



SPA SAINT-MARTIN

by **la prairie**
SWITZERLAND





CHATEAU SAINT-MARTIN & SPA

COTE D'AZUR – VENCE – FRENCH RIVIERA

OETKER COLLECTION

Masterpiece Hotels



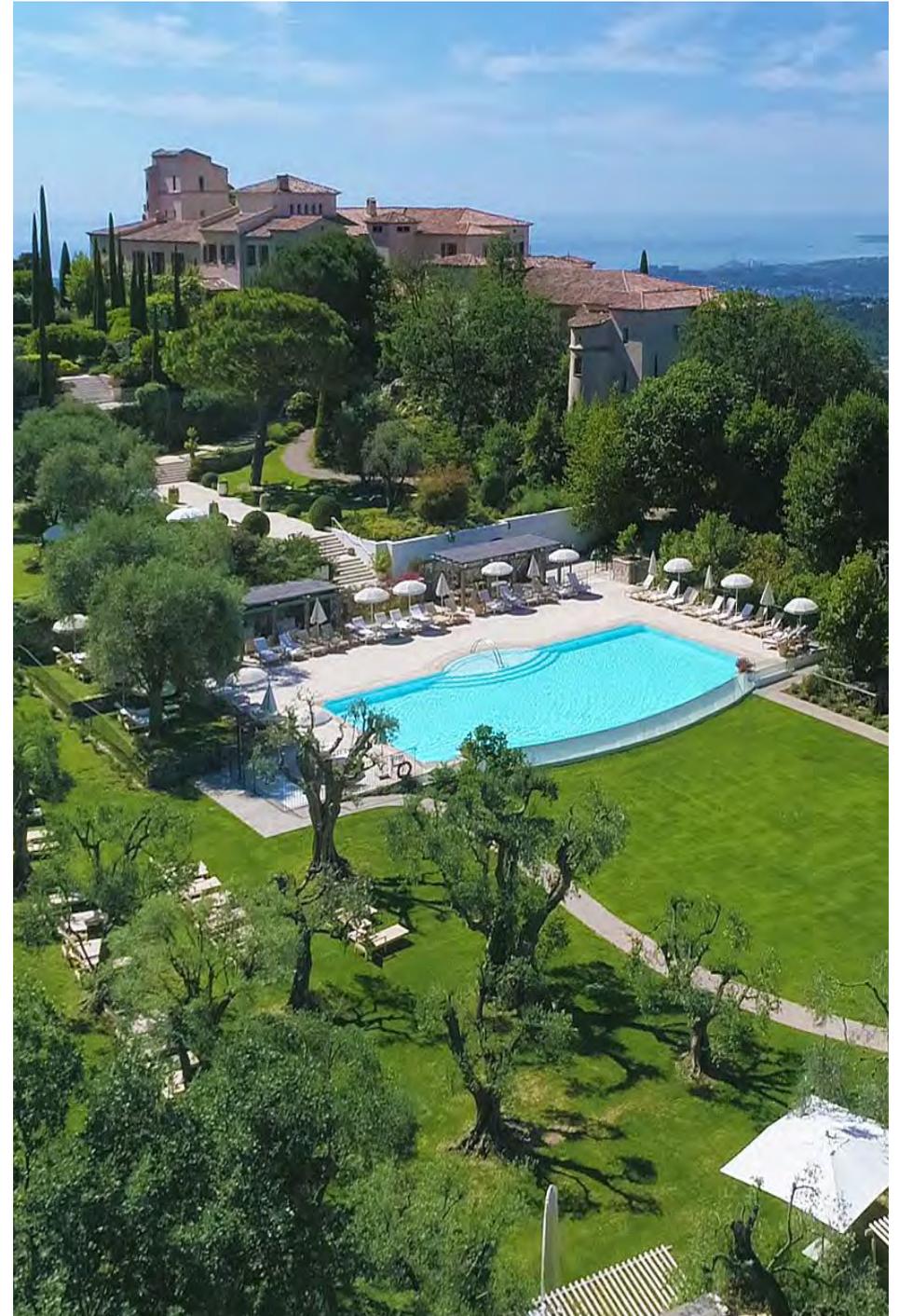
WELCOME

Spa Saint-Martin by La Prairie



Enter a haven of serenity, enjoy the intimacy and tranquillity of a place where time seems to stand still. Balance your body and your mind to the rhythm of traditional techniques and discover a place where the treatments are all geared towards beauty, vitality and well-being.

The Château Saint-Martin & Spa has chosen exclusive La Prairie skincare.

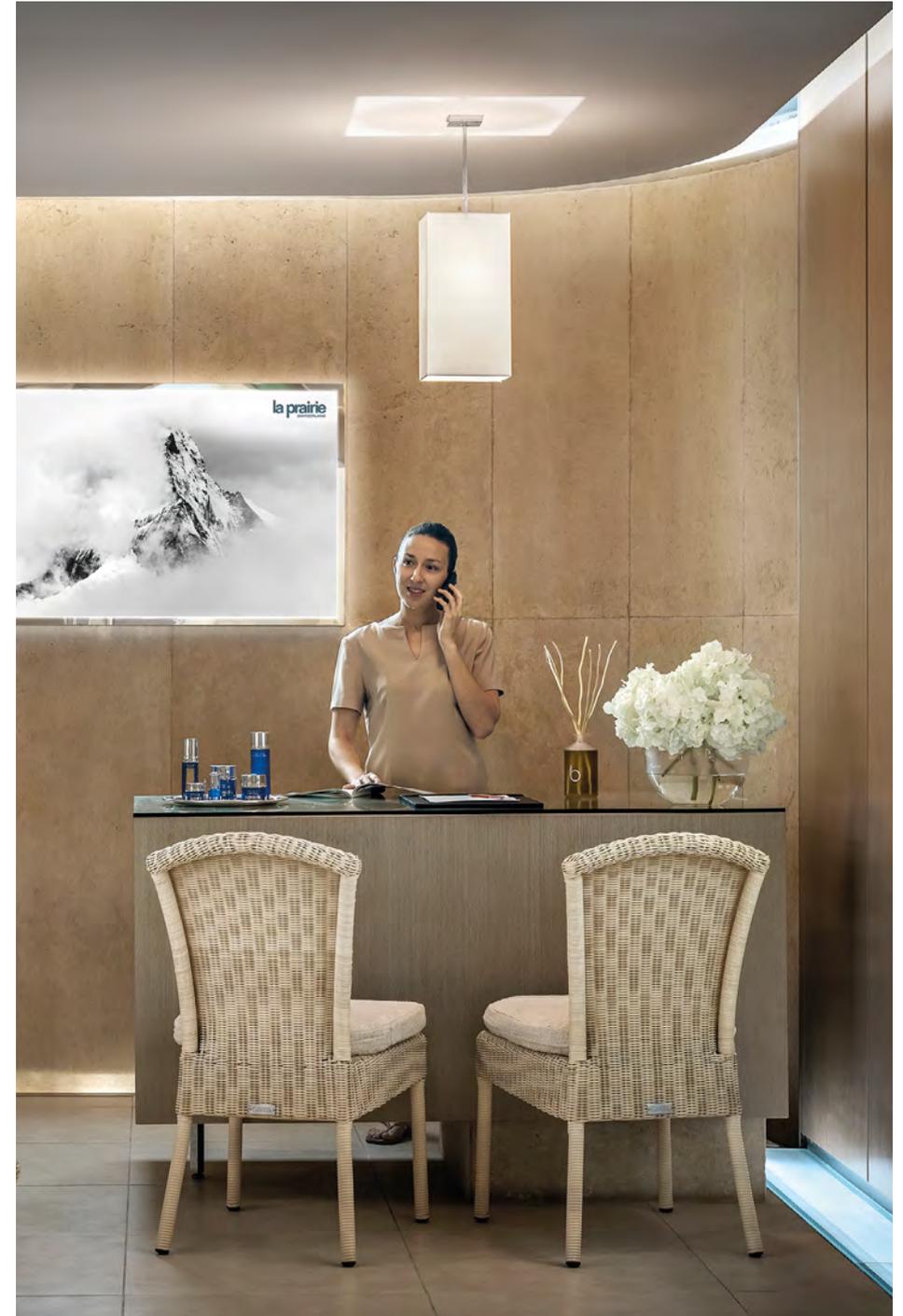


LA PRAIRIE

« The Art of beauty »



