



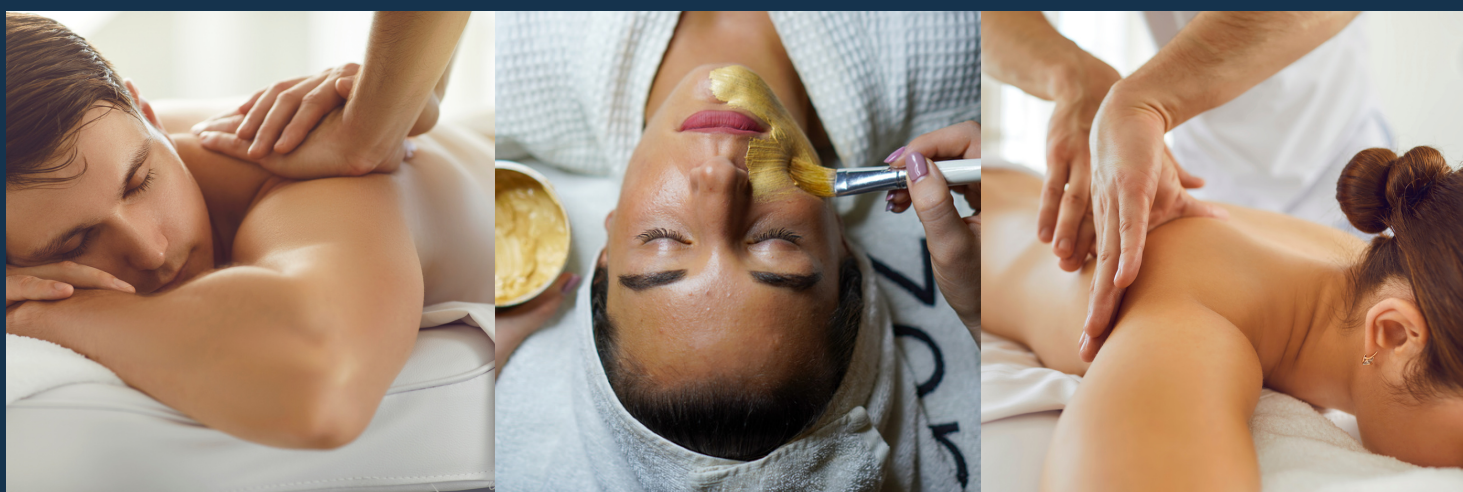
# L'ESCALE

— SPA & WELLNESS —

*Viglamo*



# RELAXATION AREA



Real cocoon where massages, treatments and baths merge.

Our well-being space, L'escale, is synonymous with serenity.

We offer you a relaxing break.

# OURS SPA PACKAGES

*These packages include private access to our wellness area, including an indoor jacuzzi and steam room.*

SPA ACCESS	1H	1H30	1H	1H30
1 PERSON	18€	25€	45€	59€
2 PEOPLE	35€	49€	65€	89€
3 PEOPLE	50€	65€	89€	119€
4 PEOPLE	65€	89€	109€	139€
5 PEOPLE	80€	99€	120€	144€
6 PEOPLE	90€	109€	130€	159€

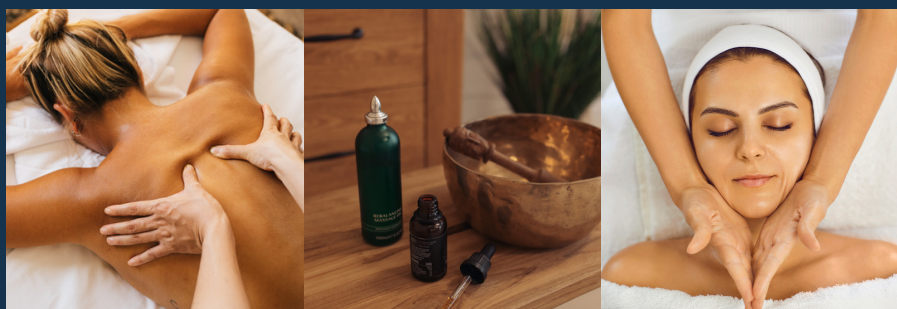
CLASSIC

CLASSIC

PRESTIGE

PRESTIGE

*Prestige package: bathrobe and champagne included*



EXTRA

Champagne : 20 €  
Leucate white wine : 9 €

Book in advance at the Domaine reception desk or on +33 (0)4 68 45 74 93

# THE ART OF AYURVEDA MASSAGE

100% natural skincare with plants, oils, powders and soils

## BODY MASSAGES

### SIGNATURE MASSAGE « L'ESCALE BY VIGLAMO »

A massage tailored to your needs and feelings. Based on organic vegetable oils and organic essential oils. Massage using a kansa wand, kansu bowl or bamboo.

50MN	59€
1H00	69€
1H15	79€
1H30	89€

### « ABHYANGA » TRADITIONAL INDIAN MASSAGE

Nourishing full-body massage using organic plant oils to eliminate toxins, facilitate the circulation of energy and relieve tension.

1H00	70€
1H30	90€

### ANANDA MASSAGE

Very gentle, fluid and slow massage using warm oil.

