



MASSAGE TRYOUTS

	DURATION	EUR/PP
NECK, BACK, & ARMS	20min	50€
HEAD, NECK & SHOULDERS	20min	50€
FOOT REFLEXOLOGY	20min	65€
FOOT MASSAGE WITH A KANSU BOWL	20min	65€
MASSAGE ZONE BY CHOICE	30min	75€

CLASSIC MASSAGES

All our massages can be performed for couples

DURATION	EUR /PP
50min/1h15min	110€/150€

Note: For all tryouts, classic and premium massages, the possible pressure is soft, medium or strong, except for the bamboo massage where the pressure can be very strong!

CALIFORNIAN massage promotes overall body relaxation: it works on the muscles, tendons, and joints. It encourages emotional and physical relaxation. This massage can be customized. **Contraindicated for pregnant women.**

AYURVEDIC - very invigorating, rebalances the chakras and revitalizes the energy of the meridians, with a powerful anti-stress and anti-fatigue effect. The oils used depend on the dominant profile, which will be determined after answering the special questionnaire for this massage. Profiles of doshas:

VATA is the air element, representing movement: it corresponds to nerve impulses and enthusiasm. It causes bloating, confusion, rigidity, and can dry out the body to the point of constipation. It is relieved by warmth and hydration.

PITA represents fire and transformation: it relates to the digestive system and causes burning sensations, infections, and anger. Because it intoxicates and acidifies the body, it is relieved by cold and calm.

KAPHA is water, <preservation>: it represents fluids and the immune system. In excess, it causes lethargy, attachment, and sadness. It is calmed by warmth, movement, and detachment. **Contraindicated for pregnant women.**

Note: Ayurvedic massage is available only as a 50-minute session.

LOMI-LOMI - Lomi means to massage, press, or knead, performed only with the forearms, using more intense, broader movements reminiscent of the ebb and flow of Hawaiian waves. According to Hawaiian tradition, the Lomi-Lomi massage is blessed by a master of the art, called a Kahuna, with a spirit of purification and regeneration. *Benefits:* the elimination of toxins and tension accumulated in the body. **Contraindicated for pregnant women.**

Note: LOMI-LOMI massage is available only as a 50-minute session.

BALINESE - is particularly suited to people with muscle pain caused by sports or daily stress. The technique used is Urut Pijat because it is very comprehensive and offers perfect balance. URUT means "massage" in Javanese, recommended for relaxing muscles and joints, and PIJAT also translates to "massage" in Balinese, to soothe the mind. **Contraindicated for pregnant women.**

SINGAPOREAN - focused on 4 zones:

BACK - with Chinese influence, it stimulates reflex points, allowing for relaxation and release of muscle tension.

FEET - with Hindu influence, it is performed with a KANSU BOWL. It stimulates and rebalances energy

ABDOMINAL REGION - with Malaysian influence, it allows for the elimination of toxins accumulated by the body, as well as deep relaxation and stress relief.

HEAD - with Indian influence, it aims to improve sleep, release tension, and reduce stress-related sensitivity.

Contraindicated for pregnant women



PREMIUM MASSAGES

All our massages can be performed for couples



DURATION	EUR/PP
50min	135€

HOT SHELL MASSAGE

Very pleasant for anyone with tense muscles, as the warmth of the shells gently relaxes and smooths knots. The heated shells also release calcium ions, which are transferred to your skin during the massage.

Contraindicated for pregnant women.

CANDLE MASSAGE

Choose your preferred candle scent for your massage: Fruity, Gourmand, or Floral, and receive the same candle as a gift after your massage. In addition to its stress-relieving, relaxing, and calming properties, candle massage nourishes the skin and restores its elasticity. Not recommended for pregnant women. Contraindicated for pregnant women.