Abandon yourself to « The Art of Beauty » world by La Prairie, true fusion of our exclusive state-of-the-art skincare, our unique treatment methods and our tailored massage techniques. Imagine the world's most exclusive beauty treatments in the most pampering of environments, for an exquisite sensorial journey. Enjoy a welcoming, relaxing and rejuvenating atmosphere especially designed for your well-being and beauty at the Spa Saint-Martin by La Prairie. Experience the promise of timeless beauty.



LA PRAIRIE

The Platinum Rare Haute Rejuvenation Facial

A Moment of Perpetual Rejuvenation.

The Platinum Rare Haute Rejuvenation Facial triggers a halo of benefits across all skin layers, to fight all signs of ageing. It helps to activate collagen production, strengthen the skins barrier, improve moisture balance and invigorate the skin's natural rejuvenating capacity, which diminishes as we age.

 | 90 MIN.



LA PRAIRIE

White Caviar Brightening and Firming Facial

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discolouration and brightening the skin. With the added benefit of the Golden Caviar extracts the skin is firmer and more hydrated. Providing a more illuminated, smoother skin that enhances the complexion.

 60 MIN.



LA PRAIRIE

Caviar Lifting and Firming Facial

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dulllest complexions into radiant, luminous skin. A lifting and firming results-driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin, firmed, toned and silky soft.

 90 MIN.



LA PRAIRIE

The Pure Gold Radiance Facial

When Beauty is elevated to Grace.

The Pure Gold Radiance facial addresses the needs of devitalised skin, leaving skin revitalised, replenished, and enriched. It ignites the skin with the radiance of pure gold, returning a glow to the skin that time has extinguished.

 90 MIN.



LA ROSE DE VENCE

The Haute Couture Rose Tango Treatment

Let yourself be guided by the hands of one of our therapists.

You will be transported in a poly-sensory journey with delicate fragrances of Tango rose. The active ingredients of rose oil act as a natural anti-aging care. This haute couture treatment repairs, accelerates and regenerates cells. A complete modelling to sublimate your skin and to relax you. In 80 min with a rose wrap to soothe the skin exposed to the sun.

 50 MIN.
80 MIN.



Tango - La rose de Vence

SOINS EXCLUSIFS DE L'HÔTEL

Health, detox & nutrition

By appointment 24-48 hours before.

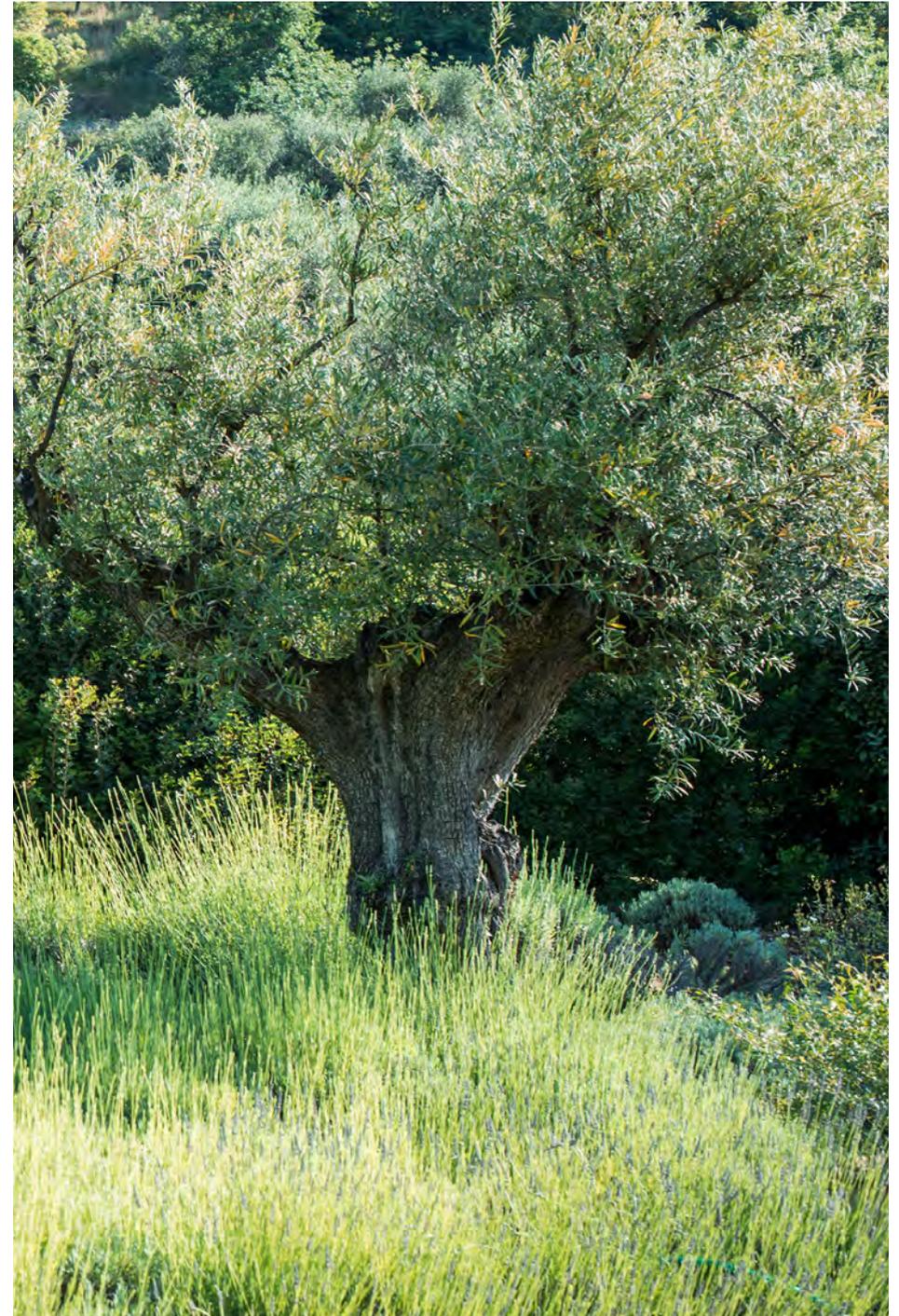
Those three treatments help to analysis of the iris of the eye, real imprint of your body and its functioning and an in-depth study of your strengths and weaknesses to detect the origin of your symptoms but also to optimize your health capital.

Naturopathy | Session

This consultation seeks to restore the capacities inherent to each one and its approach consists in relying on the strong points in order to counterbalance the weaknesses. Complete with the analysis of the iris of the real eye imprint of your body and its functioning.

Iridology | Session

This approach is an art and a science at the same time, that he works to decipher one of the languages of nature. "The eye is not only the mirror of the soul, it is also the mirror of the body" Ignaz von Peczely, father of iridology. The irises are a projection of the body, like the feet are for reflexology.



