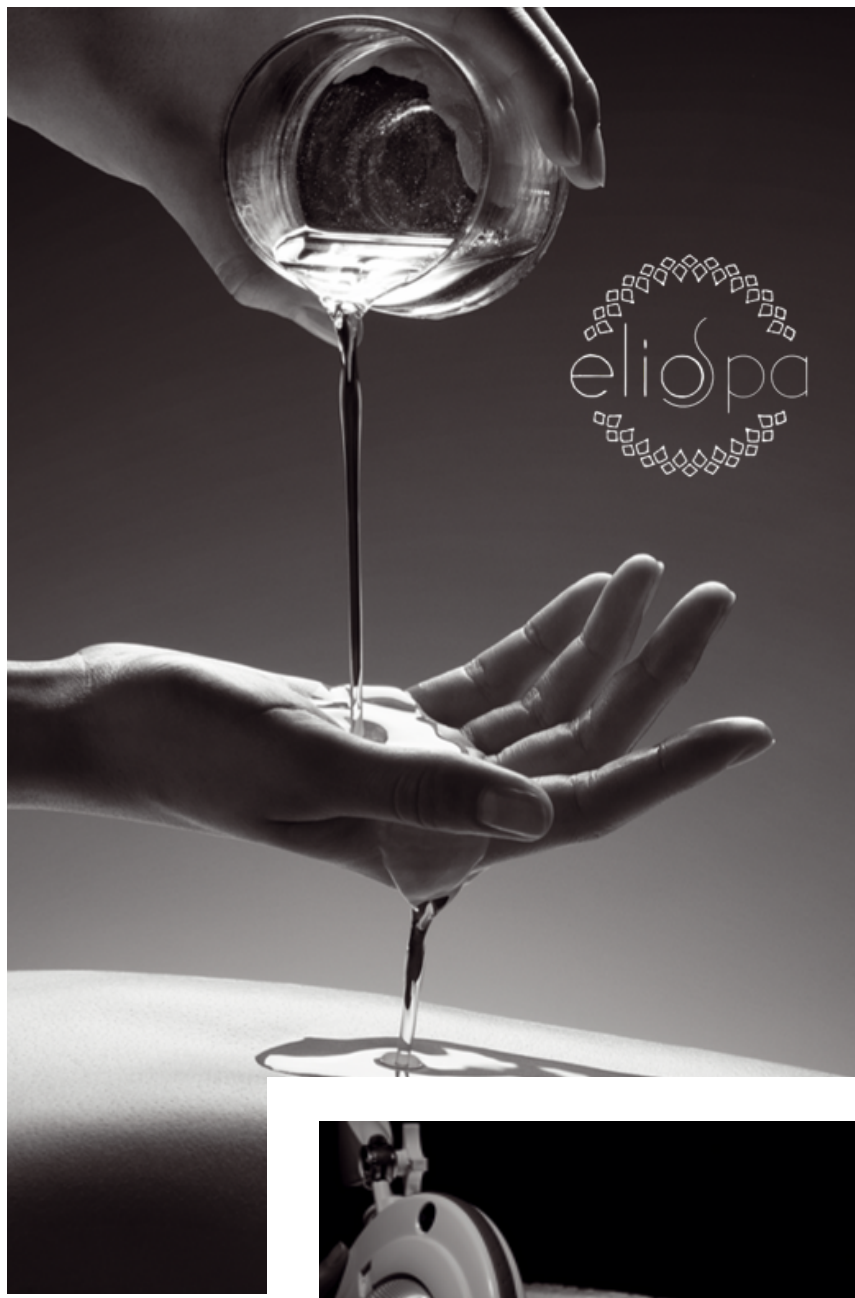


# ELIOSPA

*by Hôtel du Roi*  
Menu SPA



# HYDROMASSAGE 0'15

The session: **€30**

Session in addition to a body or  
facial treatment: **€25**

Session in addition to a Knight, Eliospa,  
King, or Secret ritual: **€20**

**My-Jet, the high-end reference for dry  
hydromassage.**

The Myjet® system is the ideal remedy to relieve neck pain, back pain, rheumatism, as well as mental or muscular fatigue. Whether for pure relaxation, prevention, or therapeutic application, lay down, close your eyes... and savor this unique moment of relaxation and unwinding.

By appointment only.

