

MASSAGE BIEN-ÊTRE / ESTHÉTIQUE NATURELLE

CARTE DES SOINS



Le Souffle
du Zen

Créateur de bien-être

TREATMENT MENU

WELLNESS MASSAGE / NATURAL BEAUTY

TAKE TIME OUT TO BREATHE AND GIVE YOURSELF A RELAXING BREAK, FOR PERSONAL WELL-BEING

Inspired by our travels and our natural environment, The Breath of Zen offers high quality therapies in a calm soothing environment helping you to let go and relax. All products used in our treatments are organic and made from natural ingredients.

We ask you to arrive 5 minutes before your appointment time. Should you arrive late for your appointment, we are obliged to reduce the length of your treatment, so as not to inconvenience our other customers.

For all cancellations, please notify us 24 hours in advance, otherwise you will be charged the full price of your treatment.

The treatments provided in our Spa are reserved for customers in good health if in doubt, please consult your doctor before booking a treatment. The Spa is not a medical clinic and all treatments offered are for well-being only.

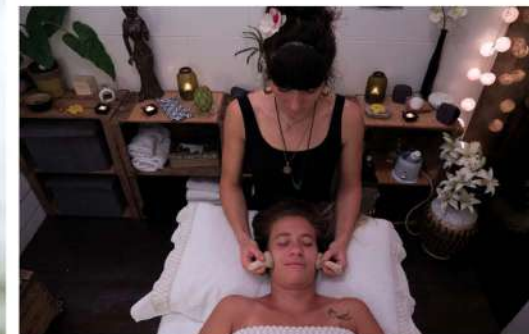
Prior to any treatment, please inform us of any health problems, allergies or injuries and let us know if you are pregnant, breast-feeding or undergoing any medical treatment.



Classic Massage

	30 min	60 min	90 min
RELAXING MASSAGE Calming and de-stressing full body massage with warm aromatherapy oils.	45 €	80 €	115 €
SPORT MASSAGE Deep tissue massage - Back/Legs/Arms/Neck To relieve tension and support muscular recovery. With warm aromatic vegetable oil.	45 €	80 €	115 €
PERSONALISED MASSAGE Massage with warm aromatherapy oils Adapted at your request.	45 €	80 €	115 €
HOT STONES MASSAGE A pampering massage using heated volcanic stones. Relaxing, detoxifying, easing muscles and releasing tensions. Unsuitable for those with high blood pressure and varicose veins.	50 €	85 €	120 €
PREGNANT WOMAN MASSAGE Gentle whole body massage with warm organic massage oil, Suitable from the 4th month until the end of the 8th month of your pregnancy.	45 €	80 €	115 €

	30 min	60 min
SPECIAL "BACK PAIN" MASSAGE Deep massage for the back including physical manipulation and hot compresses. Relieve and dissolve muscle tensions.	45 €	80 €
SPECIAL "HEAVY LEGS" Relaxing and decongesting massage to help your legs feel lighter and refreshed.	45 €	
FACE, HEAD AND NECK Massage with warm aromatherapy oils. Relieves headaches, fatigue, insomnia and stress.	40 €	
CHILDREN 'S MASSAGE (6-12 years) Let your child discover the benefits of massage with this specially designed with warm organic massage oil. The parent can remain in the cabin if they wish.	40 €	



