



Spa Menu

adapted to the health context

« Our Philosophy »

The Cheneaudière Spa Hotel has the privilege of being nestled in the middle of a preserved natural area.

The facilities, materials and treatments offered are respectful of nature and totally eco-friendly.

We are fully committed to providing you with a unique and meaningful experience, amongst a natural environment.



« Your exclusive brand of home cosmetics »

For your beauty care, La Cheneaudière has created a line of cosmetics based on natural active paraben free ingredients using:

- Pure water from Colroy-La-Roche
- Honey from our mountains
- Plants from the neighbouring meadows
- Berries from the forests of the Vosges mountains

**Developed with a local cosmetic laboratory*

A range of lotions, serums, balms and oils that tell the story of a generous nature.



Discover our own range of cosmetics. Our products are available in our spa boutique



PLUIE DELICIEUSE

Pure water from Colroy Springs.

This fresh water gently cleanses the face and eyes.

200ml : 42€

BAUME AUX MILLE VERTUS

Honey, beeswax, natural vitamin E, heather oil, heather flowers and great mullein.

Used on a daily basis, this healing ointment moisturizes and nourishes the face and body.

200ml : 56€



INFUSION PRECIEUSE

Plantain, elderflower and blueberry.

Applied smoothly around the eye area, this refreshing gel illuminates the eyes.

15ml : 36€

ELIXIR DE LA RUCHE

Royal jelly, honey, plantain, heater oil.

This cosmetic is a pure concentrate of Hive Gold.

This anti-aging elixir has an immediate tightening effect on the skin. Apply morning and evening a few drops of this precious nectar for a smooth skin and youthful complexion.

This precious nectar smoothes your skin for a youthful and radiant complexion.

30ml : 60€



TRESOR DES PRAIRIES

Mullein flowers and elderberry flowers, plantain, honey, beeswax.

This concentrated plant extract combined with honey moisturizes, softens and protect your face.

50ml : 48€

ECLAT DE MIEL

Heather, honey, withe clay.

For a rejuvenating effect, apply generously like a mask, leave to penetrate for 3 minutes, then rinse.

100ml : 40€



PUR EXTRAIT DE BRUYERES

Macerat of whole heather flowers of the Vosges.

Highly concentrated extract for face and body.

Depending on availability, all of our treatments can be practiced in duo, except wraps and hydro-massage sessions.

In case of delay of your part, the treatment time will be reduced.

In case of delay of our part we will respect the time normally scheduled for your treatment.

55 MINUTES TREATMENT

FACE CARE

Based on « *Simplet et Miel* » cosmetics

Bienfaits des Ruches

Signature Treatment

Complete skincare ritual to rejuvenate mature skin, nourish and sooth tired skin. Royal jelly combined with different modelling techniques will oxygenate and relax the fine lines for a firmer and suppler skin.

For mature and sensitive skin.

55 minutes - 110€

Trésors de nos prairies

Healthy glow treatment for rehydrated and luminous skin.

The small verbena, plantain and elderberry pouches will drain and beautify your complexion.

Hydratation and radiance.

55 minutes - 105€

Brin de douceur

This treatment will soften you skin and erase tightness. Gentle scrub, refreshing massage with cryogenic spheres and bio-cellulose nourishing mask to sublimate and soothe your skin.

For sensitive skin.

55 minutes - 105€

Pureté des cimes

Freshness scrub, relaxing massage and white clay mask. Cleaning for a deeply purified and flawless skin that will leave your complexion glowing and uniform.

For combination to oily skin.

55 minutes - 105€

L'apiculteur

This 100% male facial treatment promotes the elimination of toxins. Thanks to the scrub and specific "Eclat de Miel" mask, you will find clear and purified skin

55 minutes - 105€





FULL BODY WELLNESS MESSAGES

« Ballotins aux plantes » Treatment

Signature body care

Full body wellness massage with plants pouches. Discover the virtues of berries and plants from our mountains and emollient oat flakes in our pouches. This treatment gently releases the benefits of the pouches soaked in lukewarm oil.

55 minutes - 130€

« Nature et douceur » Treatment

Full body wellness massage with warm oil using very soft and notating movements.

