

CARTE DES THERMES DU COUVENT



Au sein du Couvent

NICE SUMMER

2024

VISAGE

PERSONALISED FACIAL

60'-75'-90' minutes

220€ - 250€ - 290€

We offer a unique and entirely personalised experience developed in close collaboration with Muse & Heroine.

This facial treatment combines the benefits of highly effective and scientifically proven plant-based active ingredients with the expert techniques of our practitioners.

It stimulates the synthesis of collagen, improves skin elasticity, sculpts and tones facial muscles and calms inflammation through manual lifting and drainage techniques.

Each partner brand – Monastery, De Mamiel, Lesse, Activist, Ranavat and Lilfox – has been carefully chosen to create an experience tailored to your needs and wishes.

After carrying out a thorough diagnosis of your skin, we adapt our techniques to meet your specific needs. This treatment includes a Manual Deep Lift Facial®, a massage exclusively developed for us by Melinda Bogнар to offer you a unique experience.

GUA SHA

60'-90' minutes

200€ - 270€

An exceptional treatment which effectively lifts and redefines facial contours.

Drawing on both gua sha and acupressure techniques, this treatment releases deep facial tension and provides relaxation. The effect of this double action is sculpted contours and more defined facial features.

In addition to the aesthetic benefits and the lifting effect, this treatment provides deep relaxation.

We use the Yin Your Skin gua sha tools, created Katja Kokko, a recognised acupuncturist who has become a reference in natural cosmetics and skincare.

(OPTION) — HEAD MASSAGE

(RELAXING HEAD MASSAGE)

25' minutes

50€

Complete your treatment with a personalised and revitalising head massage. Feel the tension melt away under expert hands. This gentle and targeted technique provides total relaxation and a deep sense of wellbeing.

(OPTION) — COLLAGEN MASK

(COLLAGEN MASK)

40€

This mask hydrates the skin while targeting tone, firmness and elasticity.

BODY

ROMAN BATH CIRCUIT

3' hours

400€

This comprehensive treatment is inspired by the traditional bather circuit in Ancient Rome. Ideally carried out after training or exercise, it offers a totally unique experience.

The circuit begins in the Roman Baths, perfect for unwinding and relaxing, then, a body exfoliating treatment and personalised massage with warm oils from our herbalist, and finally, a facial massage completes the circuit.

LUCA BAGNARA LYMPHATIC DRAINAGE AND REMODELLING

75' minutes

240€

This experience inspired by Luca Bagnara is the perfect way to combat the effects of cellulite and water retention.

The signature treatment combines drainage massage with remodelling techniques using wooden tools. Water retention is reduced, circulation improves, and a sense of physical wellbeing is restored.

BODY EXFOLIATION

45' minutes

150€

This gentle exfoliation treatment hydrates the epidermis, promotes cellular renewal and leaves the skin glowing.

If desired, we can incorporate a modern version of the “strigil”, an accessory used by the Romans to clean and scrape impurities off the body of impurities, into the treatment.

PERSONALISED MASSAGE

30'-60'-90' minutes

95€ - 190€ - 270€

A unique and entirely personalised massage. Essential oils from our herbalist are chosen according to your needs and wishes.

The practitioner can adapt the technique and pressure throughout the massage to offer you a unique experience.

RELAXATION MASSAGE

30'-60'-90' minutes

95€ - 190€ - 270€

A revitalising massage that stirs the senses. A comforting experience that allows you to reconnect with your body and mind.

This massage incorporates essential oils from our herbalist which are gently warmed and a technique of light to moderate pressure.

ENERGISING MASSAGE

30'-60'-90' minutes

95€ - 190€ - 270€

A massage that targets deep muscle tissue and tension to soothe and relax. It incorporates essential oils from our herbalist which are chosen for their energising properties and gently warmed before use. A technique of moderate to strong pressure is used during this massage.

EXPERIENCES ON REQUEST

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60' minutes

200€

SHIATSU

Shiatsu is a Japanese deep relaxation technique which uses gentle finger pressure on specific points on the body to rebalance the body's energy. This practice relieves stress, stimulates blood circulation and the immune system, offering a relaxing and revitalising experience. Perfect for anyone looking to balance their body and mind.

HOLISTIC TREATMENT

Chinese medicine has been practiced and developed since Antiquity and is based on the body's energy and life force.

Gentle, long-lasting and with no side effects, this practice focuses on the wellbeing of the body and mind by improving circulation of the blood and energy to promote overall energy balance.

