

# Journey into wellbeing and serenity



ANANTARA

SPA

# Our story

With a philosophy of wellness rooted in Thai culture, Anantara means “without end” in Sanskrit – an idea that is reflected in our spa sanctuaries, which are devoted to the perpetual harmony of body and mind.

In the heart of the French Riviera, Anantara Spa in Nice invites you to a haven of serenity where ancient rituals meet modern innovations. Indulge in a moment of escape with our exclusive treatments by Elemis, Thalion, CHO Nature, and Bastien Gonzalez, and let our expert therapists enhance your well-being through a bespoke experience.

VIRTUAL TOUR



# Our partners

## ELEMIS

A pioneering brand in skin well-being, Elemis combines the soul of aromatherapy with artistic sensitivity and scientific rigour. With over 30 years of expertise, this British company offers innovative, sensorial and highly effective skincare products that are acclaimed in over 45 countries. At Elemis, each ritual embodies an authentic vision of beauty: high-performance, natural and profoundly holistic.

## THALION

THALION laboratories carefully cultivate and select the best seaweed for their products in Brittany and the Mer d'Iroise. This unique harvesting know-how enables them to preserve the original qualities of these precious plants and restore them in original formulas – veritable elixirs of beauty and well-being.

## BASTIEN GONZALEZ

We are proud to work with Bastien Gonzalez, a world-renowned French pedicure-podologist. Our therapists are trained in the exceptional beauty and well-being care protocols of the “R v rence de Bastien” brand, born of the desire to offer products and care for hands and feet that meet the highest standards of perfection and excellence.

## MONIKA HEILIGMANN

With pioneering formulas that fuse natural extracts and cutting-edge biotechnology, Monika Heiligmann ensures transformative results. The first and only science-led couture-inspired lip care brand sets a new standard in luxury lip cosmetics.



## Signature experiences

### ANANTARA SIGNATURE JOURNEY BY ELEMIS

Treat yourself to a moment of well-being inspired by the Thai philosophy of Nam Jai, a symbol of sincere benevolence. Start with a foot purification ritual with exotic notes of frangipani and hibiscus, before indulging in a tailor-made massage with the oil of your choice - monoi, coconut, rosemary, orange - to release tension and rebalance body and mind. Finish with an express facial for revitalised, radiant skin.

90 MINUTES

### OCEANIC BLISS RITUAL BY THALION

A unique multi-sensory experience designed to immerse the body and mind in a state of deep relaxation.

The body is enveloped in a gourmet scrub, then slowly immersed in a cocoon of well-being thanks to the Oceanic bliss ritual massage.

90 MINUTES

### SUPREME HOT PEBBLES AND HERBAL POUCHES

Featuring mimosa-ginger oil, this signature experience alternates hot-cold pebbles and herbal pouches, eliminating toxins, stimulating blood circulation and inviting you to let go and relax.

90 MINUTES

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*

DISCOVER THE HOLISTIC APPROACH OF ELEMIS: INNOVATIVE FORMULAS FOR OPTIMAL EFFICACY AND A COMPLETE SENSORIAL EXPERIENCE FOR THE WELL-BEING OF YOUR SKIN.

## Facial treatments

**ELEMIS**  
LONDON

### Manual treatment

High Touch by Elemis facial treatments combine intuitive gestures with expert care to gently prepare the skin and reveal the full effectiveness of the active ingredients.

### Technologic treatment

Expert Tech facial treatments combine the innovation of the BIOTEC machine with the expertise of our therapists to deliver visible results: skin that's revitalised, transformed and glowing with health.

### RENEW

Improve skin firmness, whilst reducing the look of fine lines and wrinkles with our clinically proven formulas and skin-lifting massage techniques. After just one treatment the complexion looks supremely hydrated, lifted and firm.

MANUAL 60 MINUTES  
TECHNOLOGIC 60 MINUTES



### REVEAL

This facial treatment helps reduce the appearance of pores and uneven skin texture, for a visibly smoother, renewed and radiant complexion.

