

le Spa
quatre
terres



WE OWE EVERYTHING TO NATURE

Facilities available for your mineral serenity

Heated indoor pool - Jacuzzi
Gym
9 treatment rooms including 1 duo suite
Sauna - Steam room
Relaxation area and tisanerie

Spa open every day from 9.30 a.m. to 1 p.m.
and 3.30 p.m. to 7.30 p.m.

Facilities open from 7 a.m. to 11 p.m.

Reserved pool times: Children under 12 have not
access to the indoor pool from midday to 4 p.m.

Bookings:

Dial 1661 from your room
Direct line: 33 (0)4 50 26 85 26
Lespaquatrerres@evianresort.com

It is here, in the heart of the Alps, on a journey lasting over 15 years through granite rock, pebbles and fine sand, that evian® water is purified and enriched with essential minerals to reach a perfect balance. Enclosed in two layers of moraine clay deposited here 30,000 years ago by glaciers, it is protected from any kind of pollution.

The Spa Quatre Terres, through its treatments directly inspired by this natural process, invites you to explore its journey. The treatments have been designed like a succession of slow journeys to the heart of the elements, leaving your body detoxified, energised, revitalised.

Four incredibly pure elements - clay, precious stones, crystals and

oils rich in trace elements - are the basis for deep-reaching treatments. Their action is strengthened by the benefits of ancestral American-Indian, Tibetan and Chinese techniques performed by the expert hands of our therapists.

Tui-Na Chinese energy massage, semi-precious stone facial massage, crystal wand foot reflexology... Whether you are in search of relaxation, beauty, slimming, re-energisation or sport, there is a treatment path to take you on a unique journey to yourself.

The Spa Quatre Terres has selected La Phyto's extensive range of clays to offer truly tailor-made treatments, as well as Gemology products which contain minerals and trace elements essential to skin's youthfulness.



Les Origines

SIGNATURE TREATMENT

« Quatre Terres » full body treatment

1 1/2 hours | 170 €

This treatment takes you on a purifying and remineralising journey combining slow, deep movements with minerals such as clay, basalt stone, volcanic mud and salt crystals.

Rejuvenates the skin, brings you a real feeling of « letting go » and of total serenity.

A photograph of two decorative pillows on a bed. One is a long, cylindrical pillow with a ribbed texture, and the other is a square pillow with a quilted pattern. They are set against a wall with a dark, textured pattern.

Les Origines

FULL BODY TREATMENTS

From head to toe...

Peak well-being

1 hr 45 mins | 168 €

Mother-of-pearl skin exfoliation followed by a body massage with mineral oils and face massage with Opal cream.

Skin is revived and feels softer, muscles are relaxed, the complexion brighter.

Detox treatment

1 hr 45 mins | 168 €

Face and body scrub, clay face mask followed by a body drainage massage using a mineral cream.

Eliminates toxins, oxygenates the skin, regulates circulation, smoothes and hydrates the skin.

A photograph of a person receiving a body massage. The person is lying on their back, and a therapist's hands are visible, applying a product to their back. The setting is a bright, airy room with large windows in the background.

LA MINÉRALITÉ DE L'EAU

Origins

Les Massages



RELAXATION MASSAGES

Procure a feeling of « letting go ».

Gentle massage with seasonal coloured clay

55 mins | 120 €

Body massage using coloured clay selected according to the Chinese seasons.

Purifies the skin and procures a feeling of harmony.

Personalised Mineral Massage

20 mins | 58 € or 50 mins | 90 € or 1 hr 15 mins | 130 €

Massage with relaxing organic oil or mineral cream.

Relaxes and hydrates the body.

Crystal Massage

1 hr 15 mins | 130 €

Massage performed with semi-precious stones.

Soothes the mind, regulates the flow of energy around the body.

Hot Stone Massage

50 mins | 105€ or 1 hr 15 mins | 130 €

A very gentle massage that alternates between hands and hot stones massage to relax muscles.

Relaxes and harmonizes the flow of energy.



Les Massages



SOOTHING MASSAGES

Relieve and eliminate accumulated tensions in various areas of the body.

