

# *Le Refuge de Margot*

TREATMENT MENU



# Le Refuge de Margot

“ The most botanical of Parisian SPAs “

Like Queen Margot, who sought refuge in her countryside house to escape Paris in 1606, find solace in Paris's most verdant spa. The Refuge de Margot is a 300 m<sup>2</sup> haven of well-being, completely facing and open to the garden. You can admire the lush vegetation from the heated swimming pool, the solarium, the sauna, the hammam, the yoga room, the fitness area, or even from your massage cabin. The ambiance of the place will engulf you in a bewildering serenity, almost spiritual. However, here, botany and greenery are not just about the landscape; our choice of partner brands also reflects shared values of sustainability and ethics. Our promise? Natural, vegan products, made in France, and a reduced carbon footprint.

**Anne Semonin:** offers vegan products with natural active ingredients made in France.

**Le Rouge Français:** first certified organic and vegan cosmetics brand.

**Ouate:** natural, organic, and playful care adapted to the needs and ergonomics of children.

**Manucurist:** vegan, cruelty-free nail polish, made in France!

The skilled hands of our practitioners will wrap you in gentleness and awaken your senses according to your desires and mood. We have created a wide range of customized treatments for adults and children, whether for self-indulgence or as a thoughtful gift, alone or as a pair. The DUO cabins allow you to book massages and rituals for couples, parent-child pairs, or friends.

Let yourself be transported on a sensory journey, forget where you are, lose track of time, and allow the spirit of the place to act upon your body, mind, perception, emotions, creativity, and energy.





# Wellness Offer & Spa Access

## YOUR WELLNESS EXPERIENCE BEGINS HERE

Le Refuge de Margot is located facing the Garden of Serenity, on the ground floor of Pavillon Sulpice. You will access it through the reception. Continue your path... at the end of the corridor, you will find the doors to your Garden of Serenity.

Discover our wide range of services dedicated to physical, intellectual, and spiritual well-being. Our workshops evolve in harmony with the seasons.

Sauna, Hammam, Heated Pool, Summer Solarium, Treatments and Massages, Couples Treatments and Massages, Maternity Treatments, Children's Treatments, Signature Rituals and Treatments, Bridal Ritual, Bachelorette Party (EVJF), Yoga Classes and Retreats, Private Fitness Coaching, Well-being & Holistic Workshops.

For reservations, please call 01 87 53 65 83



# Anne Semonin

Anne Semonin is a French brand created 35 years ago. As a spa precursor, this pioneer of personalized beauty combines ingredients inspired by nature, the latest advancements in cosmetology, vegan formulations, and professional expertise to support beauty routines in both bathrooms and spas.



## Facial care

### Around the Gardens

45 min / 110€

#### Soin Signature Domaine Reine Margot

Specially designed for Domaine Reine Margot, this customized facial treatment by Anne Semonin offers a sensory journey through the domain's vegetable garden, infused with aromatic oils and botanical extracts. This potent antioxidant treatment, enriched with natural active ingredients, breathes new life into your skin, repairing the damage caused by everyday free radicals. Your complexion regains its radiance, and your skin is protected from daily environmental aggressors.

### Customized facial treatments

60 min / 140€

#### A completely personalized facial treatment

This harmonious service skillfully combines carefully selected serums, masks, and creams to optimally address the needs of your skin. The treatment focuses on skin repair and rebalancing, resulting in a uniform and radiant complexion. Uniquely tailored, this intensive cleansing, rejuvenating, and deeply hydrating treatment will visibly brighten your skin, with long-lasting effects..

### Lifting-Firming Treatment with Pearl Extracts

90 min / 200€

#### Anti-aging, Regenerating, Radiance

This regenerating Anne Semonin treatment delivers visible and immediate anti-aging results: smoother and younger-looking skin. With an incredible blend of cryotherapy, precious active ingredients rich in amino acids, as well as drainage and lifting techniques, this Anne Semonin facial treatment combats signs of aging, leaving you with unprecedented results.



# Body care

## Lipo-Sculpting Massage

45 min / 110€

Anti-cellulite, Firming, Slimming

Specifically designed to provide an immediate and spectacular anti-cellulite, lifting, and reshaping effect. Anne Semonin's manual body drainage technique combines firm pressures, rhythmic movements, and rapid pumping to activate blood and lymphatic circulation, helping to break down fatty deposits for a reduced appearance of cellulite. After just one treatment, you'll leave with smooth, even-toned skin and a visibly sculpted, firmer body.

