

# 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 : 45 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 revitalized. 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 : 60 to 90 min**

## *Prices of our spa treatments*

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

## *Opening hours for an appointment*

Everyday from Monday to Sunday,  
from 9:00am to 12:00am and from 3:00pm to 8:00pm.

Le Couvent d'Hérépian  
2 Rue du Couvent, 34600 Hérépian

Tél : +33 (0)4.67.97.16.24

Email : [reservation@lecouventherepian.com](mailto:reservation@lecouventherepian.com)

Website: [www.couvent-herepian.com](http://www.couvent-herepian.com)