Traditional Chinese hot clay massage

1 hr 20 mins | 140 €

A draining and detoxifying massage, which stimulates energy points and certain meridians.

Purifies and re-balances energy points.

Peruvian Volcano and Arctic Shiver Massage

50 mins | 105€ or 1 hr 15 mins | 130 €

Massage with hot volcanic stones followed by cold granite stones.

Double effect: hot stones provide relaxation and cold stones boost circulation leaving legs feeling « light ».

Joya Crystal Massage

50 mins | 105 € or 75 mins | 130 €

Massage carried out with a personalised stone which glides progressively over tense muscles.

Releases tension, relaxes muscles.

STIMULATING MASSAGES

Be in top form, perform at your best.

Energy Massage

1 hr 15 mins | 135 €

Inspired by the Tui-Na Chinese massage, clay and hot stones are applied using percussive movements and vibrations.

Releases tension and revitalises.

Sports Massage

50 mins | 95€ or 1 hr 15 mins | 130 €

As a warm-up or to recuperate, this massage is tailored to your needs depending on your sporting activity.

A strong deep-tissue massage, using pressure, friction and stretching.

Relieves painful or fragile areas.

Crystal Pouch Massage

50 mins | 105 €

A stimulating and energizing massage which is carried out with crystal pouches which are selected for different parts of the body.

Stimulates, energises, invigorates and revitalises.

Les Massages



FOOT TREATMENTS

Originating from traditional Chinese medicine, reflexology is based on the idea that each organ is represented by a specific zone on the soles of the feet. Foot massages therefore act on targeted energy points.

Kaolin foot reflexology

45 mins | 90 €

Pressure is applied to the feet's reflex zones using white clay.

Purifies, soothes body organs and sensitive zones.

Foot reflexology with balancing coloured clay

1 hr 15 mins | 115 €

Massage of the foot's reflex zones with coloured clay selected depending on the body organ in question, each colour is chosen based on its influence on a specific organ.

Re-balances deficient organs. Stress and tension are dissolved.

Crystal wand foot reflexology

45 mins | 90 €

Massage of the soles of the feet using a personalised crystal.

Re-balances energy points.



LES MATIÈRES PRÉCIEUSES



Les Massages

SPECIAL TREATMENTS FOR GOLFERS

On the Green

20 mins | 65 €

A foot massage specially designed for golfers using clay and golf balls.

Relaxing and detox action for the feet.

Terre Swing

40 mins | 95 €

A personalised back and leg massage specially designed for golfers using clay and golf balls.

Purifies and releases muscular tension.



L'ÉQUILIBRE PARFAIT

A close-up photograph of a woman's face lying down, with her eyes closed. Her hands are gently massaging her forehead and cheeks. The lighting is soft and warm, creating a relaxing atmosphere.

Les Soins de Beauté pour le Visage

PURITY

Earth Colour Massage

40 mins | 85 €

Face and scalp massage using clay chosen according to skin and hair type.

Purifies the skin, re-balances, smooths the complexion and nourishes hair.