BAMBOO STICKS MASSAGE

It drains, energizes, and rebalances. Perfect for those seeking weight loss and optimal lymphatic circulation, this massage also appeals to athletes thanks to the power of its pressure. It releases physical and mental tension, restoring the balance of energy points. Not recommended for people:

- with blood circulation problems such as phlebitis, varicose veins, thrombosis, or cardiovascular issues
- with diabetes, high blood pressure, or kidney problems
- Contraindicated for pregnant women
- Recommended for stronger morphology types

AYURVEDIC WITH HOT HERBAL POUCHES *KIZHY*- rebalances the chakras and revitalizes the energy of the meridians, providing a powerful anti-stress and anti-fatigue effect. The oils used depend on the dominant profile, which will be determined after completing the special questionnaire.

VATA is the air element, representing movement: it corresponds to nerve impulses and enthusiasm. It causes bloating, confusion, rigidity, and can dry out the body to the point of constipation. It is relieved by warmth and hydration.

PITA represents fire and transformation: it relates to the digestive system and causes burning sensations, infections, and anger. Because it intoxicates and acidifies the body, it is relieved by cold and calm.

KAPHA is water, <preservation>: it represents fluids and the immune system. In excess, it causes lethargy, attachment, and sadness. It is calmed by warmth, movement, and detachment.

*Herbal Pouches « Kizhy » contain aromatic herbs (ginger, lemongrass, mint, lemon balm) and are heated in sesame vegetable oil. Contraindicated for pregnant women.

PRENATAL MASSAGE is possible from the fourth month of pregnancy onwards, upon presentation of a certificate from your midwife confirming that you are well enough to receive a prenatal massage. Areas of the feet and hands should be avoided as they are connected to the uterus and could trigger contractions. All other parts of the body can be massaged without contraindications. During a prenatal massage, your entire body will release tension, and your body will secrete oxytocin, the "feel-good" hormone. Your baby will feel this wave of well-being, gentleness and will also benefit from this moment of relaxation that you are giving yourself.



FACIALS BY SOTHYS

All our facials can be performed for couples



FOCUS SUNSPOTS FACE ZONE

DURATION **EUR/PP**

1h15min 135€

FOCUS SUNSPOTS FACE & HANDS ZONE

1h25min 165€

*BENEFITS: These treatments help reduce the intensity of dark spots after a course of 4-6 treatments. Not suitable for very sensitive or reactive skin. Recommended for ages 45+. Without extraction. **Not suitable for pregnant women.***

ANTI-AGING, RADIANCE & LUMINOSITY

DURATION **EUR/PP**

1h15min 135€

*BENEFITS: Instant radiance, even skin tone, and reduced wrinkles. Not suitable for very sensitive or reactive skin. Suitable for women and men. Recommended for ages 45+ Without extraction. **Not suitable for pregnant women.***

DX GLOW Options available: with or without the steam

*BENEFITS: Counteracts the harmful effects of environmental stress that can accelerate skin aging. For all skin types, especially those prone to blackheads. Suitable for women and men. Recommended for ages 25+. Possible with or without extraction. **Not suitable for pregnant women.***

HYDRA HYALURONIC

BENEFITS: Ultra-comfortable textures and high-performance active ingredients to envelop the skin in well-being and provide a sensation of absolute hydration. For all skin types, especially very dry skin. Suitable for women and men. Without extraction. Recommended for ages 25+

YOUTH BP3 TRI COMPLEX

BENEFITS: Through 5 key steps and no fewer than 8 specific formulas, for visibly younger-looking skin from the very first session. For all skin types. Treatment for women and men. Without extraction. Recommended for age 25+

DERMOBOOSTER – DOUBLE PEELING

DURATION **EUR/PP**

45min 115€

*BENEFITS: Combines the high efficacy of a peel containing 30% acids with the safety of Sothys formulas for a worry-free treatment. **NEW SKIN EFFECT** for 100% of users: ***RADIANT COMPLEXION: +69% after just one session***. All skin types except sensitive or redness prone. Without extraction. Recommended for age 35+*

SEASONAL FACIAL

DURATION **EUR/PP**

45min 95€

BENEFITS: A true breath of fresh air combined with a cocktail of minerals and vitamins to boost your skin's defenses and revitalize it. For all skin types. Suitable for women and men. Without extraction. Recommended for age 25+

ORGANICS

DURATION **EUR/PP**

30min 75€

BENEFITS: suppleness, comfort, instant radiance. Certified organic and vegan. For all skin types, especially very sensitive skin. Suitable for women and men. Without extraction. Recommended for age 25+

RADISSON
Individuals.



