

CHEVAL BLANC  
spa

**CHEVAL BLANC ST-BARTH**

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## CHEVAL BLANC SPA

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Set in the Maison's tropical gardens, the Cheval Blanc Spa invites guests on a unique sensorial journey.

Nestled in the heart of the exotic greenery, the Cheval Blanc Spa is an idyllic retreat dedicated to well-being and rejuvenation. It features four treatment rooms, a sauna, an outdoor relaxation pavilion and a lush spa terrace.

Delicately white, this delightful cocoon allows you to fully relax. Soft lines, natural materials and curated details create this one-of-a-kind place with understated elegance and Caribbean charm.

Specially created for Cheval Blanc St-Barth by Thierry Wasser, famed perfume nose of Guerlain, the fragrance Tropical Chic diffuses subtle aromas of tropical flowers and a light mountain breeze.

This wellness and beauty sanctuary offers an exclusive range of massages and body treatments created by Guerlain for the Maison. Designed to cater to guests' specific needs and wishes, tailored rituals, such as the Wonders of Caribbean, distil their invigorating or relaxing effects and allow the senses to travel.

New aesthetic enhancements by the Micro Peel technology are the perfect complement to every Guerlain treatment.

## GUERLAIN

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Yield to the magic of a unique Guerlain treatment or massage experience where cutting-edge innovation blends with customisation, emotion and sensoriality.

Your transformation begins here...





## THE ART OF TAILOR-MADE A CUSTOMISED EXPERIENCE

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**Tailor-made Treatment – Face** 60 min / 1h30 / 2h

**Tailor-made Treatment – Body** 60 min / 1h30

**Tailor-made Treatment – Face & Body** 1h30 / 2h

Never has skin treatment taken an approach that is so comprehensive in methods and results. Amongst the wealth of rituals that comprise the Guerlain tailor-made treatments, discover unknown aesthetic massages, an audacious fusion of Eastern and Western traditional techniques, married with the best of Guerlain science. Each one of these aesthetic massages can be combined with another according to your specific needs. Your experience is entirely tailored from first greetings to closing rituals. Unlocking built-up tension, reconnecting with yourself, recovering a blissful energy – no matter your needs or wishes – the experience will match your expectations. Welcome to a world of complete well-being.

**Imperial Face Sculpt** 60 min

The Imperial Face Sculpt treatment brings you all of Guerlain's facial expertise in one hour. This cutting-edge aesthetic sculpting massage restores firmness, glow and youth to the skin. With its deep muscular action, it shapes the facial contours, emphasizes the cheekbones, opens up the eyes and erases wrinkles. The facial foundations are deeply enhanced, and natural glow is instantly restored. A revolutionary lifting effect to look younger for longer!

**Focus Rituals** 30 min \*

Select an area of your choice to ease or pamper – the scalp, eye area or neck & décolleté. You will naturally succumb to this sublime, targeted massage.

\* in addition to any other treatment

## EXCEPTIONAL COMPLETE ANTI-AGEING THE QUINTESSENCE OF GUERLAIN TREATMENTS

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### Ultimate Black Orchid Anti-Ageing Treatment 60 min / 1h30

This revolutionary complete anti-ageing treatment combines Blackimmune™ technology by Guerlain with cutting-edge aesthetic manual techniques to act on almost all the cells involved in the skin's defence system. From the first session, wrinkles are smoothed, and the face contours redefined. An exquisite way of renewing the skin while enhancing your natural beauty.

### Imperial Global Anti-Ageing Treatment 1h30

Guerlain takes its inspiration from the extraordinary longevity of the orchid flower to bring you its most comprehensive offering of skincare treatments. Treat yourself to an exceptional pampering experience that combines Guerlain's unique aesthetic expertise and the effectiveness of the Orchidée Impériale range of products to visibly transform the skin and lend a youthful radiance. Thanks to our beauty experts' precise movements and exclusive techniques, the muscles are toned, and the contours of the face appear redefined. All the visible signs of ageing diminish more quickly and thoroughly. The skin recovers its refined, even texture and regains its flawless appearance, feeling as soft and velvety as it looks. A well-kept secret of sensory pleasure and beauty.

