



CHEVAL BLANC ST-TROPEZ

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CHEVAL BLANC SPA

Facing the Bay of Saint-Tropez, the Cheval Blanc Spa invites to a remarkable sensory journey.

Lulled by the gentle breezes that caress the mingled pines, bathed in the Mediterranean light of the French Riviera, Cheval Blanc St-Tropez extends an invitation to relax by the sea.

Within this peaceful haven, the Cheval Blanc Spa unveils a world of softness and serenity in a palette of soothing radiant hues. Herein a witty language shadows along the walls through Fred Eerdeken's poetic artworks: substance and emotion, magnified. Five treatment rooms, the hammam, experience shower, snow shower, ice fountain, fitness area, the Hair Studio and the Barber Shop form this peaceful and intimate cocoon.

The Guerlain Beauty Experts offer a range of treatments and massages, specially designed for Cheval Blanc St-Tropez and inspired by the art of sunbathing and dipping in the sea. As a prelude to each ritual, guests can choose the scent family they prefer, to reap ultimate indulgence from their sensory journey.

GUERLAIN

Yield to the magic of Guerlain treatments and massage experiences where cutting-edge innovation blends with customisation, emotion and sensoriality.

Your transformation begins here...

A Customised Experience

Every treatment is transformed into an exclusive personal occasion, a moment created especially for you – the perfect union of effective savoir-faire and aesthetic expertise. Hence Guerlain Beauty Experts start highlighting your profile and priorities. They complete this in-depth analysis with a precise diagnosis to reveal your specific beauty and well-being profile, thus gaining an intrinsic understanding of your essential concerns to tailor a treatment according to your needs and expectations from the start to the final touch.





INDULGENT EXPERIENCES

The Orchidée Salon

The Orchidée Salon is an understated and refined prestigious place where sensoriality takes centre stage. In this haven of peace and pampering designed for two, each treatment is orchestrated like a choreography in several acts.

As an introduction to each treatment in the Orchidée Salon, the Tropezian Ritual offers its soothing benefits in an intimate and sophisticated atmosphere. Specially designed for Cheval Blanc St-Tropez, this well-being experience lavishes care and attention on the feet, that are often neglected. The session begins with a scented breeze of freshness, followed by a gentle exfoliation. Then, as part of the ritual, a completely round pink quartz accessory enhances the experience, offering an unrivalled sensation of well-being. With expert and precise pressure on lymphatic points and warm application upon request, this continuous attention immediately creates a feeling of lightness and relief. The ritual ends with a delicious ballet of warm towels. Softer skin, rebooted circulation, detoxed soles... This interlude puts a spring back into your step and gives your figure new elegance.

Any treatment can be done in the Salon Orchidée with a supplement of 60€. The duration of each treatment is extended by 10 minutes.

NEW SIGNATURE TREATMENTS FOR CHEVAL BLANC ST-TROPEZ

Aura Divine

1h50 – 430€

Tribute to the blue of the Riviera at Cheval Blanc St-Tropez with this new exclusive holistic ritual that deeply soothes the mind and strengthens the aura.

Thanks to the soothing powers of blue angelite and lapis lazuli stones, this face and body massage offers total relaxation. The sound of the crystal bowls enhances this divine ritual to restore inner peace and harmony. As a result, posture is rebalanced, energy flows, and the aura glows.

Saint-Tropez Sculpt

50 min – 225€

1h20 – 330€

For Cheval Blanc St-Tropez, Guerlain unveils the new ultra-draining generation of the Saint-Tropez Sculpt, for immediate results.

Pumping, sharp effleurage, and friction movements eliminate water retention, reduce watery cellulite and deeply detoxify the body.

Combined with the firming and remodeling powers of radiofrequency, this massage sculpts, refines, and shapes the silhouette in a record time.



ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

Orchidée Impériale Black Treatment

1h20 – 420€
1h50 – 530€

The high-tech nature of this treatment combines the efficiency of the Orchidée Impériale Black collection by Guerlain with a revolutionary cryotherapy technology. This global anti-ageing concept, combined with Blackimmune cellular technology, firms tired tissue, reduces wrinkles, harmonises face contours and acts on almost all the cells involved in the skin defence system.

Orchidée Impériale Prestige Treatment

1h20 – 315€
2h20 – 520€

Guerlain was inspired by the prodigious longevity of the orchid to create the most complete of its exceptional skin care products with highly regenerating and densifying power. All the signs of ageing are corrected, the skin texture becomes finer and more regular. The skin looks and feels soft, velvety and sublimated.

Orchidée Impériale Ultime Face & Body Treatment

1h50 – 410€
2h50 – 615€

This anti-ageing treatment combines an exclusive firming massage by Guerlain with the efficiency of the Orchidée Impériale collection. It is delivered with flawless expertise providing a feeling of complete well-being. Deep movements stimulate every muscle, whilst the energising massage ensures cellular renewal. The ritual visibly maintains the firmness and tone of the face and body, restores the skin's glow and leaves a radiant complexion.

Imperial Face Sculpt

1h – 245€

Thanks to meticulous facial and morphological diagnosis and a series of expert gestures, this high-tech sculpting aesthetic massage brings firmness, radiance, and youthfulness to your skin. Its deep muscle work helps redefine the contours of the face, lift the cheekbones, open the eyes, and smooth out wrinkles. The power of the gesture at the service of your face for an impeccable lifting effect.

YOUTH REPAIRING POWER

Royal Repair Treatment

1h20 – 310€

The Abeille Royale range offers all the healing benefits of bee products. By combining microdermabrasion with a purifying massage using warm plant-infused pouches, it intensely repairs the epidermis and illuminates the face. A true youth catalyst that acts on key skin reconstruction processes for a smoothing and firming effect.





THE PERSONALISED ESCAPE

Made-to-Measure Facial Treatment

50 min – 215€

1h20 – 320€

1h50 – 420€

A tailor-made facial treatment to create. Following a complete diagnosis, the Beauty Expert creates perfect blends to meet the needs of your face. Purifying, hydrating, redensifying or regenerating, a treatment with infinite customization.

Made-to-Measure Massage

50 min – 215€

1h20 – 320€

Entirely customisable according to your desires, habits or preferences, the Cheval Blanc Saint-Tropez Tailor-Made Massage is a choreography that follows your needs.

BODY SUBLIMATION

Sun Delights Ritual

50 min – 215€
1h20 – 315€

Naturally relax with this sensorial ritual as it prepares your skin for a tan or repairs it after a day on the beach. The collection Les Délices de Bain by Guerlain blends sparkling bergamot with the delicate scent of orange blossom and leaves skin soft, supple and subtly scented with deliciously fresh notes. An essential pause to help you fully appreciate the soft caress of the Mediterranean sun.