## The Ritual

### Her majesty Reine Margot

90 min / 200€

by Anne Sémonin

Signature Massage - 60 min  
& Signature facial care – 30 min



# Le Rouge Français

## THE VEGAN COMMITMENT

Certified Vegan by the international institution PETA, they guarantee products free from animal-derived ingredients and not tested on animals.

## THE POWER OF TINCTORIALES PLANTS

Three years of research and a unique patented process enable the extraction and infusion of both coloring and biological properties of plants for cosmetic applications.

## UP TO 81% BIOSOURCED INGREDIENTS

Their range of nail polished contains a bio-sourced base, one of the cleanest in the world.



## Initiatory journey

### THE CHROMATIC AWAKENING BY MAISON LE ROUGE FRANCAIS

Beyond their hypnotic and captivating power, flowers possess often overlooked properties. The unique expertise of our house lies in revealing their color pigments and bioactive extracts with exceptional benefits for the skin.

We are thus unveiling our first well-being collection through 2 SPA rituals that blend sensorially, awakening of the senses, and skincare. These rituals draw inspiration from botany in its purest form and offer 2 signature treatments to unveil all the secrets of these exceptional flowers.

Flowers on your face **60 min / 140€**  
Exfoliation with flower petals followed  
by a facial massage with chromatic oils.

Flowers on your body **90 min / 200€**  
Exfoliation with flower petals followed  
by a body massage with chromatic oils.

## The Ritual

**The Majestic** **150 min / 300€**  
by Le Rouge Français

Dried flower scrub – 30 min  
Signature massage – 60 min  
& Signature facial treatment – 60 min

# Massages

60 min / 140€  
90 min / 200€

## CALIFORNIAN

A true anti-stress therapy and sensory awakening, this delicate massage provides a real sense of well-being and muscular relaxation. Its slow, enveloping, and harmonious movements cradle the body, creating a sensory interlude and a moment of profound serenity.

## SWEDISH

This massage, consisting of long and firm strokes, effectively helps to relax tensions. Thanks to its targeted stretching techniques focused on muscular relaxation, it promotes deep relaxation, reduces physical stress, and aids in body recovery.

## DEEPLY REVITALIZING

Ideal for athletes, this methodical and firm massage provides deep relaxation and intense relief. Its deep and invigorating movements promote a restorative state of well-being following physical exertion, improving body mobility, and alleviating muscle pains.

## PERSONALIZED

This personalized body and mind treatment combine the well-being of a personalized massage with the expert diagnosis of the practitioner, to satisfy all your needs and for a moment of total relaxation.

## ABHYANGA

Inspired by the traditional medicine of India, the Abhyanga massage utilizes ancient Ayurvedic techniques. This holistic journey stimulates blood circulation, releases tension, and enhances body flexibility.

# Expert Zone

45 min / 110€  
60 min / 140€

## BACK & LEGS (45 MIN OR 60 MIN)

This personalized back and leg treatment combines the well-being of a customized massage with the expert diagnosis of the practitioner, to meet all your expectations for a moment of total relaxation.

## SCALP (45 MIN)

Inspired by Ayurvedic medicine, this traditional massage originating from India focuses on the shoulders, neck, scalp, and back. It stimulates blood circulation, releases tension, and enhances the flexibility of the neck and shoulders for a targeted escape.

## FOOT REFLEXOLOGY (45 MIN OR 60 MIN)

Through foot pressure points, reflexology facilitates recovery while stimulating the elimination of toxins generated by muscular work. This ancient technique helps locate and alleviate pain by regulating the body's energy flow and improving blood and lymphatic circulation.

# Complement

|  |     |
|--|-----|
| Spa access (60min)                               | 40€ |
| Relaxing foot massage (15 min)                   | 30€ |
| Head, shoulders and neck massage (15 min)        | 30€ |
| Anne Semonin perfection body scrub (30 min)      | 60€ |
| Dried flower scrub by le Rouge Français (30 min) | 60€ |
| Nourishing hand or foot mask                     | 15€ |
| Collagen eye mask                                | 25€ |



# Future mom care

## FUTURE MOM MASSAGE

Available from 3 to 8 months, the soothing and enveloping movements of this massage will establish a unique connection between you and your baby

60 min / 140€

90 min / 200€

# Parent & Child Escape

## Ouate

Rediscover the enchantment of daily care rituals with Ouate products, tailored to the needs and ages of your children. These products are easy to handle and fun to use according to their ages, as they have been thoughtfully designed with ergonomics in mind. The surprising textures bring joy to our children.

