



S P A Q U A N A

DOMAINE DE LA CORNICHE

HISTORY OF OUR SPA

Spaquana, the Domaine de la Corniche Spa

The Sequana (Latin for Seine) meanders its way through the Domaine de la Corniche, its gentle curves and calm current. Spaquana was born from the contraction of "Spa" and "Sequana", and has been designed to create a haven of well-being and relaxation around the Domaine.

Opened in 2013, Spaquana is bathed in greenery, right in the middle of nature, to immerse you in a bubble of relaxation.

Together, spa manager Eugénie Declunder Jean Baptiste and her assistant Alexia, as well as Marine, Alexandra, Tiphanie, Kacylia, Léona and the other fairy-fingered practitioners, will take you on a journey of relaxation.

You'll find all the facilities you need - pool, hammam, sauna, whirlpools, relaxation room, gym - for a holistic approach to wellbeing, detox and fitness.

We look forward to welcoming you to Spaquana.

Discover the digital version of the spa menu



OUR BRANDS

Spaquana has chosen to work with the **Cinq Mondes** and **Algotharm** brands to offer you a range of quality treatments. The **Nougatine** brand is worth discovering for the younger ones.

CINQ MÔNDES PARIS

Cinq Mondes is more than an experience, more than a sensory journey, it's a revolutionary approach based on the concept of skin dietetics.

Laboratoires Cinq Mondes selects the best patented plant active ingredients from the world's pharmacopoeias and is committed to effective, natural and sensorial cosmetics.

Through its skincare products, Cinq Mondes offers deep regeneration of the body and mind to recreate a state of perfect balance right down to the cellular level of the skin: skin dietetics.

Algotharm

Since 1962, Algotharm has been drawing on the most expert marine biotechnologies from the world's seas and oceans to regenerate and remineralise the skin.

Drawing on its expertise in aesthetic dermatology, Algotharm offers genuine cosmeceuticals that combine dermatological reference active ingredients and powerful marine biological extracts, including the patented ALGOGENE, a major discovery that activates 35 youth genes.

In our spas, our skin therapists concentrate the power of Algotharm dermo-cosmetics in professional treatments to treat skin ageing and various epidermal problems of the face and body.

NOUGATINE PARIS

A world 100% children's 100% gourmet 100% French

15 natural, high-quality products inspired by the chic French world, formulated with ingredients and gourmet scents from the funfair world, such as ice-cream scents.

It's a world with excellent sensory appeal, very effective with fun textures for children and scents they love!

A GREAT DEAL OF REST

Around the pool - an elegant parallelepiped of **14 by 4 meters**, equipped with bubble plates and massaging jets - **five alcoves** welcome you like real cocoons of relaxation in addition to the deckchairs and lounge areas. A little further on, let yourself be tempted by the de-stressing fumes of the **large hammam** or the **dry heat of the sauna** after a swimming session. You can also discover our **outdoor overflow whirlpool** on the solarium.

The fitness room welcomes you every day with a rowing machine, treadmill, elliptical bike and weight station.

The seven treatment rooms have been meticulously designed for your well-being, two of which can be used for duo treatments and one of which is reserved for people with reduced mobility.

As soon as the weather is fine, the solarium opens its doors onto a green space where you can be lulled by the birdsong.

Relax, beautify, escape... so many reasons to discover Spaquana for a treatment, an afternoon or a whole weekend !

ACCESS

Access to the spa facilities is included for 1 hour for all reservations for massages and treatments of 1 hour or more (access 1 hour before the start of the treatment).

If you book a 30-minute treatment, access to the spa for 1 hour is an additional €25.

Without a reservation, it is possible to access the spa for 2 hours at a cost of 50€/person (only during the week, except on holidays and bank holidays).

Privatization of half an hour of the outdoor whirlpool and the solarium at 25€ per person.

For the sake of peace and security, children under 16 years of age are not allowed access, except from Monday to Friday from 10am to 1pm.

The hammam and sauna are not recommended for pregnant women or people suffering from circulatory problems, rosacea or illnesses that may be aggravated by the heat.

MEMBERSHIPS

Giving unlimited access to the swimming pool, hammam, sauna and solarium with whirlpool during the opening hours of the Spa.