Floating Feet

50min – 205€

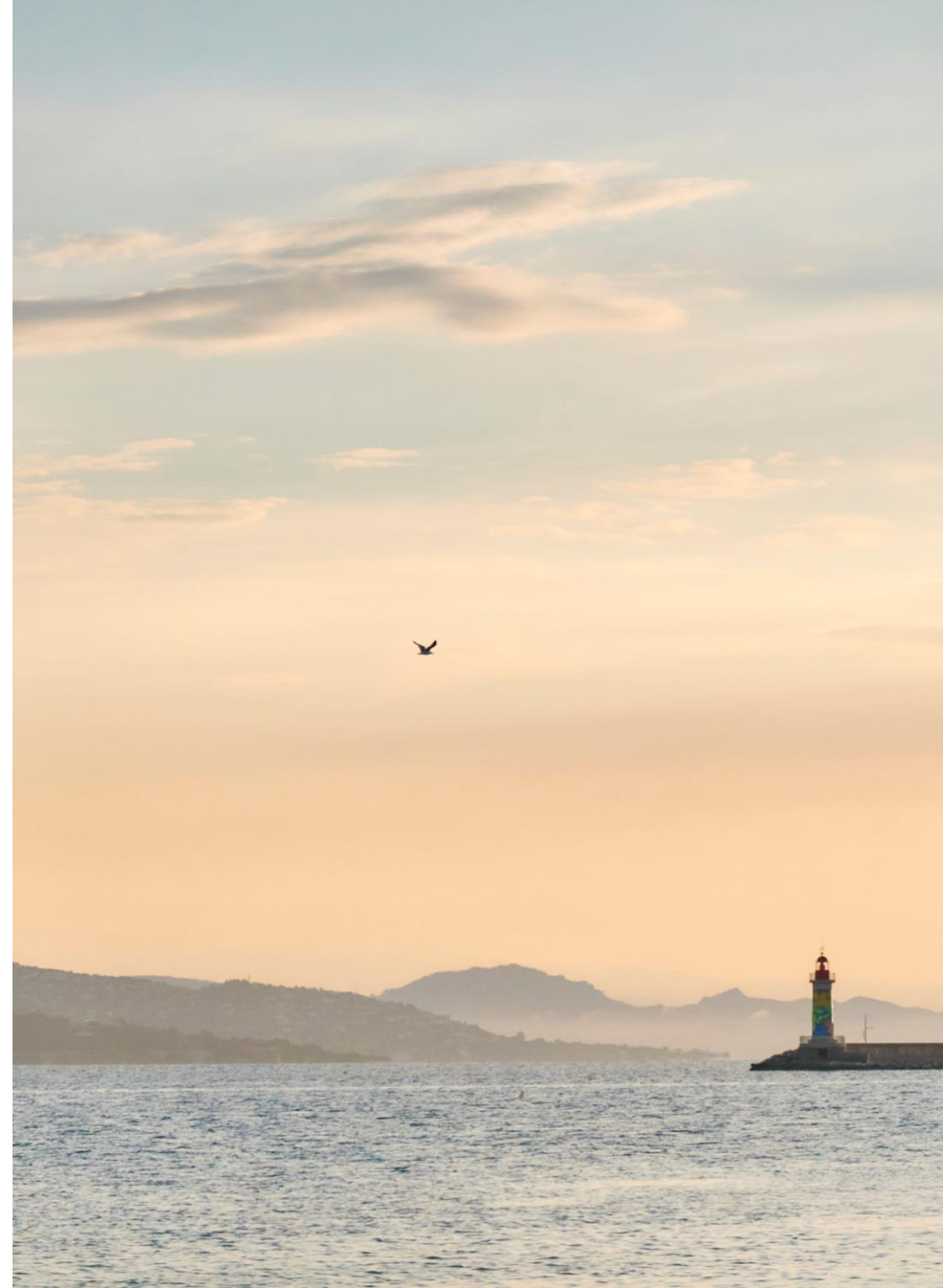
After a full day of watersports, this ritual speeds recovery by improving venous and lymphatic circulation, stimulating the elimination of built-up toxins associated with muscle exertion. It brings a sensation of lightness to the legs and feet while considerably reducing the heaviness of muscles. The massage is followed by an invigorating exfoliation with a relaxing effect.

Gentle Mom Ritual

50 min – 205€
1h20 – 295€

Designed to improve the skin's elasticity and stimulate the circulation, this massage can be performed after the first trimester or after birth. A tailored personal experience to ease the aches and pains caused by pregnancy.

During the first three months of pregnancy, the Cheval Blanc Spa recommends to pamper the skin with a personalised Guerlain facial.



