

## Body Treatments

### Body Exfoliations

The perfect introduction to our body wraps

#### *Our Signature Exfoliations...*

##### **Elixir Ice Cider Exfoliation**

*50 minutes*

This treatment begins with an exquisite body exfoliation to get rid of all dead cells. A light modelage follows, to moisturize, nourish and firm the skin. This exfoliation will lavish your senses with its wonderful smell and its synergy between marine minerals and polyphenols.

##### **3-Tea Exfoliation**

*50 minutes*

Throughout this exfoliation, your dead skin cells will be eliminated with the help of a special blend of black, green and white tea leaves, sea salt and precious oil. A modelage concludes this unique treatment.

##### **Water Flower Polishing Scrub**

*50 minutes*

This scrub gently smoothes the skin's texture without drying it. The hydrating virtues of bamboo, lotus and water lily will make your skin regain its softness and glow. A hydrating mist that will wrap your skin in a water flower fragrance is then applied.

#### *The Essentials...*

##### **Marine Body Scrub**

*50 minutes*

A special scrub that is rolled onto your skin, eliminating all traces of dead skin cells and impurities, while stimulating blood circulation. It will restore your skin's brightness and purity. At the end of the treatment, a body milk containing sea cabbage, avocado oil and vitamin E, will leave your skin simply delightful. To maximize the results, combine it with the Algae Body Wrap.

### **Citrus Crystals Exfoliation**

*50 minutes*

The stimulating effects of exfoliation, combined with citrus crystals, will energize both your body and mind. Overflowing with vitamins, your skin will be dazzling and soft to the touch. A succulent olfactory moment!

## **Body Wraps**

*All our body wraps include a head massage...*

*a wonderful, relaxing moment!*

*Our Signature Body Wraps...*

### **Elixir Ice Cider Body Wrap**

*50 minutes*

An all-over application of a warm gel mask brings a strong concentration of nutrients, vitamins and minerals. An incredible anti-aging infusion for healthy, revitalized and balanced skin. To maximise the benefits of the body wrap, our Signature Elixir Ice Cider Exfoliation is recommended.

### **3-Tea Body Wrap**

*50 minutes*

Just like a warm and comfortable cocoon, you will be wrapped in a 3-tea cream mask with detoxifying, toning and antioxidant properties. A modelage concludes this unique treatment.

### **Water Garden Body Wrap**

*50 minutes*

Take your body on a hydrating and comforting journey through Asia, with bamboo, water-lily and lotus extracts. An absolute hydrating experience, this aquatic-plant cocktail calms and softens the skin for total well-being. This body wrap is gentle enough for expecting mothers, as well as for people who are sensitive to essential oils.

*The Essential...*

**Algae Body Wrap**

*50 minutes*

An actual infusion of vitamins and proteins, this treatment is rich in trace elements and mineral salts, both necessary to the body's balance.

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**Specialised Body Treatments**

**Back Therapy Treatment**

*50 minutes*

A treatment that relieves back tensions and is both remineralizing and anti-inflammatory. The application of a pain-relieving thermal poultice is particularly appreciated and efficient with people suffering from sciatica. This treatment ends with a back massage to promote total muscle relaxation.

**Legs and Feet Delight**

*50 minutes*

A soulful moment to give your tired feet and legs a break. A moisturizing, nourishing and relaxing treatment, perfect for people constantly working in a stationary position, whether standing or sitting, after a sports activity or shopping. One more step towards well-being.

**Revitalizing Leg Break**

*20 minutes*

This treatment relieves tired legs and helps reduce swelling due to water retention. The legs are inserted into long boots that inflate successively from bottom to top in order to create a draining effect, which stimulates blood and lymphatic circulation. Accompanies all other treatments perfectly.

## Aesthetics Treatments

Amerispa offers you professional, high-end beauty treatments. We take special care in choosing our products and treatment rituals in order for you to experience total well-being and exceptional sensory experiences.

### Darphin

#### Beauty Care Treatments

*The ultimate French beauty: our Haute Couture treatments*

#### **Pearl and Camellia Radiance Facial**

*80 minutes*

*“Forever young” ritual*

This treatment features dermabrasion plus a global age defying and glow-boosting concentrate mask that smoothes, firms and densifies skin.

