

### INTUITIVE MASSAGE – IN SOLO

From a targeted massage (45 mn.) to a true inner journey (90 mn.), to the centre of our unchanging well-being. In between, a fairly complete treatment, ideal for those wishing to relieve fatigue and tension generally found in the back and upper body (60 mn.).

€ 95 - 45 mn.

€ 125 - 60 mn.

€ 185 - 90 mn.

### FACIAL TREATMENT – SOLO

Either a beauty, health and relaxation treatment that's as relaxing as you want it to be (scrub, mask, acupressure, with Ella Baché cosmetics - nutridermologie - 30 mn) or Kobido, facial treatment on the verge of a facelift, an age-old Japanese practice (75 mn.).

€ 65 - 30 mn.

€ 135 - 75 mn.

### THALA-SOURCE® – AS A COUPLE

A morning of treatments for two, including a volcanic clay scrub or body wrap, or a facial scrub-mask treatment, and time to relax in the outdoor bath, a 60-minute massage per person, and a Vitality lunch for 2.

€ 430 for 2 - from 9:00 am. to 1:00 pm.

### AB|SO|LU SPA – FOR TWO ONLY

Privatisation of the Spa for 2 for 2 hours, for privileged access in complete tranquillity in individual barrels of hammam, sauna and Jouvence bath with essential oils, including a 45-minute massage per person.

€ 295 for 2 - from 10:00 to 12:00 am.



## Thala-source® in brief

Thala-source® is our promise of escape, emotion and inspiration on this isolated high plateau. A long morning of cocooning, attentive care awaits you, with a range of hydrotherapy treatments and massages for couples, **in the very spirit of a thalassotherapy cure.**

The benefits of this volcanic earth are designed to regenerate you. **The clay from the volcanoes is particularly high in magnesium and trace elements.**

## The bath of Youth deciphered for you

The sound waves of the musical tracks played underwater correspond, as much as the colours, to vibratory frequencies directly connected to well-being. As a result, they produce altered vibratory states that have a direct impact on our cells and, by extension, on our health. This is at least as important as the quality of the water. A unique moment of pampering provided with the technological support of Steel & Style and Acoudesign, who worked with us to create this made-to-measure stainless steel bath. The flavour of a Japanese bath boosted by technology.



## A space for meditation where you can fill up on nothing

In these times of change, we believe that supporting mental health and well-being is at least as important as the well-being of the body, so we have included a meditation area in the Spa.

**Here, you can indulge in silence...** in a silence that replenishes, regenerates and renews you in the fullness of the moment. But **perhaps you'll also have the opportunity to attend a guided meditation**, notably by Deepak Chopra, in the simplicity of an uplifting teaching. **Unless you enter to the sound of the piano**, because Olivia Colboc's music has taken us beyond the notes, through inner landscapes befitting the element of water. Her music is at one with the spirit of the lake, the energy of the place and the inspiration it inspires.

*"Calm is a limpid well from which to draw whenever we need it".*





« The sicknesses of the body are the words of the soul.  
So we must not seek to heal the body without seeking to heal the soul. »

### GENERAL OPERATION OF THE BOREAL SPA

Open to the Great Outdoors that can be contemplated through the windows, the Boreal Spa is an invitation to reconnect with Nature and the benefits it provides. Our massages, based on organic vegetable and essential oils, can be a wonderful complement to a time of rejuvenation... like the ultimate well-being.

Please let us know if you have any health problems, allergies or injuries that might interfere with your treatment, bearing in mind that these are not medical treatments, but treatments that promote well-being through touch and/or work on energy.  
Some treatments are not recommended during pregnancy. Please inform us accordingly.

