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# Château de Siran

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Exceptional spa.

## SOMMAIRE

Spa Access                      €25 per person  
*Details on page 4*

Facial Treatments            *See pages 10 to 16*

Customized                  1 hour of treatment - €110

Lys Radiance                1 hour 30 minutes - €160

Anti-Aging Ritual            2 hours - €190

Massages                      *See pages 20 to 24*

Lomi-lomi                    1 hour of treatment - €110

Ayurvedic                    1 hour 30 minutes - €160

Deep tissue                   1 hour - €110

Duo                              1 hour - €220

Stress-Free                   30 minutes - €60  
   45 minutes - €80

Body Scrub                    20 minutes - €50

Body and Face Ritual            *See page 24*  
*2 hours of treatment - €190*

Japanese Manual Lifting        *See page 30*  
*1 hour of treatment - €110*  
*Package of 5 one-hour sessions: €480*

Yoga Classes                   *See page 32*  
*1 hour of yoga, see pricing on page 32*

**10**  
POWERFUL  
COMPLEX  
FLOWER  
THERAPY

ACTIVE  
USED IN  
AESTHETIC  
MEDICINE

ELIXIRS  
OF CELLS  
ACTIVE  
OF FLOWERS

ACTIVE  
OF MARINE  
ORIGIN

**100%**  
ORGANIC  
VEGETABLE OILS  
AND BUTTERS

SKIN  
BIO-AFFINITY  
OF CARE

**0%** SILICONE,  
MINERAL OILS,  
SUSPECT INGREDIENTS

**97%** OF NATURAL  
ORIGIN  
INGREDIENTS

**100%**  
DEVELOPED AND  
MANUFACTURED  
IN FRANCE

COVER PAGE. p 3

## THE SPA AT CHÂTEAU DE SIRAN

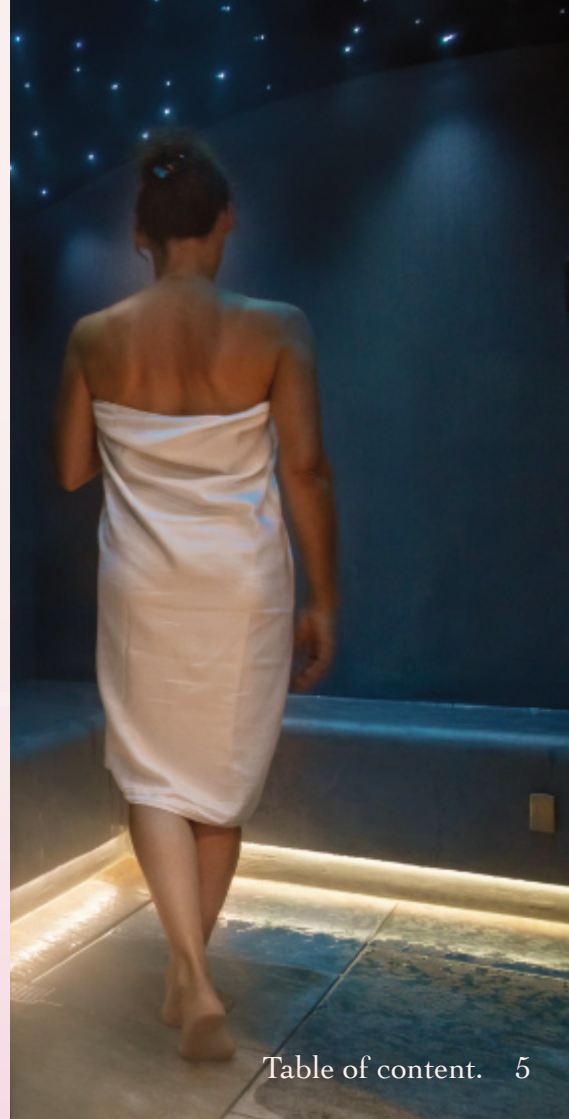
A luxury wellness and beauty haven for ultimate relaxation and rejuvenation.

Meticulous decor, professional facilities, comfortable treatment tables, top-quality cosmetic products, and the care and expertise of our practitioners – everything is in place to provide you with an exceptional well-being experience.

Allow yourself to be enveloped by the gentle warmth and humidity of the hammam, experience the invigorating freshness of the chromatherapy shower, step into the stress-relieving sauna, and embrace the contrast of temperatures as you rub ice flakes from the fountain onto your skin for an ideal thermal contrast. Recharge in the outdoor infinity spa pool for a moment of pure tranquility.

