



2021 SPA TREATMENT MENU

DECLÉOR
PARIS

Sourcéo

Ma [RE]source bien-être

[RE]FOCUS on the essentials



*Sourcéo Spa is a true haven nestled on the
1st floor of Sourcéo, inviting you to enjoy a unique
experience in a space dedicated to tranquillity and beauty.*



THE ESSENTIALS

Our “essentials” vary between 20 and 45 minutes for maximum well-being in minimal time.

- **LUMINO BATH - 20min** €19
Sink into a relaxing, aromatic and illuminated thermal water bath. Ideal before a treatment.
- **AROMA TEENAGER FOR 14-17 YEARS - 30min** €39
Purifying facial for matte skin.
- **CRYOTHERAPIE** €43
Technique of applying cold to targeted parts of the body to improve the condition of the skin according to your needs. Anti-inflammatory and firming effect.
- **BODY EXFOLIATION - 30min** €49
Exfoliating body treatment to eliminate dead skins cells followed by a deeply moisturising treatment.
- **LYMPHATIC DRAINAGE - 40min** €49
Manual techniques to boost lymphatic circulation in the abdomen and legs. Drains toxins to help reduce cellulite and relieve heavy legs.
- **FOOT REFLEXOLOGY - 45min** €49
Often neglected, our feet deserve a special massage.
- **BODY WRAP - 45min** €51
A genuine well-being mask for the whole body with a choice of virtues to suit your desires.
- **LYMPHATIC DRAINAGE - 1hr** €71
Manual techniques to boost lymphatic circulation throughout the body. Drains toxins to help reduce cellulite, water retention and swelling.





HAIR REMOVAL

Facial	€8	Arms	€15
Eyebrows	€9	Bikini	€14
Eyebrow shaping	€13	Extended bikini	€23
Underarms	€13	Full Brazilian	€28
Lower legs	€17	Back or torso	€22
Full legs			€25
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• Facial package			€19
• Lower legs + underarms package			€25
• Lower legs + bikini package			€25
• Lower legs + bikini + underarms package			€35
• Full legs + bikini + underarms package			€45
• Lower legs + extended bikini + underarms package			€46
• Lower legs + full Brazilian + underarms package			€49
• Full legs + full Brazilian + underarms package			€57

SEMI-PERMANENT BY O.P.I

• Semi-permanent removal + manicure	€30
• Semi-permanent hands or feet	€35
• Hand or foot spa treatment with semi-permanent	€69
+ Gel Color French supplement	€4

HANDS AND FEET

• EXPRESS MANICURE - 30min	€29
Nail filing, cuticles, moisturising effleurage and protective base.	
• EXPRESS BEAUTIFUL FEET - 30min	€31
Nail filing, cuticles, light heel filing and moisturising effleurage.	
• HAND SPA TREATMENT - 1hr	€61
Filing, exfoliation, softening mask, soothing massage and protective base.	
• FOOT SPA TREATMENT - 1hr	€64
Luminobath, filing, exfoliation, scrub, nutritive mask and gentle massage.	

MASSAGES

Signature **Sourcéo**

- **FOOT RELAXATION - 20min** €26
Often neglected, our feet deserve a special massage.
- **BACK RELAXATION - 25min** €31
A relaxing massage to release accumulated tension in the back, the pillar of the body.
- **FACIAL AND SCALP RELAXATION - 30min** €35
A neck, face and scalp massage to stimulate blood circulation and relax the nerve endings. It will leave you feeling revitalised and relaxed.
- **OVERALL WELL-BEING - 40min** €49
A massage to relax tight muscles and relieve tension in the back and legs.
- **CALIFORNIAN - 50min** €59
Large, slow and smooth movements for profound relaxation of the body and mind.
- **SHELL MASSAGE - 50min** €65
This massage combines heat from the shells with the deep relaxation of a manual massage.
- **HOT STONES - 50min** €65
The slow, gentle movements of the hot pebbles combined with the benefits of the essential oils create an exceptional feeling of relaxation.
- **CANDLE MASSAGE - 50min** €65
This treatment offers a mix of sensations between the warm relaxing oil and the diffused scent of the candle.
- **SHIATSU - 1hr** €75
A clothed Japanese massage with pressure points on the whole body. It is perfect for releasing tension, relieving stress, improving sleep and restoring balance to the body's energy.

MASSAGES

Signature **DECLÉOR**

The unique art of massage with essential oils by Decléor will leave you with a genuine sense of well-being.

- **AROMASSAGE RITUAL - 50min** €65
The body's energy is replenished and the skin is left soft and nourished thanks to a concentrated balm with natural essential oils.
- **DEEP MASSAGE WITH BAMBOO - 50min** €65
A deep muscle massage with techniques using Bamboo to relieve tension. Restorative + Anti-tension with Eucalyptus essential oil.
- **ENERGISING MADAGASCAN MASSAGE - 50min** €71
A massage incorporating 52 manual strokes inspired by the rhythm of life on the island of Madagascar. Invigorating + Anti-fatigue with Eucalyptus essential oil.
- **DEEPLY COMFORTING AROMASSAGE - 1hr20** €95
Further your experience with a head-to-toe massage.





