



DOMAINE DE LA
POMMERAYE

A LA CARTE SPA CARE *in 30 minutes*

- RADIANCE & SERENITY *Face, arms, shoulders, scalp - soothing*
Tension disappears, as your facial marks naturally loosen up.
- KO BI DO *Face, neck - skin cleansing, Kyoto - Cinq Mondes massage*
Japanese anti-ageing massage.
- FLEURS DE BALI® RITUAL *Discovery face care with scrub & mask - Bali - Cinq Mondes*
The benefits of the natural properties of tropical flowers to sooth your skin.
- SOFT & GENTLE *Full back of body care - relaxing - with Nohèm organic cosmetics*
Relaxing massage from foot to scalp, inspired by Californian massage.
- SHIROTCHAMPI *Upper back, shoulders, neck, scalp, face - anti-stress - Nohèm organic oil*
This Indian massage, applied in a seated position, frees all your mental tension.
- EXFOLIATE - HYDRATE *Whole body*
Eliminates dryness, for a newfound smooth and gentle skin.
- THAÏ REFLEXOLOGY *Sole of the feet - energising, balancing - without oil*
Rebalance your energy via acupressure on reflex points.

A LA CARTE SPA CARE *in 45 minutes*

- CINQ FLEURS®
RITUAL

Face and neck - all skin types - relaxing - Bali - Cinq Mondes
Tropical flower extracts and this Balinese ritual radiate and illuminate.

- KO BI DO

Face and neck - mature skins - deep, lifting, repulping - Kyoto - Cinq Mondes
Ancestral Japanese ritual. Gestures stimulate, smooth and repulp.

- TRADITIONAL
ORIENTAL

Whole body - relaxing, scenery-changing - Egypt, Syria - Cinq Mondes
Argan, olive, sesame... slow gestures envelope, escape and pure well-being.

- INDIAN AYURDEVIC

Whole body - gentle and stimulating, alternating rhythms Bangalore - Cinq Mondes
The gentle warmth of oil, scented with vanilla and cardamom, soothes and stimulates.

- CALIFORNIAN

Whole body - relaxing - Nohèm organic oil
A gentle and deeply relaxing massage to unwind all your tension.

- SUBLIME FROM
POLYNESIA

Whole body - relaxing, scenery-changing - Polynesia - Cinq Mondes
Inspired by Lomi-lomi and Polynesian healers. Tiaré flowers are a genuine invitation to let go, pressure points and forearm movements are reminiscent of a lagoon.

- EXCEPTIONAL
FOUR-HANDED
RITUAL

Whole body - absolute release - Nohèm organic oil
Escape to a matchlessly gentle world where your mind is freed of all tension.
Even the notion of time disappears. 2 professionals x 45 minutes = equivalent to 90 minutes

A LA CARTE SPA CARE *in 60 minutes*

- | | | |
|--|---|--|
| | <i>Serenity</i> | <i>Dehydrated skins - balancing - Asia - Nohèm</i>
Shiatsu and kneading offer your skin the utmost in rehydration. |
| • ABSOLUTE FACIAL
<i>Specific to your skin type</i> | <i>Northern lights</i> | <i>Mature skins - neutralising, smoothing, radiance - Kyruna - Nohèm</i>
The properties of rock crystal heal the mind towards increased clarity and neutrality. |
| | <i>New lease of life</i> | <i>Mixed to greasy skins - anti-fatigue, soothing - Ladakh - Nohèm</i>
This Indian ritual releases all your inner agitation and lets your skin breath again. |
| • QUINTESSENCE | <i>Face - men - freshness, anti-stress - 66°30</i> | Organic care associated with a genuine relaxing massage. Because men too are allowed to pamper themselves ;) |
| • ABHYANGA | <i>Whole body - soothing, gentle - Nohèm organic oil</i> | This Indian ritual gently eliminates fatigue and reconnects you with your inner serenity. |
| • SHIATSU | <i>Whole body - without oil</i> | In-depth rebalancing of energies through intense pressure points in the hands, fingers and elbows. Tension evaporates. |
| • THAÏ WITH OIL | <i>Whole body - energising, dynamic - Nohèm organic oil</i> | Gentle and deep stretching at alternating rhythms, to favour relaxation and to reactivate bodily functions. |
| • BALINESE | <i>Whole body - relaxing - Nohèm organic oil</i> | A deep muscular Indonesian massage to favour blood flow. |
| • WAITING FOR BABY | <i>Whole body - expecting mothers - soothing - Africa - Nohèm</i> | A gentle, comfortable and relaxing time out over a massage associated with sophrology. |

LA CARTE SPA CARE *in 75 minutes*

- **PRECIOUS KO BI DO**
Face, neck, neckline, arms, feet - mature skins - Kyoto - Cinq Mondes
A genuine manual lifting treatment inspired by Japan, this global anti-age option treats facial marks and wrinkles in depth, for a firming effect and immediate radiance. Skin is softer, complexion is brightened and your mind... perfectly relaxed.
- **FLOWERS AND FRUITS OF BALI**
Face - In-depth cleansing - Bali - Cinq Mondes
A skin perfecter that transcends your complexion, thanks to the benefits of natural fruit acids and active ingredients from tropical flowers. For a bright and smooth skin.
- **SIRO ABHYANGA WITH INFUSED HERBS**
Body - soothing, purifying, herb pouches - Nohèm organic oil
Soothing and gentle, this Abhyanga massage combines the application of plant and spice pouches, which infuse their gentle warmth and all their benefits.
- **ORIENTAL RITUAL**
Body - purifying, gentle, mandatory steam bath session prior to the treatment - Cinq Mondes
Traditional Oriental ritual with black soap scrub and rhassoul body wrap, gentle 30-minute massage with soothing argan oil, olive oil and sesame oil.
- **SULTANE**
Body - scrub, tonic massage, muscle relaxation - Oman - Melchior & Balthazar
Preceded by a dry brush scrub, this warming ritual with pure organic argan oil, stimulates body and mind, via alternating sliding pressure and dynamic smoothing.

