



spa  
**evian**<sup>®</sup>  
source

Reveals your inner youth

Rates 2012



# Contents

- 2 - **Helpful information**

- 3 - **«A la carte» treatments**

Source of balance

- 3 - **Re-energy**

- 3 - **Relaxation**

- 4 - **Sports activities**

Source of beauty

- 5 - **Facial revelation**

- 6 - **Body revelation**

- 7 - **Beauty services**

- 8 - **Hair beauty**

- 9 - **Specific Programmes**

- 9 - **Ultimate Spa Evian Source**

- 10 - **Spa Detox**

- 11 - **Rituals of the summits**

- 12 - **Source of re-energy**

- 13 - **Source of relaxation/energisation**

- 14 - **Objective slimming**

- 15 - **Original programmes**

- 15 - **Mother-to-be**

- 16 - **Mother & Baby**

- 17 - **Specific treatments for children**

# Helpful information

**A 1,200m<sup>2</sup> facility entirely dedicated to your well-being**

**Indoor and outdoor pools with jacuzzis**

**Steam room and sauna**

**Hydro-contact trail**

**Aquagym pool**

**Relaxation room**

**30 individual treatments rooms**

**Exercise studio**

**Weight training and cardiotraining room**

**Hairdressing salon**

The Spa Evian Source is open every day from 9 a.m. to 7.30 p.m., depending on the time of year. Information and reservations on 33 (0)4 50 26 85 00.

**Any planning changes must be notified at the desk 24 hours in advance.**

**Any treatment not cancelled with the reception desk 24 hours beforehand will be charged for. Our prices include all taxes and service charge.**

Massages: in accordance with the law of 30<sup>th</sup> April 1946, decree 60 669 of the 4<sup>th</sup> July 1960, article 489L and the bye-law of 8<sup>th</sup> October 1996, these treatments are not medical or physiotherapeutic massages but techniques designed to promote well-being, physical relaxation and recreation to soothe stress.

# «A la carte» treatments

## Source of balance

### Re-energy

Shiatsu zen	50 min	115 €
	75 min	150 €
Back Shiatsu	25 min	70 €
Chinese massage “Tui Na”	50 min	115 €
	75 min	150 €
Chinese back massage	25 min	70 €
Foot reflexology	45 min	110 €
Traditional Thai massage	50 min	115 €
	75 min	150 €
Traditional Thai foot massage	45 min	110 €
Thai aromatic herbal massage	75 min	160 €
Thai oil massage	75 min	150 €
Crystal therapy	75 min	160 €
Abhyanga massage	75 min	160 €
Shirodhara	45 min	130 €
Ayurvedic hand massage	50 min	110 €
Energising abdominal massage	25 min	75 €

### Relaxation

Korean relaxation	75 min	150 €
Relaxation massage	25 min	70 €
	50 min	110 €
	75 min	145 €
Fuji massage	75 min	160 €
Reiki	75 min	145 €
Manual lymphatic drainage	50 min	115 €
Pinch and roll	25 min	75 €
Sports massage	25 min	75 €
	50 min	130 €
Golfer’s massage	50 min	130 €
5-star massage	50 min	120 €
Rose Source massage	50 min	135 €
Coloured oil massage	50 min	120 €
“Baby with parents” massage	25 min	70 €
“Future mother“ relaxation massage	50 min	120 €
“Children’s massage“ (from 3 years old)	25 min	60 €
Seated massage	25 min	70 €
Sophrology*	75 min	155 €
Osteopathy session*	50 min	150 €

\* Under condition of availability of the exterior provider  
Prices subject to change at any time.

# «A la carte» treatments

## Source of balance

### Sports activities

Personal training*	30 min	65 €
	45 min	85 €
	60 min	100 €
Aquagym* (Min 2 persons - Max 4 persons)	30 min	65 €
	45 min	85 €
Aquafooting or Aquasculpt or Aquarelax	30 min	65 €
	45 min	85 €
Water familiarisation for children	30 min	60 €
Private swimming lesson	30 min	60 €
	45 min	80 €
Electrostimulation, muscle strengthening, recuperation		90 €

\* Prices per person  
Prices subject to change at any time.