BAMFORD

Bamford philosophy

bamford

At Bamford we believe that the body's sense of well being on the outside is linked to well being on the inside. Our individually crafted treatments use specifically formulated and certified organic products of the highest quality to cleanse, protect and rejuvenate.

Bamford treatments are inspired by a range of traditions including shiatsu, meridian massage, Swedish massage, reflexology, abdominal massage, Indian head massage and yogic breathing. The holistic treatments work on both the physical body as well as the more subtle energetic layers of the body.



BAMFORD

Body treatment

Deep Tissue Massage

The Bamford Deep Tissue massage is a technique that focuses on the deeper layers of muscle tissue. It aims to relieve tension in the body with strong pressure and deep massages, releasing toxins accumulated in the muscle tissue. This allows blood and oxygen to circulate properly, feeling revitalized. This massage incorporates the use of Bamford's 100% organic body oils.

 | 30 MIN.
50 MIN.
80 MIN.

Body scrub

This invigorating exfoliation softens and smooths the skin for a soft, silky feel. It is recommended before any other body care for optimal efficiency.

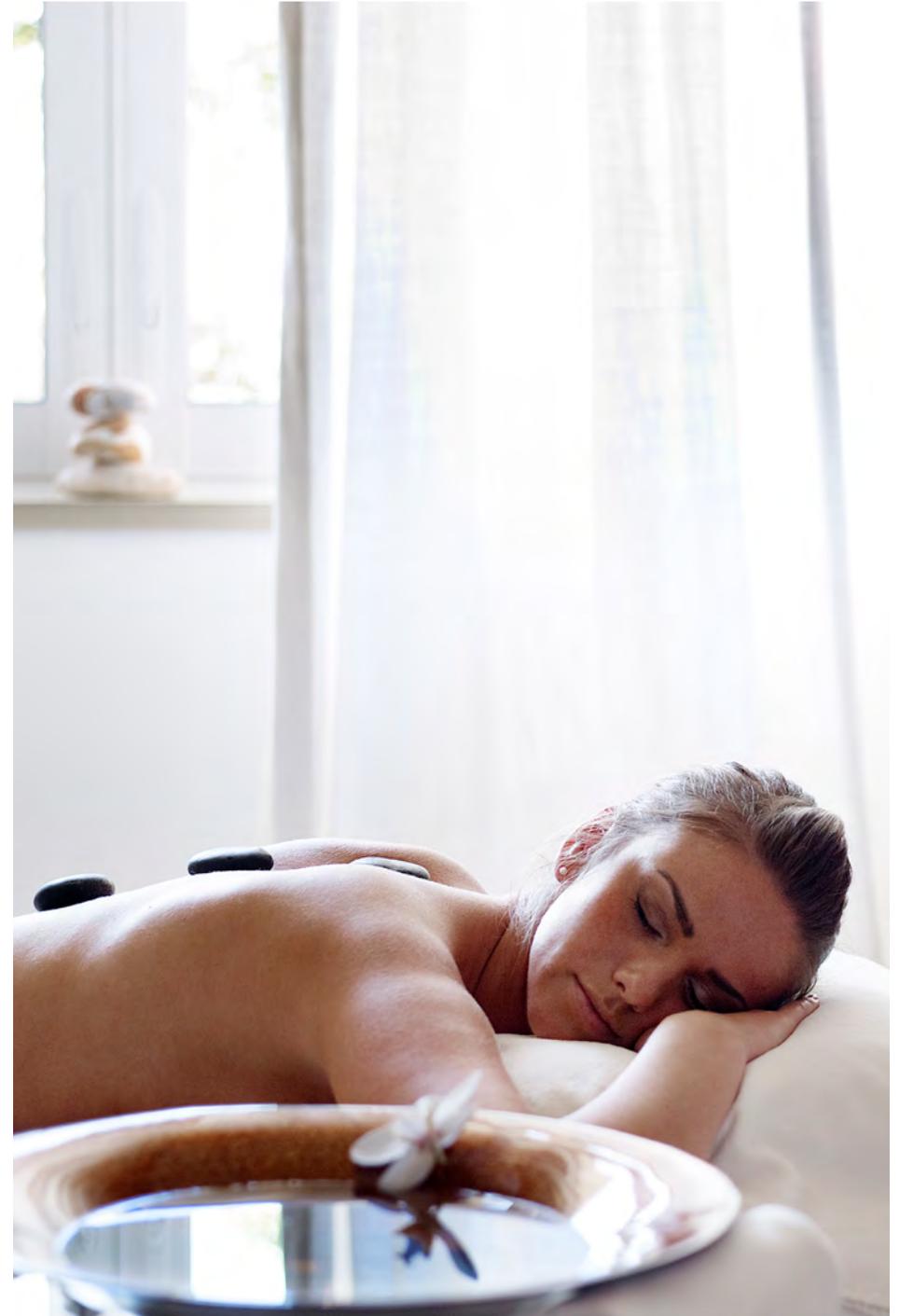
 | 30 MIN.

Jade Treatments

Jade is a stone rich with mystery. Symbol of purity and serenity, its chemical composition allows it to retain heat and conduct energy. The exclusive Jade stone massage is a massage with organic oils combined with warmed and cooled stones. The alternating temperature makes this treatment a unique and deeply relaxing experience.

- Jade Stone Body Massage (50 min.) to target specific areas of tensions.
- Jade Stone Face and Body Massage (80 min.) a head-to-toe indulgence for the body and spirit using this precious ancestral stone

 | 50 MIN.
80 MIN.



COLLECTION TREATMENTS

Energetic treatments

Shirodhara, head and DHARA, dash wick flows.

Shirodhara is a treatment based on oil flow on the forehead. It is recommended to alleviate the stress of everyday life due to anxiety and overwork. It brings a sensation of wellness and relaxation and calms the nervous, physical and emotional tensions. This treatment is ideal for very active and dynamic persons.

 | 30 MIN.

Body wrap

A rich and invigorating wrap laminar treatment for a draining effect. To perfect this treatment, we advise you to combine it with a scrub for a smooth and silky skin texture.

 | 30 MIN.

Head massage

The head massage has the power to act, on the whole body. It allows to, stimulate blood circulation and helps in blood oxygenation. Promote the body's balance. Relax all the muscles by stimulating the nerves located in the cranial parts. Encourage glands to release hormones acting on stress.

 | 30 MIN.

“Ko Bi Do” face massage

Japanese facial massage, which acts in depth on wrinkles, firmness and radiance, while emphasizing the eye contour, the mouth, neckline and arms. This treatment stimulates the tissues of the skin, gives a lifting effect while releasing muscle tension in the face.

 | 60 MIN.



COLLECTION TREATMENTS

Energetic treatments

Reflexology

According to the principles of foot reflexology, the feet are divided into reflex zones, each corresponding to specific parts of the body. This foot massage will relieve the muscular tension by balancing the flow of energy, improving your sense of well-being.



