

LE SPA

CHÂTEAU DE LA GAUDE



CHATEAU DE LA GAUDE
AIX EN PROVENCE



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THE 5 ELEMENTS OF REGENERATION

The expertise and know-how of our Spa represent an essential alliance between the different activities of Château de la Gaude, built around **five key elements of psycho-physiological regeneration**.

1. Emotional Balance

Emotional Balance

allows the development of stable roots. Body and face massages strongly contribute to regulating emotional balance by stimulating relaxing hormones.

2. Strength & Flexibility

Strength & Flexibility

enhance muscle development as well as agility and mobility. Our Wellness Sport program offers a wide range of Yin Yoga and Pilates retreats.

3. Health

Health

is at the heart of our priorities, a standard of performance and focus. Supplementation provided by our partner brands delivers the micronutrients the body needs to develop.

4. Biological Clock

Biological Clock

is an essential component of our basal metabolism, which supported by premium bedding across all types of accommodation.

5. Gourmet and Dietary Pleasure

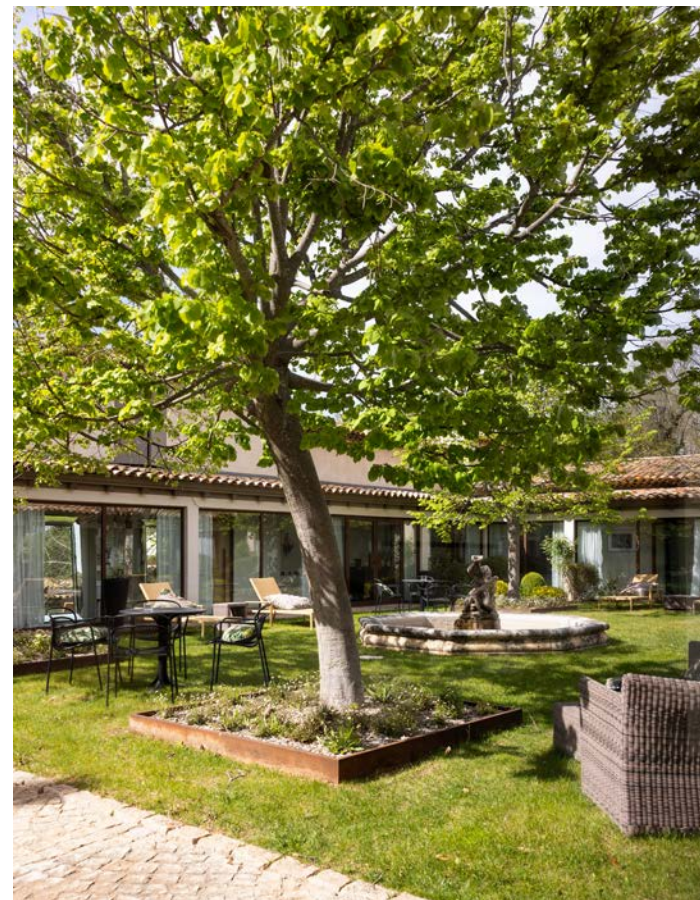
Healthy and Gourmet Nutrition

healthy, delicious, and balanced, designed for wellness and harmony.



Biological Clock restorative sleep:

This program is designed for you if you suffer from sleep disorders or need biological balance. Unusual Rooms, Villa Suites... a connection to nature, serenity, and calm.



The Spa offers:

- A heated outdoor swimming pool
- A wet zone: traditional sauna, hammam, and sensory shower
- 3 duo treatment rooms in Haute Couture themes (Jean-Paul Gaultier and Missoni rooms with shower and balneotherapy)
- 3 individual treatment rooms in Haute Couture themes: Hermès, Missoni, and Kenzo
- 1 Hair salon
- 1 Balneotherapy area including chromotherapy
- 1 Relaxation lounge and tea area with garden views
- 1 Shaded interior garden perfect for relaxation and light dining

A former stud farm, the Spa at Château de la Gaudé imagined and designed around four couturiers: Hermès, Jean Paul Gaultier, Missoni, and Kenzo, whose wall tapestries infuse luxury, serenity, and modernity. Its inner courtyard has been preserved to highlight the original gardens and fountain, reflecting Provence. Every space and treatment was conceived in collaboration with our practitioners to showcase their identity and expertise.