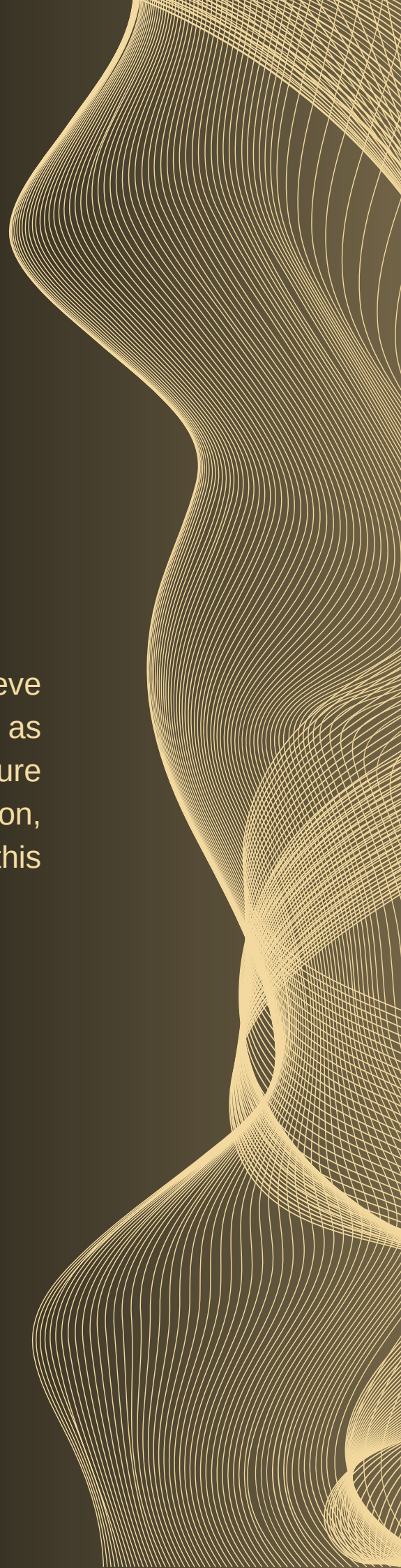
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## Package Deals:

**3 sessions for €80**

**5 sessions for €130**

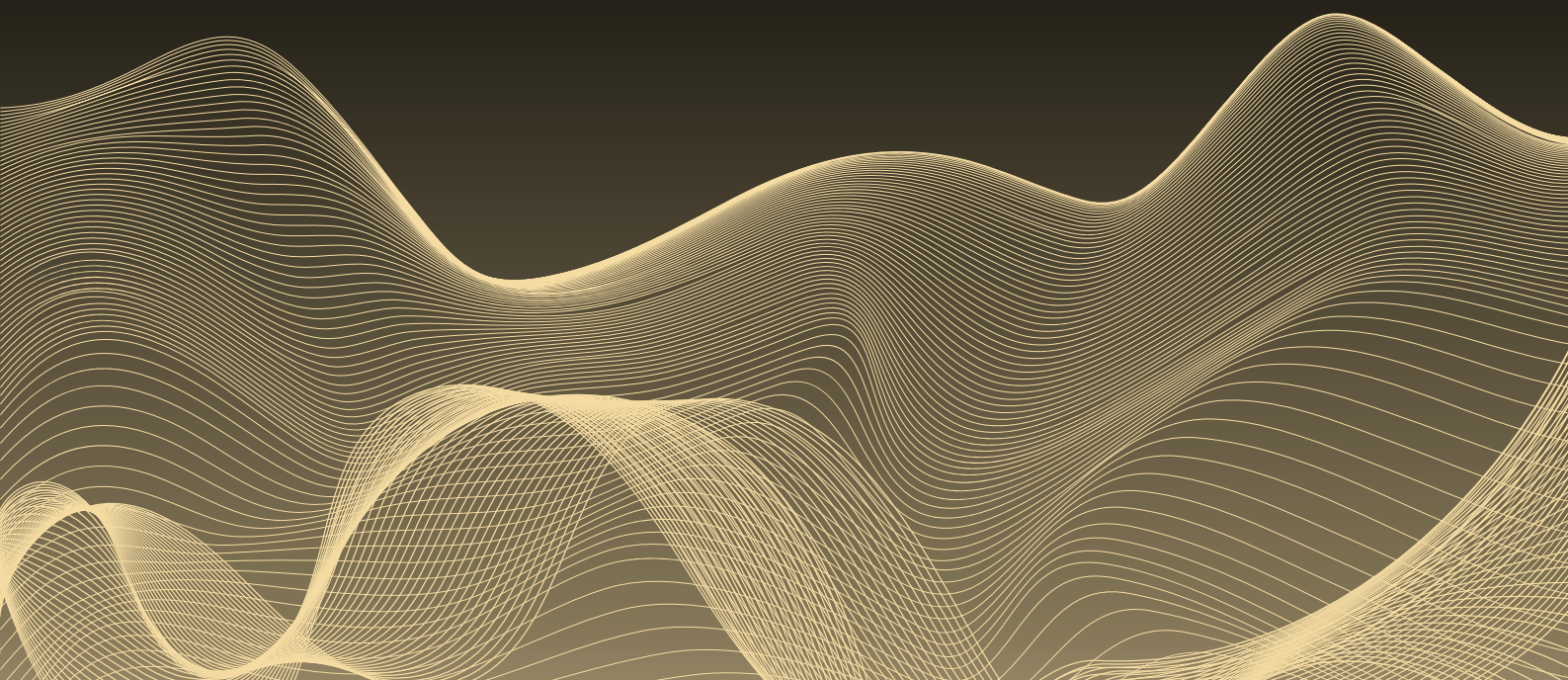
**10 sessions for €260**





**Modes: (ensure to select the mode beforehand)**

1. **After Workout:** This program helps you relax after physical exertion.
2. **Post-Pregnancy:** Lying on your stomach, this program focuses on stimulating elastin to help the skin regain firmness.
3. **After Ski:** Focused on the lower back and legs, this program aids in recovery after a day of sports.
4. **Bike Cool Down:** This program enhances venous return and rejuvenates leg muscle fibers.
5. **Body, Mind, and Soul:** This program will help you relax and eliminate any stress or psychological pressure.
6. **Neck and Shoulder:** A single session is enough to relax the muscles and provide immediate relief.
7. **Back:** This program helps relieve muscle tension and painful knots, improving your mobility.
8. **Hiking Relax:** This program particularly targets the lower body and helps relieve pain while draining lactic acid.
9. **Tired Legs:** This draining program helps make your legs feel lighter.
10. **Jetlag:** Just what you need to release back and leg pains after a long trip. This program guarantees perfect lightness.
11. **Life Work Balance:** This soothing program helps regain inner balance and unwavering serenity.
12. **Fitness Preparation:** This stimulating program helps awaken your muscles deeply.
13. **Pure Relaxation:** A bubble of deep relaxation.
14. **Mental Strengthening:** This program helps improve blood circulation to the upper body, enhancing blood oxygenation to the brain.
15. **Travel Stress:** This program helps you regain energy, combat stress, and fatigue.



# — SPA ACCESS —

Enjoy our aquatic area:

Hot tub, steam room, sauna.

€35 per person per hour\* for non-private access.

Privatization: €150 per hour\* for 2 people

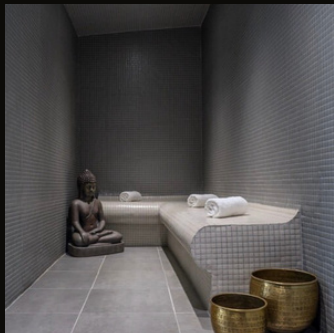
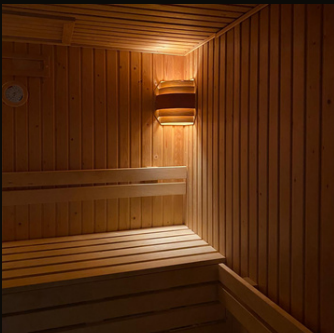
(Robes and slippers provided)

\*Appointment duration includes your setup and dressing time. Spa access does not include access to the pool.

By appointment only.

Champagne Option:

Discover upon request our Master of Ceremonies' selection.





# FACIAL TREATMENTS

## SEASONAL TREATMENT 45'

€90

A unique concept combining chronobiology and indulgence: exfoliation, double mask, and relaxing massage for revitalized and radiant skin.