## Source of beauty

### Facial revelation

The Art of Beauty  
**la prairie**  
SWITZERLAND

Beauty Express treatment	45 min	115 €
Pure Gold Radiance treatment	80 min	190 €
Caviar Firming treatment	75 min	190 €
Anti age cellular treatment	75 min	185 €
Moisturizing cellular treatment	75 min	185 €
Marine youthfulness protection treatment	60 min	140 €
Rare platinum massage (with 2 beauticians)	80 min	300 €

**ANNE SEMONIN**  
PARIS

100 % active anti-wrinkle treatment	55 min	135 €
Dermo-vitality treatment	55 min	135 €
Purifying treatment	75 min	170 €
Regenerating Royal face and eye treatment	75 min	170 €

Prices subject to change at any time.

# «A la carte» treatments

## Source of beauty

### Body revelation

La Prairie Royal Caviar firming body treatment	90 min	180 €
Comforting clay wrap with shea butter and honey	50 min	115 €
Seaweed treatment	50 min	115 €
«Sculpt zone» treatment	75 min	155 €
Thalgo Slim & Sculpt treatment	75 min	155 €
Thalgomince LC 24	75 min	160 €
Toning and slimming jet shower	15 min	45 €
Dead Sea body scrub and wrap	75 min	140 €
Anne Sémonin black sand scrub	25 min	75 €
	45 min	130 €
Silky skin Oriental scrub	75 min	140 €
Indian scrub	75 min	140 €
Bex salt body scrub	25 min	65 €
	45 min	110 €

Self-heating mud back treatment		
with trace elements	50 min	115 €
Light legs treatment	45 min	100 €
Hydro-massage bath with plant extracts	20 min	45 €
Plenitude of the Moment	75 min	160 €
La Phyto Metamorphosis treatment	100 min	200 €



## Beauty services

Make-up application	110 €
Make-up lesson	30 min 80 €
	60 min 130 €
<b>Manicure - Foot beauty</b>	
Paraffin hand treatment	90 €
Manicure with scrub	80 €
Foot beauty with scrub	115 €
Nail varnish supplement (hands or feet)	20 €
French manicure supplement (hands or feet)	25 €
Medical pedicure*	125 €
<b>Hair removal and tinting</b>	
Eyebrows or upper lip or chin	35 €
Upper lip and chin	45 €
Simple, brazilian or full bikini line	from 45 to 65 €
Underarms	45 €
Arms	50 €
Half legs	45 €
Full legs	65 €
Back or chest	75 €
Eyelash or eyebrow tint	30 €

\* Under condition of availability of the exterior provider  
Prices subject to change at any time.



# Hairdressing salon

## Hair beauty\*

René Furterer's Ritual (oxygenating, energising, hydrating...)	70 €
Analysis of your hair and scalp followed by a personalised treatment.	
Children's haircut (until 12 years old)	From 15 to 20 €
Ladies' haircut	20 €
Men's shampoo, cut and blowdry	30 €
Shampoo and blow	From 30 to 40 €
Shampoo and rollers	From 30 to 50 €
Hair mask	14 €
Colour	From 40 to 50 €
Highlights	From 40 to 50 €
Chignon	From 55 €

\* Full list of services available at the Spa reception.  
Hair salon open from Thursday to Monday (except in exceptional circumstances)  
Prices subject to change at any time.

