



spa
evian[®]
source

Reveals your inner youth

Rates 2009



Contents

- 3 -	Helpful information	- 8 -	Specific Programmes
- 4 -	«A la carte» treatments	- 8 -	Ultimate Spa Evian Source
	Source of balance	- 9 -	Rituals of the summits
- 4 -	Re-energy	- 10 -	Source of Re-energy
- 4 -	Relaxation	- 11 -	Source of Relaxation/Energisation
- 5 -	Sports activities	- 12 -	Objective Slimming
	Source of beauty	- 14 -	Original Programmes
- 6 -	Facial revelation		
- 6 -	Body revelation		
- 7 -	Beauty services		

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

Fitness room

Weight training room

Hairdressing salon

Le Spa Evian Source is open every day from 9 am to 7.30 pm, depending on the season. 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	50 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	75 min	135 €
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 €
Re-energising sensory massage *°	25 min	65 €
	50 min	105 €
	75 min	140 €
Self-heating mud back treatment		
with trace elements	50 min	115 €
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 €
Balinese massage *°	50 min	110 €
	75 min	145 €
For men: Royal « Bora » treatment	50 min	110 €

* 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 €
Royal «Yhi Wie» treatment for men	50 min	110 €
La Prairie Beauty Express Treatment	45 min	105 €
La Prairie Caviar Firming Treatment	90 min	175 €
La Prairie Personalised Cellular Treatment	90 min	175 €
La Prairie Marine youthfulness protection treatment	60 min	125 €
La Prairie Pure Gold radiance treatment	90 min	180 €
Anne Semonin Phyto-aromatic treatment	55 min	115 €
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 €

Body revelation

La Prairie Royal firming body treatment	90 min	180 €
Comforting clay wrap with shea butter, rose, honey and ginger	45 min	90 €
«Silk dream» ultra-hydrating body treatment	75 min	155 €
La Prairie self-tanning cellular treatment	50 min	120 €
Silky skin Oriental peeling	75 min	135 €
The Sultana of Saba scrub	45 min	95 €
Royal foot treatment for women	80 min	145 €
Royal foot treatment for men	60 min	120 €
Seaweed treatment	50 min	110 €
Manual lymphatic drainage	50 min	110 €
Pinch and roll under a stream of water	25 min	75 €
«Sculpt zone» treatment	75 min	150 €
Thalgo Slim & Sculpt treatment	75 min	150 €
Thalgomince LC 24	60 min	125 €
Toning and slimming jet shower	15 min	45 €
«La Phyto» coloured clay treatment	75 min	165 €

Beauty services

Hair removal and tinting	
Eyebrows or upper lip or chin	37 €
Upper lip and chin	47 €
Bikini line or under arms	47 €
Arms	57 €
Half legs	57 €
Full legs	73 €
Back or torso	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 €

Prices subject to change at any time.

Specific Programmes

Ultimate Spa Evian Source

Duration: 5 days

A «diagnostic» treatment carried out by a specialist enables a personalised programme of 16 treatments including:

- Reflexology (1h)
- Shiatsu (1h30)
- Thai (1h30)
- Korean relaxation (1h15)
- Reiki (1h15)
- Chinese massage (1h30)
- «Silk dream» (1h15)

All-inclusive price

3900 €

Rituals of the Summits

Duration: 1 or 2 days

Resource Mont Blanc - Alpine ritual

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

All-inclusive price 490 €

Resource 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 €

Resource Anapurna - Ayurvedic ritual

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

All-inclusive price 590 €

Resource MONT FUJI - Japanese ritual

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

All-inclusive price 380 €

Resource Doï 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 €

Specific Programmes

Source of Re-energy

Duration: 5 days

Day 1

- Purity facial treatment (1h)
- 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

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

Lavander essential water

Day 3

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

Sage essential water

Day 4

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

Mint or Thyme essential water

Day 5

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

Eglantine essential water

All-inclusive price

1900 €

Source of Relaxation/ Energisation

Duration: 2 days

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)
- Renegerating balm (1h15)
- Foot reflexology (50 min)

All-inclusive price

650 €

Specific Programmes

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)
- «Chi» analysis with one of our specialists in energies
- Presentation of the programme and the objectives of each treatment
- Sports activity (45 min)
- Slimming sophrology session (1h)

Day 2 - Slimming boost

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



Day 3 - Objective firmness

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

Day 4 - Purification

- Jet shower (15 min)
- Seaweed wrap (45 min)
- Slimming-oriented Chinese massage (1h15)
- Personal Training (45 min)
- Lymphatic drainage (50 min)/
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)

All-inclusive price 2900 €

Specific Programmes

Original Programmes Mother & Baby Programme

Duration: 3 or 5 days

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

Day 1

- Salt scrub followed by a comforting wrap (1h15)
- Lymphatic drainage (50 min)
- Dietetic consultation (45 min)

Day 2

- Restructuring bust treatment (50 min)
- Shiatsu (1h15)

Day 3

- Personalised facial treatment (55 min)
- Foot reflexology (45 min)

Day 4

- Pressotherapy (40 min)
- Slim and sculpt treatment (75 min)

Day 5

- Hydro-massage bath (20 min)
- Balinese massage (50 min)

For baby:

Each day baby swimming and massage
Personalised dietetic consultation for mother
and baby

All-inclusive price - 3 days 990 €

All-inclusive price - 5 days 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...).

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 pedicure

All-inclusive price

550 €

Specific Programmes

Original Programmes Pregnancia®: Magic of Birth

Duration: 2 days

Mother-to-be, treat yourself to a unique programme dedicated to your well-being and to discovering exciting birth preparation techniques.

This completely new programme, created by and under the guidance of perinatal and spa experts, invites you to revitalise, as a couple or a family, and prepare for baby's arrival in an exceptional setting.

Detailed programme and dates of upcoming sessions on request.

Original Programmes Inspiration: Writing & Spa

Duration: 3 or 6 days

**Do you feel like writing?
Treat yourself to this brand new creative re-energy programme...**

With professional «writing» coaching and spa treatments designed to fuel your imagination, live one of the greatest chapters of your life...

Detailed programme and dates of upcoming sessions on request.



spa
evian®
source

ÉVIAN
ROYAL *Resort*

PRESTIGE
HÔTELS
CASINO
GOLF & SPA

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

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

RESERVATION@EVIANROYALRESORT.COM

WWW.EVIANROYALRESORT.COM