



SPA BALNÉO RESORT  
DOMAINE DU COLOMBIER



Our professionals welcome you in our air-conditioned Spa, with double and single treatment rooms, a beauty treatment area for hands and feet, hydro-active massage table and sauna.

Our Balneo area offers dynamic or soft workshops, complemented by courses offered by sports coaches at your disposal.




## *Spa & Balneo opening hours*

From opening to closing  
7 days a week from 9am to 7pm by appointment

Spa Reservation : +33 (0)7.86.67.07.68  
[spa.balneo@clubcolombier.com](mailto:spa.balneo@clubcolombier.com)

1052 Rue des combattants en Afrique du Nord - 83600 Fréjus  
Resort Reservation : +33 (0)4.94.51.56.01



The massages offered in our treatments are based on manual aesthetic techniques with a relaxing and non-therapeutic aim. Pregnant women and people with heart problems are not allowed in the Sauna and in the workshops with hydrojets in the Balneo.

Access to the Balneo area is reserved for adults. Bathing trunks are not allowed, swimwear only. The Spa does not provide towels for the Balneo area.

Please arrive ten minutes before your appointment time. In case of delay, the duration of the treatment will be reduced in order not to harm the next client. For any reservation of a treatment, the full payment will be requested in order to validate and guarantee your reservation.

Any modification of a treatment must be brought to the attention of the Spa, at least 24 hours before your appointment. The gift vouchers are nominative, non-refundable and non-exchangeable. The Domaine du Colombier reserves the right to modify, cancel or postpone its programmes. For your safety, non-slip sandals must be worn in the Spa. For men's facials, we ask gentlemen to be shaved at least one hour before the appointment.



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## elcome to the Spa Balneo of the Domaine du Colombier

Set on a bamboo beach, opposite the Balneo, our air-conditioned Spa welcomes you in an atmosphere dedicated to dreams and distant journeys to better escape to a magical well-being.

In a magnificent 600 m<sup>2</sup> pool with clean lines, you will enjoy various workshops for gentle body work.



*Rdu  
Spa*

When making your appointment, we ask you to inform us of any contraindications you may have, in order to establish your suitability for the treatment. Please arrive 10 minutes before your appointment time. Any cancellation of a treatment not made 24 hours in advance, will not give rise to a replacement of the treatment booked or a refund of your deposit.

## *Body care* Access 2h Balneo, included for any massage

### **Japanese massage «KOBIDO» - 25 min** 50€

This face massage is an ancestral beauty ritual of the Geishas in Japan. Pressure points on the head and neck area relieve tension. This massage firms up the muscles, reduces wrinkles and restores the radiance of your complexion.

### **Oriental Massage - 25 min** 50€

This massage is targeted at the back of the body. It can be relaxing or more intense, depending on your preference.

### **Relaxing back massage - 25 min** 50€

This massage focuses primarily on the area of your back, in order to soothe areas of accumulated tension, for an immediate feeling of well-being.

### **Plantar reflexology - 50 min** 70€

Reflexology uses pressure on specific areas to relieve stress, anxiety and improve circulation.

### **Californian massage - 50 min** 85€

This gentle massage provides a soothing, relaxing and rejuvenating feeling of well-being. During the massage, one escapes completely with a real feeling of letting go.

### **Bamboo massage - 50 min** 85€

The bamboos come in different sizes and act like steamrollers on the body. This massage uses several techniques; effleurage and kneading to reshape the body and friction and vibration to relax the body.

### **LOMI-LOMI massage - 50 min** 85€

Lomi-lomi massage is an invitation to travel. It is inspired by Hawaiian traditions. This treatment aims to balance the relationship between body and mind, inside and outside, physical and mental. A true authentic massage, imbued with traditional wisdom, it helps the body to reconnect and recharge its energy.

### **YOGA Massage - 50 min** 89€

This massage combines the precise stretching and breathing techniques of yoga with the benefits of therapeutic touch to relax all the muscles of the body, freeing the chakras and opening the mind to meditation.

### **Ayurvedic massage - 50 min** 89€

This massage of Indian origin is inspired by Ayurveda, the "science of life". Its aim is to harmonise and rebalance the mind and body. Thanks to the tonic and strong movements, the body regains its vitality. This massage allows a better energetic metabolism to be revived.

### **Sports Massage - 50 min** 89€

Relaxing, energising and detoxifying, this massage targets the circulation, muscles and tendons. With this hypertonic treatment, all the muscles of the body are heated by kneading. With deep and tonic pressure points, this massage releases accumulated tension and relaxes the muscles. The body regains its energy.



## Face care

**Beauty of the Sultana - 50 min** 70€  
(Normal, oily, dry, sensitive skin)

This tailor-made treatment will bring you suppleness, harmony and comfort for a radiant effect. The steps of the treatment: skin cleansing, exfoliation, modelling, mask and day cream.