HARMONISING MESSAGES

Glamour in Saint-Tropez

1h30 – 495€

A dream-like moment awaits you with this unparalleled experience. This ritual, performed by two Guerlain Beauty Experts and a hairstylist in the Atelier Métamorphose, combines an exceptional beauty moment with a face ritual and a gentle body relaxation. Your hands and feet are pampered during your beauty make-over and hair styling. A true orchestration of savoir-faire crowning beauty and sensoriality... A complete transformation.

Signé Riviera

50 min – 215€
1h20 – 315€

Like an impressionist painter standing in front of their canvas, Guerlain has conjured up an exclusive restorative massage for Cheval Blanc St-Tropez that procures a sensation of deep replenishment. Featuring paintbrushes and a palette of sensory techniques, this revitalising massage leaves the body feeling light, the facial features looking rested and the skin radiant. Guerlain reveals its artistic soul through this sensational ritual that pays tribute to the beautiful light of the Riviera.

Secrets of India

1h – 245€

This sensorial massage was inspired by the Legend of Shalimar to immerse you in the heart of India. On this journey, the hands of your Guerlain Expert are intensely guided by the rhythm of music, a melody specially created for this Oriental dream. This artistic composition flows through four emotions: meditation, sensuality, joy and at the peak of this adventure, energy. The promise of a holistic rebirth of body and mind.

Summer Indulgence in Saint-Tropez

50 min – 215€
1h20 – 315€

The graceful movements of the boats in the Bay of Saint-Tropez inspired the brand-new technique for this face and body treatment which has been specially designed for Cheval Blanc St-Tropez. From the tips of the toes to the top of the head, this relaxing massage with shells allows you to dip in a world of exquisite well-being. Deeply enveloping, Summer Indulgence in Saint-Tropez is ideal for lovers of watersports. Associating pleasure and softness, this ritual leaves you relaxed and with a wonderful feeling of lightness.



MEN'S TREATMENTS

The Dandy from Saint-Tropez

50 min – 395€

A beauty time out for men who want to look and feel fantastic. Specially developed for Cheval Blanc St-Tropez, this exclusive experience performed by three experts will help you to unwind with a beard treatment designed with men's needs in mind, together with a manicure and pedicure. A holistic transformation for long-lasting wellness.

Frenchy Chic

50 min – 215€

This facial treatment created for Cheval Blanc St-Tropez is specifically designed for modern men. Deeply refreshing, it intensely purifies the skin and restores radiance and hydration while respecting individual skin sensitivity. Beards are pampered too for restored strength and shine.

Complete Hand or Foot Treatment For Men

40 min – 110€

Guerlain has conceived this comforting treatment specially for the needs of men. Cuticles are repaired, hands or feet are pampered and hydrated, nails are not forgotten. To be absolutely impeccable.

Our other treatments are also available for men.





HOLISTIC INTERLUDES BY ARNAUD CORBION

Wùo Tai

1h – 255€
1h30 – 355€

Like a journey into oneself, orchestrated around gentle osteopathic techniques. With infinite gentleness and kindness, his objective is to awaken and practice ancestral gestures carried by our genome. In the midst of intense stretching, manipulations and suspensions, you will only have to breathe and let yourself be rocked in this swing, this vibratory dance that naturally takes place between two people.

Nuad Bo' Rarn

1h30min – 355€

An ancestral ritual from Thailand, this treatment restores the natural energy flow for numerous benefits. Acupressure, stretching, vibrations are on the program for a gymnastic choreography orchestrated by Arnaud. Relaxation is at its height.

Shiatsu

1h – 255€
1h30 – 355€

This millennia-old Japanese technique is inspired by traditional Chinese medicine for physical and physiological well-being. It releases tension and harmonizes the body and mind through finger pressure on the meridians and joints. A source of positive energy for a total inner well-being.

*These treatments are performed on the floor on a massage futon.
We recommend that you wear comfortable clothing*

ADDICTIVE RITUALS BY GUERLAIN

I-Sculpt Body Treatment

30 min – 150€

The perfect treatment for a sculpted and refined body in 30 minutes, thanks to the electromagnetic pulses & 20,000 muscle contractions caused by the I-Sculpt.

