



Éclat floral
Spa d'Harmonie Botanique

Spa Access

Starting from €30 per person

Facial Treatments

Pages 8 to 19

Customized Facial

1 hour - €120

Radiance Ritual

1 hour 30 minutes - €170

Anti-Aging Ritual

2 hours - €210

Massages

Pages 20 to 29

Lomi-Lomi

1 hour - €120

Ayurvedic

1 hour 30 minutes - €170

Deep Tissue

1 hour - €120

Duo

1 hour - €240

Stress-Free

30 minutes - €70

Body Scrub

45 minutes - €90

30 minutes - €70

Singular Treatments

Pages 30 to 39

Body and Face Ritual

Page 32

2 hours of treatment - €210

Japanese Manual Lifting

Page 34

1 hour of treatment - €120

Package of 5 one-hour treatments: €500

Self-Massage Ritual

Page 36

30 minutes - €120

3 Workshops of 30 minutes: €180

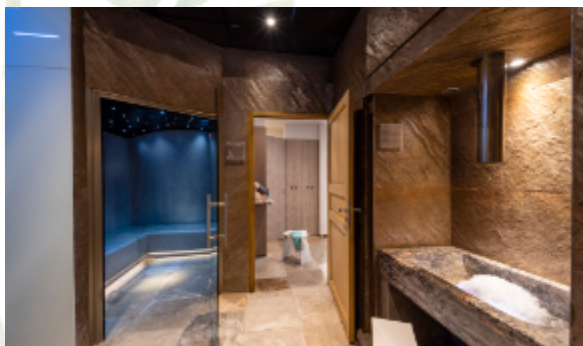
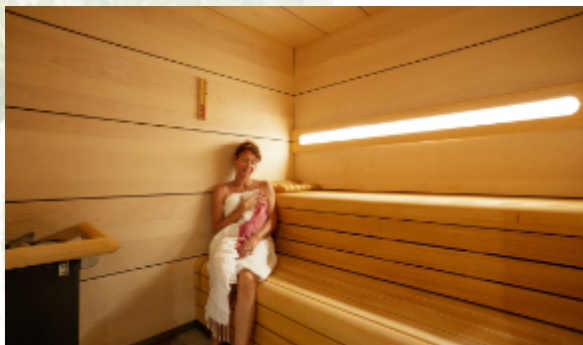
Yoga Class

Page 38

1 hour of yoga starting from €30

100%

PURE FRENCH INGREDIENTS,
TRACEABLE FROM SEED TO BOTTLE,
IN A SPA OFFERING AUTHENTIC,
LOCALLY-INSPIRED LUXURY



A Sanctuary of Elegance and Serenity. A haven where luxury intertwines with nature, offering an unparalleled experience of rejuvenation.

Nestled in a meticulously designed setting, from silken fabrics to enveloping treatment tables, every detail of the Spa du Château de Siran celebrates the art of well-being.

Embark on a timeless escape, crafted with the botanical treasures of Maison Oden, the epitome of French skincare. Pure Ciste Alambiqué hydrosols, distilled in the heart of our terroir, and the organic, precious oils from La Ferme des Bouviers, satiny caresses born of French artisanal excellence, elevate your experience.

Surrender to the gentle, fragrant steam of the hammam, be invigorated by the vibrant rain of the chromotherapy shower, let the dry heat of the sauna release tensions and soothe the body. Dare to embrace the striking contrast of the ice fountain before immersing yourself in the soothing waters of the outdoor overflow spa, a poetic ode to tranquility beneath the Minervois sky.

Virginia, our exceptional practitioner, brings her expertise with attentive care. She crafts bespoke treatments tailored to your desires and needs. Through the subtle alchemy of floral essences and the precision of her touch, she unveils your natural radiance.

Spa Access

Hotel Guests: €30 per person - €60 for two

External Guests: €40 per person - €80 for two

OUR FACIAL TREATMENTS
INFUSED WITH THE FINEST
FRENCH ACTIVE INGREDIENTS





PURE PRODUCTS, REFLECTIONS OF FRANCE A JOURNEY TO THE HEART OF A NATURE THAT BECKONS YOU.

Step into the World of Éclat Floral - Botanical Harmony
Where every facial treatment unfolds like a promise of wild beauty.