#### **Total Wellness**

*80 minutes*

*Customize your treatment*

This treatment is personalized according to your skin type. The high performance products used during this treatment combine aromas and plants, innovative formulas and delightful textures. This beauty treatment includes a specific eye contour treatment as well as a hand and foot massage.

#### **Essential Facial**

*50 minutes*

*Serenity-beauty break*

A treatment personalized according to your skin type, sure to bring all the sought-after benefits such as moisturizing, purifying, brightening and toning. This treatment has the 4 essential steps to beautiful skin: clean, clear, balanced and youthful. This treatment also includes a specific eye contour treatment as well as a hand and foot massage.

**Radiant Facial***25 minutes**Luminous beauty*

An actual express radiant treatment. A fast beauty fix for a glowing complexion. This treatment will restore the skin's radiance whether it be before a night out, an unexpected cocktail, a happy-hour among friends, or simply to enjoy a relaxing moment.

**Sothys Beauty Care Treatments**

The Escape package, highly efficient treatments for ultimate well-being and relaxation.

**Intensive Treatments***80 minutes*

Hydrooptimale intensive care: high performance moisturizing...

A pure moment of pleasure for the senses that alternates Digi-Esthétique® with luxurious and sensorial applications.

**Fundamental cares***50 minutes*

Prepare, preserve, restore: The indispensable basis for finding and keeping a beautiful skin.

**Seasonal cares***50 minutes*

A collection of limited edition seasonal cares that combine cocktails of plant active substances, gourmand fragrances and a cocooning spirit.

## France Laure Beauty Care Treatments

*Perfect combination of innovative technical treatments  
and classic formulas*

### **Active Anti-Aging Facial**

*80 minutes*

*Youthful treatment*

This treatment, with its highly performing agents, reduces the appearance of fine lines and wrinkles. Vitamin C oxygenates and regenerates while keeping your skin's healthy glow. The treatment includes a hand massage and ends with the application of a collagen mask, a true anti-wrinkle treatment.

### **Classic Facial**

*50 minutes*

*Purifying treatment*

Purifies, moisturizes and regenerates the epidermis, restoring the appearance of vitality and health to the skin. A face, shoulder and hand massage promises a unique relaxing moment. The methods and products used during the treatment vary according to your skin type.

### **Eye Rejuvenating Radiance**

A fusion of collagen and vitamin C are combined with specific massage techniques to prevent signs of aging, the appearance of dark circles and puffiness around the eyes. The properties of the collagen pads are diffused and contribute to the rejuvenation process. This treatment may be added to any of our France Laure treatments.

## Phytocéane Beauty Care Treatments

For a pure, natural and eternal beauty, plunge into the heart of turquoise seas  
with Phytocéane

### **Ocearepair**

*80 minutes*

*Exceptional treatment to increase skin density*

This treatment restores elasticity and vitality to aging skin. The application of a thermoactive mask with hot/cold effect, which stimulates micro-circulation and boosts the performance of anti-aging agents, provides an immediate smoothing effect. Perfectly regenerating, this treatment will help the epidermis fight effectively against time. The hand massage will accentuate your relaxation.

### **Hydracea-Oceapure-Calmocea**

*50 minutes*

*The sea's well-being on your skin*

Names reminiscent of a cascade of ultra-hydrating marine ingredients. Whatever you need, we have specialized treatments and products for you. Radiance and results guaranteed! The Oceathermie method and the hand massage provide rest and relaxation during the whole treatment.

### **Ocea Contour**

*Specific eye treatment*

An actual eye makeover. Reduces puffiness and the appearance of dark circles around the eyes. Smooths the eye contour area and diminishes eyestrain. This treatment may be added to any of our Phytocéane treatments.

## Massage Treatments

Within a luxurious and elegant atmosphere, Amerispa offers massages that will fulfil all your expectations. Render your well-being and leave your stress in the hands of our professional and skilled therapists. All our massages may be tailored according to your specific needs and to their sought-after benefits.

Let time stand still...

*Our Signature Massages...*

*80 minutes*

### **The Amerispa Massage**

Flowing, stimulating and careful movements provide a deep connection with oneself, as well as great relaxation. Live a precious moment of great satisfaction with this massage. Let yourself be carried away by the music, the fragrances and the shimmering radiance, for a true sense of pleasure. A holistic experience, bound to lead you to a state of balance and harmony. An invitation to fully live the present moment. A massage specially designed by our creative team, while respecting the Amerispa know-how.