BALANCE

Personalised facial treatments

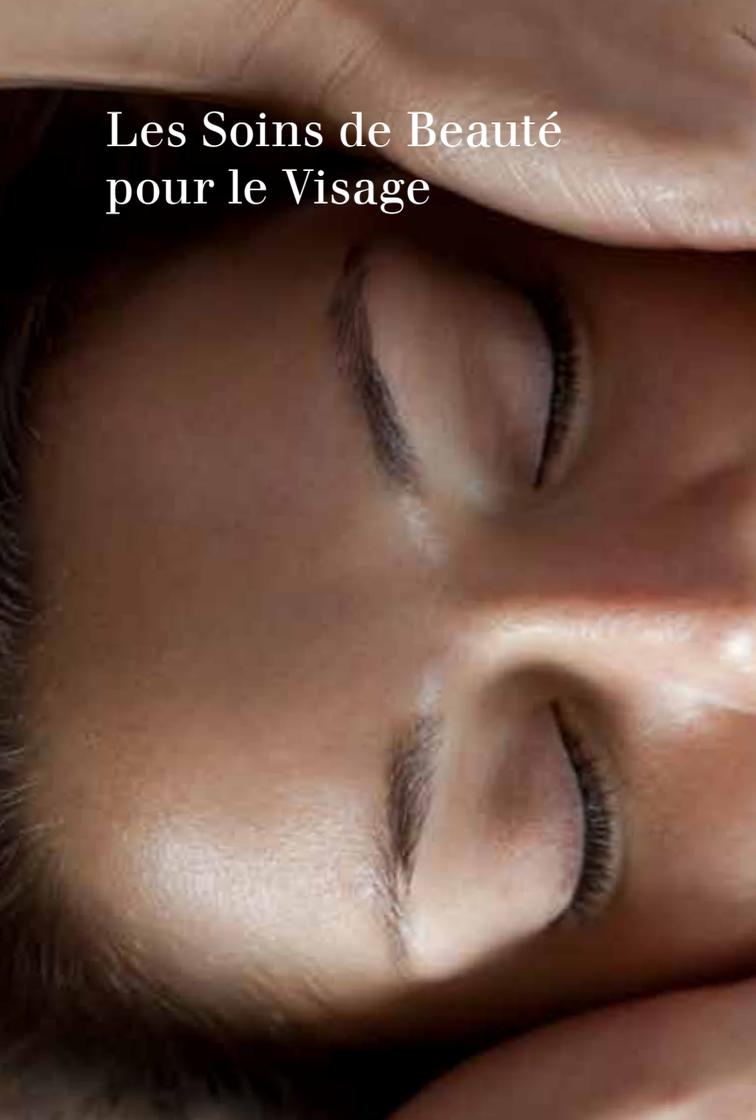
Classic

50 mins | 95 €

Facial comprising skin cleansing, a gentle massage using pink quartz stones, the application of a mask and mineral creams according to skin type.

Depending on skin type, this treatment hydrates, protects, matifies, purifies.





Les Soins de Beauté pour le Visage

Jewel Box

1 hr | 115 €

Personalised preventive anti-ageing facial to reveal a smoother complexion and soften facial expressions using a semi-precious stone massage.

This personalised treatment prevents fine wrinkles, protects and nourishes the epidermis.

YOUTHFULNESS

Diamond Youthfulness Treatment

1 hr 15 mins | 145 €

Combinated with Christmas flower and Orchid, this eternal stone delivers its precious secrets. Suitable for all skin types.

Leaves the complexion radiant - fine lines, deep wrinkles and expression lines diminish.

Lapis Lazuli Smoothing Treatment

1 hr 15 mins | 135 €

Ideal for sensitive skin, this anti-ageing treatment with Lapis Lazuli soothes tautness of the skin caused by changes in temperature and pollution.

Wrinkles diminish, the skin is soothed, the complexion smoother.

Red Jasper Radiance Treatment

1 hr 15 mins | 135 €

This anti-ageing treatment for combination skin provides gentle hydration and improves the skin's elasticity thanks to the actions of the red jasper.

A real radiance boost, improving the contours of your face and producing a smoother complexion.