1H15	75€
1H30	90€

## CLEANSING RITUALS AYURVEDIC BODY CARE

### « TANQIA » CARE

Purifying exfoliating ritual with garshan glove. Wrap with clay and E.O. powders. Facial and head massage and moisturising hair treatment.

1H30	65€
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### « TANQIA MASSAGE » CARE

Purifying ritual with garshan glove. Body wrap using clay or Ayurvedic powders. Facial and head massage and moisturising hair treatment & 30-minute body massage.

1H45	90€
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## BODY RITUALS

### « PAGATCHAMPI » LEG AND FOOT MASSAGE

Foot and leg massage based on plant oils and refreshing mint essential oils. Improves blood and lymph circulation.

45MN	55€
4 MESSAGES PACKAGE	210€

### « SARVA PRANA » BACK MASSAGE

Relieves back tension and circulates energy. Based on arnica or wintergreen oil.

50MN	59€
4 MESSAGES PACKAGE	225€

### VISHRAM MASSAGE BACK/HIP/HEAD/HANDS/FEET

This star massage stimulates all the extremities of the body. It relaxes you completely and rebalances your nervous system.

50MN	59€
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### AYURVEDIC PALMAR AND PLANTAR MASSAGE

Hand massage to release nervous tension, followed by a foot massage using the Ayurvedic kansu bowl.

45MN	55€
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## FACE & HEAD CARE

### « KALI » CARE AND MESSAGES

After cleansing your skin with an organic hydrolat, take time out for a face, chest and head massage and let go. Escape guaranteed!

50MN	59€
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RESERVATION

MYRIAM RIOLS

+33 (0)6 80 35 63 37

myriam.riols@orange.fr

# COCOONING RITUALS

## GROUP PACKAGES

### For 4 to 8 people

20min massage

Access to swimming pool  
and outdoor jacuzzi

Tea or coffee

**34€ / pers**

### For 4 to 6 people

30min massage

Access to swimming pool  
and outdoor jacuzzi

Tea or coffee

**44€ / pers**

## PACKAGES SPA MASSAGES & DUO MASSAGE

### L'Escale Zen Attitude

1h massage + 30mn jacuzzi **89€**

1h30 massage + 30mn jacuzzi **109€**

### Duo massage

1h00 . . . . . **180€**

1h15 . . . . . **200€**

1h30 . . . . . **220€**

## CHILDREN'S MASSAGE

### From 4 to 14 years old

Ayurvedic massage 30mn

**39€**

*Ayurveda body-mind masseuse, ayurvedic treatments and well-being practitioner,  
offering ritual treatments and health prevention well-being workshops.*

*Treatments based on natural and organic cosmetics.*

**RESERVATION**

**MYRIAM RIOLS**

**+33 (0)6 80 35 63 37**

**myriam.riols@orange.fr**



# SEASONAL CARE

The SPA team offers a selection of seasonal treatments to help you prepare for summer and get winter off on the right foot!



## SLIM SUMMER OFFER

### WHAT?

*Slimming massage and nutrition consultation*

### WHEN?

*Throughout June, sessions of 2h30 to 3h*

## AUTUMN DETOX OFFER

### WHAT?

*Stimulating massage and detox nutrition consultation*

### WHEN?

*Throughout October, sessions of 2h30 to 3h*

120 €

120 €



## RESERVATION

MYRIAM RIOIS +33 (0)6 80 35 63 37  
EMMANUELLE LEPAIX +33 (0)6 89 61 72 89

# AROMATHERAPY

Emmanuelle will take care of you  
by natural and organic methods.

## INDIVIDUAL OFFER

### CHECK-UP AND PERSONALISED PHYTONUTRITION PROGRAMME

Weight loss - Dietary imbalance - Support for  
chronic illnesses - Stress management

An approach based on natural methods, a  
personalised check-up and a nutritional and  
phytotherapy coaching programme  
adapted to your needs, so that your body  
regains balance and harmony.

1ST CHECK-UP 1H ..... 65€  
1 FOLLOW-UP SESSION ..... 45€  
PACKAGE 3 MONTHS. .... 180€

## AROMATHERAPY WORKSHOP

**Discovering 4 essential oils**  
Understand and learn how to use  
essential oils independently.

+ spa & hammam access 1h

55€ / PEOPLE  
Minimum 2 people



## GROUP OFFERS

Corporate & Events

### WORKSHOP CONFERENCE

**WELL-BEING:** Stress management and phytotherapy.

**NUTRITION:** Everyday tips for looking after your health.

### AWAKENING THE SENSES

A friendly moment to share upon waking.  
Aromatherapy scent discovery workshop (30 mins)  
accompanied by breakfast.

*In groups of 16 people with different time slots  
between 7.30am and 9.30am.*

### DISCOVERY WORKSHOP

Discover aromatherapy in a fun way.  
It's a time for sharing and understanding,  
and for learning how to use essential oils independently  
and with complete peace of mind.

