



Our Spa



Our Spa

A timeless detour
in Burgundy

In the heart of Tournus, Hotel**** & SPA
“Les Sept Fontaines” invite you to relax in its
365m² wellness area with fitness room, indoor
pool & jacuzzi. Our hammam and sensory shower
will make you live a real moment of relaxation.



Area Wellness

Entrance SPA

On reservation and under subject to availability.

The spa is prohibited at least 16 years old, special access is available to them reserved from 9:00 a.m. to 10:30 a.m.

Hotel guests:

Access 1h30: 30€ per person
Offered for reservations live.

External customers*:

1h00 access offered with a treatment or 50 minute massage.
Access included with the offer Intermission Spa.

Access 1h30: 35€ per person
10-access card of 1h30**: 315€

* Monday to Friday, excluding days holidays and school vacations all areas.

** Nominative card valid for 1 year



Cinq Mondes Massages

Traditional Oriental Relaxing Massage

50 min / 95 €

Inspired from Oriental tradition, this massage is carried out with slow and deep movements to give you a feeling of pure well-being.

Tonifying Indian Ayurvedic Massage

50 min / 95 €

Enjoy the vanilla and cardamom fragrances of this tonifying hot oil massage inspired by the millenary Indian tradition. The change in pace between energetic and heating strokes relieves tensions and relaxes the muscles.

Enveloping Balinese Massage

50 min / 95 €

Dive into a universe of tranquility thanks to this ancestral Balinese massage using the “Tropical Nuts Melting Body Balm™”. With this sensory escape you will experience traditional stretching and gentle Thai smoothing movements.

Polynesian Massage

50 min / 95 €

A massage inherited from Polynesia healers and inspired by Lomi-Lomi which uses deep pressure and long continuous movements from the practitioner's forearms. The delicate Tiaré flower notes accompany you throughout this incredible experience to make you feel you are letting go.

All our massages are also done in Duo with a supplement of 20 €

CINQ MŌNDES
PARIS



Vinésime Massages



Enchanting Relaxing Treatment • 50 min / 95 €

A polysensory massage for body harmonization and the pleasure of the senses. True olfactory journey, it bathes you in the roundness of divinely addictive red fruits. The wedding of grape extracts and black currant oil hydrates the skin and makes it soft and silky.



Divine getaway in the vineyards 50 min / 95 €

Inspired by the Thai treatment “Les tampons de Siam”, this draining and relaxing treatment mixes manual techniques and manipulations made with hot pomace and grape seed ballotins.

Tailor-made Massages

25 min / 50 € • 50 min / 95 € • 80 min / 135 €

Massage in Duo with a supplement of 20 €

Adapted to your desires and needs, take a moment to awake all your senses with this personalized massage.

Suitable for pregnant women from the 2nd trimester of pregnancy

Card of 10 massages
or facial + 1 free
950 € for 11 massages.
Personal card valid for 1 year.

Signature **treatment** The SPA **intermission**



Treatment fully designed by our Spa practitioners

Signature Treatment “**The Seven Fountains**”

80 min / 135 €

This relaxing signature ritual begins with a deep back massage to release tension.

It continues with a facial and scalp massage to give a fresh and rested complexion.

To end lightly on the lower body, the treatment ends with a foot scrub and a leg massage.

A signature treatment imagined by our practitioners for a moment of intense relaxation.

All our massages are also done in Duo with a supplement of 20 €



The SPA intermission

25 min of treatment and 1 hour of SPA / 75 €

A relaxation formula to take advantage of our SPA and a treatment in less than two hours.

Take care of your skin with a 25 minutes massage or a face treatment, and extend this relaxing experience for one hour in our wellness area : hammam, jacuzzi, indoor swimming pool, sensory shower.

All our massages are also done in Duo with a supplement of 20 €

Lunch & SPA Packages



Enjoy a day entirely dedicated to your well-being
with our “Lunch & SPA” packages

Lunch & SPA package 149 €

- 2h SPA Access
- Healthy menu with less than 1000 calories or The Menu du “Cloître”
- 50 minutes Facial Treatment or Massage
- Relaxing moment & snack after the treatment

The Lunch & SPA formula is also available in the Duo cabin
with a supplement of 20€.



Care Child

My 1st massage* 25 min / 50 €

Discovery and real moment of relaxation
with soft and soothing strokes.

Kids up to
16 years old

Mon 1^{er} Soin visage* 25 min / 50 €

Discovering the benefits of a facial
treatment adapted to their little angel skins.



Cinq Mondes **Body** Rituals

CINQ MŌNDES PARIS

Orient Ritual®

80 min / 135 € • 1h50 / 185 €

Relaxing moment in the hammam, purifying scrub with Black Beldi Soap®
Purifying and detoxifying Body Wrap with "Rassoul Cream®"
Traditional Oriental Relaxing Massage 20 or 50 min

Ayurvedic Ritual®

80 min / 135 €

Energizing Aromatic Scrub with Spices
Invigorating Indian Ayurvedic Massage

Royal Ritual **From Siam**®

80 min / 135 €

Radiance Scrub « Papaya Puree® »
Balinese Relaxing Massage

Body Ritual®

25 min / 50 € • 50 min / 95 €

Energizing Aromatic Scrub with Spices
or Radiance Scrub « Papaya Puree® »
followed by a Cinq Mondes massage of your choice

All our Rituals are also carried out in the Duo cabin with a supplement of 20 €



Vinésime Body Rituals

Great Vintage Travel • 1h50 / 185 €

Exfoliation, Wrap, Massage

Immerse yourself in the heart of the vineyards, within the most beautiful Climats: a greedy escape which reveals the secret of the vine. A Grand Cru scrub to refine the skin texture, a relaxing and stimulating massage to wake up the body and an anti-aging wrap to enhance the skin.



