

# SPA MENU

LOU  PINET

HÔTEL & SPA · SAINT-TROPEZ







WELLNESS,  
AWAY FROM THE WORLD, OUT OF TIME  
-  
BETWEEN HEAVEN (AZUR) AND EARTH  
(MEDITERRANEAN)

At the back of the garden, a few steps down will lead you to our Spa. Like a secret cave, this secluded and protective cocoon is the perfect place to enjoy a pure moment well-being. This ideal shelter will bring you a deep relaxation throughout massages, personalized treatments or fitness programme session.

Our collaboration with the American organic brand Tata Harper allows our Spa Therapists to perfectly meet the personal needs of everyone. The care protocols associate the natural repairing powers of nature with the performance of our therapists for a total disconnection and a pure well-being moment.

With our two treatment cabins, including one double room, our steam room and a fitness room with a skylight, this cocoon of well-being is an efficient but delicate way to focus on yourself and what really matters.

A sports coach is available if requested to conceive a customized fitness programme for you.

**OPEN DAILY FROM 10am to 8pm DURING THE SEASON.**





## TATA HARPER, EXPERT IN ORGANIC COSMETICS

WHEN THE PIONEERING NATURAL LUXURY BRAND MEETS THE ABSOLUTE  
TRANQUILITY OF PROVENCE...

Tata Harper, who gave her name to her brand, undertook the creation of an organic cosmetic line without chemicals or synthetic products which still provide her the results and the luxury experience that she always wanted.

Without any toxic ingredients, 100% organic, the products are very concentrated in active plants extracts. They are harvested in her own plantations in the State of Vermont. These exclusive formulas draw their inspiration from the latest beauty innovations...

This is the motto of Tata Harper.

She has revolutionized beauty by developing various formulas without concessions, without compromising, without any synthetic components. Her products do not contain colouring agents or preservatives, neither GMO or artificial perfumes. Tata Harper is now working with the Ecocert Greenlife Label, a choice to meet the challenge of offering natural products with a clean composition and an efficiency unanimously recognised.



TATA HARPER®







# OUR MESSAGES



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## LOU PINET SIGNATURE MASSAGE\*

UA relaxing massage\* designed by our team which releases any tension you may have acquired by stretching your body to reduce stress and increase relaxation. A moment of pure escape to improve your well-being where the body regenerates. This massage\* allows you to detach from the struggles of daily life and fall into a state of deep relaxation.

60 mins 180€    90 mins 260€

## THE CUSTOM-MADE

Custom-Made massages\* are intended to help overworked bodies and souls, it allows you to let go completely and release accumulated tensions to finally find a deep sense of relaxation. A treatment tailored to the needs of each individual and found to improve circulation, energy and alertness.

30 mins 95€    60 mins 180€    90 mins 260€

## LE SPORTIF

This massage\* is specially designed to provide targeted comfort to the most stressed areas. By draining and reoxygenating the tissues after the effort, it favors the muscular recovery and allows good stretching.

60 mins 180€    90 mins 260€

## THE DEEP TISSUE

This deep massage\* prepares the body for the effort in flexibility to optimize the muscular response and promote performance. After the effort, it dissipates tensions and contractures for a better recovery.

60 mins 180€    90 mins 260€

## THE RESCULPTING

Abandon yourself to expert hands for a targeted massage\*, combining different techniques in synergy to tone and smooth the skin, disinfiltate and drain the tissues, and sculpt and reshape the figure.

60 mins 180€



\* The term "massage" refers to a superficial and external movement performed on the skin of the face or body, with an exclusively aesthetic and comfort purpose, without any medical or therapeutic intention..

# OUR SPECIFIC MASSAGES



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## "TRIPLE EXFOLIATING" X TATA HARPER MASSAGE\*

Triple exfoliating massage effectively removes dead skin cells and promotes cellular turnover while a botanical detox blend activates microcirculation to support healthy looking skin.

60 mins 180€

## "GUA SHA" X TATA HARPER MASSAGE\*

A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

60 mins 180€

## "BODY ELIXIR" X AIME DRAINING MASSAGE

This body treatment helps to drain and improve the blood, lymphatic and venous network. An hour in the hands of our experts will give you a feeling of lightness throughout your body. The dynamic manipulations sculpt the waistline and help reduce cellulite.