55 minutes - 100€

« Lueur des sens » Treatment

Low motion movements made with elbows combined with the warmth of a scented candle specially designed for a massage with vegetable wax, leading to total relaxation.

55 minutes - 105€

EXCLUSIVE!

Wellness Face Lifting Massage

Rejuvenating massage with invigorating motions that will leave your face feeling firmer and brighter. Smooth and plump, your skin will be glowing.

55 minutes - 110€

FACE YOGA

- NEW SESSION TO DISCOVER -

To extend the benefits of the Ceremony's care we would like to introduce you to the "FACE YOGA" to regain a luminous and pure face.

This private session will be guided by a practitioner. She will perform some specific gesture of muscle toning, relaxing self-massage and gentle acupressure, which you can reproduce simultaneously on your face.

The contracted muscles relax, the complexion is oxygenated, the skin breathes!

15 minutes

Individual: **25€** duo: **15€/pers.**

EXCEPTIONAL CEREMONIES

90 MINUTES

The Ceremonies will be provided either in one of the 3 treatments suites « Forest », « Meadow » or « Mountain ».

« Bonheur au pré des Cheneaux »

- Full body massage with pouches filled with herbs and berries from the region, *60 minutes*
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, *30 minutes*
- Glass of Champagne served during the bath

Individual : **220€** duo : **380€**

« Lumière de la Ruche »

- Hot candle back body wellness massage, *30 minutes*
- Wellness foot reflexology, *30 minutes*
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, *30 minutes*

Individual : **185€** duo : **305€**

« Escapade au Ban de la Roche »

- Smoothing and nourishing facial, *50 minutes*
- Relaxing foot massage, *10 minutes*
- Relaxing bath with plant pouches, bath salts flavoured with fir trees from the Vosges and organic milk, *30 minutes*

Individual : **185€** duo : **305€**

« Voyage Minéral »

- Relaxing massage with heather oil and local minerals, *30 minutes*
- Healthy glow facial treatment, *30 minutes*
- Relaxing bath with organic oat milk while enjoying some organic bluet juice, *30 minutes*

The products used during this ceremony are vegan.

Individual : **215€** duo : **365€**

YOUR CUSTOMIZED TREATMENT

Create your customized treatment by choosing 2 treatments below depending on your preferences:

55 minutes - 110€

Back wellness massage

Relaxes muscles and joints. The whole back is freed.

« Lâchez prise » Treatment

Well-being face, neck, scalp massage with the comforting balm from the « Simples et Miel » range for a moment of complete relaxation.

Wellness foot reflexology

Release of tension and stimulation of reflex zones with pressure on the arch of the foot. This reflexology provides absolute relaxation.

« Fraîcheur cristalline » Treatment

Wellness back massage followed by a draining legs massage using cooling cryogenic spheres for a lightness feeling.

« Renaissance sublimée » Treatment

Wellness massage of the back of the body with warm pure heather extract. The different ceramics diffuse their soothing warmth, creating multiple sensations, both relaxing and stimulating for your muscles.

« Rose merveilleuse » Treatment

2 in 1 rose powder face mask and scrub followed by a rose quartz roller massage, using the well-known healing and rejuvenation stone.

Eye contour treatment

Specific anti-fatigue treatment for the eye contour area. The witch hazel and cornflower floral water mask will soothe and tone your eyes. This relaxing break is followed by an original massage with refreshing ceramics to blur dark circles and under-eye bags.

« Barbe soyeuse » Treatment

Scrub to improve the blood flow beard mask followed by a relaxing massage of the neck and scalp.

This Treatment softens and hydrates your beard.

(Does not includes beard trimming)

Body Scrub

Whole body scrub for a softer skin.

Seasonal wrap

Full body wrap with the application of a creamy preparation which will leave you relaxed and our skin hydrated. After the wrap, enjoy a moment of rest on a water bed in a pleasantly heated cocoon.

« Douceur des mains » Treatment

Light scrub followed by a hand bath. Application of a nourishing preparation and generous massage with the « Baume aux Mille Vertus ».

« Pieds douillets » Treatment

Gentle scrub followed by a soothing foot bath with dried flowers. Well-being massage with aromatic herbal pouches and « Baume aux Mille vertues » for light feet sensation.