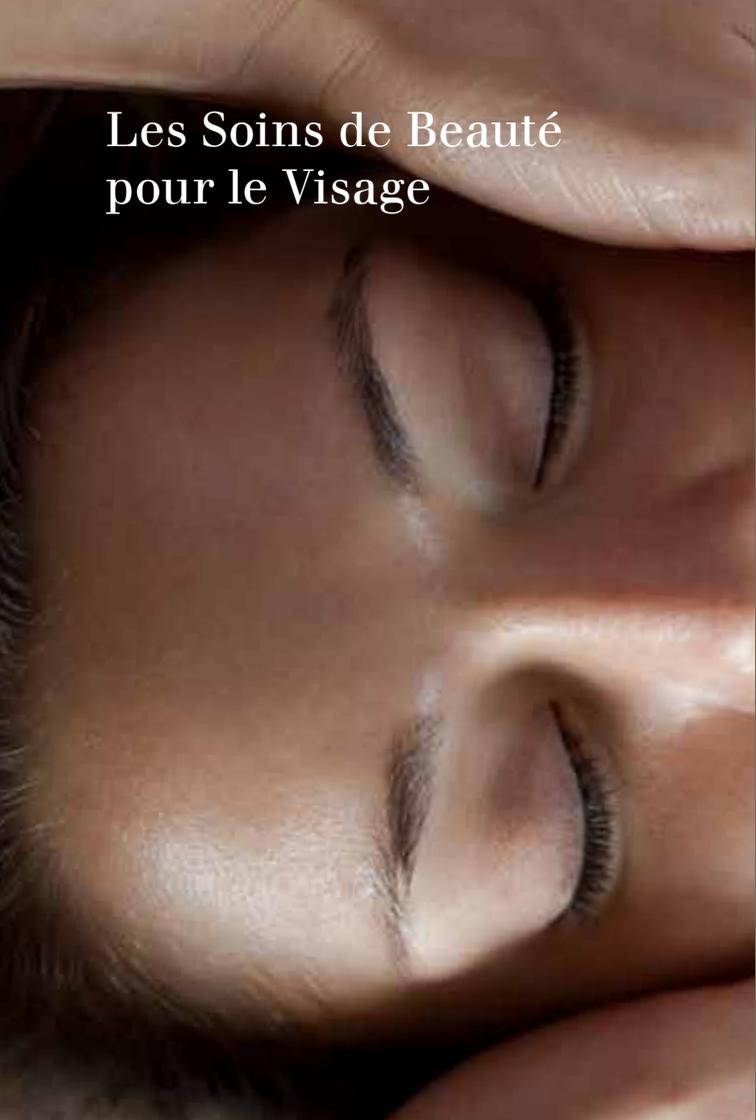
Jade Firming Treatment

1 hr 15 mins | 135 €

Perfect for dry skin, this firming anti-oxidant treatment revives the epidermis and rejuvenates your skin thanks to the combined action of jade, peony and cranberry.

Your skin is plumped up, firmer and deeply hydrated.





Les Soins de Beauté pour le Visage

TREATMENTS FOR MEN

Jade Treatment

55 mins | 105 €

Jade's rejuvenating action and the anti-stress properties of peridot help your skin combat anti-oxidants.

Reduces signs of fatigue, hydrates and boosts your skin.

Red Jasper Treatment

55 mins | 105 €

Say goodbye to a dull complexion with this treatment that combines red Jasper for improved skin elasticity with Peridot, when used with chestnut and hazelnut boosts cells for amazing skin radiance.

Improves skin elasticity and radiance.



LA RICHESSE DES OLIGO ÉLÉMENTS

GEMOLOGY
Crème au Saphir

50ml NET WT 1.7 FL OZ

Les Soins de Beauté pour le Corps



PURIFYING

Full scrub

55 mins | 90 €

Relaxing face and body scrub using mother of pearl followed by the application of a massage cream based on your skin type (peridot, sapphire, ruby).

Purifies, relaxes and gives skin a smoother appearance.

Body scrub

45 mins | 75 €

A delicate Radiant Citrine, volcanic mud and mango seed scrub, followed by the application of a mineral cream.

Leaves skin feeling soft and pure.

Salt and Mineral Scrub

45 mins | 65 €

A blend of salt and semi-precious stones in a moisturising cream tailored to your skin type (peridot, sapphire, ruby)