World Massage

	30 min	60 min	90 min		30 min	60 min	90 min
THAÏ OIL MASSAGE Choose between relaxing or sport options Enveloping and deep, ideal for discovering thaï massage while also enjoying the benefits of a massage with oils. This massage is received on table and will relax the mind and relieve tension.	45 €	80 €	115 €	MASSAGE INDIAN ABHYANGA Full body massage with warm sesame oil to bring the body and mind into balance. Detoxifying, revitalising and relaxing with flowing, sweeping movements.	45 €	80 €	115 €
MASSAGE WITH WARM SIAM HERBAL COMPRESSES A very relaxing massage using heated herbal pads and oils allowing tension and stress to slip away.	50 €	85 €	120 €	PETER HESS SOUND MASSAGE Subtle sound relaxation with Tibetan singing bowl sound waves to dissolve stress and tension, facilitate the circulation of subtle energies and enable the recipient to let go. Helping to calm the nervous system and ease related conditions such as insomnia and anxiousness.		60 €	
THAÏ REFLEXOLOGY (foot massage) Massage with aromatic balm from the toes to the knees combining massage and work on reflex points with a wooden stick. Brings a deep relaxation.		60 €		BELLY MASSAGE CHE NEI TSANG Deep massage of the abdomen and organs. Harmonizing the emotions by dissolving the negative energies stored in the abdomen and vital organs. Do not eat three hours before the treatment.		70 €	
WHOLE BODY TRADITIONNAL THAÏ MASSAGE The Nud-Bo-Rarn draws its origins from shiatsu, Indian massage and yoga. It offering a complete energetic rebalancing, muscle stretching and a profound relaxation. A combination of digitopuncture, acupressure, stretching, joint therapy and skeletal work. Performed upon the patient dressed and lying on a floor mat.	80 €		115 €				



Facial Treatments

Made with high quality organic essential oils, hydrolats (floral waters) and vegetal massage oils

ANTI-AGING AROMATIC FACIAL TREATMENT

60 min 70 €

Includes cleansing, exfoliation, massage with jade rollers and aromatic hot compress, mask, hand massage

This treatment is particularly suitable for dry and mature skin. Revitalizing and relaxing, this treatment with scents of rose, orange blossom, jasmine and ylang, restructures and beautifies the complexion.

PURIFYING AROMATIC FACIAL TREATMENT

60 min 70 €

Includes cleansing, exfoliation, ozonated steam bath, removal blackheads, massage with aromatic hot compress, mask, hand massage

Complete facial with essential oils of lavender, tea tree, chamomile and marjoram. A gentle and purifying treatment which calms, soothes and sublimates oily skin and acne.

THE LOOK

Eyebrows tint

12 €

Eyelash tint

20 €

Eyelash and eyebrows tint

30 €



SOOTHING AROMATIC FACIAL TREATMENT

60 min 70 €

Includes cleansing, exfoliation, massage with jade rollers and aromatic hot compress, mask, hand massage

Luxury full facial treatment softening and soothing with essential oils of chamomile, lavender, calendula and yarrow. Dedicated to dry and sensitive skin, this treatment nourishes, soothes and protects the most damaged skin.

FACIAL FOR MEN

60 min 70 €

Cleansing, exfoliation, massage with aromatic hot compress, mask, hand massage.

Complete relaxing facial treatment adapted to your skin type. Essential oils of lavender, Vetiver and Siam wood.

EXPRESS RADIANCE

30 min 40 €

AROMATIC FACIAL TREATMENT

Includes cleansing, exfoliation, mask, head massage

Express facial treatment adapted to your skin type.



Body Treatment

Waxing

BODY TREATMENT

« Indian Dreams » Nourishing body scrub with honey, rosewood and ylang ylang	30 min	40 €
« Siam Realm » Body scrub with bambou, coconut and essential oils of encens	30 min	40 €
Manicure massage and scrub	30 - 45 min	40 €
Pedicure massage and scrub	45 min	45 €
Supplement for classic nail polish application	15 min	13 €
Semi-permanent organic nail polish application	35 min	35 €
Semi-permanent nail polish removal	20 min	20 €



WITH ORGANIC WAX

Lips or eyebrows	8 €
Eyebrow line creation	13 €
Lips and eyebrows	14 €
Lips and chin	14 €
Underarms	12 €
Half legs	22 €
Three-quarter legs	30 €
Full legs	36 €
Arms	20 €
Simple bikini (classical)	12 €
Brasilian bikini	16 €
Bikini « metro ticket »	25 €
Full bikini	40 €

