

Le Spa des Sources



LES SOURCES DE CHEVERNY
VAL DE LOIRE



Welcome to Le Spa des Sources

Le Spa des Sources awaits, located just a short distance from the gentle rustling of the trees in the forest.

This oasis of absolute well-being is a haven where you can relax to the sound of lapping, rippling water. Outside, there is a hot tub hooped of oak wood like a cask, filled with warm, relaxing and eco-friendly treated water. Inside, there is a pool and hammam built within a superb wooden structure where you can unwind.

Our signature face and body treatments bring you the promise of the unparalleled pleasure of wraps, massages, and beauty treatments made from grape seed extracts.

The promise of timeless moments of relaxation and wellness. Make time for yourself.

Please note that for comfort of clients under treatment, access to indoor bath and spa facilities is by treatment reservation or with a 2-hour Access Spa (39euros/pers. by booking only).

Reserved to 16 years +.



Facial treatments **CAUDALÍE** PARIS

A la carte treatments

50-min treatment
118 Euros

80-min treatment
168 Euros

Signature Facial treatments

These entirely manual treatments work for all skin types. They relaxe your features, restore your radiant complexion through a long relaxing massage, accelerate cellular renewal and improve your skin's texture. Your complexion looks rested and radiant.

Choice of:

- Premier Cru (global anti-aging)
- Resveratrol [Lift] (firming)
- Vine[Activ] (anti-wrinkle)
- Vinoperfect (radiance)
- Vinosource (moisturizing)
- Vinopure (purifying)

Add-on treatment

These 30-minute treatments will be completing a Signature Facial treatment

Choice of:

- Deep skin cleansing including streamer extraction
- Lifting & Firming Eye Treatment



Body treatments

A la carte treatments

50-min treatment
118 Euros

80-min treatment
168 Euros

Gentle Detox treatment

Draining and detoxifying. Thanks to a deep activation of the lymphatic system in the neck, stomach and legs, this treatment allows your body to eliminate toxins and brings an immediate feeling of lightness.

Vinosculpt treatment

Toning and draining, this treatment mainly targets the quality of the skin for more firmness using Japanese palpation-rolling techniques. It works on all sagging areas (legs, thighs, stomach and arms) using Lift & Firm Body Cream Vinosculpt.

Caudalie Signature treatment

In the flicker of our candlelight which turns into a warm hydrating oil with the delicate fragrance of Fleur de Vigne, all tensions are relieved and energies revitalised.

Starry Energy Boost treatment

Feel deeply relaxed with this body treatment. Our therapist works your five body endpoints - namely head, hands and feet. By massaging these points, the treatment stimulates sensitive zones thanks to pression, stretching and palpation for a fully well-being sensation.

Deep Tissue treatment

The manual treatment helps to release deep tensions and avoid muscular release.

Mum-to-be treatment

This treatment is ideal between the 3rd and the 8th month of pregnancy, releases tensions and fights against heavy legs.

Foot Reflexology

By combining massage and acupressure techniques on all of the feet, this massage releases stress and nervous tension while harmonizing vital functions and revitalizing the body.



Body treatments

30-min session
90 Euros

Crushed Cabernet Caudalie body scrub

The cult scrub from Caudalie. Ideal before your other treatments. To restore radiance and softness to your skin. Caudalie has developed one exclusive cult recipe, a fresh blend of grape oil and brown sugar combined with grape seeds, honey and 6 slimming essential oils. The skin is moisturized and perfectly smooth.

50-min session
236 Euros (2 pers)

Duo body treatment

Precious moment to share as a couple, with friends or between mother and daughter, in one of our double cabins with two therapists.

80-min session
336 Euros (2 pers)

Choice between:

Vinosculpt
Caudalie Signature
Starry Energy Boost
Deep Tissue



Add-on treatments

A la carte treatments

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Essential oil bath or milky bath

20-min session

– 70 Euros / 90 Euros in duo

Energizing wrap

20-min session

– 70 Euros

Head massage

20-min session

– 70 Euros

Hand or feet treatment

50-min session

This treatment is a true moment for taking care of yourself, time for cocooning yourself. The treatment starts by with a preparation of the nail, a scrub to gently exfoliate hands or feet, then a massage comes to relieve amassed tensions before a mask to bring softness and glow to skin. During the mask application, a head massage will be offered.

– 98 Euros

Manicure and clean gel nail polish

50-min session

This manicure begins with a preparation of your nails (filing, cuticles, polishing) before the Green Flash Manucurist nail polish application. The first gel nail polish made of organic ingredients to respect your nails.

– 108 Euros

Gel nail polish remove

– 28 Euros

Day of treatments

Half-day rituals

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Full ritual

A body scrub
+ 50-min Signature body treatment
+ 50-min facial treatment
— 300 Euros

100% Body ritual

A body scrub
+ an energizing wrap
+ 50-min body treatment
— 260 Euros

Ritual in duo

An essential oil bath or energizing wrap
+ 50-min body treatment
— 290 Euros (145 Euros par pers.)