Virginia, our skilled practitioner, is an experienced professional who will attentively listen to your preferences and needs, offering tailored massage and facial treatments that suit you best.

Spa access: €25 per person - €50 for two.



OUR FACIAL  
TREATMENTS  
IN DERMIQUE  
FLORATHERAPY®



# carole G

Florathérapie Dermique®

Directly inspired by the aesthetic and emotional powers of flowers, Carole G is the first eco-conscious skincare line of Dermique Floratherapy®.



## CAPUCINE

Purification with  
Royal Capucine

## PIVOINE

Intense Hydration  
with Virtuous  
Pivoine

## ROSE

Gentleness and  
Repair with  
Delicious Rose

## LYS

Radiance with  
Majestic Lys

## ORCHIDÉE

Anti-Aging with  
Prestigious Orchidée



## OUR CUSTOMIZED DERMIQUE FLORATHERAPY TREATMENT

Each tailored treatment begins with a skin assessment that determines the selection of active principles from our floratherapy collection to be used during your session: the detoxifying and regenerating action of royal capucine, the moisturizing and plumping effect of virtuous pivoine, the soothing and comforting properties of delightful rose, the revitalizing and brightening benefits of majestic lys, and the anti-aging effects of prestigious orchidée. These potent blends of active ingredients deeply penetrate the epidermis, promoting detoxification and accelerating regeneration through facial massage techniques tailored to your skin's needs.

During the mask application, your esthetician will offer a foot, hand, or scalp massage based on your preference.

*1 hour - €110*

## HIGH COUTURE TREATMENT RADIANT MAJESTY OF THE LYS

Rejuvenate, correct pigment imperfections, and restore luminosity to your complexion with the lys, a flower of exceptional purity. The Majestic Lys complex serves as a brightening agent, working to prevent and diminish brown spots. It evens out the complexion and revives youthful radiance in the skin.

The lymphatic drainage technique will stimulate circulation through gentle, slow, and light pressures across the entire face. This delicate manual technique boosts your immune system, aids in toxin elimination, regenerates and firms tissues, contributing to an enhanced skin appearance. Your skin will become clearer, brighter, and more radiant. Lymphatic drainage also offers a soothing effect.

As a result of this treatment, your skin will be revitalized, pigment imperfections will be mitigated, your complexion will be illuminated, and your skin will feel both fresh and radiant.

*1 hour 30 minutes - €160*





## ANTI-AGING WITH PRESTIGIOUS ORCHID AND HYALURONIC ACID

This prestigious ritual combines the orchid, a fabulous source of youth, with the traditional Japanese lifting technique for a truly astonishing rejuvenating effect. The Prestigious Orchid complex, infused with hyaluronic acid, delivers an incredible anti-aging power. It maintains skin firmness and elasticity while revitalizing its stem cells and reactivating collagen production.

Kobido, an ancient Japanese lifting technique, is a true ballet of movements that alternate between gentleness, intensity, depth, and lightness. It stimulates microcirculation, lymphatic and blood flow, resulting in a genuine lifting effect. This one-hour facial massage intensifies the effects of the orchid treatment, providing a deeply rejuvenating and profoundly serene experience.

A massage for the hands, feet, and scalp will beautifully complete this moment of serenity. Your skin will appear younger, established wrinkles will be diminished, facial contours will be refined, and your skin will be smoothed, plumped, leaving you exceptionally relaxed.

*2 hours - €190*



OUR MESSAGES  
INFUSED WITH  
FRAGRANT  
DELIGHTS



# OUR COLLECTION OF WORLDWIDE MASSAGES AND AROMAS

An realm of sensuality and olfactory distinctiveness,  
combining an utmost refinement  
with rigorous and precise techniques.

Elegant & Warm Kapok Tree

Sunny Sweetness of Orange Blossom

Delicate & Enchanting Jasmine

Refined & Sensual Tuberose

Floral & Refreshing Rose





1 HOUR  
€110

## LOMI LOMI: DEEPLY RELAXING, REVITALIZING

Also known as the Hawaiian massage, this technique offers complete relaxation and well-being for the body and mind. With its broad, gentle, deep, and rhythmic movements reminiscent of waves and the sea, this massage resembles a dance that soothes, frees, stimulates, invigorates, detoxifies, and brings about a sense of joy.

It's particularly suitable if you're feeling stressed, irritable, anxious, or if you simply desire an extraordinarily relaxing massage..