OUR BRANDS

myBlend

Former clinician Olivier Courtin suggests a holistic and personalized approach to skincare. His 360-degree vision reflects his conviction rooted in reality: the skin is the mirror of overall balance, taking into account sleep, nutrition, exercise, and emotional state.

myBlend is committed to revolutionizing skincare through innovation, sensoriality, and beauty tech. Based on the principles of epigenetics, the mission of myBlend is to enable everyone to reveal their skin's true potential.

By combining cutting-edge technology, ultra-sensorial treatments, and nutritional supplements with tailor-made spa treatments, the myBlend collaboration aims to offer an experience that transcends traditional beauty to embrace optimal skin health and well-being.



LA COMPAGNIE MARSEILLAISE

Olivier Claire

Olivier Claire is committed to offering a “truly distinctive proposition.” A pioneer of Clean Beauty, Olivier Couraud builds his entire line around two strong values: efficacy and eco-responsibility.

The facial treatments are highly effective, formulated with natural French ingredients. The synergy of rare and precious actives delivers results focused on hydration, prevention, and cellular regeneration.

La Compagnie Marseillaise

Inspired by the Mediterranean, La Compagnie Marseillaise fully embodies the French charm and Provençal freshness we seek when discovering the South of France.

The brand offers scents made with natural ingredients: home perfumes, diffusers, and candles are all featured in the Spa at Château de la Gaude.



THE CLASSICS

Personalized Serenity **60 mn - 150 € ttc (OC)**
Customization

The Personalized Serenity is a massage with strong adaptability, essentially focused on the needs and emotions of the moment, a perfect alliance between desires and the know-how of our Spa.

Energizing **60 mn – 180 € ttc**
Relieve and loosen **90mn – 220€ ttc (MB)**

The Energizing is a massage that aims for deep muscular relaxation in order to release tensions, pain, and stiffness. In this deep tissue massage, the gestures are powerful and rhythmic, structured around a protocol of warming up, pressure, and stretching of the muscles.

Harmonizing **90mn – 220 € ttc (MB)**
Letting go and relaxation

The Harmonizing is a deeply relaxing massage. Gentle stretches are performed through a subtle towel technique inspired by Yin Yoga until the body is able to release its tensions. It aims to rebalance energy flows and chase away stress.

Sensory Anchors **45 mn – 130 € ttc**
Balance and lightness

The Sensory Anchors is a massage concentrated on the small anchors of our body: wrists and hands, ankles and feet, knees and trapezius. Zones of bodily support but also zones registering damage, the anchors of our body need balance and mobility. This massage makes it possible to release all the anchors of the body by working through the support areas that are the joints.



Hot Stone Massage **60 mn – 150 € ttc**
90mn – 210€ ttc (MB)

Hot stone massage is an art: a harmony between the warmth of the stones, essential oils, and the body. One of the most relaxing treatments, it provides complete release.

CBD-Infused Massage **60 mn – 150 € ttc**
90mn – 210€ ttc (MB)

Performed with grapeseed oil, rich in minerals and antioxidants, the CBD-infused massage boosts the body’s anti-inflammatory properties. This treatment offers optimal well-being, easing pain and deeply hydrating the skin.

Renata França **60 mn – 150 € ttc**

Originating from Brazil, the Renata França method is renowned for its lymphatic drainage benefits: weight loss, reduction of water retention, decrease in aqueous cellulite, and deep body detoxification. This manual technique is both powerful and rhythmic, delivering sculpting and firming results.

Renata França - Miracle Face **30 mn – 90 €**

Originally from Brazil, the Renata França method is renowned for its remarkable benefits in lymphatic drainage. The drainage phase activates the lymphatic system and treats areas where fluid has accumulated. The remodeling phase then reshapes and harmonizes the face. The Miracle Face technique is particularly effective against water retention: under-chin puffiness, forehead wrinkles, as well as dark or swollen circles.



