



LES ROCHES  
BLANCHES



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Spa Menu





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## THE SPA

You are at the perfect place : Le Spa Les Roches Blanches.

Contemplate the immensity of the sea, the clarity of the water, and feel the sea breeze on your skin. Take a deep breath and then exhale. Close your eyes and let yourself be guided through this journey, we will take care of you... Imagine yourself in the steam of the hammam, feel its peaceful warmth, enjoy the moment and the benefits on your body. Indulge in our delicate and expert treatments, enveloping and comforting, your body and mind are in harmony. Open your eyes. Feel this sensation of lightness, you are a new promise, a newfound strength.

On the rocks, hidden among the pines...

Facing the Cap Canaille, we invite you to our magnificent Spa overlooking the sea: four treatment rooms including a double and a single with a view of the water, a luminous relaxation area, an elegant mosaic steam room and a fitness room. We have also exclusively selected prestigious Sisley treatments...

### OPENING HOURS

Monday to Thursday from 10:00 am to 7:00 pm

Friday, Saturday and Sunday from 9:00 am to 8:00 pm

From June to September from 9:00 am to 8:00 pm daily

Information & Reservations

+33 (0)4 42 01 63 04 or by email [spa@roches-blanches-cassis.com](mailto:spa@roches-blanches-cassis.com)

or from your room, please dial #300



## SISLEY CONCEPT & PHILOSOPHY

Discover Sisley's Phyto-Aromatic Treatments and indulge in a wonderful sensorial world. Benefit from the unique "know-how" and experience of a prestigious brand best known for its use of essential oils and plant extracts to create effective products of the highest possible quality. The Sisley Phyto-Aromatic Treatments combine massage rituals from all over the world, created with the respect of local traditions and the power of aromatherapy, to reunify body and mind. The Sisley Phyto-Aromatic Treatments exist in different versions for face and body, each with its own specific massage technique designed to meet the needs of every skin and deepest desire.

## THE EXPERT PHYTO-AROMATIC FACIALS

### **Expert Phyto-Aromatic Treatments: 60 minutes - €170**

Specially designed to meet the needs of your skin, Sisley Phyto-Aromatic Treatments will transport you to an exceptional sensory universe. Your Sisley beauty expert will provide you with a fully personalized care. A moment of softness and pleasure to reveal a refreshed face, a radiant complexion, a feeling of extreme comfort and tightened pores...

### **The Phyto-Aromatic Facial for Men: 60 minutes - 170€**

Exclusively designed for men, the Phyto-Aromatic Facial for Men offers a moment of relaxation thanks to a very specific ritual. It combines efficacy and well-being for a hydrated, toned and fatigue-ridden skin.

### **Phyto-Aromatic Radiance Discovery Treatment: 30 minutes - €95**

Discover the sensoriality of Sisley facial treatments during a tailor-made well-being and beauty break.

### **Eye Treatment, in Addition to a Facial Treatment: 30 minutes - €85**

Specially designed to enhance your eyes, this targeted treatment relieves fatigue, smoothes fine lines and wrinkles, reduces dark circles and puffiness. This timeless break will provide your eyes with the benefits of several calm nights, and more.

## THE ANTI-AGING PHYTO-AROMATIC FACIALS

### **The Phyto-Aromatic Supreme Anti-Aging Facial 90 minutes - 235€**

Sisley has designed a 90-minute treatment including 20 minutes of muscular remodeling to instantly revitalize the skin. Using an exclusive sequence of highly effective massage techniques, its protocol incorporates Sisley's Supreme Anti-Aging Skin Care Supremya - At Night. The features appear redefined, lines are smoothed, skin is more toned.

### **The Phyto-Aromatic Sisleya Facial 90 minutes- 235€**

In 90 unforgettable minutes, the Phyto-Aromatic Sisleya Facial offers a complete treatment involving sophisticated gestures, with in-depth remodeling to restore your youthful skin. Fine lines and wrinkles are smoothed. The epidermis is toned, firmer, more resilient. Skin appears younger and healthier.

### **The Phyto-Aromatic Replumping Youth Facial with Rose 90 minutes 235€**

A timeless experience offering an exceptional feeling of well-being. A true beauty rendez-vous, deliciously and naturally rose-scented, this gentle and pleasant journey relaxes your face, smoothes features and reveals skin's radiance. The complexion is refreshed, skin is replumped and signs of fatigue and ageing are smoothed.

