min	105 €
Crystal therapy	75 min	155 €
Abhyanga massage *°	75 min	150 €
Kansu foot massage *	45 min	105 €
Shirodhara	45 min	125 €
Ayurvedic hand massage *°	50 min	105 €
Energising abdominal massage *°	25 min	65 €
Tai Chi Chuan °	60 min	110 €
Chi Cong °	60 min	110 €
Yoga	50 min	90 €
	75 min	135 €
Yoga for 2 persons	50 min	120 €
	75 min	155 €
Aqua-shiatsu	25 min	70 €
	50 min	110 €

Relaxation

Korean relaxation	75 min	145 €
Osteopathy session	50 min	140 €
Sophrology	75 min	145 €
	3 sessions	370 €
Relaxation massage *°	25 min	65 €
	50 min	105 €
	75 min	140 €
Fuji massage	75 min	155 €
Instantaneous Plenitude	75 min	155 €
Hydro-massage bath with plant extracts	20 min	45 €
Californian massage *°	50 min	110 €
Sports massage *°	25 min	70 €
	50 min	110 €
5-star massage *°	50 min	110 €
Evian Origine massage	50 min	115 €
	75 min	145 €

* Treatment possible in-room on request - extra charge 50 €

° Treatment possible outdoors on request - extra charge 50 €

Prices subject to change at any time.

Sports activities

Gym classes* (min 2 persons - maximum 4 persons)	30 min	50 €
	45 min	60 €
	60 min	70 €
Personal Training	30 min	65 €
	45 min	85 €
	60 min	100 €
Aquagym* (min 2 persons - maximum 4 persons)	30 min	50 €
	45 min	60 €
Aquafooting or Aquasculpt or Aquarelax	30 min	65 €
	45 min	85 €
Water familiarisation for children	30 min	60 €
Private swimming lesson	30 min	60 €
	45 min	75 €
Electrostimulation, muscle strengthening, recuperation	45 min	70 €

* Price per person.
Prices subject to change at any time.

«A la carte» treatments

Source of beauty

Facial revelation

Regenerating facial treatment with coloured clay	75 min	160 €
La Prairie Beauty Express Treatment	45 min	105 €
La Prairie Pure Gold radiance treatment	90 min	180 €
La Prairie Caviar Firming Treatment	75 min	175 €
La Prairie Personalised Cellular Treatment	75 min	175 €
La Prairie Marine youthfulness protection treatment	60 min	125 €
Anne Semonin 100 % active anti-wrinkle treatment	55 min	115 €
Anne Semonin Purifying treatment	75 min	150 €
Anne Semonin Regenerating Royal face and eye treatment	75 min	150 €

Hair beauty*

Hydrating ritual	70 €
Nourishing ritual	70 €
Oxygenating ritual	65 €
Energising ritual	65 €
Relaxing ritual	65 €
Radiance ritual	70 €
Volumising ritual	70 €
Anti UVA/UVB Ritual	35 €

* These prices do not include hair styling.
Prices subject to change at any time.

Body revelation

La Prairie Royal firming body treatment	90 min	180 €
Comforting clay wrap with shea butter, rose, honey and ginger	45 min	90 €
La Prairie self-tanning cellular treatment	50 min	120 €
Silky skin Oriental scrub	75 min	135 €
The Sultana of Saba scrub	45 min	95 €
Seaweed treatment	50 min	110 €
Manual lymphatic drainage	50 min	110 €
Pinch and roll	25 min	75 €
«Sculpt zone» treatment	75 min	150 €
Thalgo Slim & Sculpt treatment	75 min	150 €
Thalgomince LC 24	75 min	150 €
Toning and slimming jet shower	15 min	45 €
«La Phyto» coloured clay treatment	75 min	165 €
Prelude to slimness treatment	75 min	140 €
Golfer treatment	75 min	140 €
Anne Sémonin black sand scrub	50 min	125 €

Self-heating mud back treatment		
with trace elements	50 min	115 €
Light legs treatment	45 min	95 €
Indian scrub	75 min	140 €

«A la carte» treatments

Source of beauty

Beauty services

Hair removal and tinting		
Eyebrows or upper lip or chin		37 €
Upper lip and chin		47 €
Simple bikini line* or under arms		47 €
Arms		57 €
Half legs		57 €
Full legs		73 €
Back or chest		73 €
Eyelash or eyebrow tint		32 €
Manicure - Foot Beauty		
Paraffin hand treatment		73 €
Manicure with scrub		68 €
Foot beauty with scrub		85 €
Nail varnish supplement (hands or feet)		20 €
French manicure supplement (hands or feet)		25 €
Medical pedicure		
Royal foot treatment for women	80 min	145 €
Royal foot treatment for men	60 min	120 €

* Simple, full or Brazilian wax available. Variable prices and duration.
Prices subject to change at any time.