MANUAL 60 MINUTES  
TECHNOLOGIC 60 MINUTES

### REJUVENATE & SCULPT

This innovative facial treatment combines the clinically proven effectiveness of intelligent skincare with visible results: skin that is energised, rejuvenated and visibly sculpted.

MANUAL 60 or 90 MINUTES  
TECHNOLOGIC 60 or 90 MINUTES

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*

DISCOVER THE BENEFITS OF  
MARINE COSMETICS FROM  
BRETAGNE WITH THALION

## Facial treatments

**THALION**  
CRÉATEUR DE COSMÉTIQUE MARINE

### **SENSI-MARINE**

This facial instantly immerses the skin in a bubble of serenity. It leaves the skin protected and soothed.

60 MINUTES

### **LIFT & FIRM**

This facial combines cutting-edge marine active ingredients developed by scientists with a firming massage and a unique tightening mask. Facial features are smoothed, skin is firmer, and contours are better defined.

60 MINUTES



### **EVERLASTING YOUTH SCULPTOR**

Blending technology with sensory bliss, this treatment relaunches the cellular processes of youth, reshaping the skin's architecture, layer by layer. The specialist manual massage technique is combined with the Sculpting Marine Glaz tool to redefine the contours and smooth and plump the skin. This is followed by an intense exfoliation, like a microdermabrasion, and the application of Caviar Pearls, with their wrinkle-by-wrinkle filling effect.

90 MINUTES

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*

# Bespoke massages

## ABSOLUTE CALM

30 | 60 | 90 MINUTES

This relaxing body massage features an essential oil chosen to meet your needs at the time of your visit. Tensions are released and the body is free from all stress.

## INTENSE REVITALISATION WITH MARINE MAGNESIUM 60 MINUTES

Surrender to a state of ultimate relaxation with this signature massage, which combines deep muscular techniques and the power of marine magnesium and seawater.

## MUM TO BE BY ELEMIS

60 MINUTES

A gentle massage that relieves tension and brings a feeling of lightness, perfect for this special time.

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*



## ADD ONS

- Lunch at restaurant “SEEN by Olivier Nice”
- Paraffin touch for dry or dehydrated hands. Helps the skin retain water and prevent dehydration
- Foot massage | 30 MINUTES



#### **DEEP TISSUE BY ELEMIS**

60 | 90 MINUTES

This vigorous yet relaxing remedy with classic massage strokes, works deeply into the muscles to stretch fibres and release tension.

#### **THAI MASSAGE**

60 | 90 MINUTES

Passed down through generations, this unique and exotic technique is known to many as 'passive yoga', as it offers the ultimate body workout, without any effort. Let your expert therapist do all the work while you enjoy the benefits. Experience how pressure point and stretching techniques effectively release tension, increase flexibility and boost vitality.

#### **GO WITH THE FLOW BY JULIEN B.**

60 | 90 MINUTES

Performed by a specialist in deep tissue, sports and Thai massage, this award-winning treatment combines advanced movements, stretching and mobilisation for an incomparable healing experience.

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*

## Body treatments

### **NOURISHING FRANGIPANI BODY WRAP**

The velvety texture of Monoï oil offers intense hydration to nourish thirsty skin. Enveloped in warmth, you let yourself be carried away by the comforting aromas and beneficial oils that sublimate the skin. A facial and scalp massage prolongs your relaxation. A deeply soothing experience, for skin that's silkier than ever.

30 MINUTES

### **PURIFYING SALT SCRUB**

Enjoy an invigorating experience thanks to the purifying, mineral power of salt. The aromatic salt gently exfoliates dead cells, stimulating skin renewal and leaving the skin smooth and ready to receive oils and balms. Once the body has been revitalised, sublime oils are applied to leave the skin velvety soft and perfectly nourished.