At the heart of our rituals, Oden envelops you with oils born from the plants of our countryside, cultivated by French hands that cherish the land with deep respect for its cycles. Traceable from seed to bottle, these precious essences, rich in antioxidants, glide over the skin like a delicate veil, nourishing every fiber and revealing a vibrant glow.

Ciste Alambiqué perfects this botanical symphony. Distilled from the flowers of our terroirs into subtle hydrosols, these fine mists balance, hydrate, and soothe the skin with gentle grace.

Crafted from simple formulas, free of synthetic ingredients or preservatives, these pure treasures invite you to immerse yourself in our terroirs, their vibrant fields, their whispered secrets, in a caress that unveils your natural radiance.





THE ART OF FACIAL MASSAGE: A TOUCH OF RADIANCE A RITUAL WHERE THE FACE SURRENDERS AND IS REBORN.

Immerse Yourself in a Treatment Where Every Gesture Guides You Toward Light

Crafted from precise and masterful techniques, our facial massages are a promise fulfilled: deep pressures awaken microcirculation, like a breath that revives dormant tissues; subtle effleurage dissolves tensions, softens features, and ushers in newfound serenity; warm clay stones, placed on energy points, release tightness, inviting profound tranquility; and delicate, sculpting movements, finely precise, redefine contours with rare elegance.

In harmony with Oden and Ciste Alambiqué, these techniques unveil their magic: fine lines fade, radiance is reborn, and a velvety softness settles in, fostering a deep sense of balance. It is a dance where the body unwinds, the spirit soars, a suspended moment that beckons you to close your eyes and surrender to the beauty awakening within you.

CUSTOMIZED FACIAL A BREATH IN THE GARRIGUE

Step into a rare sanctuary, the Minervois garrigue, where wild thyme, hand-harvested from our pristine lands, unfurls a fragrance of captivating purity.

Every skin finds its echo here, every need its whisper. An Oden oil - nourishing hazelnut, silken plum, or regenerative borage - chosen for your radiance, glides beneath jade stones. The facial massage, precise and intuitive, smooths features, eases tensions, and illuminates the complexion. A fine clay gently purifies, while a Ciste Alambiqué hydrosol, artfully distilled, caresses and balances your skin. A Vitamin-Rich Serum, brimming with the artisanal richness of sea buckthorn pulp, and a mist selected to soothe or invigorate crown this sumptuous treatment. Your skin glows, elevated by the alliance of terroir and masterful craftsmanship.

A revitalizing treatment that deeply hydrates, unveils natural radiance, and refines skin texture.

1 hour of treatment - €120



HAUTE COUTURE FACIAL RADIANCE OF THE BLACK MOUNTAIN FOOTHILLS

Indulge in a princely escape to the foothills of the Black Mountain, where ancient pines distill an essence of rare nobility.

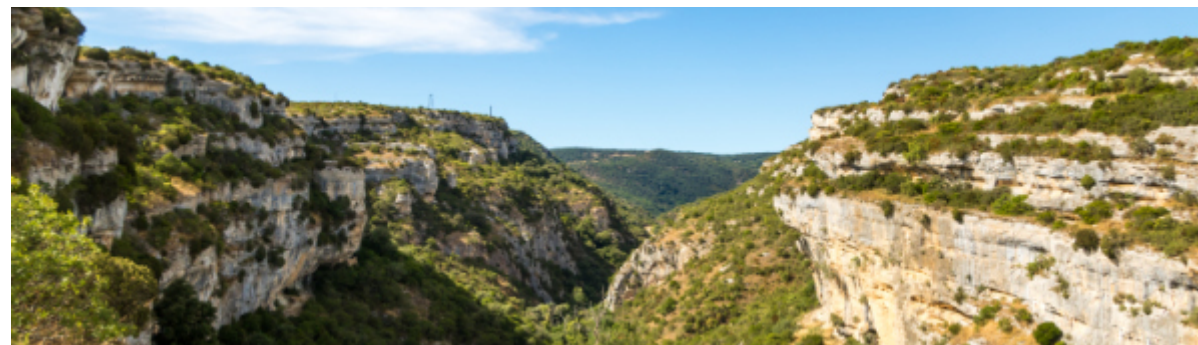
Crafted for skin seeking radiance, this treatment weaves together sage, hand-picked in the shade of forest glades, with Oden's plum elixir from Aquitaine, a golden nectar rich in antioxidants that nourishes the skin with a profound caress.