**Teen Care - 45 min** 50€  
(Oily, blemished skin)

This treatment is aimed at teenage skin whose condition is transformed by hormonal changes. It will improve the quality of the skin through specific cleansing and the removal of blackheads.

**Anti-ageing care Thalgo - 50 min** 75€  
(Mature skin)

This tailor-made treatment plumps and smoothes your skin and fills in your wrinkles and fine lines. Each anti-ageing treatment is specific in order to improve and revive your skin's radiance, tone and tone.

**Men's care Thalgo- 50 min** 65€  
This treatment is energising and anti-ageing for a fresh and radiant complexion.

## Ritual

**Moorea ritual - 75 min** 80€  
**Sauna + cabin scrub + body wrap**

This ritual with different intoxicating island scents will enchant you. The exfoliating scrub with white sand and red seaweed combined with coconut pulp will activate the microcirculation, while softening your skin. This ritual is followed by shea butter and monoi pulp wrap to nourish your skin and soothe it from the effects of the sun.

## Sauna

**Sauna 1 person - 20 min** 12€

**Sauna 4 persons - 20 min** 40€



## *Hand beauty*

This complete treatment includes: nail filing + soaking + cuticle removal + exfoliation + massage + base coat if desired.

40€

## *Foot beauty*

This treatment includes: relaxing foot bath + nail filing + cuticle removal + callus removal + scrub + massage + base application if desired.

50€



## *Our partner brands*

Le Spa du Colombier has selected for you two leaders in Spa & Resort throughout the world.

Thalgo laboratories, world leaders in marine cosmetics for the medical world and thalassotherapy, specialise in care products based on algae and marine extracts. They are committed to optimal efficiency thanks to natural care products that will reveal all your beauty. The products are free of parabens, GMOs, mineral oils, propylene, glycol and ingredients of animal origin.

La Sultane de Saba offers authentic and original products, through its care with a thousand flavours and colours. The brand is an invitation to travel and dream, and to discover oriental horizons. The products are made from organic and natural raw materials, are paraben-free, dermatologically tested and not tested on animals.



La Sultane de Saba



# *Hydro-Jet system France*

## Hydro-active massage table

**The session 20 min**

**20€**

The Spa du Colombier is equipped with one of the latest innovations in hydro-active massage tables, allowing you to enjoy the draining and relaxing functions combined with the virtues of treatments, aromatherapy, music therapy and chromotherapy.

Four programmes are available: relaxing, toning, anti-cellulite and pregnant women.



*Discover our special offers*

A range of choices selected for you.

Ask for it on site or check it out on our website.

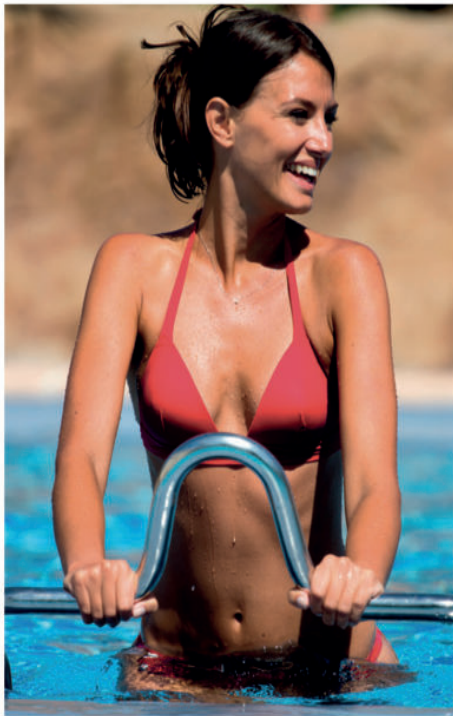






# Balnéo

The Domaine du Colombier Balneo is a superb aquatic complex of 600m<sup>2</sup> in a setting worthy of the «tropics at the end of the world». Multiple hydrojets, aquatic anatomical benches, lumbar massage square, foot geysers, standing spa, aquabike, elliptical aqua trekking, aquagym area and two swimming corridors form one of the most beautiful Balneo offers in France. Coaches offer you different courses for a well done fitness. An immersed beach, a large solarium and two heated boiling baths, overlooking the pool, offer you a plunging view of the crystalline water. A cardio-fitness area awaits you in front of the pool in the shade of a beautiful straw hut. This superb scenic setting also offers all the comfort: sunbeds and lounge bar restaurant to welcome you better.





# Prices SPA AND BALNEO



## Low season prices

Every day: 15 € / day

2 hour entry: 9 €

10-hour pass: €40

## Mid & High season prices

Every day : 19 € / day

3-day packages: 45 €

6-day package: 90 €

Entrance 2h : 9 €

10-hour pass: 40 €

**ACCESS TO THE BALNEO  
DOES NOT INCLUDE  
AQUABIKE LESSONS**

7 € per class

Package of 5 lessons : 30 €.

Package of 10 lessons = 60 €

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