### **The Phyto-Aromatic Intensive Hydrating Facial: 90 minutes - 235€**

The Phyto-Aromatic Intensive Hydrating Facial draws upon Sisley's extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis, this treatment helps restore skin's ideal water balance. More supple and toned, skin regains bounce, glow and the radiance of young skin.



## THE SISLEY BODY TREATMENTS

**The Phyto-Aromatic Exfoliating Body Treatment Lavender & Rosemary :  
30 minutes - 95€ / with moisturizing cream 45 minutes : 135€**

The unique Phyto-Aromatic Exfoliating Body Treatment combines aromatherapy and the effectiveness of an all-over reinvigorating body scrub, for soft and smooth skin. It is recommended before any body treatment.

**The Serenity Phyto-Aromatic : 60 minutes - 145€ / 90 minutes - 210€**

This gentle treatment is a real journey that transports you to the heart of an aromatic Californian massage combining hydration with Sisley products. This relaxing treatment provides soothing and regenerating benefits.

**The Slimming and Firming Energizing Phyto-Aromatic : 90 minutes - 220€**

Using advanced technology and Sisley's expert slimming products, the Slimming and Firming Energizing Phyto-Aromatic Body Treatment offers the perfect combination of rhythmic modelling and the effectiveness of anti-cellulite actions. A smoothing and toning body treatment for a sublimed body.

**Ritual of 3 Phyto-Aromatic Slimming and Firming Treatments: 550€**

## SIGNATURE MESSAGES LES ROCHES BLANCHES

Let yourself be carried away by the olfactory universe of our Origine® brand. Born in Provence, near Cassis, Origine® has embodied cosmetic craftsmanship for 10 years and carefully selects materials, scents and active ingredients that nature has to offer, for authentic and sensory products. Origine® awakens your senses...

### **The Tibetan Bowl Signature 90 minutes - 210€**

Let yourself be transported by this energetic treatment, combining mental relaxation techniques, sounds of the Tibetan bowl and enveloping maneuvers for an overall rebalancing of the body.

### **The Personalized Massage 30 minutes - 90€ / 60 minutes - 140€ / 90 minutes - 200€**

Our therapists will personalize your massage, adapting the pressure and bringing you the well-being you want and need.

### **The Soothing Head Massage 30 minutes - 95€**

Relaxation of the scalp combined with expert Hair Ritual Sisley treatments, massage of the trapezoids, neck and forehead. Facial features are soothed and the mind is calmed.



### **The Deep Tissue 60 minutes - 145€ / 90 minutes - 210€**

This very deep massage suitable for athletes helps to relax the muscles and eliminate toxins.

### **The Exceptional 4 Hands Massage 60 minutes - 280€**

An incomparable moment of relaxation. During a four-hand massage, the touch is increased tenfold, creating a greater feeling of relaxation and let-go. Your body is completely relaxed and you are immersed in a state of absolute serenity.

### **The Hot Stones Massage 60 minutes - 140€**

A gentle massage with hot volcanic stones providing a feeling of calm and immediate relaxation.

### **Mom-To-Be Massage 60 minutes - 140€**

A gentle massage without essential oils, experience a beautiful shared moment of serenity with your baby while relieving your tensions.

### **The Ayurvedic Massage 60 minutes - 140€**

From Indian tradition, the Ayurvedic massage, rhythmic and invigorating, is given with hot sesame oil. It restores energy and vitality to the body.

## SIGNATURE RITUALS WITH STEAM

The steam, combined with eucalyptus essences whose properties are known to decongest and soothe, help to free the mind. The muscles relax and the pores of your skin open up to better receive following treatments.