REFLEXOLOGY

Reflexology of the feet and the hands offers a unique experience and brings a state of deep relaxation. By stimulating pressure points, it restores energy balance in the body by guiding your breathing, multiplying the effects of this unique moment.

Reflexology helps relieve stress, improve circulation, soothe muscular tension and stimulate lymphatic circulation. These effects promote a sense of overall wellbeing and help improve the quality of sleep.

ESTHEDERM SUN TREATMENTS

PROTECTIVE BEFORE-SUN TREATMENT

30' minutes

95€

This protective treatment prepares the skin for exposure to the sun with an exfoliation and the stimulation of melanin synthesis for a quicker, more intense and lasting tan.

The skin is protected and prepared for tanning. This treatment should be carried out just before exposure to the sun.

AFTER-SUN TAN EXTENDER

30' minutes

95€

This treatment helps conserve the quality and youth of skin sensitized by the sun, while offering a more luminous, intense and lasting tan. The skin is left feeling soft, supple and soothed.

BEAUTY

HAND BEAUTY TREATMENT

60' minutes

85€

This beauty treatment for the hands combines a cuticle treatment, a hydrating modelling massage and the application of a Manucurist nail polish.

FOOT BEAUTY TREATMENT

60' minutes

95€

This beauty treatment for the feet combines a cuticle treatment, a hydrating modelling massage and the application of a Manucurist nail polish.

INTENSE FOOT BEAUTY TREATMENT

70' minutes

125€

This beauty treatment for the feet begins with a hot foot bath.

This is followed by a gentle exfoliation, a cuticle treatment and a modelling massage. Your feet are protected, hydrated, and incredibly soft. The treatment finishes with the application of a Manucurist nail polish.

EXPRESS MANICURE

30' minutes

50€

This express manicure combines a cuticle treatment and a hydrating modelling massage.

HAND BEAUTY TREATMENT WITH SEMI-PERMANENT COLOUR

70' minutes

135€

This hand beauty treatment combines a cuticle treatment, a hydrating modelling massage and the application of Shellac semi-permanent nail colour.

FOOT BEAUTY TREATMENT WITH SE- MI-PERMANENT COLOUR

70' minutes

145€

This foot beauty treatment combines a cuticle treatment, a hydrating modelling massage and the application of Shellac semi-permanent nail colour.

NAIL POLISH

25' minutes

35€

Nail polish application includes filing and applying a Manucurist nail colour.

HAIR AND MAKE-UP – ON REQUEST DURATION

To ensure the best possible experience at the Thermes du Couvent, we recommend you arrive 20 minutes before your appointment.

Preparation time is included in the treatment duration. In the event of late arrival, your treatment time will be shortened out of respect for the next appointments.

AGE RESTRICTIONS

Under 16s are welcome at the Thermes du Couvent provided they are accompanied by an adult. Some treatments are not recommended for children.

YOUR HEALTH

In order to guarantee you the best possible service, please inform us of any health issues or recent/ongoing medical treatments. Please note that massages and some treatments are not suitable for women in the first three months of pregnancy.

VALUABLES

We decline any responsibility for the loss of jewellery or personal valuables at the Thermes du Couvent or the Movement Studio.

A QUIET PLACE

The Thermes du Couvent is a place dedicated to wellbeing and relaxation. To ensure the best possible experience for everyone, please switch off your mobile phone. This is a non-smoking area.

CANCELLATIONS

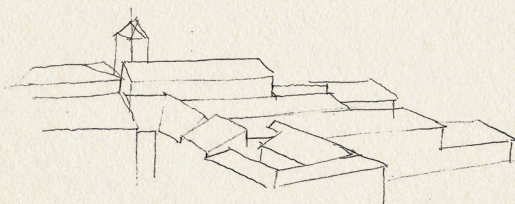
If you need to change or cancel your appointment, please inform us 24 hours in advance, otherwise appointments will be charged in full.

OPENING HOURS

The Thermes du Couvent are open every day from 9.30am to 8pm. Appointments outside these hours may be made on request only and will include a 25% surcharge for treatments in your room.

LOST AND FOUND

Objects found at the Thermes du Couvent will be stored in a secure area for one year. If they have not been claimed after one year they will be donated to local charities. Toiletries and underwear will be kept for 24 hours.



For further information, please contact

LES THERMES DU COUVENT

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