## YOUTH REPAIRING POWER TREATMENTS INSPIRED BY BEE PRODUCTS ANTI- AGEING & HEALING PROPERTIES

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### Honey Repair & Renew Treatment 1h30

Guerlain brings a new angle to its expert treatment designed with the Abeille Royale range to reap all the benefits offered by bee products. It starts off with a microdermabrasion to perfectly smooth the skin texture, followed by a purifying massage with warm plant infusions to perfectly stimulate the epidermis. Then, each wrinkle is the focus of attention using the Abeille Royale Serum application technique, which acts on the key processes in skin reconstruction. Finally, the new Abeille Royale cataplasms mask, inspired by honey wounds dressings, is applied. It is tailored to the needs of each individual woman to create a smoothing and repairing effect. Through this complex protocol, the signs of ageing gradually fade away. The skin is firmer, and the face opens up and appears illuminated... A catalyst for youth to be enjoyed without moderation.

### Royal Head Ritual 30 min / 60 min \*

This holistic massage deeply soothes the scalp, eases muscle tension and invites you to let go. After a precise hair diagnosis, Abeille Royale Scalp and Hair Youth Oil-in-Serum is applied to protect, repair and enhance the hair. A ritual filled with serenity, for silky softness and infinite shine.

\* in addition to any other treatment

## EXCLUSIVE GUERLAIN EXPERIENCES FOR THE CHEVAL BLANC SPA

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### Wonders of the Caribbean

1h30

Guerlain designs an ode to the Caribbean treasures with a new face & body treatment, in exclusivity for Cheval Blanc St-Barth. This blessed experience is an absolute concentrate of the Island powers: strength of volcan, serenity of turquoise waters, energy of the tropical fauna and flora... Skin muscles deep down stretching inspired by Pilates is harmoniously combined with the regenerative properties of natural stones. The skin is left radiant, body and mind, completely relieved and relaxed. A divinely holistic ritual in paradise.

### The Traveller's Ritual

60 min / 1h30

Specifically designed to reduce the impact of jet lag and change of pace, this ritual enables you to fully let go, revitalise your body and relax your mind. This ritual is dedicated to travellers, combining actions on your back, feet and face. Using both reflexology techniques and gestures inspired by traditional Chinese medicine, this treatment allows you to release tension caused by travel and find balance.





## EXCLUSIVE GUERLAIN TROPICAL EXPERIENCE FOR THE CHEVAL BLANC SPA

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This ritual is performed exclusively in our garden pavilion.

**One with Nature Ritual** 60 min / 1h30

Whether solo or with someone special, indulging in a massage in our outdoor pavilion is a one-of-a-kind experience. Surrender to the voluptuous sensation of a relaxing massage using Guerlain's Elixir with a delicious tiaré flower fragrance and abandon your body and mind to this jewel treatment in an enchanting tropical setting.





CHEVAL BLANC

Spa

## INTENSE BODY ENHANCEMENT ADDICTIVE GUERLAIN BODY RITUALS

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### Imperial Body Sculpt

60 min / 1h30

Imperial Body Sculpt is the new generation slimming massage: powerful, with immediate effect, it sculpts the silhouette and unclogs adipocytes. Deep and intense movements warm the hypodermis and stimulate lipolysis, which quickly promotes fat burning. This sequence of kneading, contrasted by a final drainage, soothes and balances the metabolism for long-lasting results. Expert strokes, combined with the effectiveness of Guerlain body products, sculpt the waist while refining the legs and hips. The body is naturally redesigned, the curves more harmonious.

### Body Polish

60 min

Scrub, wrap, personalised massage... This treatment is an exceptional and sensual experience that deliciously enhances the body.

## RELAXATION, HARMONY & ENERGY MASSAGES & BODY TREATMENTS

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### Deep Muscular Massage

60 min / 1h30

Reshape and tone the body through deep relaxation. This is a powerful and sensorial ritual where tired muscles are soothed, adopting the five most effective traditional methods in the world. Tensions are released and muscles reinforced for the long-term.

