



# CAUDALÍE

Treatment menu  

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Spa Vinothérapie™

Book a treatment on [www.caudalie.com](http://www.caudalie.com)



## Caudalie invents the Vinothérapie™ Spa

In 1999, while we were walking around the land at Château Smith Haut Lafitte in Bordeaux, we imagined a place where time stands still: the very first Vinothérapie™ Spa.

Nestled in the heart of the vines, this haven of peace has been built in wood and stone, inspired by the old tobacco drying barns in the South-West of France, and is bathed in natural light.

We have combined hot spring water, drawn from a depth of 540 metres, with the exceptional benefits of grapes and the vine. This combination has resulted in highly effective treatments that are a delight for the senses. They include Premier Cru, Vinoperfect, Resveratrol-Lift and facials, energising or relaxing massages, Crushed Cabernet Scrub, Barrel Bath, and so on.

It is a place where the senses awaken, bodies relax, and spirits are restored.

Welcome to the Caudalie Spa world.

*Mahilde et Bertrand Thomas*  
Founders of Caudalie



## Caudalie rituals

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### Discover the Spa in half a day or a full day

Enjoy an unforgettable experience in our Vinothérapie™ Spa with Caudalie rituals, to treat yourself or give as a gift.

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#### Signature Caudalie ritual

Half day

- Choice of 50-minute facial treatment
- Vinothérapeute™ Massage or any other 50-minute massage
- Grape marc bath

#### “Vines for lovers” ritual

Half day (for two)

- Choice of 50-minute facial treatment
- Vinothérapeute™ Massage 50 minutes (for two)
- Barrel Bath (for two)

#### Vinothérapie™ ritual

Half day

- Choice of 50-minute facial treatment
- Grape marc bath
- 20-minutes of body massage with warm oil

“ Discover exceptional treatments in a truly beautiful environment. ”

## 100% grape ritual

Half day

- Vinosource—Hydra facial treatment or any other 50-minute facial treatment
- Crushed Cabernet Scrub
- Vinotherapist™ Massage or any other 30-minute massage

## Body of your dreams ritual

Half day

- Crushed Cabernet 30-minute Scrub
- Vinotherapist™ Massage or any other 50-minute massage
- Grape marc bath

## Rituel “a star day in the heart of the vines”

Full day

- Signature facial treatment or any other 50-minute facial treatment
- Crushed Cabernet 30-minute Scrub
- Vinotherapist™ Massage or any other 50-minute massage
- Grape marc bath

On the day or half day of your treatment, you may access the hammam, relaxation rooms and thermal bath. Treatments are not changeable and are subject to Spa availability.





## The treatment menu

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### Facial treatments

Our facial treatments were developed from the unique combination of our patented grape and grapevine ingredients with the latest skincare techniques. In the hands of our therapists, you'll experience a full regimen of skincare treatments for firmer, healthier, more beautiful skin. Each of our treatments starts with a diagnosis so that together we can choose the treatment that suits you.

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50 or 80 minutes, choose from:

#### Global Anti-Ageing – Premier Cru

A bright complexion, sculpted face  
and redefined facial contours.

#### Anti-wrinkles, firmness – Resveratrol-Lift

It corrects wrinkles and firms facial skin  
The skin is lifted and visibly plumped up  
It smooths the facial contour

#### Hydrating, soothing – VinoHydra

The skin is hydrated and nourished  
It feels fresh and soothed

#### Radiance, dark spot-correction – Vinoperfect

It corrects dark spots and prevents them from emerging  
Brighter, more even complexion  
Skin is moisturised and soothed

#### Purifying, anti-blemish – Vinopure

Even-looking complexion, fresh and clear skin

## Add-on 30 minute-treatment to a facial treatment

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### Premier Cru eye contour treatment

30 minutes

This treatment for the eye contour is perfect for really brightening the delicate area around the eyes. A gentle massage and the application of a mask concentrated in anti-aging active ingredients smooth the features, help to significantly reduce dark circles and instantly reduce puffiness. The eye contour is lifted and the eyes enhanced.

