

Le
Spa
by
Caudalie



LES SOURCES DE CHEVERNY
VAL DE LOIRE



SPA
by
CAUDALÍE

Le Spa by Caudalie 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 (42uros/pers. by booking only). Reserved to 16years +.

Our rituals

Spend a moment of relaxation in our Spa by Caudalie for a half-day ritual. A space dedicated to overall well-being.

Half-day rituals

Signature Sources Ritual

A 20-min essential oils ritual
+ a 20-min Sources wrap
+ a 50-min Caudalie facial treatment
– 260 Euros

Gentle Detox Ritual

A 20-min essential oils bath
+ a 30-min body scrub
+ a 50-min Gentle Detox body treatment
– 280 Euros

100% body ritual

a 30-min body scrub
+ a Sources Signature wrap
+ a 50-min body treatment
– 280 Euros

Full ritual

a 30-min body scrub
+ a 50-min Signature body treatment
+ a 50-min facial treatment
– 330 Euros

Ritual in duo

A 20-min essential oils bath or Sources Signature wrap
+ a 50-min body treatment
– 325 Euros (162,5 Euros per pers.)





Our customized cures

From 2 to 4 days cures

Day 1	550 Euros	A 20min essential oils bath + a 50min Vinothérapeut body treatment + a 50-min facial treatment
Day 2		A Caudalie Crushed Cabernet body scrub + a Sources Signature wrap + a 50-min Vinosculpt body treatment
Day 3	790 Euros	A 20-min essential oils bath + a 20-min express facial treatment + a 50-min Starry Energy Boost body treatment
Day 4	1 020 Euros	A Sources Signature wrap + a 20-min back massage + a 50-min Thai foot reflexology



Caudalie facial treatments

A la carte treatments

—
50-min 1 pers.
125 Euros

50-min 2 pers.
250 Euros

80-min 1 pers.
175 Euros

80-min 2 pers.
350 Euros

Signature Facial treatments

They relax your features, restore your radiant complexion through a long relaxing massage. Your complexion looks rested and radiant.

Choice of:

- Premier Cru (global anti-aging)
- Resveratrol [Lift] (firming)
- Vinergétique C+ (revitalizing)
- Vinoperfect (radiance, anti-stain)
- Vinosource (moisturizing, nourishing)
- Vinopure (purifying)

Our 30-min add-on treatments

Choice of:

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



Signature body treatments

A la carte treatments

50-min 1 pers.
125 Euros

50-min 2 pers.
250 Euros

80-min 1 pers.
175 Euros

80-min 2 pers.
350 Euros

Gentle Detox treatment (50min only)

When drainage combines with a wrap for a gentle detox. Thanks to a deep activation of the lymphatic system, this treatment oxygenates and drains the tissues to facilitate detoxification.

Thai foot reflexology (50min only)

This gentle method consists of performing a massage and acupuncture points with a wooden stick on feet and legs to bring deep relaxation. Thai reflexology aims to restore the energy balance of the body: each area massaged regulates an organ, a system, a limb or a function.

Starry Energy Boost treatment

This massage provides well-being and deep relaxation thanks to work on the five extremities: head, hands and feet.

Deep Tissue treatment

An intensive manual massage releases the deepest tensions and contributes to muscle relaxation.

Mum-to-be treatment

This soft and enveloping massage relieves tension caused by pregnancy and brings a feeling of lightness to legs. It allows you to confidently enjoy a moment of relaxation and absolute well-being with your future baby. From 3 months of pregnancy completed.



Caudalie body treatments

A la carte treatments

50-min 1 pers.
125 Euros

50-min 2 pers.
250 Euros

80-min 1 pers.
175 Euros

80-min 2 pers.
350 Euros

30-min treatment
95 Euros

Vinosculpt treatment

Toning and draining, this 100% manual treatment mainly targets the quality of the skin for more firmness and lightness, using Lift & Firm Body Cream Vinosculpt.

Vinothérapeut treatment

This treatment is the relaxing Signature Caudalie massage, it will relieve and untie tension as well as revitalize energy. It is carried out with Vinothérapeut balm mixed with grape seed oil.

Crushed Cabernet Caudalie body scrub

Caudalie cult scrub with grape seeds and six essential oils leaves the skin smooth, soft and silky.



Add-on treatments

A la carte treatments

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20-min treatment

Essential oils bath

– 75 Euros / 99 Euros in duo

Sources Signature wrap

– 75 Euros

Head or back massage

– 75 Euros

Foot reflexology

– 75 Euros

Express facial treatment

– 75 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.

– 108 Euros

Gel nail polish remove

– 29 Euros

Weekday offers

Half-day offers

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

Relaxing Bubble

A 50-min body treatment
+ a 50-min facial treatment
_235 Euros

Half-day in solo

A lunch at l'Auberge
+ a 50-min body treatment
+ a 50-min facial treatment
_270 Euros

Half-day in duo

A lunch at l'Auberge
+ access to all Spa facilities
+ a 50-min body treatment in duo
_320 Euros





Wellness at the Sources

Yoga

—

60-min group session
Sam 6pm to 7pm
40 Euros

Individual session on
demand

Weekly yoga session

Experience the benefits of a yoga session with our teachers. Make time for your inner self and for recharging good energies. Every Saturday, they 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.

Sophrologie

—

60-min session on
demand
135 Euros
190 Euros in duo

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 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 Pilates session
Every Sunday 11am
40 Euros

Individual lesson on
demand

Tennis lesson

–
60-min session
80 Euros
On booking

Weekly sessions

Find our sports coach Julien for small group sports sessions. Every Sunday, meeting at 10am for a stretching session and at 11am for a Pilates class.

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.



General terms and conditions of sale

Arrival

We suggest that you arrive at the Spa 15 minutes before the scheduled time of your appointment. In case of delay, the time of your treatment will have to be shortened the duration of your delay, out of respect for the following customers

Kids

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

Pregnancy

Some treatments are not recommended during pregnancy. From the 3rd month, we recommend that you seek advice from your doctor and inform us of your pregnancy when booking your treatment. The Spa team will be able to advise you on the most suitable treatments.

What should I bring ?

Plan your swimsuit. The Spa team will provide you with bathrobe, bath towel and slippers

Gifts

We offer gift vouchers valid for 12 months find them on www.sources-cheverny.com. They can be downloaded directly, sent by post or picked up at the Sources de Cheverny reception.

Reservation

We recommend that you book your treatments in advance. For any reservation, a bank imprint is requested as a guarantee. We thank you for contacting us 48 hours in advance in case of change or cancellation. Beyond this period, you will be charged in full.

For the well-being of our clients undergoing treatment, the Spa by Caudalie facilities are only accessible with the reservation of treatments or thanks to a two-hour Spa Access on reservation and subject to availability (42 euros/pers.). Reserved for adults and teenagers from 16 years old from 12 p.m. to 2 p.m.

Medical consultation

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



Reservation:

02 54 44 20 20

spa@sources-cheverny.com

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www.sources-cheverny.com