Soothes, purifies, tones or rejuvenates

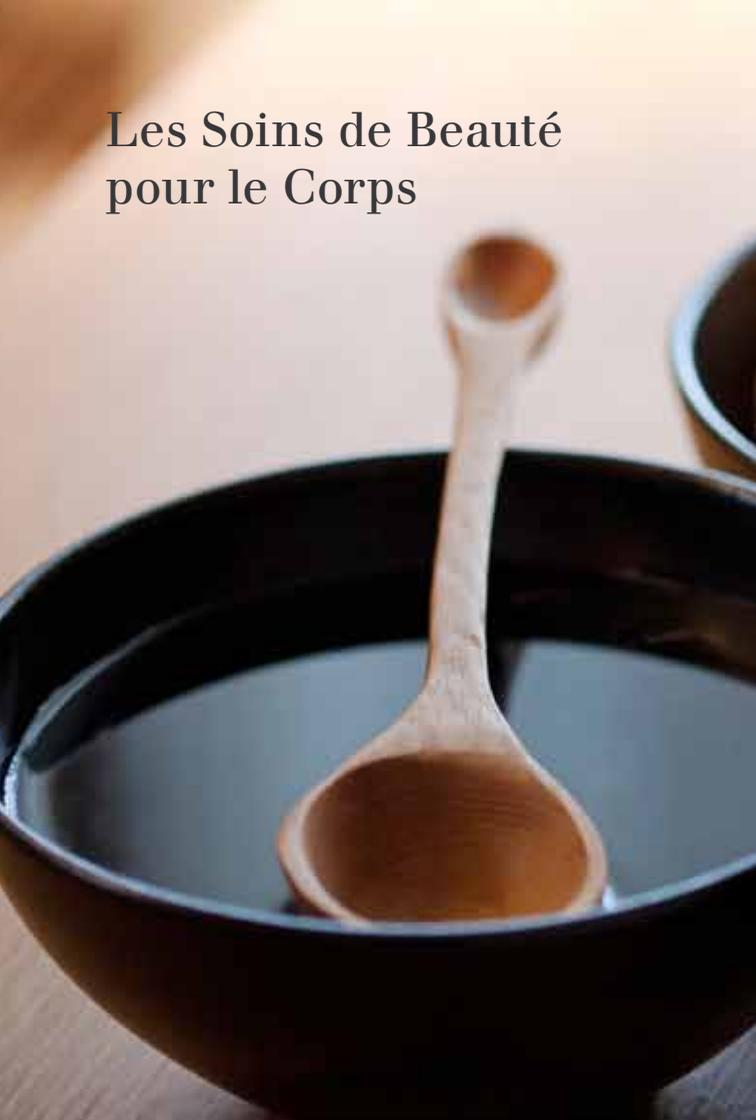
Rotorua Volcano Treatment

55 mins | 95 €

Exfoliation with mineral salts followed by a mineralising wrap using volcanic earth from New Zealand.

Purifies and remineralises.





Les Soins de Beauté pour le Corps

BODY DRAINING MASSAGE

Light legs treatment

50 mins | 105 €

Full leg scrub with a draining massage and wrap followed by a Kansu bowl foot massage.

Stimulates blood and lymph circulation leaving legs feeling light.

Full lymphatic drainage massage

50 mins | 95 €

Gentle massage applying slow, regular pressure to the lymphatic circuit to produce a draining and decongesting effect.

Stimulates lymphatic circulation and detoxifies.

Crystal draining massage

50 mins | 105 €

An active draining massage combining the use of quartz and howlite stones and a drainage oil.

Re-balances lymphatic circulation.

SLIMMING TREATMENTS

To complement these treatments, our Head Chef Michel Mottet has selected a range of light, balanced menus to accompany your slimming programme.

Slimming Massage

40 mins | 90 €

A tonic massage alternating rolling and palpating and deep kneading techniques.

An effective technique to stimulate body tissue and reduce orange peel-textured skin.

Top-to-toe Shaping Treatment

1 hr 15 mins | 145 €

Slimming massage combined with a scrub to improve circulation plus a clay wrap to improve drainage and detoxification.

Detoxifies, stimulates, invigorates, tones

Les Soins de Beauté pour le Corps



MANICURES AND FOOT BEAUTY TREATMENTS

Mineral beauty treatment for hands or feet

50 mins | 68 € or 1 hr 20 mins | 125 €*

* 50 mins: includes nail filing and nailcare

* 1 hr 20 mins: also includes a mineral scrub, Gemology mask and massage.

