

OUR SERVICES

THE SPA OF L'EPINAY (UPON RESERVATION)

Treat yourself and enjoy a moment of pure pleasure at the Spa... Our Wellness Centre welcomes you in its outstanding setting so that you can make the most out of your time to relax during your stay or when you are passing through the region.

Our spa is located in a 15th Century outbuildings and has been completely refurbished to provide you with the perfect blend between the charm of its old stone walls and the innovation and comfort of modern equipment. The spa is a real oasis and will make your stay here absolutely unforgettable.

Our massage therapists are at your disposition every day of the week to treat you with body massages, facial care, specialized beauty treatments, as well as Yoga lessons, Reiki healing, Meditation sessions, Hypnosis, etc. Moreover, you can also benefit from our hammam, jacuzzi and gym equipped with the very latest Technogym machines.

We are pleased to be of assistance in choosing the care that suits you the most, please feel free to reach us directly at the Reception or to contact us by phone at +33(0)2.41.39.87.05.

The SPA menu

OUR 'SIGNATURE' BEAUTY CARE

THE 'SIGNATURE' CARE OF THE CHÂTEAU

Body care - 1h - 95€

This unique whole body treatment is a massage using hot oil which combines techniques of pressure points, kneading and stretching for a complete rest and deep relaxation. The expertise of our practitioners will emphasize on your points of tension to aid in the elimination of toxins, of muscular pains and provide you with a profound soothing effect.

THE SUBLIME

Care and facial massage - 1h - 95€

This facial care and massage treatment will be an opportunity for you to experience a moment of deep relaxation while enjoying the benefits of our products. Through the application of a facial scrub to cleanse the skin, and a mask for a personalized treatment, your skin will be plumped natural (mask to select on the spot: moisturizer and skin perfecter, radiant, anti-aging ...).

THE INFINITY

Face and body care - 1h30 - 140€

This complete facial and body treatment uses hot oil, and combines steady and deep pressures that stimulate the natural body energy. It is associated with a facial massage whose benefits are multiple: radiance, relaxed features, toned skin! You will be in a state of pure well-being after this treatment.

THE ORIENTAL RITUAL

Body care - 1H30 - 140€

Travel in the heart of the Oriental tradition and Hammam, this purifying treatment with Beldi black soap followed by a body scrub will leave your skin soft, silky and renewed (30 minutes in the Hammam). It is completed by the Signature Treatment of the Château (1hour).



OUR OTHER BEAUTY CARE

FOOT CARE

Massage et reflexology - 1h - 95€

Combining reflexology and massage, this relaxing foot treatment will restore comfort, lightness and softness. By promoting the points of meridians and reflex zones, this care helps in the circulation of energy in the body and contributes in reducing stress.

AYURVEDIC - ABHYANGA MASSAGE

Body care - 1h30 - 185€

Originating from the Indian medicine called Ayurveda, which means "Knowledge of life", this hot oil treatment aims to harmonise the body and mind and rebalance the body's energy flows by combining alternating tonic and relaxing movements, gliding and pressure. This treatment promotes relaxation, letting go and reduces stress (not available in duo).

4-HAND CARE

Massage - 45 minutes - 220€

The 4-hand massage is a unique sensory experience. Two masseuses play a choreographic score to awaken the senses and body in a unique presence initiated by the ballet of the hands.
Other 4 hand body and reflexology treatment at 180€.

HANDS OF ANGEL RITUAL

Massage et manicure - 1h - 85€

This devoted treatment combines a hand massage with oil and a beauty treatment of the nails (manicure and nail polish).

MESSAGE_ENERGETIC CARE

Massage - 1h00 - 130€

Massage - 1h30 - 190€

The diversity of gestures allows the body to free itself from physical and emotional tensions and favours auto-healing thanks to a rebalancing of the body. The speciality of this massage is to relieve muscular pains, digestive problems and to favour the improvement of your metabolism.

FORMULA FOR TWO

All our treatments are available
in formula for two.

**Pregnant woman: all our care can be adapted for pregnant women except Abhyanga massage*

**Waxing rates on request, as available*

OUR SERVICES

COLLECTIVE YOGA CLASS

Collective class - 1h - 20€/person

Every Sunday morning in high season, Le Château de l'Epinay offers a weekly group class (reservation required).

YOGA SESSION

Private lesson (from 1 to 5 pers.) - 1h - 90€/group

Adapted to each individual, Hatha Yoga, Yin Yoga (gentle), or Vinyassa Yoga (more dynamic) will help you find joy and serenity while harmonising the movements and breathing.

TAILOR-MADE WORKSHOP

Medicinal plants workshop, essential oils workshop, ecological transition initiation, forest bath (sophrology), permaculture workshop, naturopathy, sports coaching, reiki

HYPNOSIS SESSION

1h - 90€

To be hypnotized means to be in an altered state of consciousness. It is like an inner state of being in which the awareness is focused on a single idea or a train of thought. This dissociation and state of release allows us to free ourselves from the fears, to heal or to find solutions to various problems.

MEDITATION OR SOPHROLOGY SESSION

Private lesson (from 1 to 5 pers.) - 1h - 90€

Meditate, let yourself be guided in kindness, be fully awake in the present moment... Let yourself be tempted during a sophrology or guided meditation session indoors (30 minutes) or in nature (1 hour).

A WORD ABOUT OUR BRANDS

We use natural products from Cinq Mondes and the local organic brand Douces Angevines (cosmetics with essential oils).

