

HÔTEL  
LES MOUETTES  
\*\*\*\*

# LE SPA intime

L'ESPRIT MAQUIS, MADE IN CORSICA



CARTE DES SOINS  
SPA MENU

# intímu

## CAP CORSE'S PLANTS RICHNESS



The cosmetic range by Intimu© is the result of a 100% corsican production made with aromatic plants. Handpicked, distilled, then processed following an ancestral recipe to reveal their deepest nature.

Organic essential oils with a highgrade of purity & quality, made with passion and patience, on the height of Erbalunga, just near our second Hotel, Castel Brando. Our collaboration with Intimu© comes from a common philosophy to highlight the local natural richness.



**Caroline, our qualified Wellness practitioners, welcome you to our Spa located on the roof terrace of the hotel, to provide you with well-being and beauty treatments, with the "INTIMU" range:**

**Richness of plants from Cap Corse!**

**Duration and rates of care :**

45 min	€95
1h	€120
1h30	€160
2h	€190
2h30	€240

**By reservation only**

o Mixed treatments

o Treatments also available for children and teenagers

# **OUR «AROMA-MASSAGES»\***

---

Choice of : 45 min / 1h/ 1h30 or 2h

## **Relaxing body massage "HARMONY OF THE SENSES"**

Slow and fluid movements for deep relaxation, relieves tension and stress

## **Revitalizing body massage "WAVES OF ENERGY"**

Rebalances energies through tonic and stimulating movements

## **Body massage for mothers-to-be "COCOON"**

**(1 hour only/ from 4 months of pregnancy)**

Tensions are relieved by gentle and enveloping movements, a feeling of well-being between the mother-to-be and her baby



## **Relaxing Face/Scalp Massage "FREE THOUGHTS"**

This treatment combines effleurage techniques and energy points to soothe the body and mind

## **Relaxing foot massage "NEW ELAN"**

Combining gentle and deep techniques, this treatment relaxes tired feet and improves blood circulation

## **Light leg massage "LIGHT FLIGHT"**

Find lightness and well-being in your legs with this stimulating and draining massage

## **Rose Powder Body Scrub "FLOT DE DOUCEUR"**

This exfoliating treatment will give you a luminous, supple skin and will envelop you with a sensation of absolute softness...

*\*Our massages are non-therapeutic and non-sexual. Please inform our practitioners of any medical contraindications or pregnancy.*

# **OUR «AROMA-VISAGES»\***

---



## **MOISTURIZING/RELAXING**

**Treatment time: 1 hour**

This treatment brings softness, suppleness and comfort to your skin.

## **The PURIFYING "DETOX" treatment with Rosemary**

**Duration of the treatment: 1h**

Moisturized, matified, purified skin. Oxygenating care

## **The "REGENERATING" ANTI-AGE treatment with Immortelle**

**Duration of the treatment: 1h**

Moisturizes skin, stimulates microcirculation. Radiant, luminous complexion

## **"FIRMING" care**

**Duration of the treatment: 1h**

Smooth, luminous, plump, regenerated, toned and firmed skin.

**\*eyebrow and upper lip waxing on request, supplement of €10 each**

# OUR « AROMA-DETENTE ABSOLUE »



Immortelle oil scrub and application 45 min

**“SUBLIME SKIN”**

Body scrub and massage 1h30

**"DIVINE SOFTNESS"**

Scrubs and facials 1h30

**A "BREATH OF SWEETNESS".**

Scrubs, body massage and facials 2h30

**"INFINITE SWEETNESS".**

## **IMPORTANT**

**Body and facial waxing** can be added before a treatment, to be specified when making your appointment at reception.

## VIRTUES OF PLANTS

<b>Immortelle :</b>	anti-inflammatory, toning, soothing and healing
<b>Myrte :</b>	refines skin texture, gives radiance and tone
<b>Laurel :</b>	purifying, fortifying and antioxidant
<b>Clementine :</b>	anti-spasmodic and calming
<b>Aloe vera :</b>	soothing, moisturising and healing
<b>Dwarf juniper:</b>	anti-inflammatory, astringent, purifying and draining
<b>Laricciu pine:</b>	stimulating and soothing
<b>Rosemary:</b>	toning, regenerating and purifying

©

## INTIMU PRODUCTS



Extend the benefits of Intimu care with a complete range of 100% natural cosmetics.

This skin care line is composed of floral water, serums, cleansing oil and moisturising gels, allowing your skin to benefit from the virtues of island plants.

Order your Intimu products online at: [www.intimu.fr](http://www.intimu.fr)

**The Essential Oils and Hydrolats are Ecocert certified.**

**The cosmetics range benefits from the Slow cosmetics label.**



# HÔTEL LES MOUETTES

\*\*\*\*

[info@hotellesmouettes.fr](mailto:info@hotellesmouettes.fr)

04 95 50 40 40



**DIAL 9 FROM YOUR PHONE FOR RESERVATIONS**

**DIAL \.9 FROM YOUR TELEPHONE  
TO MAKE A RESERVATION  
OR  
CONTACT CAROLINE DIRECTLY ON :  
+33 (0)6.64.63.50.29**

*MASSAGES ARE WELLNESS TREATMENTS AND NOT THERAPEUTIC.*