

FACIAL TREATMENTS

PHYTO-AROMATIC

HYDRATING & PURIFYING 60 MIN 100€

A profound facial cleansing that combines the ultra purifying and relaxing effects of the Anne Semonin serums, reenforcing the brightness and the natural protection of the skin.

MADE TO MEASURE 60 MIN 125€

Designed to be tailor-made for your individual skin needs through blended active serums, masks and aromatic intensive complexes.

Balancing . Moisturizing . Firming . Soothing

ULTRA FIRMING 65 MIN 130€

Designed to tonify the facial contours.

CRYO-TIME FREEZE 75 MIN 145€

Mitigate the signs of ageing with cryotherapy. The active serum will reinforce cellular regeneration in your skin and the neurocosmetic technique will stimulate the release of B endorphins and boost your sense of well-being.

PRECIOUS PEARL ULTRA LIFT 90 MIN 195€

Anti-age, Regenerate, Radiance. With its mind-bending mix of cryotherapy, advanced ingredients rich in amino acids, drainage and lifting techniques, this facial will combat signs of aging in a way that will make you walk out with your best face ever.

COMBINED FACIAL & BODY

HEAVENLY STRESS-BUSTER 120 MIN 220€

A relaxing back therapy melts away stored tension while tired feet and legs are massaged and made to tingle. Combined with a cryotherapy facial, the treatment will result in a body and mind renewal and you feeling utterly relaxed.

WELL BEING 140 MIN 230€

Combine a body exfoliation *Revitalising and Antioxidant* treatment with a classic massage, finishing with a profound facial cleansing.

Includes a relaxation hydro massage.

BODY TREATMENTS

PHYTO-AROMATIC

FLOATING THERMO SPA 20 MIN 55€

Provides a sense of weightlessness and relaxation.

DE-STRESSING SALT FUSION 45 MIN 95€

Soothing treatment with the application of a warm body oil of choice and is followed by a lathering of exfoliating aromatic salts. After your silken body is wrapped, and scalp treated to a botanical hair mask to restore calm to your busy mind.

ANTI-STRESS WITH MINERAL MUD 50 MIN 105€

The natural comfort of the mineral mud's warmth relieves nervous and muscle tension.

REVITALISING AND ANTIOXIDANT "LE VINTAGE" 60 MIN 110€

Magnificently exfoliating and nourishing, with a grape seed dust exfoliator.

REAFFIRMING SPIRULINA WRAP 70 MIN 140€

Combines *Spirulina* (microalgae) with the richness of plants complexes, to enhance skin tone and drain rebel areas.

MASSAGES

CLASSIC RELAXATION

Stimulates blood circulation and wellness. 50 MIN 110€
70 MIN 130€

Back, neck and shoulder. 25 MIN 80€

SPORT 50 MIN 125€

Intense and deep, strengthens and tones the muscles in preparation for sporting activity or promotes relaxation after the activities.

Also available with 70 minutes - 150€

LOCALISED 40 MIN 90€

Ideal for the treatment and relaxation of specific points of acute pain and muscle strains.

AROMA ENERGIZER 60 MIN 120€

Using an uplifting body oil rich in ginger and vitamin E, massage which focus on knuckle and thumb pressure. The most energizing treatment.

VITAL DETOX 60 MIN 120€

The ultimate massage to renew, refresh and detoxify. Performed with lemongrass and peppermint massage oil. Lymphatic techniques to release toxins, stimulate circulation and refresh.

ANTI-CELULITE AND DRAINING 35 MIN 80€

Stimulates the blood circulation with specific anti-celulite benefits.

REFLEXOLOGY 50 MIN 110€

The application of pressure to specific points on the feet helps regain the natural balance of the body.

AYURVEDA 60 MIN 120€

Ancient technique to restore physical and mental balance. Deeply relaxing.

BALINESE 50 MIN 110€

Deep tissue massage that stimulates blood circulation, improves energy flow and relieves tension.

HOT STONE 75 MIN 130€

Hot stones of volcanic origin provide a feeling of great relaxation.

PREGNANCY MASSAGE 50 MIN 110€

Reduce swelling and relieve muscle, joint and nerve aches, and improves cardiovascular health.

FOOT MASSAGE 25 MIN 75€

Relaxing foot massage with gentle and deep movements.

HYDRO MASSAGE

SIMPLE 20 MIN 50€

Combines the effects of a relaxing hydro massage with chromotherapy.

MER DU SUL 25 MIN 65€

Soothing and moisturising, ideal for skin exposed to the sun.

OPEN DAILY FROM 10 AM TO 7 PM

RESERVATIONS

To help choose your treatment or massage, please contact our reception directly or through the extension 7000. Our therapists will be delighted to prepare a treatment program specially adapted to your needs.

We kindly request that you make your bookings 24 hours in advance

ARRIVAL AT THE SPA

We recommend arriving at the spa 10 minutes before the scheduled time for your treatment. Late arrivals may limit the duration of your wellness experience.

CANCELATION POLICY

Should you need to cancel or reschedule a booking, at least a 4 hour advance notice is required. No shows or late cancellations are charged in full.

ETIQUETTE

As we wish to create a space of tranquility and calm, please avoid using your mobile phone or other electronic equipments, in the spa, in respect for fellow guests.

TURKISH BATH AND SAUNA

Please pre-book 45 minutes in advance.

(+351) 289 350 590

SPA@QUINTADOLAGOHOTEL.COM

WWW.HOTELQUINTADOLAGO.COM



HOTEL QUINTA DO LAGO

LEADING
HOTELS®

Spa
HOTEL QUINTA DO LAGO

ANNE SEMONIN
PARIS