



Spa Brochure

VIRTUAL TOUR



ANANTARA

SPA

Elemis



A pioneering brand in skin well-being, Elemis combines the soul of aromatherapy with artistic sensitivity and scientific rigour. With over 30 years of expertise, this British company offers innovative, sensorial and highly effective skincare products that are acclaimed in over 45 countries. At Elemis, each ritual embodies an authentic vision of beauty: high-performance, natural and profoundly holistic.

Thalion



THALION laboratories carefully cultivate and select the best seaweed for their products in Brittany, in the Mer d'Iroise. This unique harvesting know-how enables them to preserve the original qualities of these precious plants and restore them in original formulas, veritable elixirs of beauty and well-being.

CHO Nature



A brand of organic, eco-friendly and natural skin care products, using organically grown ingredients and wild plants to create gentle products. The brand is based in Mouans-Sartoux, one of Europe's most environmentally-friendly towns.

Bastien Gonzalez



We are proud to work with Bastien Gonzalez, a world-renowned French pedicure-podologist. Our therapist are trained in the exceptional beauty and well-being care protocols of the "Régence de Bastien" brand, born of the desire to offer products and care for hands and feet that meet the highest standards of perfection and excellence.

Clinique des Champs Elysées

The Clinique des Champs-Elysées offers procedures with the 'French Touch', that glamorous, discreet, natural and refined signature so sought-after in beauty care.



Signature
experiences

Anantara Signature Journey by Elemis

Treat yourself to a moment of well-being inspired by the Thai philosophy of Nam Jai, a symbol of sincere benevolence. Start with a foot purification ritual with exotic notes of frangipani and hibiscus, before indulging in a tailor-made massage with the oil of your choice - monoi, coconut, rosemary, orange... - to release tension and rebalance body and mind. Finish with an express facial for revitalised, radiant skin.

90 min - € 280

Oceanic bliss ritual by Thalion Scrub + massage

A unique multi-sensory experience designed to immerse the body and mind in a state of deep relaxation.

The body is enveloped in a gourmet scrub, then slowly immersed in a cocoon of well-being thanks to the Oceanic bliss ritual massage.

90 min - € 270

Supreme hot pebbles and herbal pouches

This signature massage with "CHO Nature" mimosa-ginger oil, alternating hot-cold pebbles and herbal pouches, invites you to let go and relax, eliminates toxins and stimulates blood circulation.

90 min - € 290

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

Facial treatments



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FACIAL

Discover the holistic approach of Elemis: innovative formulas for optimal efficacy and a complete sensorial experience for the well-being of your skin.

MANUAL TREATMENT

High Touch by Elemis facial treatments combine intuitive gestures with expert care to gently prepare the skin and reveal the full effectiveness of the active ingredients.

TECHNOLOGIC TREATMENT

Expert Tech facial treatments combine the innovation of the BIOTEC machine with the expertise of our therapists to deliver visible results: skin that's revitalised, transformed and glowing with health.

Renew

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

MANUAL 60 min - € 195

TECHNOLOGIC 60 min - € 250

Reveal

This facial treatment helps reduce the appearance of pores and uneven skin texture, for a visibly smoother, renewed and radiant complexion.

MANUAL 60 min - € 195

TECHNOLOGIC 60 min - € 250

Rejuvenate & Sculpt

This innovative facial treatment combines the clinically proven effectiveness of intelligent skincare with visible results: skin that is energised, rejuvenated and visibly sculpted.

MANUAL 60 min - € 195 | 90 min - € 260

TECHNOLOGIC 60 min - € 250 | 90 min - € 330

ELEMIS
LONDON

Treatments over 60 minutes include access to
our relaxing room, steam room and sauna

FACIALS

Discover the benefits of marine cosmetics from Bretagne with THALION

Sensi-marine

This bespoke facial begins with a skin diagnosis to adapt each step to specific needs: hydration, radiance or soothing for sensitive skins. skin is immediately enveloped in comfort, soothed and visibly strengthened.