### Imperial Relaxing Massage

60 min / 1h30

This massage pays homage to the Eau de Cologne Impériale. Transported in an anti-stress cocoon, this multi-sensory experience inspires complete calm, leaving you totally relaxed and invigorated. The Imperial Relaxing Massage facilitates oxygenation, stimulates circulation and evokes a profound sense of serenity.

### Four-Hand Imperial Relaxing Massage

60 min / 1h30

Modelled on the signature Imperial Relaxing Massage, this masterful ballet of massage movements by expert hands offers a unique and absolute sensorial experience. From the very first moment of surrender to tranquillity, abandon the body and mind to the voluptuous sensation of lightness and well-being.

### Body Suppleness & Harmony Massage

60 min / 1h30

Rebalance the body and mind with this completely unique composition. Based on friction and criss-cross techniques, it works on the ligaments and tendons like strings on a musical instrument. The joints are released, liberated; tissue oxygenation is improved. Restores flexibility and serenity.

### Pre / Post Natal Massage

60 min / 1h30

Designed to improve the skin's elasticity and stimulate the circulation, this massage can be performed after the first trimester of pregnancy or when the baby is born.

*The massages proposed are for the purpose of stress reduction, well-being and beauty.  
We recommend that you consult a healthcare professional for any medical examinations*

## SONO-SENSORY MASSAGE A WORLD FIRST MESSAGES COLLECTION

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### Secrets of India

60 min

The Shalimar Legend is the inspiration of this unique massage to dive you in the heart of India. During this journey, the hands of the Guerlain Expert are intensively guided by the rhythm of music, especially developed for this experience. This artistic and musical composition is divided in four emotions: meditation, sensuality, joy, and the apogee of this adventure, energy. Secrets of India is the promise of a new aura, a body & mind rebirth.



## GUERLAIN BEAUTY STUDIO

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### **Complete Hand or Foot Treatment** 60 min

Rediscover perfect hands or feet. A hydrating treatment and polish application create a sublime experience for the nails and skin.

### **Intensive Hand or Foot Treatment** 1h30

Warm water eases the hands and feet into a state of deep relaxation. Next, they receive cuticle work and a hydrating treatment, a gentle exfoliation and massage. Protected and moisturised, the hands recover their softness, feet are regenerated, nails reinforced and veiled by a sublime Guerlain polish.

### **Intensive Hand & Foot Treatment** 2h

The hands and feet are constantly in use and often neglected, yet require very special attention. Guerlain indulges them with the very best, a complete treatment to repair, soften and enhance... A wonderful gift.

### **Nail Polish Application** 30 min

This beauty ritual invites you to choose amongst an extraordinary colour palette. Nails are perfectly smooth, fabulously shiny and exquisitely shaped.

### **Make-up Application** 60 min

Whether seeking a natural or more sophisticated effect, the magic of Guerlain make-up enhances the natural beauty in every woman.

## PRECISION ADD-ON TREATMENTS

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### **Micro Peel Expert Treatment** 30 min / 60 min

This treatment uses the exfoliating and healing action of microdermabrasion to leave skin with a gorgeous glow. The Micro Peel Expert Treatment improves skin texture and radiance, while helping regenerate its elasticity by stimulating collagen and elastin production. A revolution in skin rejuvenation.

### **Led Face and/or Body Treatment** 20 min / 40 min / 60 min

This cutting-edge treatment emits monochromatic light which acts on the skin healing process. It activates natural production of collagen and elastin and inhibits the enzymes responsible for breaking down hyaluronic acid. Fully customisable, LED sessions can be used on all areas of the body. The programmes are targeted – anti-ageing, purifying, draining – and adapt to all phototypes to fulfil all needs.

## TREATMENTS FOR MEN

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### **Skin-Saver Facial**

1h30

This treatment includes a scrub, an exclusive face massage, a mask and an eye contour treatment. It restores radiance and comfort to the face. A real confidence booster.

### **Energising Facial**

60 min

This treatment gives the skin a real boost. With the combined actions of the scrub, massage, mask and eye contour care, your face looks clear and fresh.

