

The background is a detailed botanical illustration in a style reminiscent of vintage travel posters. It features a variety of tropical plants: large, dark green monstera leaves with characteristic holes; several white, five-petaled flowers with yellow centers; and various types of ferns in shades of green and yellow-green. The plants are arranged in a dense, overlapping pattern against a white background.

le Spa  
Splendid

# *The Relaxation Breaks* 100% Modelling

## RELAXING

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**SWEDISH** 1h-89€ 1h30-130€

*Complete muscular relaxation, relax and calm the body and the mind, decrease the stress effects on the body.*

**DEEP TISSUE** 1h-99€

*Slow and deep, relax the muscles and fascias in depth, released deep tensions, boost the muscular moves.*

**PREGNANT WOMAN MASSAGE** 45min-99€

*Baby and mom are relaxing together while developing their unique connexion. From the 4<sup>th</sup> month of pregnancy.*

## *The World Rituals*

**HALTS** 1h-89€ 1h30-130€

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**India** AYURVEDIC

*Indian tonic and draining massage, release physic and emotional tensions.*

**Hawaii** LOMI LOMI

*Flowing and enveloping, rhythmic by Hawaiian music, with enchanting fragrance of islands, guaranteed escape.*

**Thailand** THAI FOOT REFLEXOLOGY 45min-69€

*Stimulation of the reflex areas, reconnect the energizing balance of the body.*

**Our massages are non-therapeutic.**

# *The Phytomer Slimness Rituals*

## **SLIMMING P5**

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**MASSAGE AND WRAP WITH ALGAE JAM**

**1h15-95€**  
**4 sessions 360€**

*The result is irrevocable after 4 sessions of treatment : - 11%\* of stomach curves and - 8%\* of thighs curves*

## **SCULPT ZONE**

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**TARGET TREATMENT ABS – BUTTOCKS – THIGHS**

**1h15-95€**  
**10 sessions 855€**

*A localised treatment on the Abs-Buttocks-Thighs area to trap your curves and your cellulite in a record time for a radical result. Exfoliation, localize massage, auto heated wrap.*

**LIGHT LEGS**

**30min-49€**

*Comfort treatment for legs, feel light and released.*

# *The Body Beauty Rituals*

## **THE EXFOLIATIONS**

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**30min-49€**

**SATIN SHIMMER - BORA-BORA PHYTOMER**

*An exfoliation with sea salt crystals or silica powder or Bora-Bora sand.*

# The Decléor Facial Rituals

## SIGNATURE

1h30-99€

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**AROMAPLASTY** *Complete ritual, back massage followed by a face treatment with essentials oils and linen, wheat and sunflower's seeds. Recharged and radiant complexion.*

## ANTI-AGEING EXPERT AROMA

1h-89€

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*Lifting or densifying ritual, this treatment is adapted to the most required skins, fresh and lighted complexion.*

## ESSENTIAL RITUALS

1h-89€

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*Four targeted rituals according to your type, the beauty technician will do your skin diagnosis to adapt this treatment to your specific needs.*

## ORIENT ROSE SMOOTHIE'S RITUAL



1h89€

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*This face ritual for sensitive and reactive skins calms the twinges sensations and help to reduce redness.*

# The Phytomer Facial Rituals

## SIGNATURE

1h30-99€

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### XMF PIONEER

*An original face treatment at the height of the biotechnological performance for a radiant skin, the treatment starts with a relaxing back massage for a complete relaxation.*

## EXTENDED YOUTH

1h-89€

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### RAFFERMING AND WRINKLES CORRECTING TREATMENT

*3 key steps in an ultra-performing treatment to relevel the skin and to fill the wrinkles. Your wrinkles are visibly corrected.*

## OLIGOFORCE LUMINATION

1h-89€

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### BRILLANCE TREATMENT

*An immediate blow of brilliance for a radiant of beauty complexion, with a visible result on the pigimentary mark's reduction. Dark spots and wrinkles.*

## MARINE SOFTNESS

1h-89€

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### CALMING AND COMFORTING TREATMENT

*A softness sail for the sensitive skins or skins with diffuse redness*

## CYFOLIA



1h-89€

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### ALL SKIN TYPES

*Organic and "écovert" certified facial treatment.  
Vegan and natural methods for all women in search of hydration, brilliance, and comfort.*

## MAN'S MAKEOVER

1h-89€

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### MAN FACIAL TREATMENT

*Choose an adapted treatment for the particularities of the male epidermis.*

# Packages

The steamroom/whirlpool space is privatised for each one of our clients : alone, in couple or with friends.

