

# THE ROMAN BATHS



Au sein du Couvent  
Carte Été 2025



# VISAGE

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## **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.

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### **(ADD-ON) — HEAD MASSAGE**

*(RELAXING HEAD MASSAGE)*

*25' minutes*

*65€*

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.

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### **(ADD-ON) — COLLAGEN MASK**

*(COLLAGEN MASK)*

*50€*

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



# BODY

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## SOIN DU ROMAIN

*3' hours*

400€

Echoing the remains of the Roman baths on the hill of Cimiez, in the hills above Nice, the Hôtel du Couvent houses a complete thermal circuit that invites you to a deep experience of well-being.

The experience begins with 60 minutes of relaxation in the baths and rooms: tepidarium, caldarium, frigidarium... an immersion in ancient tradition that prepares body and mind to receive treatments.

It continues with two hours of personalized treatment : a body scrub to reveal the skin's radiance, followed by a personalized massage with warm oils from our herbalist's shop, designed to release tension and revitalize the body in depth.

The ritual concludes with a facial massage, the ultimate gentle gesture to soothe the features and prolong the feeling of serenity.

A moment for yourself, recommended after physical activity or to savor an experience of deep well-being.

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## PARCOURS DU SPORTIF

*3' hours*

230€

You'll start by warming up your body with a class in the Movement Studio, followed by access to the Roman Baths. Your treatment ends with a 60-minute sports massage.



## **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.

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## **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*

*105€ - 200€ - 280€*

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.

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## **RELAXATION MASSAGE**

*30'-60'-90' minutes*

*105€ - 200€ - 280€*

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.

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## **ENERGISING MASSAGE**

*30'-60'-90' minutes*

*105€ - 200€ - 280€*

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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## HOLISTICS EXPERIENCES ON REQUEST

*60' minutes*

*210€*

### 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.

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### 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

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## **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.

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## **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

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## 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.

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## 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.

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## 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*

*60€*

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

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## **HAND BEAUTY TREATMENT WITH SEMI-PERMANENT COLOUR**

*70' minutes*

*145€*

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

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## **FOOT BEAUTY TREATMENT WITH SEMI-PERMANENT COLOUR**

*70' minutes*

*155€*

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

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## **NAIL POLISH**

*25' minutes*

*45€*

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

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## **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**

Children are welcome at the Thermes du Couvent to receive treatments adapted to their age. They must be accompanied by an adult at all times. Children under 16 years old are not allowed to access the Thermes facilities.

## **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.

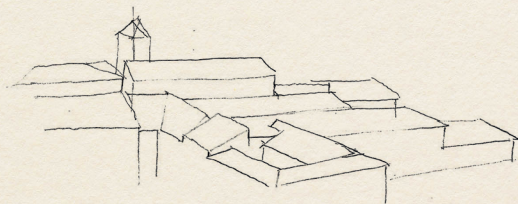


## **OPENING HOURS**

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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