

A stylized sunburst graphic composed of several thin, golden-yellow lines radiating upwards from behind the text.

Always zen at
Thermes Sextius Spa



Reconnect with your senses and indulge in unique experiences...
Welcome to Thermes Spa in Aix-en-Provence

WATER TREATMENTS to boost your energy levels and life force.

EXOTIC TREATMENTS using ancient techniques from all over the world to help you unwind, take time out for yourself and relieve stress.

The very best technology around to delay skin ageing, treat acne and erase discolouration with **HYDRAFACIAL®** and **LPG ENDERMOLIFT®**.

The ultimate anti-cellulite and slimming treatment for visible results from the third session with **LPG ENDERMOLOGIE®**.

FITNESS: daily group classes to improve your fitness, flexibility and endurance.

Pilates, Circuit training, Stretching, Yoga, Meditation, Aquafit and more.

A SENSORY SPA:

from the classic Finnish sauna and warm Turkish baths fragrant with aromatic oils to the hot Turkish baths with essential eucalyptus oil, jacuzzi and pool surrounded by Mediterranean grounds
(open April-October, subject to weather).

Indulge in gourmet delights between treatments! Join our chef on a sensory voyage at the colourful and delicious **RESTAURANT L'ORANGERIE**. Everyone loves the modern Mediterranean dishes served at lunch or dinner.



Entry to our Sensory Spa: with your unlimited ticket to soak up the experience for a few hours or an entire magical day...

Unique experiences: from the classic Finnish sauna and warm Turkish baths fragrant with aromatic oils to the hot Turkish baths with essential eucalyptus oil, ice fountain, experience showers (tropical rain, summer drizzle etc.) and of course the jacuzzi.

Enjoy the heated outdoor pool between April and September, set in fantastic grounds on the edge of Aix's old town's ramparts.
You can work out using our gym equipment (new technology) or sign up to our pilates, stretching, yoga or meditation classes.

SENSORY SPA OPENING TIMES - Monday-Saturday 10am-7pm

*Spring-summer season: April-September (subject to weather)

	Autumn-winter	Spring-summer*
Monday to Friday	48€	58€
Saturday	55€	65€
"Brunch and Spa" Sunday offer (please book at the hotel)	85€	105€
"Tapas and Spa" evening offer	40€ for 1 person 75€ for 2 people	45€ for 1 person 85€ for 2 people
Book of 12 Spa entry vouchers (exc. Saturday)	370€	540€

- Whirlpool or Hydromassage bath
- Scrub or ZEN massage* (20 min)

WATER: À LA CARTE TREATMENTS

ZEN MASSAGE*

Re-energising or lymphatic drainage

This massage relieves any tension trapping your energy centres and encourages fluids to drain under a fine mist of hot rain with sweet almond oil.

from 56€

20, 30 or 40 min

12 treatments 530€

Medyjet massage*

Stress and chronic pain relief...

(please see page 13 for details). Water jets massage you from head to toe as you lie lightly covered on a hot water bed. Each treatment targets a mental or physical requirement.

from 35€ (20 or 30 min).

To soothe your aches and pains in a flash, we recommend the 5 treatment package costing 157€.
(please see page 13 for details).

Invigorating JET SHOWER

The jet shower and its body jets help eliminate toxins without damaging tissue. It soothes tight muscles and tones your figure.

42€

12 treatment menu 405€

SCRUBS

Choose the right one for you and **pamper your skin!**

Take your pick from a cleansing Camargue salt scrub (normal skin) or an indulgent, nourishing sugar scrub (sensitive skin) or a detoxifying coffee and coconut oil scrub.

65€

palliative BERTHOLLAIX

Settle into a comfortable chair releasing hot steam onto your back and relax as your aches and pains disappear and your muscle tone gets a real boost.

36€

Soothing WHIRLPOOL BATH

A whirlpool of peaceful bubbles swirl around your body and use air pressure to massage any tight spots to completely relax your muscles and gently stimulate your circulation.

36€

Lymphatic HYDROMASSAGE BATH

A series of underwater jets massage your body to drain and sculpt your ankles, legs and hips or alleviate tension in your back.

