



The Spa de Cassagne

Relax and Recharge in an exceptional setting



A beautiful heated swimming pool (hydro-massage, counter-current swimming), overflowing Jacuzzi, Hammam with Eucalyptus scent, a chromotherapy shower and a fitness room.

Massages and treatments in our individual or double cabins.

Enjoy the spa treatments offered by Auberge de Cassagne in collaboration with the Swiss laboratories HORMETA, beauty boosted by trace elements.

Our masseuse therapists and beauticians will be able to refine your choice at the beginning of the session with "tailor-made" treatments for women or men, each with their own particularities and requirements.

View or Download our Spa Brochure :



Tél: 04 90 31 04 18

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New:
Firming Body Treatment

Anti-age Science AGE LOC (25 min - 50 min)

89€ / 129€

Le galvanic Body Spa

The ageLOC Galvanic Body Spa targets the ultimate sources of aging while diminishing the appearance of fat and cellulite, smoothing skin to provide a visibly younger, more toned appearance

Choose the zones of your body you want to improve:
Arms, thighs, buttocks or stomach.

- Exfoliation with Nu Skin Exfoliant (10 additional minutes : 20 €)
- Use of the galvanic body spa with ageLOC BodyShaping Gel,
- Followed by ageLOC Dermatic Effects cream.



Time for your Well-being

Relax body and mind with your head in the stars...

Hydromassage bed

39 € per person

Discover our Hydromassage beds and experience a unique moment of relaxation.

An innovative concept that adapts to all your expectations:

Soothe, drain, firm, soothe, revive and more!

Enjoy a moment of well-being alone or with a second person during a 20-minute session, adapted to your needs.

4 levels of massage: soft, relaxing, dynamic and deep tissue.

No need to undress for this massage.

Enjoy the tranquility of a moment that reserved only for you in our spa's "Jacuzzi room"



Absolute relaxation for two

99 € per person

20 minutes in a private Jacuzzi followed by 25 minutes of relaxing massage.



Absolute relaxation for two

140 € per person

20 minutes in a private Jacuzzi followed by 50 minutes of relaxing massage.

Champagne Taittinger « Brut Prestige »

37.5 cl : 55 €



« Take Care of Yourself »

238€ per person

A delicate exfoliation with volcanic stone powder, followed by a caressing massage for soft, clear and relaxed skin. A personalized facial treatment prolongs the moment of well-being.

Any delay by the client will result in a shorter treatment



Facials



CASSAGNE'S INSTANT FACIAL (25min or 50 min) **79€ / 119€**

A real moment of well-being. This personalized treatment is pure relaxation for your skin.



100% Facial FOR MEN (25min or 50 min)

79€ / 119€

A moisturizing and balancing facial treatment adapted to male skin, a unique moment of relaxation.



PURE SERENITY Facial (50 min)

139€

Purifying facial to clean oily skin, hydrate, rebalance the epidermis and refine skin texture.

The detoxed skin is clearer, brighter, hydrated and able to breathe.

VELVET SORBET Facial (50 min)

139€

A gentle beauty treatment, a real caress for sensitive skin that soothes discomfort, tightness, heated and flushed skin. The skin feels more comfortable and regains its uniformity.



Facials



INGENIOUS SOURCE Facial (1h10)

150€

Collagen anti-ageing treatment, to push back time using powerful and carefully selected active ingredients. Fine lines and wrinkles will be smoothed. Deep hydration restores suppleness and radiance to your skin. An effective treatment specifically designed to reduce the signs of aging.

ULTIMATE PRECISION Facial (1h10)

165€

Anti-ageing treatment that restores suppleness, radiance and tone, the features are smoothed. Its lift-off mask restores the skin's hydrolipic film, fights sagging skin and the signs of age

INTENSE PERFORMANCE Facial (1h50)

239€

Enhanced action of two anti-ageing treatments, one targeted to restore life, texture and radiance to the skin destabilized by hormonal changes and a collagen treatment which pushes the limits of time even further with effective active ingredients. An intense treatment, specifically designed to redefine and strengthen the skin's tone, combat sagging skin, reduce age spots, smooth out wrinkles and fine lines and moisturize the epidermis. The skin regains density, suppleness and tone.