Signature Source Ritual

Pamper your skin as winter approaches with this smooth and gentle ritual including:

A milky baht
+ a milky wrap
+ a facial Caudalie treatment
— 260 Euros

Gentle Detox ritual

Essential oil bath
+ a body scrub
+ 50-min Gentle Detox treatment
— 270 Euros



Day of treatments

Weekday offers

From Monday to Friday. Upon availability, exclu. public holidays.

Relaxing Bubble

50-min body treatment of your choice
+ 50-min Facial treatment of your choice
_195 Euros

Day off at the Sources

Take a day off to fully enjoy Les Sources de Cheverny food and activities. This offer includes:

A lunch at l'Auberge
+ a Crushed Cabernet scrub
+ an energizing wrap
+ a 50-min body treatment
+ a 50-min facial treatment
+ the access to Le Spa des Sources facilities and fitness
+ the provision of bikes to enjoy a tour to Cheverny and surroundings
_390 Euros





Spa des Sources cure

Spa des Sources cure		
Day 1	550 euros	Essential oil bath + Caudalie Signature body treatment 50 min + Signature face treatment 50 min
Day 2		Crushed Cabernet Caudalie body scrub + energizing wrap + Vinosculpt body treatment 50 min
Day 3	790 euros	Milky bath + Express facial treatment 20 min + Starry Energy Boost body treatment 50 min
Day 4	1 020 euros	Energizing wrap + Back massage 20 min + Foot reflexology 50 min



Wellness at the Sources

Yoga

—
60-min session
Sat 6pm to 7pm
40 Euros
Individual lesson on demand

Weekly yoga sessions

Experience the benefits of a yoga session with Rebecca. Make time for your inner self and for recharging good energies. Every Saturday, she will guide you on the way of a better living. A session that will harmonize body and mind.

Yoga weekends and retreats

Each semester, special yoga, wellness and detox weekends or retreats are organized at Les Sources de Cheverny. For more information on www.sources-cheverny.com or asking hotel team members.

Sophrology

—
60-min session
Sat 10am or 11:15am
135 Euros
190 Euros in duo
Individual lesson on demand

Sophrology with Philippe

Guided by our sophrologist Philippe, discover this relaxing practice that leads the body to let go. Based on listening to sensations and awakening the senses, this session helps develop well-being and serenity to achieve relaxation through three gentle and simple breathing and body exercises.

Sylvotherapy

—
120-min session
Group activity
35 Euros/pers.
Individual lesson on demand

Forest Bath (Sylvotherapy)

Reconnect to nature! Through several guided multisensory activities, you will be able to take time for yourself, listen to the birds, breathe the delicate scents that surround us, observe the wonders of nature, all these moments will bring you peace and happiness.



Sporting activities

A fitness room fully furnished with WaterRower equipment is also available. WaterRower is specialised in manufacture of ethic and handmade non-motorised sport machines. A right mix between design and technicality due to the solid wood used and originating exclusively from reforestation.

Sports coaching

–
60-min session
40 Euros
Individual lesson on demand

Weekly sessions

Find our sports coach Julien for small group sports sessions. Each Saturday and Sunday, meeting at 9a.m for a stretching session, at 10a.m for coaching in group and at 11a.m for a Pilates class

Tennis lesson

–
60-min session
80 Euros
On booking

Private tennis lesson

Between Les Sources de Cheverny's forest and vines hides a brand new tennis court which will host your family tennis games. Rackets and balls are available at reception. Want to improve your game? Book a private lesson with our coach Julien who will adapt to all levels.



Le
Spa
des
Sources

General terms and conditions of sale

Arrival

We recommend that you arrive at the Spa 15 minutes before your scheduled appointment. If you wish, you may keep your undergarments on during the treatments; however, our teams are extremely competent and will ensure your complete privacy. If you arrive late, your treatment will need to be shortened by same time as the delay, out of respect for later clients.

Children

Children under 16 years of age are not permitted inside the Spa.

Pregnancy

During pregnancy, certain treatments are not advised. We recommend that you consult with your doctor and inform us of your pregnancy when you book your treatments. For expectant mothers, we recommend facial treatments and/or our special expectant mother massage. The Full Ritual can also be adapted to their state of pregnancy.

What should i bring ?

Bathrobes, sandals and bath sheets are provided. You should bring your bathing suit.

Gifts

Give the gift of a ritual or cure. Gifts are valid for 12 months and may be mailed or picked up at the Spa.

Reservation

We recommend that you reserve Spa treatments one month in advance. All appointments are reserved with a credit card. We request that you contact us 48 hours in advance in case of changes or cancellation. After this time frame, you will be billed in full. Treatments must be paid for at the Spa Reception. Treatments in our rituals and cures are not changeable and are subject to availability. *Please note that for comfort of clients under treatment, access to indoor bath and spa facilities is by treatment reservation or with a 2-hour Access Spa (39euros/pers. by booking only). Reserved to 16 years +.*

Medical consultation

A medical note will be requested in the event of any health problems.



Réservation

02 54 44 20 20

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Retrouvez-nous sur

www.sources-cheverny.com