### Petit Prince & Princesse (for 2 people)

45 min / 200€

Choose the ideal duo to share with your child:

**King & Queen (parent):** Facial or body treatment of your choice (45min)

**Prince & Princess:** Facial or a soothing massage "Le repos des héros" by Ouate (45min)

### Le repos des Rois (for 2 people)

60 min / 260€

Choose the ideal duo to share with your child:

**King & Queen (parent):** Facial or body treatment of your choice (60 mins)

**Prince & Princess:** Facial and a soothing "Heroes' Rest" massage by Ouate (30 mins x2)





# Manucurist

## THE BEAUTY OF HANDS AND FEET BY MANUCURIST

Manucurist is a brand of healthy and environmentally friendly products, manufactured in France using natural ingredients such as potatoes, corn, cassava and cotton.



Beauty of the hands (60 min)  
Beauty of the feet (60 min)

60€  
70€

### IN ADDITION TO YOUR HANDS OR FEET BEAUTY

Green polish application

20€

Green flash polish application

35€

Semi-permanent removal

15€

Waxing (upon request)

# Sport coaching yoga and pilates

Group class: 30€

Discover the schedule of our classes on our website.

Individual coaching: 130€

Duo coaching: 150€



# Spirit care



## THE URBAN RETREATS

Immerse yourself in a luxurious experience of well-being and relaxation during our exclusive urban retreat at Domaine de la Reine Margot. Allow yourself to be pampered in a peaceful and refined environment, specially created to offer you a deep reconnection with nature, complete relaxation, and harmonious rebalancing.

Enjoy a true haven of tranquility where every detail has been carefully designed for your comfort and satisfaction. From the moment you arrive, you will be embraced by a soothing atmosphere that will transport you into a state of absolute serenity.

Our Domain is surrounded by green spaces and a beautiful garden full of organic vegetables, creating a close connection with the surrounding nature. You will have the opportunity to resource yourself by engaging in revitalizing activities such as yoga, wellness, and beauty workshops led by our qualified experts.

Discover our retreat programs on our website.

## The events

\*Available for 2 people upon reservation. All packages are customizable according to your needs and preferences.

### STUDIO BLISS & SPA

COLLECTIVE CLASSES  
or WORKSHOP 60 min  
(depending on the programmation)

SPA ACCESS 60 min

APÉRO  
or HEALTHY SNACK

A GIFT «LE ROUGE FRANÇAIS»  
or «ANNE SEMONIN»

110€ / pers.

### BEAUTY & SERENITY FUSION

SPA ACCESS 60 min  
CARE OF YOUR CHOICE 30 min  
(facial care or massage)

APÉRO  
or HEALTHY SNACK

A GIFT «LE ROUGE FRANÇAIS»  
or «ANNE SEMONIN»

160€ / pers.

### GLOW & RELAX GETAWAY

BEAUTY WORKSHOP 45 min  
(yoga face, auto-massage,  
beauty tools...)

SPA ACCESS 60 min

APÉRO  
or HEALTHY SNACK


A GIFT «LE ROUGE FRANÇAIS»  
or «ANNE SEMONIN»

180€ / pers.

### OPTIONS

Additional spa access hour, extra treatment, additional workshop or coaching, privatization.

(under 6 people).



# Spa informations

## BOOK YOUR TREATMENT

Our team is at your disposal for any reservation by phone at 0187536583 or by email at [contact@spareinemargot.com](mailto:contact@spareinemargot.com). Access to the spa facilities is available in addition to a treatment for one hour at a rate of €40 per person for external customers. Our treatments are available in your room for a supplement of €50 per person. The spa is accessible from 10:00 AM to 7:00 PM for treatments. Please note that a supplement of €30 will be charged per hour of treatment for any service between 7:00 AM and 9:00 AM and between 8:00 PM and 10:00 PM. All our massages are exclusively dedicated to well-being and have no therapeutic purpose.

## ACCESS TO FACILITIES

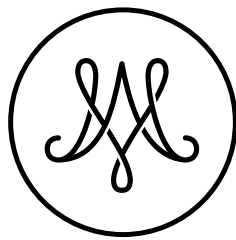
Hotel guests can enjoy the pool, steam room, and sauna everyday from 7:00 AM to 10:00 PM. External customers can access these facilities upon reservation between 10:00 AM and 7:00 PM.

## MEDICAL CONDITIONS

Please inform us of any health problems, allergies, or injuries, and let us know if you are pregnant so that we can advise you on a suitable treatment.

## CANCELLATION POLICY

In case of delay, your treatment will unfortunately be shortened to avoid inconveniencing the following clients. For any cancellation, please notify us at least 24 hours in advance. Beyond this deadline, your treatment will be fully charged.



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SPA DOMAINE REINE MARGOT

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Issy-Les-Moulineaux, France