Supplement for nail varnish 20 €

Nail filing and applying nail varnish 35 €

WAXING

1/2 legs 35 €

Full legs 50 €

Underarm or bikini line 25 €

Arms 35 €

Eyebrows or upper lip 15 €

Chest or back 45 €



L'ONCTUOSITÉ DES HUILES

Un Heureux Évènement...



The Spa Quatre Terres has developed personalised treatments for mothers-to-be and babies aged 4 months to 2 years. Our specialist has received specific training to ensure high quality treatments.

We recommend booking several days in advance.

Mother-to-Be Massage (from 3 months pregnant)

50 mins | 95 € or 1 hr 15 mins | 125 €

Prenatal massage for mother and baby, tailored to your individual requirements.

Relieves fatigue, activates circulation and aids relaxation.

New Mother Massage

50 mins | 95 € or 1 hr 15 mins | 125 €

A moment of bliss for all women who have recently given birth.

Promotes the gradual release of nervous tension, brings suppleness to and tones muscles, evacuates toxins, improves the skin's elasticity and contributes to a slimmer figure.

Baby Massage

30 to 45 mins | 75 €

An introduction given by an expert to parents on how to massage their baby. Demonstration of how to use a baby sling and encourage body contact with your baby.

Promotes contact and exchange using the sense of touch, arouses the little one's interest, helps the baby to relax thus improving sleep which is essential to his/her development.

A Happy Event...



Les Sélections

THE « QUATRE TERRES » SELECTION

Gem treatments for two...

170 € per person

The Quatre Terres Spa offers a duo treatment room, the perfect place to indulge in a shared moment of relaxation.

Relaxing massage with hot mineral oils (50 mins),

« Classic » facial (50 mins).

Moon Stone - for Mothers-to-Be

260 €

4 treatments chosen for the radiance and well-being of mothers-to-be. Can be enjoyed at any time during pregnancy.

Radiant Citrine and Mango scrub (45 mins),

« Classic » facial (50 mins).

Mineral foot beauty treatment (50 mins),

Mother-to-Be Massage (50 mins).



The « Quatre Terres » Selection

Les Sélections



Pearly Smooth - for children under 12.

*Children must be accompanied by a parent during the treatment.
Child massage has been performed in the Orient for thousands of years and has many benefits. Both a sensorial ritual and fun moment of interaction, it releases tension, aids digestion and improves sleep.*

Pink quartz pebble massage 20 mins | 45 €

Foot massage 15 mins | 40 €

Pure Diamond - for teenagers aged 13 to 17.

At an age of building a self-image, two programmes specifically for teens help them to feel good about themselves.

The Sancy - for girls

160 €

« Classic » facial (50 mins).

Hot stone back massage (20 mins),

Manicure or foot beauty (45 mins).

Blue Diamond - for boys

150 €

« Classic » facial (50 mins).

Relaxing hot oil massage (25 mins),

Kaolin foot massage (15 mins).



LA PURETÉ DES CRISTAUX

The « Quatre Terres » Selection



Les Expériences Minérales

These experiences have been designed to give you the feeling of accompanying evian® water's journey through the Alpine rock, where it is purified and enriched, to leave you feeling purified, revitalised and disconnected from daily life.

MINERAL DAY

Volcanic Revitalisation

4 treatments on one day | 195 €

Mineral scrub (20 mins),

Rotura volcanic earth wrap (20 mins),

Hot stone back massage (25 mins),

Kaolin foot massage (20 mins).

