

2017/2018

SPA TREATMENTS

AQUA ROYAL SPA

NOUMÉA





THE AQUATONIC® COURSE



The Aquatonic® course is a luxurious spa pool intended for relaxation, well-being and getting back into shape. It's an aquatic labyrinth, across two pools heated to 32 and 34 °C, incorporating specific water massage areas, where the position and intensity of the jets treat different parts of the body, along a defined pathway.

The intensity of the jets and the different water temperatures are designed to deliver beneficial effects to the body. The Aquatonic® course has a positive impact on muscle tone and circulation. It stimulates your metabolism and allows for deep relaxation of body and mind.

THE BENEFITS OF THE AQUATONIC® COURSE :

- Physical relaxation, sense of general wellbeing, and released muscle tension
- Mental relaxation and sense of inner balance, with time for yourself and an escape from the everyday
- Feeling of lightness and relief in joints thanks to bursts of water
- Invigorating effect of warm water and relaxing effect of hot water
- Stimulation of the senses.
- Relief from pain through pressure and friction
- Improved circulation thanks to hydrostatic pressure and the draining and massaging effects of the jets
- Local stimulation of metabolism
- Immune system stimulation

THE AQUATONIC® COURSE

- **AQUATONIC® COURSE**
- **AQUATONIC® COURSE FOR HOTEL GUEST**

Get informed about subscriptions including courses

3 800 xpf

3 300 xpf

Entry includes access to the Sauna and Turkish Bath.

CLASSES

- **AQUAGYM OR AQUABIKE CLASS - SINGLE**
- **TWO CONSECUTIVE CLASSES OF AQUAGYM OR AQUABIKE**

5 500 xpf

7 700 xpf

The Aquatonic® course is open to people 15 years and older accompanied by an adult. A swimming cap is required. It will be provided at reception, along with a towel. For men, only Speedos and swimming trunks are allowed. Shorts, board shorts and boxers are prohibited. For your comfort, we provide lockers with keys, hairdryers and individual showers.



TRADITIONAL FACIAL TREATMENTS



With its blonde wood, stones, dappled light, refined treatment rooms and gentle music, the treatment space is a welcoming haven; a universe dedicated entirely to your wellbeing. Our qualified beauticians will provide you with an exceptional experience thanks to their warm welcome, their skill, and their perfect mastery of the treatments provided, which are exclusive to the Thermes Marins de Saint-Malo®. A multitude of rituals from around the world will take you on a journey of well-being.

TRADITIONAL FACIAL TREATMENTS

- **EXPRESS BRIGHTENING FACIAL**

All skin types. A real brightening boost to recover your natural glow.

- **MARINE OXYGENATION FACIAL**

All skin types. A truly deep clean of your skin, leaving you with a clean, fresh glow.

- **MARINE HYDRATION FACIAL**

Dry skin. This facial, which includes a relaxing massage, will act as an incredible skin moisturiser and regulator, leaving your skin hydrated, relaxed and sparkling with vitality.

- **MARINE PURITY FACIAL**

Mixed and oily skins. This facial allows the absorption and regulation of excess oils, neutralising your skin. It includes a relaxing massage, leaving your skin purified and oxygenated, with an even, matte complexion.

- **GENTLE MARINE FACIAL**

Sensitive skin, with or without redness. This facial alleviates the feeling of skin tightness and diminishes redness. It includes a relaxing massage, returning your skin to its original softness and leaving it desensitised, soothed and perfectly protected.

- **MARINE NUTRITION FACIAL**

Dry, dehydrated and mature skins. This facial allows you to restore the depleted hydrolipidic film of your skin. It includes a relaxing massage, leaving your skin smooth and nourished, with a luminous glow.

25 min **6 200 xpf**

45 min **8 800 xpf**

65 min **11 400 xpf**

65 min **11 400 xpf**

65 min **11 400 xpf**

65 min **11 400 xpf**

SPECIFIC INTENSIVE FACIAL TREATMENTS

- **EYE TREATMENT**

This treatment acts on puffiness, dark circles, wrinkles and fine lines. Decongestant, regenerative and hydrating, leaving your eyes looking younger and more relaxed.

- **MARINE BRIGHTNESS TREATMENT**

This facial treatment is suitable for tired, oxygen-deprived and dull skins. The oxygenating massage will stimulate cells and remove toxins, breathing new life into your skin and recovering its glow.

