

OUR SERVICES

## THE SPA OF L'EPINAY (UPON RESERVATION)

Treat yourself and enjoy a moment of pure pleasure at the Spa... Our Wellness Centre welcomes you in its outstanding setting so that you can make the most out of your time to relax during your stay or when you are passing through the region.

Our spa is located in a 15th Century outbuildings and has been completely refurbished to provide you with the perfect blend between the charm of its old stone walls and the innovation and comfort of modern equipment. The spa is a real oasis and will make your stay here absolutely unforgettable.

Our massage therapists are at your disposition every day of the week to treat you with body massages, facial care, specialized beauty treatments, as well as Yoga lessons, Reiki healing, Meditation sessions, Hypnosis, etc. Moreover, you can also benefit from our hammam, jacuzzi and gym equipped with the very latest Technogym machines.

We are pleased to be of assistance in choosing the care that suits you the most, please feel free to reach us directly at the Reception or to contact us by phone at +33(0)2.41.39.87.05.

## The SPA menu

### OUR 'SIGNATURE' BEAUTY CARE

#### THE 'SIGNATURE' CARE OF THE CHÂTEAU

Body care – 1h – 95€

This unique whole body treatment is a massage using hot oil which combines techniques of pressure points, kneading and stretching for a complete rest and deep relaxation. The expertise of our practitioners will emphasize on your points of tension to aid in the elimination of toxins, of muscular pains and provide you with a profound soothing effect.

#### THE SUBLIME

Care and facial massage – 1h – 95€

This facial care and massage treatment will be an opportunity for you to experience a moment of deep relaxation while enjoying the benefits of our products. Through the application of a facial scrub to cleanse the skin, and a mask for a personalized treatment, your skin will be plumped natural (mask to select on the spot: moisturizer and skin perfecter, radiant, anti-aging ...).

#### THE INFINITY

Face and body care – 1h30 – 140€

This complete facial and body treatment uses hot oil, and combines steady and deep pressures that stimulate the natural body energy. It is associated with a facial massage whose benefits are multiple: radiance, relaxed features, toned skin! You will be in a state of pure well-being after this treatment.

#### THE ORIENTAL RITUAL

Body care – 1h30 – 140€

Travel in the heart of the Oriental tradition and Hammam, this purifying treatment with Beldi black soap followed by a body scrub will leave your skin soft, silky and renewed. This ritual is completed by the Signature Treatment of the Château de l'Épinay.



## OUR OTHER BEAUTY CARE

### FOOT CARE

Massage et reflexology – 1h – 95€

Combining reflexology and massage, this relaxing foot treatment will restore comfort, lightness and softness. By promoting the points of meridians and reflex zones, this care helps in the circulation of energy in the body and contributes in reducing stress.

### SITTING MASSAGE

15min – 25€

Practiced on an ergonomic chair, you can receive this massage in your room, in one of the rooms of the castle or outside in the park when the weather allows it. Its goal is to relax you and energize you in 15 minutes at any time of the day. This massage is performed by using specific pressure points, acupressure of the back, arms, hands, neck and scalp, without using oil, while remaining dressed.

### HANDS OF ANGEL RITUAL

Massage et manicure – 1h – 85€

This devoted treatment combines a hand massage with oil and a beauty treatment of the nails (manicure and nail polish).

## FORMULA FOR TWO

All our treatments are available  
in formula for two.

\*Pregnant woman: all our care can be adapted for pregnant women

\*Waxing rates on request, as available

## OUR SERVICES

### COLLECTIVE YOGA CLASS

Weekly class – 1h – 20€/person

The Castle offers a weekly group class (upon reservation), where we work on Hatha Yoga and Vinyasa Yoga.

### YOGA SESSION (OF YOUR CHOICE) OR MEDITATION SESSION

Private lesson (from 1 to 5 pers.) – 1h – 90€/group

**Hatha Yoga:** Hatha Yoga is a yoga suitable for everyone, beginner or advanced, which will help you find joy and serenity. The course ends with a relaxation.

**Vinyasa Yoga (flow):** Vinyasa Yoga is a sequence of dynamic movements, initiated and harmonized by breathing.

**Yin Yoga (soft yoga):** Between stretching and relaxation, each posture is maintained between 2 and 5 minutes to stretch the deep muscles and tissues.

### A WORD ABOUT OUR BRANDS

We use natural products from Cinq Mondes and the local organic brand Douces Angevines (cosmetics with essential oils).

### HYPNOSIS SESSION

1h – 90€

To be hypnotized means to be in an altered state of consciousness. It is like an inner state of being in which the awareness is focused on a single idea or a train of thought. This dissociation and state of release allows us to free ourselves from the fears, to heal or to find solutions to various problems.

### REIKI SESSION

1h – 90€

Reiki is a method that combines meditation and relaxation using calm touch on specific points of the body for the purpose of awakening the natural healing properties of the person, promoting the connection to his inherent potential and access to his natural well-being.

### SOUND MASSAGE WITH TIBETAN BOWLS

1h – 90€

This sound massage therapy is an effective and innovative relaxation method. The benefits of the powerful resonance of these Tibetan bowls are numerous: helping to relax, release stress, stimulate blood flow, decrease blood pressure, improve sleep, etc.