Crystal Pearl Balance

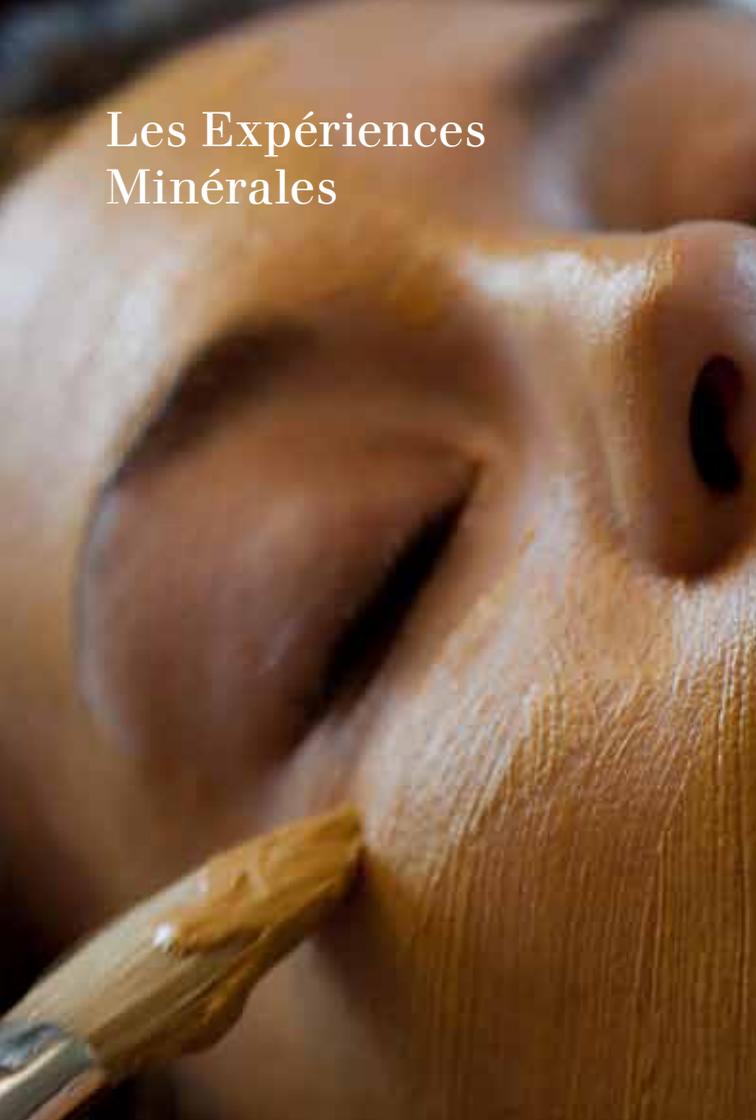
4 treatments on one day | 250 €

Mother-of-pearl scrub (20 mins),

Face and scalp clay massage (45 mins).

Crystal wand foot reflexology (45 mins).

Personalised, relaxing hot oil mineral massage (45 mins).



Les Expériences Minérales

Pure Energy

250 €

Chinese seasonal coloured clay massage (1 hr 20 mins),

« Classic » facial (50 mins).

Crystal wand reflexology (45 mins).

Intense Minerals

40 mins 110 € or 1 hr 10 mins 145 €

Double treatment combining a mineral scrub of your choice and a personalised, relaxing mineral massage (20 or 50 mins).

MINERAL JOURNEY

Return to the source

4 treatments over 2 days | 310 €

Day 1: Mineral scrub (45 mins),

Face and scalp clay massage (45 mins).

Day 2: Peruvian Volcano and Arctic Shiver body massage (50 mins),

« Classic » facial (50 mins).

Precious jewel box

7 treatments over 4 days | 540 €

Day 1: Radiant Citrine and Mango scrub (20 mins),

Personalised relaxing mineral massage (50 mins).

Day 2: Volcanic earth wrap (20 mins),

Kaolin foot reflexology (45 mins),

Day 3: Gentle coloured clay massage (55 mins),

« Classic » facial (55 mins).

Day 4: Basalt stone heat massage (50 mins).

Sports Performance

10 treatments over 4 or 5 days | 635 €

Day 1: Assessment of your requirements (20 mins),

Mineral body scrub (20 mins),

New Zealand Rotura volcanic earth wrap (20 mins),

Personalised, relaxing hot oil mineral massage (40 mins).

