

A detailed botanical illustration in a tropical style. The background is filled with various green plants, including large, heart-shaped leaves, ferns with feathery fronds, and several white flowers with yellow centers. The style uses fine lines and a range of green shades to create depth and texture.

le Spa
Splendid

The Relaxation Breaks 100% Modelling

RELAXING

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-109€

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 4th month of pregnancy.

The World Rituals

HALTS

1h-89€ 1h30-130€

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

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

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

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€

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€

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

ESSENTIAL RITUALS

1h-89€

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€

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

The Phytomer Facial Rituals

SIGNATURE

1h30-99€

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€

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€

BRILLANCE TREATMENT

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

MARINE SOFTNESS

1h-89€

CALMING AND COMFORTING TREATMENT

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

CYFOLIA



1h-89€

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€

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

1h45-119€

- 45 min Steamroom/ Whirlpool
- 30 min Body scrub with sea salts
- 30 min Californian Wave Massage

ESSENTIAL

1h45€-119€

- 45 min Steamroom/ Whirlpool
- 60 min Massage of your choice

MARINE COCOON – Phytomer

3h-170€

- 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€

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€

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€

45 min Steamroom/ Whirlpool, Glass of Champagne

45 min relaxing massage

In Duo Room

FUN TIME

75€/pers

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 -30€

For the customers outside of the Hotel, the access is available only if it is followed by a treatment

Other treatments

HANDS AND FEET BEAUTY

FEET BEAUTY **1h-35€**

HANDS BEAUTY **1h-35€**

NAIL POLISH **15€**

SEMI PERMANENT **30min-25€**

SEMI PERMANENT REMOVER **15min-10€**

WAXINGS

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)

Access to Apparatus + sauna + towels provision

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

PRIVATE PILATES COURSES

(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

Our massages are non-therapeutic.



Splendid Hotel & SPA

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www.spa-splendid.com

 **Spa Splendid Nice**

