

Hydrotherapy Care

Treatments

Aerobath,

a relaxing jacuzzi for the whole body where air bubbles massage all points of nervous tension to bring total relaxation and well-being.

Hydro-massaging bath,

toning massages to stimulate the energy areas of feet, spine and neck.

Each zone is treated individually to ease tension and give lightness and tone to the body.

Mud application or vapour bath,

of spring water eases joint pain and favours the penetration of analgic and anti-inflammatory active elements and mineral salts.

Jet shower,

multiple jets are directed over the body from feet to shoulders relaxing muscles and eliminating toxins as well as having a firming and anti-cellulite action.

Berthollaix,

dry spring-water vapour to relax muscles and stimulate muscle tone.

Zen massage with spray,

developed by the Thermes Sextius from the Asian arts of DO IN and TANA KA MIN, a fine spray of spring water with specially chosen essential oils. Tension disappears rapidly as its slow and precise massage relaxes the entire body, regenerating its vital functions .

Precisely targeted massages stimulate blood and lymph circulation to give you new energy and put a spring in your step.

Peeling " à la Fleur de Sel de Camargue ",

a special made in Provence treatment which associates proper ties of the naturally warm mineralized water and the Fleur de Sel de Camargue with the traditionally known effect of the lavenders and thyme, essential oils which stimulate blood and circulation : a soft skin guaranteed !

NUXE® facial treatment: Prodigious treatment

These treatments, consisting of gentle massage with concentrated pressure on the temples, forehead and eyelids, will gradually ease the strain from your face, bring inner calm and serenity, relieve headaches and soothe tired eyes. Wrapped in hot, damp, scented cloths, massaged and stretched, you will feel harmony spreading from the nape of your neck to your shoulders, and from your temples to your chin.

Hot Stone Massage (hot metamorphical stones & essential oils),

This massage done with organic sub-marine stones from Japan, enters deeper dimension of relaxation, health & well-being, creating a positive approach to the "body-mind-spirit" connection. Those highly polished basalt lava stones heated between 40°C & 60°C will spread all the mineral & essential oils benefits through the body boosting up the energetic flow.

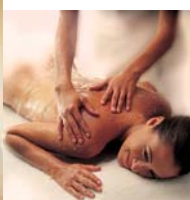
Prices and details

	Price/day*	6 days*
<i>Energy harmony package</i> 4 programs of hydrotherapy care : Hydromassaging bath + Berthollaix or Vapour Shower + Mud Application or Jet Shower + Zen Massage with Spray 20 min	109.00 €	588.00 €
<i>Spring in Provence</i> 4 programs of hydrotherapy care : Peeling "à la Fleur de Sel de Camargue" + Hydromassaging bath or Berthollaix or Vapour Shower + Mud Application or Jet Shower + Zen Massage with Spray 20 min	129.00 €	
Nuxe® facial Treatment : Prodigious treatment 80 min	120.00 €	
Hot Stone Massage	104.00 €	

Each package or facial treatment and Hot Stone Massage includes free access to the "Wellness area", with our gymnastic lessons and cardio-training machines, sauna, hammam, jacuzzi and the out door pool heated from april to october as well as two hours free parking. Anti-slip sandals are also on sale at our reception for 8 €.

A bathrobe and towels are supplied.

	Price*
Zen Massage with Spray 40 min	68.00 €
Hand Beauty Care or Feet Beauty Care	57.00 €
Peeling "à la Fleur de Sel de Camargue"	54.00 €
Zen Massage with Spray 30 min	56.00 €
Wellness Area Access	41.00 €
Zen Massage with Spray 20 min	44.00 €
Mud Application or Jet Shower	35.00 €
Hydromassaging Bath or Aerobath or Vapour Shower or Berthollaix	28.00 €
Aquagym in Active Pools or Aqua-Exercising and Aqua-Training	28.00 €



Thermes Sextius

55, Avenue des Thermes – CS 80889 – 13627 Aix en Provence Cedex 1

Tél : 33 (0)4 42 23 81 82 - Fax : 33 (0)4 42 95 11 33

<http://www.thermes-sextius.com> • e-mail: thermes.sextius@wanadoo.fr

Informations and reservations : 0 800 639 699 (from France)

* Prices available until the 29 of march 2009