## DISCOVERY TREATMENT 60'

€120

Adapted to the skin's needs based on its typology, the discovery treatment is maintenance care to keep your skin beautiful.

## Intensive treatment

### INTENSIVE HYDRATING TREATMENT 1' 10

€155

The ultimate hydration solution in 6 steps to quench, moisturize, and plump the skin, giving it a renewed youthful appearance.

### INTENSIVE DETOX TREATMENT 1' 10

€155

A treatment to give the skin a new lease on life and help it defend against the effects of environmental stress that can accelerate skin aging in all circumstances.

### INTENSIVE YOUTH TREATMENT 1'1 0

€155

Through five key steps and no less than eight specific formulas, experience the effectiveness of Sothys through relaxation and expert care for visibly younger-looking skin.

# Body touch

Body option for all facial treatment bookings

## CUSTOMIZED MASSAGE 20'

€30

A personalized massage by choosing the desired area: back, hands, legs, feet...

## HANDS OR FEET TREATMENT 20'

€35

A delightful exfoliation, a relaxing massage with warm towels for soft and rejuvenated skin.

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## Children's Massage (Ages 4 to 15)

### MY FIRST MASSAGE

20' / 30' / 45'

€50 / €60 / €80

A gentle and comforting introductory massage.

Massages for children under 12 will be conducted if accompanied by their parents.





# BODY TREATMENTS

All our treatments are available in a duo cabin.  
(by reservation)

## PERSONALIZED RELAXING MASSAGE

20' / 30' / 45' / 1'00

€60 / €70 / €95 / €120

A customizable massage where you can choose the pressure, targeted areas, and scents used during the treatment.

## NOURISHING-RELAXING SPORTS MASSAGE

30' / 45' / 1'00

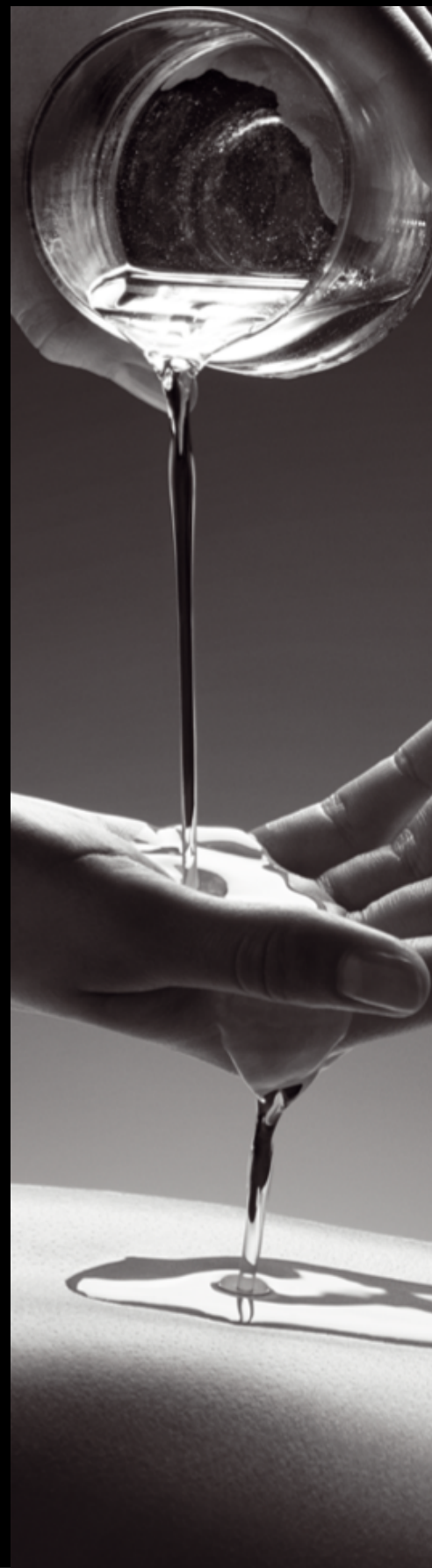
€70 / €95 / €120

A massage inspired by the Deep Tissue (Sothys method) specially designed to provide comfort and absolute relaxation. Recommended for experienced/amateur athletes: to tone and comfort the skin before or after physical activity.