45 MINUTES

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*



### 3D SILHOUETTE

This anti-cellulite treatment uses a new technique: the superposition, in thin layers, of a multitude of textures to saturate the skin with marine active ingredients. Combined with a deep massage of the adipose tissue, the formulas target the 3 dimensions of cellulite.

For enhanced treatment efficiency, we recommend undergoing between 3 and 10 sessions subsequent to a diagnosis provided by one of our expert therapists.

60 MINUTES | 10 x 60 MINUTES

### ZEN ABDOMEN

An unprecedented curative and preventive approach to fighting excess abdominal fat and deep relaxation. This treatment combines the Zen Abdomen massage technique developed by a physiotherapist with a trio of magnesium oil, Guérande mud, and Stomach & Waist Reshaper.

45 MINUTES

## Wellness escapes

### RELAX BY ELEMIS

Steam room, sauna and relaxation room - 60 MINUTES

3H30 MIN

Body scrub by Elemis - 30 MINUTES

Personalised massage - 60 MINUTES

Personalized facial treatment - 60 MINUTES

### DETOX BY THALION

3H30 MIN

Steam room, sauna and relaxation room - 60 MINUTES

Sea salt fluid - 30 MINUTES

Ocean magnesium massage - 60 MINUTES

Hydra-mineral facial treatment - 60 MINUTES

### GOURMET BY ELEMIS

3H30 MIN

Treat yourself to an exceptional experience with our personalized spa package. Put together your own selection of face and body treatments, or let the expertise of our therapists guide you for a tailor-made break from head to toe.

Enjoy a perfect harmony of targeted facial treatments and relaxing body therapies. Choose from back or scalp massages, invigorating scrubs and luxurious body wraps.

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*



## Sports packages

### PREPARATION

3 HOURS

- Access to the gym
- Steam room, sauna and relaxation room - 60 MINUTES
- Sport massage with marine magnesium - 30 MINUTES
- Foot wellness (scrub & massage) - 30 MINUTES

### RECOVERY

3 HOURS

- Access to the gym
- Steam room, sauna and relaxation room - 60 MINUTES
- Relaxing massage with marine magnesium - 30 MINUTES
- Cryotherapy legs & feet treatment - 30 MINUTES

BASTIEN GONZALEZ, PODIATRIST AND PEDICURE SPECIALIST, PRESENTS HIS UNIQUE CONCEPT – A SYNERGY OF CARE, BEAUTY AND WELL-BEING.

## Hands & feet

### REVERENCE HAND RITUAL 45 MINUTES

A cuticle and nail treatment, including a natural beauty finish to the nails and thorough massage of the forearms, wrists, hands and fingers.

### REVERENCE FOOT RITUAL 60 MINUTES

A complete pedicure including a nail treatment, followed by a skin treatment to eliminate hard skin and dryness, complemented by a massage from the toes up to the knees, relieving any muscle tension and heaviness.

### REVERENCE DUO 75 MINUTES

This synchronized four hands treatment focuses on your feet, legs and arms. The ultimate in manicure and pedicure luxury, offering total relaxation.

*Treatments over 60 minutes include complimentary access to our relaxation room, steam room and sauna.*

### FOOT DE-STRESS 30 MINUTES

This truly relaxing toes-to-knees massage focuses on muscle tension, joint mobility, blood circulation, skin elasticity and the swollen soles of your feet. The preliminary exfoliation performed with the Black Diamond Scrub facilitates the absorption of the cream used during the massage, optimising the effects of its active ingredients.

### FILE & PAINT TOUCH (HANDS OR FEET) 30 MINUTES

Including your chosen nail polish and nail shaping.

### HAND & FOOT SYNCHRONICITY 30 MINUTES

This four-hands, synchronised massage creates a sensation of lightness to the whole body, relieving any muscle tension or heaviness in the legs and arms. The result is improved skin elasticity and optimum mobility.