SPA ACCESS (week only) **50€**

SPA ACCESS (as part of a pilates or yoga session) **25€**

SPA ACCESS **450€**
10 access to the spa

MONTHLY **500€ membership fee**
-15% off on treatments

TRIMESTRIAL **560€ membership fee**
1 30-minute discovery massage with the "Cinq Mondes" brand
1 package for 2 guests (valid for 3 months)
-15% off on treatments

SEMESTRIAL **1 100€ membership fee**
2 face and body discovery massages of 30 minutes with the brand "Cinq Mondes"
1 package for 6 guests (valid for 6 months)
-15% off on treatments

ANNUAL **2 000€ membership fee**
2 face and body discovery massages of 1 hour with the brand "Cinq Mondes"
1 package for 6 guests (valid for one year)
-15% off on treatments

ANNUAL DUO **3 800€ membership fee**
4 face and body discovery massages of 1 hour with the brand "Cinq Mondes"
1 package for 12 guests (valid for one year)
-15% off on treatments

INDIVIDUAL COACHING

1 session
Public rate **70€**
Subscriber rate **60€**

10 sessions
Public rate **630€**
Subscriber rate **540€**

FACE TREATMENTS BY CINQ MONDES

Following a personalized diagnosis, our facial treatments combine the effectiveness of Cinq Mondes Dermapuncture or needle-free acupuncture with the performance of natural phyto-aromatic products to rejuvenate the face and relax the entire body.

	Week	WE
Ko Bi Do Face Treatment - Instant Youthfulness <i>This facial massage combines the power of Géo with movements that provide a natural facelift, for immediate results.</i>	30min	65€ 70€
Ko Bi Do Face Treatment - Redensification <i>This wrinkle deeply treatment works in the face and neck to reinvigorate and smooth out the skin.</i>	1h	105€ 125€
Ko Bi Do Face Treatment - Royal Regenerating <i>Combining the precise, rhythmic maneuvers of Dermapuncture®, this massage of excellence and unique expertise capitalizes on cellular youthfulness for a genuine, immediate, natural facelift. Tsubos (energy points) are stimulated, features are smoothed in depth, skin tone is restored and the oval of the face is restructured.</i>	1h	105€ 125€
Ko Bi Do Face Treatment - Global Anti-Aging <i>This exceptional treatment combines powerful Dermapuncture® movements and ridoki to give the face, neck, and décolleté a natural lift.</i>	1h30	150€ 175€
Five Balinese Flowers Face Treatment  <i>This treatment from Bali moisturizes deeply moisturizes and brightens the skin with its combination of five tropical flowers. A face, neck, and shoulder massage will help you let go of any tension and relax you.</i>	30min 1h	65€ 70€ 105€ 125€
Balinese Flowers and Fruits Face Treatment - Perfect Radiance <i>The perfect treatment to smooth out any imperfections on the face, neck, and décolleté, thanks to oxygenation techniques that combine natural active ingredients from tropical flowers and fruit acids (AHAs).</i>	1h30	150€ 175€

FACE TREATMENTS BY ALGOTHERM

« Ocean Origins »

A beautifying treatment that re-energises the face and revives radiance.	30min	65€ 70€
Cellular activity booster treatment, a deep massage that combines regeneration, hydration and toning.	1h	105€ 125€
Expert treatment to firm the skin, reshape the face and optimise radiance using accessories (suction cups and guasha).	1h30	150€ 175€

FACE TREATMENTS BY NOUGATINE

Nougatine® Face Treatment Purity - Pre-Teens* <i>Facial cleansing with chantimousse, double action scrub to eliminate dead skin, impurities and open pores. Charcoal mask to purify and tighten pores. Massage of hands and arms, then moisturizing of the face with the matifying hydrating fluid.</i>	30min	65€ 70€
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*From 10 years old

CINETIC TREATMENTS

Cinetic treatments combine relaxation, manual massage and massage with the high beauty appliance for enhanced beauty results.

3 technologies used :

- Ultrasound scrubbing to cleanse the skin and eliminate excess sebum. Ultrasound allows the active ingredients to penetrate the skin more effectively ;
- Cinetic Lift Expert massages with metal gloves and precision pens and the perfect contour accessory, which use microcurrents to correct and stimulate collagen and elastin fibres ;
- luminotherapy and ultrasonic micro-massage for an anti-ageing, moisturising or radiance effect.

