



LeSpa at Sofitel Moorea la Ora Beach Resort  
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## Bien-être Center

*Take the time to explore a new personal dimension, and plunge into new sensations. Experience total relaxation that liberates your muscles. Take a break and recharge your vitality. Our spas seek to help you restore your equilibrium, revive your senses and re-energize your resources.*

*«Bien-être» is French for well-being. LeSpa at the Sofitel Moorea Ia Ora Beach Resort is a truly authentic purifying spa dedicated to your well-being, welcoming you to a world of Tahitian scents. There's a private pool for relaxing before the start of a treatment, as well as a beach and a Jacuzzi. Relax and be guided through a wide range of authentic care inspired by traditional Polynesian methods.*

## TRADITIONAL CARE

Immerse yourself in the world of cultural and traditional treatments. We offer you the best of nature.

### TROPICAL FRUIT BODY WRAP (1 hour)

Body scrub using dried coconut pulp and cooling papaya body wrap.

### SOUTH PACIFIC SCRUB WITH MASSAGE (1 hour)

Body scrub using fine sand from Moorea and warm monoï oil scented with vanilla and Tiare Tahiti pedals, followed by a moisturizing treatment.

### TROPICAL FRUIT BODY WRAP (1<sup>1/2</sup> hours)

Body scrub with essential ginger oils or coconut husk, cooling papaya body wrap, followed by a moisturizing treatment.



## BIEN-ÊTRE TREATMENT

Signature massages employ methods developed exclusively for LeSpa in collaboration with skilled therapists for a demanding clientele eager to encounter original and stimulating experiences. We have explored the world's greatest massage trends and well-being traditions in order to help you let go and regain a harmony between the body and the mind.

The quality of LeSpa's essential oils  
Some 7,000 years ago the Egyptians were the first to use aromatherapy, a tradition that continues to be practiced even today. Essential oils are the quintessence of the plant world, making us feel relaxed, appealing, in perfect harmony and tone. The LeSpa team has chosen for you the best essences in order to guarantee you an exceptional massage to enhance your beauty as well as your «bien-être».

### RELAXING AND SOOTHING MESSAGES

Sooth your senses, free your body from tension and let yourself be carried away on a wave of well-being.

**LeSpa SIGNATURE - MOROCCAN CARESS** (1 hour or 1 1/2 hours)  
A relaxing massage with encircling movements, alternating slow and deep pressure that will drain your tensions and make you once again aware of your body.

**SACRED EARTH - MASSAGE USING HOT STONES** (1 1/2 hours)  
An energetic massage using volcanic stones to eliminate toxins and provide a deep relaxation of the body.

**RELAXING AROMATHERAPY MASSAGE** (1 hour or 1 1/2 hours)  
A relaxing massage with encircling movements for a moment of ultimate soothing.



### TONIC AND REVITALIZING MESSAGES

Fully energize and revitalize your body. You'll simply feel good.

**LeSpa SIGNATURE - AWAKENING OF HALONG BAY** (1 hour or 1 1/2 hours)  
Your muscle tensions will disappear with this invigorating massage, which both stimulates your blood circulation and your vital energy.

**LeSpa SIGNATURE - COLOURS OF BRAZIL** (1 hour)  
A relaxing massage that stimulates the circulation of stagnant liquids, improving the elimination of toxins. This massage uses rhythmic pumping and draining techniques combined with the action of essential oils to help you regain your energy through detoxification.

**LeSpa SIGNATURE - POLYNESIAN WAVE** (1 hour)  
A complete massage using warm and cool seashells and heated oils. Gently applied, this massage enables you to loosen your tension while boosting your energy.

**ESSENTIAL OILS AROMATHERAPY MASSAGE** (1 hour or 1 1/2 hours)  
Your muscle tensions will disappear, restoring your energy through a series of stretching exercises, rhythmic pressure and tapping.



# BEAUTY TREATMENT

Each treatment personifies «French beauty», an expertise and know-how that treat beauty as an art of living, a combination of inner well-being, elegance and charm.

Aromatherapy's refined and voluptuous treatments will reveal your natural beauty through exceptionally luxuriant plants and bring you harmony and well-being.

## FACIAL CARE

### RESTORING MOISTURE - LAGOON TREATMENT (1 hour)

A moisturizing and revitalizing treatment for dehydrated and tired skin.