### BOOKING CONDITIONS & TREATMENT TIME

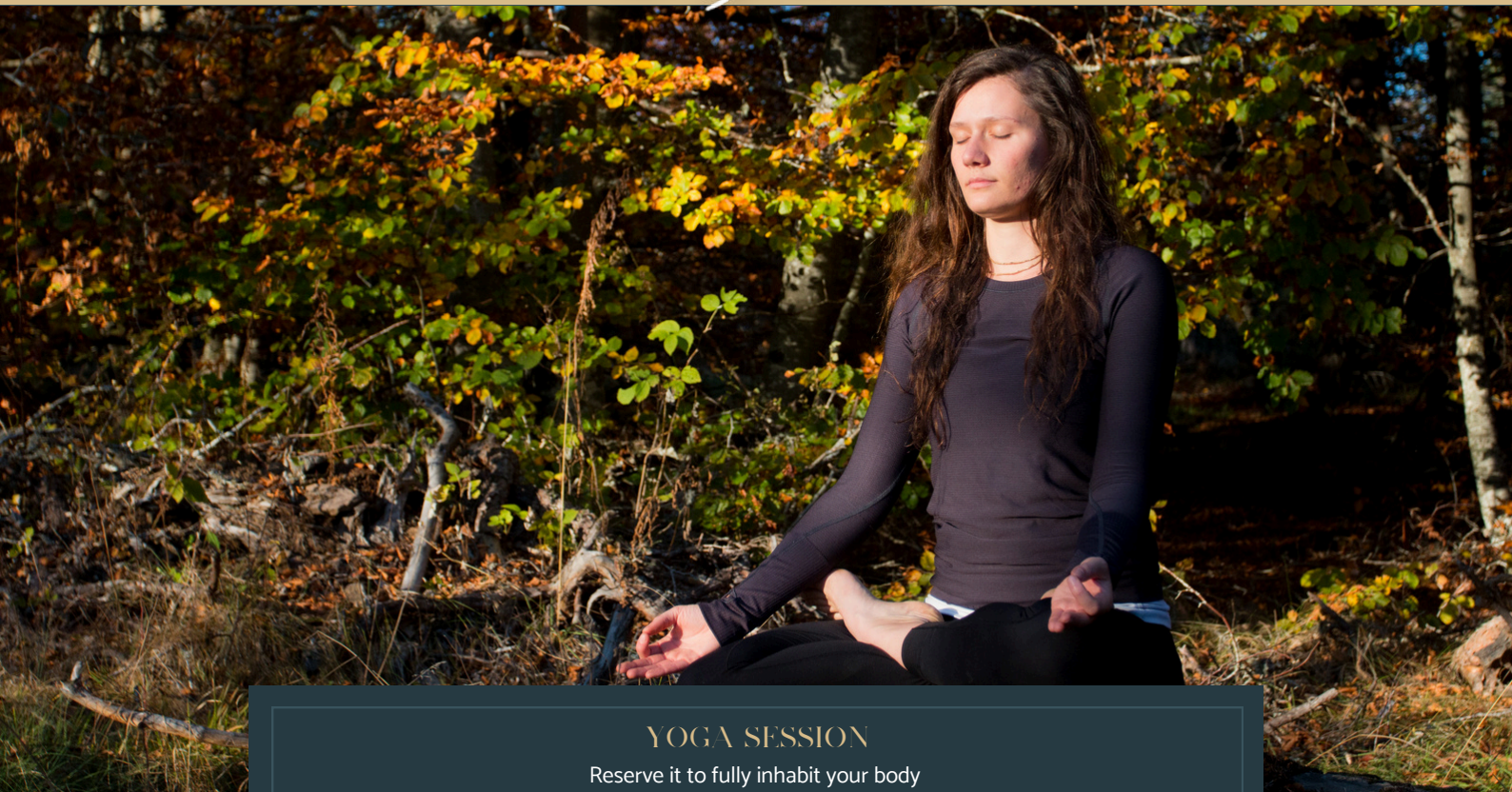
Please send your requests for treatments and massages preferably by email to:  
[info@ecolodge-france.com](mailto:info@ecolodge-france.com)

We strongly recommend that you book a treatment time after confirming your stay, so that we can ensure your satisfaction.

Cancellations are possible free of charge up to 72 hours before the start of your stay, after which any treatment or activity will be invoiced.

NB: If you change your massage at the last minute to a shorter one, you will be billed for the original booking, once a slot has been allocated.

We suggest that you arrive at the Spa 5 to 10 minutes before your scheduled appointment time. If you wish, you can keep your underwear on during the treatments. However, our highly skilled practitioners will ensure your privacy. If you are late, the time of your treatment will have to be shortened, out of respect for the following clients and our practitioners.



### YOGA SESSION

Reserve it to fully inhabit your body  
in the beautiful presence of certified yoga teacher Hermance.  
Breathing time, yoga practice to relax, connect with your body and your vitality for 90 minutes.

**In the morning (8am) to start the day or late afternoon (5pm)  
for a more peaceful approach to dinner and your evening.**

Hermance has practised several styles of yoga, from Vinyasa to Yin through to Hatha and Ashtanga, enabling her to adapt her practices from traditional to modern yoga, dynamic to slow, intense to gentle, according to each individual's needs, and in the exploration of postural practices, the breath in pranayama, the vibrations of mantras and consciousness in meditation.