WAXING PACKAGE

Half legs + simple bikini + underarms	43 €
Full legs + brazilian bikini + underrarms	54 €
Supplement for bikini « métro ticket »	8 €
Supplement for full bikini	18 €

Relaxation Packages

Packages which can be spread over several days

INDIAN JOURNEY

1 h 30 ~~120€~~ 100 €

1 Body scrub « Indian Dreams » (30 min)

1 Massage Abhyanga (1h)

SWEET RITUAL

2 h ~~170€~~ 145 €

1 Body scrub of your choice (30 min)

1 Relaxing massage (1h)

1 Hot stone Supplement (30 min)

RELAXING STROLL

2 h 30 ~~190€~~ 160 €

1 Body scrub of your choice (30 min)

1 Relaxing massage (1h)

1 Facial treatment choice (1h)

JOURNEY THROUGHT SIAM COUNTRY

4 h ~~295€~~ 250 €

1 Body scrub « Siam Realm » (30 min)

1 Thai Oil Massage (1h)

1 Reflexology Thai (1h)

1 Traditional Thai massage (1h30)

SERENITY RITUAL

5 h ~~380€~~ 323 €

Spread over several days

1 Relaxing massage (1h)

1 Sports massage (1h)

1 Thai reflexology (1h)

1 Thai massage with oil (1h)

1 Abhyanga massage (1h)

Natural Cosmetics

HAND-CRAFTED ORGANIC PRODUCTS FOR TRULY NATURAL BEAUTY

LE SOUFFLE DU ZEN'S RANGE OF HIGH-QUALITY BEAUTY PRODUCTS IS MINDFUL OF BOTH HUMANITY AND THE NATURAL WORLD. WE MAKE DISCERNING COSMETICS BY HAND: 100% NATURAL, ORGANIC AND ETHICAL. REFINED ESSENTIAL INGREDIENTS WITH HIGHLY EFFECTIVE PROPERTIES THAT ARE GOOD FOR THE SKIN, YOUR HEALTH AND OUR ENVIRONMENT. OUR COSMETICS ARE HIGHLY CONCENTRATED, SO A SMALL AMOUNT IS REMARKABLY EFFECTIVE. A COLLECTION INSPIRED BY THE ABUNDANCE OF SUBTLE AROMAS FOUND IN OUR WILDER SURROUNDINGS, THE FRAGRANCES WILL EVOKE A FEELING OF WANDERLUST..

THE ENCHANTRESS

Rose anti-ageing day cream: Nourishes, Restores, Renews

33 €

FLOWER OF LIFE

Rose and Ylang-ylang moisturising anti-ageing serum: Revitalises, Restores and Rehydrates

30 €

EYE BEAUTY

Roll-on anti-wrinkle eye-treatment: Nourishes, Smooths and Brightens the skin around the eyes

13,50 €

THE MESMERIC

Jasmine anti-ageing day cream: Nourishes, Restores, Renews

33 €

MOON FLOWER

Jasmine moisturising anti-ageing serum: Revitalises, Restores and Rehydrates

30 €

TINY SPECKS

Roll-on facial blemish treatment: Restores, Heals, Purifies

13,50 €

ISIS' SECRET

Camomile lip balm: Repairs and Nourishes

9 €

ZEN SHAMPOO

Shampoo bar for dry hair: Nourishes, Repairs, Prevents split-ends and breakage

10 €

FRESH AND ZEN

Deodorant balm: Reduces perspiration and Nourishes the skin

12 €

SERENE FEET

Soothing foot balm with essential oils

20 €

CONSIDER THE BEAUTY OF A GIFT VOUCHER!

Give those you love a touch of pampering or some beauty care.
Can be used for treatments or cosmetics.



All products are available to order, if not in stock.
To recycle and reduce waste, all our cosmetics' containers carry a deposit and are re-useable. We will refill your beauty pots with your favourite products and not charge you for the re-used container.