BODY CARE TRYOUTS

	DURATION	EUR/PP
BODY SCRUB BY CHOICE Coffee / Cacao / Coconut & Vanilla / 3 Sea Salts	20min	50€
BODY MASK BY CHOICE Coffee / Cacao / Coconut & Vanilla/ Seaweeds	20min	50€
BODY SCRUB BY SOTHYS*	20min	65€
BODY MASK *COCOONING BY SOTHYS*	20min	65€

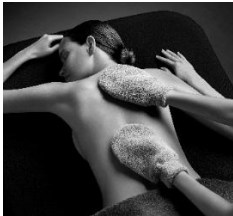
Note: The showering time after the body scrub or/and a body mask is a part of the treatments' duration



BODY CARE BY SOTHYS

All our treatments can be performed for couples

DURATION EUR/PP
1h 155€



HANAKASUMI A unique, Japanese-inspired treatment: a gentle scrub with soft gloves, followed by a relaxing full-body massage in a revitalizing and nourishing ritual with airy notes. The mind is freed, the skin is softer, better nourished, and delicately scented.

Not suitable for pregnant women.

Ingredients: Cherry blossoms, shea butter, papaya, lemon



ORIENTAL SENSATION A treatment inspired by ancestral oriental rituals: an ointment to prepare the body for exfoliation, followed by a massage enhanced with exclusive Sothys techniques inspired by traditional oriental methods. Not suitable for pregnant women.

Ingredients: Amber oil, date oil extract, myrrh



ANCIENT INDONESIA Discover a full body massage and an energetic Mayonggo breathing ritual:

FEEL Immerse yourself in the heart of Indonesia with the scents of sandalwood and jasmine oshibori

BREATHE Begin your journey of initiation with the Mayonggo breathing energy ritual, meaning "energy" in Indonesian, for 5 minutes before the massage

DISCONNECT Leave the urban hustle and bustle behind and treat yourself to a 50-minute body massage, based on deep, enveloping movements, acupressure points, and energy tapping. Total escape and profound relaxation guaranteed

RECONNECT Gently return to reality with the Mayonggo breathing energy ritual for 5min after the massage.

Ingredients: Exotic coconut pulp and sandalwood oils (moisturizing, nourishing, softening, smoothing), Jasmine flower oleo-extract* (moisturizing and plumping)



*Not suitable for pregnant women.



BODY CARE SIGNATURE RELAIS

All our treatments can be performed for couples

Options to choose from:

*Body scrub, Body mask & Body massage **or**

*Body scrub, Body & Face massage

Note: The showering time after the body scrub or/and a body mask is a part of the treatments' duration

DURATION	EUR/PP
1h20min	175€



CARIBBEAN PARADISE

An irresistible journey of exotic essences... coconut, vanilla, monoi, and frangipani flower. This highly nourishing treatment instantly regenerates the skin and leaves it with a silky-smooth finish. *Not suitable for pregnant women.



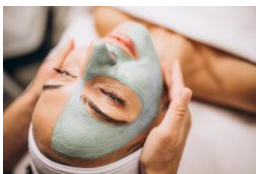
CHOCOLATE VELVET

Your velvety skin! This indulgent treatment, with its delicious chocolate scent, instantly regenerates and revitalizes the skin. Skin is firm, radiant, and enveloped in a cocoon of softness. *Not suitable for pregnant women.



COFFEE ELIXIR

Treat yourself to a moment of Italian relaxation! Coffee is key to reducing cellulite, the appearance of sunspots, redness, and fine lines. It's a rich source of antioxidants and has an anti-aging effect. *Not suitable for pregnant women.



TREASURES OF THE SEA

Purify your body with treasures from the sea! This seaweed wrap (face & body) helps relieve muscle and joint pain, and has draining, hydrating, and purifying properties. Seaweed helps eliminate toxins from our body and absorb fats. *Not suitable for pregnant women.