- **ALL-ROUND ANTI-AGING TREATMENT**

This exclusive all-round anti-aging treatment works on all the visible signs of ageing: dehydration, loss of radiance, sagging, presence of wrinkles and fine lines. Thanks to the inclusion of a targeted all-around anti-age massage and exclusive products with innovative ingredients, the results are immediately visible.

50 min **9 000 xpf**

80 min **13 000 xpf**

95 min **17 000 xpf**



FACE MASSAGES

FACE MASSAGES

• **RELAXING FACE, NECK AND SCALP MASSAGE**

All skin types. This gentle massage will encourage deep relaxation and the release of facial muscle tension.

35 min **6 500 xpf**

• **OXYGENATING MASSAGE**

Tired and stressed skin, dull and uneven complexions. This toning massage encourages tissue oxygenation thanks to stimulation of the lymphatic and circulatory systems.

35 min **7 000 xpf**

• **ALL-ROUND ANTI-AGEING MASSAGE**

Mature skins showing signs of dehydration, loss of radiance, sagging, wrinkles and fine lines. The targeted, toning gestures of this massage will act effectively on all the visible signs of ageing.

35 min **7 000 xpf**

• **FACELIFT MASSAGE**

Carried out with the LPG® machine. Facial massage tailored to your needs. Stand-alone or with a facial treatment.

30 min **6 700 xpf**



BODY TREATMENTS

SLIMMING AND TONING TREATMENTS

• **CELLU M6® FULL BODY**

This treatment will allow you to harmonise your figure. Unbeatable technique to destock, re sculpt and firm up.

3 séances **26 000 xpf**

5 séances **41 000 xpf**

10 séances **75 000 xpf**

• **MAINTENANCE SESSION: CELLU M6® FULL BODY**

To maintain the gains from your intensive sessions, continue with maintenance sessions.

45 min **9 000 xpf**

• **CELLU M6® SUIT**

Must be purchased at first sentence. Free with a 10-session subscription.

3 500 xpf

• **FIGURE DETOX TREATMENT**

This treatment is a true kick-start for slimming, bringing together a wrap that encourages sweating and a draining massage. You will really feel slimmer and lighter afterwards.

75 min **13 500 xpf**

• **MARINE INGREDIENT SLIMMING TREATMENT**

Slim down and renew your body's energy. Rich in brown algae, this treatment effectively fights superfluous curves and kick starts the metabolism.

65 min **11 500 xpf**



BODY SCRUBS



Wake up your skin's natural glow. We have crafted for you a selection of the best, most beneficial scrubs from around the world to leave you with soft, clean, fresh skin. Through their exfoliating action, scrubs optimise the penetration of the active ingredients of all our treatments.

BODY SCRUBS

• COCONUT SAND SCRUB

Pawpaw, guava, mango, sand and coconut: this delicious, vitamin-packed scrub is an invitation to escape, allowing your skin to recover its natural glow.

• LAVA POWDER SCRUB

Lava powder, spring water, grapeseed oil: a blend of power and generosity to leave your skin clean and fresh.

• MARINE CLAY AND SEA SALT SCRUB

Marine clay, kelp oil, and salts: a rich marine combination for rejuvenated and toned skin.

• LYCHEE SCRUB

Ylang-Ylang, Ravintsara essential oil, and lychee powder: this scrub is an energy-packed cocktail delivering moisturised, rejuvenated skin.

• ORIENTAL VOYAGE

20-minute sauna/Turkish Bath session followed by a body scrub with black soap for deeply cleansed skin.

35 min **6 500 xpf**

35 min **6 500 xpf**

35 min **6 500 xpf**

35 min **6 500 xpf**

55 min **8 500 xpf**

RELAXING BODY WRAPS

• COTTON FOAM BODY WRAP - Relax

Want a moment of softness? Try this body wrap with the moisturising, relaxing and nourishing virtues of cotton-oil, beeswax and mango butter for a moment of total relaxation.

• VOLCANIC EARTH BODY WRAP - De-stress and revitalise

If you need to re-energise, let this body wrap with Valencia orange extract, enriched with yellow clay and Sclafani thermal water, rejuvenate you.

• SEAWEED AND SEASHORE PLANT BODY WRAP - Purify

For a sense of wellbeing, this powerful treatment made with kelp seaweed and sea fennel flower oil is intensely rejuvenating and promotes tissue drainage.

• HIBISCUS FLOWER BODY WRAP - Moisturise and tone

In the quest for beauty, try this marvellous hydrating gel. A body wrap rich in mineral salts and oligo elements, soaked in hibiscus flower extract for a rejuvenating, anti-age treatment.