### Caudalift Treatment

30 minutes

The high-tech Caudalift treatment is a technique of gentle muscular electrostimulation for a instant and long-lasting result. It is the ideal complement for an anti-aging treatment with immediate results.

### LED treatment

30 minutes

The high-tech, non-invasive LED complementary treatment uses light to stimulate cellular regeneration and improve the look of the skin. Depending on the colour of the light, it treats acne, reduces wrinkles, boosts collagen and soothes redness. It's perfect as a complement to all our facials.

### Hydrodermabrasion Skin Cleansing

30 minutes

A deep cleansing treatment combining micro and hydro-dermabrasion with an infusion of serums and oxygen, designed to leave the skin smooth, radiant, fresh, and fully oxygenated.





## Scrub and massages

All our massages feature organic grape seed and essential oils, known for their nourishing and softening properties

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### Caudalie massage

#### Personalized

50 or 80 minutes

Relaxing Massage – Vinotherapist

Relaxing and soothing. Moisturising.

### Expectant Mother Massage

Prevents stretch marks appearing, moisturises

Feeling of lightness

### Essential slimming treatment

Slimming : combines drainage techniques and massage rollers for an immediate result.

### Deep tissue sports massage

Intensive: very deep pressure points, ideal for physical and muscular recovery.

### Beauty Elixir massage

Energising and revitalising. Oil-free, it restores the balance between body and mind.

## Crushed Cabernet Scrub

### Exfoliating

50 minutes

The cult scrub from Caudalie Vinothérapie™ Spa, which is perfect before your other treatments. This fresh blend of grape seeds, honey and essential oils prepares your skin for the benefits of a massage performed after it. The skin feels soft, moisturised and smooth.

## Head massage

### Relaxing

20 minutes

This massage is designed to free energy blockages and promote relaxation. This massage simultaneously stimulates reactions in the whole body, helping to rebalance the energies of the nervous system.

## Plantar reflexology

### Anti-stress

20 or 50 minutes

By stimulating certain reflex points on the sole of foot, this massage regulates the body's energy fluxes, improves the lymphatic and circulatory systems and eliminates toxins.





## Bath

These emblematic treatments with grape extracts, grape marc and essential oil help reduce tissue swelling by draining and boosting circulation for an exceptional moment of relaxation.

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### Grape marc bath

Relaxing

15 minutes

Enriched with grape marc, this hydromassage bath will offer you all the benefits of the vine.



## Terms 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 Vinotherapists 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.

### Length of stay

For maximum effectiveness of a cure, we recommend a 6-day stay. Nevertheless, we also offer half day and full day rituals to allow you to discover our Vinothérapie™ Spas.

### Children

Children under 16 years of age are not permitted inside the Vinothérapie™ 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 100% grape ritual can also be adapted to their state of pregnancy.

### Reservation

We recommend that you book your treatments at the Spa one month in advance on our website [www.caudalie.com](http://www.caudalie.com). However, you can also book your treatments by contacting the Spa on 05 57 83 82 82 or [vino@caudalie.com](mailto:vino@caudalie.com). All appointments are registered with your bank card number and a 30% deposit. We request that you contact us 48 hours in advance in case of changes. After this time frame, you will be billed in full. Treatments must be paid for at the Spa Reception. At Les Sources de Caudalie Vinothérapie™ Spa, we require a booking of a minimum of one 50-minute treatment per person on weekdays and 3 treatments per half day on Saturdays, holidays and bank holidays. For Sunday, only the Sunday rituals will be possible for booking, in order to guarantee the most intimate and calm experience in our Spa. Treatments in our rituals and cures are not changeable and are subject to availability. Access to the thermal bath and hammam is free with 60 minutes of treatment per person and per half day. Our team of therapists is composed of women and men. If you have a preference, please indicate it at the time of booking.

### Gift voucher

We offer gift vouchers valid for 12 months. They can be bought at the Spa Reception or on our website [www.caudalie.com](http://www.caudalie.com).

## Practical information

### Medical consultation

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

### What should I bring ?

You should bring your bathing suit.