A delicate, frothy lemon powder revitalizes the complexion, paving the way for lymphatic drainage as fluid as the lively waters of mountain streams, flowing through graceful, dance-like gestures. These supple, precise movements awaken microcirculation, ignite inner light, and summon a burgeoning glow. Chamomile, soft as a breeze, soothes the eyes, while the Precious Concentrate, brimming with vitamins, gently applied, smooths features. Verbena settles as a calming mist, followed by a serum that, through delicate effleurage and pressures, glides across the face, unveiling a sovereign radiance.

A lavish rebirth, where every drop celebrates the heritage of our profound lands.

Ideal for devitalized skin, this treatment restores tone, firmness, and luminosity to the complexion.

1 hour 30 minutes of treatment - €170



EXCEPTIONAL FACIAL RITUAL OF THE GUARDIANS OF ANCIENT FLORA

Discover an extraordinary gem, born from the untamed hillsides of the Minervois, where wild carrot distills a nectar of youth, vibrant with life.

This signature treatment, crafted for skin seeking eternity, unfolds with Oden's borage, an elixir from the Berry region with notes of freshly cut grass, revitalizing elasticity and softening the signs of time. A gentle, enveloping massage of the shoulders and scalp opens the ritual, followed by a revitalizing Aleppo pine mist that tones the skin. A dual mask follows: one purifying, paired with a soothing foot massage, the other a golden, honeyed veil, accompanied by a hand treatment, gently exfoliated and tenderly massaged.

A virtuoso Kobido drainage, gliding in dance-like movements, reawakens microcirculation and unveils a hidden radiance. Chamomile soothes the eyes, while wild rosehip, a silken nectar of French roses, revives collagen and softens wrinkles. Rose settles as a delicate mist, followed by a light cream of plum and linden water, applied with gentle touches, weaving an eternal glow across the face. A journey of sublime elegance, where the skin is reborn, magnified by the treasures of our terroir.

A comprehensive anti-aging protocol that blends expert techniques with rare ingredients to stimulate collagen, firm contours, and restore radiance and density to the skin.

2 hours of treatment - €210



OUR MESSAGES AN ODE TO WELL-BEING





THE ART OF MASSAGE: TECHNICAL PRECISION PAIRED WITH EXCEPTIONAL OILS

Our massages are rooted in refined techniques: gliding pressures, performed with palms and forearms, target superficial muscles for immediate relaxation, while deep kneading, executed with elbows and knuckles, penetrates the fascia to release chronic tension. Rhythmic effleurage stimulates blood and lymphatic circulation, promoting tissue oxygenation.

Our oils, organic and cold-pressed, maximize their active principles: camelina oil, rich in omega-3 and -6, nourishes the epidermis, while first-cold-pressed sunflower oil from the Tarn, laden with vitamin E and essential fatty acids, shields against oxidants. These bases are enriched with macerates—invigorating lavandin or regenerative rosemary—crafted through slow, low-temperature infusion, sourced from pristine terroirs.

A rigorous expertise, fueled by precise gestures and noble ingredients, rejuvenates muscles and skin, drawing its essence from the richness of our terroir.

LOMI LOMI

A Flow that Releases and Revives the Body

Immerse yourself in a Lomi Lomi, a Hawaiian ritual where sweeping gestures glide over the body like a gentle wave across the skin.

Forearms move in continuous, fluid motions, like a soothing swell, unraveling stiffness with grace. Rhythmic, deep, and measured pressures release muscular tension, while light caresses rekindle circulation, awakening the skin.

Subtle rocking movements, reminiscent of a marine cradle, calm the nervous system, inviting profound relaxation. Each gesture, vibrant and harmonious, stimulates energy, dispels fatigue, and restores vibrant suppleness.

A sensory journey that unwinds the body, revives the senses, and leaves a lightness, like a tranquil wave.

1 heure - 120 €

AYURVEDIC ABHYANGA

A Surge that Rebalances and Revitalizes the Body

Immerse yourself in an Abhyanga, an Indian Ayurvedic ritual where warm oil envelops the body like a gentle breeze across the skin.

