

Le  
Spa  
by  
Caudalie



LES SOURCES DE CHEVERNY  
VAL DE LOIRE



# SPA by CAUDALIÉ

Le Spa by Caudalie awaits, located just a short distance from the gentle rustling of the trees in the forest.

This oasis of absolute well-being is a haven where you can relax to the sound of lapping, rippling water. Outside, there is a hot tub hooped of oak wood like a cask, filled with warm, relaxing and eco-friendly treated water. Inside, there is a pool and hammam built within a superb wooden structure where you can unwind.

Our signature face and body treatments bring you the promise of the unparalleled pleasure of wraps, massages, and beauty treatments made from grape seed extracts.

The promise of timeless moments of relaxation and wellness.

Make time for yourself.

*Please note that for comfort of clients under treatment, access to indoor bath and spa facilities is by treatment reservation or with a 2-hour Access Spa (42 Euros/pers. by booking only and available depending on Spa occupancy).*

# Our rituals

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Spend a moment of relaxation in our Spa by Caudalie for a half-day ritual. A space dedicated to overall well-being.

## Half-day rituals

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### Signature Sources Ritual

A 20-min Grape Marc bath  
+ a 20-min wrap  
+ a 50-min Caudalie facial treatment  
– 270 Euros Weekdays / 285 Euros Sat-Sun

### 100% body ritual

a 30-min body scrub  
+ a 20min wrap  
+ a 50-min body treatment  
– 290 Euros Weekdays / 305 Euros Sat-Sun

### Full ritual

a 30-min body scrub  
+ a 50-min Signature body treatment  
+ a 50-min facial treatment  
– 340 Euros Weekdays / 355 Euros Sat-Sun  
*Possible from 3 months of pregnancy till the end*



# Our rituals

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Spend a moment of relaxation in our Spa by Caudalie for a half-day ritual. A space dedicated to overall well-being.

## Half-day rituals

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### Ritual in duo

A 20-min Grape Marc bath or a wrap of your choice  
+ a 50-min body treatment  
– 335 Euros Weekdays / 350 Euros Sat-Sun

### Winermarker's ritual (Ideal for men)

A 20-min Grape Marc bath or a wrap of your choice  
+ a Crushed Cabernet Scrub 30min  
+ a Winemaker's massage  
+ an Express facial treatment  
– 360 Euros Weekdays / 375 Euros Sat-Sun





## Our customized cures

### From 2 to 4 days cures

Day 1	650 Euros Weekdays 740 Euros Sat-Sun	A 20min Grape Marc bath + a 50min Vinothérapeut body treatment + a 50-min Signature facial treatment of your choice
Day 2		A Caudalie Crushed Cabernet body scrub + a wrap + a 50-min body treatment of your choice
Day 3	940 Euros	A 20-min Grape Marc bath + a 20-min express facial treatment + a 50-min Starry Energy Boost body treatment
Day 4	1 230 Euros	A wrap + a 20-min back massage + a 50-min foot reflexology



# Caudalie facial treatments

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## A la carte treatments

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50-min 1 pers.  
130 Euros Weekdays  
145 Euros Sat-Sun

50-min 2 pers.  
260 Euros Weekdays  
290 Euros Sat-Sun

80-min 1 pers.  
180 Euros Weekdays  
195 Euros Sat-Sun

80-min 2 pers.  
360 Euros Weekdays  
390 Euros Sat-Sun

## Signature Facial treatments

They relax your features, restore your radiant complexion through a long relaxing massage. Your complexion looks rested.

### Choice of:

- Premier Cru (global anti-aging)
- Resveratrol [Lift] (firming)
- Vinoperfect (radiance, anti-stain)
- Vinosource (moisturizing, nourishing)
- Vinopure (purifying)

## Our 30-min add-on treatments

### Choice of:

- Deep skin cleansing including streamer extraction
- Lifting & Firming Caudalift Eye Treatment
- Caudalift facial treatment to activate and stimulate facial muscles. The action of the device allows a firmer and younger skin in a few minutes.