	Week	WE
« Ocean Cinetic » - Express	30min	80€ 85€
<i>This treatment will offer you a targeted solution for a specific need thanks to a technology that is adapted to your skin.</i>		
« Ocean Cinetic » - Intense	1h	125€ 150€
<i>A true concentrate of effectiveness, this treatment combines immediate results thanks to stimulating microcurrents and manual gestures.</i>		
« Ocean Cinetic » - Expert	1h30	180€ 205€
<i>This unique, deep, prestige treatment combines the manual expertise of our practitioners with the precision of 3 technologies for visibly regenerated, replenished skin.</i>		
« Ocean Cinetic » - Expert Intense	1h45	240€ 275€
<i>Using 4 technologies, this global anti-aging treatment smoothes features, redensifies and deeply sculpts the face for plump, toned skin.</i>		
CINETIC CURE		615€
<i>1 « Ocean Cinetic » - Expert 1h30 + 4 sessions of 1h</i>		

BODY MESSAGES BY CINQ MONDES

Cinq Mondes treatments bring together a marvelous range of techniques inspired by traditional medicine, the "Rituels de beauté du Monde" (World Beauty Rituals), marked by quality, authenticity and ceremonial.

		Week	WE
Papaya Puree Scrub - Reveal Radiance 	30min	65€	70€
<i>Let yourself be seduced by the Kingdom to the kingdom of Siam and its spellbinding notes. This body care made with papaya and diatomaceous earth will exfoliate, perfume, and brighten your skin.</i>			
Spiced Aromatic Scrub - Energizing	30min	65€	70€
<i>Inspired by Javanese Boreh, a traditional recipe made with spices and sea salt. This treatment invigorates the body with its restorative aromas and leaves the skin silky soft.</i>			
Sublime Tahitian Monoi Scrub - Nourishing	30min	65€	70€
<i>This organic mixture made with coconut powder and Tahitian Monoi found in the Ra'au (the traditional Polynesian pharmacopeia) leaves the skin silky soft.</i>			
Purifying Scrub with Beldi Black Soap	45min	79€	95€
<i>Purifying scrub with Beldi Black Soap ® after a relaxing hammam. Combined with the exfoliating action of the Kassa glove, it deeply purifies the skin, leaving it soft, satin-smooth and delicately scented</i>			
Relaxing Leg Massage – Freshness and Lightness	30min	65€	70€
<i>A toning, draining and circulatory massage that acts on the energetic circulation of the legs, using natural active ingredients from Chinese pharmacopoeia.</i>			
Indian Ayurvedic Massage - Profoundly Invigorating	1h	105€	125€
<i>Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body.</i>			
Royal Balinese Massage - Relaxing 	1h	105€	125€
<i>Immerse yourself into a world of tranquility with this Balinese massage. This escape for your senses is accompanied by traditional smoothing motions and gentle stretching.</i>			
	1h30	150€	175€
Traditionnal Oriental Massage - Sensory	30min	65€	70€
<i>Let Oriental traditions take you away with this full-body massage done with warmed argan oil. Take in the slow, deep motions and give in to well-being.</i>			
	1h	105€	125€
Sublime Polynesian Massage - Let It All Go	1h	105€	125€
<i>This massage has been inspired by Lomi-Lomi, a technique passed down by generations of Polynesian healers. Its delicate scents of tropical flowers will accompany you throughout the treatment and relax you deeply.</i>			
	1h30	150€	175€
Sublime Bola Massage - Pregnant Women	1h	105€	125€
<i>Discover enveloping smoothing motions performed with a tinkling massage ball. This treatment will help you calmly welcome the changes related to pregnancy and leave your body feeling relaxed and lighter than before. This massage is suitable for various stages of pregnancy, please contact the spa's reception for more information.</i>			

BODY MESSAGES BY CINQ MONDES

Cinq Mondes has brought together the best of detox and slimming ingredients to offer you effective and sensory treatments, with manual massage techniques. The balance, the beauty of the body and the secret of a firm and smooth skin reside in the detoxification of tissues by circular and enveloping movements, inspired by Indian and Brazilian traditions.

