



Coquillade Times

MENU



Programmes

IN & OUT BEAUTY DETOX & SHAPE SPORT & MORE NO STRESS

Spa Coquillade created made-to-measure programmes to achieve an optimum level of physical and mental well-being.

Choose to experience a program in 5h or 10h
which will revitalize body and mind.

At your arrival, an appointment will be offered for personal advice to organize a wellness-stay according to your needs and your wishes.

Each programme is to make up following the duration of the Coquillade Time chose:

Coquillade Times 5h = 740€
Coquillade Times 10h = 1400€

Access to the spa and gym is included during your programme

SPORT & MORE

Individual coaching session (1h)
Diverse activities sessions*
Hydromassage Bath (20mn)
Body Scrub (30mn)
Deep Tissue Massage (1h)
Californian Massage (1h)
Legs Massage (1h)
Swedish Massage (1h)
Signature Massage (1h30)
Personalised facial treatments (1h)

NO STRESS

Diverse activities sessions*
Hydromassage Bath (20mn)
Signature Massage (1h30)
Face Emotional Ceremonie (1h)
Body Emotional Ceremonie (1h)
Ayurvedic Massage (1h)
Tui Na Massage (1h)
Personalised facial treatments (1h30)
Californian Massage (1h)

IN & OUT BEAUTY

Diverse activities sessions*
Hydromassage Bath (20mn)
Body Scrub (30mn)
Personalised facial treatments (1h)
Signature Massage (1h30)
Legs Massage (1h)
Ayurvedic Massage (1h)
Body Contouring Massage (1h)
Pedicure - with or without Nail Polish (1h20)
Manicure - with or without Nail Polish (1h20)
Make-up (30mn)
Brushing (45mn)

DETOX & SHAPE

Individual coaching session (1h)
Naturopathy Consultation (1h30)
Body Scrub (30mn)
Hydromassage Bath (20mn)
Body Contouring Massage (1h)
Foot Reflexology (45mn)
Swedish Massage (1h)

*(yoga, mediation, aquafit, bike, fitness...)