



*Welcome
to our*

SLOW SPA



Our philosophy

We offer a unique and personalised experience. We invite you to share our passion in a unique environment where every moment is an unforgettable journey.

The place

Come and enjoy our private place completely dedicated to care, wellbeing and relaxation. Our SPA features an infrared sauna, a large whirlpool as well as a big private terrace that you can reserve.

The cosmetic products

We mainly use natural and essential oils as well as products of the BIO OXALIA brand. Our products find their inspiration in the recital of natural elements, using flowers, plants and minerals in order to extract active ingredients with moisturising, purifying and anti-aging virtues.

The concept

We propose a wide range of treatments, international wellness massages and formulas that will help you to recharge your batteries and be in excellent shape during your stay at la Roubine!



THE SPA

*For complete relaxation this private space is exclusively reserved for you after certain treatments and formulas.
You can also rent it for an "à la carte" moment*

Price for 1 or 2 persons

60 minutes : 15€

120 minutes : 25€

For 3 or 4 persons

60 minutes : 25€

120 minutes : 40€

We offer mineral water, tea and herbals teas.

OUR CARE AND BEAUTY SPACE

In our large cabin we offer a complete range of wellness massages, body and facial treatments in a « zen » and exotic atmosphere.

For all treatments and massages the indicated times do not include the preparation, please arrive 10 minutes before the treatment.

M5C : Massage des 5 continents

75 minutes : 110€

A treatment that combines the energy of Reiki and / or magnetism of different types of massages from different cultures and origins (lomi lomi, Californian, Swedish, Tuina, acupressure, ayurvedic.) Free SPA access (30 minutes.) after this massage

This kind of care provides an impressive physical and mental relaxation. A very special detoxifying and energizing experience.... relaxing.... revitalising....



HILOT : Philippine massage

75 minutes : 110€

The Hilot relies on the balance between cold and hot areas in the body. For this, the Spa Practitioner «scans» the body by touch and once the areas have been identified, the massage manoeuvres tend mainly to acupressure, stretching / mobilizing the limbs and applying poultices with banana leaves. Free SPA access (30 min.) after this massage.

This tradition of care establishes an interconnection between physical, emotional, psychic well-being and nature, in order to rebalance energy.

OUR WELLNESS MASSAGES



LHL : Life, Head, Lift international

80 minutes : 110€

In a single treatment, you will benefit from a very precise cranial massage, Chinese massage, auriculotherapy and a lifting part based on Japanese, Aboriginal and Indian anti-aging treatments. Free SPA access (30 min.) after this massage.

A treatment method using revolutionary techniques, targeting the drainage and massage of the contours of the face and the refining of the neck.



LE PRESTIGE Personalized massage

35 minutes : 40€

50 minutes : 55€

80 minutes : 85€

“Prestige” can be practiced with an interesting blend of personalized essential oils created by la Roubine or with a neutral oil of your choice: Philippine coconut or organic sweet almond oil. Extremely complete, it combines different virtues and techniques, such as kneading, stretching, smoothing with slow and gentle movements.

This method relieves stress, improves blood circulation and provides muscle and body relaxation



LE SECRET

50 minutes : 65€

80 minutes : 95€

Intuitive touching with the sound experience of bowls at the start and end of the massage that helps to stimulate the body in order to restructure its harmonic frequency and produce alpha waves that are ideal for deep relaxation. Inspired by different techniques, it is a unique massage for your overall well-being. It promotes awareness of the body envelope and allows you to reconnect with the body and sensations through gentle and respectful gestures.

It is a massage based on understanding your current needs and expectations and a massage that comes from the heart in which the emotional dimension holds an important place.

AMMA

Chair massage

20 minutes : 25€

This 20-minute seated massage focusses on the most stressed parts of the body like the neck, back, arms and legs. Relaxing and invigorating, it helps to rebalance the energy flow of your body, relieves tension and provides overall wellbeing, both physical as mental...

You can keep your clothes on for this massage. It will relax you and provide you tonus and vitality.



REFLEXOLOGY



REFLEXOLOGY

50 minutes : 55€

Combined with a personalized massage (arms, back, skull, etc.) foot reflexology is a science based on the principle that there are reflex zones in the foot corresponding to all organs, glands and parts of the body. The reflexology method helps release stress and tension, improves blood and nerve circulation, helps to unblock nerve impulses and restores the balance in the body.