## MY FIRST GUERLAIN SKINCARE

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### **Sweet as Honey**

20 min

A symbol of Guerlain, the bee invites children to explore its kingdom. Pleasant massages for the scalp, hands and feet. A discovery of the benefits of honey and its role in nature, the Sweet as Honey treatment promises gentle pampering and an indulgent, fun experience.

### **Guerlain Princess**

20 min

Be as beautiful as mum: experiment with colours, put on pretty make-up and learn about the Guerlain Art of Perfume... the perfect opportunity to play princess in front of the mirror.

### **Family Togetherness**

20 min

Share a special experience with mum or dad, or between brothers and sisters. Choose your massage like a grown-up and enjoy it as a family. Moments and memories to treasure!

## GUERLAIN TREATMENTS INTENSIVE CURES

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### Imperial Face Sculpt Cure

4 x 60 min / 8 x 60 min

The Imperial Face Sculpt treatment brings you all of Guerlain's facial expertise in programs of several one-hour sessions. This cutting-edge aesthetic sculpting massage restores firmness, glow and youth to the skin. With its deep muscular action, it shapes the facial contours, emphasizes the cheekbones, opens up the eyes and erases wrinkles. The facial foundations are deeply enhanced, and natural glow is instantly restored. A revolutionary lifting effect to look younger for longer!

### Ultimate Black Orchid Anti-Ageing Cure

4 x 60 min / 8 x 60 min

4 x 1h30 / 8 x 1h30 min

An outstanding anti-ageing treatment for visible skin renewal. Each of these hour-long sessions includes the four stages of the Ultimate Black Orchid Anti-Ageing Cure. The skin is carefully resurfaced, illuminated, redefined and plumped. An incredible beauty secret, by Guerlain.

### Imperial Body Sculpt Cure

4 x 60 min / 8 x 60 min

The new generation Imperial Body Sculpt is the new generation slimming massage: powerful, with immediate effect, it sculpts the silhouette and unclogs adipocytes. Deep and intense movements warm the hypodermis and stimulate lipolysis, which quickly promotes fat burning. Expert strokes, combined with the effectiveness of Guerlain body products, sculpt the waist while refining the legs and hips. The body is naturally redesigned, the curves more harmonious.



## CRYO TREATMENTS

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### **Slimming & Cooling Cryo Skin 2.0 Body Treatment** 30 / 60 min

Cryo Skin 2.0 is a revolutionary cryotherapy method guaranteeing unique and immediate results from the first session. This massage technique combines hot and cold applications on the skin to reduce cellulite, eliminate toxins and stimulate blood circulation. The body is left rejuvenated, toned and firmed. Cryo Skin 2.0 may embellish any massage ritual or signature Guerlain facial for an ultimate feeling of regeneration.

### **Cryo Skin 2.0 Lifting & Cooling Facial** 20 min

Cryo Skin 2.0 is a revolutionary cryotherapy method guaranteeing unique and immediate results from the first session. This cooling, advanced technology treatment also acts as a true anti-ageing cure for the face, redefining natural contours, firming facial tissue and visibly reducing fine lines and wrinkles.

### **Cryo Skin 2.0 Invigorating Lifting Treatment For Men** 20 min

This cooling treatment acts as a true anti-ageing cure for the face, redefining natural contours, firming facial tissue and visibly reducing fine lines and wrinkles. Cryo Skin 2.0 may embellish any Guerlain facial for an ultimate feeling of regeneration.

## TRADITIONAL MESSAGES

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This ritual is performed exclusively in our garden pavilion.

### **Thai Massage** 1h20

This ancestral dry massage takes its cue from natural traditional medicines. Acupressure and stretching techniques inspired by yoga awaken the body's energy flow and release it from physical tensions.

## EXCEPTIONAL MOMENTS

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Three exceptional rituals have been specially created to celebrate unique occasions: the Birthday Ritual, Honeymoon Ritual or Life Moment Ritual. Truly personalised experience, each is specifically tailored according to your needs and expectations.