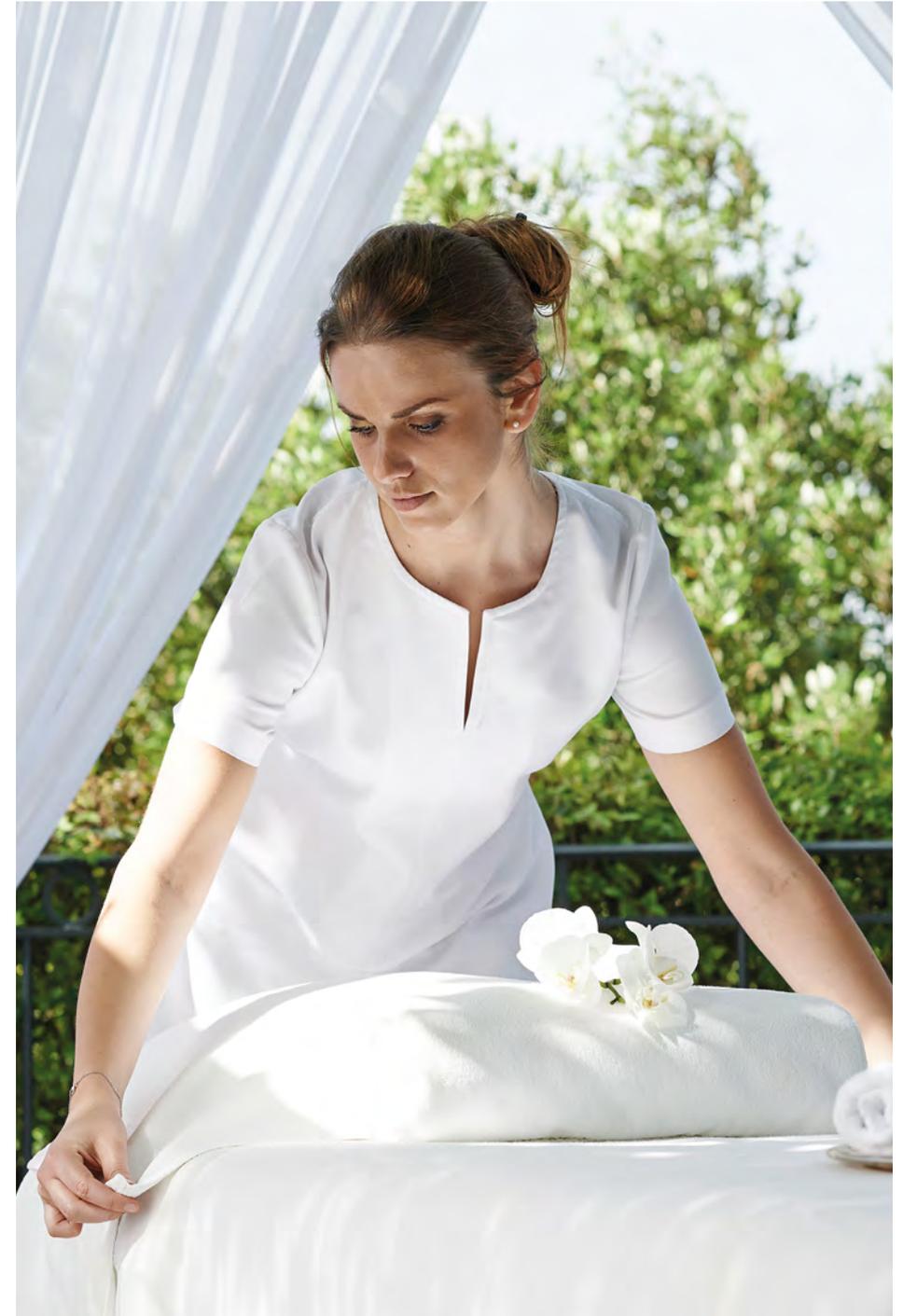
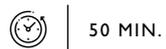
Lymphatic drainage body treatment

The lymphatic drainage is a specific manual massage to restore healthy, younger and more radiant skin, with a range of specialized, gentle rhythmic pumping techniques to encourage lymphatic flow. This treatment is practiced without oil.



Balinese Massage

A harmonious combination between traditional ayurvedic energetic treatments and Thai massage techniques. The softness combined with the intensity helps to relieve contractures and untangles the body for a return to balance and well-being.



THE MOTHER'S BEAUTY APPOINTMENTS

Treatments

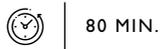
The pregnant woman experience

Pregnancy is a wonderful time as well as an exhausting one for most women. This treatment is designed to pamper the pregnant woman. A facial and specific body massage adapted to the needs of the mother to be.



The ultimate nourishing after baby-care

An exfoliating body treatment combined with a nourishing massage restoring the smoothness and the elasticity of the skin.



Pregnancy care

A gentle body and belly massage achieved without essential oils. Lying down an adapted position for your well-being. Recommended after 6 weeks of pregnancy.



Additional touch

Collagen facial mask
Collagen eyes mask
Cream facial mask



FOR MEN

Additional cares

Just for Him

This treatment has been developed especially for men. Using refreshing geranium blend, an infusion of eucalyptus, geranium, lavender and peppermint, the freshest of all the product line. This concise massage starts with the exfoliation of the back with our body polish followed by a deep massage focused on areas on tension. The treatment culminates with an indian head massage.