Micro Peel Expert Treatment

30 min – 150€

Microdermabrasion exfoliates and heals the skin, enhancing its radiance. It becomes regenerated, radiant, and the skin texture is refined

LED Treatment

30 min – 150€

This high-tech treatment emits a monochromatic light that acts on the process of skin repair. LED sessions are fully customizable for targeted results: anti-aging, purifying, draining...

Radio Frequency

30 min – 150€

High Technology, radio frequency allows to fight against skin slackening in order to preserve the youth of your skin. A sublimated body and a sculpted face, you radiate with a Tropezian beauty.

Daydreaming Ritual

30 min – 145€

Inspired by a traditional Indonesian method, this massage is a powerful soothing treatment for the scalp, an area directly connected to the sensation of well-being. Using slow, deep pressure, it gently eases tension in the body and mind. Blood circulation is stimulated to release revitalising energies and enhance hair beauty. Indulge in a delicious and instant sensation of calm and serenity. An exquisite ritual, an invitation to a gentle dream.

Expert Eye Treatment

30 min – 150€

This massage technique sculpts and widens the eyes. The eye contour is left smoother, sculpted and revived. The whole face glows with new-found radiance.

High Repair Ritual

75€

How about enhancing your moment with a truly comforting bath? A true concentrate of pleasure and efficiency, this ritual can be combined with any other treatment according to your desires.

Eyes Refreshing Ritual

75€

A freshly relaxing interlude that will enhance your look and illuminate your face.

As a complement to another treatment



“REVERENCE BY BASTIEN” STUDIO

Awarded many times, Bastien Gonzalez is a recognized expert in the world of podiatry and is passionately dedicated to the health and beauty of feet and hands.

In the heart of the Cheval Blanc Spa, our Beauty Experts provide the artist's treatments to feet that have been badly treated. Pampered, relieved and sublimated, your feet and hands plunge into a delicious bath of youth.

Reverence by Bastien Complete Hand Ritual

With classic nail polish application 155€

With semi-permanent nail polish application 195€

Reverence by Bastien Complete Foot Ritual

With classic nail polish application 195€

With semi-permanent nail polish application 215€

Reverence Duo – Complete Hand and Foot Ritual

With classic nail polish application 345€

With semi-permanent nail polish application 405€

Reverence Foot De-Stress 30min – 150€

This treatment focuses on relaxing muscular tension, improving joint mobility and blood circulation, and promoting skin elasticity. Following this ritual, your feet will feel light and soft again.

THE BEAUTY BOUDOIR

Nourishing Eyelashes Lift Treatment

1h – 235€

Rich in peptides, keratin and vitamin B, the Nourishing Eyelashes Lift Treatment is the miracle cure to strengthen eyelashes, make them voluminous and lengthen them. Natural lashes appear longer and radiant with vitality. Their reshaped curve enhances the eyes elegantly.

