



## SPA TREATMENT MENU

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### ESPA

Natural Beauty  
Inner Calm

AT LE MAS CANDILLE'S SPA CANDILLE, WORLD-RENOWNED SPA BRAND ESPA UNITES TRADITIONAL ASIAN AND EUROPEAN WELLNESS THERAPIES WITH THE LATEST ADVANCED TECHNOLOGY. USING THE PUREST AROMATHERAPY OILS AND NATURAL INGREDIENTS, ESPA OFFERS AN EXCEPTIONAL SPA TREATMENT COLLECTION FOCUSING ON A COMPLETE AND RESTORATIVE EXPERIENCE FOR BODY AND MIND.





## ESPA FACIALS

Every facial includes an in-depth skin analysis using SkinVision™ technology specially created for ESPA to determine a tailor-made selection of products to achieve maximum results for your skin's needs.

### ESPA DISCOVERY FACIAL

60 minutes / €110

This relaxing personalised facial is customised for your skin type, using ESPA products and technology chosen to suit your individual requirements.

### AGE-DEFYING FACIAL

90 minutes / €145

A regenerating treatment which helps to combat the signs of ageing, by minimising lines and wrinkles. This treatment visibly improves the skin's appearance using specialised massage techniques and a selection of ESPA age-defying products to replenish and revitalise, leaving your complexion toned, radiant and rejuvenated.

### ESPA FACIAL FOR MEN

60 minutes / €110

This relaxing, customised treatment for men uses ESPA technology to provide a tailored solution to your skin's needs.

### MINDFUL FACIAL

90 minutes / €160

Soothe, nurture and revitalise your skin with this complete holistic facial treatment. Warm herbal poultices with Rose Quartz Crystals combine with our therapist's expert touch to cleanse, rehydrate and rejuvenate the skin while calming a busy mind. This deeply relaxing treatment includes breathing and visualisation techniques, and finishes off with a soothing scalp massage or a hand and arm massage, so that you emerge feeling renewed with positive energy and a smooth, radiant complexion.

### LIFT & FIRM EYE TREATMENT

30 minutes / €65

Perfect for the first signs of ageing around the eyes, this treatment relieves tension and reduces the appearance of fine lines.

*Every ESPA facial includes a SkinVision™ analysis, deep cleansing, exfoliation, a treatment-specific massage and mask. To maintain the ultimate in healthy, radiant skin, we recommend a facial once a month.*



## ESPA BODY MASSAGE

### AROMATHERAPY MASSAGE

60 or 90 minutes / €110 or €145

This deeply relaxing ESPA aromatherapy massage uses essential oils selected specifically for you by a sensory test.

### HOT STONE MASSAGE

60 minutes / €120

A full-body massage using aromatherapy oils and warm volcanic stones to relieve deep muscle tension. The warmth of the stones penetrates your muscles to soothe aches and pains, helping you to unwind and feel renewed.

### SWEDISH MASSAGE

60 minutes / €120

A traditional full-body massage. This treatment combines stimulating movements to soothe tired, aching muscles, leaving you feeling relaxed and revived.

### DEEP MUSCLE MASSAGE

60 minutes / €120

A powerful massage designed to alleviate deep-seated tension and muscular stress. Concentrating on specific areas, specialised techniques are combined with gentle stretching movements to relieve aching muscles.

### MUSCLE REVIVER

45 minutes / €90

A deeply soothing, stress-relieving treatment focusing on the back, face and scalp to melt away tensions, leaving you feeling revived and invigorated.

### MINDFUL MASSAGE

90 minutes / €160

This signature treatment helps you unwind a busy mind and escape the hectic pace of daily life, leaving you feeling refreshed and revitalised. Your therapist begins by guiding you through breathing and visualisation techniques to relax and calm both body and mind. The deeply therapeutic body massage promotes positivity and rebalancing, ending with an energising scalp massage using warm Rose Quartz Crystals.



## ESPA SIGNATURE TREATMENTS

We offer a dedicated range of ESPA signature treatments and rituals.

### ESPA BODY RITUAL

120 minutes / €230

This deeply relaxing ritual begins with a full-body exfoliation, followed by a seaweed wrap or mud wrap and a soothing scalp massage. The personalised aromatherapy massage uses essential oils specifically selected for you following a sensory test, leaving you feeling rebalanced and revitalised.

### BACK, FACE AND SCALP TREATMENT

90 minutes / €160

Renowned as our 'Hero' treatment, this ESPA experience delivers triple results by targeting three key areas: the back, the face and the scalp.

The treatment includes back exfoliation and massage, a customised facial and a scalp massage.

### TOTAL HOLISTIC STRESSBUSTER

120 minutes / €200

An indulgent treatment to melt away tension and rebalance body and mind.

The ritual begins with a body brushing and exfoliation to smooth and soften, followed by a relaxing aromatherapy massage using nourishing essential oils to soothe tired, aching muscles. The treatment finishes off with a gentle scalp massage for a complete stress-alleviating experience.



## ESPA DISCOVERY TREATMENTS

### BACK, NECK AND SHOULDER MASSAGE

30 minutes / €65

This targeted massage focuses on three key areas of tension using specific movements and an ESPA body oil selected for your personal needs.