1 HOUR 30  
MINUTES  
€160

## AYURVEDIC ABHYANGA: REBALANCING, HARMONIZING

This ancient Indian massage is primarily a holistic and rebalancing treatment that enhances concentration and aids in emotional management. It's based on the chakras, the body's seven energy centers. Through circular pressures, friction, acupressure, stretches, and its moderate and flowing rhythm, it brings relaxation and harmony to your body.

It's especially suitable if you're seeking overall well-being for both your mind and body, and if you aim to invigorate your body and increase your vital energy.

## STRESS FREE: RELAXATION AND EASE

No need to undress for this massage. A blend of Balinese and Indian techniques allows you to release tension, soothe, and eliminate sensations of stress and heaviness in the neck, back, and arms.

This massage of the head, hands, and feet essentially encompasses the entire body. The head, being the center of the nervous system, soothes the entire body. The hands house nerve endings as well as reflex points connected to organs in the body. Foot massage and its reflex points have effects on organs.

It's particularly suitable if you prefer not to undress, have limited time, experience back or neck discomfort, have wear and tear on ligaments and tendons in the hands, suffer from insomnia, or are dealing with stress.

30 MINUTES

€60

Head & hands

45 MINUTES

€80

Head, hands,  
& feet

## THE DUO WITH SWEET ORANGE BLOSSOM SUN-KISSED SOFTNESS

If you're looking to share a moment of relaxation and tranquility with a friend, partner, or loved one, our duo room is perfect for creating a gentle bond. Whether it's a session for two friends, a couple, or any cherished companions, this environment is ideal for fostering a sense of shared serenity.

1 HOUR

€220





## DEEP TISSUE: ENERGIZING, RELAXING, INVIGORATING

Originating from Canada, this massage is gaining popularity due to its effectiveness in addressing muscle soreness. It improves both blood and lymphatic circulation. This methodical and profound massage enlivens the entire body, targeting fascia, muscles, tendons, and ligaments. When performed with more depth, it alleviates muscular tensions, decongests tissues, and encourages muscle relaxation. When executed more gently, it offers profound relaxation by releasing surface tensions.

It's particularly ideal during the winter season, as the numerous frictions bring warmth to the body and mind. Additionally, it's beneficial if you're an athlete or if you're dealing with chronic pain.

## THE SENSORY EXFOLIATION

Thanks to its exfoliating action, the scrub removes impurities and toxins from the surface of your body.

It renews the radiance of your skin, purifies, softens, and leaves it smooth and silky. It's an ideal preparation before a massage, as it welcomes and optimizes the benefits of the active principles in our oils and traditional techniques

Choose from the serene rose or the nourishing orange blossom from Carole G's selection.

1 HOUR  
€110

20 MINUTES  
€50

# OUR UNIQUE TREATMENTS



# THE ROSE PRINCESS RITUAL

It carries you into the heart of absolute cocooning treatment, surrounded by a floral fragrance that exudes the fruity freshness of a rosebud.

The exfoliation process, leaving your skin beautifully soft and satiny, creates a milky veil over your body. Following this, a gentle yet deep massage takes you into a state of intense relaxation, erasing tensions and stress. Then comes the facial treatment featuring Gallica rose and concentrated hyaluronic acid – a combination that is protective, soothing, and intensely hydrating, providing unparalleled comfort.

This treatment is one of exceptional gentleness, offering a moment of pure innocence.

*2 hours - €190*

GENTLENESS

KINDNESS

COCOONING

FLORAL



BALLET OF HANDS

LIFTING

LETTING GO

## JAPANESE MANUAL LIFTING

Kobido is a graceful ballet of hands that alternates between gliding movements on the neck, neck, and face, percussion, and finger pressures. This highly technical manual lifting reduces visible wrinkles and imperfections, softens the skin by restoring its elasticity, tones facial muscles, and activates and improves blood circulation.

Dermo-acupuncture, finger pressure on points related to meridians, purifies and enhances circulation..

Moreover, this extraordinary massage relaxes you from head to toe. This pure beauty technique is dedicated to ensuring youth and health to the face.

*60 minutes - €110*

As part of a series, Kobido will redefine facial contours, promote collagen production, enhance the eyes, and combat the effects of time.

*Series of 5 treatments, 60 minutes each: €480*



# YOGA CLASSES

From gentle to dynamic, yoga is for everyone. Regardless of your level, Virginia, your instructor, will adapt to your flexibility and skill level.

Virginia offers a group introductory yoga class every Sunday morning from 10 to 11 AM. Maximum 4 participants.

You can also opt for a private one-hour session to focus on postures, energy, breathing, flexibility, alignment, meditation, and more...

