



# CAUDALÍE

Treatment menu  
Spa Vinothérapie™

Book a treatment on [www.caudalie.com](http://www.caudalie.com)



## Our history

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### Caudalie creates the Vinothérapie™ Spa

In 1999, while strolling through the grounds of Château Smith Haut Lafitte in Bordeaux, my husband Bertrand and I imagined the first Vinothérapie™ Spa in the world. A dreamlike place far from noise, far from everything, with vines as far as the eyes can see. A place where we have combined spring water drawn from a depth of 540 meters with vine and grape extracts. A place built in red cedar and Douglas fir, with Burgundy stone, with slats letting the sunlight filter into our large pale wood treatment rooms around the thermal bath. This place blends into the enchanting landscape of vines as if by magic, like an old tobacco-drying barn found in the South-West of France.

In this Vinothérapie™ Spa, senses are indulged, bodies are soothed and souls are regenerated. Our Vinotherapists carry out treatments not found elsewhere, that are effective and a delight for the senses, the Premier Cru, Vinoperfect, and Resveratrol-Lift facials, the Crushed Cabernet Scrub, Pulp Friction massage, the Barrel Bath, the Honey & Wine Wrap...

But, before that can happen, you have to enter them.

Welcome to our Spas.

*Mahlilde et Bertrand Thomas*  
Founders of Caudalie



## Caudalie rituals

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### Discover the Spa in half a day or a full day

Enjoy an unforgettable experience in our Vinothérapie™ Spa with Caudalie rituals, to treat yourself or give as a gift.

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#### Signature Caudalie ritual

Half day

- Signature facial treatment or any other 50-minute facial treatment
- Vinotherapist™ Massage or any other 50-minute massage
- Bath or wrap of your choice\*

#### “Vines for lovers” ritual

Half day (for two)

- Choice of 50-minute facial treatment
- Vinotherapist™ Massage 50 minutes (for two)
- Barrel Bath (for two)

#### Vinothérapie™ ritual

Half day

- Signature facial treatment or any other 50-minute facial treatment
- Bath of your choice
- Wrap of your choice

“ Discover exceptional treatments in a truly beautiful environment. ”

\* Subject to availability.

## 100% grape ritual

Half day

- Vinosource—Hydra facial treatment or any other 50-minute facial treatment
- Crushed Cabernet Scrub
- Vinotherapist™ Massage or any other 50-minute massage

## The sommelier ritual

Half day (ideal for men)

- Peachy complexion facial
- Crushed Cabernet Scrub
- Wine maker's massage or any other 50-minute massage
- Bath or wrap of your choice\*

## Body of your dreams ritual

Half day

- Crushed Cabernet Scrub
- Vinotherapist™ Massage or any other 50-minute massage
- Bath or wrap of your choice\*

## “A star’s day in the vineyards” ritual

Full day

- Signature facial treatment or any other 50-minute facial treatment
- Crushed Cabernet Scrub
- Vinotherapist™ Massage or any other 50-minute massage
- Bath of your choice
- Wrap of your choice

\* Subject to availability.

On the day or half day of your treatment, you may access the hammam, relaxation rooms and thermal bath. Treatments are not changeable and are subject to Spa availability.





## The treatment menu

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### Facial treatments

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments for firmer, healthier, more beautiful skin.

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### Caudalie Grand Facial treatment

Personalized

50 or 80 minutes

This entirely manual treatment is Caudalie's signature treatment and works for all skin types. It relaxes your features, restores your radiant complexion through a long relaxing massage, accelerates cellular renewal and improves your skin's texture. Your complexion looks rested and radiant.

Choice of: Premier Cru (global anti-aging), Resveratrol-Lift (firming), Vinergetic C+ (anti-wrinkle), Vinoperfect (radiance), Vinosource-Hydra (moisturizing), Vinopure (purifying), or Signature facial treatment (personalized).

“Treatments that are unique in the world for moments of total relaxation.”

