



LE PERCHOIR

THE WELNESS CENTER OF THE MOULIN DE FOURGES

RELAXATION ABOVE ALL

Le Perchoir is Le Moulin de Fourges' latest offering, a dedicated well-being area in the heart of a peaceful sanctuary. Make the most of a space far from the crowds and the urban environment to recharge and refresh.

OUR BRAND

Le Perchoir has chosen to work with the Cinq Mondes brand to offer you a range of quality treatments. The Nougatine brand is worth discovering for the younger ones.

CINQ MŌNDES

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.

Discover the digital version of the Perchoir Menu



FACE TREATMENTS BY CINQ MONDES

Ko Bi Do Face Treatment - Instant Youthfulness

30min **59€**

This facial massage combines the power of Géfo with movements that provide a natural facelift, for immediate results.

Ko Bi Do Face Treatment - Redensification

1h **99€**

This wrinkle deeply treatment works in the face and neck to reinvigorate and smooth out the skin..

Ko Bi Do Face Treatment - Global Anti-Aging

1h30 **140€**

This exceptional treatment combines powerful Dermapuncture® movements and ridoki to give the face, neck, and décolleté a natural lift.!

Balinese Flowers and Fruits Face Treatment - Perfect Radiance

30min **59€**

1h **99€**

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.

Indian Ayurvedic Massage - Profoundly Invigorating

1h **99€**

Enjoy this hot-oil massage inspired by traditional Abhyanga. Alternating slow and fast movements will release tension and awaken the body..

Traditionnal Oriental Massage - Sensory

30min **59€**
1h **99€**

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..

Sublime Polynesian Massage - Let It All Go

1h **99€**
1h30 **140€**

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..

Sublime Bola Massage - Pregnant Women

1h **99€**

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..

Brazilian Massage - Bespoke

1h **99€**

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..

ESSENTIALS

Customized Massage

30min 59€
1h 99€
1h30 140€

Customized massage according to your desires of the moment..

4 hands Massage

1h 198€

Customized 4-handed massage for absolute relaxation.

Foot Reflexology

1h 99€

Foot reflexology is an ancient art of foot modeling, which aims to soothe your body and allow vital energy to flow freely..

Lymphatic Drainage of the body or face

1h 99€

A gentle manual massage designed to stimulate lymph circulation and detoxify the body, helping to clean and unclog tissues..

Shiatsu

1h 99€

Japanese body massage based on traditional Chinese medicine and pressure points. This treatment promotes the elimination of toxins, eliminates stress and promotes emotional balance..

Massonaturopathy

1h30 140€

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..

Tibetan bowl and chimes massage

45min 99€

The Tibetan prayer bowl, a sacred Buddhist artifact, releases calming vibrations when struck, encouraging relaxation and restoring balance to the nervous system to alleviate stress and anxiety. An instant sense of serenity is experienced.

Baby massage (from 0 to 12 months)

1h 99€

Baby massage sessions are designed for parents who want to connect with their child, alleviate common discomforts, and promote their baby's sensory and psychomotor development..

PACKAGES

« Day Spa » Formula

125€

We welcome you to Moulin de Fourges for a day of relaxation and leisure. Enjoy 1-hour spa treatment of your choice, a meal at the mill, and 1-hour access to the sauna and outdoor spa..

Me and mini Me (From 0 to 12 years olds)

155€

Massages lasting 30 minutes + 2 lunches at the Mill + 1-hour access to the sauna and outdoor spa..

PRACTICAL INFORMATION

Opening hours

Open from Wednesday to Sunday from 10 am to 7 pm, by appointment only..

Reservations

All our treatments are available in a double cabin.

For better organization, we kindly request you to arrive 15 minutes prior to the start of your treatment at the hotel's reception.

Treatments can be canceled or rescheduled up to 24 hours before the start of your appointment to avoid any charges.

Treatment times refer to client check-in times..

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.moulindefourges.com



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