DETOX WELLNESS MESSAGE

Week WE

Brazilian Massage - Bespoke

1h 105€ 125€

This treatment inspired by traditional Brazilian medicine will relax your body and slim your figure with its draining and detoxifying motions for the body and mind. This treatment comes in detox, slimming, lightness, and relaxation versions and can be customized with your spa practitioner.

Udarabhyanga Massage - Detoxifying



1h 105€ 125€

This massage's deep, invigorating techniques inspired by traditional Indian medicine will relieve any tension in your body and stomach to detoxify and free the body.

DETOX SLIMMING CURE

5 sessions of 1h + 30 min slimming assessment offered.

10 sessions of 1h + 1 energizing aromatic spice scrub of 30 minutes

+ 1 slimming assessment of 30 min offered.

525€
1 000€

BODY MESSAGES BY ALGOTHERM

Professional protocols dedicated to well-being and relaxation for body and mind.

« Body Origins » - Marine Softness Scrub

30min 65€ 70€

A gentle scrub with plant particles, specially designed for dry and sensitive skin. It leaves skin velvety soft, toned and regenerated.

« Body Origins » - Silhouette

1h 105€ 125€

In addition to its slimming action, this massage provides a moment of total relaxation. It activates circulation and improves the appearance of the skin, and has an in-depth effect on cellulite thanks to the combined action of manual techniques reinforced by slimming suction cups and a seaweed wrap to strengthen the immune system.

« Body Origins » - Slimming Treatment

1h30 150€ 175€

A slimming treatment comprising a relaxation phase, an exfoliation phase, a specially adapted massage and a seaweed wrap. Ideal for detoxifying and draining water retention.

« Body Origins » - Remineralising Treatment

1h 105€ 125€

The marine treatment to strengthen and tone the immune system thanks to its mineral, enzyme and amino acid content. Depending on your needs, a tailor-made massage and body wrap will be applied.

SLIMMING CURE

550€

2 « Body origins » - Silhouette 1h + 2 « Body Origins » - Marine Softness Scrub 1h + 1 « Body Origins » - Slimming Treatment 1h30 + 1 global slimming serum

RITUALS BY CINQ MONDES

Ayurvedic Ritual

Spice Scrub - Tonic and Spicy - 30min
+ Indian Ayurvedic massage - Toning and Relaxation - 1h

Week WE
1h30 150€ 175€

Siam Ritual

Papaya Puree Scrub - 30min

1h30 150€ 175€

Oriental Ritual

Beldi black soap scrub - Purification - 30min
+ Purifying wrap with Rassoul cream - Detoxification - 30min
+ Traditional oriental massage - Sensoriality and Relaxation - 30min or 1h

1h30 150€ 175€
2h 210€ 250€

Sublime Polynesian Ritual

Sublime Tahitian Monoï Scrub - 30min
+ Sublime Polynesian massage - 1h

1h30 150€ 175€

Sublime Bola Ritual

Sublime Bola Scrub - 30min
+ Sublime Bola Massage - 1h

1h30 150€ 175€

Iconic Ritual Face and Body

In this new expert treatment ritual, you'll find the most beautiful Cinq Mondes massage techniques, imbued with ancestral traditions and ceremonial. Reconnect your body and mind with a back massage inspired by ancient Ayurvedic movements, followed by a personalized facial according to your wishes and needs.

1h30 150€ 175€

Beauty Ritual - Youth care

Spice Scrub - Tonic and Spicy - 30min
+ "Ko Bi Do" Face Treatment - Lifting and redensification - 1h
+ Indian Ayurvedic massage - toning and relaxation - 1h

2h30 239€ 295€

Well-Being and Serenity Ritual

Spice Scrub-Tonic and Spicy - 30min
+ Traditional oriental massage - Sensoriality and Relaxation - 1h
+ "Ko Bi Do" Face Treatment - Lifting and redensification - 1h
+ Relaxing leg care - 30min

3h 275€ 325€

STOPOVERS BY ALGOTHERM

OCEAN ORIGIN STOPOVER

« Body Origins » - Remineralising Treatment - 1h
+ Face treatment « Ocean Origins » - 1h

2h 195€ 235€

OCEAN CINETIC STOPOVER

« Body Origins » - Marine Softness Scrub - 30 min
+ « Body Origins » - Remineralising Treatment - 1h
+ « Ocean Cinetic » - Expert - 1h30