60 mins 180€



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# BODY TREATMENTS x TATA HARPER



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## THE REVITALISING

Experience total relaxation with this soothing ritual. Effective and biodegradable, our exfoliating treatment leaves your skin soft, supple and perfectly silky from head to toe. Finish with the application of a luxurious oil.

30 mins 95€

## RESURFACING BODY TREATMENT

The treatment begins with whole-body dry-brushing which loosens dead skin cells while Resurfacing Serum smooth and hydrates for brighter, more even-looking skin. A body massage performed with thermal Gua Sha Stones help to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

90 mins 260€

## SERENITY RITUAL

This ritual focused on polishing the body. An exfoliating scrub and a revitalizing body oil application will leave skin smooth and refreshed.

90 mins 260€

## HONEY COCOON BODY RITUAL

An indulgent and uplifting treatment begins with a full body scrub that softens and revitalizes the skin, followed by a body wrap rich in Honey and Pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

90 mins 260€

## THE DETOX

The experience begins with a warming body peel, followed by a detoxifying wrap. The targeted pain relief massage leaves you revitalized and refreshed.

90 mins 260€



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# DERMAL OPTIMIZATION x TATA HARPER



Always seeking the perfection, the natural luxurious iconic brand created ;  
Sensorial Reset, an exclusivity in the Hotels Collection Maisons Pariente.

The perfect marriage between the miracle of nature and technology.  
it revives the skin face, thanks to a prodigious machine imagined by Tata Harper:  
**5-in-1 Dermal Reset**

This device is the culmination of years of research by Tata and her team to offer  
multiple benefits in one machine. The 5-in-1 Dermal Reset is designed to  
dramatically improve skin rejuvenation and healing.  
Without needles or knives, these treatments work naturally by stimulating collagen  
production or acting on the facial muscles themselves, with no downtime.

## DERMAL OPTIMIZATION FACIAL

A multi-benefit beauty system rejuvenates the skin and leaves it looking its best.  
The treatment begins with a vibratory exfoliation, which uses sound waves to  
remove deposits and dead skin cells. Dermal needling follows to even out skin  
texture and reduce the appearance of scars and wrinkles. Radiofrequency  
stimulation activates collagen and elastin production, while oxygenating infusion  
stimulates the skin with highly concentrated hyaluronic acid molecules. LED  
therapy concludes the facial, helping to minimize the appearance of fine lines and  
balance the skin's microfloral.

