



**LE SCHOENENBOURG**  
**SÉQUOIA SPA**

# MASSAGE & CARE

Natural and organic care  
100% pure and natural vegetable oils



«In a trendy and colorful environment, the Best Western Hôtel & Spa Le Schoenenbourg provides you with a high quality of massage and care services.»

# BODY RELAXING MASSAGE

## ABHYANGA

*Relaxing warm oil massage, boosts immune defense slightly, delays skin aging effect and eliminates toxins*

40 min - 76€  
60 min - 102€

## MODELAGE AROMATHÉRAPIQUE

*Aromatherapy massage with essential oils, relaxing treatment from head to toe, anti-stress*

40 min - 80€  
60 min - 108€

## RELAXING MASSAGE

*Relaxation massage of the back, neck and head*

40 min - 80€

## NIRVANA DUO

*2- people massage, one after the other, Ayurvedic-oriented essential oils massage*

2 x 40mn - 155€

## ROSE DE DAMAS

*Aromatherapy massage with 100% pure and natural Damascena rose  
Helps fight skin stretches and wrinkles*

50 min - 125€

## MODELAGE JASMIN

*Relaxing and soothing massage from head to toe,  
Jasmine essential oil acts on stress and on the skin*

60 min - 125€

## SHIRCHAMPI

*Head and neck massage, helps to fight insomnia, reduces migraines and promotes mind focus*

30 min - 65€



## HOT STONE TREATMENT

60 min - 108€

*Relaxing treatment, relieves muscular tension, brings a relaxation of body and mind*

## FOOT REFLEXOLOGY

50 min - 90€

*Gentle and deep pressure of the reflex zones of the foot arch according to Ayurvedic principles*

## FOOT & HAND REFLEXOLOGY

80 min - 150€

*Gentle and deep pressure of the reflex zones of the foot & hand arches according to Ayurvedic principles*

# FACIAL CARE

## PURIFYING CARE

40 min - 72€

## HYDRATING AND NOURISHING TREATMENT

45 min - 90€

## AYURVEDIC TREATMENT

50 min - 85€

## GLOBAL ANTI-AGING TREATMENT

60 min - 120€

*Anti-wrinkles delay the effects of aging*

## DIAMOND FACIAL CARE

45 min - 95€

*Facial care, fights against wrinkles, loss of firmness and pigmentation spots*

## RED WINE FACIAL CARE

45 min - 95€

*Complete care for a smoother, firmer, brighter and fresher skin, Fights against the signs of aging.*





## BHASMA 24K GOLD FACIAL CARE

60 min - 115€

*Exhaustive face, neck and shoulder ayurvedic massage Bhasma gold is famous for penetrating into the deepest skin layer*

## SPECIAL CARE FOR THE FACE AND EYES

90 min - 175€

*Ultra-lift care, regenerating care, manual techniques to restore elasticity, firmness and smooth the skin. Prevents and fades all signs of skin aging*

## EYEBROWS DEPILATION WITH STRING TECHNIQUE (following a massage)

*This technique structures the eyebrow with respect to the facial morphology while practicing a micro-peeling*

- Ladies 10€
- Gentlemen 12€
- Lips 8€

# BODY CARE

## ORGANIC GREEN TEA & CLAY WRAP

50 min - 95€

*Firming, fights against free radicals*

## ORGANIC GRAPE SEED WRAP

50 min - 100€

*Rice powder and chickpeas with saffron milk, deeply cleanses the skin*

## ORGANIC BODY SCRUB

30 min - 79€

*Organic Grape Seed Powder is a gentle exfoliator, removes skin impurities and stimulates its regeneration*



# MINI BEAUTY TREATMENT

*2- people massage, one after the other*

## RED GRAPE BODY WRAP

2 x 90min - 275€

- *Grape marc scrub or grape seed scrub, stimulates cell regeneration*
- *Body modelling with grape seed oil, excellent oil for the lower limbs, reduces the sensation of heavy legs*
- *Wrapping with grape marc, stimulates blood circulation and makes the skin pure, soft and healthy*
- *Application of a polyphenol cream with grape seed oil*

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## AYURVEDA

- Ayurvedic modelling, beyond its relaxing virtues, offers a lot of benefits that affect the whole body:
- skin
- muscle tissue
- improves blood and lymphatic circulation
- helps eliminate waste
- eases joints and spine
- increases concentration
- gives better body awareness



# YOGA AND MODELING

Yoga and wellness massage are both excellent for reducing stress. Both practices detoxify and oxygenate the body by increasing blood flow.

A gentle, soothing massage after yoga can be a deeply relaxing experience. Combining the calming, stress-relieving benefits of both practices is also a great remedy for insomnia.

## YOGA - BACK MASSAGE

60 min - 108€

*The treatment begins with special back yoga, followed by a 30-minute back relaxation massage.*

## YOGA - RELAXING MASSAGE

90 min - 139€

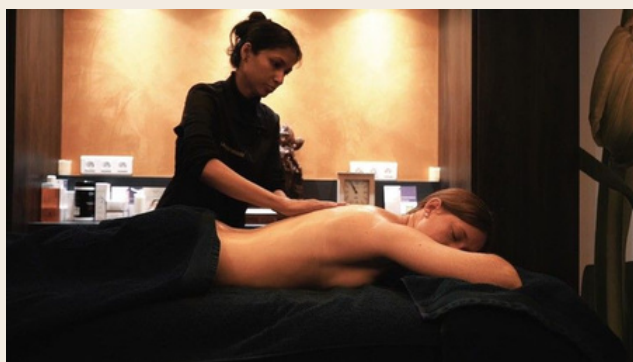
*The treatment begins with gentle yoga and breathing, followed by a 40-minute Ayurvedic massage.*

## YOGA, MEDITATION AND RELAXING MASSAGE

120 min - 169€

*Your moment of relaxation begins with simple yoga movements and breathing, followed by a 60-minute aromatic massage.*

*By Sumathi,  
certified yoga therapist*



*Installation, dressing, undressing included in the session. Any reservation not canceled 24h in advance is due.*