35 min **6 500 xpf**

35 min **6 500 xpf**

35 min **6 500 xpf**

35 min **6 500 xpf**



**BODY
SCRUBS**



BODY MESSAGES YOUR PASSPORT TO WELLBEING

• SIGNATURE MASSAGE

The signature Aqua Royal Spa massage.

• REFLEXOLOGY

This massage truly stimulates the reflexes of the feet. It promotes relaxation, improved sleep, improved circulation, elimination of toxins and energy rebalancing.

• CHATEAU ROYAL MASSAGE

This body massage promotes release of muscle tension and deep relaxation.

• RELAXING MASSAGE

An invitation to immerse yourself in your wellbeing with this full body massage, which will release tension and promote deep relaxation.

• DEEP TISSUE MUSCLE RELAXATION MASSAGE

This deep-tissue relaxing massage promotes muscle relaxation and a deep release of tension. The blend of passive mobilisation and pressure is particularly suited to sportspeople. It re-energises and revitalises.

• TOTAL BALANCE

This treatment brings balance and well-being through the genuine stimulation of nerve endings. It involves reflexology and a massage of the arms, hands, neck, neckline and scalp.

20 min **7 000 xpf**

60 min **12 000 xpf**

35 min **6 500 xpf**

45 min **9 500 xpf**

25 min **7 000 xpf**

50 min **10 500 xpf**

75 min **15 500 xpf**

25 min **8 000 xpf**

60 min **15 000 xpf**

65 min **13 000 xpf**

• TRADITIONAL CHINESE ENERGY MASSAGE

To truly rebalance your energies, this massage activates the meridional circulation axes that transport vital energy in the body.

Accupressure allows the release of blockages that are preventing the correct circulation of energy.

• HOT STONE MASSAGE

This hot stone massage forms part of the science of the Orient.

Massage stones are effective as much to harmonise energy flows as to release muscle tension.

They alleviate stress, undo knots and balance energies.

• INDIAN AYURVEDIC MASSAGE

Inspired by the ancient Indian medical practice of Ayurveda – meaning the science of life.

The objective of this massage is to rebalance energies.

It harmonises body and soul, soothes tensions and boosts energy and vitality. It is spoken of as a "cleansing" of the body.

Indian Ayurvedic massage alternates different techniques such as Abhyanga – stimulating movements –

and Marmathérapie – deep work on energy points.

55 min **13 000 xpf**

65 min **14 500 xpf**

65 min **14 500 xpf**

You may add any of the following to our massage treatments:

- 10-minute scalp massage for **1,500 XPF**

- Private jacuzzi for one for 15 minutes for **3,500 XPF**

- Private jacuzzi for two for 15 minutes for **5,000 XPF**



BODY TREATMENTS



BODY TREATMENTS

• **FULL BACK TREATMENT**

This is a two-part treatment. It starts with a deep cleansing, with a sea salt and marine clay scrub, and a seaweed and seashore plant body wrap, followed by a relaxing contoured massage.

• **LEG CIRCULATION TREATMENT**

This complete treatment will allow you to have legs that feel light again. The drainage massage will help fight fluid retention, and cryogenic immersion will tone weakened capillaries and improve their functioning.

45 min **9 500 xpf**

30 min **6 500 xpf**

• **MARINE STOPOVER**

- Marine Oxygenation facial
- Total back treatment
- Seaweed and Sea Shore Plant Body Wrap

• **TROPICAL ESCAPE**

- Lychee body scrub
- Hibiscus Flower Body Wrap
- Traditional Chinese Body Massage

• **JOURNEY TO THE HEART OF THE VOLCANO**

- Lava Powder body scrub
- Volcanic Earth body wrap
- Hot Stone Massage

• **STROLL ON THE LAGOON**

- Sea Salt and Marine Clay body scrub
- 50-minute Sea Fennel relaxing body massage
- Marine Hydration facial

2h05 **24 800 xpf**

1h55 **26 000 xpf**

2h05 **27 500 xpf**

2h25 **28 400 xpf**

ESCAPES

Enjoy your relax time with :

- 1 entry to Aquatonic® course for a special price of 3 300 xpf
- Two-course lunch at L'Escale restaurant (excluding drinks) for a special rate of 3 900 xpf



BODY TREATMENTS

From a gentle trickle to a powerful jet, water can take many forms and come in every range of temperatures. These treatments are carried out on a slope under a fine, warm rain shower.