### SHOULDER, NECK AND SCALP MASSAGE

30 minutes / €65

This revitalising scalp massage also incorporates the neck and shoulders for a complete relaxing experience. This massage is offered with the favoured ESPA Pink Hair and Scalp Mud treatment which rehydrates and nourishes the hair and scalp.

### SALT & OIL SCRUB

30 minutes / €65

This exceptional skin softening body exfoliation combines sea salts with essential oils to leave your skin nourished, smooth and supple. For a more gentle treatment for sensitive skins, Exfoliating Body Polish can be applied instead of Salt & Oil Scrub.

### FACE MASSAGE

30 minutes / €65

An intense massage of the face, neck and shoulders, this is a popular ESPA discovery treatment.



## LE MAS CANDILLE SIGNATURE TREATMENTS

Discover complete relaxation offered by nature's own wellness powers with the latest product range from ESPA.

### RELAXATION DAY

120 minutes / €180  
€240 (with lunch\*)

Includes:

Relaxing aromatherapy massage (60 mins)  
Personalised ESPA facial (60 mins)

### TOTAL WELL-BEING DAY

180 minutes / €380\*

Includes:

Relaxing aromatherapy massage (60 mins)  
Personalised ESPA facial (60 mins)  
Luxury hand or foot treatment (60 mins)  
ESPA product of your choice to take away (value of up to €60)  
Including Lunch\*

*\*Lunch is a 3-course meal with drinks included (2 glasses of wine, mineral water and coffee/tea), in our summer restaurant La Pergola from May to September, or in our gourmet restaurant Le Candille from October to April.*

# BEAUTY TREATMENTS

## NAILS, HANDS AND FEET

Express hand or foot treatment (Cuticle and nail care)	30 minutes / €40
Luxury hand or foot treatment (Full treatment with scrub, massage and mask)	60 minutes / €70
Nail polish application	15 minutes / €10
French nail polish application	15 minutes / €15

## WAXING

Full-leg wax	45 minutes / €45
Half-leg wax	30 minutes / €35
Arm wax	30 minutes / €30
Back wax	30 minutes / €30
Bikini line (normal / Brazilian / full)	(30 to 45 minutes) €20 / €30 / €50
Under arm wax	15 minutes / €20
Lip, chin or eyebrow wax	15 minutes / €15

## TINTING

Eyebrow or eyelash colour	15 minutes / €15
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# INFORMATION

## OPENING HOURS

10 am until 7 pm every day, including bank holidays.

## ARRIVING AT THE SPA FOR TREATMENTS

We advise that you arrive at the Spa 15 minutes before your treatment to allow time for changing.

## MINIMUM AGE REQUIRED FOR TREATMENTS

17 years old.

## SPA FACILITIES

A minimum of 1 hour treatment will give you free access to the spa facilities.

## OUR SERVICES

We provide towels, robes, disposable slippers and disposable massage briefs for your comfort and convenience.

## OUR TEAM

All our beauty therapists are fully qualified and trained in the specialist treatment techniques. They offer non-medical relaxation treatments and massages.

## LOST PROPERTY

We cannot be held responsible for any lost or stolen property.

## MOBILE PHONES

To ensure our Spa remains a relaxing, peaceful environment, the use of mobile phones is not permitted in any of the treatment rooms or facilities. Please switch off mobile phones on arrival.

## APPOINTMENTS

All treatments are by reservation only. A pre-payment will be required for all group bookings and treatments of more than 3 hours.

## GIFT VOUCHERS

A relaxing treatment is an ideal gift for a loved one. Gift vouchers are posted or sent by email on the day of purchase to the address specified. Gift vouchers are valid for 1 year. For any voucher extension a fee will be charged (details on request).

## CANCELLATION

Treatments cancelled less than 24 hours in advance will be charged at 50% of the full rate. Treatments cancelled less than 12 hours in advance will be charged at the full rate.

## PREGNANT WOMEN

Some treatments and products should be avoided during pregnancy. For health reasons and for your peace of mind, please let us know if you are pregnant at the time of booking. Our beauty therapists will advise you and adapt the treatment to your needs.

## MEDICAL CONDITIONS

For health and safety reasons, please let us know at the time of booking if you suffer from any medical condition.

## LENGTH OF TREATMENTS

The specified times indicated include a confidential personal pre-treatment consultation.

## CLUB CANDILLE

Ask about our Club membership with the Candille Card. This half-yearly or yearly membership card gives you:

Complimentary access to the spa facilities (hydrotherapy pool, jacuzzi, sauna and fitness area), seven days a week, 7 am to 7 pm.

An exclusive monthly members' offer of 15% discount on all spa treatments (excluding special offers and promotions), 15% discount at the hotel bar and restaurants Le Candille (Michelin-starred fine dining) and La Pergola (poolside summer restaurant).

### MEMBERSHIP RATES:

Individual, for six months	€450
Couple, for six months	€850
Individual, for 12 months	€800
Couple, for 12 months	€1500

*For further information on membership, please contact the Spa reception.*

*This luxurious hotel spa is the perfect antidote to the stresses and strains of today's hectic lifestyle. A haven of peace and tranquillity, this unique and very special spa offers a wide choice of body, face and beauty treatments in beautiful and relaxing surroundings.*

*Careful planning and total attention to detail have created a Zen-inspired environment which combines the best possible facilities with the ultimate in attentive service.*

*It truly is the perfect place in which to relax and unwind.*



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