

Spa Treatments



Hot Stone Massage

Hot stones are placed on the body along with natural oils to stimulate the muscles, release energy and aid detoxification. Tensions melt away, helping your body purify itself and achieve a better natural balance.

Duration : 60 to 90 min

Reflexology with Vine Oil

A foot massage where you choose the style depending on your needs - from energetic pressing of pressure points or a slower, deeper massage to help drain away toxins. These techniques, applied to the arch of each foot, help to purify and realign all the organs in the body.

Duration : 30 to 60 min

Relaxing Mediterranean Massage

A relaxing, tailor-made massage designed to release tensions. This is an intense all-body massage using natural Mediterranean oils that relaxes the muscles, leaving you supple and revitalised. Just close your eyes and give in to the warmth and serenity of the Mediterranean.

Duration : 30 to 90 min

Elixir of Candles

Special candles are lit, which melt into a soft, enveloping oil infused with extracts of grape seed and almond oil. Our masseur massages this warm oil into your skin for an all-over-body massage that is as relaxing as it is revitalising.

Duration : 45 to 90 min

PRICES

30 min : 45€	90 min : 120€
45 min : 70€	120 min : 160€
60 min : 90€	

OPENING HOURS

From Monday to Saturday, 9am to 1pm and 3pm to 8pm. Sundays 9am to 12 noon.

Spa du Couvent d'Hérépian,
2 Rue du Couvent, 34600 Hérépian.

Tel: +33 (0)4 67 97 16 24

Email: resa@couvent-herepian.com

Site: www.couvent-herepian.com