

SPA MENU

ALAENA

LES
BASSANS





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At the intersection of dermatology and natural science, Alaena promotes a cosmology of the living: a specialized approach that combines the effectiveness of natural ingredients with biotechnological innovation to reactivate skin cell vitality. A scientific and committed expertise that meets the needs of all skin types.

The Alaena treatment menu offers highly innovative protocols, where the efficacy of the formulas is amplified to provide a unique skincare experience.

Each treatment, meticulously developed, is based on a personalized approach. Whether it's for an immediate glow, deep anti-aging action, or a toning massage, the protocols are designed to adapt to the individual needs of each client. The treatments blend expertise and sensoriality, with techniques inspired by ancestral practices such as Kobido and Tui Na, modern techniques like professional peeling with Alpha Hydroxy Acids or the use of LEDs to stimulate cellular regeneration, combined with the effectiveness of the patented active ingredient COMPLEX G5®.

FACIAL TREATMENTS

RADIANCE TREATMENT

A personalized treatment inspired by Kobido, designed to refresh and plump the face. This treatment is known for its remarkable lifting effect and provides an immediate glow.

30 MIN - 75€

DETOXIFYING TREATMENT

A ritual combining Alaena's concentrated peel, patented active ingredients, cryotherapy spoons, and LED therapy to detoxify the skin, even out the complexion, and eliminate blackheads and imperfections.

45 MIN - 110€

EXPERT TREATMENT

A personalized ritual inspired by Tui Na, the therapeutic art from traditional Chinese medicine. It combines Alaena's active ingredients and expert techniques to smooth facial features and restore radiance.

Focus (choose one): Clarity, Sensitivity, or Firmness

60 MIN - 140€



FACIAL TREATMENTS

SIGNATURE ANTI-AGE TREATMENT

This sculpting anti-aging treatment is based on Alaena's patented active ingredients and a Kobido-inspired massage that stimulates all facial muscles and works deeply to plump, revitalize the skin, oxygenate the complexion, and reduce fine lines. A special focus on the eye contour area restores a rested look, and a session of LED therapy finishes the treatment for a global anti-aging effect.

60 MIN - 140€ | 90 MIN - 180€

RELEASE & RELAX FACE & BODY

This treatment includes a relaxing back and leg massage followed by an Alaena Expert Face Treatment. This personalized ritual provides muscular relaxation, skin oxygenation, and a plumping effect.

90 MIN - 180€



BODY MASSAGE

SIGNATURE MASSAGE

Inspired by Tui Na, the therapeutic art of traditional Chinese medicine, this massage releases tension from the body by working on the meridians and acupressure points. Precise and enveloping, it invites deep relaxation.

60 MIN - 140€ | 90 MIN - 180€

DETOXIFYING MASSAGE

A draining massage that combines manual techniques such as lymphatic pumping, smoothing, and kneading to eliminate toxins, stimulate circulation, and restore the body's vitality.

60 MIN - 140€

PERSONALIZED MASSAGE

This fully customized treatment deeply releases body tension, promotes total relaxation, and revitalizes inner energy. Tailored to your specific needs, it offers a unique moment of personalized well-being.

45 MIN - 110€ | 60 MIN - 140€ | 90 MIN - 180€

BODY MASSAGE

SPORT RECOVERY MASSAGE

This treatment, designed for athletes, involves a choreographed sequence of toning movements performed in harmony with your breathing to relax muscle tissue, improve blood circulation, and loosen joints.

60 MIN - 140€ | 90 MIN - 180€

MATERNITY WELL BEING MASSAGE

A true moment of well-being for both the mother and baby, benefiting from the special connection created through soft and relaxing prenatal massage. It relieves tension and pain during pregnancy. The expectant mother is comfortably positioned on her side to enhance relaxation and enjoy an hour of pure comfort. *This massage can be performed from the fourth month of pregnancy.*

60 MIN - 140€

COMPLEMENTARY TREATMENTS

RELAX & GLOW

Give your skin a unique holistic experience! In collaboration with Nooñance, a French expert in advanced antiaging skincare, we bring you a revolutionary beauty technology. The skin appears brighter and more radiant from the first sessions.

