U Spa by Constance is a human-centric experience. One where everything is designed for your well-being and your comfort. Let your senses be carried away; Geranium, Ylang-Ylang or Eucalyptus will guide their way. Relax, Rejuvenate or Detox, our products are inspired by the tropical nature around us. See, hear, smell, taste and touch, let’s bring to life true sensorial experience.
COUPLE RITUALS

COUPLE MASSAGE
Experience a 75 min massage in our couple treatment suite that begins with a special foot scrub ritual.
Faites l'expérience d'un massage en couple de 75 minutes dans une cabine de soins commençant par un rituel spécial de gommage des pieds.

HONEYMOON RITUAL
A celebration of togetherness, 75 min massage followed by private relaxation time and spa cocktails.
Une célébration de votre union, un massage de 75 minutes suivi d'un temps de détente privé et de cocktails « spa ».

COUPLE BLISS RITUAL
Enjoy 2 hours of bliss together - 30 min body scrub then 60 min massage together finishing with a mini facial.
Profitez de 2 heures de bonheur en couple - gommage corporel de 30 minutes suivi de 60 minutes de massage en couple et se terminer par un mini soin visage.

COUPLE CONNECT RITUAL
Choose from any of our wellness bodycare & skincare treatments to make up 90 min of treatment followed by private relaxation time & spa cocktails.
Choisissez parmi nos soins de bien-être corporel et soins de la peau de 90 minutes suivi d’un temps de détente privé en savourant des cocktails « spa ».

ISLAND RITUAL
A locally inspired treatment using seasonal ingredients for body & face – our spa reception will advise you what special ingredients and treatments are available.
Un soin inspiré des îles de l’océan Indien utilisant des ingrédients de saison pour le corps et le visage - notre réceptioniste au spa vous conseillera sur les ingrédients et soins spéciaux disponibles.

COUPLE TREATMENT SUITE UPGRADE
Upgrade any other 60 or 90 min treatment in the menu to the couple treatment room so you can experience your treatments together & enjoy extra time with a foot scrub before your treatment.
Améliorez tout autre soin de votre choix de 60 ou 90 minutes du menu pour un soin en salle double afin que vous puissiez profiter ensemble de vos soins et savourez ce temps supplémentaire avec un gommage de pied avant votre soin.

SIGNATURE RITUALS

SPA MORE SMILE MORE
The more you spa, relax, recover, rejuvenate, enjoy; the more wellness & happiness you experience. We are inspired to have you smile, both in wellness and in savings!
Plus vous profiterez du spa pour vous détendre, vous reposer, vous régénérer et vous amuser, mieux vous vous sentirez. Voici de quoi vous donner le sourire, en conciliant bien-être et économies!

- As from 3 - 15%
- As from 5 - 20%
- As from 7 - 25%
- As from 10 - 30%

SPA PACKAGES

Conditions:
- Packages valid on all treatments of 30 min or more
- Offres valables sur tous les soins de 30 minutes ou plus
- Discounts are non-cumulative - Remises non cumulables
VALMONT COLLECTION

Cellular cosmetic expert since 1985, Valmont has been helping women and men master the visible signs of ageing. Heir to traditional Swiss medicine, the company draws from the unspoiled natural resources of Switzerland and the latest cellular cosmetic research findings to formulate utmost anti-ageing skin care products featuring visible and long-lasting efficacy.

HYDRATION FACIAL - SOURCE OF BISSES * 30 / 60 / 90 MIN
Deeply hydrating skin treatment to regain stability and youthful skin appearance.

REJUVENATION FACIAL - VITALITY OF THE GLACIERS * 30 / 60 / 90 MIN
A revitalizing skin treatment to remove all traces of fatigue for a energized and toned appearance.

RADIANCE FACIAL - BRIGHTNESS OF ICE * 30 / 60 / 90 MIN
A clarifying skin treatment for irregular pigmentation to recover a radiant and glowing complexion.

ANTI-WRINKLE FACIAL - PEAKS OF FIRMNESS * 30 / 60 / 90 MIN
A resolute anti-wrinkle and firming skin treatment to combat the visible signs of ageing.

