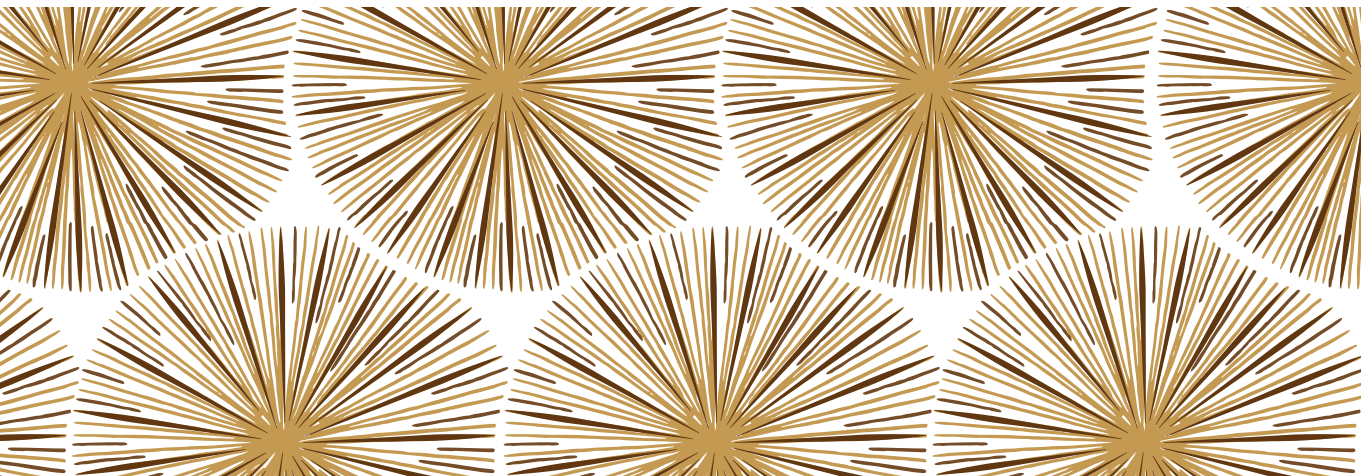


Les Sept Fontaines

HÔTEL - SPA - RESTAURANT

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.



Wellness Area

SPA Access by reservation

Hotel clients : 2h access*

External clients :
1h access included with your
50 or 80 minutes treatment

10 sessions of 1 hour : 250 €
(From Monday to Friday)

SPA is forbidden to kids
under 16 years old.
Special access for client
hotel's children from 9 to
10 am every morning.

*according to booking conditions



Cinq Mondes Massages

Traditional Oriental Relaxing Massage

50 min / 90 €

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 / 90 €

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 / 90 €

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 / 90 €

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 can also be performed in duo : 50 min / 180 € • 80 min / 260 €

CINQ MÖNDES
PARIS



Vinésime Massages



Enchanting Relaxing Treatment • 50 min / 90 €

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.



NEW



Divine getaway in the vineyards 50 min / 90 €

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 / 90 € • 80 min / 130 €

Duo: 25 min / 90 € • 50 min / 180 € • 80 min / 260 €

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

Cinq Mondes Body Rituals

CINQ MŌNDES

PARIS

Orient Ritual®

80 min / 130 € • 1h50 / 180 €

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 / 130 €

Energizing Aromatic Scrub with Spices
Invigorating Indian Ayurvedic Massage

Royal Ritual **From Siam**®

80 min / 130 €

Radiance Scrub « Papaya Puree® »
Balinese Relaxing Massage

Body Ritual®

25 min / 50 € • 50 min / 90 €

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

All our massages can also be performed in duo : 50 min / 180 € • 80 min / 260 €



Vinésime Body Rituals

VINÉSIME
MILLÉSIME DE BEAUTÉ

NEW



Great Vintage Travel • 1h50 / 180€

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 / 130 € • *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 / 130 € • *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 / 90 €

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 / 90 €

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 MILLESIME DE BEAUTE

Vital force of the vine

80 min / 130 € · *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 / 90 € · *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.

NEW

Signature **Treatment** The SPA **intermission**



Treatment fully designed by our Spa practitioners

“The Seven Fountains” Signature Treatment

80 min / 130 €

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.

The Signature treatment is also done in Duo: 80 min / €260



The SPA intermission

25 min of treatment and 1 hour of SPA / 70 €

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.

Lunch & SPA Packages



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

Lunch & spa package 139 €

- 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



Care Child

My 1st massage* 30 min / 40 €

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

My 1st Facial Treatment* 30 min / 40 €

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

*Kids up to 16 years old

Hair removal

Nail Beauty

Nail Beauty

- Express manicure or pedicure 20 €
- Classic varnish application 15 €
- Application of semi-permanent varnish 35 €
- Removal of semi-permanent varnish 15 €
- Manicure or pedicure 55 €
- + application of semi-permanent varnish
- Removal of semi-permanent varnish 65 €
- + manicure or pedicure
- + application of semi-permanent varnish

Hair removal

- Lips or eyebrows 10 €
- Lips and eyebrows 15 €
- Armpits or arms 15 €
- Torso or Back 35 €
- Standard jersey 20 €
- Brazilian jersey 25 €
- Full swimsuit 35 €
- Half legs 25 €
- Full legs 40 €
- Eyebrow or eyelash tinting 20 €



Informations SPA

Reservations

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!

Les Sept Fontaines
HÔTEL - SPA - RESTAURANT

Is pleased
to welcome
you 7 days
a week

SPA "Les Sept Fontaines"

1 Avenue de la Résistance - 71700 TOURNUS

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