THE SCRUBS

25 minutes : 35€

Petite Fugue Exfoliante

A body scrub, like a gentle exfoliating massage with apricot kernels, Shea, macadamia and sesame, to remove skin imperfections and dead cells.

Your skin which is perfumed with frangipane flower will feel silky again.

Peau Polynésienne

This melting massage with organic sugar delicately scrubs the skin. Thanks to its soft formula this is a treatment adapted to all types of skin. It is rich in sugar crystals, apricot oil and coconut.

The Polynesian method will regenerate your skin.

Douceur Acidulée (fruits sweetness)

This 100% natural tangy scrub exfoliates the skin with a delicious scent of orange and grapefruit.

Saskatchewan pink salts, rich in minerals and trace elements, are renowned for their detoxifying and exfoliating effects. A real escape, to take care of yourself gently, and fill up with vitality and tone.



Bio by
Oxalia



THE BODY WRAPS

30 minutes : 40€

Au Cœur Des Iles

Deliciously scented with monoi, this body balm invites you to a moment of pure relaxation. Rich in shea butter, apricot and coconut oil. It moisturizes and softens the skin, a real moment of happiness.

Terre d'Orient

A clever blend of Ghassuol, argon oil and shea butter; it is a wrap with an oriental scent (patchouli, cinnamon, and cedar). A real trip to the gates of the Sahara.

It nourishes and protects the skin, which then regains all its softness and suppleness.

THE OXALIA FACE RITUALS

*Our face rituals are available
in 3 durations:*

25 minutes : 35€

50 minutes : 65€

80 minutes : 85€

Tentation Fondante

*Rediscover a luminous complexion
with soft, supple, soothed and
hydrated skin ... this treatment
includes a massage with the Gua
Sha stone in rose quartz.*

For people with dry or sensitive skin.

Bambou

*L'art de l'épure. A balancing
purifying and detoxifying treatment.
It cleanses thoroughly, clarifies,
mattifies and refreshens the
complexion.*



Jeunesse Bluffante

*This treatment tones, smooths
the features, restructures the skin
... The oval of the face is redesigned,
wrinkles fade ... For people with
mature skin*



Bio by
Oxalia

ESCAPADE
«PRESTIGE»

99€

*Welcome ceremonial
Body or facial
treatment 25 minutes
Massage 50 minutes
Spa access 30 minutes*

ESCAPADE
«L'INSTANT PRESENT»

99€

*Welcome ceremonial
Scrub of your choice 25 minutes
Massage 50 minutes
Spa access 30 minutes*

OUR ESCAPADES

*Choose the formula that suits you to make
the most of our offer! To do for half a day
or spread over several days.*



ESCAPADE
«IMPERIAL»

139€

*Welcome ceremonial
Scrub of your choice 30 minutes
Massage of your choice 50 minutes
Facial treatment
of your choice 25 minutes
Spa access 30 minutes*

ESCAPADE PRINCESSE

(GIRLS -12 YEARS)

55€

*Small back massage 20 minutes
Nailpolish on finger and toenails
30minutes*

*Other « tailor made escapades »
are of course possible.*

THE BEAUTY BREAKS

Les doigts de fée

30€

*(Girls under 12 years) nail polish
on fingers and toenails*

Beautiful feet

55€

*Filing, pushing back cuticles, maintenance
of small skin and calluses, massage and
exfoliation, polishing, optional nailpolish
50-60 minutes*

Simple Manicure

«Élégance»

55€

*Filing, pushing back cuticles, maintenance of
small skin, massage and exfoliation, polishing,
optional nail polish 50-60 minutes*



*We propose
natural nail care based
on elegance and simplicity*





FAMILY MOMENTS

Relaxing massage for children under 12 years - 20 minutes 25€

Introduction to massage for the family (skull, back) 4 persons - 60 minutes 80€

Foot reflexology child/parent: 2 persons - 50 minutes 55€

*The presence of a parent is compulsory for treatments
for children under 16*

Our practitioners put in place all barrier measures for your and their safety. The spa area as well as all equipment and surfaces are cleaned and disinfected with the greatest care after each client.

*Our SPA is open every day
Information about opening hours at the reception of the camping*

Booking and information at the SPA or the reception.

CAMPING LA ROUBINE****

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