60 min - € 195

Lift & firm

This facial, combines cutting-edge marine active ingredients developed by scientists with a firming massage and a unique tightening mask. Facial features are smoothed, skin is firmer, and contours are more well-defined.

60 min - € 205

Everlasting Youth Sculptor

This treatment combines high technology, high sensoriality and high efficacy to relaunch the cellular processes of youth. Every detail of this exceptional ritual has been designed to reshape the skin's architecture, layer by layer. Its manual massage, inspired by facialists techniques, is combined with a unique massage accessory, the Sculpting Marine Glaz, to redefine the contours, smooth and plump the skin. This is followed by an intense exfoliation, like a microdermabrasion, and then Caviar Pearls, with their wrinkle-by-wrinkle filling effect.

90 min - € 270

THALION
CRÉATEUR DE COSMÉTIQUE MARINE

Treatments over 60 minutes include access to
our relaxing room, steam room and sauna

Soins Visage by

CLINIQUE
DES
CHAMPS ÉLYSÉES



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SOIN VISAGE MEDISPA

Hydrafacial

Hydrafacial is a medical aesthetic treatment that combines hydradermabrasion with the infusion of hydrating serums enriched with active ingredients.

It is designed to treat all skin problems and give the skin a radiant glow.

Hydrafacial Signature – 30 min – € 180

3 sessions – € 480

5 sessions – € 720

Hydrafacial Deluxe (includes 1 booster) – 45 min – € 250

3 sessions – € 650

5 sessions – € 1 000

Hydrafacial JLO BEAUTY®(includes 1 booster) – 45 min – € 250

3 sessions – € 650

5 sessions – € 1 000

Hydrafacial Platinum– 60 min – € 300

(includes drainage + 1 booster)

3 sessions – € 840

5 sessions – € 1 200

Treatments in option

Perk™ Lips – € 80

Perk™ Eyes – € 80

Relaxing Hydrafacial Pack

Access to wellness area, sauna & hammam – 60 min

Relaxing massage absolut calm – 45 min

Hydrafacial Deluxe or JLO BEAUTY® - 45 min

2h30 – € 380

CLINIQUE
DES
CHAMPS ÉLYSÉES

Bespoke massages



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MASSAGES

Absolute calm

Relaxing body massage with an oil tailored to your needs at the time of your visit. Tensions are released and the body is free from all stress.

30min - € 130

60min - € 195

90min - € 260

Deep tissue by Elemis

This vigorous yet relaxing remedy, classic massage strokes, works deeply into the muscles to stretch fibers and release tension.

60 min - € 210

90min - € 280

Intense revitalization with marine magnesium

A set of techniques to relax muscles and joints is performed. The body is put into a state of ultimate relaxation thanks to the signature massage, which associates deep muscular gestures through the power of marine magnesium and seawater.

60 min - € 205

Go with the flow by Julien B.

An exceptional healing treatment by our in house specialist in deep tissue, sports and Thai massage. This treatment combines generous and complete advanced movements, stretching and mobilization for an incomparable relaxation experience.

60 min - € 220

90min - € 305

Treatments over 60 minutes include access
to our relaxing room, steam room and sauna.

MASSAGES

Thai massage

Passed down through generations, this unique and exotic technique is known to many as ‘passive yoga’, as it offers the ultimate body workout, without any effort. Let your expert therapist do all the work while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

60 min - € 220

90 min - € 290

“Mum to be” by Elemis

A gentle massage that relieves tension points and brings a feeling of lightness.

60 min - € 195

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

ADD ON

LUNCH at restaurant
“SEEN BY OLIVIER
NICE”
From € 38

PARAFFIN TOUCH 30 €
For dry or dehydrated hands.
Helps the skin retain water
and prevent dehydration.

