

01.

THE SPA EVIAN® SOURCE, A PLACE THAT IS TIMELESS

SURROUNDED BY LAKE AND MOUNTAINS, THERE IS A HEAVENLY PLACE ENTIRELY DEVOTED TO THE WELL-BEING OF BODY AND MIND: THE SPA EVIAN® SOURCE. A PLACE WHERE EVERYTHING IS CONDUCTIVE TO REVITALISATION: THE HIGHLY PERSONALISED TREATMENTS PERFORMED BY THE FABULOUS HANDS OF OUR THERAPISTS, WHO IN ADDITION TO THEIR PROFESSIONAL EXPERTISE, GIVE ADDED SOUL TO EACH TREATMENT AND INDIVIDUAL ATTENTION TO EACH PERSON TO CREATE A UNIQUE AND BENEFICIAL CONNECTION. WITH 1,200 M² OF LUXURIOUS FACILITIES, OPEN VIEWS OF NATURE IN THE GROUNDS AND ON THE LAKE, THE SPA EVIAN® SOURCE OFFERS YOU THE MOST PAMPERING OF WELLNESS EXPERIENCES.



FACILITIES

- 22 treatments rooms
- "Aga Khan" relaxation lounge
- Hair salon
- Steam room, sauna and cold pool (7 a.m. - 10.30 p.m.)
- Indoor pool from 7 a.m. until midnight
- Outdoor swimming pool from 8 a.m. to 8 p.m.
- Outdoor hydro-circuit (7 a.m. - 10.30 p.m.)
- Aquagym pool
- Exercise studio, weight-training and cardio-training room

Open every day from 9 a.m. to 7.30 p.m.

SIGNATURE TREATMENTS

Biologique Recherche Signature Treatment

2h - 320 €

Our signature treatment is a tailored facial and body treatment that invites you to escape. It can be extended with our optional hair ritual (additional charge applies).

Products by Biologique Recherche contain a high concentration of botanical, marine and biological extracts and no artificial fragrances.

Sensorial journey using Altearah colours

2h - 270 €

Altearah treatments contribute to your emotional balance and well-being. By choosing your colour of the day you will be taken on a personalised journey towards beauty leaving your skin glowing and your body relaxed.

- Hydro-massage bath with coloured essences
- Combo face and body treatment
- *A unique combination of treatments to reconnect and harmonise*
- A colourful fruit longevity cocktail will be served in the Aga Khan lounge

Pampering and relaxation by Comfort Zone

2h - 270 €

An aromatic hydro-massage bath followed by a head-to-toe stress-relieving massage with an oxygenating, soothing and enveloping facial treatment.

- Aromatic, relaxing and soothing milk bath
- Tranquility Ritual: Deeply relaxing personalised face and body treatment
- A delicious tea will be served in the Aga Khan lounge



03.

BIOLOGIQUE RECHERCHE FACIAL & BODY TREATMENTS



FOR OVER 40 YEARS BIOLOGIQUE RECHERCHE HAS CREATED AND MANUFACTURED ITS PRODUCTS EXCLUSIVELY IN FRANCE. ITS UNIQUE SKIN CARE PRODUCTS AND TREATMENT PROTOCOLS ARE HIGHLY CONCENTRATED IN FRAGRANCE-FREE ACTIVE INGREDIENTS OF NATURAL OR BIOTECHNOLOGY ORIGIN. BIOLOGIQUE RECHERCHE'S METHODOLOGY IS BASED ON A VISIONARY SCIENTIFIC CONCEPT OF SKIN CARE TREATMENTS AND PRODUCTS THAT DELIVER ULTRA BESPOKE AND VISIBLE RESULTS.