ESSENTIALS FROM OUR BRANDS:

MYBLEND

Regenerating **90 mn – 220 € ttc**
Face, neck and décolleté

The Regenerating treatment uses radiofrequency and LED for a firming effect and an improvement in skin density. This advanced protocol uses multipolar radiofrequency and generates controlled heat in the dermis to stimulate fibroblasts and collagen production. The intensive manual massage completes this stimulation by promoting the penetration of active ingredients. The LED mask (red light and near infrared) optimizes cell repair, strengthens the skin barrier, and reduces the signs of aging.

Remodeling – Essential Care **60 mn – 180 € ttc**
Anti-ageing treatment

Electrostimulation and LED provide a firming and remodeling effect. Thanks to its micro-impulses of electrostimulation, this treatment targets the facial muscles and reinforces their tone. This technique provides overall skin firming, facial contour remodeling, and an improvement of the oval. An intensive manual massage amplifies the lifting effects. The LED mask stimulates skin repair by prolonging the firming and restructuring effects of the treatment.



Express Treatment **30 mn – 90 € ttc**
Efficiency

The Express treatment offers visible results in a minimum of time, with powerful technologies and always tailor-made targeting. In this thirty-minute treatment, a delicate cleansing prepares your skin before using the technology provided by CellSynergy.

New Skin Peeling **30 mn – 90 € ttc**
Anti-ageing treatment

A sensory experience with a powerful cocktail of four acids to exfoliate and renew the skin. The high concentration of BHA and AHA regulates, soothes, and evens out the skin. As new, it regains its smooth texture.

An LED mask session can help maximize the effects.

ESSENTIALS FROM OUR BRANDS:

OLIVIER CLAIRE

The OC **105 mn – 250 euros ttc**
Haute Couture treatment face, neck & décolleté

The Haute Couture treatment aims to revive and activate the skin's cellular regeneration thanks to the synergy of rare and precious plant extracts. These formulas of excellence, highly concentrated, correct the signs of aging and re-oxygenate the skin in depth. More than a treatment, a multi-sensorial experience, a sublimated face, firmer, radiant with life.

Intense Hydration **90 mn – 190 € ttc**
Hydration **60 mn – 150 € ttc**

Highly concentrated in plant actives with powerful anti-ageing properties, this treatment combined with gentle and stimulating techniques hydrates and plumps the skin. The Intense Hydration treatment includes an antioxidant cleansing based on Native Cells of Criste Marine and Fruit Acids, a high-performance scrub with grains, and a floral mist. The application of a collagen sheet mask, a serum, and finally a global High Performance mask provides a magnified glow and smoothed skin.



Olivier Claire Exfoliating Treatment **45mn- 90€ ttc**

The natural Olivier Claire scrub, highly concentrated in plant actives, gently exfoliates, promotes cellular renewal, and hydrates the skin. A wave of revitalizing, soothing, and energizing well-being, doubled with soft, firmed, and satin skin. The Olivier Claire Verbena Mist completes the experience at the end of the treatment.

Olivier Claire Sculpt Detox **75mn - 225€ ttc**
Wrap & draining massage

A genuine detoxifying and protective treatment, with firming and tightening effects that re-energize the silhouette, smooth the skin, and restore the body. This wrap treatment provides a strong energizing sensation.



THE SIGNATURE TREATMENTS BY OUR EXPERTS

At the Heart of the Haras

Digestion

45 mn – 130 € ttc

The term “at the heart of the haras” is Japanese and refers to the lower abdomen as an energy center. At the Heart of the Haras is a specific treatment oriented towards visceral massage. The massage techniques are gentle, precious, and specific, aiming to work in depth on the abdominal organs. This delicate manipulation relieves pain and helps to soothe the certain digestive symptoms.