### ESSENTIAL HYDRATION FOR ALL SKIN TYPES (1 1/2 hours)

Suitable for dull and dehydrated skin. An essential balanced aroma treatment for all types of skin.

## BODY CARE

### A CAMOMILLE, ROSE AND GERANIUM MIXTURE TREATMENT

(1 1/2 hours)

- Sunbathing preparation treatment
- After sunbathing repair treatment



## SPECIFIC CARE

### HAIR BEAUTY CARE (1 hour)

Hair and scalp treatment.

### NATURAL HAND BEAUTY CARE (1 1/2 hours)

Hand treatment with scrub, relaxing massage, plant and spice wrap and nail polishing.

### NATURAL FOOT BEAUTY CARE (1 1/2 hours)

Foot treatment with scrub, relaxing massage, plant and spice wrap and nail polishing.

### DREAM SKIN (1 hour or 1 1/2 hours)

Leg scrub with coconut pulp, half or full-leg waxing followed by soothing massage with traditional Tamanu oil.

## RITUAL TREATMENTS

Immerse yourself in a world of fulfillment and treat yourself to a very special personal moment. As time momentarily stands still, extend your experience as long as you wish.

Successive ancient cultures have studied, developed and passed on water's therapeutic uses. It's a way of cleansing the mind, caring for the body and purifying the soul.

### ANCESTRAL PARADISE (1½ hours)

This treatment begins with an exotic flower bath, followed by a relaxing one-hour massage with Tamanu oil to create a magic moment.

### POLYNESIAN PARADISE (2 hours)

A bath with essential oils followed by a 90-minute relaxing aroma massage with warm oils.

### PARADISE FOR TWO (3 hours)

Be immersed in a bath of essential oils and completely relax. Each one then receives a 90-minute aroma massage with warm oils followed by a one-hour lagoon treatment.

### EXOTIC PARADISE (3 hours)

An exotic flower bath, a scrub with essential ginger oils or a scrub with coconut pulp, a cooling papaya body wrap and a 90-minute relaxing aroma massage with warm oils.



# ADVICE AND RESERVATIONS



## RESERVATIONS

- LeSpa is open daily from 10 am to 7 pm.
- Treatments are reserved directly with LeSpa. Please dial 1224 on your room telephone.

## ADVICE

- All treatments proposed in this document are for well-being and are not intended to be therapeutic. The term «massage» can also be used to describe a body sculpture. Only masseurs trained by certified training masseurs provide our massages.
- You are requested to arrive at LeSpa 15 minutes before your appointment time.
- We recommend you arrive at LeSpa wearing a bathing suit and bathrobe.
- Access to LeSpa is reserved for adults and young adults over the age of 16.
- In order that everyone can benefit from the same comfort, we ask you to please not smoke or use your mobile telephone inside LeSpa.

## RATES

Each rate corresponds to a period of carefully developed treatment to meet the needs of your body, peace of mind or vitality (all rates are in French Pacific francs - F CFP - per person, all taxes included.)

## TRADITIONAL, WELL-BEING, FACIAL AND BODY BEAUTY, RITUAL TREATMENTS

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|---|----------|
| • 1 hour (treatment time: 50 minutes)                 | 13 000 F |
| • 1 <sup>1/2</sup> hours (treatment time: 80 minutes) | 19 000 F |
| • 2 hours (treatment time: 1 hour 50 minutes)         | 24 000 F |
| • 3 hours (treatment time: 2 hours 50 minutes)        | 32 000 F |

## SPECIAL BEAUTY TREATMENTS

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|--|----------|
| • Hair beauty care                           | 9 950 F  |
| • Hand beauty care                           | 13 000 F |
| • Foot beauty care                           | 13 000 F |
| • Radiant skin care (1 hour)                 | 9 950 F  |
| • Radiant skin care (1 <sup>1/2</sup> hours) | 13 000 F |

Any treatment may be cancelled without charge 24 hours before the reserved appointment time. For cancellations of less than 24 hours, 50% of the treatment cost will be charged to the customer. If a customer fails to show up for an appointment without any prior notification, the full cost of the reserved treatment will be billed. Management reserves the right to change its rates without prior notice.