Specific Programmes

Ultimate Spa Evian Source

Duration: 5 days

Personalised advise for a tailor-made programme of 16 treatments including:

- Diagnostic session (1h15)
- Shiatsu (1h15)
- Thai massage (1h15)
- Korean relaxation (1h15)
- Reiki (1h15)
- Chinese massage (1h15)
- Evian Origine massage (50 min)
- Osteopathy

All-inclusive price

2300 €



Specific Programmes

Rituals of the Summits

Duration: 1 or 2 days

Resource Mont Blanc - Alpine ritual

- Alpine salt scrub (45 min)
- Alpine essence bath (20 min)
- Crystal therapy with Alpine quartz (1h15)
- La Prairie facial treatment (1h15)

All-inclusive price 425 €

Resource Everest - Chinese ritual

- Chinese massage (1h15)
- Instantaneous plenitude (1h15)
- Bath with Chinese tea (20 min)
- Foot reflexology or Tai Chi (45 min)

All-inclusive price 400 €

Resource Anapurna - Ayurvedic ritual

- Ancestral Indian skin scrub (1h15)
- Abhyanga massage (1h15)
- Kansu foot massage (45 min) or Yoga (50 min)
- Shirodhara (45 min)
- Shiny hair treatment (optional)

All-inclusive price 490 €

All-inclusive price with hair treatment option 555 €

Resource Mont Fuji - Japanese ritual

- Shiatsu (1h15)
- Reiki or Fuji massage (1h15)
- Japanese bath (20 min)
- Introduction to Do-In (50 min)

All-inclusive price 410 €

Resource Doi Inthanon - Thai ritual

- Nuad Bo Lan (Thai massage) (1h15)
- Thai foot massage (45 min)
- Energising massage with oils (50 min)
- Thai stretching (45 min)

All-inclusive price 410 €

Source of Re-energy

Duration: 5 days

Day 1

- La Prairie purity facial treatment (45 min)
- Purity bath with essential oils (20 min)
- Ancestral Indian skin scrub (1h15)
- Purifying massage with oils (50 min)

Elder or Rosemary essential water

Day 2

- Yoga or Do-In (50 min)
- Energising massage: Tui Na or Shiatsu or Nuad Bo Lan (1h15)
- Instantaneous Plenitude treatment (1h15)

Lavender essential water

Day 3

- Stimulating hydro-massage bath (20 min)
- Evian Origine massage (50 min)
- Foot reflexology (50 min)
- Energising stomach massage (25 min)

Sage essential water

Day 4

- Energising jet shower or bath (15 min)
- Seaweed or mud treatment with trace elements (50 min)
- Back shiatsu (25 min)
- 5-star massage or relaxing massage (50 min)

Mint or Thyme essential water

Day 5

- Personalised facial treatment (1h15)
- Abhyanga massage (1h15)
- Shirodhara (45 min)
- Shiny hair treatment

Eglantine essential water

All-inclusive price

1900 €

Specific Programmes

Source of Relaxation/ Energisation

Duration: 2 days

Day of letting-go

- Personalised facial (1h15)
- Black sand scrub (45 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)
- Renegerating balm (1h15)
- Foot reflexology (50 min)

All-inclusive price

600 €

Objective Slimming

Duration: 6 days

Each day

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

Day 1 - Preparatory phase

- Dietary analysis (1h) with impedance analysis, dietary recommendations, meeting the Chef
- Physical check-up (30 to 45 min) (Cardiovascular, Muscle Suppleness)
- Presentation of the programme and the objectives of each treatment
- Sports activity (45 min)
- Massage (75 min)

Day 2 - Slimming boost

- Jet shower (15 min)
- Prelude to Slimness treatment (50 min)
- «Kinesis» Personal Training (45 min)
- Compex (45 min)
- Shiatsu or Chinese massage (50 min)

Day 3 - Objective firmness

- Energising stomach massage (25 min)
- ThalgoMince LC24 treatment or Slim & Sculpt (1h15)
- Aquasculpt (30 min)
- Stretching (30 min)

Day 4 - Purification

- Jet shower or massage under a stream of water (15 min)
- Cryotherapy (45 min)
- Evian Origine massage (50 min)
- Personal Training (45 min)
- Compex (45 min)

Specific Programmes

Objective Slimming

Duration: 6 days

Day 5 - Resculpted body

- Personal training (45 min)
- Aquasculpt (30 min)
- Personalised massage or lymphatic drainage (50 min)
- Seaweed wrap (50 min)

Day 6 - Long-lasting beauty

- Aquagym or stretching (45 min)
- Anne Sémonin facial treatment (1h15)
- Foot reflexology (50 min)
- Blue slimming treatment with coloured clay (1h15)

All-inclusive price

2200 €

Original Programmes

Mother & Baby Programme

Duration: 5 days

Enjoy an exceptional stay

with your 3 to 10 month old baby*

Treatments for baby

Every day:

- Massages using certified «organic» products
- Baby swimming sessions

Treatments for mother: Silhouette Programme

Day 1

- Prelude to slimness treatment
- Lymphatic drainage

Day 2

- Remodelling bust treatment
- Shiatsu
- Nutritional consultation

Day 3

- Personalised facial treatment
- Foot reflexology

Day 4

- Slim & sculpt treatment
- Pressotherapy

Day 5

- Hydro-massage bath
- Sensorial energy-boosting massage

Or Cocoon Programme

Day 1

- Salt scrub followed by a comforting wrap
- Lymphatic drainage

Day 2

- Yoga
- Shiatsu
- Nutritional consultation

Day 3

- La Phyto facial treatment
- Foot reflexology

Day 4

- Chinese massage
- Regenerating balm

Day 5

- Crystal therapy
- Shiny hair treatment with massage

All-inclusive price

1520 €

* 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 introduction to swimming.

A special welcome for baby in your room including all necessary equipment (pushchair, cot, bib, bottle warmer...).

Specific Programmes

Original Programmes

Source of Well-being for mother-to-be

Duration: 2 days

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 and foot beauty

All-inclusive price

550 €



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SOUTH BANK OF LAKE GENEVA - BP 8 - 74501 EVIAN-LES-BAINS CEDEX - FRANCE

TEL: + 33 (0)4 50 26 85 00 - FAX: +33 (0)4 50 75 61 00

RESERVATION@EVIANROYALRESORT.COM

WWW.EVIANROYALRESORT.COM