



SIX SENSES

RUE DE CASTIGLIONE PARIS

SPA MENU



MASSAGES

SIX SENSES SIGNATURE MASSAGES

Deep Tissue, 50/80/120 MINS, EUR 140/185/260

A deep oil-based massage to ease muscle tension, especially after a workout.

Holistic Massage, 50/80/120 MINS, EUR 125/165/240

A soothing massage designed to evoke deep relaxation. Ideal after long international flights.

Energizer Massage, 25/50 MINS, EUR 75/120

A medium pressure massage to release muscle tension and stress from the upper part of the body.

MUM TO BE, 50/80 MINS, EUR 125/165

Reduce peripheral swelling, muscle cramps and back pain, and soothe the nervous system with this relaxing massage. Regular massages assist with an easier return to optimal fitness.

AFTER BABY, 80 MINS, EUR 190

Relax and invigorate the body and mind with this massage combining manual techniques with Siam pouches. It continues with a targeted eye contour facial to reduce the signs of fatigue.

ORIENTAL MASSAGE, 50/80 MINS, EUR 125/165

A stress relieving treatment combining a full body massage with acupressure and stretching techniques.

BAMBOO MASSAGE, 50/80 MINS, EUR 140/185

Relieve tension in the back, neck, shoulders and legs with this deep pressure massage using bamboo.

HOT STONE MASSAGE, 50/80 MINS, EUR 140/185

A Tibetan full body and face treatment using basalt stones to massage away muscle tension, remove blockages and eliminate stress.

THAI MASSAGE, 50/80 MINS, EUR 140/185

Reawaken the body and mind with this energizing treatment combining Thai massage techniques with gentle stretching movements.

INDIAN HEAD MASSAGE, 25/50 MINS, EUR 70/115

Using gentle and stimulating techniques, this treatment improves blood flow, nourishes the scalp and induces a deep sense of calm.

FOOT ACUPRESSURE, 25/50 MINS, EUR 70/115

This treatment involves the application of pressure to reflex points on the feet helping to treat specific ailments and restore the body to a healthy balance.

PUTUTU MASSAGE, 60 MINS, EUR 145

This massage combines the ancestral techniques of shamans from Peru and Ecuador, and cleanses the body and spirit of bad energy. Known as the “linpia” by the Andean and Amazonian people, this treatment brings about a sense of peace and serenity. *Using Ainy.*

FACIALS

PARIS ROOFTOP HONEY FACIAL, 90 MINS, EURO 145 ✨

This regenerative and nourishing facial uses honey from local Parisian rooftops.

SECRETS EXCELLENCE FACIAL, 90 MINS, EUR 210

This ritual combines eleven unique galenic formulas concentrated in active ingredients to deliver radiant looking skin and long-lasting anti-aging results. *Using Sothys.*

ENERGIZING INTENSIVE TREATMENT, 80 MINS, EUR 175

Restore the skin's energy and radiance with this manual booster treatment, including deep cleansing and exclusive digi-esthétique rituals. *Using Sothys.*

HYDRA 3Ha HYALURONIC ACID, 80 MINS, EUR 175

This exceptional facial combines advanced techniques and high-performance active ingredients with expert skills for absolute hydration. *Using Sothys.*

HYALURONIC COLLAGEN, 80 MINS, EUR 175

This intensive anti-aging treatment is tailored to the real age of your skin. It combines exclusive techniques and technology for lasting results. *Using Sothys.*

HIGH PROTECTION EYE TREATMENT, 20/50 MINS, EUR 75/135

This treatment is designed for the eye contour area and instantly softens the signs of fatigue and aging. *Using Sothys.*

RESURFACING PEEL TREATMENT, 60 MINS, EUR 145

This treatment combines a chemical peel and microdermabrasion for high-performance skin cleansing. Skin is instantly renewed, and visibly clearer and smoother just after one treatment. *Using Sothys.*

PREFECT SHAPE TREATMENT, 50 MINS, EUR 135

From the cheekbones to the bust, this treatment is ideal for those who want to preserve the youth of their face contour and décolleté. *Using Sothys.*

CORRECTING TREATMENT, 40 MINS, EUR 120

Using a concentrate of powerful active ingredients, this four-part treatment gives you a healthy-looking skin that is clean of all imperfections. *Using Sothys.*

SOOTHING TREATMENT WITH THERMAL SPA WATER, 50 MINS, EUR 135

Discover the extra soft textures of your skin, using the benefits of thermal spa water.