### PARAFFIN TOUCH 20 MINUTES

This care supplement intensifies the foot and hand rituals. With its occlusive effect and its warmth, the paraffin mask allows better penetration of the moisturising ingredients applied beforehand. It promotes optimal relaxation of the joints and muscles.

### GEL COLOUR REMOVAL 25 MINUTES

#### ADD ON

- LED Lamp
- Eyes contour mask
- ELEMIS face mask
- Lips treatment by Monika Heiligmann

# Fitness memberships

Immerse yourself in a fitness space fully equipped with state-of-the-art Technogym cardiovascular equipment, resistance machines and free weights.

Find a total escape in our wellness area, complete with sauna, steam room and relaxation room.

Find us on the STRAVA App to discover local running courses designed by our team. Whether you are a beginner or a seasoned runner, our courses are adapted to every level, allowing you to enjoy the magnificent Côte d'Azur scenery while staying active.

A team of coaches is on hand and dedicated to helping you achieve your goals.

**OPEN 24H (HOTEL GUESTS)**

**OPEN 7:00 am – 10:00 pm (EXTERNAL CLIENTS)**

## GROUP CLASSES

Book your group lessons with spa reception or via [this link](#).

## PRIVATE LESSONS

On demand

SCAN THE QR CODE BELOW TO ACCESS THE FITNESS LESSON SCHEDULE:



VIRTUAL TOUR





# Fitness membership benefits

## 1-3-6-12-MONTH MEMBERSHIP

- Access to the gym every day from 7:00 am to 10:00 pm
- Complimentary towels while using facilities
- Access to changing rooms
- Complimentary sports snacks
- Complimentary refreshments
- Administration fee included
- Access to sauna, steam room and relaxation room
- 25% discount on the treatment menu (*Monday to Thursday*)
- 3 guest passes per year
- 1 group class per month for 12-month membership

## PERSONAL TRAINING

Personal training is available to members at an additional cost. Please speak to a member of the spa team for more details.

## PRICES

|           | 1 PERS.   | 2 PERS.   |
|-----------|-----------|-----------|
| 12 months | EUR 1,440 | EUR 2,760 |
| 6 months  | EUR 750   | EUR 1,440 |
| 3 months  | EUR 390   | EUR 750   |
| 1 month   | EUR 150   | EUR 300   |

### Sponsorship:

For every 12-month subscription, sponsor receives 1 month free. Limited to 2 referrals per year.

# General conditions

## ACCESS

External guests have access to the Fitness Centre and all the treatments at Anantara Spa. Parking and valet parking are available at an additional cost.

## OPENING HOURS

Anantara Spa is open 10:00 am – 7:00 pm daily. The Fitness Club is open from 10:00 am – 7:00 pm for external members and 24 hours a day for hotel guests. Please contact us for timetables in high season.

## YOUR ARRIVAL AT THE SPA

For your treatment to run smoothly, we recommend that you arrive at the spa reception desk 15 minutes before your appointment time. Late arrival will result in a reduction of the initial treatment time.

## AGE REQUIREMENT

Access to the spa and treatments is reserved for guests over 16 years of age.

## CARE, HEALTH AND COMFORT

Our treatments are non-medical, wellness and relaxation treatments. Please inform us of any health problems, allergies or injuries that could interfere with your treatment and/or the use of the spa facilities.

## TRANQUILITY OF THE PLACE

Anantara Spa is a place of relaxation. In order to maintain an environment conducive to well-being, we ask you to respect the tranquility of the premises and that of other users. Please speak softly and turn off your cell phones. Smoking is not allowed.



## CANCELLATIONS

Any cancellation that is not notified within 24 hours will be charged in full.

## LOST OR DAMAGED ITEMS

The spa at Anantara Plaza Nice provides clients with a changing room and robes. The spa team will not be responsible for any personal belongings.

## VALET PARKING (EUR 15)

ANANTARA PLAZA NICE HOTEL

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