Skin Instant® Lab

20 min - 50 €

A key tool in Biologique Recherche's methodology, this unique analysis, diagnosis and product/treatment prescription system consists of five probes: measuring hydration, trans-epidermal water loss, elasticity, pigmentation and sebum levels. The machine monitors changes in the Skin Instant® over time, providing dynamic assistance with the treatments advised. Linked into a computer equipped with an exclusive diagnosis and analysis software program developed by Biologique Recherche, the Skin Instant® Lab, recommends a selection of Biologique Recherche products and treatments that are personalised and adapted for each individual Skin Instant®.

Highly Personalised Facials

50 min - 165 € 1h20 - 245 €

A unique and personalised treatment adapted to your Skin Instant® by our expert beauticians.

Second skin and face remodeling treatment

1h20 - 350 €

A world first in professional skin care, this advanced regenerating and lifting treatment uses an 80% pharmaceutical-grade hyaluronic mask for skin instants showing signs of ageing. To complete this exceptional treatment, the remodeling face machine produces a more open eye, more defined cheekbones, less visible fine lines and a better defined face.

P50 New Skin Body Treatment

50 min - 140 €

Exfoliates and renews to leave your skin softer, even and hydrated.

Heavy legs treatment

50 min - 140 €

A treatment with a draining and decongesting action that stimulates the circulation and helps legs feel lighter.

Tailored Slimming or Firming Treatment

50 min - 140 € 75 min - 210 €

A tailor-made treatment for a slimmer or firmer figure.



04.

COMFORT ZONE FACIAL & BODY TREATMENTS

THE STRENGTH OF THIS BRAND LIES IN THE FACT THAT WE CONSIDER SKIN AS THE MIRROR OF OUR MENTAL WELL-BEING, PHYSICAL STATE AND THE DAILY CHOICES WE MAKE. SCIENCE-BASED CONSCIOUS FORMULAS WITH A HIGH PERCENTAGE OF INGREDIENTS OF NATURAL ORIGIN, EXTREMELY HIGH QUALITY NATURAL OILS AND BUTTER AND HIGH-TECH MOLECULES FOR VISIBLE RESULTS AND A UNIQUE SENSORY EXPERIENCE.

[**comfort zone**]

SKIN SCIENCE SOUL

FACIAL TREATMENTS

After analysing your skin's needs, our beauticians will prescribe a specific treatment to improve the quality of your skin: deep cleansing, antioxidant nourishment, intense hydration, soothing or anti-ageing.

Vitamin C radiance boost / Skin Regimen	25 min - 70 €
Personalised treatment	50 min - 130 € 80 min - 180 €
Expert facial for men	50 min - 130 €

Nourishing, firming body wrap 50 min - 130 €

A repair treatment after exposure to sun or extreme cold. The perfect anti-ageing body treatment that firms and tones skin. Ideal for expectant mothers.



05.

LPG FACIAL & BODY TREATMENTS

FACIAL TREATMENTS

Cellular regeneration lifting treatment 75 min - 185 €

A full facial with skin peeling and collagen mask - drains toxins, brightens the complexion and smooths wrinkles.

Specific eye and lip contouring treatment 45 min - 120 €

An ideal treatment for targeting dark circles, bags and wrinkles around the eyes, for a younger wide-eyed look.

BODY TREATMENTS

**Package of 6 sessions, includes body wear,
food supplements and cream** 600 €

Slimming & firming package - Slimming & detox package -
Slimming & lipo-reducing package - Anti-cellulite package

Single session including assessment & bodywear 45 min - 120 €



06.

ALTEARAH COLOURS BODY TREATMENTS

THE ALTEARAH BRAND OF NATURAL, ORGANIC SKIN CARE IS COMMITTED TO RESPECTING MANKIND AND THE ENVIRONMENT. THE RANGE OF BODY AND FACE TREATMENTS EXTENDS BEYOND THE AESTHETIC ASPECT BY PROVIDING EMOTIONAL AND PHYSICAL WELL-BEING.

DISCOVER WHICH IS YOUR COLOUR OF THE DAY. EXFOLIATION, ENERGY REFILL, REMINERALISATION.