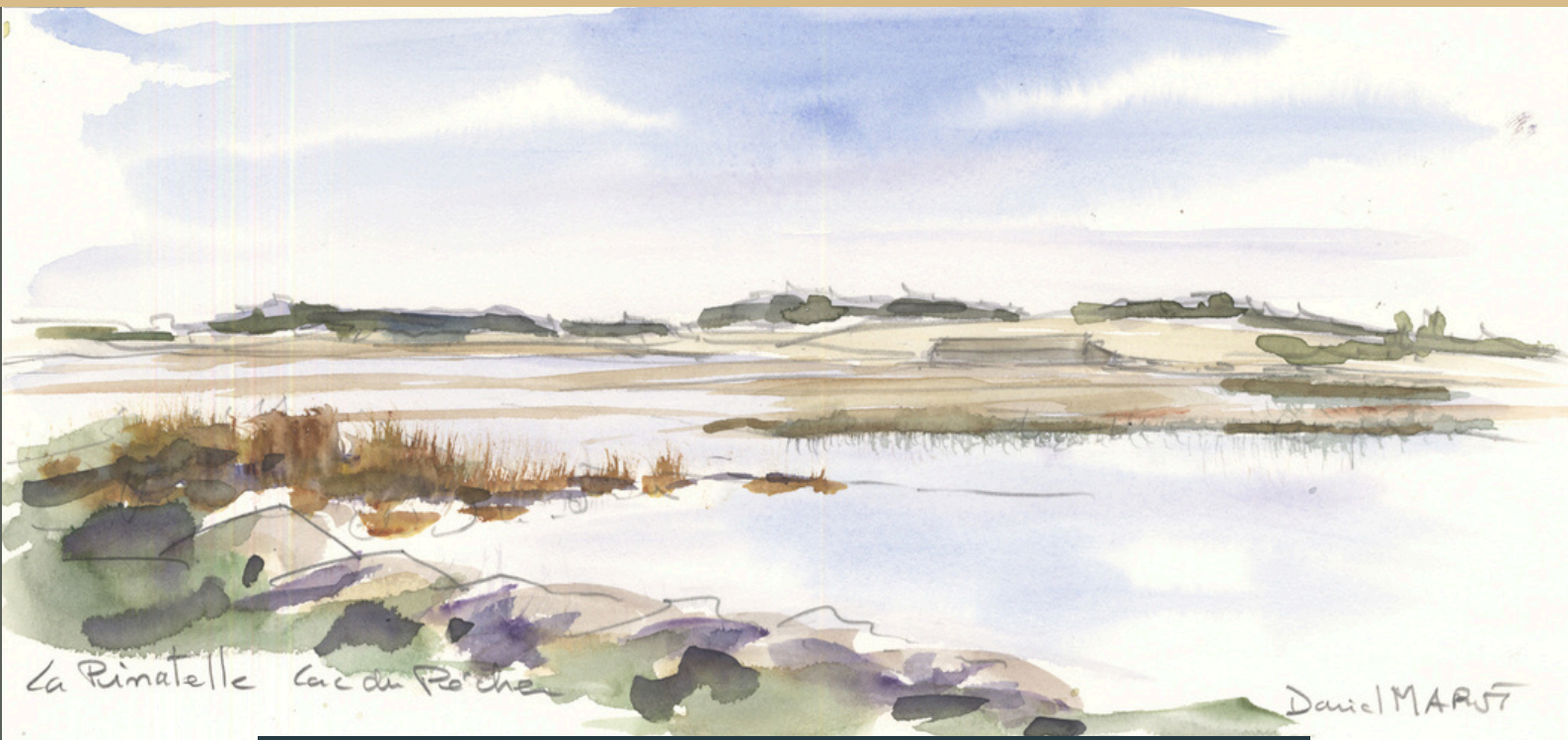
€ 30 to 50/pers. (4 pers. min. to 6 max.) - 90 mn.

€ 140 in private session (1-6 pers.) - 90 mn.

### ONE PLACE – DIFFERENT SEASONS

The ultimate luxury of instants d'Absolu lies in the very fact that, at an altitude of 1,150 m, it's a place that invites you to experience the seasons. By mirror effect, our own seasons and what they tell us, in complicity with the teachings of Traditional Chinese Medicine.

A highly comforting and regenerative approach.



### WHAT SPRING REVEALS

Spring heralds a time of renewal, a perfect opportunity to liberate yourself from the winter's accumulated calories. Embracing the sweat of your body aids in the release of countless toxins. If running isn't your passion, explore the soothing embrace of hammam sessions to encourage your body to perspire. And remember, a refreshing cold shower awaits you afterwards – begin with your legs and gradually ascend, all while taking deep, calming breaths. This Spring, we invite you to sipper water infused with the essence of rosemary or wild carrot hydrosol. These remarkable plants, known for their regenerative and protective qualities for the liver, also enhance your digestive prowess by invigorating hepatobiliary functions.

#### ... SUMMER

Summer embraces the vibrant energy of Yang. It is essential for the heart and circulatory system to be ready to embrace the abundance of heat and activity. Massages are especially beneficial for the lower limbs, focusing on the ankles and feet (Liver, Kidney, and Spleen meridians). During this season, we provide water infused with peppermint hydrosol, celebrated for its ability to alleviate circulatory issues.

#### ... AUTUMN

Autumn marks a season of transition, as Yang begins to wane in both the natural world and within ourselves, ushering in a refreshing change. Following the warmth of summer, Yin emerges, and the vital energy retreats inward. This season resonates with the function of the Lungs, making it an ideal time to engage in breathing exercises and cultivate mental tranquility through practices like meditation. In the Autumn, we offer a herbal tea infused with pine hydrosol, perfect for invigorating the respiratory system.

#### ... WINTER

Winter is a season deeply intertwined with the kidney/bladder duo, the guardians of our water intake. In this chilly time, staying hydrated is paramount, and green tea, a natural diuretic, serves as a comforting ally to keep us warm. The kidney, a vital component of the intricate tapestry that is the human body, plays a crucial role in regulating our temperature. When the kidneys falter, it can lead to pervasive fatigue and may impact our joint health. During Winter, you'll certainly enjoy water infused with juniper hydrosol, celebrated since ancient times for its diuretic benefits and its ability to invigorate kidney function.