### **Elixir Ice Cider Massage**

*50, 80 or 110 minutes*

*Render to the forbidden fruit*

A relaxation massage, providing all the benefits that ice cider has to offer. Incredible infusion of vitamins and minerals. Complete this treatment with our Signature Elixir Ice Cider Body Wrap.

### **Bamboo Extract Massage**

*50, 80 or 110 minutes*

*Guaranteed well-being and serenity*

Taste the intense pleasure of a traditional massage combining recognized techniques with the effectiveness of bamboo, lotus and water-lily extracts.

**Remineralizing Clay Massage***50, 80 or 110 minutes**Calming and beneficial*

A relaxing and revitalizing massage, which stimulates circulation while transmitting all the properties of clay and its minerals to the body. A calming and moisturizing effect, all at once!

**Warm Aromatic Oil Massage***50, 80 or 110 minutes**A cocktail for the senses*

A relaxation massage intensified by adding essential oils that correspond to specific needs (relaxing, muscular tension, or revitalizing). The aromatic properties of blended flowers associated with massage therapy highly contribute to well-being.

*The Essentials....***Warm and Cold Basalt Stone Massage***100 minutes**A joyful experience*

A massage given according to an ancestral ritual. The therapist will practice a particular method, using warm stones for deep muscle relaxation, and cold stones to reduce inflammation. These movements are combined with a warm and sumptuous massage oil.

**Rain Massage***50 minutes**The ultimate experience*

A warm and captivating shower massage, promoting muscle relaxation while improving both the blood and lymphatic circulations.

**Warm Pebble Massage***50 minutes**A unique relaxation moment*

Immerse in a profound state of relaxation. This massage will provide deep muscle relaxation. Warm stones that gently caress your skin from head to toe accompany the manoeuvres of this massage.

**Tandem Massage**

*50, 80 or 110 minutes*

*Twice as good*

With the exception of the Rain Massage and the 4-Hand Massage, all other massages may be performed in pairs, in a room provided for this purpose. You may enjoy this exceptional relaxation moment with someone special. It is also a nice way to initiate your child to the benefits of massage therapy.

**4-Hand Massage**

*50, 80 or 110 minutes*

*Dual well-being*

A massage that doubles the effects of rest and relaxation. The rhythmic movements and synergy of the two therapists will bring you an exceptional moment of well-being.

**Relaxation Massage**

*50 or 80 or 110 minutes*

*Calm and relaxing*

A relaxing massage providing total relaxation of your body and soul.

**Feet Massage**

*25 or 50 minutes*

*Definite relaxation*

A violet clay massage that starts at the tip of the foot and goes all the way to the knee. Ideal for people suffering from foot pain, and those with insufficient circulation with swelling and heavy leg syndrome.

*The Specialised....*

**Therapeutic Massage**

*50, 80 or 110 minutes*

### *Tailored massage*

A massage tailored to you specific needs. It will provide a tangible improvement to your physical tension problems due to stress and today's hectic lifestyle.

### **Sport Massage**

*50 or 80 minutes*

#### *For active bodies*

Necessary for all athletes, before or after practicing their favourite sport! Before physical effort, a preparatory component, to warm-up the muscles in order to prevent possible musculoskeletal injuries, due to sudden movements, and after physical effort, a recuperating component, with manoeuvres that allow the draining of toxins which often bring about muscle soreness the day after.

### **Deep Tissue Massage**

*50 or 80 minutes*

#### *Deep and stimulating*

A deep, penetrating massage that releases tensions and muscle pain that often limit body movements. Draining and stimulating, it will be of great relief for people suffering from chronic muscle pain.

### **Mother-to-be Massage**

*50 minutes*

#### *A bonding moment*

A massage specifically designed in an all-comfort environment for expecting mothers. It encourages relaxation while reducing tensions, which often accompany pregnancies. The use of neutral oil (no essential oil) is beneficial for back, spinal and leg pains.

### **Stretching Massage**

*50 or 80 minutes*

#### *Dynamic and toning*

A toning massage, encouraging muscle and joint stretching, in order to release the body of its tensions, hence, regaining greater freedom of movement.

## **Lymph-Drainage Massage**

*50 or 80 minutes*

*Purifying and stimulating*

Light, slow and fluid movements that activate the immune system, eliminate toxins and reduce water retention in the legs, arms and face. This massage will help people suffering from oedema, headaches and fatigue.