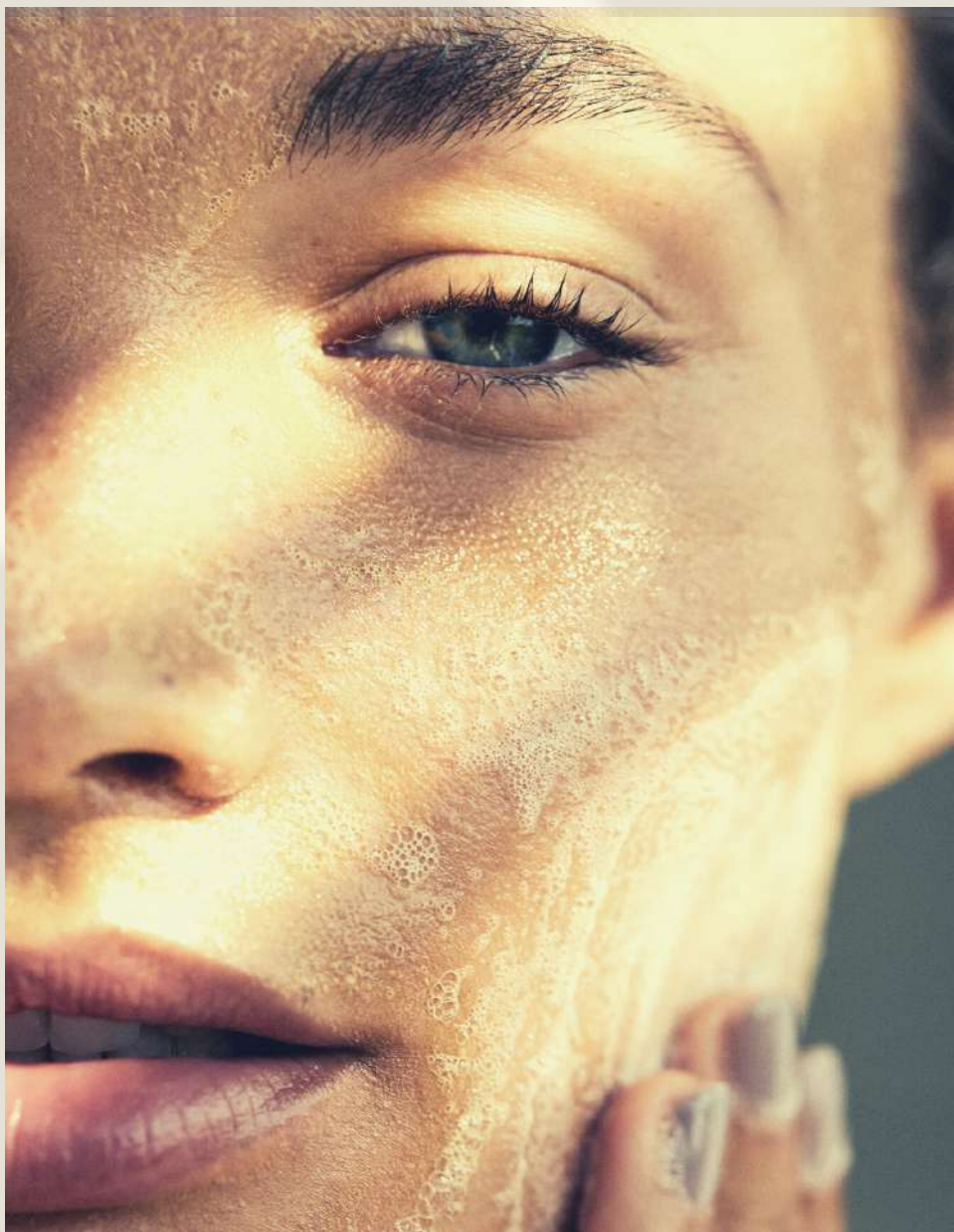
60 min 210 €

90 mins 290 €





# FACIALS x TATA HARPER



## QUENCH & COCOON

Nourish and invigorate facial skin with this revitalizing treatment featuring two different massage\* experiences. You'll start with a reshaping facial and finish with an oxygenating neck and décolletage massage\*. Your skin will be deeply hydrated and nourished and will look bright and healthy.

60 mins 195€

90 mins 275€

## BALANCE & GROUND

Through the singing bowl ritual and soothing breathing, this treatment encourages positive emotions to calm your mind. Face mapping therapy and a kinetic face massage\* melt away stress and tension. This warm experience will take you on a sensory journey.

60 mins 195€

90 mins 275€

## SOOTH & REST

This treatment focuses on Gua Sha lymphatic drainage to relieve physical tension, while a sleepinducing breathing technique leads you to serenity. This soothing and calming treatment is suitable for irritated skin and helps restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind.

60 mins 195€

90 mins 275€

## ILLUMINATE & ENERGIZE

This in-tune ritual helps revitalize your body by focusing on certain points on the face to remove any internal blockages and stimulate energy flow. Your skin will instantly be brighter and more refined thanks to the use of a natural multi-acid peel in this treatment. A targeted oxygen massage\* will repair and strengthen the skin.

60 mins 195€

90 mins 275€

## CLEAR SKIN & MIND

This treatment begins with an invigorating foot treatment that relieves pain, hydrates the skin and reduces swelling. A combination of manual massage\* and cupping on the face enhances the skin's natural detoxification system, maintains long-lasting moisture levels and a clear complexion.

