



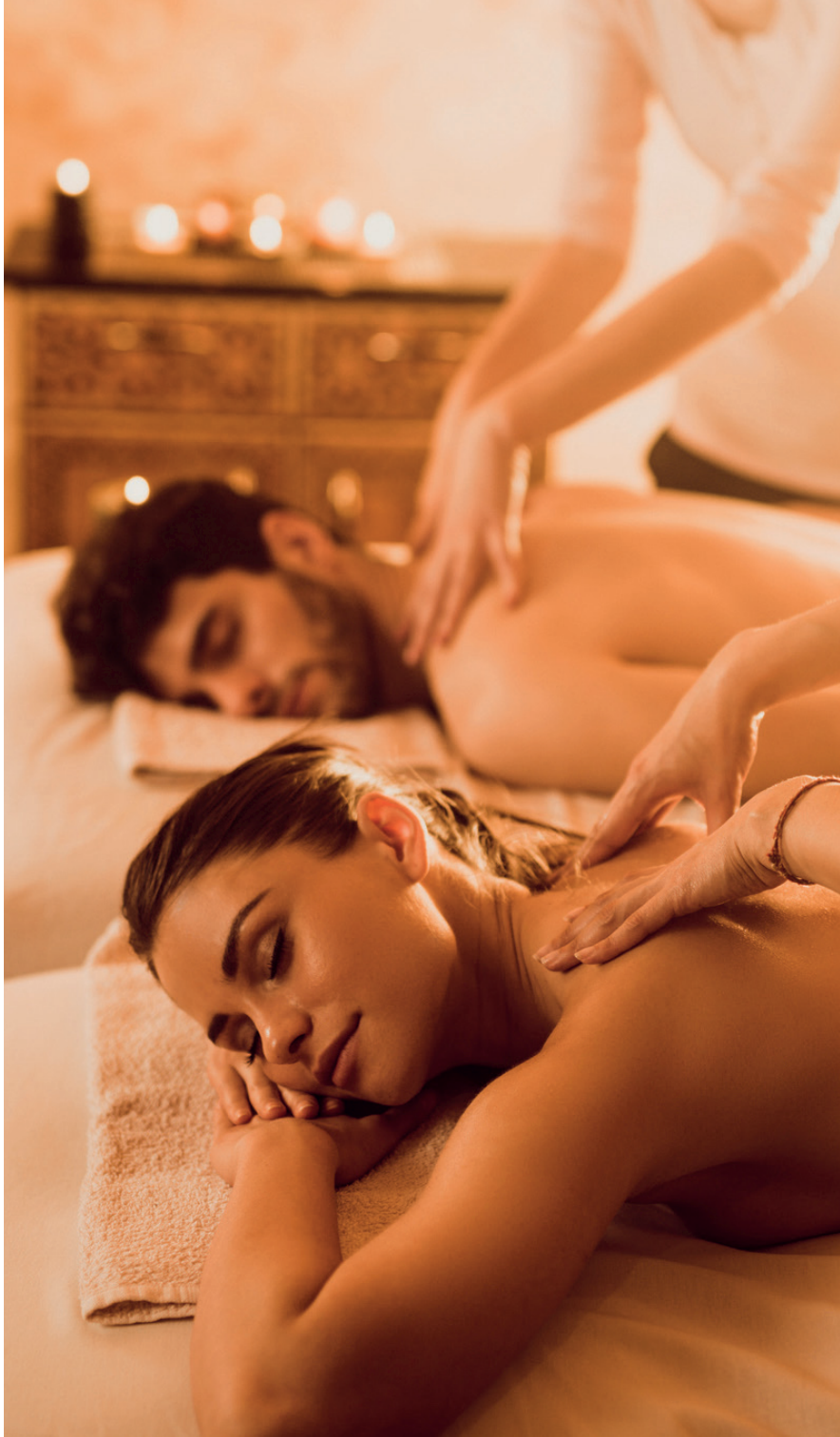
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HOTEL & SPA

LA PLÉIADE MONTPELLIER CENTRE

# La Pléiade Spa

2024 edition



# Our massages and treatments

## BODY

30-minutes : € 70

60-minutes : € 120

90-minutes : € 170



## BODY TREATMENTS

### Relaxing

#### CALIFORNIAN

Characterized by long, fluid, and enveloping movements, the intensity of this massage is adapted to your body's sensitivity.