# Specific Programmes

## Ultimate Spa Evian Source

Advised duration: 6 days

Program subject to booking and availability

### Personalised advise for a tailor-made programme of 16 treatments including:

- Tailored treatment (75 min)
- Shiatsu (75 min)
- Thai massage (75 min)
- Korean relaxation (75 min)
- Reiki (75 min)
- Chinese massage (75 min)
- Metamorphosis treatment La Phyto (100 min)
- Personalised facial treatment (75 min)

All-inclusive price

2400 €

# Specific Programmes

## Spa Detox

Advised duration: 6 days

Program subject to booking and availability

### Day 1

- Slimming jet shower (15 min)
- Aquagym (30 min)
- Dead Sea body scrub and wrap (75 min)
- Nutritional consultation (45 min)

### Day 2

- Hydro massage bath with plant extracts (20 min)
- Detoxifying seaweed wrap (50 min)
- Shiatsu (50 min)

### Day 3

- Slimming jet shower (15 min)
- Aquagym (30 min)
- Manual lymphatic drainage (50 min)
- Foot reflexology (45 min)

### Day 4

- Alpine essences bath (20 min)
- Energising abdominal massage (25 min)
- Purifying Anne Sémonin facial treatment (55 min)

### Day 5

- Slimming jet shower (15 min)
- Aquagym (30 min)
- Detoxifying seaweed wrap (50 min)
- Purifying massage with oils (50 min)

All inclusive price for 3 days 900 €

All inclusive price for 5 days 1500 €

## Rituals of the Summits

Duration: 1 or 2 days

### Resource Mont Blanc - Alpine ritual

- Alpine salt scrub (45 min)
- Alpine essence bath (20 min)
- Crystal therapy with Alpine quartz (1h15)

All-inclusive price 280 €

### Resource Everest - Chinese ritual

- Chinese massage (1h15)
- Plenitude of the Moment (1h15)
- Bath with Chinese tea (20 min)

All-inclusive price 325 €

### Resource Anapurna - Ayurvedic ritual

- Ancestral Indian skin scrub (1h15)
- Abhyanga massage (1h15)
- Shirodhara (45 min)
- Shiny hair treatment (optional)

All-inclusive price 415 €

All-inclusive price with hair treatment option 445 €

### Resource Mont Fuji - Japanese ritual

- Shiatsu (50 min)
- Reiki or Fuji massage (1h15)
- Japanese bath (20 min)

All-inclusive price 310 €

### Resource Doi Inthanon - Thai ritual

- Nuad Bo Lan (Thai massage) (1h15)
- Thai foot massage (45 min)
- Thai stretching (45 min)

All-inclusive price 320 €

# Specific Programmes

## Source of Re-energy

Duration: 5 days

### Day 1

- Anne Sémonin purity facial treatment (55 min)
- Purity bath with essential oils (20 min)
- Ancestral Indian skin scrub (1h15)
- Purifying massage with oils (50 min)

### Day 2

- Do-In or Thai stretching (50 min)
- Energising massage: Tui Na or Shiatsu or Nuad Bo Lan (1h15)
- Plenitude of the Moment treatment (1h15)

### Day 3

- Stimulating hydro-massage bath (20 min)
- Rose Source Massage (50 min)
- Foot reflexology (50 min)
- Energising stomach massage (25 min)

### Day 4

- Energising jet shower or bath (15 min)
- Seaweed or mud treatment with trace elements (50 min)
- Shiatsu or bach Chinese massage (25 min)
- 5-star Evian massage (50 min)

### Day 5

- Personalised facial treatment (1h15)
- Abhyanga massage (1h15)
- Shirodhara (45 min)
- Shiny hair treatment

All-inclusive price

1950 €

## Source of Relaxation/ Energisation

---

Duration: 2 days

### Day of letting-go

- Personalised facial treatment (1h15)
- Black sand scrub (45 min)
- Deep massage with perfumed oils (50 min)

### Day of energisation

- Toning and slimming jet shower (15 min)  
or Massage under a stream of water (25 min)  
or Bath (20 min)
- Renegerating balm (1h15)
- Foot reflexology (50 min)

All-inclusive price

615 €

# Specific Programmes

## Objective Slimming

Duration: 6 days

**A combination of advice, physical activity and tailored slimming treatments based on your body type.**

### Day 1

- Sport consultation (30 min)
- Nutritional consultation (45 min)
- Salt Scrub to prepare the body for slimming treatments (50 min)
- Thalgomince LC24 (75 min)