***All our facials are composed of 5 steps: make-up removal, face scrub, mask, massage and application of a personalized cream.**



Our Traditional Massages

Californian Massage (25 min, 50 min or 80 min) **79€ / 119€ / 179€**

Characterized by long fluid movements that have an enveloping and deeply relaxing effect through slow and harmonious strokes, followed by sliding pressures that becomes stronger on particularly tense parts of the body. **For perfect relaxation, we recommend that you precede the massage with a hydromassage bed session (soft or relaxing program).**

Swedish Massage (25 min, 50 min or 80 min) **79€ / 119€ / 179€**

Swedish massage is a set of dynamic massage techniques that aims to dissolve tensions and relax muscles. Its invigorating and relaxing effect promotes blood and lymphatic circulation, favors the elimination of toxins and helps the body regain its natural balance. **For prepare your body for the massage and your muscles for relaxation, we recommend that you with a hydromassage bed session (dynamic and deep tissue program).**

Foot Reflexology (25 min or 50 min) **79€ / 119€**

The foot is a miniature representation of the human body. Each part of the body, organ or gland has a corresponding “reflex zone” or acupressure point. Pressure applied to these reflex zones relaxes tensions and re-establishes an equilibrium in the corresponding body parts. This massage eliminates toxins and induces a feeling of well-being.

Draining Massage (25 min, 50 min or 80 min) **79€ / 119€ / 179€**

The massage is both slow and fast, concentrating on highly dynamic points for a feeling of lightness in the massaged areas. It also helps to eliminate toxins by stimulating the circulation of lymphatic fluids throughout the body. Long-term circulation is improved

Light legs Massage (25 min) **79€ / 119€**

The massage technique used is the one of manual lymphatic drainage, applying pressure, rotation and effleurages on the legs and thigh in order to relieve painful and swollen legs.

Slimming Massage (25 min or 50 min) **79€ / 119€**

The Slimming Massage uses a technique aimed at fighting against cellulite and facilitating the elimination of body fat. It reduces congestions and oedemas and improves blood circulation. **To improve the effects of your treatment, we recommend that you to follow it with a detox wrap or a draining massage.**



Our Specific Massages

Lavender Massage (25min, 50 min or 80min) **89€/129€/189€**

A Californian massage with lavender oil, the ideal product for relaxing muscles and relieving articular pain. Your skin feels soft and hydrated. This is a massage which will leave you relaxed and ready to go to sleep.

Hot Stones (50 min or 80 min) **129€/189€**

Of Hawaiian origin, the ritual of hot stones is a relaxing massage that consists of a rhythmic sliding of hot basalt stones on precise parts of the body to relieve deep muscular tension and chronic pain. Massage with hot stones is truly relaxing.

Four – Hands Massage (50 min) **229€**

The hand ballet begins in a synchronized rhythm. Four hands take care of you. The Four Hands Massage is a unique moment of relaxation.

Massage for Pregnant Woman (25 min or 50 min) **89€/129€**

This massage is intended to relieve the usual aches and pains of pregnancy, such as lumbar tension, joint pain, and swollen legs. The massage also helps to prevent the appearance of stretch marks by softening the skin.

Lomi-Lomi Massage (25min, 50 min or 80 min) **89€/129€/189€**

This exotic massage is characterized by large movements of the forearms and stretching. The lomi-lomi massage aims primarily at achieving a state of physical, spiritual, mental well-being and by connecting the heart, soul and body.



According to the law of 30 April 1946, and decree 60 669 of 4 July 1960, article 489L, and the decree of 8 October 1996, these are not medical massages or physiotherapy, but techniques for well-being by physical relaxation and stress relief.