Himalayan salt body scrub 20 min - 80 € 45 min - 130 €
For silky, smooth and hydrated skin.

Detox body scrub and wrap 50 min - 130 €
Cleanse and recharge to rid the body of emotional and mental toxins.

Himalayan salt body scrub and massage 75 min - 195 €
Leave your daily worries behind with a harmonious olfactive blend of exfoliation and massage.

Reconnection time 20 min - 85 €
A unique treatment combining several energy techniques for an immediate sensation of well being.



07.

“DISTANT SHORES” MASSAGES

Thai massage 50 min - 140 € 75 min - 190 €

Experience an incredible feeling of well-being from the alternating pressure and stretching movements within this age-old art (performed on the floor, clothing provided).

Korean relaxation 75 min - 190 €

Gentle vibratory movements will help you loosen and release emotional knots and tension in this relaxation method (performed on the floor, clothing provided).

Shiatsu 20 min - 85 € 50 min - 140 € 75 min - 190 €

A Japanese technique that applies pressure along the meridians to rebalance energies and maintain a state of intense well-being (performed on the floor, clothing provided).

Abhyanga massage 75 min - 190 €

Originating from Ayurvedic tradition, this massage combines stimulating and deep-reaching techniques which improve circulation and muscle tone.

Shirodhara 45 min - 150 €

A flow of warm oil runs down your forehead and into your hair to help you free yourself from stress and insomnia, followed by a deeply relaxing head and face massage.



MASSAGES

Personalised massage 20 min - 85 € 50 min - 140 € 75 min* - 185 €

This massage is adapted to your needs to release tension.

Hot stone massage 75 min - 185 €

Release deep-set tension with the heat from these volcanic stones.

Crystal therapy massage 75 min - 185 €

A long, enveloping massage which finishes with crystals placed on the chakras for peace of mind and restfulness.

Himalayan Salt Pouch Massage 75 min - 195 €

This massage uses heated salt pouches to revitalise and relax.

Massage for mothers-to-be 50 min - 140 €

This massage is specifically adapted to bring comfort and well-being to mothers-to-be.

Child's massage 20 min - 75 € 40 min - 115 €

A gentle, relaxing introduction to massage.

Specific face and head massage 45 min - 130 €

A deeply relaxing head massage combined with Japanese inspired techniques for a healthy glow.

Foot reflexology 45 min - 130 €

Precise pressure applied to the reflex zones of your feet will help your whole body relax and rebalance.