## BODY SCRUB

20' / 30'

€50 / €70





**SIGNATURE HANAKASUMI  
TREATMENT 1'00  
€130**

A unique protocol inspired by Japan: exfoliation with a glove, full-body massage, and foot massage in a rejuvenating and nourishing ritual with airy notes.



**SIGNATURE ORIENTAL  
SENSATIONS TREATMENT 1'00  
€130**

An exceptional treatment protocol drawn from ancient Oriental rituals: an ointment to prepare the body for exfoliation followed by a massage enhanced with exclusive Sothys techniques using exfoliating clay.



**ANCESTRAL INDONESIAN  
SIGNATURE TREATMENT 1'00  
€130**

An original treatment protocol inspired by ancient Indonesian beauty rituals to provide powerful well-being for the body and mind.

Signatures



# Rituals

## KNIGHT'S RITUAL 1' 35

€185

20 minutes - Body scrub  
30 minutes - Relaxing massage  
45 minutes - Seasonal treatment

## ELIOSPA RITUAL 2' 15

€235

30 minutes - Body scrub  
45 minutes - Relaxing massage  
1 hour - Discovery facial treatment

## KING'S RITUAL 3 HOURS

€285

20 minutes - Steam room  
30 minutes - Body scrub  
1 hour - Relaxing massage  
1 hour 10 minutes - Intensive treatment (choice of options)



# Excellence treatments

**It elegantly combines and refines the ingredients of an exceptional treatment, creating an unforgettable moment of well-being.**

A three-step body treatment: after an awakening prelude, a refining body scrub revitalizes your skin, followed by a nourishing massage that transports you into deep relaxation.

An eight-step facial treatment combining a sensational cleansing, highly effective exfoliation, exceptional massages, high-performance masks, and a final ice-cold smoothing effect.

RITUEL VISAGE ET CORPS	310€
2'30	

RITUEL VISAGE SEUL	190€
1'30	

RITUEL CORPS SEUL	135€
1'00	







# TAILORED EXPERIENCE

The Hotel du Roi & Spa  
assists you with all your  
event planning needs,  
whether it's an afternoon  
with friends, after-work  
gatherings, weddings,  
and more.

Contact us:  
[carcassonne@eliospa.fr](mailto:carcassonne@eliospa.fr)



## ELIOSPA ET SON ESPACE

### 1. Réservations and contacts

1.1 We are happy to recommend and plan the perfect experience. For this purpose, we advise you to book your services by phone or e-mail.

The reservation system is identical for hotel guests and external customers.

04 13 91 00 59

[carcassonne@eliospa.fr](mailto:carcassonne@eliospa.fr)

1.2 All our services are only available upon reservation and availability.

### 2. Preparation of your visit and required attire:

For more comfort, we recommend hotel guests to come in bathrobes. It is important to wear appropriate shoes and swimsuit.

In the spa access, wearing a swimsuit is mandatory.

We suggest that you do not bring jewelry or valuables to enjoy the spa, as the spa cannot be held responsible for these items.

A shower before your massages and body treatments relaxes, ideally prepares to receive them, and guarantees our hygiene protocols.

In case of sunburn or freshly waxed legs, we do not recommend body scrubs.

Since your skin needs to rest after a treatment for its effect to be effective, it is not advisable to expose yourself to the sun's rays.

### 3. Comfort

3.1 Eliospa is a space of relaxation and tranquility. Please do not use your mobile phone, and we thank you for maintaining a reasonable sound volume in order to respect everyone's moment of well-being.

3.2 Eliospa has a duo cabin, which can be booked with the team when making an appointment, at no extra cost.

### Rules of procedure

#### 4. Arrival

4.1 We recommend our kind customers to arrive 5 minutes before the start of your booking. Any delay can neither be compensated nor moved and the treatments will be considered canceled from 15 minutes late and charged at 100%.

### 5. Cancellation Policy

5.1 We inform you that the processing changes will not be cost. Any cancellation of reservation must reach us at least 24 hours in advance (except in cases of justified force majeure), after this period the total amount of your reservation will be charged.

5.2 Eliospa reserves the right to refuse / stop treatments / spa access in the following cases: lack of hygiene, consumption of illegal substances or disrespectful / inappropriate behavior. The customer will be held responsible and will be responsible for the full payment of the reservation.

### 6. Health conditions

6.1 It is important that you inform us in particular your practitioner of any health or specific medical problems that may require special attention before commencing your services.