## **For You Gentlemen**

Customized treatments to fit your needs and requirements in terms of well-being, relaxation and comfort. Here are some propositions that you are sure to enjoy....

## **Warm and Cold Basalt Stone Massage**

*100 minutes*

*Ideal for aching muscles*

A massage given according to an ancestral ritual. The therapist will practice a particular method, using warm stones for deep muscle relaxation, and cold stones to reduce inflammation. These movements are combined with a warm massage oil.

## **Stretching Massage**

*50 or 80 minutes*

*Dynamic and toning*

A toning massage, encouraging muscle and joint stretching, in order to release the body of its tensions, hence, regaining greater freedom of movement.

## **Therapeutic Massage**

*50, 80 or 110 minutes*

*Tailored massage*

A massage tailored to your specific needs. It will provide a tangible improvement to your physical tension problems due to stress and today's hectic lifestyle.

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### **Back Therapy Treatment**

*50 minutes*

A treatment that relieves back tensions and is both remineralizing and anti-inflammatory. The application of a pain-relieving thermal poultice is particularly appreciated and efficient with people suffering from sciatica. This treatment ends with a back massage to promote total muscle relaxation.

### **Gentleman's Facial**

*50 minutes*

*VIP treatment for him*

Created specifically for him, this facial is perfect for the active and athletic man who spends his days outside. Perfect to sooth the abrasive effects of shaving. Your skin will regain its tonus, its moisture and its firmness. This treatment will be customized for you, according to your skin type.

### **Detoxifying and de-stressing Intensive Treatment**

*50 minutes*

Reduce nervous tension, stimulate the spirit, and detoxify the skin... Phases of Digi-Esthétique® modelling alternate with the application of multi-benefit agents to moisturise\*, tone and reduce lines. 100% zen effectiveness.

### **Express Manicure for Him**

*25 minutes*

Well-filed nails and pushed-back cuticles are essential for impeccable hands of any sophisticated man. Perfect for men on the go.

**Pedicure for Executive***50 minutes*

A complete foot treatment including a foot scrub, callus decrease and moisturizing treatment as well as a foot and front leg massage. The treatment ends with a nutritive foot mask. The perfect treatment for any well-groomed man!

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**Hands and Feet Treatments***Our Signature Treatments...***Honey and Shea Butter Pedicure***80 minutes*

Try this deluxe, smoothness treatment. Your feet will feel incredibly moisturized and silky-smooth. This one-of-a-kind treatment was designed with the Amerispa Honey and Shea Butter product line. Enjoy absolute comfort with a relaxing warm pebble massage followed by a honey and shea butter foot mask. A nail treatment with the application of nail polish completes your treatment.

**Signature Pedicure***50 minutes*

Your feet will feel incredibly moisturized and silky-smooth. This one-of-a-kind treatment is designed with the Amerispa product line. Enjoy absolute comfort with a relaxing massage, followed by a foot mask. A nail treatment with the application of nail polish completes your treatment.

**Signature Manicure***50 minutes*

A cocooning, high-end manicure. A prelude to total relaxation, this treatment starts with an aromatic moment, followed by a brief neck and shoulder massage. Beautifying treatment for nails, cuticle treatment, exfoliation, hand and forearm massage with our Amerispa product line. A nail polish application complete this gentle treatment.

*The Essentials...*

**Spa Pedicure***50 minutes*

A relaxing marine extract foot treatment. A foot scrub, a callus decrease and moisturizing treatment, including a foot and front-leg massage. The treatment ends with the application of a marine foot mask and nail polish. A sole-full treatment for the beauty and health of your feet.

**Spa Manicure***50 minutes*

A complete hand ritual. Silky smooth with soft, pleasant smells, the perfect combination to make you enjoy this delightful moment. This treatment includes an exfoliation and a moisturizing hand and forearm massage with our Amerispa product line. A nail treatment with the application of nail polish completes your treatment.

**Express Foot Beauty***25 minutes*

This foot beauty treatment includes a moisturizing footbath, a refreshing cucumber cream applied to both feet and front legs, without forgetting a nail treatment (nail polish application included).

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**Express Hand Beauty***25 minutes*

A quick, beautifying treatment for your nails (nail polish application included). Perfect for women on the go, or for those taking beauty breaks while on the clock!

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