Anti-aging & well-being getaway • 80 min / 135 € • *Wrap, Massage*

A massage combining relaxing and deep manipulations to relax you thanks to the “Sensuelle Volupté” oil. The treatment ends with an anti-aging grape wrap that covers the whole body that brings it minerals and anti-oxidants from grapes. A complete care to regain youth and vitality.

Grand Cru energizing treatment • 80 min / 135 € • *Exfoliation, Massage*

From the prestigious Clos “Richebourg Grand Cru”, this scrub made with pulp, stalks and grape seeds refines skin texture and releases toxins and impurities. An invigorating and stimulating scrub with a unique texture which will enchant all skin types. Completed by a relaxing massage, with Sensuelle Volupté oil, the skin regains finesse, lightness and softness.

Grand Cru stimulating break • 25 min / 50 € • *Scrub*

A discovery of our prestigious body scrub from the exceptional climate “Richebourg Grand Cru” which will refine your skin texture and release impurities. Will follow a veil of hydration with the Prodigal sensation balm.

Facial Treatments

CINQ MŌNDES PARIS

« Ko Bi Do » Imperial Youthfulness

25 min / 50 € • 50 min / 95 €

Facial Treatment-Massage

Originating from Japan, this Imperial Youth Ritual KO BI DO is a full anti-age treatment, to regain toned, smoothed and plumped skin.

Radiance boost or Sublimator

25 min / 50 € • 50 min / 95 €

Facial Treatment-Massage

“Ritual With 5 Flowers” Cinq Mondes
Enjoy the delicate scents of tropical flowers of this treatment inspired by Balinese beauty rituals, and discover its benefits combining skin cleansing, well-being and beauty.



VINÉSIME MILLÉSIME DE BEAUTÉ

Vital force of the vine

80 min / 135 € • *Care*

A global anti-aging treatment for incomparable radiance, skin smoothing and firmer skin. the A20C* complex, with oxygenating properties and antioxidants boosts the energy of the skin and strengthens its defenses.

*Anti-oxidant and cellular oxygenator

Intense Vin'hydra

50 min / 95 € • *Moisturizer*

A sensory escape through relaxing manipulations combining deep pressures and smoothings. This treatment face brings comfort and radiance to your skin, the application of a specific Vinésime mask keeps the skin well hydrated. The facial features are rested, the complexion radiant.

Beauty parenthesis

25 min / 50 € • *Exfoliation, Mask*

An invigorating and stimulating discovery treatment to awake the vital functions of the epidermis. the complexion is fresh, luminous, the skin radiates with new beauty.

All our Facial treatments are also carried out in a duo cabin with a supplement of 20€.

Hair removal

Nail Beauty

Nail Beauty

- Express manicure or pedicure 20 €
- Complete manicure and pedicure 60 €
- Classic varnish application 20 €
- Application of semi-permanent varnish 40 €
- Removal of semi-permanent varnish 20 €
- Manicure or pedicure 55 €
- + application of semi-permanent varnish
- Removal of semi-permanent varnish 75 €
- + manicure or pedicure
- + application of semi-permanent varnish

Hair removal

- Lips or eyebrows 15 €
- Lips and eyebrows 20 €
- Armpits or arms 20 €
- Torso or Back 40 €
- Standard jersey 25 €
- Brazilian jersey 30 €
- Full swimsuit 40 €
- Half legs 30 €
- Full legs 50 €
- Eyebrow or eyelash tinting 25 €



Underarm/ Half-leg / Bikini line Package 70€
Underarm/ Leg / Bikini Line Package 95€

Informations SPA

Réservations

Treatments and massages by appointment only
SPA Privatisation on quote. To access our SPA
(forbidden to kids under 16), please bring your
swimsuit. In a closed locker room, bathrobe, and
towels will be at your disposal.

Punctuality & Cancellation

In order to fully enjoy your treatment, we
invite to arrive 5 or 10 minutes before your
appointment.

In case of delay, the time dedicated to the
treatment won't be guaranteed. The hotel
reserves the right to charge for any treatment
not cancelled at least 5 hours before your
appointment. A bank imprint will be requested.

Fitness

For your health, The practice of sports
and the use of the weight training
equipment are under your responsibility.

Jewellery and valuables

We recommend you not to leave your valuables
in your room, and decline all responsibility in
case of loss or theft in the Wellness area.

Health

Our services are not associated with any physiotherapy,
medical or rehabilitation techniques. Please let us know
your state of health (pregnancy, illnesses, allergies,
injuries...) in order to adapt your treatment.

Gift Shop

Satisfy your loved ones with gift boxes !



To discover
our offers



Scan me!



Is pleased
to welcome
you 7 days
a week

SPA “Les Sept Fontaines”

1 Avenue de la Résistance - 71700 TOURNUS

www.hotel-les7fontaines.com

spa@hotel-les7fontaines.com • Tél. +33 (0)3 85 36 69 15