 75 MIN.

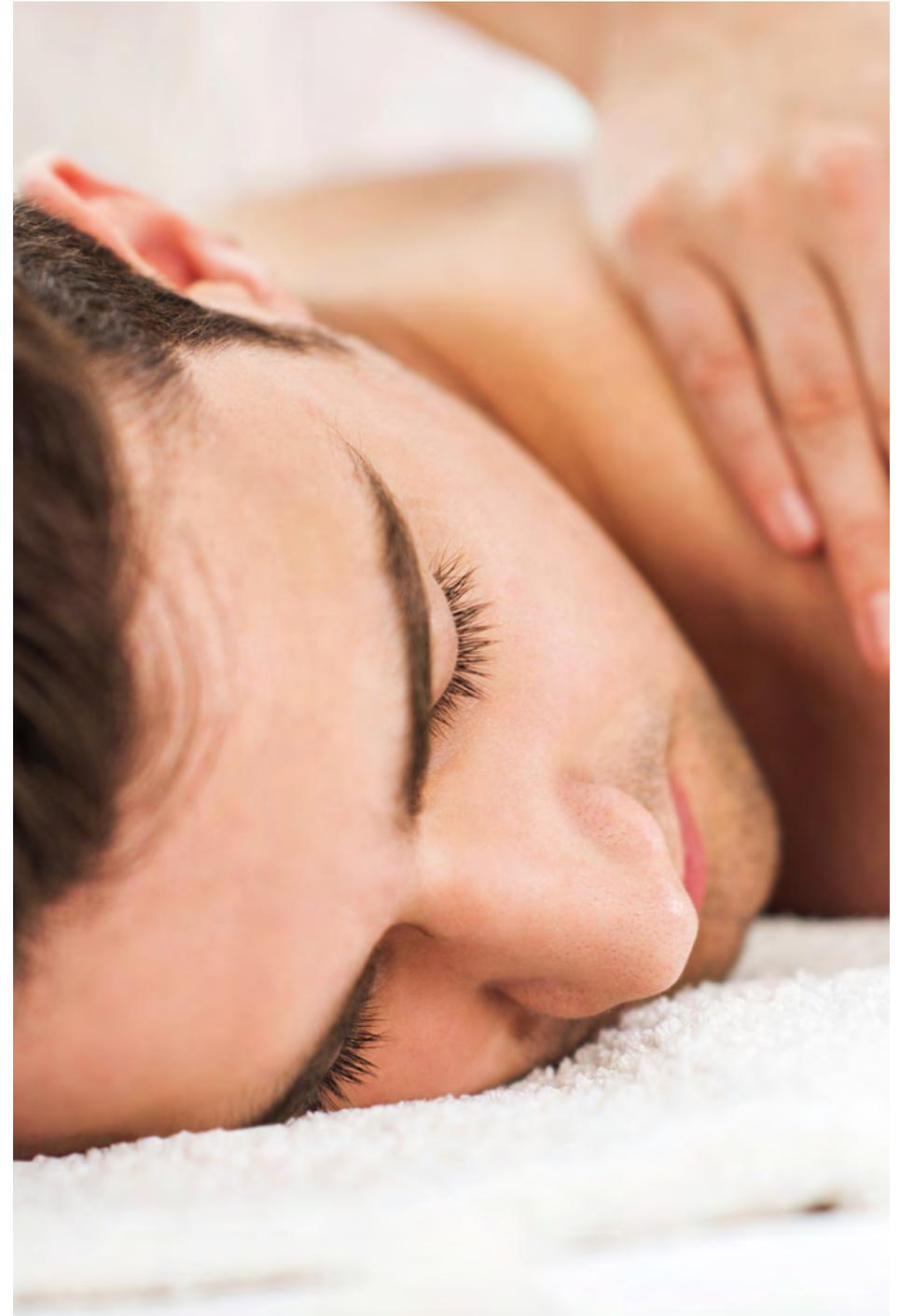
Soothing for Men

Instant Lifting Facial Treatment, reflexology, neck, back & shoulders massage, a pure moment of relaxation.

 60 MIN.

Beauty treatment for him

Men 's manicure
Men's pedicure
Back or torso waxing
Ears or nose waxing



JUNE JACOBS

Hands and feet care

Each June Jacobs product contains our powerful patented blend of six anti-oxidants to combat the visible signs of aging. This blend of extracts provides protection against free radicals while simultaneously making the active ingredients in the formula even more effective. Together with daughter Rochelle, June has created cutting-edge and technologically advanced adaptation of the homemade remedies passed down to June through generations. Cutting-edge science, married with nature.

June Jacobs

Complete natural ritual manicure
Brazilian manicure without nail polish
Complete natural ritual pedicure
Brazilian pedicure without nail polish

Nail Polish Application

Classic nail polish application
Semi-permanent nail application
Removal semi-permanent nail polish
Package removal and application semi-permanent nail polish

Make-up

Sophisticated make-up | Day make-up
Evening make-up | Beauty after-care

Waxing

Bikini | Brazilian bikini | Full bikini | Under arms
Half legs or thighs | Full legs | Eyebrows or upper lip
Arms | Waxing package (bikini - half legs - under arms)



HAIR SPA

Cedric B

Silk Protein Care

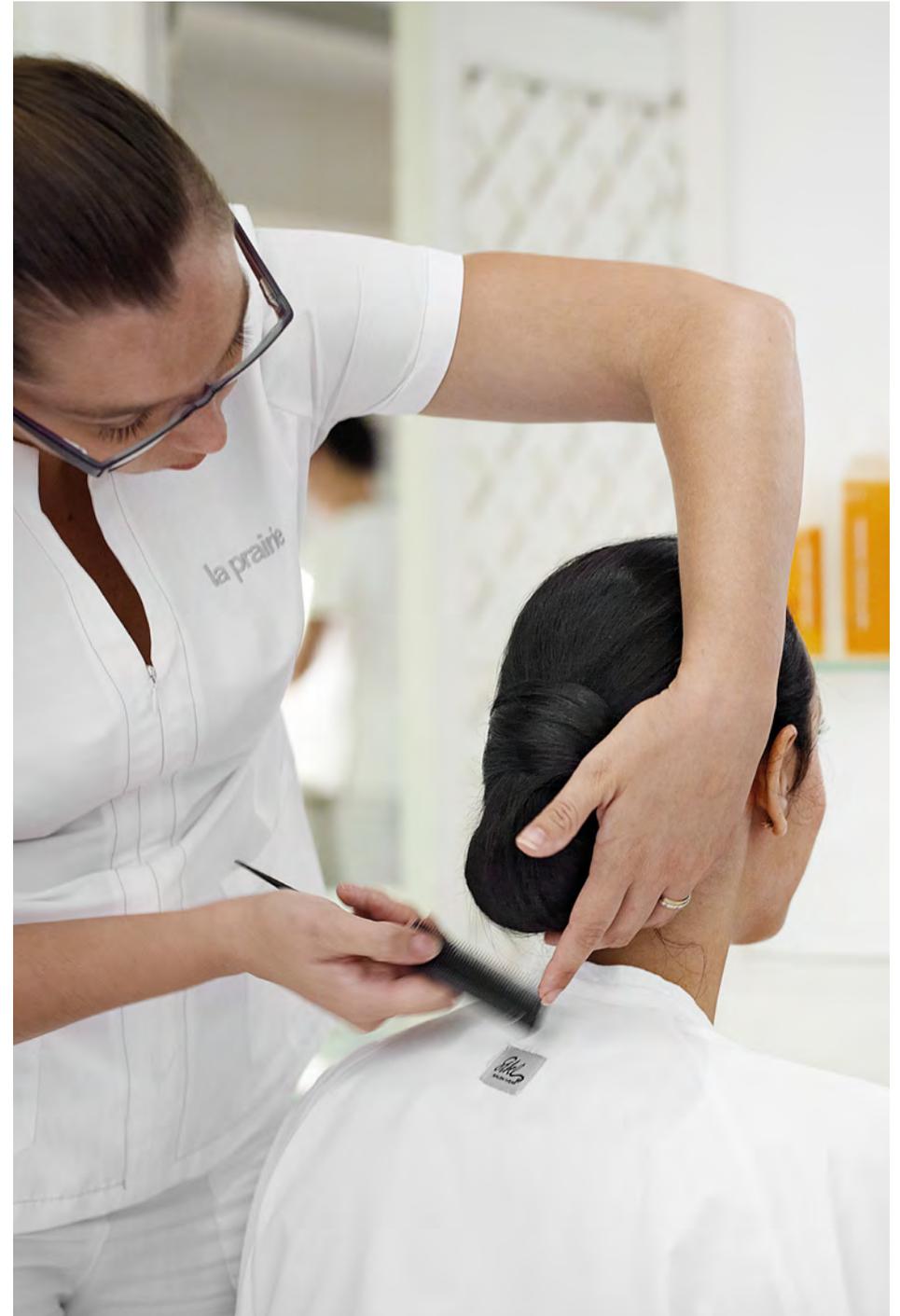
100% organic and vegan from the ingredients to the packaging, 100% made in France, this care protocol deeply detoxifies your hair and scalp. The plant extracts and various organic and vegan ingredients will restore strength and shine.

 20 MIN.

Intense moisturising treatment

Stimulates the hair follicles and strengthens hair growth. Ideal against hair loss or any reduction of the capillary stem due to stress. Strength will be a new ally for your hair.

