

COSTANS & WELLNESS

*Extend the well being experience in
Les Costans with our cares
« Escapes & world stop-over »*



LA CARTE DES SOINS

Marine Escapes

- **Relaxing marine escape**

Let yourself be rocked by slow and enveloping manipulations to the rhythm of the ocean waves. Immerse you into a deep and delicious relaxation. 60mn :75€

- **Vitality marine escape**

This care transmits energy and gives you a well-being and invigorating sensation. Feel a wonderful vitality by deep manipulation, a care stimulating your energetic stream
60mn :75€

- **Hot stone enveloping care**

Feel the pleasure of a delicious heat enveloping you, releasing tension, bringing you to an unforgettable relaxing break.
60mn :75euros

- **Relax back hot sones**

This care releases the accumulated tensions. Relax the back, the nape of the neck, the trapeze muscles. A deep muscular relaxation for an immediate well being.
60mn:75€

- **Special men: tonic and detox escape**

This care drains, releases toxins, and relaxes the body, by deep and precise pressures from the head to the feet. Rhythmic and firm manipulation, will procure you a full relaxation.
60mn:75€

The hotel Les Costans proposes you a wide range of exclusive cares, complete and totally personalized according to your wishes.

Our well being specialist reserves you a quality welcome and prepares with your program suited to your individual need and requirement.

The cares « Escape » and « World stop-over » are provided in our wellness space, only with reservation from reception department.



Our beneficial vegetable oils, are combinated with essential oil, citrus fruit, lavender, tea tree, ylang ylang, rosemary, pine and somme marine notes...

The world stop-over

- **Hawaiian**

An invitation to feel a delicious body and soul's harmony. Inspiring from the sweetness and the power of the ocean waves. With Tiare flower, fluid and enveloping, with pressures on forearm.
60mn :75€

- **Indian**

Its specificity : it will relax and revitalize you at the same time. Enveloping from head to toe, relax and release nerves with hot sesame oil.
60mn :75€

- **Korean**

Live a delicious well-being instant, a traditional art of body and soul appeasement. Micro-vibration, sweet stretching, combined with manipulation. Ideally suited for stressed and tired person.
60mn:75€



- **A letting go care «Seven islands cocoon ». Bio**

Participate to an original trip. A stress releasing, combined with voice guide, by a careful listening of your body and your breathing. An exceptional moment, Ideal for stressed and exhausted person.
60mn:80€

- **Duo stop-over**

Do you want to live an harmony moment together, celebrate a birthday, or a particular event?



When one is in the hands of our well-being specialist, your partner degusts a cup of tea front of the sea.

Choose the massage and the essential oil of your choice, and the desire time, from 30min to 60min
45€ or 75€

- **Sublime marine stop-over « Les Costans »**

This care offers you a relaxing break, sensorial and personalized.

Tiredness and tensions goes away. You land for a sublime detent of body and soul. Perfumed with coconut essences and hot towels. A personalized trip- 90 min, 110€