### Day 2

- Aquasculpt (45 min)
- Hydro massage bath (20 min) or jet shower (15 min)
- Sculpt zone treatment (75 min)
- Manuel drainage (50 min)

### Day 3

- Cardio training (45 min)
- Seaweed treatment (50 min)
- Thalgomince LC 24 (75 min)
- Pressotherapy or Light legs treatment (45 min)

### Day 4

- Personal training (45 min)
- Hydro massage bath (20 min) or jet shower (15 min)
- Slim and sculpt treatment (75 min)

### Day 5

- Aquasculpt (45 min)
- Slim and sculpt treatment (75 min)
- Pressotherapy (45 min)

### Day 6

- Cardio training and impedancemetrie (60 min)
- Slim and sculpt treatment (75 min)
- Hydro massage bath (20 min) or jet shower (15 min)
- Manuel drainage (50 min)

All inclusive price

2250 €



# Original Programmes

## Mother-to-be

Duration: 2 days

Look after yourself and be an ever more beautiful  
and relaxed mother-to-be

### **Day 1: Well-being and Relaxation**

- Gentle body scrub (45 min)
- Personalised comfort massage (50 min)
- Hair Ritual

### **Day 2: Well-being and Beauty**

- Aqua relax (45 min)
- Personalised facial treatment (60 min)
- Manicure
- Foot beauty

All-inclusive price

625 €

# Original Programmes

## Mother & Baby Programme

Duration: 3 or 5 days

Enjoy an exceptional stay

with your 4 to 10 month old baby\*

### Treatments for baby

Every day:

- Massages using certified «organic» products
- Baby swimming sessions

### Treatments for mother: Silhouette Programme

#### Day 1

- Prelude to slimness treatment (75 min)
- Manuel drainage (50 min)

#### Day 2

- Remodelling bust treatment\*\* (50 min)
- Shiatsu or chinese massage (75 min)
- Nutritional consultation (45 min)

#### Day 3

- Personalised facial treatment (50 min)
- Foot reflexology (45 min)

#### Day 4

- Slim & sculpt treatment (75 min)
- Pressotherapy (40 min)

#### Day 5

- Hydro-massage bath (20 min)
- Sensorial energy-boosting massage (50 min)

### Or Cocoon Programme

#### Day 1

- Salt scrub followed by a comforting wrap (75 min)
- Lymphatic drainage (50 min)

#### Day 2

- Shiatsu (50 min)
- Nutritional consultation (45 min)

#### Day 3

- Personalised facial treatment (50 min)
- Foot reflexology (45 min)

#### Day 4

- Chinese massage or Korean relaxation (75 min)
- Regenerating balm\*\* (75 min)

#### Day 5

- Crystal therapy (75 min)
- Shiny hair treatment with massage

All-inclusive 3-day price 1125 €

All-inclusive 5-day price 1675 €

\*\* Please advise whether the mother breastfeeds.

\* Proof of date of birth (passport or identity card) compulsory.  
Obligatory vaccinations: 2 DT Polio injections. Presentation of health records or a medical certificate stating that the child has no contraindication to a collective environment and introduction to swimming.

## Specific treatments for children (up to 12 years inclusive)

Let your children discover the activities of the Spa

Source of balance		
Foot reflexology	20 min	60 €
Massage with oils	25 min	60 €
Relaxing head massage	15 min	30 €
Body revelation		
Gourmet chocolate or wild strawberry		
body scrub	25 min	60 €
Aniseed or raspberry body wrap	25 min	60 €
Facial revelation		
Facial for children	25 min	60 €
Beauty services		
Manicure and foot beauty	30 min	60 €
Princess hairstyle		50 €



spa  
evian<sup>®</sup>  
source

ÉVIAN *Resort*

SOUTH BANK OF LAKE GENEVA - BP 8 - 74501 EVIAN-LES-BAINS CEDEX - FRANCE

TEL: + 33 (0)4 50 26 85 00 - FAX: +33 (0)4 50 75 61 00

RESERVATION@EVIANRESORT.COM

WWW.EVIANRESORT.COM