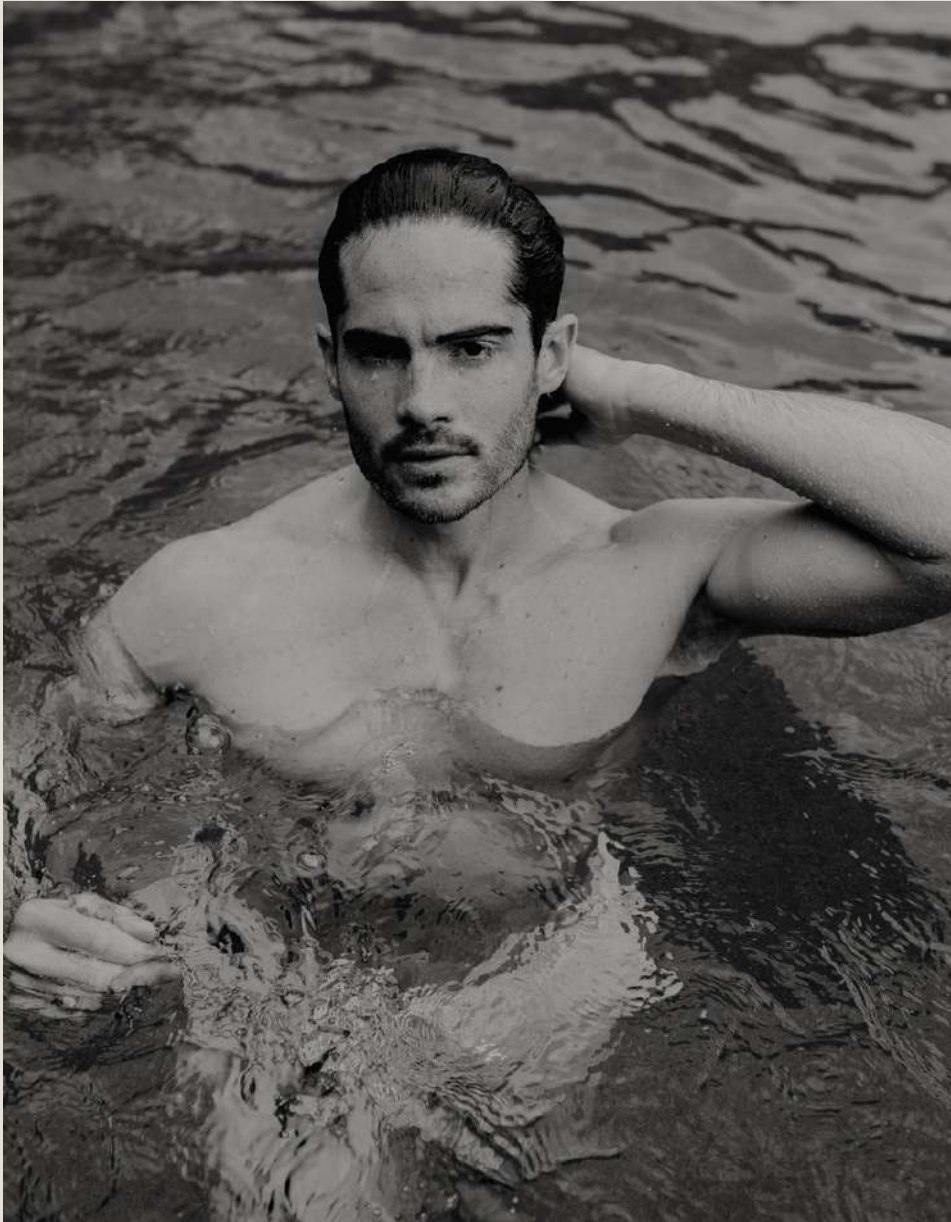
60 mins 195€

90 mins 275€



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# OUR TREATMENTS FOR MEN



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## CLEAR SKIN & MIND

Ce traitement cible les problèmes spécifiques à la peau des hommes. Un régime axé sur la réduction de la congestion et les irritations dues au rasage, la peau sera affinée et nourrie.