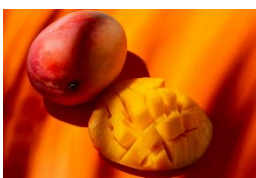
HIMALAYAN FRESHNESS

This is absolute stress relief! The scrub is performed with incredibly refreshing Himalayan salts. The body massage is done with warm herbal poultices (Kizhy) containing aromatic herbs: Ginger, Lemongrass, Mint, and Lemon Balm. *Not suitable for pregnant women.



WHITE & GREEN TEA RITUAL

An absolute escape for your body with green and white tea. Inspired by the Japanese tea ceremony, called *chadō 茶道 *<the way of tea>... The cocktail of benefits: firming, antioxidant, draining, stress and fatigue relief, hydration and soothing for your skin... *Not suitable for pregnant women.



TROPICAL SOFTNESS by Cassandra Guéret

Experience tropical softness on your skin! Indulge in this 100% natural treatment with scents of mango, papaya, and passion fruit, for soft, delicately perfumed skin with the flavors of the tropics... *Not suitable for pregnant women.



SPA AQUATIC ACCESS

	DURATION	EUR/PP
HOTEL GUESTS	--	FREE
EXTERNAL CLIENTS with treatment of 50min+	1h	FREE
EXTERNAL CLIENTS with treatment of 30min	1h	25€

DRESS-CODE

MEN / WOMEN / KIDS



WOMEN SWIMWEAR ALLOWED



MEN SWIMWEAR ALLOWED



ALL LONG HAIR MUST BE TIED BACK



SLIPPERS OR FLIP-FLOPS
ARE REQUIRED



RADISSON
Individuals.



SPA REGULATIONS

PAYMENT METHOD

AMEX, VISA, MasterCard, Cash *Payment for treatments and spa services is required in advance

LATE ARRIVAL / CHANGES OR CANCELLATIONS OF APPOINTMENTS

*A late arrival will not result in an extension of treatments or access to the spa

*Changes or cancellations to appointments must be made at least 72 hours in advance to avoid a fee of 100% of the total booking amount or losing the ability to reuse your gift voucher

PREGNANT WOMEN

*For a prenatal massage, a pregnancy of minimum 4 months+ is required, and it is mandatory to present a certificate from the obstetrician or midwife attesting that you are in good health to receive a prenatal massage

BODY AND FACE CARE

*Our services are non-medical and non-therapeutic

*SPA Relais Malmaison is reserved for adults aged 18+ for treatments, or for 16–17-year-old only when accompanied by a parent and during the treatment together in the same massage room

ACCESS AT THE SPA AQUATIC

***Flip-flops or slippers are required.** We sell them for €3 a pair

***Women's swimwear allowed:** 1-piece or 2-piece simple style

***Men's swimwear allowed:** simple swimsuit or swim shorts

***Children:** swimsuits required

***All long hair must be tied back** with an elastic band or clip, for hygiene reasons

***Bringing any type of food or drink is prohibited**

***External Clients:** Minimum age requirement: 18 years

***Hotel Guests:** There is no age limit for access to the spa aquatic, but the safety of children is always the responsibility of their parents

***The use of personal products and cosmetics** in the hammam, jacuzzi, sauna, and swimming pool is strictly prohibited

*Hammam, jacuzzi and sauna not recommended for pregnant women

***SPA ETIQUETTE:** We ask that you always maintain a relaxing and calm atmosphere and be respectful of others, so that all guests can enjoy complete relaxation in our spa

GENERAL HEALTH QUESTIONNAIRE

*Mandatory to be completed before any treatment on the first visit and every 3 months

OPENING HOURS

SPA AQUATIC

10AM – 7PM External clients
8AM – 8PM Hotel guests

TREATMENTS

Mondays & Tuesdays	11AM -7PM
Wednesdays - Saturdays	10AM -8PM
Sundays	10AM -6PM

CONTACTS

spa.relaismalmaison@radisson.com

01 47 32 55 67



@spa_relais_malmaison

RADISSON
Individuals.