



**Le Bouclier d'Or**  
UN LIEU PRECIEUX ET SECRET  
HÔTEL & SPA \*\*\*\*

## *TREATMENTS*

### **SIGNATURE TREATMENTS**

*Designed exclusively for Bouclier d'or Spa*

#### **Aroma-Luxe Balance 30 mins / €55 or 50 mins / €90**

A combination of massage techniques and a harmonious balance of essential oils that are personalised to cater to your specific needs. This relaxing massage with long and fluid movements sculpt and gently wrap the body to provide a more complete sensation of abandonment.

#### **Deep Muscle Massage 50 mins / €95**

A specialized massage technique focusing on the deeper layers of muscle tissue to release chronic tension and contracted areas. Deep massage movements with forearms and palms help stimulate circulation, release toxins, soothe tight muscles; leaving you totally relaxed and free from stress.

#### **Foot Reflexology 50 mins/ €90**

An ancient healing technique using the stimulation of reflex points on the feet and ankles to promote balance and relaxation to all the organs and systems of the body. A wonderful preventative therapy that helps to reduce stress and pain, improve circulation and nerve function, and restore the flow of energy in the entire body to encourage overall health and wellness.

#### **Expectant mother massage Relaxing 50 mins/ €95**

A gentle and enveloping massage with neutral oil that has been carefully designed for pregnant women. This ritual uses the most secure techniques of massage that will soothe tension brought on by pregnancy, stimulate blood circulation and improve the skin's tone and elasticity. Safely enjoy a moment of absolute relaxation and well-being with your baby-to-be. Advised after the first trimester.

## NATURE-EFFISCIENCE TREATMENTS

An anti-ageing beauty treatment based on the ancient Japanese art of Shiatsu and inspired by traditional Chinese finger-pressure healing techniques.

**Soin du visage « Beauté pure » 30 mins / €59**

**Soin du visage « Anti-âge et fermeté » 1h / €95 or 1hr30/ €125**

## CINQ MŌNDES SPA PARIS

### CINQ MONDES TREATMENTS

#### FACIAL TREATMENTS

**« Bali Flowers Ritual », Express Radiance Facial 30 mins / €59**

Enjoy the delicate scents of tropical flowers in this “express radiance” treatment inspired by Balinese Beauty Rituals and discover its beneficial effects of skin cleansing, wellbeing and beauty

**“Five flowers Rituals « Illuminescence Facial Treatment » 50 mins/ €95**

Based on a Balinese ritual, this face treatment tones and illuminates the skin. Thanks to the combination of Tropical Five Flowers extracts, a skin glowing patented ingredient, the Kombuchka® and massage of the face, nape and shoulder muscles, the skin is cleansed and the complexion more radiant.

**« Ko Bi Do » Lifting and Plumping « Fountain of Youth » Facial 50 mins/ €105**

This anti-wrinkle treatment is inspired by the time honored Japanese Ritual, “Ko Bi Do”, a remarkable manual face lifting technique, and acts on the whole face and neck with its deep massage movements that leave skin toned, smoothed and plumped.

**« Ko Bi Do » Global Anti-Age « Fountain of Youth » Facial 80 mins / €135**

This remarkable “global anti-ageing” facial, manual anti-wrinkle treatment inspired from the Japanese “Ko Bi Do” ritual paired with a regenerating mask, deeply works on wrinkles, skin firmness, dark spots and radiance. Particular attention is paid to the eye contour, mouth, décolleté, arms and feet. Skin feels soft and smoothed, the complexion is radiant and mind perfectly relaxed.

#### BODY MESSAGES & TREATMENTS

**Energizing aromatic scrub 25 mins/ €55**

Enjoy a wonderful moment of wellbeing with this ancestral ritual inspired by beauty recipes and treatments from the island of Java. With a fascinating earthy scent and a brilliant energizing recipe featuring zesty spices and sea salts, you’ll awaken to satin smooth skin and a stimulating sense of energy (Followed by body moisturizing)

### **Tonifying Indian Ayurvedic Massage Ritual 50 mins/ €95**

Inspired from the millennia old Indian tradition, this hot oil tonifying massage restore the body and mind balance through a combination of tonic and relaxing movements. Enjoy the vanilla and cardamom fragrances of this treatment that helps to release tension, encourages sound sleep and leaves skin silky-soft.

**{ Aromatic Scrub + Ayurvedic Massage } 1hr15 / €129**

### **Polishing “Papaya Purée” Scrub 20 mins/ €55**

A delicate yet effective body polishing practice born of a Siamese ritual with an unctuous and finely grained “papaya purée” of an inviting dark tangerine color. Deliciously perfumed, skin is buffed to perfection to unveil the most superb radiance.

### **Relaxing North African Massage Ritual 50 mins/ €95**

A massage of the oriental traditions that works on the entire body using delicately perfumed warm Argan oil. The expert hands of the massage therapist work on tender knots and tensions with slow and deep movements to eliminate toxins and muscle pains while promoting a state of pure wellness.

**{ Papaya Purée Scrub + Oriental Massage } 1hr15 / €129**

## **SPA WELL-BEING RITUALS**

### **Oriental Rituals 1hr30/ €130 or 1hr50/ €190**

- North African Traditional Hammam
- Purifying & Exfoliating Scrub with North African Black Soap
- Purifying Detox Treatment with North African Rhassoul Poulitice
- Relaxing North African Massage Ritual (30 mins or 50 mins )

### **Well- Being and Serenity Ritual 2hr50/ €250**

- North African Traditional Hammam
- Polishing “Papaya Puree” Scrub
- Relaxing North African Massage Ritual
- «Five Flowers ritual » Illuminescence facial
- Foot Reflexology

### **Sensorial Spa Experience 2hr30/€230**

- North African Traditional Hammam
- Energizing Aromatic Scrub with Spices
- Tonifying Indian Ayurvedic Massage Ritual
- Relaxing scalp and face
- Express Radiance Facial

### **Beauty Ritual 1hr30/ €195**

- « Ko Bi Do » Lifting and Plumping Facial
- Revitalizing Leg Massage
- Angel Hands Regenerating Treatment



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## INFORMATIONS AND BOOKING TERMS

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For information on availability, please do not hesitate to contact us at 03 88 13 73 55 or by email at [contact@lebouclierdor.com](mailto:contact@lebouclierdor.com)

Our Spa treatments can be reserved every day from 9 am to 7 pm. We have a private, single-person cabin for this purpose.

Times given for treatments refer to actual treatment lengths. Please arrive at the Spa 10-15 minutes in advance. Please be advised that late arrivals will result in a reduction of treatment time.

To gain access to the Spa or Spa treatments, you will be asked to give your credit card number when you make your booking. If you cancel your Spa session or treatment less than 24 hours prior to the scheduled appointment, you will be charged the full amount.

Our Massages are for well-being and relaxation and non-therapeutic. When making your reservation, please inform us of any health problem or condition we should be aware of, so that we may provide you with the best possible care upon your arrival.

The minimum age for using our Spa is 16 years old.

Our Spa and spa treatments are open to non-residents. Rate: 40€ for 2 hours spa access. This includes full use of the facilities, complimentary tea and water. We provide bathrobes, towels and sleepers but remember to bring your own swimsuit. When you book a treatment of 50 minutes or longer, access to the spa is included.

If you wish to take advantage of our spa facilities, we would advise you to do so, if possible, before your treatment, so that you can get the full benefit of the massage and creams long after you have left our hotel. Do not hesitate to try the high-quality teas in our cosy «Meyerhof» Bar & Lounge.