60 mins 195€

90 mins 275€

## TONIFYING BODY RITUAL

Tone up your tired muscles and detoxify your skin with this complete body treatment. Our exfoliating body treatment and purifying back mask remove impurities from the skin, while a restorative massage\* soothes sore muscles, leaving you feeling relaxed and invigorated. Available in combination with a scalp massage\*, foot massage\* or detoxifying facial. .

60 mins 180€

90 mins 260€

## MANUCURE

80 €

## PEDICURE

90 €



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# FUTURE MOTHERS TREATMENTS



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## THE MOTHER-TO-BE MASSAGE\*

This ultra-gentle treatment provides the ultimate in relaxation when moms-to-be need it most. The treatment begins with a foot massage\* and a nourishing belly treatment to promote total serenity. Next, a double Superkind cleansing and a gentle glow mask with Gua Sha massage\* brightens and lifts the face. Strengthening and soothing formulas, combined with a neck and scalp massage\* to relieve tension, conclude the treatment to leave expectant moms radiant and rejuvenated.

60 mins 180€

90 mins 260€

## SOOTH & REST

This treatment focuses on Gua Sha lymphatic drainage to relieve physical tension, while a sleepinducing breathing technique leads you to serenity. This soothing and calming treatment is suitable for irritated skin and helps restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind

60 mins 195€

90 mins 275€

## BODY ELIXIR X AIME DRAINING MASSAGE\*

This body treatment helps to drain and improve the blood, lymphatic and venous network. A hour in the hands of our experts will give you a feeling of lightness throughout your body. The dynamic manipulations sculpt the waistline and help reduce cellulite.