Day 2: Sports preparation massage (20 mins),

« On the Green » massage (20 mins),

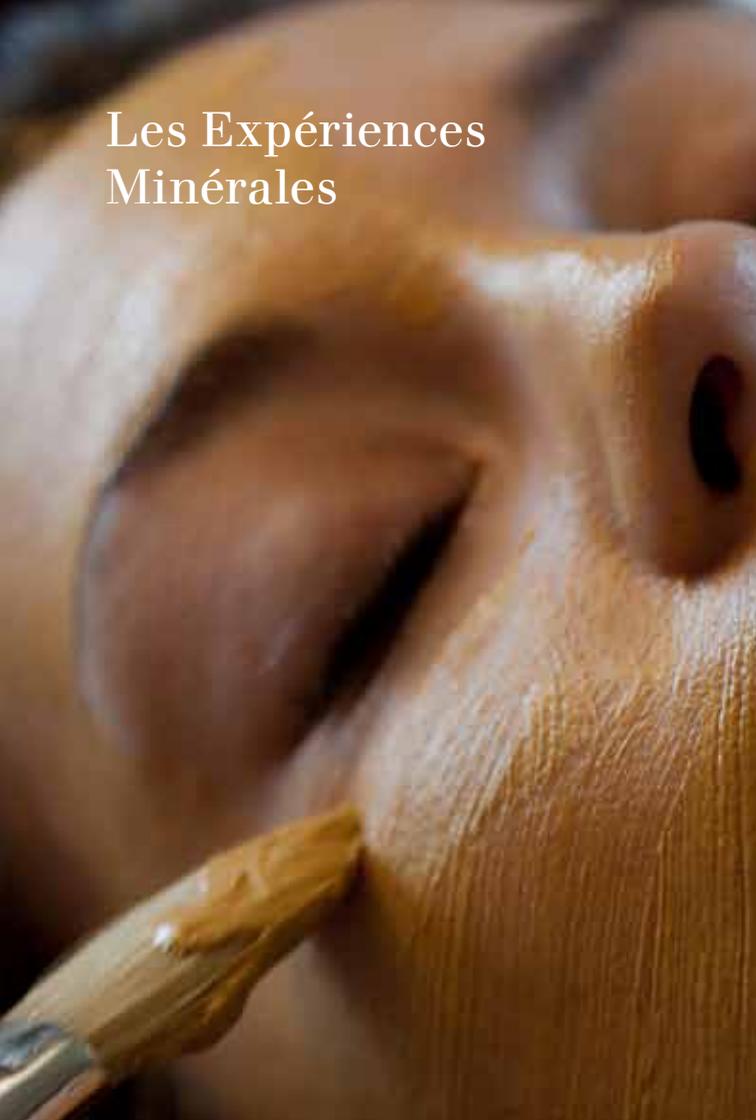
Day 3: Coloured clay wrap - colour according to season (30 mins),

Sports recuperation massage (50 mins),

Day 4: Face and scalp massage (20 mins),

Kaolin foot reflexology (45 mins),

Day 5: Crystal pouch massage (50 mins).



Les Expériences Minérales

Figure Focus

11 treatments over 6 days | 635 €

- Day 1:** Assessment of requirements and goals (15 mins),
Top-to-toe shaping treatment (1 hr 15 mins).
- Day 2:** Kaolin foot reflexology (45 mins),
Top-to-toe shaping treatment (1 hr).
- Day 3:** Drainage massage (50 mins),
Traditional Chinese hot clay massage (1 hr).
- Day 4:** Slimming massage (40 mins),
Personalised body wrap based on discussed objectives (20 mins).
- Day 5:** Top-to-toe shaping treatment (1 hr),
Drainage massage (50 mins),
- Day 6:** Localised litho-drainage (50 mins),
Joya Massage (50 mins).



LA DOUCEUR DES ARGILES

Please inform us of any change to your booking 12 hours prior to the appointment time.
Treatments that are not cancelled 12 hours prior to the appointment time will be charged for in full.
To allow us to keep to schedule, in the event of being late, the treatment time will be shortened accordingly.

Our massages are relaxation and well-being treatments. They are non-therapeutic and non-medicalised.
Please tell us about any health problems or contra-indications (allergies, injuries, recent operations...)

South Bank of Lake Geneva - BP8 – 74501 Evian-les-Bains - France

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As sustainable development is a priority for our hotel, this brochure was produced by a certified ISO 14001 and Imprim Vert printer.

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