A range of Guerlain gift invitations are available at the Cheval Blanc Spa if you wish to offer one of these Exceptional Moments to a loved one.







A selection of Guerlain products is available for purchase at the Cheval Blanc Spa boutique. Indulge in the exceptional universe of Guerlain fragrances, discover the sensuality of luxurious textures and let yourself be seduced by an extraordinary make-up range.

## Haute Parfumerie

Guerlain's Haute Parfumerie is an opportunity to take this unique range home with you. Lovers of beauty will truly appreciate these timeless and elegant fragrances, each with their individual character and exquisite bottle. With its exclusive use of precious materials and absolute refinement in every detail, the Haute Parfumerie encapsulates the entire Guerlain spirit.

## The Magic of Make-up

Extraordinary powders and sparkling lipsticks... An exclusive selection for St-Barth has been chosen from the Guerlain make-up for an illuminating effect.

## The Art of Skincare

Since 1828, Guerlain has devoted itself to the art of skincare and beauty. Its founder, Pierre-François-Pascal Guerlain, a renowned chemist, used raw materials to create precious beauty potions, always driven by one passion: the search for excellence.

Today, Guerlain Research continues this quest for perfection by creating outstanding skincare - products of a unique alchemy that combines the most noble, rare and active natural ingredients.

Like precious jewels, every beautifully-crafted jar encases the efficacy and refinement of carefully formulated and delicately perfumed textures, rendering each a true sensory treasure.

## WELL-BEING INTERLUDES

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### Pilates

Performing Pilates improves your posture, relieves the back from its tensions and tonifies your muscles. This unique form of exercise develops stretching and stability, granting truly holistic well-being.

### Yoga

Divine escape performed with Nicolas Legrez at our garden pavilion to indulge in the vibrant energy of nature and benefit from breath control and every pose of yoga. This experience can also be enjoyed in the exclusive privacy of your accommodation.

### Coaching

An idyllic setting for training in complete tranquillity. Our certified coach Geoffrey Pain is on hand to provide the ultimate well-being experience. Personal training sessions are designed to suit your specific needs.

### Blow-dry

An unparalleled beauty moment in the exclusive privacy of your accommodation.





## YOGA REVERIE

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A reverie that awakens your innermost dreams; an enlightening moment suspended in time. Choose between dynamic, intense, or relaxing yoga postures at the start of this customised restorative session, designed to prepare your body and mind to embark on a guided Yoga Nidra meditation. Let yourself be transported by the artful voice of Nicolas Legrez, who will guide you through breathing and visualisation techniques integrated from his Yoga training in India. Hushed tones like whispered secrets lead you gently onto the path of inner peace. Combined with massages elevated by the sense-stimulating treasures of Guerlain, this wellness experience offers a moment of ultimate surrender. “Yoga Reverie” goes far beyond enlivening the senses to nurture a deep and blissful awakening of the soul.

## PRICE LIST

### A CUSTOMISED BODY AND FACE TREATMENT

Tailor-made Treatment - Face	60 / 90 / 120 min	195 / 285 / 375€
Tailor-made Treatment - Body	60 / 90 min	195 / 285€
Tailor-made Treatment - Face & Body	90 / 120 min	285 / 375€
Imperial Face Sculpt	60 min	235€
Focus Rituals	30 min	115€

### EXCEPTIONAL COMPLETE ANTI-AGEING

#### THE QUINTESSENCE OF GUERLAIN TREATMENTS

Ultimate Black Orchid Anti-Ageing Treatment	60 / 90 min	350 / 430€
Imperial Global Anti-Ageing Treatment	90 min	400€

### YOUTH REPAIRING POWER

#### TREATMENTS INSPIRED BY BEE PRODUCTS ANTI-AGEING & HEALING PROPERTIES

Honey Repair & Renew Treatment	90 min	290€
Royal Head Ritual	30 / 60 min	115 / 190€

### EXCLUSIVE GUERLAIN EXPERIENCES FOR THE CHEVAL BLANC SPA

Wonders of the Caribbean	90 min	290€
The Traveler's Ritual	60 / 90 min	185 / 275€

