

Hôtel & Spa Napoléon

HÔTEL & SPA
NAPOLÉON

SPA MENU

9 RUE GRANDE
77300 FONTAINEBLEAU

WELCOME TO THE SPA

Emmanuelle, our spa manager, and her therapist's team invite you to disconnect in our area dedicated to healing and awakening the senses.

As soon as you arrive, let yourself be guided by the scent of orange blossoms which float above the 15m swimming pool. The sauna, steam room and tea area will provide you a moment of well-being before letting go in the expert hands of our therapists.

Cinq Mondes, the spa's partner brand, offers the most immersive of holistic parentheses. Their products, taken from the pharmacopoeia of different countries around the world, and their protocols inspired by ancestral beauty rituals will allow you to escape for the time of a facial or body massage treatment.

Absolution, an organic and committed cosmetics brand, completes our offer. The therapists will adapt the treatments to your current mood, and will bring you a new way to take care of your skin with kindness and simplicity.

Whether you are staying at the hotel, a Bellifontain looking for relaxation, or simply curious to discover this well-being's parenthesis, the doors of the spa are open to you.

OUR FACIAL MASSAGE TREATMENTS

CINQ MONDES®

FACIAL MASSAGE TREATMENT « KO BI DO » 30 min. — 60€

Instant youthfulness

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

FACIAL MASSAGE TREATMENT « KO BI DO » 60 min. — 100€

Redensification

A true global anti-aging massage, this wrinkle treatment works in depth on the face and neck to reinvigorate and smooth out the skin.

BALINESE FLOWERS FACIAL MASSAGE 30 min. — 60€

Radiance boost

Enjoy the delicate scents of tropical flowers during this treatment that will leave your skin radiant and your complexion looking fabulous.

FIVE BALINESE FLOWERS FACIAL MASSAGE 60 min. — 100€

Moisturizing

This treatment from Bali moisturizes deeply and brightens the skin with its combination of five tropical flowers. A face, neck, and shoulder massage will help you to let go of any tension and relax you.

OUR BODY MASSAGE TREATMENTS

CINQ MONDES®

PERSONNALIZED SENSORY SCRUB 30 min. — 60 €

Body scrub inspired by the beauty rituals of the world, to be personalized according to your desires of the moment: spiced aromatic scrub, papaya puree scrub or sublime Tahitian monoi scrub.

TRADITIONAL ORIENTAL MASSAGE 60 min. — 100 €

Sensory

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.

INDIAN AYURVEDIC MASSAGE 60 min. — 100 €

Profoundly Invigorating

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

SUBLIME POLYNESIAN MASSAGE 60 min. — 100 €

Let It All Go

90 min. — 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 60 min. — 100 €

Pregnant Women

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.

OUR RITUALS

CINQ MONDES®

GRAND FELICITY RITUAL

Energizing aromatic scrub
Indian Ayurvedic massage

single : 1h20 — 160 €
couple : 1h20 — 320 €

GRAND SUBLIME RITUAL FROM POLYNESIA

Sublime Tahitian Monoï Scrub
Sublime Polynesian Massage
(50 min ou 80 min)

1h20 — 160 €
1h50 — 200 €

GRAND IMPERIAL YOUTHFULNESS RITUAL

Back massage
"KO BI DO" face treatment

1h20 — 160 €

HEAVENLY DAY GREAT RITUAL

Scrub of your choice
50min - Body massage treatment of your choice
50min - Facial massage treatment of your choice

2h30 — 260 €



OUR FACIAL TREATMENTS

ABSOLUTION®

ABSOLUTION SIGNATURE TREATMENT 60 min. — 100 €

This one-hour treatment delivers both immediate and long-lasting results. It combines exclusive blends of organic plants, wild flowers, minerals and natural vitamins with a pro-aging and detoxifying technique. With two different versions, it can be adapted to your state of mind and skin mood.

EYE CONTOUR TREATMENT 50 min. — 75 €

Looking after your eyes means looking after yourself. This protocol combines a shiatsu eye massage, draining techniques and relaxing techniques. The eye area is detoxified, with instant results on puffiness, dark circles and wrinkles, and you feel absolutely relaxed...

ABSOLUTE TREATMENT 90 min. — 140 €

Combining the techniques and benefits of the personalized treatment with those of the Vitalité Regard eye-contour treatment, Le Soin Absolu promises the perfect beauty experience. Ideal to help you recover after a long journey, to give you the glow you deserve before an important meeting or evening out, or just for the pleasure!

OUR SIGNATURE MASSAGES

NAPOLEON MASSAGE 60 min. — 105 €

Let yourself go in the expert hands of our therapists who will provide you with the tailor-made massage of your dreams.

IMPERIAL MASSAGE 60 min. — 105 €

Let go completely with this back, face and scalp massage. Your body energy flow will balance itself to find inner calm and tranquility.

BACK MASSAGE 30 min. — 65 €

Back targeted massage to prevent and relieve back pain. It releases the tensions accumulated over time, helps reduce stress and brings deep relaxation to your body and mind.

GENERAL INFORMATION

TREATMENT BOOKING

Each duration of treatment includes the time of installation and the actual treatment duration. We advise you to arrive at the spa reception 10 minutes ahead of your booking time.

FACILITIES ACCESS

The Spa is accessible from 16 years old. Access is included for all room reservations until check-out. For any one hour or more treatment booked, a one-hour spa entry is offered to you before.

MODIFICATION OR CANCELLATION

Should you reschedule or cancel your appointment, please notify the spa reception at least 24 hours in advance to avoid a cancellation fee (100% of the total price).

SOCIAL RULES

The spa is a world of tranquillity, harmony and relaxation. We thank you in advance for neither drinking alcohol, not smoking within the spa. The use of cell phones is allowed, in silent mode only. The Management is not responsible for any lost, stolen, forgotten or damaged objects within the spa. No valuable item should be left in the changing rooms or lockers.

GIFT CARD

Gift cards are valid for 1 year from the date of purchase. Any gift card not consumed during the term of validity will be automatically disabled. Our team is at your disposal to advise you and personalize your gift vouchers.

OPENING HOURS

Monday to Sunday: 10am - 8pm

*« Ton portrait et le souvenir
de l'enivante soirée d'hier
n'ont point laissé
de repos à mes sens. »*

INFORMATION
& RESERVATION
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