FOOT MASSAGE
20 min - € 90

BODY SCRUB
30 min - € 105

LED LIGHT ELEMIS
20 min - € 40

COLLAGEN EYE MASK
15 min - € 25

Body treatments



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BODY TREATMENTS

Nourishing Frangipani Body Wrap

The velvety texture of Monoï Oil offers intense hydration to nourish thirsty skin. Enveloped in warmth, you let yourself be carried away by the comforting aromas and beneficial oils that sublimate the skin. A facial and scalp massage prolongs your relaxation. A deeply soothing experience, for skin that's silkier than ever.

30 min - € 130

Purifying salt scrub

Enjoy an invigorating experience thanks to the purifying, mineral power of salt. The aromatic salt gently exfoliates dead cells, stimulating skin renewal and leaving the skin smooth and ready to receive oils and balms. Once the body has been revitalised, sublime oils are applied to leave the skin velvety soft and perfectly nourished.

45 min - € 120

3D silhouette

This anti-cellulite treatment uses a new technique: the superposition, in thin layers, of a multitude of textures to saturate the skin with marine active ingredients. Combined with a deep massage of the adipose tissue, the formulas target the 3 dimensions of cellulite.

For enhanced treatment efficiency, we recommend undergoing between 3 and 10 sessions subsequent to a diagnosis provided by one of our expert therapists.

60 min - € 195

10 x 60 min - € 1 755

Zen abdomen

An unprecedented curative and preventive approach to fighting excess abdominal fat and deep relaxation. This treatment combines the Zen Abdomen massage technique developed by a physiotherapist with a trio of magnesium oil, Guérande mud, and Stomach & Waist Reshaper.

45 min - € 150

Treatments over 60 minutes include access to
our relaxing room, steam room and sauna

Wellness escapes



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Relax by Elemis

- Steam room, sauna and relaxing room - 60min
- Body scrub by Elemis - 30min
- Personalized massage - 60min
- Personalized facial treatment - 60min

3h30 - € 450

Detox by Thalion

- Steam room, sauna and relaxing room - 60min
- Sea salt fluid - 30min
- Ocean magnesium massage - 60min
- Hydra-mineral facial treatment - 60min

3h30 - € 450

Gourmet by Elemis

Treat yourself to an exceptional experience with our personalized spa package. Put together your own selection of face and body treatments, or let the expertise of our therapists guide you for a tailor-made break from head to toe.

Enjoy a perfect harmony of targeted facial treatments and relaxing body therapies. Choose from back or scalp massages, invigorating scrubs and luxurious body wraps

3h30 - € 450

Hands & Feet



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HANDS & FEET

Bastien Gonzalez, podiatrist pedicure, its unique concept is based on the synergy between care, beauty and well-being.

Reverence hand ritual

A cuticle and nail treatment, including a natural beauty finish to the nails and thorough massage of the forearms, wrists, hands and fingers.

Suggested cocktail or mocktail : Céleste – 20 €

45 min - € 95

Reverence foot ritual

A complete pedicure including a nail treatment, followed by a skin treatment to eliminate hard skin and dryness, complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness

Suggested cocktail or mocktail : Céleste – 20 €

60 min - € 140

Reverence duo

This synchronized four hands treatment focuses on your feet, legs and arms. The ultimate in manicure and pedicure luxury, offering total relaxation.

Suggested cocktail or mocktail : Céleste – 20 €

75 min - € 215



Révérence de Bastien

HANDS & FEET

Foot de-stress

This truly relaxing toes-to- knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub facilitates the absorption of the cream used during the massage, optimizing the effects of its active ingredients.

30 min - € 105

File & paint touch

HANDS OR FEET.

Select your favorite nail polish color. Includes nail shaping.

30 min - € 35

Hand & foot synchronicity

This four hands synchronized massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

30 min - € 140

Paraffin touch

HANDS OR FEET

This care supplement intensifies the foot and hand rituals. With its occlusive effect and its warmth, the paraffin mask allows better penetration of the moisturizing ingredients applied beforehand. It promotes optimal relaxation of the joints and muscles.