Eyelashes or Eyebrows Tint

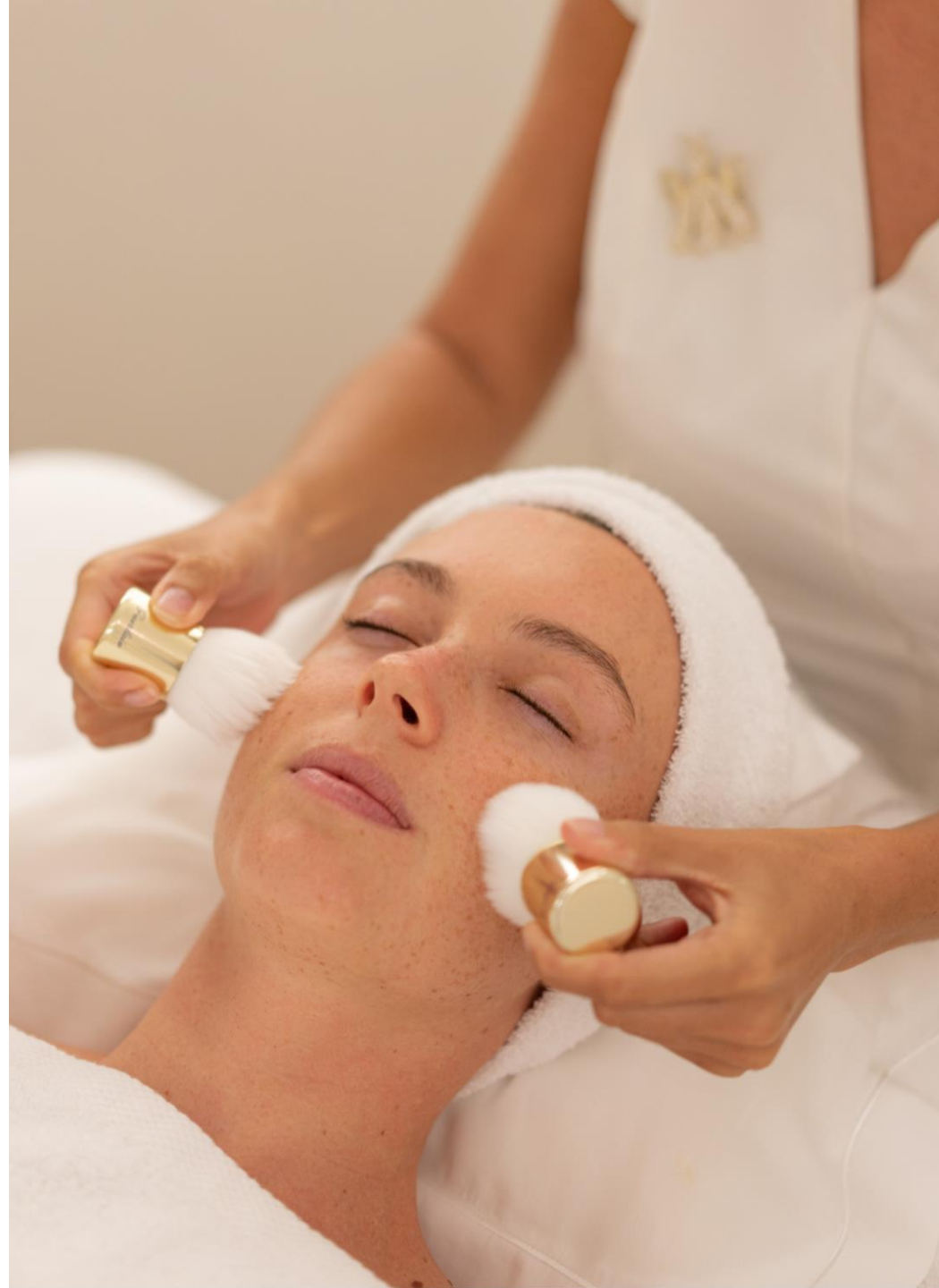
30 min – 100€

Facial Hair Removal

Upper Lip	45€
Eyebrows	65€
Ears	45€
Nose	45€

Body Hair Removal

Full Legs	105€
Half-Legs	85€
Under Arms	45€
Bikini	45€
Bikini Low Cut	65€
Bikini Full	85€
Arms	85€
Back	85€
Armpits	85€





MAKE-UP ARTISTRY

Make-Up Application

50 min – 165€

Always bold and avant-garde, Guerlain has expert knowledge of all the facets of make-up. Whether it is for a special occasion or just to look irresistible every day, treat yourself to a personalised make-up session that brings together expertise, elegance and sensoriality.

Make-Up Lesson

1h20 – 220€

During this personalised lesson, Guerlain reveals its most effective beauty secrets to enhance your face. Previously kept under wraps, they are now explained during a one-to-one workshop. An exclusive beauty experience.