3h 325€ 375€

ESSENTIALS

	Week	WE
Customized Massage Customized massage according to your desires of the moment.	30min	65€ 70€
	1h	105€ 125€
	1h30	150€ 175€
4 hands Massage Customized 4-handed massage for absolute relaxation	1h	210€ 250€
Foot Reflexology Foot reflexology is an ancient art of foot modeling, which aims to soothe your body and allow vital energy to flow freely.	1h	105€ 125€
Hot Stone Massage Relaxing, sensory massage with hot stones.	1h	105€ 125€
	1h30	150€ 175€
Lymphatic Drainage of the body or face A gentle manual massage designed to stimulate lymph circulation and detoxify the body, helping to clean and unclog tissues.	1h	105€ 125€
Shiatsu Japanese body massage based on traditional Chinese medicine and pressure points. This treatment promotes the elimination of toxins, eliminates stress and promotes emotional balance.	1h	105€ 125€
Massonaturopathy Using essential oils, phytotherapy and auriculotherapy, massonaturopathy aims to preserve and optimise the overall health of the individual and help the body to regenerate itself using natural means. It promotes muscle relaxation, blood and lymph circulation and harmony of body and mind. It is also used to treat ailments such as stress, sleep and digestion.	Package of 4 sessions of 1h +assessment of 1h30 1h30	570€ 675€ 150€ 175€
Tibetan bowl and chimes massage The Tibetan bowl, a sacred Buddhist object, is struck with a mallet to emit vibrations that travel throughout the body. Massage with the Tibetan bowl allows you to deeply let go. The vibrations from the bowl travel through the body, offering a new sensory experience. Stress and anxiety melt away as the nervous system rebalances, leaving you feeling instantly soothed.	1h	105€ 125€
Baby massage (from 0 to 12 months) Baby massage sessions are for parents (mum and/or dad) who want to share some special time with their toddler from birth to baby on the move. This massage is not therapeutic, but it can help relieve certain ailments (colic, constipation, etc.), and promote soothing, sleep-inducing, sensory and psychomotor development in toddlers.	1h	105€ 125€
Massage in the temple de l'amour in duo (in summer)	1h	250€ 290€
	1h30	350€ 420€

PACKAGES

« Day Spa » Formula

We welcome you to the Domaine de la Corniche for a day of relaxation
1 treatment of your choice for 1 hour + 1 lunch at the Bistrot + 1 Spa access
Yoga or pilates option : €70 for 1 person / €40 for 2 people or more (booking required)

Week WE

130€ 150€

Expérience Spaquana sérénité

1 relaxing massage 1h
+ 1 facel treatment 1 hour
+ 1 access to the Spa

2h 210€ 250€

Expérience Spaquana évasion

1 body massage 1h30
+ 1 facel treatment 1h
+ 1 business hand beauty
+ 1 access to the Spa

3h15 290€ 350€

Package of 6 customized treatments of 1h or 1h30

Valid for one year

1h 540€
1h30 800€

Package of 12 customized treatments of 1h or 1h30

Valid for one year

1h 1 020€
1h30 1 530€

Bachelorette Party

To get together with the bride-to-be before the big day, we offer you a formula with treatments and access to the Spa.

On request

Girls Night

Share an evening of well-being with your friends. On Tuesdays, the Spa is reserved for you from 8pm to 11pm. Cocktail reception with soft drinks and a glass of champagne, access to the pool, sauna and steam room.

30-minute dance initiation option : €20 per person (minimum 4 people - booking required)

With a 15min treatment 70€ -
w/o 60€ -

ME AND MINI ME BY NOUGATINE

DAY SPA PACKAGE KIDS

Week WE

We welcome you and your child for a moment of relaxation and sharing :

Formula 1 (For children from 3 to 12 years old)

Access to the spa 1h + lunch at le 20 du Domaine

98€ -

Formula 2 (For children from 6 to 12 years old)

Access to the spa 1h + 2 massages 30 min

125€ -

Formula 3 (For children from 6 to 12 years old)

Access to the spa 1h + 2 massages 30 min + lunch at le 20 du Domaine

165€ -

Available from Monday to Friday before 1pm (excluding holidays and bank holidays)

FITNESS AND MEDITATION

PILATE

Plate - This method aims to improve muscular performance, flexibility and coordination through in-depth work on the deep abdominals and pelvic floor.