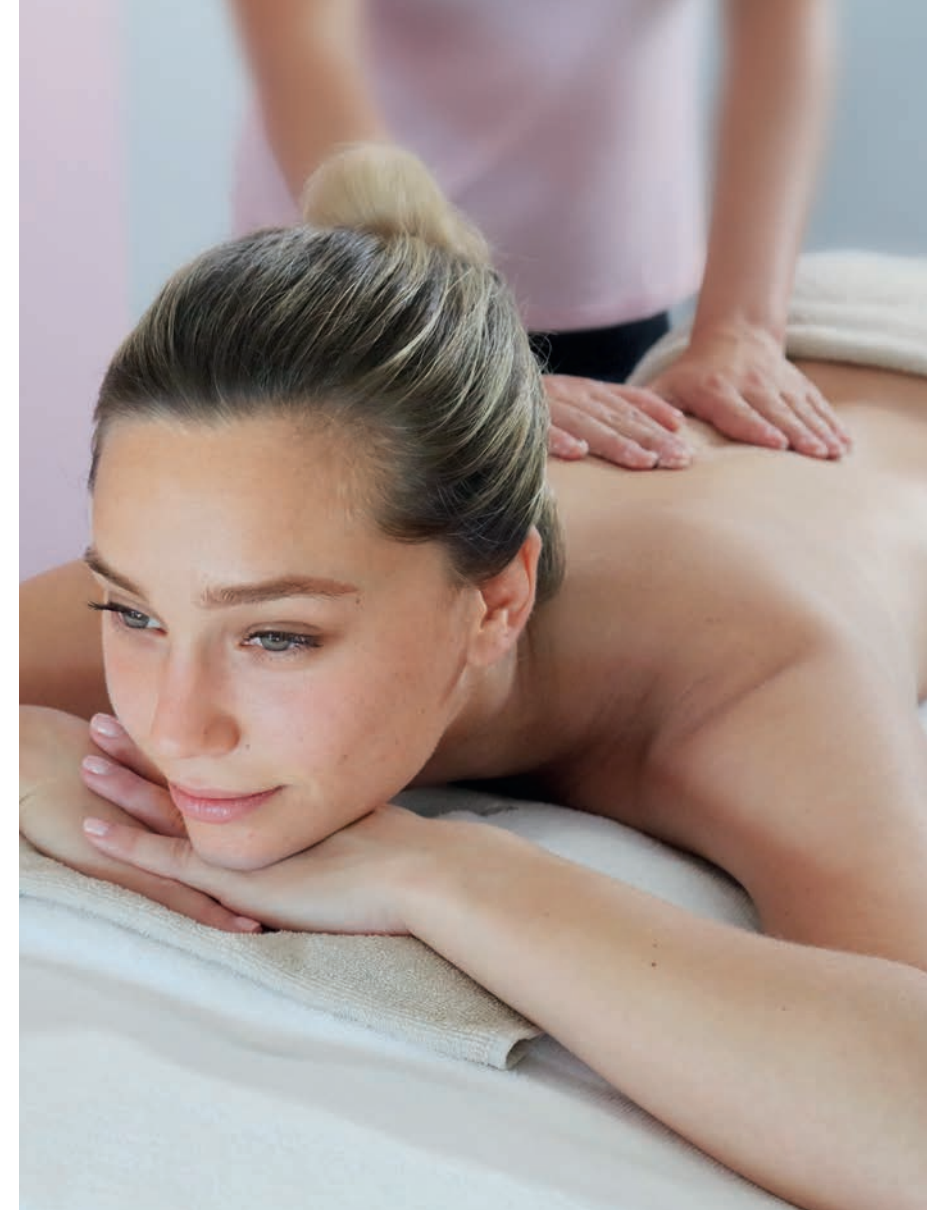
Energising stomach massage 20 min - 85 €

The alternating light and deep pressure in this massage will revive and rebalance your vital and emotional systems.

Manual lymphatic drainage 50 min - 140 €

A boost for the physiological activity of the lymphatic system by gently eliminating toxins.

* Optional: a skin-brightening or collagen mask (35€)



09.

THE WONDERS OF WATER

Hydromassage chromotherapy bath

20 min - 60 €

This massage performed by 180 jets of water will provide you with a wonderful purifying moment of relaxation.

Jet shower

15 min - 60 €

A powerful jet of water provides a deep muscle massage that boosts overall energy levels.



RITUALS

3 Day Slimming Ritual	880 €
1 Fitness assessment with impedance measurement	
1 Biologique Recherche P50 body scrub	
3 Biologique Recherche personalised slimming or firming treatments or 3 LPG Sessions	
2 Hydromassage baths or jet showers	
3 Personal training/aquabike or electro-stimulation sessions	
1 Energising stomach massage	
5 Day Slimming Ritual	1 200 €
1 Fitness assessment with impedance measurement	
3 LPG sessions	
1 Biologique Recherche P50 Body scrub	
2 Biologique Recherche personalised slimming or firming treatments	
3 Hydromassage baths or jet showers	
5 Personal training/aquabike or electro-stimulation sessions	
1 Energising stomach massage	
7 Day Slimming Ritual	1 750 €
1 Fitness assessment with impedance measurement	
1 Biologique Recherche P50 body scrub	
4 LPG sessions	
4 Biologique Recherche personalised slimming or firming treatments	
4 Hydromassage baths or jet showers	
7 Personal training/aquabike or electro-stimulation sessions	
2 Energising stomach massages	
2 Day Detox Ritual	560 €
1 Himalayan salt body scrub	
1 Lymphatic drainage	
1 Slimming, detox wrap	
1 Hydromassage detox bath	
1 Altearah massage (50 min)	
1 Aquabike session	