ANTI-AGE UV REPAIR FACIAL 90 MIN
Deeply repairing and regenerating skin treatment to erase the undesirable effects of sun damage.

SOFT & SMOOTH BODY TREATMENT - VITALITY OF THE BODY 60 MIN
A truly energizing treatment, which features an original massage technique that is both relaxing and invigorating.

FIT & TONE BODY TREATMENT - PEAKS OF SLIMNESS 90 MIN
A powerful slimming & toning massage with application of the intensive anti-ageing body products.

HAIR TREATMENT - STRENGTH OF THE SOLANO 50 / 60 MIN
A special treatment to recover density & radiance for your hair, ideal to add on to your facial or body treatment.

* Available in Express, Complete or Intensive depending on the need and objective for your skin.

DELUXE RITUALS

Soft & Smooth Body Treatment - Vitality of the Body

Fit & Tone Body Treatment - Peaks of Slimness

Hair Treatment - Strength of the Solano
MASSAGES

SIGNATURE MASSAGE 90 min
A massage inspired by the island of Maldives. Local ingredients are combined with a choice of oil inspired by our tropical island.

CLASSIC U SPA MASSAGE 60 / 90 min
Deep slow soothing, rhythmic techniques to calm the mind and relax muscles. Choose from one of our tropical body oils to relax, rejuvenate or detox.

HOT STONE MASSAGE 90 min
Heated stones and reflexology techniques to return flexibility and suppleness to your body.

CLASSIC U SPA MASSAGE 60 / 90 min
Deep slow soothing, rhythmic techniques to calm the mind and relax muscles. Choose from one of our tropical body oils to relax, rejuvenate or detox.

CLASSIC U SPA MASSAGE 60 / 90 min
Deep slow soothing, rhythmic techniques to calm the mind and relax muscles. Choose from one of our tropical body oils to relax, rejuvenate or detox.

BALINESE MASSAGE 60 / 90 min
Traditional deep tissue massage techniques with pressure, stretching to ease muscular tension.

AYURVEDIC MASSAGE 60 / 90 min
Ancient techniques to bring balance to the energy centres to soothe the body and mind. Techniques procurent de l’équilibre des centres d’énergie et apaisent la peau.

THAI-SHIATSU MASSAGE 60 / 90 min
A no oil clothed pressure and stretching massage to rebalance energy and ease the muscles.

THERAPIST SPECIALITY MASSAGE 90 min
A massage like no other, the therapist will select techniques intuitively as required by your muscles and spend focused time on your areas of tension.

SPORTS MASSAGE 60 / 90 min
Invigorating massage to recover muscles from sports, golf, tennis, jogging, swimming.

BACK & SHOULDER MASSAGE 50 min
A focused massage to relax tension in the neck, shoulders and back muscles.

FOOT MASSAGE 50 min
A focused massage to relax tension through the reflex zones of the feet.

WELLNESS BODYCARE
**WELLNESS SKINCARE**

**FACIALS**

**CLASSIC SPA FACIAL**

Treat your skin to a total experience with an aromatherapy facial using our unique products for all skin types. Offrez à votre visage un soin d’aromathérapie complet, adapté à votre type de peau.

60 MIN

**REFRESHING SPA FACIAL**

Ideal add-on to your massage. Gentle cleansing and moisturizing of your skin to complete the experience. Nettoyez et hydratez votre peau en douceur. Le complément idéal à votre massage.

50 MIN

**BODY TREATMENTS**

**CLASSIC BODY TREATMENT**

Treat your skin to a total experience with a body scrub customized to your skin type followed by a nurturing wrap to completely rehydrate and restore to a silky soft touch. Offrez un soin complet à votre corps avec un gommage adapté à votre type de peau, suivi d’un enveloppement nourrissant pour hydrater votre corps et lui redonner toute sa douceur.

60 MIN

**EXOTIC BODY SCRUB**

Smooth and refresh your skin with our 100% natural tropical exfoliation. Apaise et refroidit la peau grâce à notre exfoliation tropicale 100 % naturelle.

45 MIN

**AFTER SUN REPAIR WRAP**

Soothe and nourish your skin after over exposure to the sun and environment. Apaise et nourrit la peau après une surexposition au soleil et en extérieur.