# Exclusive body treatments

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## A la carte treatments

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50-min 1 pers.  
130 Euros Weekdays  
145 Euros Sat-Sun

50-min 2 pers.  
260 Euros Weekdays  
290 Euros Sat-Sun

80-min 1 pers.  
180 Euros Weekdays  
195 Euros Sat-Sun

80-min 2 pers.  
360 Euros Weekdays  
390 Euros Sat-Sun

## Foot reflexology (50min only)

This gentle method consists of performing a massage and acupuncture points with a wooden stick on feet and legs to bring deep relaxation. Thai reflexology aims to restore the energy balance of the body: each area massaged regulates an organ, a system, a limb or a function.

## Starry Energy Boost treatment

This massage provides well-being and deep relaxation thanks to work on the five extremities: head, hands and feet.

## Deep Tissue treatment

An intensive manual massage releases the deepest tensions and contributes to muscle relaxation.



# Caudalie body treatments

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## A la carte treatments

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50-min 1 pers.  
130 Euros Weekdays  
145 Euros Sat-Sun

50-min 2 pers.  
260 Euros Weekdays  
290 Euros Sat-Sun

80-min 1 pers.  
180 Euros Weekdays  
195 Euros Sat-Sun

80-min 2 pers.  
360 Euros Weekdays  
390 Euros Sat-Sun

## Vinosculpt treatment

Anti-ageing, firming, draining and circulatory action. Your skin is toned, smoothed and remodelled for a sensation of lightness. This massage will boost blood and lymph circulation, while reducing water retention.

## Vinothérapeut treatment

This treatment is the relaxing Signature Caudalie massage, it will relieve and untie tension as well as revitalize energy. It is carried out with Vinothérapeut balm mixed with grape seed oil.

## Wine-maker's massage

This Caudalie signature massage is a nod to the stages of winemaking. It alternates manual crushing, pressing movements and pressure thanks to the winegrower's stick. Activating the blood circulation and muscle tone. This treatment works deep into the energy networks, to a double result on the appearance of the skin and the relaxation.

## Mum to be massage

This soft and enveloping massage relieves the tension caused by pregnancy, stimulates venous circulation by softness and improves hydration, tone and skin elasticity. Savor a moment of relaxation and well-being with your future baby. From 3 months of pregnancy.





## Add-on treatments

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### A la carte treatments

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#### **Grape Marc bath - 20-min**

Brings deep relaxation thanks to hydro-massage jets in which we add extracts of grape marc for an action slightly exfoliating and antioxidant. A real boost of radiance thanks to the energizing bath oil with extracts of orange, apricot and iris pulp.

- \_ Weekdays: 80 Euros / In duo 105 Euros
- \_ Sat-Sun: 95 Euros / In Duo 120 Euros

#### **Merlot and Wine Yeast Body Wrap - 20-min**

This warm wrap made with bentonite clay and wine yeast will hydrate and purify the skin while boosting its immune defences.

- \_ Weekdays: 80 Euros
- \_ Sat-Sun: 95 Euros



## Add-on treatments

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### A la carte treatments

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**Crushed Cabernet Caudalie body scrub - 30-min**  
Caudalie cult scrub with grape seeds and six essential oils leaves the skin smooth, soft and silky.

- Weekdays: 100 Euros
- Sat-Sun: 115 Euros

**Head or back massage - 20-min**

This massage is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

- Weekdays: 80 Euros
- Sat-Sun: 95 Euros

**Foot reflexology - 20-min**

By stimulating certain reflex points on the sole of foot, this massage regulates the body's energy fluxes, improves the lymphatic and circulatory systems and eliminates toxins.

- Weekdays: 80 Euros
- Sat-Sun: 95 Euros

**Express facial treatment - 20-min**

As a complement to a body treatment only.

- Weekdays: 80 Euros
- Sat-Sun: 95 Euros

# Weekday offers

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## Half-day offers

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From Monday to Friday. Upon availability, exclu. public holidays.

