

# 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 (42euros/pers. by booking only).*



# Our rituals

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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

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### Signature Sources Ritual

A 20-min Grape Marc bath  
+ a 20-min wrap of your choice  
+ a 50-min Caudalie facial treatment  
– 260 Euros

### Gentle Detox Ritual

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

### 100% body ritual

a 30-min body scrub  
+ a 20min wrap of your choice  
+ 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

*Possible from 3 months of pregnancy till the end*



# Our rituals

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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

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### Ritual in duo

A 20-min Grape Marc bath or a wrap of your choice  
+ a 50-min body treatment  
– 325 Euros (162,5 Euros per pers.)

### Winemaker's ritual (Ideal for men)

A 20-min Grape Marc bath or a wrap of your choice  
+ Crushed Cabernet Scrub 30min  
+ Winemaker's massage  
+ Express facial treatment  
– 350 Euros







## Our customized cures

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### From 2 to 4 days cures

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



# Caudalie facial treatments

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## A la carte treatments

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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)
- Vinergétic 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 Caudalift Eye Treatment
- Caudalift facial treatment to activate and stimulate facial muscles. The action of the device allows a firmer and younger skin in a few minutes.



# Exclusive body treatments

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## A la carte treatments

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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 acupressure 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.





# Caudalie body treatments

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## A la carte treatments

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50-min 1 pers.  
125 Euros

50-min 2 pers.  
250 Euros

80-min 1 pers.  
175 Euros

80-min 2 pers.  
350 Euros

## Vinosculpt treatment

This manual massage is energizing and deeply firms the body thanks to the Caudalie Vinosculpt balm. Four toning and draining movements follow one another for a lightened, sheathed and sculpted silhouette. The skin is perfectly hydrated, smoothed and toned.

## 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.

## Wine marker's massage

This Caudalie signature massage is a nod to the stages of winemaking. It alternates manual crushing, pressing movements and pressure thanks to the winegrower's stick. Activating the blood circulation and muscle tone. This treatment works deep into the energy networks, to a double result on the appearance of the skin and the relaxation.

## Mum to be massage

This soft and enveloping massage relieves the tension caused by pregnancy, stimulates venous circulation by softness and improves hydration, tone and skin elasticity. Savor a moment of relaxation and well-being with your future baby. From 3 months of pregnancy.





## Add-on treatments

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### A la carte treatments

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#### **Grape Marc bath**

Brings deep relaxation thanks to hydro-massage jets in which we add extracts of grape marc for an action slightly exfoliating and antioxidant. A real boost of radiance thanks to the energizing bath oil with extracts of orange, apricot and iris pulp.

\_ 75 Euros / 99 Euros in duo - 20min

#### **Honey and wine wrap**

This warm wrap made from honey of Gironde and wine yeast will hydrate the skin while strengthening its defenses immune.

\_ 75 Euros - 20min

#### **Merlot wrap**

This treatment consists of a warm application of bentonite clay which will have a purifying action, it is used in cellars to purify and clarify white wine associated with the concentrate slimming for a draining and detoxifying effect, and antioxidant grapeseed oil.

\_ 75 Euros - 20min

#### **Crushed Cabernet Caudalie body scrub**

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

\_ 95 Euros - 30min



# Add-on treatments

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## A la carte treatments

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### Head or back massage

– 75 Euros - 20-min

### Foot reflexology

– 75 Euros - 20-min

### Express facial treatment

– 75 Euros - 20-min

### Hand or feet treatment

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 - 50min

### Gel nail polish remove

– 29 Euros



# Weekday offers

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## Half-day offers

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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

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## Yoga

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60-min group session  
Sat 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](http://www.sources-cheverny.com) or asking hotel team members.

## Sophrologie

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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

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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

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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

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60-min Pilates session  
Every Sunday 11am  
40 Euros

Individual lesson on  
demand

## Tennis lesson

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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

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### **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](http://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](mailto:spa@sources-cheverny.com)

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[www.sources-cheverny.com](http://www.sources-cheverny.com)