Hands beauty

Nails filing, cuticles are hydrated and removed, wellness massage, application of strengthening basecoat.

Foot beauty

Nails filing, cuticles are hydrated and removed, wellness massage, application of strengthening basecoat.

BODY TREATMENT

“Dos Sublime” treatment

Scrub followed by the application of a purifying white clay cataplasm and back wellness massage.

55 minutes – 110€

“Mains divines” treatment

The new beeswax treatment to regain hands of absolute softness. After a gentle scrub that will stimulate micro-circulation, the "Baume aux Mille Vertus" and honey will be applied as a mask to repair and hydrate, followed by a nourishing cataplasm with 100% natural beeswax. The specific hand massage will bring lightness.

55 minutes – 80€



EXTRAORDINARY TREATMENTS

FLOTARIUM

A sensory experience

In this unique treatment in a spacious 60m² private suit, unwind and let go of tension thanks to the physical weightlessness of floating in the largest float-tank in Europe (3.5m x 3.5m), with soothing light and underwater music.

The benefits of a Flotarium session

Epsom salt softens the skin, detoxifies and invigorates the body. Highly relaxing, this treatment alleviates the effects of jet lag. Flotarium sessions are particularly recommended for pregnant women.

Floating session followed by a moment of relaxation

50-minute private flotarium hire: 35-minute flotation followed by 15 minutes of relaxation.

105€ - for up 2 people

Floating session followed by a gentle massage

60-minute private flotarium hire: 25-minute flotation session followed by a 25-minute soft back body wellness massage.

185€ - for 2 people



KRAXENOFEN

Soft hay sauna heated to 45°C. Comfortably sitting in our sauna heated with organic hay from the meadows around Stampoumont and the thousands of flowers that grow there, you will enjoy the hay vapors swung into space over you that will relax your back and neck. The coumarin released by the slow-burning hay will detoxify your back and relieve tensions. The Kraxenofen hay sauna is a natural treatment particularly recommended for people with tired legs who cannot enjoy the high heat of traditional saunas.

20 minutes session Individual: 30€ For 2: 45€



WATER BED

Thanks to the jets powered inside the water mattress, benefit from a tonic or relaxing massage with variable intensity according to your choice.

This treatment is suitable for pregnant women.

Individual session of 25 minutes – 30€



WELLNESS CHAIR MASSAGE

This relaxing and recharging massage session will have you ergonomically seated in a specialized massage chair. You will remain clothed for this massage with a specific succession of pressures and stretches. It will relieve the tension in your back, shoulders, neck and arms and will leave you feeling toned and revitalised with an added feeling of lightness. The massage can be carried out in your room or outside.

25 minutes – 55€



NAIL POLISH

Semi-permanent

Express manicure + Semi-permanent Nail polish
55€

Express pedicure + Semi-permanent Nail polish
65€

Nature Spa Rules

Booking

We recommend that you book treatments well in advance in order to obtain the best availability.

You can book:

- By phone from your room (557)
- By contacting the reception of Nature Spa directly
- By phone : 03 88 47 23 16
- By email: spa@cheneaudiere.com

Your treatment

For organizational reasons and to fully satisfy you, we recommend that you arrive 10 minutes before your appointment. In the event of delay, the time devoted to your treatment cannot be guaranteed.

Health

In case of doubt about your health, please consult your doctor before any reservation. Our treatments are non-medical and are performed for your sole well-being.

Dressing during treatment

It is important that you are comfortably dressed and relaxed. During your treatments, our practitioners will make sure to cover all the private parts of your body. Disposable underwear is also available.

Minimum age

For security reasons, access to the Nature spa is only reserved for people over 15 years old.

Know-how

The staff at Nature spa is not allowed to approach an intimate part of your body. Any hint or request of this type will result in the immediate termination of treatment and full payment for services.

Valuable objects

We recommend that you put all your valuables and jewelry in the safe of your room. Nature spa declines all responsibility in the event of loss or theft in the spa.

VAT is included in all prices.

Changes and cancellations

In the event of change or cancellation please contact the Nature spa at least 24 hours before the start of your treatment. Beyond this period, any canceled care will be invoiced in full. Likewise, any absence from a reserved treatment will be invoiced to you.