### 7. Benefits

7.1 The duration of your treatment includes your installation and dressing time. Any reservation made commits customers to have read its conditions (internal regulations, practical information and safety instructions).

7.2 The rates for our services are applicable to both hotel guests and non-hotel guests.

### 8. Minor

8.1 Eliospa is an adults-only spa. Children under the age of 16 are not allowed to access the spa. Guests under the age of 21 are not allowed to book the hydromassage.

8.2 Massages for children under 12 years old will be performed only if accompanied by their parents.

### 9. Responsibilities

9.1 We inform you that the management declines all responsibility in case of loss or damage to your personal belongings within the spa. The spa team leaves lockers at your disposal to deposit your personal belongings.

9.2 Failure to comply with the regulations, safety and hygiene instructions and damage or negligence that could lead to direct or indirect damage to the equipment, people or future services, engage your responsibility and you will be charged at least 50 €.

9.3 We agree to release Sowell, Hôtel du Roi and Eliospa from any liability for any risks posed by the spa (physical damage, risk of involuntary immersion in water and accentuation of the effects of alcohol/treatment/contraindication).

9.4 The management declines all responsibility for hair that rubs (coloring) and swimsuits that change color: spas contain chlorine (disinfectant) in greater quantities than a swimming pool, the temperature of 35 degrees being favorable to the proliferation of bacteria.

## 10. Use of hydromassage - spa access

Our spa is a wellness center oriented towards the relaxation of our guests.

### 10.1 Facilities shall not be used if:

- Severe or uncontrolled hypertension.
- Hypotension.
- Infectious skin diseases.
- Malignant tumors in treatment.
- Cardiovascular changes without your doctor's consent, myocardial infarction, recent bypass procedure.
- Infections of the respiratory and genitourinary system.
- Large varicose veins.
- Otitis.
- Phlebitis.
- Epilepsy.
- Conjunctivitis.
- State of malnutrition: anorexia, anemia.
- Allergy to chlorine.
- Claustrophobia.
- Process working with fever and malaise.
- Consumption of alcoholic beverages and illicit substances.

10.2 Thus, we **do not recommend** its use to pregnant women. In addition, we recommend that you do not use the sauna after a hearty meal. We ask you not to consume drinks (in the facilities) outside the relaxation area (herbal tea).

10.3 The maximum number of people allowed in the spa at any one time is 6 people.

10.4 The management reserves the right to close the spa for technical reasons.

## 11. Practical information

Our treatments are only available by reservation.

The opening and closing hours of the centre must be strictly respected.

Our massages are wellness and relaxation treatments, non-therapeutic and non-medicalized.

The duration of your treatment includes your installation and dressing time.

Regarding gift cards, they can only be used during the validity period.

The drinks available in the rest area vary according to the seasons.

Pets are not allowed in the spa.

## 12. Safety instructions:

- Do not run in the spa.
- The safety instructions posted in each area in the spa must be scrupulously respected.
- Do not consume outside the rest area (herbal tea).
- Report any drowsiness.
- It is forbidden to vape / smoke in the spa.
- Please do not open treatment rooms and private areas to spa staff.
- Access to the spa is reserved for guests over 16 years old.
- Access to the hydromassage is reserved for people over 21 years old.

### 12.1 **Sauna:**

- Do not exceed 15 minutes of consecutive use.
- Wearing a jersey is mandatory.
- Access to or use of the control panel is strictly prohibited.
- It is forbidden to use exfoliating products in the installation.
- Wearing jewelry is not recommended (risk of burns).
- Dry sauna: please do not wet the stones.

### 12.2 **Hammam:**

- It is forbidden to use exfoliating products in the installation.
- Do not exceed 20 minutes of consecutive use.

### 12.3 **Hot tub:**

- Do not jump or dive into the pool.
- Avoid jostling.
- Tie up long hair.
- Forbidden to pour products (shower gel, shampoo, etc ...).

### 12.4 **Hydromassage:** (The table works with a color code)

- Yellow button and blue table: the table is ready to work.
- Green button and blue table: the cycle is in progress, be sure to stay still.
- Activate the emergency stop button only in case of emergency (dizziness, drowsiness, malaise, etc.).
- Red table and red button: emergency stop engaged. Stay lying down until a team member arrives.
- Do not use your mobile phone.