Circular, slow, and deep pressures release tense muscles, while fluid movements rekindle blood and lymphatic circulation. Targeted pressures, applied with precision, harmonize energies, dislodging blockages. Gentle, almost meditative stretches free the joints, restoring their range of motion. Each gesture, rooted in a profound rhythm, calms the mind and invigorates vital flows.

This massage dispels tensions and awakens radiant vitality. The skin softens, the breath deepens, and the spirit finds its center. A grounding journey that harmonizes and revitalizes, restoring the body to its radiant strength.

1 heure 30 minutes - 170 €





STRESS FREE

A Sanctuary Where Head, Hands, and Feet Soothe the Entire Body

Slip into a ritual where head, hands, and feet, caressed by Balinese and Indian gestures, bring serenity to the entire body.

Firm pressures on the scalp calm the nerves, releasing tension in the neck and shoulders with exquisite relaxation. Palms and fingers, carefully worked, free the arms through their reflex points. The feet, gently stretched, relax the legs, their arches reflecting every organ.

Performed clothed, this precise massage unravels stiffness, dispels heaviness, and promotes restful sleep, leaving a lightness that radiates throughout.

A swift escape to relieve back and neck tension, dissolve stress, and restore complete ease.

Head and Hands - 30 minutes - €70
Head, Hands, and Feet - 45 minutes - €90

DUO MASSAGE

A Shared Moment Where Bodies Find Peace in Unison

Indulge in a shared interlude for two. In a haven of serenity, two practitioners welcome you for a communal ritual, where fluid gestures, like a shared breath, envelop your bodies in harmony.

Gentle pressures release the shoulders and back, while light touches soothe the neck, dispelling tensions. Expert hands tenderly massage fatigued muscles, spreading relaxation down to the legs. Synchronized to the rhythm of calming music, these movements unite body and senses.

For friends or lovers, this massage unravels stiffness and weaves a warm harmony. A gentle escape to reconnect, beyond the bounds of time.

1 hour - €240

DEEP TISSUE

A Surge Where the Body Releases and Warms

Surrender to a ritual where slow, deep gestures, like a vibrant current, flow through the body, releasing stiffness and tension.

Firm pressures, delivered by thumbs, forearms, and elbows, unravel knots in the back and legs, soothing every ache. Tonic frictions awaken blood and lymphatic circulation, while gentle touches free the fascia, restoring the body's suppleness.

This deliberate massage tones ligaments and tendons, dispels heaviness, and renews flexibility. Ideal for winter or for athletes, it relieves fatigue and revitalizes.

A sanctuary to ease pain, energize muscles, and restore a light, unburdened body.

1 hour - €120

SENSORY BODY SCRUB

A Breath Where the Skin Awakens and Glows

Offer your skin a ritual where gentle exfoliation, like a soft breeze across the epidermis, sweeps away impurities and toxins.

With Oden's Body Scrub, slow gestures rub seashell powder over the skin, sloughing off dead cells to reveal a smooth, silken texture. Delicate movements regenerate the skin, activate microcirculation, and envelop the body in velvety softness, restoring suppleness and reviving its natural radiance.

Ideal before a massage, this treatment prepares the body to absorb every benefit, leaving a velvety softness and a lingering scent of orange blossom.

A purifying caress to soften the skin, adorn it with radiance, and free it from all fatigue.

30 minutes - €70



OUR SINGULAR TREATMENTS



BODY AND FACE RITUAL : THE ALCHEMICAL DREAM

Embark on an alchemical journey where time fades, unveiling the radiance of your skin and the glow of your soul. This exceptional ritual weaves the softness of French terroirs with gestures imbued with poetry. Each step, elevated by artisanal treasures, celebrates natural elegance and sensory luxury.

Let yourself be enveloped by a velvety orange blossom scrub, gently caressing the back and legs to reveal smooth, radiant skin. A woody mist of cypress hydrosol awakens your senses, while warm compresses soothe your legs like a gentle breeze. A bespoke massage, infused with fresh camelina oil, releases tensions and breathes new life into your body. Then, an artisanal cream, born from a dance of oils and beeswax, wraps you in heated linen sheets, offering a cocoon of profound softness.