Hiit - A method in which you alternate exercises or a circuit of exercises at a high intensity, or even the highest intensity you can sustain, with a rest period of varying length. The programme includes fat loss, cardiovascular strengthening and mental strength.

YOGA

Hatha Yoga - Traditional yoga, leading you to inner relaxation and body awareness through the practice of postures held over 3 to 5 breaths. Perfect for beginners and those looking for a gentle workout.

Vinyasa Yoga - Vinyasa means "synchronisation of breathing and movement" and is suitable for anyone in good physical condition. The practice is linked in a fluid and dynamic way to the binary rhythm of the breath, helping to develop strength and tone the figure.

Yin Yoga - Yin Yoga is a deep, intense practice that allows you to refocus on yourself and let go. This static work consists of postures held for 3 to 5 minutes to music. Yin yoga works on the fundamentals of Chinese medicine (meridians, acupuncture, etc.).

One-year subscription, excluding school holidays

1 lesson of 1 hour per week	790€	-
2 lessons of 1 hour per week	1 440€	-
3 lessons of 1 hour per week	2 050€	-
(3 free accesses to the fitness room per week from Monday to Friday, 1 hour's access to the spa at an additional cost of 25€)		

A journey of sound and mediation with instruments from the world (min 2 pers.) 1h 40€ -

Let yourself be carried away by the vibrations of the Tibetan bowl and drum and the tinkling of the chimes in the sensual and colourful world of Cinq Mondes fresh waters and oils.

Dance class (min 2 pers.) 1h 40€ -

Dance class with a choice of 3 dance styles : Lyrical Jazz / Oriental / Street Jazz / Heels
+ Accès d'1h au spa offert

Dietetics and coaching

Dietetic assessment (Mutuelle reimburses €60)	1h	70€	-
Sports coaching session	1h	70€	-
1-hour dietary assessment + 1-hour sports coaching session (Mutuelle reimburses €60 for the dietary assessment)	2h	140€	-

LES CLASSIQUES

Beauty of the hands or beauty of the feet Luxe

*Nail care, scrubbing, wrapping, modeling, moisturizing
+ varnish application for her.*

Underarm / Arm / Chest / Back Hair Removal

Half-Leg Hair Removal

Leg Hair Removal

Bikini Waxing

Brazilian / Full Bikini Waxing

Eyebrow / Lip Waxing

Week WE

Her 1h15 **85€ 105€**

Him 1h **75€ 95€**

30€ 35€

30€ 35€

45€ 50€

35€ 40€

40€ 45€

20€ 25€

FOR YOUR EVENTS

Wedding hairstyle package with trial (complimentary hair treatment)

275€

Wedding hairstyle package without trial (complimentary hair treatment)

135€

Guest make-up

95€

Wedding make-up with trial

275€

Wedding make-up without trial

135€

Children's updo

60€

Guest bun

95€

Children's haircut

38€

Men's haircut

25€

PRACTICAL INFORMATION

Opening hours

Every day from 10am to 8pm

For resident clients: the pool, sauna and steam room are open from 7am to midnight.

Reservations

All our treatments are available in a duo cabin.

For better organization, we ask you to arrive 20 minutes before the start of your treatment.

Treatments can be cancelled or moved 24 hours before the start of your treatment to avoid any billing.

You can take out cancellation insurance at €10/client to cancel your treatment less than 24 hours in advance.

In-room treatment is subject to a 25% surcharge.

The time of the treatment is the time of care of the client.

Rates are differentiated between week days and weekends / bank holidays.

Vouchers

Offer hours of well-being at the Spa or treatment rituals to your loved ones. Customized packages, to be selected with our teams.

www.domainedelacorniche.com

Privatization

Private use of the outdoor whirlpool and solarium at €25 per person for 30 minutes.

Privatization on reservation of the spa from midnight to 1h at 200€ for 2 persons, half bottle of champagne included.

For any particular request, our team is at your entire disposal.

SPAQUANA declines all responsibility for loss or theft of objects within the Spa.



S P A Q U A N A

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