*1 hour yoga for 1 person: €110*

*2 persons: €55 per person*

*3 persons: €37 per person*

*4 persons: €28 per person*

JUST FOR YOU

OR TO SHARE

CUSTOMIZED SESSIONS

# THE SPA EXPERIENCE



## HOW TO MAKE THE MOST OF YOUR SPA EXPERIENCE

The Château Spa is open every day from 9:00 AM to 7:00 PM, available by reservation at 04 68 91 55 98 or through the hotel's front desk.

Spa Access, 1 person €25, 2 persons: €50

We recommend arriving on time for your appointment to allow changing in the locker room and settling into the treatment room. Please note that delays cannot be added to the treatment duration out of consideration for all clients.

## RESERVATION, CHANGES, CANCELLATIONS

If you wish to modify or cancel your appointment, kindly contact the hotel's front desk at least 48 hours before the scheduled treatment.

A confirmation message for the cancellation or rescheduling will be sent to you. Beyond this timeframe, any cancelled treatment will be charged in full.

For external guests not staying at the hotel, your credit card information will be required as a guarantee when making a reservation.

## THE SPA AND ITS FACILITIES

The wet area includes a steam room, a sauna, an ice fountain, an outdoor infinity spa pool, a chromatherapy shower, and a relaxation lounge. Herbal teas and infusions will be available to you as hydration is essential.

The massage and treatment space consists of 2 cabins (one of which is a double cabin) equipped with memory foam treatment beds and infrared heating, along with heated bathrobe racks for exceptional comfort.

We recommend refraining from wearing jewelry during treatments.

## HEALTH AND CONTRAINDICATIONS

For your safety and well-being, please inform us of any medical conditions, allergies, or specific needs you may have before your treatment. This information is crucial to tailor the experience to your requirements and avoid any potential adverse reactions.

Certain treatments may not be suitable for individuals with particular health conditions, such as pregnancy, cardiovascular issues, skin sensitivities, recent surgeries, or other concerns. If you have any uncertainties or reservations, we encourage you to consult with a medical professional before scheduling a treatment.

The spa is a non-medicalized environment, and all treatments offered here are solely aimed at enhancing your well-being.

## GETTING THE MOST OUT OF YOUR SPA EXPERIENCE

To fully enjoy your time at the spa, consider these tips for a truly relaxing and rejuvenating experience:

*Arrive Early:* Arrive at the spa a bit earlier than your scheduled appointment to allow time for check-in, changing into comfortable attire, and enjoying the facilities.

*Hydrate:* Drink plenty of water before and after your treatments to stay hydrated and promote detoxification.

*Communicate:* Inform your therapist about any health conditions, allergies, or preferences you have to ensure a tailored and safe experience.

*Relaxation Attire:* Wear loose, comfortable clothing to the spa to make changing and moving around easier.

*Disconnect:* Take a break from digital devices and immerse yourself in the serene atmosphere of the spa.

*Mindfulness:* Practice mindfulness and deep breathing techniques to enhance relaxation during treatments.

*Open Mind:* Be open to trying new treatments and techniques that you might not have experienced before.

*Silence:* Respect the peaceful environment by speaking softly and refraining from loud conversations.

*Quiet Reflection:* Use the relaxation areas to unwind and reflect after your treatments.

*Take It Slow:* Avoid rushing between treatments. Give yourself ample time to enjoy each experience fully.

*Wellness Benefits:* Take advantage of the sauna, steam room, and other facilities to complement your treatments and promote relaxation.

*Aftercare:* Follow any aftercare instructions provided by your therapist to prolong the benefits of your treatments.

Remember, the spa is your sanctuary for relaxation and self-care. Allow yourself to fully immerse in the experience and reap the rewards of tranquility and rejuvenation.

The spa is a place of relaxation and tranquility. We kindly ask you to respect the peace and serenity of the surroundings. Please refrain from smoking or vaping within the spa premises and remember to set your mobile phones to silent mode, either in the changing rooms or in your room.

We welcome children aged 16 and above at the spa when accompanied by a parent. Please bring a swimsuit to access the wet area.

A bathrobe, a pair of flip-flops, and a bamboo fiber fouta are provided for your use. Kindly return them to the designated basket in the changing room when leaving the spa. If you wish, you can purchase the fouta from our boutique at the spa reception.

Please note that the outdoor pool is reserved for hotel residents due to prevailing regulations.

The Management cannot be held responsible for the loss, forgetfulness, theft, or damage of personal belongings. Lockers are available in the changing rooms for your convenience.



# Château de Siran

Hôtel™, Restaurant gastronomique & Spa d'exception

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