



LE NATURSPA

Domaine Les Ranchisses

TREATMENT MENU 2022

ESCAPE TO NATURSPA

Far from the beaten track, in a green setting, the NaturSpa des Ranchisses is the ideal place to recharge your batteries. Give in to relaxation and harmony. Our team of professionals has selected a range of cosmetics that you can buy in our shop to prolong your pleasure.

The NaturSpa des Ranchisses has been designed to allow you to escape and let go of the tensions of everyday life.

The treatments include
a 5-minute installation time.

Labelled Spa de France since 2016.

The Spas de France network is the leading French group of wellness and beauty centres, united around the same commitment
quality, ethics and customer service.

This label commits us to an active approach in order to better supervise and guarantee the well-being of our clients.

We are selected for the quality of our services, the location and facilities as well as the qualifications of our spa practitioners.






Waxing :

| | |
|------------------------------|--------|
| Face | 19 € |
| Lips or chin | 8 € |
| Eyebrows restructuring | 12 € |
| Eyebrows maintenance | 8,50 € |
| Armpits | 13 € |
| Arms | 17 € |
| ½ legs | 19 € |
| Entire legs | 26 € |
| Simple bikini | 15 € |
| Low cut bikini | 18 € |
| Semi-integral bikini | 22 € |
| Full bikini | 26 € |
| SIF | 5 € |

On the wire:

| | |
|--------------------|------|
| Face | 27 € |
| Lips or chin | 11 € |
| Eyebrows | 15 € |

 - 5% for 2 areas

 - 10% for 3 areas

Around the eyes :

| | |
|-------------------------------------|------|
| Eyelash tinting | 15 € |
| Eyebrow tinting | 13 € |
| Eyelash and eyebrow tintings | 21 € |
| Dyeing with vegetable henna | 25 € |
| Eyelash enhancement + tinting | 70 € |
| Brow Lift | 55 € |

NATURSPA NAILS...

... Express 25 € /30 min.

An ideal beauty treatment for those in a hurry:

- Nail filing
- Cuticle work
- Nail polish application

... Callus peeling 45 € /40 min.

A pleasant and relaxing treatment that restores splendour and softness:

- Nail work
- Calluses
- Massage



... Relaxation 35 € /45 min.

A complete treatment :

- Nail filing
- Cuticle work
- Gentle exfoliation,
- Modelling and nail polish

... Prestige 45 € /1h

Complete prestige treatment:

- Nail filing
- Cuticle work
- Gentle exfoliation
- Application of a moisturizing mask
- Modelling and nail polish



Nail polish on hands or feet 15 €

Semi-permanent hands or feet ♥ 30 €

Gel filling ♥ 49 €

Varnish application on hands and feet 25 €

Semi-permanent hands and feet ♥ 56 €

Full gel application 62 €

Removal of semi-permanent varnish 8 €

Removal of gel 25 €

French option / Baby boomer 10 €

FACE CARE

THALGO
COSMETIC CHBII

Express facial 38 € /45 min.

Tailored to your skin, this treatment includes a skin cleansing, a scrub, a mask and a day treatment.

Customised facial 65 € /60 min.

Takes care of your problems and your needs. Hydration, purification, soothing nutrients, let us diagnose your skin and reveal its beauty.



Spirulina facial 72 € /60 min.

In our haven of peace where relaxation is the key word, help your skin eliminate urban stress. Re-oxygenate and plump it up with our unique spirulina treatment.

Hyaluro pro collagen facial treatment 80 € /75 min.

Wrinkle to wrinkle treatment combining hyaluronic acid & marine pro-collagen with rollers boosters for visible effectiveness, from the first treatment. Instantly the face looks younger, as if relaxed, and even established wrinkles seem smoothed out.

Silicon facial 100 € /90 min.

This THALGO star treatment excels in correcting the loss of firmness and smoothing out marked wrinkles. At the heart of its protocol, a highly effective anti-wrinkle modelling and a professional double mask that firms, erases wrinkles and restores luminosity to the complexion.

TEENAGERS*

* An adult must be present.

For 6 - 12 years old

For 13 - 17 years old

Mini beauty

Hands or feet beauty treatment with nail filing and nail polish application.

Hands 15 € / 15 min.