 20 MIN.



ZENZ ORGANIC

The hair spa

Men

Hair cut short hair | Hair cut long hair

Children

Braid

Kid's blow dry | Kid's hair cut
Teen's blow dry | Teen's hair cut

Women

Blow dry

Short hair | Medium hair | Long hair
Sophisticated blow-dry | Blow-dry with hair extensions

Cut

Short hair | Medium hair | Long hair

Hair style

Shampoo and mask | Hairstyling

Colour

Short hair | Medium hair | Long hair

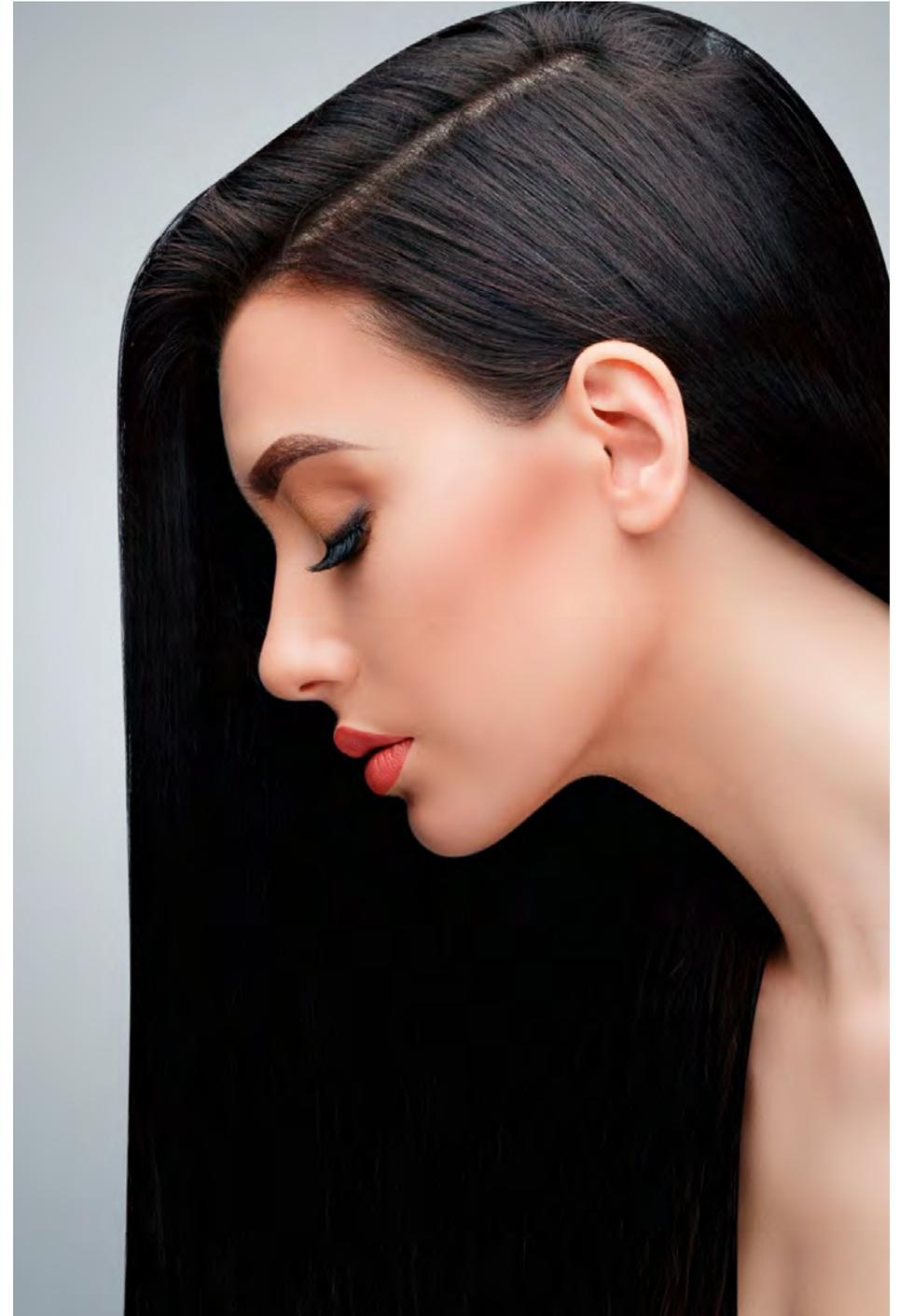
Eyelashes or eyebrows tinting

Highlights

Short hair | Medium to long hair

Wedding event

Bridal Hairstyle | Try | Sophisticated bridal bun
Bridesmaids Hairstyles | Buns | Fancy



CHILDREN'S SPA

Kids & Teenagers

Going to the spa for some pampering is great, but going with the kids is even better ! All our Spa treatments dedicated to children use 100 % organic and paraben-free products.

*All guests under the age of 18 must have a signed parental consent form signed by a parent or legal guardian.

The Princes & Princesses* (between 5 and 12 years old)

Relaxation discovery for little Princes and Princesses.

*Subject to the accompaniment of a parent or legal guardian for a relaxing massage in the duo treatment room.

 | 30 MIN.

Fairy Nails

Decorative nail polish for little Princesses.

 | 20 MIN.

Teens & Spa* (between 12 and 18 years old)

Back scrub | Skin cleansing
Relaxing treatment for the back, shoulders & head.

*Subject to the accompaniment of a parent or legal guardian for a relaxing massage in the duo treatment room. modelage relaxant en cabine duo uniquement.

 | 60 MIN.

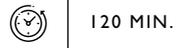


DAY SPA

Rituals

Serenity Ritual

Beauty of hands or feet with polish and relaxing massage 50 minutes.



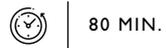
Summer Beauty

Relaxation in the shade of olive trees to savor a detox juice after a relaxing break : Brazilian manicure or pedicure of your choice, a scalp treatment and massage (possibility of brushing or hairdressing in addition).

Be Healthy Be Happy

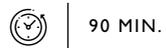
(Every day except Mondays and Tuesdays)

A refreshing cocktail, the swimming pool, olive trees, a healthy formula around a bowl and a dessert (drinks are not included) completes this perfect day for the body (exfoliation, massage & wrap 80 min).



Ayurvedic ritual

Composed of cares Abhyanga and Shirodara at the same time, this ritual eliminates tension, offers an absolute relaxation of body and mind and relaxes you over time.

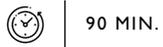


JOURNÉE SPA

Rituels

Sleeming Ritual

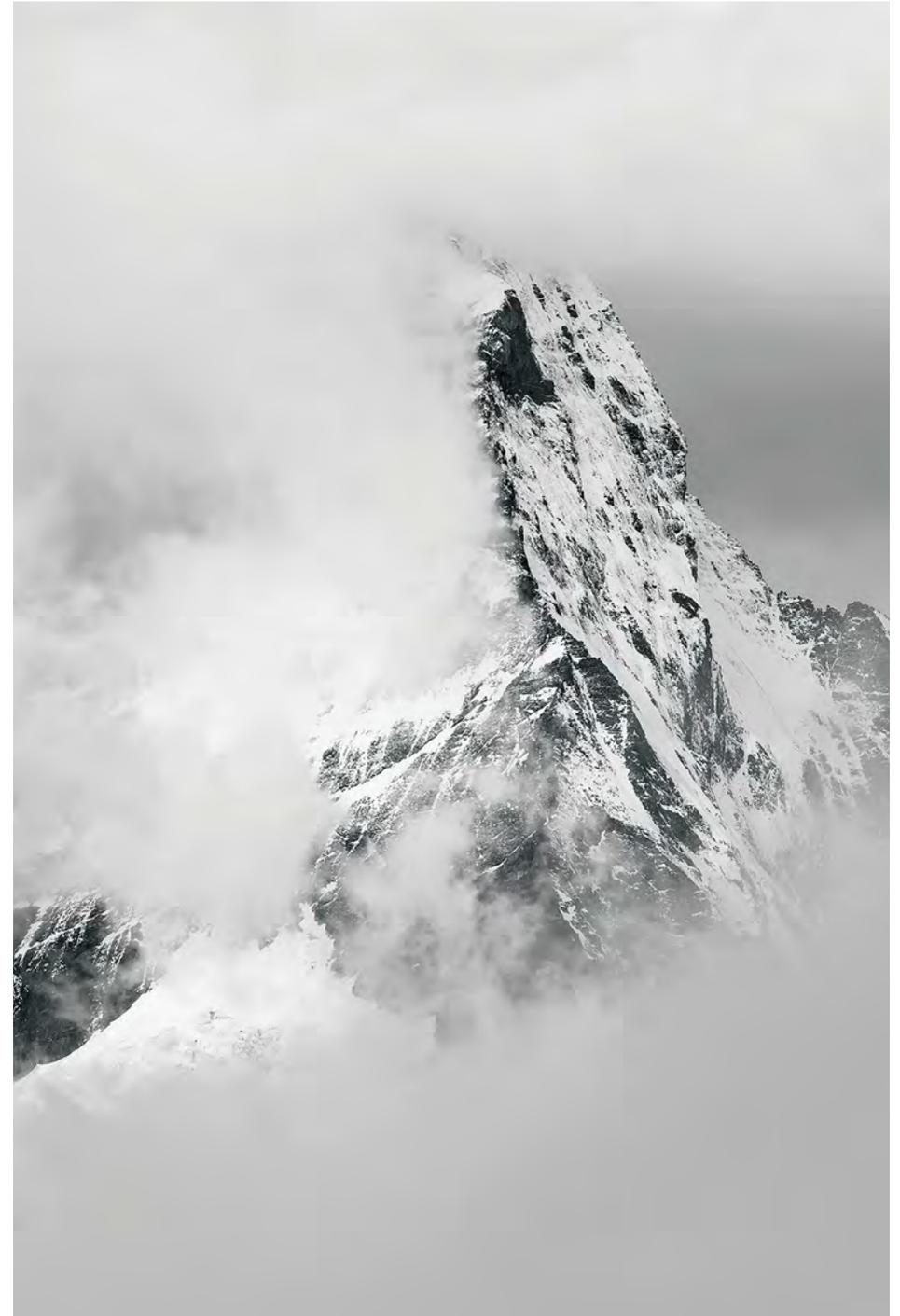
This Ritual combines a remineralising salt scrub to invigorate the skin, a slimming massage to boost the circulation and a lymphatic drainage to promote the elimination process.