This treatment is particularly recommended if you want to: regenerate and boost your skin by stimulating collagen production, treat specific skin problems (acne, scars), reduce imperfections such as pigment spots and improve the texture of your skin.

We recommend this ritual as a complement to another treatment.

LEDS MASK SESSION 10 MIN - 20€

**LEDS MASK SESSION 10 MIN
& COLLAGEN DRINK BY APNÉE - 35€**

**CURE 5 LEDS MASK SESSIONS 10 MIN
& COLLAGEN DRINK BY APNÉE - 150€**

FACIAL PEEL

30 MIN - 65€

SCALP MASSAGE

15 MIN - 35€

FOOT REFLEXOLOGY

30 MIN - 65€



SPA TREATMENTS RITUALS

SIGNATURE LES BASSANS RITUAL

A complete ritual to revitalize body and mind.

- Personalized massage - 50 min
- Radiance facial treatment - 30 min
- LED mask session- 10 min
- Collagen drink or herbal infusion

90 MIN - 240€

ESSENTIEL RELAX RITUAL

A complete sensory journey for soft, revitalized skin.

- Hammam session - 15 min
- Scalp massage - 15 min
- Foot reflexology - 30 min
- Personalized body massage - 60 min
- Herbal infusion

120 MIN - 190€

TREATMENT PROGRAM

Your customized program of 3 or 4 treatments.

3 TREATMENTS OF 60 MIN - 420€

4 TREATMENTS OF 60 MIN - 460€

STOPOVERS AUX BASSANS - DAY PASS

LUNCH & RELAX

Access to the spa
Expert Facial Treatment - 60 min
and/or Personalized Body Massage - 60 min
Lunch (starter/main course or main course/dessert
- drinks not included)

1 TREATMENT - 175€ / PERS
2 TREATMENTS - 300€ / PERS

BREAKFAST & RELAX

Breakfast
Access to the spa
Expert Facial Treatment - 60 min
or Personalized Body Massage - 60 min

165€ / PERS

SUNSET & RELAX

Access to the spa
Expert Facial Treatment - 60 min
or Personalized Body Massage - 60 min
Aperitif including a bottle of Fontenille wine and a sharing platter

180€ FOR 1 PERSON
320€ FOR 2 PEOPLE

SPA ACCESS

2-hour access to the spa
(hammam, infrared sauna, hot tub & solarium access)
By reservation, between 10 a.m. and 2 p.m., Monday to Friday

50€ / PERS

GENERAL INFORMATION

OPENING HOURS

The spa (relaxing bath, hammam, sauna, and sensory shower) is open daily from 10:00 AM to 10:00 PM with free access for hotel guests. Your access to the spa is complimentary with a 60-minute treatment. Treatments are by appointment only, from 10:00 AM to 7:00 PM, Monday to Sunday.

ARRIVAL AT THE SPA

We invite you to come directly to the spa in your robe and slippers from your room. To optimize your relaxation, please arrive 15 minutes before your treatment. Any delay may unfortunately result in a reduced treatment time without a price adjustment.

Lockers and changing rooms are available. For non-hotel guests, robes, slippers, and towels are provided.

Swimwear is required in the wet areas.

A health questionnaire will be given to you upon arrival. Please inform us at the time of booking of any medical conditions that may affect your treatment. Treatments for pregnant women are available between the 4th and 8th month of pregnancy, with a mandatory medical certificate.

CANCELLATION POLICY

Any changes or cancellations made more than 24 hours before the treatment will incur no charge. For cancellations within 24 hours or no-shows, the full treatment cost will be charged. A credit card imprint will be requested at the time of booking for non-resident clients of Les Bassans.

REGULATIONS

Our wellness space is a calm and relaxing environment. We kindly ask you to set your mobile phones to silent mode and refrain from making phone calls.

Minors under the age of 16 do not have access to the wellness area.

Pets are not allowed in the spa. Hygiene rules must be strictly followed. Smoking and vaping are prohibited in the wellness area.

We recommend using the personal lockers located in the changing rooms. Our establishment cannot be held responsible for any loss or damage during your visit.



LES BASSANS

PERROS-GUIREC

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