WATER TREATMENTS

- **AFFUSION MASSAGE**
 Affusion massage is carried out by a beautician under a shower of warm water. This treatment blends the benefits of hydrotherapy and massage. This marriage of gentle, deep sensations leads to the release of muscle tension and deep relaxation.

30 min	7 000 xpf
50 min	13 500 xpf
- **MARINE WAVE**
 This treatment is comprised of a sea salt and marine clay body scrub combined with a hydromassage under several curtains of water that criss-cross each other continuously. This is followed by a seaweed and seashore plant body wrap, applied as a warm cream while the beautician performs a relaxing facial massage. Once your body has reaped the many benefits of this wrap, you will enjoy a draining, relaxing rinse under hot water, followed by an affusion massage with essential oils.

90 min	17 500 xpf
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OTHER SERVICES

MANICURES AND PEDICURES

- **EXPRESS MANICURE OR PEDICURE**
 Nail shaping, cuticle tidying and application of standard nail varnish

	4 000 xpf
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- **HANDS OR FEET CARE**
 Nail shaping, polishing, cuticle tidying, massage and application of standard nail varnish

	6 500 xpf
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- **FRENCH MANICURE**
 In addition to a manicure or pedicure

	1 000 xpf
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- **APPLICATION OF SEMI-PERMANENT NAIL VARNISH - FRENCH**
 In addition to a manicure or pedicure

	2 000 xpf
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- **REMOVAL OF SEMI-PERMANENT NAIL VARNISH**

	1 500 xpf
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WAXING

- 1 area of face (lips, chin, cheeks)
- Eyebrows
- Full face
- Underarm
- Arms
- Half leg
- Thighs
- Full leg
- Standard bikini
- 1/2 Brazilian bikini
- Full Brazilian bikini

- 1 100 xpf**
- 1 300 xpf**
- 2 600 xpf**
- 1 400 xpf**
- 2 500 xpf**
- 3 200 xpf**
- 3 200 xpf**
- 4 400 xpf**
- 2 400 xpf**
- 2 900 xpf**
- 4 200 xpf**

MEN'S WAXING

- Underarms
- Back or chest
- Full leg

- 2 000 xpf**
- 4 100 xpf**
- 4 700 xpf**

We strongly recommend you do not make waxing appointments just before or after sun exposure or aquatic activities

MAKE UP

- Day Make-Up
- Event Make-Up
- Bridal Make-Up. One trial plus make-up on your wedding day.

- 3 700 xpf**
- 5 200 xpf**
- 9 000 xpf**

This is a place of wellbeing for women and men. From facials to body treatments, simply close your eyes and let the expert hands of our beauticians transport you. Gently, in harmony, focus only on you.

The Aquatonic Spa is open to hotel guests and the public.

All treatments are available to men and women.

With the exception of hydrotherapy treatments and manicure or pedicure, all our treatments can be booked as dual sessions and completed with an Aquatonic trail for a special price.

OPENING HOURS

Treatment space from Monday to Friday from 9am to 8pm – Saturday and Sunday from 9am to 6pm. The Spa reception is open from Monday to Friday from 8am to 8pm, Saturday from 8am to 6pm, and Sunday from 9am to 6pm.

Opening hours for the Aquatonic® course are available on our website: internet: www.complexechateauroyal.nc

Open on public holidays except Christmas Day and New Year's Day.

BOOKINGS

From your room, dial 830 – From outside the hotel 29.64.44

WE RECOMMEND YOU BOOK TREATMENTS IN ADVANCE. BOOKINGS ARE NOT REQUIRED FOR THE AQUATONIC COURSE.

ARRIVAL AT THE SPA

We ask that you arrive 10 minutes before the start of your treatment and that you respect your appointment time. If you arrive late, we will be obliged to shorten your session in order to avoid delaying other appointments.

CONTRAINDICATIONS

Some treatments are contraindicated for certain people notably for pregnant women and those with certain medical conditions. Please ask our team for advice.

CANCELLATION

For any changes or cancellations, we ask that you contact the spa a minimum of 24 hours before the start of your session in order to avoid us charging you the full price of the session (100% of the price).

DE LA MER NAÎT LA BEAUTÉ

Les Cosmétiques Thermes Marins de Saint-Malo
allient efficacité et sensorialité à travers
une ligne de 31 produits visage & corps
à base d'actifs marins.



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