### Pregnant woman

#### PRENATAL (FROM THE 4<sup>TH</sup> MONTH)

Stimulating muscles and joints, this massage aims to improve circulation and relieve the fatigue of the expectant mother.

### Energizing

#### AYURVEDIC ABHYANGA

Rebalances the circulation of energy flow to bring relaxation and mental soothing (minimum 1 hour).

### Muscle

#### THAI OIL

Nuad Naman deeply works the muscles through fluid movements and deep pressure, rebalancing body and mind.

#### DEEP TISSUE

Slow and deep tissue massage, aiming to relieve and untie tensions and knots within the muscle fibers.

## TARGETED TREATMENTS

### UPPER BODY

## Shirochampi massage

### MASSAGE OF THE UPPER BACK, HEAD, AND FACE

Massage of the shoulders, neck, head, and face to let go and release tensions and stress (30 minutes seated + 30 minutes lying down).

## Kobido

### JAPANESE MASSAGE

Stimulates and relaxes the face, neck, and décolleté to prevent and reduce wrinkles. For relaxed, rejuvenated, and plumped skin.

### LOWER BODY

## Thai Foot Massage

### FOOT AND CALF MASSAGE

Relaxing and invigorating, it stimulates the reflex zones of the feet for immediate relaxation throughout the body.

## Foot reflexology

### FOOT REFLEXOLOGY SESSION

Foot reflexology is a therapeutic method useful for those seeking to reduce stress, improve circulation, and promote overall well-being.

### RESERVATION AT THE RECEPTION DESK

Possibility of couples  
massage  
(60 minutes minimum)  
Feel free to ask for more  
information



# Prestige rituals

PAOMA®



## Rituals

FACE



### Sensory Awakening ritual

The PAOMA® Sensory Awakening Ritual is a prestigious holistic treatment that can be tailored to each individual.

This two-step beauty treatment comprises a 15-minute skin preparation, from make-up removal to facial mask application, followed by 15-minute modelling of the desired area: eyes, lips, forehead, oval of the face or décolleté.

30 MIN : € 70

### Beauty Enhancer ritual

A genuine alternative to cosmetic medicine, the PAOMA® Beauty Enhancer treatment targets the visible signs of ageing by working on the entire face, neck and décolleté. Intensely stimulated and relaxed, the skin regains elasticity, wrinkles are smoothed out, and contours are redefined for a refreshed and rejuvenated beauty.

60 MIN : € 120

## Targeted complementary – Facial care

These five targeted modules have been specially designed to tailor your exclusive PAOMA® beauty journeys. In line with your preferences and identified needs, one or more of these complementary modules can enhance the benefits of the Sensory Awakening Ritual or the Beauty Enhancer Ritual.

### Eyes

*Drains, smoothes and relaxes*

### Forehead

*Lifts, plumps and destresses*

### Lips

*Plumps, reshapes and smoothes*

15 MIN : € 25

### Face oval

*Sculpts, firms and lifts*

### Décolleté

*Restructures, smoothes and firms*



# Rituals

BODY ■

## Signature ritual

Graceful, sensory, and harmonious experience, the PAOMA® Signature Ritual invites relaxation of the body and mind while providing immediate results through the combination of the Beauty Enhancer Ritual and the Global Body Ritual.

The skin regains its elasticity, wrinkles are softened, and contours are redefined, while muscular tensions loosen, energies flow, toxins are eliminated, and the silhouette is reshaped

### Initial ritual

30 MIN : € 80

### Global ritual

60 MIN : € 130

### Absolute ritual

90 MIN : € 180





## Harmonizing Face & Body Ritual

Creative, innovative, and customized, PAOMA® Body Rituals invite you to journey and encourage complete relaxation. Throughout each treatment, the therapist adapts their movements—manual or using a Rose Quartz Gua Sha—and responds to all signals, whether conscious or unconscious.

The results are immediate: muscle tension eases, energy flows, toxins are eliminated, and the body is reshaped

120 MIN : € 240

## Targeted complementary – wellness care

These three 15-minute modules have been specially designed to enhance your exclusive wellness experience. In line with your preferences and identified needs, one or more of these complementary modules can improve your overall PAOMA® treatment:

### Skull

Relieves, soothes and eases

### Belly

Unknots, purifies and soothes

### Feet

Detoxifies, invigorates and relaxes

15 MIN : € 40



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