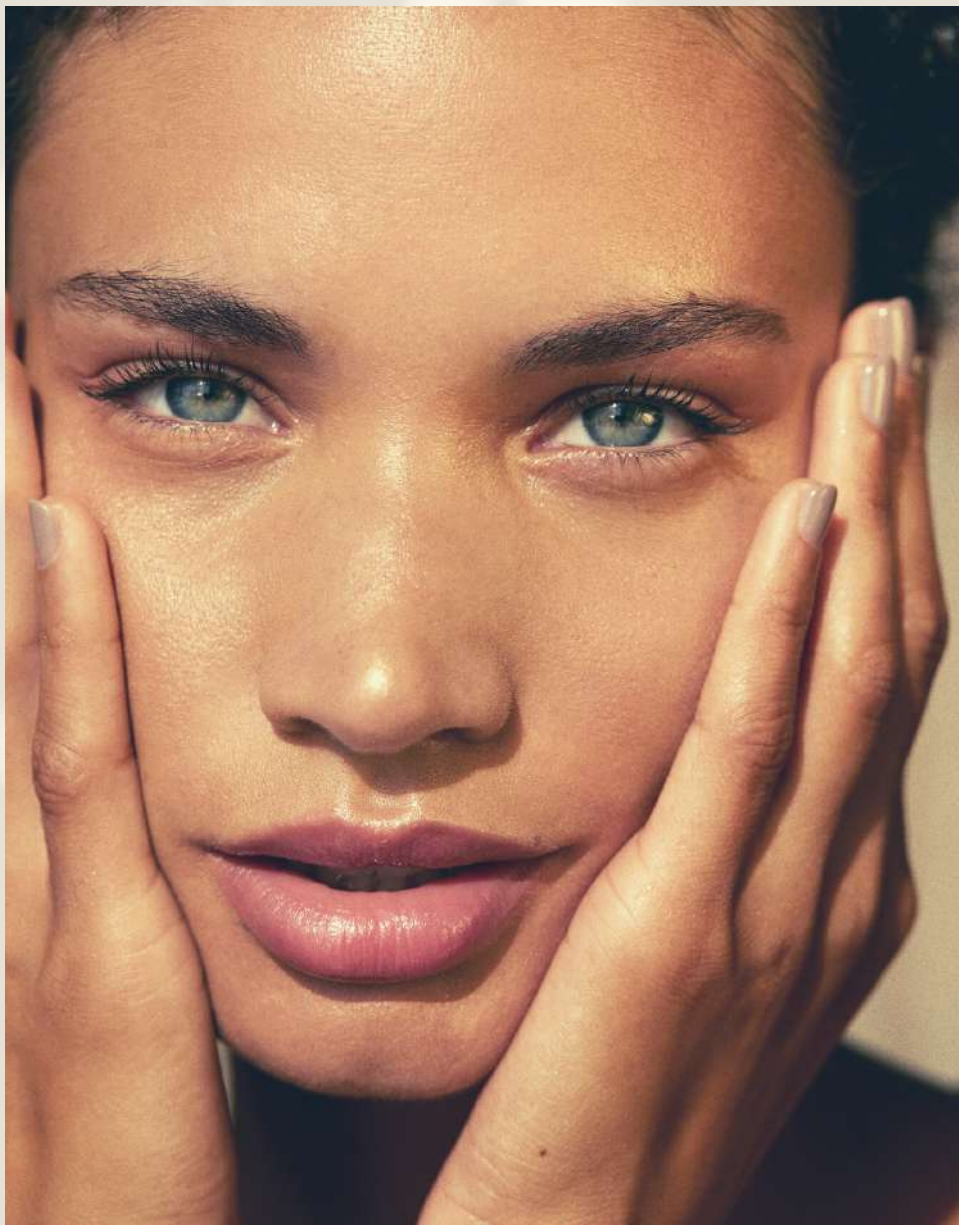
60 mins 180€



For safety reasons, we offer adapted treatments from 3 months of pregnancy. The establishment reserves the right to refuse to perform a treatment before 3 months of age.

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# THE BEAUTY



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## MANUCURE & PEDICURE\*

The Essential Manucure	80€
The Essential Pedicure	90€
The Comforting Manucure	100€
The Comforting Pedicure	110€
The Flamboyant : Comforting Manucure & Pedicure	175€
Classic Nail polish X Manucurist	20€
Semi-Permanent Nail Polish X OPI	40€
Semi-Permanent Nail Polish Removal	35€

\*Nail polish application is not included in our manicure and pedicure services.

## WAXING

Eyebrows, Lips or Chin	40€
Armpits	50€
Half legs or Arms	65€
Full legs	80€
Classic Bikini	50€
Extended Bikini	70€
Complete Bikini	85€
Back or Chest	85€

## EYE CARES

Eyebrows tinting	50 €
Eyelashes tinting	65 €
Eyelashes enhancement	80 €

All eyes treatments include the application of collagen patches.





# GENERAL INFORMATIONS



## RESERVATION

The Spa is open every day from 10am to 8pm. Treatments are available to nonresident clients. In order to fully enjoy your experience, we recommend that you arrive at the Spa reception a few minutes before your appointment time. Please note that late arrivals will result in a reduction in the length of your treatment in order to honor subsequent reservations.

## CANCELLATION POLICY

Any cancellation or modification of a treatment must be made at least 24 hours in advance, otherwise the total amount of the treatment will be charged. For any reservation made less than 24 hours in advance, the total amount of the treatment will be charged at the time of reservation and will not be refunded in case of absence or cancellation. All reservations must be guaranteed by a credit card number or by payment in advance.

## LOSS AND DEGRADATION

We decline all responsibility in case of loss or damage of personal objects. We recommend that you keep your valuables in the safe in your room if you are staying at the hotel.

## DRESS CODE

For your well-being, bath sheets, bathrobe and slippers will be provided. To access the fitness room, you must wear clean sports shoes and clothing. .



# GENERAL INFORMATIONS



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## GIFT CARD

A privileged moment of absolute relaxation at Le Coucou Spa is the ideal gift for any occasion. The gift invitations are on sale at the Spa, they are nominative and are neither exchangeable nor refundable. They are valid for 6 months. Your comfort and well-being are our priorities. Your spa is a space dedicated to relaxation.

## COURTESY RULES

While in the spa, please keep your phone on silent and do not make calls during your treatment or in public areas.

Cigarette smoking, vaping and alcohol consumption are not permitted.

## HEALTH

Please inform us of your health condition at the time of your reservation (maternity, hypertension, allergies...). A health questionnaire must be completed before any treatment. This procedure is mandatory in order to provide you with a service adapted to your needs.







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From your room, dial 8

[www.loupinet.com](http://www.loupinet.com)