20 min - € 35

Gel color removal

25 min - € 25



Révérence de Bastien

Sports packages



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SPORTS PACKAGES

Preparation

Access to the gym

steam room, sauna and relaxation room - 60min

Sport massage with marine magnesium - 30min

Foot de stress (scrub & massage) by Bastien Gonzalez - 30min

3h - € 290

Recovery

Access to the gym

steam room, sauna and relaxation room - 60min

Relaxing massage with marine magnesium - 30min

Cryotherapy legs & feet treatment - 30min

3h - € 290

Fitness memberships



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FITNESS MEMBERSHIPS

Fitness

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A fully equipped fitness space with cardiovascular equipment, resistance machines and free weights. Our state-of-the-art Technogym connected equipment offers members a totally immersive workout experience.

Our wellness area features a sauna, steam room and relaxation room, offering our members a total escape.

Find us on **STRAVA** app to discover our race courses designed by our team. Whether you're a beginner or a seasoned runner, our courses are adapted to every level, allowing you to enjoy magnificent scenery while staying active.



A team of coaches is dedicated to helping you achieve your goals.

OPEN 24h/24h
(hotel guests)

OPEN FROM 7am to 10pm
(external clients)

GROUP CLASSES FROM

Book your group lessons with spa reception or via this [link](#)

PRIVATE LESSONS

On demand from € 95

SCAN THE QR CODE BELOW TO ACCESS
THE FITNESS LESSON SCHEDULE



Fitness membership benefits

1 – 3 – 6 - 12-month membership

- Access to the gym every day from 7:00 am to 10:00 pm
 - Complimentary towels while using facilities
 - Access to changing rooms
 - Complimentary sports snacks
 - Complimentary refreshments
 - Administration fee included
 - Access to sauna, steam room and relaxation room
 - 25% discount on the treatment menu (Monday to Thursday)
- 3 guest passes per year
 - 1 Group classes per month for 12 months membership

Personal Training

Personal training is available to members at an additional cost. Please speak to a member of the Spa team for more details.

Prices

	1 PERS.	2 PERS.
12 MONTHS	€ 1 440	€ 2 760
6 MONTHS	€ 750	€ 1 440
3 MONTHS	€ 390	€ 750
1 MONTH	€ 150	300 €

Sponsorship

For every 12-month subscription sponsored, 1 month free for the sponsor.
Limited to 2 referrals per year.

General conditions



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GENERAL CONDITIONS

Access

External guests have access to all the treatments at the Anantara Spa, as well as the Gym Club. Parking and valet parking are available at an additional cost.

Opening hours

Anantara Spa is open daily from 10am to 7pm, the Fitness Club 24 hours a day.

Please contact us for timetables in high season.

Your arrival at the spa

For your treatment to run smoothly, we recommend that you arrive at the spa reception desk 15 minutes before your appointment time. Late arrival will result in a reduction of the initial treatment time.

Age requirement

Access to the spa and treatments is reserved for people over 16 years old, with an adult.

Care, health and comfort

Our treatments are non-medical, wellness and relaxation treatments. Please inform us of any health problems, allergies or injuries that could interfere with your treatment and/or the use of the spa facilities.

Hammam & sauna

Access to steam room & sauna – 60 min

Treatments over 60 minutes include access to our relaxing room, steam room and sauna.

On booking

Hotel guest – 25 €

External guest – 50 €

GENERAL CONDITIONS

Tranquility of the place

The Anantara Spa is a place of relaxation and well-being. In order to maintain this environment conducive to well-being, we ask you to respect the tranquility of the premises and that of other users. Please speak softly and turn off your cell phones. Smoking is not allowed.

Cancellations

Any cancellation that is not notified within 24 hours will be charged in full.

Lost or damaged items

The Spa Anantara Plaza Nice provides clients with a changing room and linen. The Spa will not be responsible for any personal belongings.

Valet parking

€ 15