PRECIOUS CURE

The Precious Cure orchestrates a holistic beauty programme dedicated to strengthening the immune system, improving the quality of sleep and the beauty of the skin in its global dimension. Regain a precious balance over these few days, punctuated by wellness interludes.

The precious moments:
spread over 4 days at your convenience

Healthy Breakfast
Individual Yoga Session - 1h
Sun Delights Ritual - 1h20
Holistic Interlude- 1h
Orchidée Impériale Black Treatment - 1h20





“RADIATE WITH BEAUTY” CURE

This summer, Cheval Blanc St-Tropez honours your beauty with an exquisite programme that is the perfect blend of yoga, nutrition and Guerlain’s expertise. From the relaxing and reinvigorating Signé Riviera ritual to the beautifying Glamour in Saint-Tropez experience, Guerlain Beauty Experts share their most well-guarded secrets to restore radiance from the head to the toes, inside and out. A deliciously Tropezian experience to indulge in.

First Day

Individual Coaching - 1h
Healthy Breakfast
Aura Divine Massage – 1h50 min
Imperial Face Sculpt - 50 min

Second Day

Paddle Yoga Session - 1h
Healthy Breakfast
Lunch at La Terrasse
Orchidée Impériale Prestige Treatment - 1h20

Third Day

Pilate Session - 1h
Healthy Breakfast
Signé Riviera - 50 min
Made-to-Measure Facial – 1h20

“SCULPT THE BODY” CURE

Cheval Blanc St-Tropez has created a tailored programme for sports-lovers looking to enhance their performance. Guerlain's expert protocols for muscular warm-up and recovery are combined with osteopathic techniques used by Olympic-level athletes to help improve muscle strength and flexibility. A personal sports training service as well as a nutrition plan with high-protein meals help you attain your goals with ease.

This three-day programme leaves you with a toned, sculpted, healthy body, in top form for the summer.

First Day

Individual Coaching - 1h
Healthy Breakfast
Saint-Tropez Sculpt - 50 min
I-Sculpt Body Treatment - 30 min

Second Day

Healthy Breakfast
Coastline Path Walk - 1h30
Lunch at La Terrasse
Holistic Interlude - 1h

Third Day

Paddle Yoga Session - 1h
Healthy Breakfast
Imperial Face Sculpt - 50 min
Saint-Tropez Sculpt - 50 min





“CALM THE MIND” CURE

Cheval Blanc St-Tropez has designed a customised programme to decompress and find balance. Sun-soaked meditations and mindful walks through the beautiful countryside of the French Riviera take all your worries away and restore balance and harmony to the autonomous nervous system.

This three-day programme created by Guerlain leaves you with an iron will and a calm, relaxed mind.

First Day

Private Yoga Session - 1h
Healthy Breakfast
Holistic Interlude - 1h
Imperial Face Sculpt - 50 min

Second Day

Healthy Breakfast
Coastline Path Walk - 1h30
Lunch at La Terrasse
Secret Of India - 1h

Third Day

Qi Gong Meditation - 1h
Healthy Breakfast
Holistic Interlude - 1h
Orchidée Impériale Prestige Treatment - 1h20



COACHING AND OUTDOOR ACTIVITIES

Paddle Yoga

Private Session – 195€
Group Session – 130€

Our coach guides you on a path of divine energies. Breathing and relaxation, it is the perfect occasion to reconnect with oneself. Thanks to the benefits of the sea breeze and the sunlight, the body and mind are reunited during a moment of harmony on the waves.

Every Tuesday morning upon reservation.

Qi Gong

Private Session – 175€
Group Session – 105€

A slow dance, breaths in gentle movements: the best way to reduce stress and rejuvenate the body from within.

Every Thursday morning upon reservation.

Yoga

Private Session – 175€
Group Session – 105€

Our coach invites you to awaken your natural capacity for well-being. During a yoga session discover the keys to a new serenity, boost your inner energy and blossom durably.