As your body rests, a facial treatment unveils your glow: a delicate scrub prepares the skin, followed by a draining massage with organic plum oil, its almond-like fragrance enveloping your senses. A linden water cream, rich in omega fatty acids and hyaluronic acid, plumps for a vibrant complexion. Your hands, pampered with a scrub and massage, surrender to softness, while a vitamin-rich oil, infused with sea buckthorn and cherry, seals the ritual, revealing luminous skin.

A handcrafted herbal tea of rose, hibiscus, chamomile, and lavender, sourced from the wild lands of the Black Mountain, extends the enchantment.

The Alchemical Dream is an ode to timeless beauty, where every scent and texture guides you toward rediscovered radiance.

2 hours of treatment - €210



IMMORTElLES RITUAL : JAPANESE MANUAL LIFTING

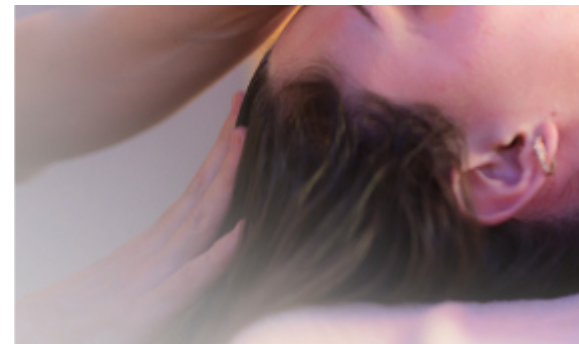
In a softly lit sanctuary, the Kobido, a Japanese masterpiece of masterful precision, sculpts the youthfulness of the face through a ballet of expert gestures. A woody cypress mist awakens the senses, followed by warm compresses of Italian helichrysum, the Immortelle, soothing delicate skin and stimulating circulation. Lifting strokes, dynamic pinches, rapid vibrations, and light taps, from the neck to the face, guided by fluid and regenerative French camelina oil, activate facial energy points, draining toxins and invigorating the eye and jaw contours. A touch of Oden's plum oil, with its sweet almond fragrance, completes these gestures, releasing tension throughout the entire body.

Its rhythmic technique, both tonic and gentle, invites a meditative escape, easing tensions in the scalp, jaw, and neck. Dermo-acupuncture harmonizes energy, stimulating collagen and elastin for an immediate lifting effect, reducing wrinkles, puffiness, and skin laxity while optimizing oil absorption for a healthy glow. A final Immortelle mist adorns the skin with eternal radiance, firming and oxygenating the complexion.

1 hour - €120

As a treatment course, this exceptional ritual reshapes the facial oval, opens the gaze, and defies time. Regular practice durably firms the skin, prolongs radiance, and prevents sagging, like a flower awakening at dawn. A hymn to eternal beauty.

Course of 5 one-hour treatments - €500



EVENING ART: ODEN SELF-MASSAGE RITUAL

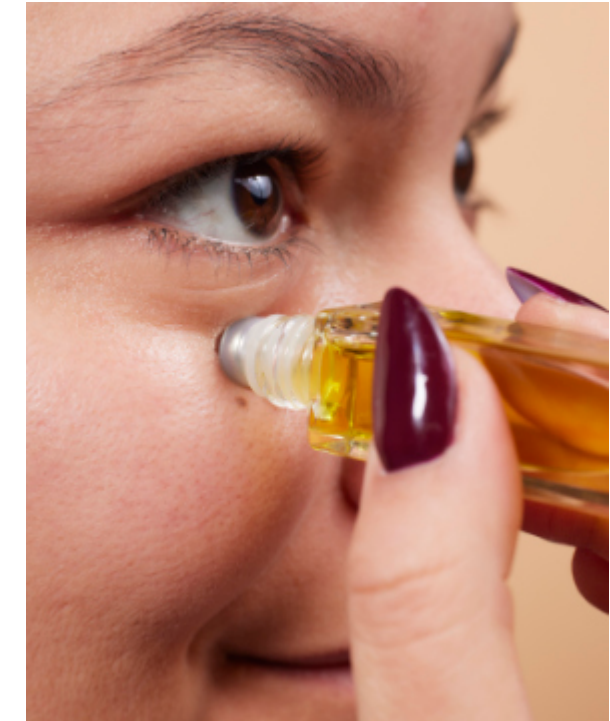
In a softly lit sanctuary where gentleness awakens, the Evening Art introduces you to facial self-massage, an intimate ritual to revive your skin's radiance before bedtime. You learn to sculpt your features with light effleurage across the forehead and gentle taps around the eye contours, a simple technique that drains toxins, stimulates microcirculation, and releases tension. This suspended moment, guided by the delicacy of your own hands, delivers an immediate glow, softening wrinkles, puffiness, and dark circles, while enveloping you in meditative relaxation, like a caress awakening to the night.