Feet 15 € / 15 min.

Hands + Feet 25 € / 20 min.

Sweet face 35 € / 30 min.

Gentle facial cleansing, warm oshiboris, moisturising mask and application of a moisturising cream.

Soft body 30 € / 20 min.

Effleurages on the back of the body.
Fruity relaxation.

Total relaxation 60 € / 60 min.

Body and face care for a perfect moment of relaxation

Pure frimousse 40 € / 30 min.

Natural purifying facial adapted to the skin of young adults for a sensation of freshness and radiance.

Relaxation modelling 40 € / 40 min.

Relaxing modelling for our teenagers.

Relax Max 65€ / 60 min.

Facial treatment adapted to the skin of our teenagers and relaxation modelling.



THE GENTLEMEN



Thalgo men's treatment 62 € / 60 min.

A high-performance treatment that treats your needs and is enriched with vital seaweed extract, which energises the cells. A relaxing massage that helps the absorption of the marine active ingredients.

Your skin is soothed and replenished and signs of fatigue are immediately erased.

Men's formula 105 € / 85 min.

A formula to detoxify, tone and revitalize including :

55 minutes of relaxing modelling

30 minutes of intensive facial treatment

Hair removal

Nose or ears 5 €

Underarms 13 €

Torso or back 20 €

Torso and back 35 €




THE NATURSPA TEAM
INVITES YOU
TO A RELAXING BREAK

1525 ROUTE DE VALGORGE
07 110 CHASSIERS
+33 (0)4 75 88 31 97

MASSAGES

From 30 to 85 minutes of relaxation

| | | |
|--|-------------|-------|
| Tailor-made treatment..... | 30 min..... | 42 € |
| <i>For people who have localised tensions or who have preferences on the areas to work on.</i> | | |
| Chinese Energetic (Oil-free massage)..... | 30 min..... | 42 € |
| | 55 min..... | 77 € |
| <i>For people with localized tension or with a preference for the areas to be worked on. Relieves tension, pain and blockages to revive your energy.</i> | | |
| Sportive..... | 30 min..... | 42 € |
| | 55 min..... | 77 € |
| <i>A deep body modelling that acts on the muscular, physiological and emotional levels.</i> | | |
| Californian..... | 30 min..... | 42 € |
| | 55 min..... | 77 € |
| <i>A massage to give yourself for deep relaxation.</i> | | |
| Feet and light legs (with pressotherapy boots)..... | 30 min..... | 42 € |
| <i>Toning, draining and circulatory modelling that acts on the blood and lymphatic circulation to regain lightness and vitality.</i> | | |
| Cranial massage (Pressures)..... | 30 min..... | 42 € |
| <i>For a feeling of physical and mental relaxation.</i> | | |
| Foot reflexology (with a Thai stick)..... | 30 min..... | 42 € |
| <i>Pressure on the reflex zones of the foot to regulate the body's energy flow, improve blood circulation and reduce stress and tension.</i> | | |
| Ranchisses  | 55 min..... | 77 € |
| | 85 min..... | 110 € |
| <i>A mixture of relaxing manoeuvres from Californian, Hawaiian and Ayurvedic modelling, the Ranchisses signature.</i> | | |
| Lomi-lomi..... | 55 min..... | 80 € |
| | 85 min..... | 110 € |
| <i>Hawaiian modelling performed with the hands and forearms, relieving both physical and emotional tensions, it allows you to refocus and come back to yourself, especially when you are faced with a big change in your life.</i> | | |

OUR ADVICE PRODUCTS AND SERVICES

Our consultants are at your disposal at
Naturspa for personalized advice!

OUR GOOD PRACTICES OF NATURSPA

ARRIVAL

If you are late, the time of your treatment will be shortened by the duration of your delay out of respect for the following clients. We ask you to arrive 10 minutes before your appointment time in order to respect the punctuality of the treatment sessions.

CANCELLATION

If you are unable to attend, we kindly ask you to cancel your appointment at least 24 hours in advance.

RECOMMENDATIONS

If you suffer from health problems (circulatory problems, allergies, asthma...) or if you are pregnant, please inform our staff, as some of our treatments may not be recommended. Body treatments and massages are not accessible to people under 18 years old.