45 MIN

**TONING BODY WRAP**

Tone and firm your skin for a smooth, revitalized appearance. Tonifie et refirme la peau, qui retrouve douceur et douceur.

45 MIN
HANDS & FEET

MANICURE 45 min
A luxurious exfoliation, hydration and caring treatment to restore your hands and nails.
Un soin luxueux, exfoliant, hydratant et nourrissant, pour réparer vos mains et vos ongles.

PEDICURE 60 min
A luxurious exfoliation, hydration and caring treatment to restore your feet and nails.
Un soin luxueux, exfoliant, hydratant et nourrissant, pour réparer vos pieds et vos ongles.

POLISH OR FRENCH CHANGE 10 / 20 min
Decorate and enhance your nails with a polish or varnish application.
Décorez et embellissez vos ongles par une application de vernis ou une French.

FINISHING TOUCHES
Enquire at our spa reception for full list of available services and rates.
Renseignez-vous à l’accueil de notre spa pour connaître la liste complète des services disponibles et des tarifs en vigueur.

KIDS SPA
All ages can experience the benefits of spa. Kids from 6 to 16 years old can accompany their parent for a treatment between 10 a.m to 4 p.m. Ce spa est bénéfique à tout âge. Les enfants de 6 à 16 ans peuvent accompagner leurs parents pour un soin de 10h à 16h.

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<tr>
<th>KIDS MASSAGE</th>
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FITNESS & YOGA
Experience your body come alive with movement in our idyllic locations with activities available outdoors to benefit from the sea air, or indoors with our well-equipped fitness facility.

BODYWEIGHT TRAINING (Individual or group sessions)
Discover how to use exclusively your body to strengthen, stretch, tone, and develop a power core.

YOGA (Individual or group sessions)
A fusion of ancient and modern traditions of Yoga to breathe wellbeing, postural awareness and fitness to your body.

PERSONAL TRAINING (Individual or group sessions)
Take your training program to the next level with a personalized fitness program. A fitness coach will evaluate your abilities and objectives then motivate you towards success.

NUTRITION
Choose the wellness option available in our resort restaurants and/or in-room dining menu’s. Look for the wellness symbol and know that we have created the meal according to the latest nutritional science in partnership with Nutritionist Rosanna Davison:

- High in essential nutrients and flavours - Riches en nutriments essentiels et en saveurs
- High in the beneficial omega fats - Riches en acides gras oméga bénéfiques
- High in beneficial soluble fibres - Riches en fibres solubles bénéfiques
- Low in the unhealthy sugars and fats - Faible teneur en sucres et en matières grasses
SPA FACILITIES / SERVICES
Spa is open from 9 a.m to 9 p.m on reservation. The fitness is open from 6 a.m to 9 p.m.
Spa hydro-thermal facilities are free and accessible to guests 16 years and older unless accompanied by a parent for treatment.

RESERVATION / RÉSERVATION
We highly recommend booking your treatments in advance to ensure that your preferred time and service are available. Please contact the spa reception to schedule your appointments.

SPA EXPERIENCE CARD / FICHE SPA
A spa experience card will be handed to you on reservation to better understand your preferences so as to provide the best spa treatment according to your objectives. Please notify us if you are pregnant, have allergies or any physical ailments or disabilities, as this will alert our therapists in advance to provide the best spa treatment for you.

LATE ARRIVAL / RETARD
Arriving late for your treatment will limit the time of your spa service thus lessening its effectiveness and your pleasure. Your treatment will end at the scheduled time to accommodate the next guest’s scheduled appointment.

NON SMOKING / NON FUMEUR
No smoking is allowed within the spa areas.

MOBILE PHONES / TÉLÉPHONE CELLULAIRE
All mobiles, pagers, etc should be turned off or put on silent mode upon entering the spa.

CANCELLATION / ANNULATION
As a courtesy to other guests any cancellation should be communicated to us at least 4 hours before your scheduled booking so as not to be charged a 50% late cancellation fee.

All prices are subject to prevailing service charge and local taxes, and may change without prior notice.