Your journey begins in a warm cocoon: a handcrafted herbal tea soothes the mind, followed by the Cleansing Oil, applied with silken effleurage to cleanse the skin with infinite gentleness. A botanical mist, chosen from rose, verbena, or rosemary based on your skin's needs, settles as a delicate veil to soothe and prepare. A treatment oil, selected from regenerative borage, balancing hazelnut, or enveloping plum, nourishes and enhances, guiding your gestures in a nurturing embrace. This complete, cleansing, and nourishing routine can be recreated at home in mere minutes.

30-minute workshop - €70

Through a Journey in 3 Workshops, this ritual becomes a path to mastery: each session refines your gestures, unveils new techniques, and explores additional Oden treasures, establishing a wellness routine to durably firm the skin and enhance its lasting radiance.

Journey in 3 Workshops of 30 minutes - €180



YOGA CLASSES

In the timeless embrace of Château de Siran, where the whisper of the wind through the vines and garrigue invites serenity, our Yoga Classes offer a moment of reconnection.

Every Sunday at 10 a.m., Virginia, a teacher with fifteen years of experience, guides you through a fluid and nurturing yoga practice, where the breath awakens, the body softens, and the mind finds peace. In a sunlit garden or a tranquil space, this practice, open to all, weaves a profound harmony, like an inner dance awakening at dawn.

At the heart of this yoga, three pillars intertwine: breath, a conscious flow that oxygenates the body, calms the mind, and connects the soul to movement; flexibility, cultivated through simple postures that release tension and reveal natural fluidity; and body awareness, a delicate attunement to oneself that anchors serene presence. Each gesture, guided by Virginia's compassion, frees tensions, revives energy, and sculpts inner balance, accessible to all levels and ages.

Join the intimate Sunday group class, limited to six souls, for €30, where Virginia adapts to your rhythm.

Or choose **a private session for €80**, tailored to explore postures, breath, and meditation.

With all equipment provided, this suspended moment at Château de Siran invites you to breathe, release, and unveil your timeless serenity.



SPA LIFE
TECHNICAL INFORMATION
OUR ODEN SELECTION



Hours and Contact

The Spa at Château de Siran is open daily from 9 a.m. to 7 p.m., by appointment only.
Book at +33 4 68 91 55 98 or at the hotel reception.

Access Rates

- Hotel Guests: €30 per person, €60 for two
- External Guests: €40 per person, €80 for two

Reservations and Cancellations

Book your treatment through the reception. Any changes or cancellations must be notified 48 hours prior to the appointment, otherwise the treatment will be fully charged. For external guests, a credit card number is required as a guarantee.

Punctuality

Please arrive at least 5 minutes before your appointment to change and settle in. Delays cannot be accommodated by extending the treatment duration.

Facilities

The spa offers a wet area (hammam, sauna, outdoor spa, chromotherapy shower) and a relaxation lounge with beverages. Two treatment rooms, including one double, are thoroughly cleaned before each session for your peace of mind, using Oden products.

Code of Conduct

- Respect the tranquility: keep phones on silent and store them in the locker room.
- Minimum age: 16, accompanied by a parent.
- Swimwear is required in the wet area.
- Bathrobe, slippers, and fouta provided (fouta available for purchase at reception).
- Personal belongings: use the lockers; management is not responsible for loss or theft.

Health and Contraindications

Treatments are reserved for individuals in good health. Please inform us of any medical conditions, allergies, or injuries before your treatment. Consult a doctor if in doubt. The spa offers non-medical wellness treatments.

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