Gentlemen, we recommend that you shave at least one hour before your facial.

TREATMENTS

Our massages are body modellings, beauty and well-being treatments, non-therapeutic and non-medical.

The times indicated correspond to the actual time of the treatments. The purchase of a treatment is personal, non-transferable and non-refundable. The Rituals are not separable, cannot be modified and must be carried out in one go.

NATURSPA AIRLINES



Destination

Boarding date

Upcoming departures

present yourself 10 minutes before boarding

Destination

Boarding date

Departure time

Return time

1525 Route de Valgorge - 07110 Chassiers

+33 (0)4 75 88 31 97

www.lesranchisses.fr

reception@lesranchisses.fr

MASSAGES

From 30 to 85 minutes of relaxation

- Akwaterra 55 min. 77 €
..... 85 min. 110 €
This relaxing massage relieves tension, brings a boost of energy and a feeling of calm thanks to the Akwaterra spheres which can be used hot or cold depending on your needs. The Akwaterra concept thus helps to improve blood circulation, drain toxins and relax muscle tension.
- Balinese (S) ♥ 55 min. 80 €
..... 85 min. 110 €
The Balinese massage aims to erase the suffering of the body and the spirit by means of more or less strong pressure on the energy points.
Depending on the culture and needs, it is possible to do specific stretching. This relaxing treatment brings a feeling of well-being and is particularly suitable for people with muscle pain caused by sport or daily stress.
- Polynesian (S) ♥ 55 min. 80 €
..... 85 min. 110 €
Massage aux ballotins de sable chaud de Bora Bora, inspiré du Lomi-lomi, ses manoeuvres typiques Polynésiennes sauront vous apaiser et décontracter vos muscles.
- Indian (S) 55 min. 80 €
..... 85 min. 110 €
Inspired by Chinese and Ayurvedic massages, pressure points combined with letting go will rebalance your energies.
- Arctic Wonder (S) 55 min. 80 €
..... 85 min. 110 €
A combination of hot and cold, accompanied by deep tissue-inspired manoeuvres to deeply relax your muscles, all invigorated by cold water bubbles.
- Ayurvedic 85 min. 110 €
This modelling is an Indian technique that allows you to let go, eliminate stress and rebalance the body's energies.

(S) Other Thalgo signature treatments presented in our rituals pages 12 & 13



OUR RITUALS

THALGO
COSMETIC GMBH

Pacific Islands Ritual 105 min. 125€

Who is it for? For all stressed people who need to cut themselves off from everyday life.

RELAXING

Escape, during a ritual, to the paradisiacal islands of the Pacific and discover the priceless riches of Polynesia: exceptional wild atolls with idyllic landscapes, ancestral rituals, protected marine fauna. A feeling of relaxation and escape invades you.

Flight plan with access to the spa 1 hour possible on request :

- . Lagoon Water Bath - Stopover in Manihi, the island of the lagoons 20 min
- . Delicious Scrub - Stopover in Taha'a, the Vanilla Island 30 min
- . Mahana Massage - Stopover in Bora Bora, the White Sand Island 55 min



Ritual Merveille Arctique 105 min. 125€

Who is it for? For all stressed and tired people with tensions.

DÉCONTRACTANT

Discover the wonders of polar nature:

Pristine white ice landscapes, voluptuous hot springs, unsuspected underwater flora, for an exhilarating Spa experience. Indulge in the benefits of ancient Nordic rituals, where soothing heat and invigorating coolness alternate to relax the body and release tension.

Flight plan with access to the spa for 1 hour available on request :

- . Effervescent Crystal Bath 20 min
- . Salt Flake Scrub 30 min
- . Arctic Wonder Massage 55 min



OUR RITUALS

THALGO
COSMETIC GmbH

Indian Seas Ritual 120 min. 140€

Who is it for? For all those in search of serenity and harmony.

HARMONISING

Close your eyes and let yourself be carried away in a dream of serenity on the road to the Orient. From stopover to stopover, divine perfumes and colours mingle with the richness of the sea, so that body and mind can relax in total harmony.