Well-Being Experience

A well-being experience to enjoy a gourmet lunch at « Le Saint-Martin » restaurant and its panoramic terrace or barefoot on the grass at the summer restaurant « L'Oliveraie » and a spa treatment at the Spa Saint-Martin by La Prairie. A gourmet experience through the flavourful cuisine of Head Chef Jean-Luc Lefrançois. (Three course meals, drinks not included). A moment of well-being at the Spa Saint-Martin by La Prairie with a 60 minutes La Prairie facial treatment or Bamford body treatment.

Available from Monday to Sunday.



WELLNESS

Coaching & Osteopathy

Fitness and Wellness Coaching
(upon reservation)

Individual coaching | Duo coaching | Group coaching (from 3 people)



Osteopathy
(upon reservation)

Osteopathy is a treatment based on manipulation techniques focusing on the body as a whole.

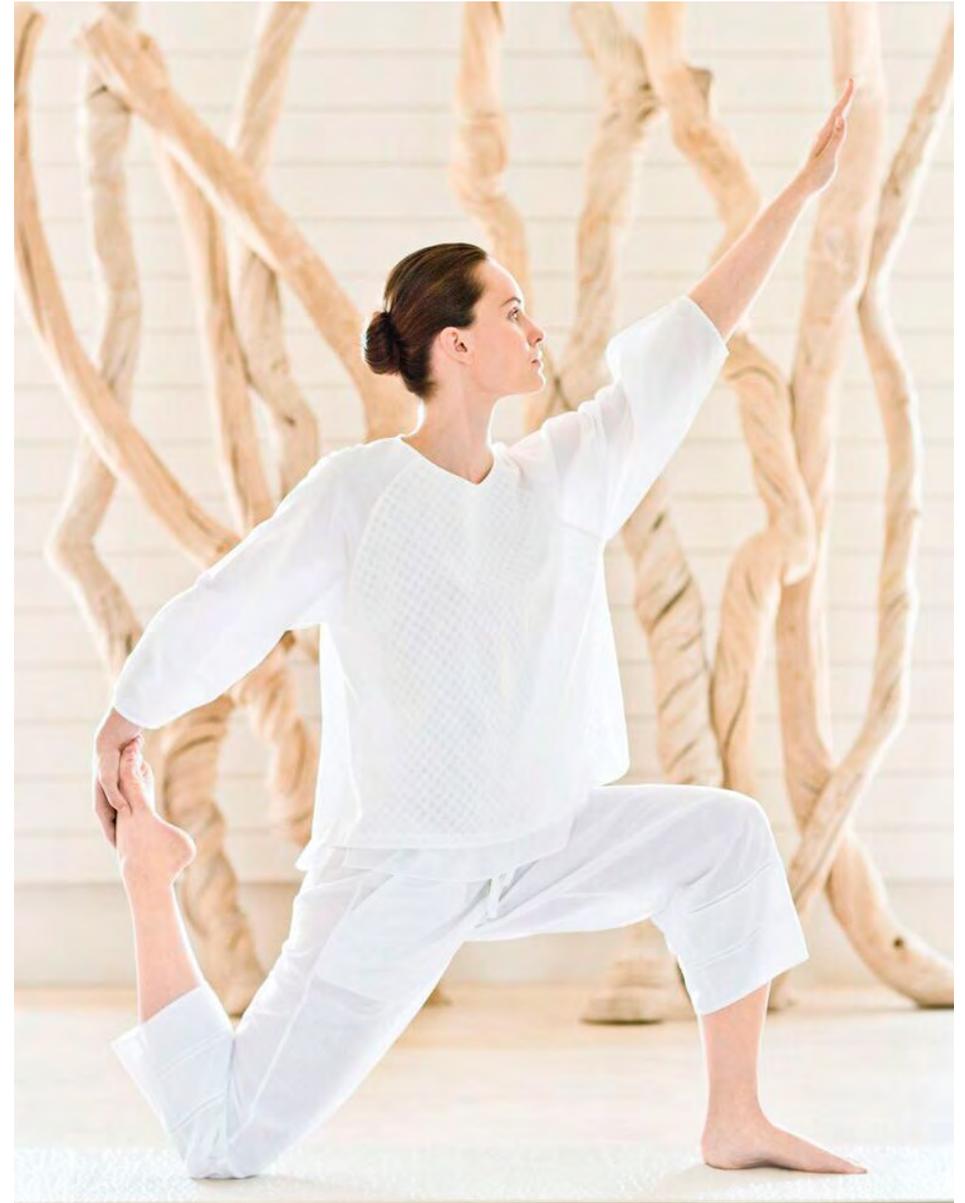
Yoga
(upon reservation)

The practice of yoga will strengthen and relax your body. Yoga also improves the function of your respiratory, circulatory, digestive and hormonal system. Yoga will add emotional stability and mental clarity.



Yoga entertainment

Enjoy the benefits of nature, rediscover your body, and join this collective course within the gardens of the property. The mind is the master of senses and the vital breath is the master of spirit. Additional information available at the Fitness desk.



CHÂTEAU SAINT-MARTIN & SPA

Oetker Collection boutique

Château Saint-Martin & Spa is pleased to introduce its boutique, located next to the reception.

A choice of products, the Bamford brand and other brands selected for their elegance, their refinement and their quality. A friendly place to discover designers, craftsmen and complementary beauty products to our Spa Saint-Martin by La Prairie offer, which is open every day.

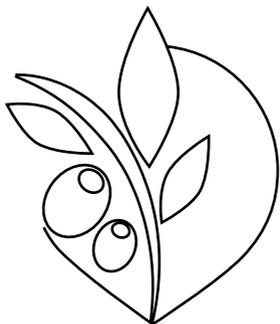
Opening hours : 10:00 a.m. to 1:00 p.m. and 3:00 to 7:00 p.m.