*45 mn - 1h*

**Prices from €350**  
**Other workshops on request**

*Aromatherapy and phytotherapy consultant. An expert in her field, she has a degree in  
Phytotherapy and Aromatherapy from the Faculty of Pharmacy and in Nutrition from  
the Faculty of Medicine.*

**RESERVATION**  
**EMMANUELLE LEPAIX**  
**+33 (0)6 89 61 72 89**



# PLANTAR REFLEXOLOGY

*And soft manual therapy*

## PLANTAR REFLEXOLOGY

Manual therapy that stimulates and balances the body towards self-healing. For a moment of deep relaxation and to restore balance to the body.

**55€**

## MICRO DIGITAL OSTEO

Micro Osteo Digitale is used to relieve pain and restore mobility and freedom of movement.

**55€**

## BELLY REVOLUTION

A massage that relaxes the abdominal organs and reconciles your body and mind.

**70€**

## SHINZU EXPERIENCE KANSA

A back and face massage that releases tension, balances the acidity of your skin, detoxifies and unifies body and mind. Relieves tension in the muscles neck and shoulder muscles.

**70€**

## MICRO VISCERAL MASSAGE

Supports digestive harmony and the release of emotions, relieves digestive inflammation and eating disorders, and is also suitable for male and female disorders, helping to relax the central nervous system.

**55€**

# CUSTOMISED MASSAGE

A FUSION OF ORIENTAL, CALIFORNIAN AND WELLNESS MASSAGE



## BABY & CHILD MASSAGE

A real moment of relaxation, little ones will find a sensation of softness and unequalled comfort.

For the older ones, calm and relaxation will be the order of the day, along with muscle relief for the more athletic ones.

\*Minors must be accompanied by an adult throughout the massage.

JUSQU'À 15 ANS  
30MIN ..... 39€

## PREGNANT WOMAN MASSAGE

Relieves swelling, helps sleep and calms the baby.

A unique mother-child connection during this special time.

*From the 4th month*

1H ..... 69€  
1H30 ..... 89€

## CUSTOMISED MASSAGE

A fusion of oriental, Californian and well-being massage.

The perfect way to relax and unwind your body and mind.

1H ..... 69€  
1H30 ..... 89€

## FACIAL CARE

### FACE, NECKLINE, SHOULDER & NAPE MASSAGE

Skin care adapted to all skin types (teenagers, anti-ageing...)

45MIN ..... 55€



**RESERVATION**  
SAMIA MASSAMI  
+33 (0)6 29 38 97 84

# YOGA

Yoga for all, combining posture, breathing and meditation.

The benefits are numerous and help to establish a harmonious relationship with yourself and your environment.

## PRIVATE YOGA LESSON

**Duration 1h15**  
**Individual or small group**

1 PERSON . . . . .	60€
2 PEOPLE . . . . .	30€/PERS
3 PEOPLE . . . . .	20€/PERS
4+ PEOPLE . . . . .	15€/PERS

*By appointment only*

*We can practice on the beach!*

The practice is based on postural work coordinated with breathing. The session ends with a time of relaxation and inner listening, to optimise the benefits of the class.



*Qualified to teach yoga by IFY*

**RESERVATION**  
GAUDÉRIQUE BOUVIER  
**+33 (0)7 81 25 05 90**  
**b.gauyoga@gmail.com**

# NAIL AND EYE BEAUTY

## GEL

### FULL SET - 55€

This consists of increasing the length of the nails using capsules and gel.

### FILLING - 45€

### NATURAL NAIL COATING - 46€

A technique for reinforcing natural nails to make them stronger and more rounded by applying a UV gel.

## SEMI PERMANENT

### SEMI-PERMANENT HANDS - 33€

For a colourful, shiny manicure that lasts for 2 weeks without a scratch.

### SEMI-PERMANENT + MOISTURISING CARE - 44€

### REMOVAL & NEW APPLICATION - 39€

### FEET/HANDS PACKAGE - 60€

\*Decoration and removal extra

## EYELASH CARE

### EYELASH COLOURING - 11€

### LASH ENHANCEMENT - 50€

For naturally lengthened and curled lashes, this technique gives you sublime results without weakening your lashes.

### LASH ENHANCEMENT & COLOURING - 55€

## DECO

### FRENCH / BABYBOOMER - 10€

### RHINESTONES / STICKERS / PIGMENT - 1€ EACH

### NAIL ART - ON QUOTATION

## FEET BEAUTY

### SEMI-PERMANENT - 33€

### YUMI FEET ANTI-CALLUS TREATMENT - 40€

Designed for eliminating calluses.

### YUMI FEET ANTI-CALLUS TREATMENT + BEAUTY TREATMENT - 45€

Trimming, filing and cuticle regrowth.

### YUMI FEET ANTI-CALLUS TREATMENT + SEMI-PERMANENT - 68€

### SIMPLE FOOT BEAUTY TREATMENT - 30€

Trimming, filing, cuticle regrowth + application of a moisturising cream.

\*Decoration and removal at extra cost.



RESERVATION

MARION PATTEEUW

+33 (0)6 38 49 18 76

**Your feedback  
is precious!**



**Follow us!**



**@viglamo**



SEE YOU SOON AT

# L'ESCALE

— SPA & WELLNESS —

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VIGLAMO

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