Flight plan with access to the spa for 1 hour available on request :

- . Milk bath - Egyptian stopover, languor on the Nile 20 min
- . Sweet and sour scrub - Mediterranean stopover, citrus flavour prelude 30 min
- . Indian massage - Indian stopover, tranquillity on the sacred Ganges 55 min
- . Melting Body Wrap - Chinese stopover, temple of beauty 15 min



EXCEPTIONAL MOMENTS

PRIVATISATION OF THE SPA

TWO FORMULAS TO DISCOVER

ZEN

Maximum 10 pers. 260 € /2h30.

For a moment of relaxation and zen, privatise the spa area with jacuzzi, sauna, hammam, jet shower and ice fountain.

Per person 15€ /30 min.

Per person 30€ /60 min.

For a moment of relaxation on reservation.

ONLY IN THE WORLD

Maximum 10 pers. 500 € /2h30.

For an exceptional moment on the occasion of a birthday, a bachelorette or stag party. Enjoy a privileged moment with access to the jacuzzi, sauna, hammam, jet showers, ice fountain and massage rooms.

All information at the NaturSpa reception desk

We also offer you to compose your own customised Luxury Formula according to your needs.
Please note that only drinks offered by NaturSpa are allowed.

OUR FORMULAS

Express lunch formula

..... 65 € /person

A moment of relaxation.

Lunch excluding drinks at the Auberge

Express facial or 30 minutes modelling

Access to the Spa

Formula from head to toe

..... 142 € /person

Take a day for the harmony of body and mind

Cranial modelling 30 minutes

Californian modelling 55 minutes

Foot reflexology 30 minutes

Access to the Spa

Duo or solo bath formula

..... 94 € /person

..... 180 € /2 persons

Share a moment of plenitude to enjoy together

Bath ritual 20 minutes

Californian modelling 55 minutes

Access to the spa

Pleasure of relaxation

Body scrub, choice of scent

..... 40 € /30 min.

Body wrap à la carte

..... 40 € /30 min.

Body scrub and wrap package

..... 80 € /60 min.

Bath ritual, choice of scents.

..... 1 person 30 € /20 min.

..... 2 persons 40 € /20 min.

Package Duo toi & moi

..... 208 € / 2 persons

Share a moment of complicity between relaxation and gastronomy:

Meal «Food and wine pairing» at the restaurant

Californian massage 45 minutes

Access to the Spa (night time possible 6pm - 9pm)

Spa ritual

(reserved for adults and over 16 years old accompanied)

without treatment..... 20 € /person

with treatment..... 8 € /person

10 entries*..... 150 € /person

*10 entries subscription
(without treatments)

+ 1 free, valid for 2 years

For 2 hours, access to the relaxation area with sauna, hammam, ice fountain, jet shower

During opening hours, access to the balneo area with balneo pool, fitness room, whirlpool

For all our formulas,
catering possible at the
Auberge



OUR ALL-INCLUSIVE HOLIDAYS

Well-being stay à partir de 148 € /person*
Find calm and serenity and escape for a break...

Your stay :

Accommodation in a cottage, bed linen and towels provided

Breakfast

1 meal «Food and wine pairing» at the restaurant

55 minutes Californian massage

Access to the NaturSpa

Access to the Balneo area for your relaxation...

Gourmet Stay from à partir de 250 € /person*
Treat yourself to a romantic getaway for two...

Your stay :

Accommodation in a cottage, bed linen and towels provided

2 breakfasts

1 meal «Food and wine pairing» at the restaurant

1 meal from the express menu

55 minutes duo massage with a bath ritual,

One glass of champagne or soft drink offered

Access to the NaturSpa

Access to the Balneo area for your relaxation...



**price/person based on a minimum of 2 people. Administration costs are free, excluding tourist tax and eco-participation. Prices vary according to the rental period.*

OUR OPENING HOURS

FROM 16/04/2022 TO 25/09/2022



| | |
|-------------------------------|---------------|
| Monday | 9h00 - 19h00 |
| Tuesday* | 9h00 - 18h00 |
| *(beauty salon services only) | |
| Wednesday | 9h00 - 20h00 |
| Thursday | 10h00 - 21h00 |
| Friday | 9h00 - 19h00 |
| Saturday | 10h00 - 21h00 |
| Sunday | 9h00 - 19h00 |



We are here to listen to you

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