### **Duo Private Hammam : 1h - 100€**

Oriental Tray : black soap and kessa glove available in addition to your hammam session - 15€

### **Sisley Prestige Ritual 2h - 280€**

Steam Room - 30 minutes

Phyto-Aromatic Exfoliating Body Treatment - 30 minutes

Expert Phyto-Aromatique Facial - 60 minutes

### **Sisley Exceptionnal Ritual 3h - 410€**

Steam Room - 30 minutes

Phyto-Aromatic Exfoliating Body Treatment - 30 minutes

Serenity Phyto-Aromatique Body Massage - 60 minutes

Expert Phyto-Aromatique Facial - 60 minutes

## Rituel Origine® :

### **Discovery Ritual Origine® 1h30 - 155€**

Steam Room - 30 minutes

Personalized Massage - 60 minutes

### **Green Tea Detox Ritual 1h30 - 205€**

Steam Room - 30 minutes

Green Tea Exfoliating Body Treatment - 30 minutes

Green Tea Detox Wrap Gel - 30 minutes

### **Rituel in Provence Origine® 2h - 250€**

Steam Room - 30 minutes

Exfoliating Body Treatment - 30 minutes

Personalized Massage - 60 minutes

### **Signature Ritual Origine® 2h30 - 340€**

Steam Room - 30 minutes

Exfoliating Body Treatment - 30 minutes

Body Wrap - 30 minutes

Personalized Massage - 60 minutes

# BEAUTY TREATMENTS

## MANICURE & PEDICURE KURE BAZAAR

Kure Bazaar is the leader of a new generation of nail polish; combining the ethics of an environmentally friendly formula with the vibrant colors of Paris fashion. The exclusive Kure Bazaar formula, with up to 90% of ingredients from natural origin, maintains the vitality of your nails by respecting their natural regenerative cycle.

**Shape and Color 20 minutes - 50€**

### **Express Manicure or Pedicure :**

30 minutes - 75€ / with nail polish 45 minutes - 100€

Nail shaping, beauty of the nails with moisturizing cream

### **Exceptional Hand or Feet Ritual :**

60 minutes - 120€ / with nail polish 75 minutes - 145€

Nail beauty treatment with black soap, exfoliation, hydration bath and massage.

**Nail Beauty Treatment and Semi-Permanent Application 45 minutes - 100€**

Nail shapping, cuticle-care and semi-permanent application of your choice.

**Removal of Semi-Permanent Nail Polish 15 minutes - 45€**

**Removal and Application of Semi-Permanent Nail Polish 60 minutes - 120€**

## LE MAQUILLAGE PROFESSIONNEL SISLEY

Cutting-edge technology, formulas enriched with active plant ingredients, ultra-pure pigments, highly effective and sensual textures, luminous shades... Sisley make-up, an experience that enhances your beauty while also caring for your skin.

### **Make-Up Touch After Care**

*10 minutes - 35€*

### **Natural Day Make-Up**

30 minutes - 75€

### **Evening Make-Up**

60 minutes - 120€

### **Make-Up Lessons - Upon request**

### **Waxing - Upon Request**



## GENERAL INFORMATION

### Opening hours

Monday to Thursday from 10:00 am to 7:00 pm  
Friday, Saturday and Sunday from 9:00 am to 8:00 pm  
From June to September from 9:00 am to 8:00 pm daily

### Information & Reservations

By phone +33 (0)4 42 01 63 04 or from you room, dial #300.  
The Spa advises you to arrive 20 minutes in advance of your scheduled appointment time.  
The duration of your treatment also includes reception in the cabin.  
In-room treatments and in the Hotel Villa are charged with a 50% supplement.

### Gift Boxes

Gift unique moments: Birthday, Mother's Day, Father's Day, Valentine's Day, Christmas, Wedding...  
Order online at: <https://roches-blanches-cassis.secretbox.fr/spa-by-sisley.html>

### Access / Responsibilities

Access to our swimming pools is reserved to hotel guests. External clients have access to all treatments, to our fitness area as part of a subscription or reservation and to the steam room as part of a « Ritual Steam Room ». The Spa provides lockers in order to keep your personal items but is not responsible for personal items left in the lockers or inside the Spa.

### Health Conditions / Age Requirement

Please be sure to mention any health conditions or if you are pregnant when you book your spa treatment. Steam room access is forbidden to guests under 16. Please note that guests under 16 cannot book spa treatments or go to the fitness room unless they are accompanied by an adult.

### Cancellation Policy

All appointments modified or cancelled less than 24 hours before the booked time will be fully charged. In order to avoid impacting other guests, late arrival to your appointment will limit your treatment time.

### Services Upon Request:

- A la carte workouts: yoga, pilates, fitness coach, dietetician...
- Privatization of the Spa