### EXCLUSIVE GUERLAIN TROPICAL EXPERIENCE FOR THE CHEVAL BLANC SPA

One with Nature Ritual	60 / 90 min	250 / 310€
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### INTENSE BODY ENHANCEMENT

#### ADDICTIVE GUERLAIN BODY RITUALS

Imperial Body Sculpt	60 / 90 min	195 / 285€
Body Polish	60 min	160€

### HARMONISING MESSAGES AND BODY TREATMENTS

Deep Muscular Massage	60 / 90 min	185 / 275€
Imperial Relaxing Massage	60 / 90 min	185 / 275€
Four-Hand Imperial Relaxing Massage	60 / 90 min	325 / 465€
Body Suppleness & Harmony Massage	60 / 90 min	185 / 275€
Pre / Post Natal Massage	60 / 90 min	185 / 275€

### SONO-SENSORY MASSAGE

#### A WORLD FIRST MESSAGES COLLECTION

Secrets of India	60 min	220€
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### GUERLAIN BEAUTY STUDIO

Complete Hand or Foot Treatment	60 min	95€
Intensive Hand or Foot Treatment	90 min	145€
Intensive Hand & Foot Treatment	120 min	190€
Nail Polish Application	30 min	40€
Make-up Application	60 min	155€

### PRECISION ADD-ON TREATMENTS

Micro Peel Expert Treatment	30 / 60 min	130 / 230€
LED Face and/or Body Treatment	20 / 40 / 60 min	60 / 120 / 180€

### TREATMENTS FOR MEN

Skin-Saver Facial	90 min	270€
Energising Facial	60 min	195€

### MY FIRST GUERLAIN SKINCARE

Sweet As Honey	20 min	95€
Guerlain Princess	20 min	60€
Family Togetherness	20 min	190€ for 2 people

### GUERLAIN TREATMENTS INTENSIVE CURES

Imperial Face Sculpt Cure	4x60 min / 8x60 min	870 / 1660€
Ultimate Black Orchid Anti-Ageing Cure	4x60 min / 8x60 min	1360 / 2600€
	4x90 min / 8x90 min	1690 / 3200€
Imperial Body Sculpt Cure	4x60 min / 8x60 min	740 / 1400€

### CRYO TREATMENTS

Slimming & Cooling Cryo Skin 2.0 Body Treatment	30 / 60 min	110 / 200€
Cryo Skin 2.0 Lifting & Cooling Facial	20 min	110€
Cryo Skin 2.0 Invigorating Lifting Treatment For Men	20 min	110€

### TRADITIONAL MASSAGE

Thai Massage	80 min	290€
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### EXCEPTIONAL MOMENTS

Price Upon Request

### WELL-BEING INTERLUDES

Price Upon Request

### YOGA REVERIE

90 min	280€
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### WAXING

Upper Lip / Under Arms / Eyebrows / Bikini Line	20 min	35€
Lower Arms / Brazilian Bikini	30 min	60€
Half Legs / Full Bikini	45 min	85€
Full Legs	45 min	115€

## GENERAL CONDITIONS

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### Treatment Duration

We encourage you to arrive at the Cheval Blanc Spa 15 minutes prior to your treatment time in order to fully enjoy your experience. All treatments include time for your Beauty Expert to carry out a personal consultation.

### A Relaxing Interlude

The Cheval Blanc Spa is a place dedicated to well-being and relaxation. In order to fully enjoy this experience and respect our guests' tranquillity, we kindly ask you to turn off your cellphone.

### Spa Etiquette

Should you wish to have a shower before your treatment, kindly do so before your arrival. Kindly inform your Beauty Expert of any existing medical conditions or treatments you currently have or have had recently. Please note that pregnant women should not receive massages in the first trimestre.

### Reservations & Cancellation

Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide a 24-hour notice to avoid incurring the full therapy fee. Cancellations made within 24 hours will incur a charge of 100% of the treatment price.

### Opening Hours

The Cheval Blanc Spa is open every day from 10:00 am to 8:00 pm.

#### CHEVAL BLANC ST-BARTH

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