Every Friday morning upon reservation.

THE TRAINING SALON

Our Training Salon welcomes you every day, upon reservation, for a sporty session in complete serenity. We invite you to book your dynamic moments with the Cheval Blanc Spa Ambassadeurs or at the Conciergerie.

Personal Coaching

30 min – 95€
1h – 175€

Specialised in physical and mental training, our coach accompanies you in the pursuit and overcoming of your objectives. Thanks to his attentive listening, he will identify your strengths and weaknesses, as well as each facet of your personality, to enable you to transform your actions into success, and guide you towards physical and emotional balance.

Individual Outdoor Activities

1h30 – 220€
2h – 270€

For a sun-filled escape in the heart of the village or around, our personal coach guides you on unparalleled itineraries. Postcard-worthy landscapes and targeted performance, these moments offer you a real breath of fresh air...

Upon reservation, 24h before.

THE HAIR STUDIO & THE ART OF THE BARBER

Structured hairstyle or a wavy iodine strand, the creativity of Baptiste, hair-artist, will adorn your look to indulge in sweet Tropezian evenings.

The Time of a Blow-Dry	135€
The Time of a Cocktail in Grace	195€
The Time of a Cut, Shampoo, Hairstyling	215€
The Time of an Exceptional Ritual	175€

The Time of a Colouring, Hairstyling	245€
The Time of a Colouring, Cut, Shampoo, Hairstyling	385€
The Time of a Highlighting, Shampoo, Hairstyling	275€
The Time of a Highlighting, Cut, Hairstyling	395€
The Time of a Highlighting, Colouring, Cut, Hairstyling	460€

The Time to Magnify the Bride - Upon consultation

The Time of a Gentleman Cut	95€
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Fine Blade Experience	100€
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The cream of barbers promises a new look for your beard. Finely trimmed, it treats itself to a precise, well thought-out makeover, a real breath of fresh air.

Authentic Beard Ritual	195€
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Whether classic or much more extravagant, this authentic ritual uses several techniques to trim, restructure and nourish your beard, depending on your needs. Its shine, softness and density is restored.





HAIR SPA BY FLORA

A pioneer in the "Hair Spa" movement, Flora has developed innovative complexes backed by over 18 years of laboratory research and over 45 years of professional hair care expertise.

Flora transcends traditional boundaries of hair care. When science meets the indulgence of the senses with an exclusive holistic experience.

The Art of the Tropezian Prelude 1h – 215€

Specially designed for Cheval Blanc St-Tropez, this sun preparation ritual will allow you to enjoy the Mediterranean sun in complete serenity. A gentle protective and revitalizing moment.

The Art of an Enchanted Renaissance 1h – 215€

After a long day under the Tropezian sun, this delicious relaxing ritual will pamper you to bring nutrition and comfort to your hair. An essential rest on the Riviera to sublimate your hair.

The Art of Made-to-Measure by Flora 1h – 180€

The Art of Detoxification 1h – 180€

The Art of Youth 1h – 180€

The Art of Rejuvenating 1h – 180€

BOUTIQUE

A selection of Guerlain products is available for purchase at the Cheval Blanc Spa. 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.

Perfumery of Art

A universe where aesthetes will appreciate these special, timeless, elegant and stunning fragrances as much as the prestige pieces. With its exclusive use of precious materials and absolute refinement in every detail, the Perfumery of Art encapsulates the entire Guerlain spirit. This universe unveils its poetic vision at the Cheval Blanc Spa in Saint-Tropez.

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.

The Magic of Make-up

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



GENERAL CONDITIONS

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 Guerlain 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 Guerlain Beauty Expert of any existing medical conditions or treatments you currently have or have had recently.

Access to the Training Salon

Persons under the age of 16 must be accompanied by a responsible adult in the Training Salon.

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 9:30 am to 8:00 pm.

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