TAILOR-MADE FACIAL, 60 MINS, EUR 145

This facial is personalized to the individual's specific needs.

SEASONAL CARE, 45 MINS, EUR 125

This new concept combines chronobiology and gourmandize to restore the glow to your skin in every season (available while supplies last).

ESSENTIAL FACIAL, 25 MINS, EUR 75

Ideal as a weekly treat, this bespoke facial puts the zing back in the skin.

BODY TREATMENTS

HANAKASUMI, 80 MINS, EUR 165

Perfumed with cherry blossom and lotus, this treatment includes exfoliation and hydration with warm melted shea butter. It concludes with a relaxing foot massage to invigorate the body and calm the mind.

ORIENTAL CEREMONY, 60 MINS, EUR 140

Gentle exfoliation with a cinnamon and ginger scrub is followed by a relaxing massage using amber and date-enriched oil to deeply nourish the skin. *Using Sothys.*

BODY SCRUB, 20/50 MINS, EUR 80/135

This invigorating body exfoliation will leave your skin silky smooth.

ANTI-CELLULITE FIRM'N'TONE, 50 MINS, EUR 135

A vigorous treatment to improve skin quality.

COCOON DETOX, 80 MINS, EUR 185

This detoxifying treatment includes a scrub, wrap and localized massage to improve skin quality.

RITUALS

RELAXING JOURNEY, 80 MINS, EUR 180

This back, head and feet treatment releases muscle tension and built-up stress.

REJUVENATING JOURNEY, 2 HRS 20 MINS, EUR 255

A complete well-being experience including a facial, renewing ritual for hands or feet and a full body massage.

SENSORIAL ESCAPE, 2 HRS 30 MINS, EUR 280

This perfect weekly treat includes a tonic body scrub followed by a bamboo massage and essential facial.

SENSORIAL JOURNEY, 80 MINS, EUR 310

Two therapists perform a facial ritual and body aroma massage in unique synchronicity for this deeply relaxing signature experience, complimented with a soothing footbath and scalp massage to induce a deep sense of calm.

COCOONING INTERLUDE, 80 MINS, EUR 190

A treatment that combines a relaxing body massage with facial radiance care.

YUMÉ, 3 HRS, EUR 310

This energy balancing body and face treatment combines the healing properties of tea with massage techniques and energy work focusing on chakras and specific vibrational frequencies.

GLOW RITUAL, 60 MINS, EUR 145

This journey begins with modeling of the face and a relaxing scalp massage. It continues with a detoxifying massage and acupuncture, using techniques taken from the shamans of the Andes and the Amazon. *Using Ainy.*

BEAUTY

HAND BEAUTY, FROM 15 TO 90 MINS, FROM EUR 15 TO 105

FOOT BEAUTY, FROM 10 TO 90 MINS, FROM EUR 15 TO 110

HAIR REMOVAL, FROM 5 TO 45 MINS, FROM EUR 15 TO 70

Please contact spa reception for more information.

IN ROOM TREATMENTS

Please contact spa reception or concierge for more information.

Massages and aesthetic well-being modeling are not to be mistaken for therapies conducted by a physiotherapist or osteopath.

SPA ETIQUETTE

SPA OPENING HOURS

Daily: 9:30 am to 8:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact spa reception on +33 (0)1 43 16 10 10. Advance bookings are recommended to secure your preferred treatment time.

ARRIVAL

Please arrive 15 minutes prior to your treatment to complete your health assessment form. This allows your spa therapist to offer best advice and help you prepare for the treatment.

Please keep valuable objects in your locker or in the safe during your visit. We cannot be held responsible for loss of or damage to your personal belongings.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.

CANCELLATIONS

Please allow three hours' notice on all bookings. Failure to keep your appointment will result in a 100 percent treatment charge.

AFTER YOUR TREATMENT

To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery. Items that have not been opened can be exchanged within seven days after purchase upon presentation of the original receipt. There is no reimbursement available.

PAYMENT

For hotel guests - all treatments will be charged to your room and will appear on your account at the time of departure. Otherwise, major credit cards or cash are accepted at the spa reception.

PREGNANCY

Our treatments are suitable only from the second trimester and/or six weeks after birth. Our team is trained to provide advice on most suitable treatments for mothers-to-be and new mothers. Your doctor's advice is also closely followed.

CHILDREN

We accept caring for your children; however, for treatments on children under twelve, we request that a parent be present in the cocoon. For all customers under eighteen, we also request that parents fill out and sign a parental consent form.

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