### Relaxing Bubble

A 50-min body treatment  
+ a 50-min facial treatment  
\_245 Euros

### Half-day in solo

A lunch at l'Auberge  
+ a 50-min body treatment  
+ a 50-min facial treatment  
\_280 Euros

### Half-day in duo

A lunch at l'Auberge  
+ a 50-min body treatment in duo  
\_330 Euros





# Wellness at the Sources

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## Yoga

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60-min group session  
Sat 6 p.m. to 7 p.m.  
40 Euros

Individual session on  
demand

## Weekly yoga session

Experience the benefits of a yoga session with our teachers. Make time for your inner self and for recharging good energies. Every Saturday, they will guide you on the way of a better living. A session that will harmonize body and mind.

## Yoga weekends and retreats

Each semester, special yoga, wellness and detox weekends or retreats are organized at Les Sources de Cheverny. For more information on [www.sources-cheverny.com](http://www.sources-cheverny.com) or asking hotel team members.

## Sophrology

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60-min session on  
demand  
135 Euros  
190 Euros in duo

## Sophrology with Philippe

Guided by our sophrologist Philippe, discover this relaxing practice that leads the body to let go. Based on listening to sensations and awakening the senses, this session helps develop well-being and serenity to achieve relaxation through three gentle and simple breathing and body exercises.

## Sylvotherapy

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120-min session on demand

## Forest Bath (Sylvotherapy)

Reconnect to nature! Through several guided multisensory activities, you will be able to take time for yourself, listen to the birds, breathe the delicate scents that surround us, observe the wonders of nature, all these moments will bring you peace and happiness.



# Sporting activities

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A fitness room fully furnished with WaterRower equipment is also available. WaterRower is specialised in manufacture of ethic and handmade non-motorised sport machines. A right mix between design and technicality due to the solid wood used and originating exclusively from reforestation.

## Sports coaching

–  
60-min Pilates session  
Every Sunday 11 a.m.  
40 Euros

Individual lesson on demand

## Tennis lesson

–  
60-min session  
80 Euros  
On booking

## Weekly sessions

Find our sports coach Julien for small group sports sessions. Every Sunday, meeting at 10am for a stretching session and at 11am for a Pilates class.

## Private tennis lesson

Between Les Sources de Cheverny's forest and vines hides a brand new tennis court which will host your family tennis games. Rackets and balls are available at reception. Want to improve your game? Book a private lesson with our coach Julien who will adapt to all levels.



## General terms and conditions of sale

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### **Arrival**

We suggest that you arrive at the Spa 15 minutes before the scheduled time of your appointment. In case of delay, the time of your treatment will have to be shortened the duration of your delay, out of respect for the following customers

### **Kids**

Children under 16 years of age are not permitted inside the Spa.

### **Pregnancy**

Some treatments are not recommended during pregnancy. From the 3rd month, we recommend that you seek advice from your doctor and inform us of your pregnancy when booking your treatment. The Spa team will be able to advise you on the most suitable treatments.

### **What should I bring ?**

Plan your swimsuit. The Spa team will provide you with bathrobe, bath towel and slippers

### **Gifts**

We offer gift vouchers valid for 12 months find them on [www.sources-cheverny.com](http://www.sources-cheverny.com). They can be downloaded directly, sent by post or picked up at the Sources de Cheverny reception.

### **Reservation**

We recommend that you book your treatments in advance. For any reservation, a bank imprint is requested as a guarantee. We thank you for contacting us 48 hours in advance in case of change or cancellation. Beyond this period, you will be charged in full.

For the well-being of our clients undergoing treatment, the Spa by Caudalie facilities are only accessible with the reservation of treatments or thanks to a two-hour Spa Access on reservation and subject to availability (42 euros/pers.). Reserved for adults and teenagers from 16 years old from 12 p.m. to 2 p.m.

### **Medical consultation**

A medical note will be requested in the event of any health problems.



Reservation:

02 54 44 20 20

[spa@sources-cheverny.com](mailto:spa@sources-cheverny.com)

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[www.sources-cheverny.com](http://www.sources-cheverny.com)