3 Day Biologique Recherche Ritual

555 €

Day 1 - Skin Instant Lab and personalised facial 50 min
Day 2 - New skin scrub - Hair treatment and styling
Day 3 - Personalised facial 80 min

5 Day Altearah Detox Ritual

980 €

Cleansing and deep re-energising to remove toxins from your body, emotions and mindset.
Day 1 - Breathing - Body scrub & emerald wrap (75 min)
Day 2 - Energy - Bath and purple massage (75 min)
Day 3 - Cleansing - White pouch treatment (75 min)
Day 4 - Creativity - Bath and orange massage (75 min)
Day 5 - Serenity - Turquoise face and body massage (75 min)

4 Day Re-energy Ritual

1 050 €

1 Detox scrub and body wrap
1 Facial (80 min)
2 "Distant shores" massages (75 min)
2 Personalised massages
2 Energising hydromassage baths
2 Jet showers

4 Day Pampering Programme

1 050 €

1 Himalayan salt body scrub and Altearah massage (75 min)
1 Facial (80 min)
1 Tranquillity treatment
1 Manicure with nail polish application
1 Footcare treatment with nail polish application
1 Hair treatment with shampoo, conditioner, massage and styling
1 Crystal Therapy massage
1 Relaxing hydromassage bath

Two of a Kind Ritual

380 €

Hydromassage bath
Personalised massage in our couples' room



11.

THE ESSENTIALS

Hand & Foot Care

Hand or foot care (filing and clear polish)	25 min - 55 €
Full manicure (nail treatment, cuticles, exfoliation and massage)	50 min - 85 €
Foot care (nail treatment, exfoliation and massage)	75 min - 120 €

Application of nail polish	
- traditional	20 €
- semi-permanent	40 €

Semi-permanent polish removal	30 €
(complimentary with full manicure or foot treatment with nail polish application)	

Hair Removal

Eyebrows, upper lip or chin	35 €
Bikini line, Brazilian or Hollywood	50 € / 60 € / 70 €
Under arms	45 €
Arms	55 €
Half legs	50 €
Full legs	65 €
Back or chest	80 €

Make-up

Personalised make-up session	45 min - 100 €
Eyelashes or eyebrow tint	35 €



KÉRASTASE AND BIOLOGIQUE RECHERCHE HAIR SALON

Women

Shampoo, conditioner, massage and styling	55 € - 85 €
Shampoo, conditioner, massage, cut and styling	85 € - 115 €
Chignon bun	70 € - 130 €
Hair colouring	50 € - 70 €
Highlights/lowlights	60 € - 80 €
Coloured hair treatment, restores brightness	25 €

Men

Wash and cut	37 €
Beard trim	15 €

Child

Child's haircut (up to 5 years old)	20 €
Child's haircut (6 to 14 years old)	25 €

Wedding Hair Package (trial included) 250 €

Kérastase Ritual hair (treatment, no styling) 40 €

+ 25% for in-room services

+ 50% for services outside of salon hours

RITUALS BY BIOLOGIQUE RECHERCHE

Oxygenating and Fortifying Treatment 60 min - 90 €

A treatment to oxygenate and fortify your hair.

Sebum Regulating Treatment 60 min - 90 €

A treatment to gently cleanse and purify your hair which reduces and regulates sebum production.

Balancing Dandruff Treatment 60 min - 90 €

A balancing treatment that gently removes dry or oily dandruff.