## Add-on 30 minute-treatment to a facial treatment

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### Premier Cru eye contour treatment

Smoothing

30 minutes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. A gentle massage and the application of a mask concentrated in anti-aging active ingredients smooth the features, help to significantly reduce dark circles and instantly reduce puffiness. The eye contour is lifted and the eyes enhanced.

### Deep skin cleansing

With steam

30 minutes

In addition to the facial treatment of your choice.

### Caudalift Treatment

30 minutes

The high-tech Caudalift treatment is a technique of gentle muscular electrostimulation for a instant and long-lasting result. It is the ideal complement for an anti-aging treatment with immediate results.





## Scrub and massages

All our massages feature organic grape seed and essential oils, known for their nourishing and softening properties

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### Crushed Cabernet Scrub

Exfoliating

30 minutes

The cult scrub from Caudalie Vinothérapie™ Spa, ideal before your other treatments. To restore radiance and softness to your skin, Caudalie has developed one exclusive cult recipe, a fresh blend of grape oil and brown sugar combined with grape seeds, honey and 6 slimming essential oils. The skin is left moisturized and perfectly smooth.

### Caudalie massage

Personalized

50 or 80 minutes

The ultimate signature sculpting massage. A true moment of relaxation, it soothes tension and restores dynamic energy.

Choice of: Vinotherapist™ Massage (relaxing or toning), Wine maker's massage (energizing), Slimming concentrate treatment (slimming), Sports massage (toning), Beauty Elixir massage (revitalizing), Expectant mother massage (relaxing), Vinosculpt massage (firming).

## Head massage

Relaxing

20 minutes

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.

## Plantar reflexology

Anti-stress

20 or 50 minutes

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.







## Bath and wraps

These emblematic treatments with grape, red vine and essential oil extracts help reduce tissue swelling by draining and boosting circulation for an exceptional moment of relaxation.

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### Bath

Relaxing

15 minutes

Enriched with grape marc, this hydromassage bath will offer you all the benefits of the vine.

### Wrap

Relaxing

15 minutes

A warm application of active ingredients derived from the vine with purifying and hydrating properties, this very enveloping treatment provides comfort and relaxation for the entire body.

Choice of: Wine Yeast wrap (hydrating) or Merlot wrap (purifying).



## Terms of sales

### Arrival

We recommend that you arrive at the Spa 15 minutes before your scheduled appointment. If you wish, you may keep your undergarments on during the treatments; however, our Vithotherapists are extremely competent and will ensure your complete privacy. If you arrive late, your treatment will need to be shortened by same time as the delay, out of respect for later clients.

### Length of stay

For maximum effectiveness of a cure, we recommend a 6-day stay. Nevertheless, we also offer half day and full day rituals to allow you to discover our Vithotherapie™ Spas.

### Children

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

### Pregnancy

During pregnancy, certain treatments are not advised. We recommend that you consult with your doctor and inform us of your pregnancy when you book your treatments. For expectant mothers, we recommend facial treatments and/or our special expectant mother massage. The 100% grape ritual can also be adapted to their state of pregnancy.

### Reservation

We recommend that you reserve Spa treatments one month in advance. All appointments are registered with your bank card number and a 30% deposit. We request that you contact us 48 hours in advance in case of changes. After this time frame, you will be billed in full. Treatments must be paid for at the Spa Reception. At Les Sources de Caudalie Vithotherapie™ Spa, we require a booking of a minimum of one 50-minute treatment per person on weekdays and 3 treatments per half day on weekends and holidays in order to guarantee the most intimate and calm experience in our Spa. Treatments in our rituals and cures are not changeable and are subject to availability. Access to the thermal bath and hammam is free with €160 worth of treatments per person and per half day. Our team of therapists is composed of women and men. If you have a preference, please indicate it before your arrival.

### Gifts

Give the gift of a ritual or cure. Gifts are valid for 12 months and may be mailed or picked up at the Spa Reception. Gift vouchers are also available on our website [www.caudalie.com](http://www.caudalie.com)

## Practical information

### Medical consultation

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

### What should I bring ?

You should bring your bathing suit.