## WELL BEING SENSATION

1h45-99€

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*45 min Steamroom/ Whirlpool*

*30 min Body scrub with sea salts*

*30 min Californian Wave Massage*

## ESSENTIAL

1h45€-99€

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*45 min Steamroom/ Whirlpool*

*60 min Massage of your choice*

## MARINE COCOON – Phytomer

3h-170€

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*45 min Steamroom/ Whirlpool*

*30 min Body scrub with sea salts*

*45 min Marine body wrap*

*60 min Treasure of seas Massage*

## **ABSOLUTE – Decléor**

**3h30-210€**

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*45 min Steamroom/ Whirlpool*

*30 min Body scrub 1000 Grains*

*60 min Aromassage*

*60 min Aromaplasty, DECLEOR Signature Facial treatment*

*Takeaway DECLEOR body scrub or face mask*

## **ESCAPE**

**250€**

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*45 min Steamroom/ Whirlpool*

*30 min Body scrub with 1000 grains*

*60 min Massage of your choice*

*Lunch on our Rooftop*

*60 min Aromaplasty DECLEOR Signature Facial treatment*

*Scalp massage*

*45 min Foot reflexology or Manicure or Beauty of feet*

*Takeaway DECLEOR body scrub or face mask*

## **DUO**

**170€**

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*45 min Steamroom/ Whirlpool, Glass of Champagne*

*45 min relaxing massage*

*In Duo Room*

## FUN TIME

75€/pers

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**Birthday, bachelorette party ...**  
**From 3 persons to 8 persons maximum**

*45 min Steamroom/ Whirlpool*

*30 min relaxing massage or facial treatment*

*1 glass of Champagne*

## *Relaxation Space*

### STEAMROOM/ WHIRLPOOL

45min -15€

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*For the customers outside of the Hotel, the access is available only if it is followed by a treatment (45min/10€)*

## *Other treatments*

### HANDS AND FEET BEAUTY

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*FEET BEAUTY* 1h-35€

*HANDS BEAUTY* 1h-35€

*NAIL POLISH* 15€

*SEMI PERMANENT* 30min-25€

*SEMI PERMANENT REMOVER* 15min-10€

### WAXINGS

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*On request*



# *Fitness & Pilates Method*

**The Fitness area is available free of charge for the Hotel's customers.**

**For the external customers, we offer a subscription.**

## **FITNESS** (without courses of Pilates)

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**Access to Apparatus + sauna + towels provision**

- *12 months 468 €*  
*Payable in 3 times without cost*
- *1 month 59 €*

## **PRIVATE PILATES COURSES**

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**(Apparatus + Mat : classic system) + access to the Fitness room and the sauna before or after the course.**

- *Private course of 60 min*
- *1 session 65 €                      10 sessions 600 €*

# ATTITUDE SPA

**The Spa Splendid opens everyday at 10 am.**

## RESERVATION

**We suggest to reserve a moment of relaxation in advance by phone or email. Payment will be required up front and any cancellations or modifications must be made within 24 hours of the appointment. Cancellations within 24 hours will incur a charge of 50% of the booking fees.**

**The minimum age for the access to the SPA area and to the treatments is 16 years old with a parental consent.**

## HEALTH CONDITIONS

**Please inform us of any health conditions you might have at the time of booking.**

**All our services are available to buy as a gift voucher, at the SPA or on our e-shop.**

**[www.spa-splendid.com](http://www.spa-splendid.com)**

**Our massages are non-therapeutic.**



**Splendid Hotel & SPA**

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**[www.spa-splendid.com](http://www.spa-splendid.com)**

 ***Spa Splendid Nice***