13.

SPORTS ACTIVITIES

Coaching

Personal training in TRX/kinesis, resistance bands, swissball, pilates and pre-natal pilates

Individual personal training session
30 min - 70 €
45 min - 90 €
60 min - 105 €

Personal training for 2 people
60 min - 90 €*

Electrostimulation
45 min - 90 €
Health assessment with impedance measurement
50 €
Fitness assessment with impedance measurement
70 €
Thai stretching
45 min - 90 €

Water fitness

Aquagym or Aquabike
30 min - 70 €
45 min - 90 €

Swimming lessons

Water familiarisation for children 3 to 5 years old
30 min - 55 €
Swimming lesson for two children
30 min - 50 €**
Private swimming lesson
30 min - 55 €
45 min - 70 €

Yoga

Individual yoga session
60 min - 150 €
Yoga session for 2 people
60 min - 105 €*

* per person / ** per child



14.

YOGA SEASONS EXPERIENCE

PUT TOGETHER BY OUR SPA THERAPISTS,
EXPERTS IN HARNESSING ENERGY FLOWS
OUR CHEFS, IN COLLABORATION WITH YOGA
INSTRUCTORS, THIS SHORT STAY COMBINES
TRADITIONAL CHINESE MEDICINE AND YOGA
TO RECONNECT YOU WITH YOUR TRUE INNER
NATURE THROUGHOUT THE SEASONS.
TWO DAYS TO TAKE THE TIME TO FIND
YOURSELF AND TO JUST "BE".
YOGA SESSIONS, SPA THERAPIES,
VEGETARIAN CUISINE, MINDFULNESS WALKS...
EVERYTHING HAS BEEN STUDIED DOWN
TO THE LAST DETAIL TO BE AT ONE
WITH THE RHYTHM OF THE SOLSTICES
AND EQUINOXES.

"REJUVENATE" in winter:

The winter element is water and the key organs are the kidneys and the bladder. The kidney's energy regulates our bones, teeth and hair and is linked to fear and anxiety when it is weak and to courage and willpower when it is strong. Boosting this energy is a way to regain mental and emotional balance.

YOUR TREATMENTS: Hot stone massage 75 min/ Nourishing and firming body treatment 50 min/ Intense hair ritual/ Skin Regimen face treatment 20 min

Spa treatments & yoga package: 896 €*

"REBIRTH" in spring:

Wood is the symbol of spring and the governing organs are the liver and gall bladder. Bringing the energy of the gall bladder, often agitated during this season, into harmony with the liver's energy relieves muscle pain and reduces springtime irritability.

YOUR TREATMENTS: 'Orange' body scrub and wrap 45 min/'Orange & purple' aromatherapy massage 50 min/ Energy massage 50 min/ Personalised Comfort Zone facial 50 min.

Spa treatments & yoga package: 896 €*

"RADIATE" in summer:

Fire is the element which rules summer and the 'fire' organs are the heart and the small intestine. By uniting the energies from these two organs, physical tension is released in the neck and shoulders which will improve 'joie de vivre' and the sense of freedom.

YOUR TREATMENTS: 'Emerald' hydro-massage bath with Himalayan salts 20 min/ Foot reflexology 45 min/ 'Emerald and green' 'Combo' face and body treatment 75 min/ Energy massage 50 min

Spa treatments & yoga package: 896 €*

"RECONNECT" in autumn:

Metal is the element associated with autumn with the dominant organs being the lungs and large intestine. During this season, massaging and nourishing the skin creates a tranquil feeling of happiness to counterbalance the sadness often associated with autumn.

YOUR TREATMENTS: 'White' Himalayan salt body scrub and wrap 45 min/ Energy massage 50 min/ Lymphatic drainage 50 min/ Personalised Comfort Zone facial 50 min

Spa treatments & yoga package: 896 €*

* Meals and accommodation not included



15.

