



SPA BALNÉO RESORT
DOMAINE DU COLOMBIER



Jean-Luc, our spa manager, Marine his assistant and our beauticians are pleased to welcome you to our air-conditioned Spa, complete with two-person and individual cabins, a nail bar, tea room, hydro-active massage table and steam room. Our Vitality Pool proposes dynamic or soft workshops, as well as classes offered by our coaches who are always at your service.

Spa and Vitality Pool Opening Times

From the opening to 14/06 and from 08/09 to the closure:

9am to 6.30pm

From 15/06 to 07/09:

9am to 8pm

Reservation Spa: +33 (0)7.86.67.07.68

www.spa-colombier.com

1052 Rue des combattants en Afrique du nord - 83600 Fréjus

Reservation Resort: +33 (0)4.94.51.56.01

The massages we offer are manual aesthetic techniques and they are just for relaxation and non-therapeutic. Before each treatment, you will be asked to fill in a confidential questionnaire to assess your suitability for any treatment carrying contraindications. Pregnant women and people with heart problems are not permitted in the steam room or the workshops with hydro jets within the Vitality Pool. **We ask you to arrive 15 minutes prior to your appointment so we can explain the products that will be used during your treatment.** Treatment time includes: welcome greeting, undressing and dressing, treatment and/or a possible shower. For your safety it is required to wear anti-slip sandals in the Spa. Gentlemen, we ask you to shave at least one hour before your appointment (facial treatment). Appointments with a physiotherapist or reflexologist can be made on request.

Customers are not entitled to change or replace treatments. The gift cards are nominative, non-refundable and cannot be changed. No replacements or refunds are offered for the booked treatment for cancellations without proof or medical justification, or if you change the treatment time less than 24 hours in advance. Domaine du Colombier reserves the right to modify, cancel or postpone its programme.

The access to the Vitality Pool is reserved for adults, swimming shorts are forbidden.



W

elcome to the Spa Vitality Pool
at Domaine du Colombier

Nestled on a bamboo beach on the edge of the Vitality Pool, our magnificent air-conditioned Spa offers a dreamlike setting, reminiscent of faraway lands to help you escape and achieve a magical sense of well-being. In a magnificent 30 x 20 clean-lined pool you can enjoy different workshops that gently work the body in the heated water.



Oxygen

A range of signature treatments for optimum relaxation and well-being. Experience traditional perfumes and rituals with the products of «La Sultane de Saba», which have been chosen for their enchanting fragrances. Choose which of the natural aromas made of flowers and spices you want to enjoy.

Body treatments

«KOBIDO» Japanese massage

Face, neck and scalp massage - 30 min 40€

A 3 step treatment for deep relaxation. Pressure is applied to points on the head and neck to relieve tension. This treatment is followed by a facial massage that strengthens the muscles and reduces wrinkles.

Oriental massage - 30 min 40€

This treatment promotes deep relaxation focusing on your back and/or your legs, whichever you prefer.

AMMA massage- 20 min 20€

Massage on ergonomic seat.

Plantar reflexology KENKOU - 50 min 60€

Thai reflexology - 50 min 60€

Reflexology works by exerting pressure on different zones in order to alleviate stress and improve circulation.

Deep massage with Bamboo - 50 min 60€

Bamboo is used with perfume oils to stimulate the vital energies and to combat stress and tiredness.

Sound massage (Tibetan singing bowl) - 55 min 60€

An energetic treatment that uses sound and vibrations to re-harmonize the body and bring a letting go.

Metamorphic massage - 55 min 60€

Lets meet us at our prenatal period and to cleanse us from our old memories that have shaped our personality.

Hot and cold stone body massage - 50 min 60€

Thalgo - Contrasts of hot and cold to stimulate your senses.

Californian massage - 60 min 65€

First appearing in the United States during the sixties, this massage is a sensual full body massage which promotes well-being and relaxation through long and graceful movements.

Ayurvedic massage - 60 min 65€

This treatment of Indian origin frees your body from toxins and tones and relaxes your muscles by improving your blood circulation and boosting your lymphatic system. Many other mental and physical benefits are associated with this type of massage.

Lomi-Lomi Massage - 60 min / 80 min 65€ / 80€

This Hawaiian treatment boosts your body through the 4 elements of air, earth, water and fire. The masseuse works with her forearms and follows a harmonious rhythm.

Information and bookings: +33 (0)7.86.67.07.68



Colombier Spa has selected the world leader in Thalassotherapy Spa & Resorts. Thalgo Cosmetics Laboratories are specialists in marine treatments that are specially adapted to suit your individual needs. The products are free from parabens, GMO, mineral oils, propylene, glycol and animal ingredients.

Facial treatments

All our facial treatments include make-up removal, an exfoliating scrub, a face steam, blackhead extraction, a mask, a hand massage and a day cream.

Beauty ritual (all skin types) - 50 min 60€

This treatment will be tailored to your needs. Your skin will regain comfort and suppleness for a radiant effect.

Teenage & adolescent skin care - 45 min 45€

To deeply cleanse youthful skin.

Collagen / hyaluronic skin care - 50 min 65€

Anti-ageing treatment for a smooth and plumped up skin. Results are visible after the first treatment.

Freshness (men) - 60 min 65€

An energising and anti-ageing treatment for fresh and dewy skin.

Steam room

Steam room - 20 min 12€

Steam room 4 persons - private - 20 min 40€

Our Rituals

Steam room + Black soap exfoliating scrub
+ Smooth oil massage - 60 min 60€

Steam room + Black soap exfoliating scrub
+ Oriental massage - 80 min 80€



Beauty treatments for hands and feet

Basic manicure	30€
Filing, soaking, cuticle removal, nail buffing, massage + varnish	
Complete manicure	35€
Basic manicure, exfoliating scrub, mask and clear polish + varnish	
Basic pedicure	30€
Filing, soaking, cuticle removal, nail buffing, massage + varnish	
Complete pedicure	39€
Beauté des pieds simple, gommage, masque et pose de base + varnish	
Nail varnish application	10€
French nail varnish application	15€

Specific nail treatments

Gel nails, infills... on request.