***All our massages can be modified and adapted to your wishes.
A hydromassage bed session will complete and improve the benefits.***



Body Treatments

Caresse body treatment, Volcanic Moment (25 min) 79€

A delicate exfoliation with volcanic stone powder for soft skin.

Caresse body treatment, Volcanic Softness (50 min) 119€

A delicate exfoliation with volcanic stone powder followed by a gentle massage leaving you relaxed with smooth and soft skin

Silhouette body treatment, Delicious Dream (1h20) 169€

A cocoon and exfoliating body treatment: an exfoliation with a volcanic stone powder, green tea wrap, (known for its slimming properties and minerals) under a heated blanket. As a final touch, “Body Intelligence” HORMETA cream will bring you hydration and firmness. A relaxing treatment to restore soft skin.

Silhouette body treatment, Relaxing Ceremony (1h50) 209€

An overall body treatment: an exfoliation with a volcanic stone powder and a green tea wrap (known for its slimming properties and minerals) under a heated blanket, followed by a full body massage tailored to your needs. A relaxing expert treatment to detoxify, restore radiant and velvety skin.

DETOX BODY TREATMENT, Relaxing Moment (50 min) 119€

An antioxidant green tea wrap, rich in vitamins C and E under a heated blanket followed by a light massage, to moisturize, remineralize and detoxify the skin. A relaxing moment for the senses.

Delicious body treatment, Sensorial Pleasures (50 min) 149€

A delicious exfoliating massage with honey gel and lavender flowers. A 2 in 1 relaxation body treatment for a glowing skin.

Delicious body treatment, Gourmet Dream (1h30) 189€

A relaxing gourmet body treatment to enhance the skin. An exfoliation with honey gel and lavender flowers, followed by a nourishing massage to recover soft and satiny skin.

Delicious body treatment, Exquisite Ceremony (1h50) 219€

An exquisite complete body treatment combining an exfoliation with honey gel and lavender flowers, a detoxifying body wrap with green tea and an relaxing massage. A moment of pure relaxation, a feast for mind and body.

Men and women swimsuit 18€

Prices list 2020.





Practical Information

OPENING HOURS

The spa of Cassagne is open from 9 am to 1 am to guests staying at the hotel.

For clients not staying at the hotel, 3 hour spa access can be reserved in a limited number.

RESERVATIONS

04 90 31 04 18

resa@aubergedecassagne.com

Please reserve your massages and treatments and arrive 5 minutes before the appointment. Please inform the massage therapist or the beautician of any health concerns or pregnancy at reservation or before the beginning of the treatment so all necessary precautions can be taken.

CLOTHING

Please arrive at the Spa wearing the bathrobe and slippers supplied in your hotel room.

For clients not staying at the hotel, changing-rooms, bathrobes, slippers and towels are at your disposal at the entrance of the Spa.

Spa Days

The Spa de Cassagne is a place for quiet relaxation and harmony. We restrict the number of guests with day access. Please reserve in advance.

CHILDREN

Minors are welcome in the spa area if accompanied by an adult.

We ask there be no shouting or jumping in the pool.

Minors may reserve spa treatments but must be accompanied by an adult for the duration of the treatment.

VALUABLES

Management declines all responsibility in the case of loss or theft of personal property. We advise you to leave such items in the lockers available in the changing rooms or in the safe in your room if you are staying in the hotel.

General conditions of sales

A credit card number will be required to guarantee and validate all spa and treatment reservations. This constitutes an obligation to the Spa of the Auberge de Cassagne and implies your acceptance of the terms and conditions. All Auberge de Cassagne & Spa customers acknowledge that they have read these terms and conditions before making an appointment. By making an appointment, you fully agree to the terms and conditions and accept them without reservation. Cancellations or change of treatment less than 4 hours before the appointment will be charged. Rescheduling is possible if space and spa personnel is available.