L’Homme

Male treatment

90 mn – 180 € ttc

This facial treatment with cryotherapy extends up to the back muscles, a real therapy through cold. The power of cold adapted to male skin provides fresh, clear, and energized skin. This treatment combines the freshness of cryotherapy with a dynamic gesture to revitalize, hydrate, and revive the complexion’s radiance. It tightens pores and provides an immediate sensation of freshness and comfort.



Lomi Lomi

Spirituality and relaxation

90 mn – 190 € ttc

The Lomi Lomi massage is an ancestral Hawaiian practice that combines relaxation, care, spirituality, and healing. The movements are fluid and rhythmic. Manual pressure is applied to the upper body and often feels like deep caresses.

Soleil d’Orient

Power for Body and Face

90mn –210 € ttc

The Soleil d’Orient seduces thanks to its double effectiveness, body and face. It offers a 60-minute Indian massage that envelops the whole body, including the stomach and solar plexus. To extend the modeling, drainage, and acupressure work, a 30-minute facial treatment completes the energizing action of Soleil d’Orient.





INNOVATIVE THERAPIES

My Tonic Essence

90 mn – 290 € ttc

My Tonic Essence is a creation that combines human talent and myBlend technology. Designed to optimize every minute, My Tonic Essence begins with a deep cleansing of the skin combined with powerful massage techniques on the lower limbs. The myBlend exfoliant contains fine, sandy grains. The second part of the treatment uses the latest Cell Synergy technology to activate the work of drainage and skin smoothing, completed by a relaxing massage.

Red Light Therapy

30€ à 360 € ttc

Give your skin an instant glow. The benefits of myLEDmask are to revitalize, soothe, treat, and enhance the complexion. A fast and effective experience for radiant skin! The ideal cure is one session every 2 days for 6 weeks.

1 session myLEDmask
6 sessions myLEDmask
18 sessions myLEDmas

30€ ttc
150 € ttc
360 € ttc

Red Light Homestyle

1 500 € ttc

The “Red Light Homestyle” package was designed with the objective of control, autonomy, and maintaining the benefits of myBlend High Technology. The combination of this technology with myBlend actives is essential.

- 1 myBlend LED mask
- 1 Enzymatic Lotion
- 1 Regenerating Cream
- 1 myBlend pouch + 2 samples
- 1 consultation of 30 minutes

BALNEOTHERAPY

A Time for Yourself

3h – 380 € ttc/ personne

A Time for Yourself offers an initial body exfoliation to purify the skin. A bath infused with essential oils is followed by a 60-minute aromatherapy massage and a facial treatment to perfect and enhance your complexion.

Romance in Provence

2h - 500€ ttc / 2 personnes

Romance in Provence is an experience, a romantic sensory journey. The infusion of the bath with essential oils allows you to relax before continuing the journey in the hands of our experts with a 90-minute duo massage. The experience is completed with a welcome including Champagne and sweet bites in our inner courtyard.

Provençal Escape

1h30- 400€ ttc / 2 personnes

The Provençal Escape offers, as a duo, a grape seed scrub providing a first gentle exfoliation of the body's dead cells. The aromatherapy bath helps to relax muscle reflexes. A multisensory massage completes this authentic moment made in Provence. Enjoy a surprise platter accompanied by a wine from the estate and let yourself be transported into an olfactory and sensory journey.



PEACE & RELAXATION

Please respect the tranquility of other guests

NO PHOTOGRAPHY OR FILMING

To protect the privacy of our guests, photography and filming are prohibited in the Spa areas, particularly in sauna and hammam area

DRESS CODE

The spa, including the sauna & hammam, has an appropriate dress code that excludes nudity. Our therapists are available to assist our clients in providing you with appropriate attire.

BATHING SLIPPERS ARE MANDATORY

Access to the Spa areas is permitted with bathing slippers to ensure hygiene and safety

RESERVING LOUNGERS

Reserving loungers with towels is not permitted to ensure fair use for all guests

AGE RESTRICTION

Access to the Spa is permitted for all guests aged 6 and more and the access to the Sauna & Hammam is permitted for all guests aged 18 and more





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<https://chateaudelagaude.com/>