— TERMS AND CONDITIONS —

Body sculpting/Massage/Spa Treatment

The care dispensed here is in the form of beauty and wellness treatments and is not therapeutic care. Our care options are, under no circumstances, to be considered as medical or paramedical. Medical advice is required for any person presenting with pain and/or symptoms we are unable to detect or recognise. In the case of doubt, our carers reserve the right to refuse to dispense a given treatment.

Pool/Steam room/Sauna

Access to the pool, sauna and steam room is privatised from 9am to 6.30pm and is subject to conditions. Basic rules pertaining to personal hygiene must be abided by. A bathing suit and clean thong sandals or flip-flops, exclusively used for this purpose, must be worn at all times. These services are included for guests booking a Sensory Journey package and are valid for the predetermined period.

Before using the steam room and the sauna, all visitors are required to familiarise themselves with associated risks. In the case of any contraindication or impossibility to use these services on the day they are booked, they shall be considered as lots and not eligible for any

exchange or refund. Bookings for treatments, massages or body care alone to not include access to the pool, the sauna or the steam room. These areas may, nevertheless, be booked - subject to availability and at a supplement of €22/person, which offers 30 minutes access to the pool or 30 minutes access to the sauna or 30 minutes access to the steam room, over a privatised session.

As from 6.30pm, resident guests can enjoy unrestricted access to the pool and the sauna. At this hour, the steam room is not available and may not be booked.

Bath robe/Towel/Bathing Suit/Flip-flops

Bath robe and towel hire is included in our spa rates. Should you fail to return these articles, we reserve the right to invoice them at the following prices:
Cost of a bath robe = €45; cost of a towel = €25.
Fresh bath robe: €5.

We can provide free bathing suits and flip-flops for any guests who may have forgotten to bring their own, at a price of €5 per person.

Spa care duration & Timetable

When booking, your care options are scheduled so they follow each other and times indicated are your total presence and not cabin time. Please come to the spa reception desk 15 minutes before your first appointment. Should you be unable to come, or should you arrive late for your appointment, the booked treatment shall be invoiced and we shall be obliged to reduce the total scheduled treatment time accordingly, or to cancel all treatments (refer to the section on cancellation).

Certain treatments require specific training. As such, we cannot guarantee the availability of all treatment options every day. If necessary, an alternative is proposed based on the spa carers present at the spa on the day of your appointment.

Minimum age for access to care options: 17 years (or children aged 11 to 16 years in the company of an adult for a maximum duration of 30 minutes)

Gift vouchers

Validity period: vouchers are valid for 6 months from their issue date; the expiry date is indicated on the voucher. After expiry, vouchers may not be used and shall be deactivated.

The Client acknowledges that an expired voucher may not be subject to refund or any other monetary compensation in whatever form.

Voucher loss or theft: lost, stolen or falsified vouchers may neither be exchanged nor refunded. The Client is considered solely responsible for their Gift Voucher. The Client may not make any claim against the establishment in the case of loss or theft of a voucher. The Client is duly informed that any attempt to use a falsified or stolen voucher may lead to legal proceedings engaged by the establishment.

Booking/Invoicing/Modification/Cancellation/Non-presentation/Case of Force Majeure

When you book, a deposit equivalent to 50% of the reserved treatment and options is requested. In the case of cancellation or modification, this deposit is retained.

Modification at the latest 7 days prior to the appointment date: the deposit is used to guarantee the new booking. This new appointment shall be non-modifiable and non-refundable, and a second deposit for the remaining sum due shall be requested as prepayment (an invoice can be provided upon verbal request).

Modification from 6 days to, at the latest, 72 hours prior to the appointment: in this case, the booking is non-modifiable. The deposit is retained. The remaining sum due shall not be requested. In this case, the requested modification is considered as a verbal cancellation, unless the client confirms the appointment in writing to our postal or electronic address.

Cancellation from 6 days to, at the latest, 72 hours prior to the appointment: in this case, the booking is non-modifiable and the deposit is retained. The remaining sum due shall not be requested.

Cancellation less than 72 hours prior to the appointment: all booked treatments remain due and the deposit is withheld. The remaining sum due is invoiced and debited where applicable. It is permitted for late cancelling clients to transfer their booking for use by a person of their choice, provided that written confirmation is provided by the client to our electronic address on the day of cancellation and, at the latest, 12 hours prior to the appointment.

Non-presentation: should the client fail to attend the booked appointment, the booking shall be considered as a cancellation made less than 72 hours prior to the appointment.

Case of force majeure: cancellation without payment is possible should it be physically impossible for the client to travel to the establishment and/or to attend the appointment at the agreed time. A certificate for each participating person shall be requested in the case of death, accident, incident or medical restriction that may affect/render impossible their capacity to move or to travel. Only incapacity or death certificates proving a direct link between the client and their child, spouse, direct parent or self, shall be considered for approving cancellation without payment and the reimbursement, exclusively to the client in question, of any deposit paid, subject to proof of the validity of the said certificate/document proving the case of force majeure and providing the reason for the absence of prior cancellation of the appointment.

In the case of a booking for several clients, a certificate is requested for each person in order for them to benefit from cancellation without payment. It is permitted for clients suffering from a case of force majeure to transfer their booking for use by a person of their choice, provided that written confirmation is provided by the client to our electronic address on the day of cancellation and, at the latest, 12 hours prior to the appointment.



La Couture - 14690 La Pommeraye • 02 31 69 02 67 - contact@pommeraye.fr • www.pommeraye.fr