MOTHER AND BABY PROGRAMME

DESIGNED SPECIFICALLY FOR NEW MOTHERS AND THEIR BABY, THE MOTHER AND BABY PROGRAMME AT THE HÔTEL ROYAL PROVIDES TIME-OUT FOR WELL-BEING AND BONDING AND TO GENTLY RECOVER AFTER BABY'S ARRIVAL. ALONE WITH BABY OR ACCOMPANIED BY A PARTNER OR SOMEONE CLOSE TO YOU, WE HAVE PUT TOGETHER A SPECIFIC PROGRAMME FOR AN ENRICHING EXPERIENCE AWAY FROM EXTERNAL PRESSURES.

MOTHER AND BABY PROGRAMME

3 days - 1,450 € (accommodation not included)

CHILDCARE

To get the most out of his/her treatments and activities, baby must be aged between 4 and 10 months old (proof of date of birth is required - passport or identity card). While mother enjoys her treatments with total peace of mind, baby is pampered at the Baby Resort where he/she is looked after every afternoon by childcare professionals.

LUNCHTIME

Baby can have lunch at the Baby Resort (no extra charge).

COMPULSORY VACCINATIONS

2 Diphtheria, Tetanus and Polio injections. Presentation of the official family medical book and a medical certificate authorizing the child to participate in collective childcare is required (to be given to the Baby Resort).

9.30 A.M -FOR MOTHER AND BABY EACH MORNING

"Baby massage" workshop - 30 min

"Aqua baby" workshop - 30 min

2 P.M TREATMENTS FOR MOTHER

Day 1 Stretching, aqua gym or Pilates - 45 min and a personalised massage 50 min.

Day 2 Tranquility face and body ritual 2 hours.

Day 3 Manicure and foot care with nail polish application soothing Scalp treatment with wash & blow dry.

PROGRAMME FOR ACCOMPANYNG PERSONS

3-day price 340 € (accommodation not included)

A choice of 3 different treatments (1 treatment per day).

Energy massage 50 min - Personalised massage 50 min - Foot reflexology 45 min - Facial treatment 50 min - Himalayan salt body scrub 45 min.



16.

FOR YOUR COMFORT

What to wear for treatments

To get the most out of your spa experience, we advise you to come to the spa reception 5 to 10 minutes prior to the start of your treatment. We also suggest that you use the private spa lift wearing the robe provided in your room with your underwear or swimming costume. For some treatments, you will be provided with the appropriate attire. We remind you that swimming costumes are compulsory for use of pools, sauna and steam room.

Your comfort

We ask that clients put their electronic devices in standby mode. The waiting area outside the spa allows you to deal with urgent calls if required. Please note that smoking and the consumption of alcoholic beverages is forbidden within the spa. Glass containers are not allowed for safety reasons.

Health

On your arrival, you will be asked to complete a health questionnaire. Our spa is a not a medical centre and we ask you to provide details of your general fitness and any restrictions due to medical conditions. Our massages are well-being treatments and are non-therapeutic.

Changing room

Changing rooms are available for your use where you can leave your personal belongings during your activities. However, the spa evian® source can under no circumstances be held liable in the event of loss or theft of your valuables.

Children and teenagers

We have created a specific spa menu suitable for children. The spa does not apply age restrictions. Priority is given to adults for use of the indoor pool between midday and 4 p.m. Children are admitted subject to respecting the tranquillity of the area. The swimming pool at the Kid's Resort is also available for children's use. Our younger guests may use the hydro-circuit after 4 p.m. Children under the age of 14 are not allowed to use the sauna and steam room facilities.

Environment

Out of respect for the environment, we ask you to use one bath towel per person.

Cancellation policy

Please inform us of any amendments to or the cancellation of your booking 24 hours in advance. You will be charged in full for treatments that have not been cancelled within this time or if you do not come to the appointment. The hotel management reserves the right to change its programmes and treatments without prior notice.