(July / August : 10:00 a.m. to 1:00 p.m. and 4:00 to 8:00 p.m.)

Phone : +33 (0)4 93 58 40 93



How to enjoy



Booking

We advise you to book your treatments the earliest to provide you a booking on date an time requested. Some treatments can be done in our outside Rotonda on request and when the weather permits it. The duration of the spa treatment includes the guest's installation. To book from your room, please dial 4080 or contact us at +33(0)4 93 58 40 80 and by email spa.csm@oetkercollection.com.

Outside customers booking

For each reservation of treatments, we will ask you a credit card authorization to confirm the reservation. As we have cancellation policy, this one is applicated to all the customers.

Gift vouchers

Offer to your friends or family a unique well-being experience at the spa. Gift vouchers are personalized so guests can choose their preferred treatments from our spa menu. Please note that a gift voucher is not refundable.

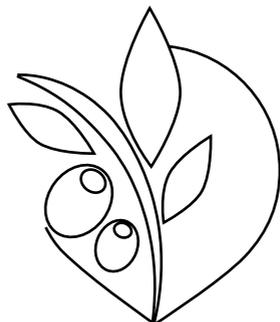
Cancellation

If you need to reschedule or cancel your appointment, please advise us 24h before your appointment, otherwise the full treatment will be charged.

Opening hours

Daily from 9.30 a.m. to 7.30 p.m. Last appointment at 6.30 p.m. July and August from 10 a.m. to 8 p.m. Last appointment at 7 p.m. An extra charge of 20% will be added to all treatments before 9:30 a.m. and after 7:30 p.m. An extra charge of 25% will be added to all treatments in your room.

Before coming



Take your time

We encourage you to arrive at least 15 min prior to your scheduled appointment to allow time to check in, and slip into your robe and slippers, then relax in our sauna, steam bath. The steam is recommended prior to your spa treatment as it will relax your body and make the experience more enjoyable. Arriving late will limit the time of your treatment. Your treatment will end on time in order to respect the following appointments. The full value of your treatment will be charged.

Attire

Your comfort and well-being are our utmost priority: there is no need to bring or wear any special clothing, everything you need will be provided into your treatment room (disposable underwear for all treatments and massages).

Hygiene

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after each service and treatment.

Your comfort

Our spa team is here to meet your every need and make your visit an unforgettable experience. Whether it is the level of the music or the intensity of the lighting, an additional towel, stronger or lighter pressure during a massage – just let us know so that we can provide you with an optimum experience. We value your opinion and invite you to fill out a guest questionnaire after your treatment in order to share your spa experience with us. We remind you that our therapists are at your service for any customized advice in our boutique.

Spa etiquette

Smoking and alcoholic beverages are not allowed in the spa. Moreover, we are not responsible for any valuables brought into the spa.

Environment

To preserve the sense of harmony in the spa we kindly request that mobile phones are switched off. May we also remind you that the wearing of swimsuits is compulsory in the wet zone.

Health conditions and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). You will also be required to sign a form relating to using our spa facilities prior to your treatment.

Age requirements

We offer a selection of wellness treatments for our younger guests as well as a range of appropriate wellness treatments for children. They have to be accompanied by an adult. Access to our sauna / steam bath facilities is not permitted. All guests under the age of 18 must be in possession of a parental consent form signed by a parent or legal guardian.

SPA SAINT-MARTIN BY LA PRAIRIE

Treatment menu

La Prairie

The Platinum Rare Haute Rejuvenation Facial	90 min. 305€
White Caviar Brightening and Firming Facial	60 min. 215€
Caviar Lifting and Firming Facial	90 min. 295€
The Pure Gold Radiance Facial	90 min. 295€

La Rose de Vence

The Haute Couture Rose Tango Treatment	50-80 min. 155/245€
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Exclusive treatments

Health, detox & nutrition

Naturopathy	Session 400€
Naturopathy & Iridology	Session 600€

Bamford

Body Cares

Deep tissue massage	30-50-80min. 130/180/255€
Body scrub	30min. 110€
Jade Treatments	50-80 min. 155/205€

Collection treatment

Energetic treatments

Shirodhara	30 min. 125€
Body wrap	30 min. 110€
Head massage	30 min. 95€
“Ko Bi Do” face massage	60 min. 180€
Reflexology	50 min. 155€
Lymphatic drainage body treatment	50 min. 155€
Balinese Massage	50 min. 155€

Mother's beauty appointments

The pregnant woman experience	80 min. 285€
The ultimate nourishing after baby-care	80 min. 285€

Pregnancy care	50 min. 155€
Additional touch	
Collagen facial	50€
Collagen eyes	40€
Cream facial mask	30€

For men

Additional cares

Just for him	75 min. 230€
Soothing for Men	60 min. 180€
Esthetic for him	
Men's manicure	80€
Men's pedicure	105€
Back or torso waxing	85€
Ears or nose waxing	30€

June Jacobs

Hands and feet care

June Jacobs	
Complete natural ritual manicure	115€
Brazilian manicure without nail polish	70€
Complete natural ritual pedicure	125€
Brazilian pedicure without nail polish	85€
Nail polish application	
Classic nail polish application	35€
Application of semi-permanent polish	50€
Removal semi-permanent polish	40€
Duo offer removal and semi-permanent nail polish	90€

Make-Up

Sophisticated make-up	105€
Day make-up	55€
Evening make-up	85€
Beauty after-care	35€

Waxing

Bikini	50€
Brazilian bikini	60€
Full bikini	70€
Under arms	45€
Half legs or thighs	65€

Cedric B.**Hair spa**

Silk Protein Care	20 min. 45€
Intense moisturising treatment	20 min. 45€

Zenz organic**The hair spa**

Men	
Hair cut short hair	95€
Hair cut long hair	115€
Children	
Braid	20€
Kid's blow dry	55€
Kid's hair cut	65€
Teen's blow dry	70€
Teen's hair cut	75€
Women	
Blow dry	
Short hair,	85€
Medium hair	90€
Long hair	95€
Sophisticated blow-dry	100€
Blow-dry with hair extensions	120€
Cut	
Short hair	95€
Medium hair	105€
Long hair	115€
Hair style	
Shampoo and mask,	30€
Hairstyling	125€
Color	
Short hair	95€
Medium hair	105€
Long hair	105€
Eyelashes or eyebrows tinting	65€
Highlights	
Short hair	115€
Medium to long hair	130€

Wedding event

Bridal Hairstyle	
Try	120€
Sophisticated bridal bun	240€
Bridesmaids Hairstyles	à partir de 120€
Buns, fancy	

Children's spa**Kids & Teenagers**

The Princes & Princesses	30 min. 75€
Fairy Nails	20 min. 25€
Teens & Spa	60 min. 105€

Day spa**Rituals**

Serenity Ritual	120 min. 265€
Summer beauty	115€
Be Healthy Be Happy	80 min. 285€
Ayurvedic ritual	90 min. 235€
Sleeping Ritual	90 min. 255€
Well-Being Experience	195€

Wellness**Coaching & Osteopathy**

Fitness and Wellness Coaching	
Individual coaching	60 min. 135€
Duo coaching	60 min. 215€
Group coaching (from 3 people)	60 min. 65€/pers.
Osteopathy (upon reservation)	175€
Yoga (upon reservation)	150€
Yoga entertainment	150€

Les tarifs indiqués sont en euros. TVA incluse.

CONTACT

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EST. 1928

THE LEADING HOTELS
OF THE WORLD

PALACE