Hair removal

Eyebrows	10€
Lips / Chin	7€
Half leg	20€
Full leg	25€
Underarms	12€
Bikini line	20€
Brazilian bikini line	20€
Complete bikini line	30€
Arms	16€

Hair removal men

Eyebrows	10€
Nose / Ears	8€
Torso	20€
Back	20€
Shoulders	15€
Underarms	15€
Half leg	25€
Full leg	32€

Tinting

Eyelash tinting	12€
Eyebrow tinting	15€
Eyelash + Eyebrow	25€



Hydro-Jet System France ®

Hydro-active massage table

Session

20€/20 min

The Spa presents one of the latest innovations in **hydro-active massage tables**, allowing you to enjoy the relaxing and draining functions in combination with the virtues of ions, collagen (anti-aging), aroma-, music- and chromotherapy.



Discover our special offers

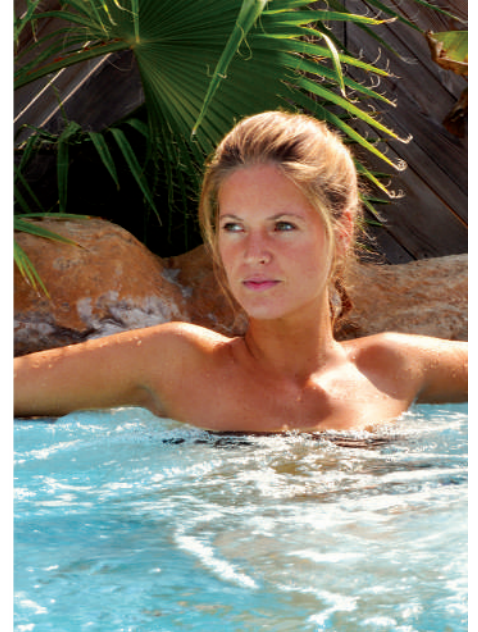
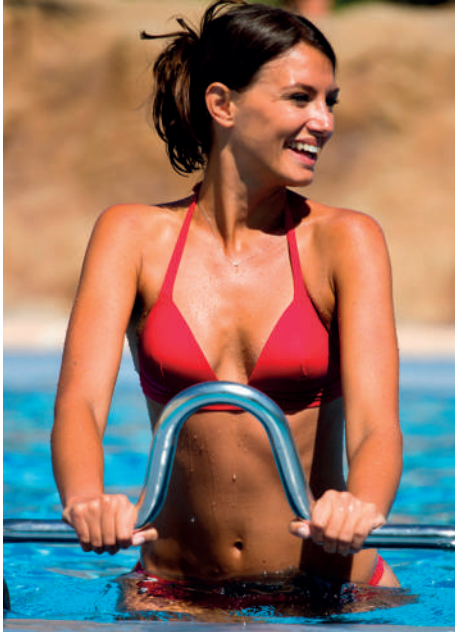
Take a look at the array of carefully selected offers, available on-site or on our website.

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Vitality Pool

The Vitality Pool at Domaine du Colombier is a superb heated aquatic complex of 600 m² reminiscent of the faraway tropics. Multiple hydrojets, anatomical water benches, lumbar massaging areas, geyser treatments for the feet, a standing spa as well as aquabikes, aqua crosstrainers, aquatrekking, an aquagym and 2 swimming lanes make up one of the most beautiful Vitality Pool facilities in France. Our coaches offer you various classes in order to help you get back in shape. A submerged beach, solarium, and two heated whirlpool baths near the edge of the pool give you a sweeping view over the crystal-clear water. A cardio fitness area awaits you in front of the swimming pool, in the shade of a lovely hut. Your comfort is assured in this beautiful complex, which features sun loungers and a lounge-bar restaurant.



Prices SPA AND BALNEO



SPA BALNÉO RESORT
DOMAINE DU COLOMBIER



Prices Low season

From Monday to Friday: €12 / day

Weekends and long weekends: €15 / day

Entry 2 hours: €9

Card 10 hours: €40

Prices Shoulder and High season

€19 / day

Package 3 days: €45

Package 6 days: €90

Entry 2 hours: €9

Card 10 hours: €40

ACCESS TO THE BALNEO DOES NOT INCLUDE THE CLASSES

€7 per class

Package of 5 classes: €32

Package of 10 classes for the price
of 9: €63

Private class: €30 / hour

Package of 10 hours for the price
of 9: €270

PACKAGE PER PERSON

Low season

2 days: €28

2 entries 2h + 2 classes

3 days: €42

3 entries 2h + 3 classes

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Resort

An exclusive park spanning 10 hectares, full of palm trees, pines and rose-bays
Situating on the Côte d'Azur, between Cannes and St Tropez, 4.5 km from the fine sandy beaches of the bay of Fréjus and Saint-Raphaël, Domaine du Colombier, a 5 Star resort, offers luxury cottages, restaurants, dinner shows and an event room. The beautiful Spa, Vitality Pool and fitness facilities are perfect for those who seek relaxation and serenity.

A vast heated 'lagoon' of 3600 m² with sun loungers, a lazy river, slides, entertainment and games will please both young and old. An 18-hole golf course, as well as diving, sailing, tennis... and a wealth of other activities are all just a short distance from Colombier.

From Easter to October, for a day or a weekend, for your holiday or seminars, come and enjoy this lovely park.

For more information call +33 (0)4.94.51.56.01