SPA BREAKS

One hour of free access to the Sourcéo aquatic area is offered for every spa break booked from Monday to Friday (to be used on the same day).

- **PRE-NATAL - 50min** €71
This package includes a specially adapted relaxing back massage with draining strokes and neutral oil to relieve heavy legs. The perfect treatment for future mums. (Treatment available from 3 months of pregnancy)
- **SUBLIME HAWAIIAN RITUAL - 60min** €79
A heavenly journey including a scrub followed by a Lomi Lomi massage.
- **SOURCÉO DISCOVERY - 1hr10min** €89
A discovery package including a relaxing luminobath, back massage and Flash facial.
- **LADIES' JOURNEY - 1hr45min** €129
Beauty ritual with a luminobath, facial, express hand or foot treatment and back relaxation.
- **GENTLEMEN'S JOURNEY - 1hr45min** €129
Beauty ritual with a luminobath, body scrub, facial and oriental charm massage.
- **ORIENTAL PEARL - 1hr45min** €139
Sink into a bath with oriental essences followed by a scrub and wrap that will repair your skin and leave it soft and silky. Next, enjoy a Berber massage for a profound state of relaxation from head to toe.

SPA DAYS

Sourcéo

- **ZENITUDE** €43
 - 1 hour of access to the aquatic area,
 - 30-minute relaxing massage of your choice in the Spa (legs, back, face and scalp).
- **SERENITY** €59
 - 1 hour of access to the aquatic area,
 - 25-minute back relaxation in the Spa,
 - Menu of the day in the restaurant.
- **PLENITUDE** €116
 - 2 consecutive hours of access to the aquatic area to be used on the same day,
 - 1hr 10min of treatments in the Spa (scrub, massage and facial),
 - Menu of the day in the restaurant.



FACIALS

By **DECLÉOR**

Experience a unique Decléor facial after an essential preliminary phase to prepare your skin and define its needs.

- **FACIAL WELL-BEING BREAK - 20min** €31
Aromessence ritual with essential oils by Decléor.
- **ESSENTIAL EXPRESS RITUAL FACIAL - 30min** €39
Facial treatment in minimal time to revitalise and hydrate your skin.
- **AROMAPLASTIE RITUAL - 1hr** €69
The top customised treatment by Decléor to bring out the natural beauty of your complexion. The face is left perfectly relaxed and radiating vitality thanks to natural essential oils.
- **ESSENTIAL FACIAL RITUAL - 60min** €69
- **1hr30min** €96

A cleansing facial adapted to your skin type by our beautician: hydrating or nourishing Neroli Bigarade, Sweet Orange, Ylang Ylang, Oriental Rose.

ANTI-AGE :

- **FACE-LIFTING MASSAGE WITH FINE LAVENDER - 25min** €35
A tonic massage with strokes inspired by Kobido for dual firmness of the face.
- **ANTI-AGE FACE RITUAL - 30min** €47
Anti-ageing face treatment. Smooths and tones your skin in minimal time.
- **MANDARINE SMOOTHING RITUAL - 1hr** €72
- **1hr30min** €99
Energising + Antioxidant with mandarin oil.
- **FINE LAVENDER LIFTING RITUAL - 1hr** €76
- **1hr30min** €101
Natural lifting + anti-age treatment with lavender essential oil.
- **WHITE MAGNOLIA GLOBAL ANTI-AGE RITUAL - 1hr** €79
- **1hr30min** €105
Regenerating + global anti-ageing with white magnolia essential oil.
- **DECLÉOR FACE LIFT THERAPY - 4 SESSIONS** €172

TREATMENT

Slimming

- **SLIMMING BAMBOO MASSAGE** - 30min €43
Bamboo is the ideal tool for massaging and toning the body as it follows the shape of the figure and deals with fat more efficiently.
 - **MANUAL KNEADING AND ROLLING** - 40min €51
Elimination of cellulite and toxins to decongest the hypodermis.
 - **SLIMMING WRAP** - 45min €51
Slimming treatment to drain, eliminate cellulite and refine the figure.
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THERAPIES

Slimming & relaxation

For your slimming and relaxation therapy, our advisers will help you design a personal and customised programme to suit your needs.

SLIMMING:

Includes: Kneading and rolling, Slimming wrap or Bamboo massage, Lymphatic drainage (40min), Cryotherapy.

- **6 SESSIONS OF PERSONAL THERAPY** €269
- **10 SESSIONS OF PERSONAL THERAPY** €429
- **15 SESSIONS OF PERSONAL THERAPY** €589

RELAXATION:

Includes: Californian, Oriental charm, Lomi Lomi, Hot stones, Bamboo, Candle, Body wrap and Scrub, Decléor face discovery.

- **6 SESSIONS OF PERSONAL THERAPY** €319
- **10 SESSIONS OF PERSONAL THERAPY** €499

At the end of each treatment we invite you to enjoy a refreshing and energising drink made with ingredients of your choice. (Subject to reservation at the time of booking).

Sourcéo

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