36€

WRAPS:

• mud wraps

Our hot mud wraps revitalise your entire body by releasing toxins and relieving joint pain.

• oil wraps

Deeply nourish your skin with a relaxing scrub: a real treat for your body.

42€

12 treatment menu 405€





EXOTIC TREATMENTS AND MAS-

LA SULTANE DE SABA EASTERN treatment

3 hours - 5 treatments - 318€

Savon Noir scrub, shea butter and rassoul clay wrap, honey mask, Eastern massage*, Middle Eastern tea and pastries.

(Private treatment room and Turkish bath).

LOMI LOMI treatment

3 treatments - 2 hours - 220€

Welcome treatment, sugar face and body scrub, LOMI LOMI massage and virgin mojito.

SEASONAL SOTHYS treatment

2 treatments - 135€

Seasonal Sothys facial and bespoke 30 min body massage*.

♥ Moroccan massage*

1 hour - 135€

Massage* at different intensities to relax muscles, soothe joints, improve digestion and give your face a fuller appearance.

LOMI LOMI massage*

70 min - 139€

Massage* inspired by Hawaiian traditions to ease tensions, stimulate and streamline energy.

ANGEL IN GOLD massage* -

1 hour - 129€

Massage* designed in partnership with the famous choreographer Angelin Preljocaj to help his dancers recuperate faster. It focuses on the 7 chakras to smooth out blockages in our energy centres.

Head, neck and shoulder massage*

30 min - 67€

BALI ROSE QUARTZ massage*

1 hour - 129€

This massage switches between smooth strokes and pressure to alleviate any tension in the body.

YIN or YANG massage* - Body and face -

30 min - 69€

Yin: drains fluids from the legs and stomach.

Yang: relieves tension in the back.

♥ KOBIDO treatment The ancient way of Beauty.

30 or 75 min - 65€ or 120€

This facial stimulates the muscles in your face to improve skin elasticity, tone and radiance.

KOBIDO is like a bewitching dance and hypnotic voyage with countless benefits.

REIKI treatment - Energy healing

30 min 70€

A hands-on healing process that brings harmony to energy flows and life force. It balances and tames energy flows to provide deep and long-lasting peace to the body, mind and soul.

MUM TO BE massage*

Natural and organic - 1 hour - 129€

Ayurvedic massage* using sweet almond oil, a real treat for mums to be (couples massage available).

Sothys ANTI-CELLULITE treatment

50 min 120€

Slimming massage that targets all forms of cellulite: adipose, aqueous and fibrous. Every area is treated with a game-changing relaxing effect in slimming treatments. A Limoges porcelain device is used during treatment.

PIONEERING FACIAL TECHNOLOGY

HYDRAFACIAL®

The revolutionary treatment: anti-acne, anti-wrinkle, intense neck and chest hydration etc.

For spectacular results that last.

The hydra-dermabrasion facial uses patented

- gently "buff" the skin
- extract and remove the deep-set impurities: blackheads, dust, dead cells, make-up residue, excess oil etc.
- deeply infuse boosters, hydrating solutions, vitamins and antioxidants

3-step Signature treatment in 30 minutes:

- **CLEANSE + EXFOLIATION**

Deeply cleanses and exfoliates with a gentle peel to uncover a new layer of skin.

- **EXTRACT + HYDRATE**

Remove debris from pores with painless suction. Nourish with intense moisturisers that quench the skin.

- **FUSE + PROTECT**

Saturate the skin's surface with antioxidants and peptides to maximise your glow.

HYDRAFACIAL®

What would you change about your skin's appearance if you had a magic wand?

High performance HYDRAFACIAL® boosters are our weapon against any imperfection: acne, discolouration, wrinkles and fine lines, dull skin, redness, dilated pores, dry skin etc.

Your therapist will work with you to choose the right booster to transform your skin during your treatment.

Britenol for discolouration, Clarifying for oily and congested skin, Dermabuilder for wrinkles etc.

Skin cells regenerate every 28 days so we recommend a monthly treatment for long-lasting results.

- Signature HYDRAFACIAL® 30 min (exc. booster) = 1 session: 160€, [Book 5 for the price of 4 for a total of 640€ \(or 128€ per session\)](#)
- Deluxe HYDRAFACIAL® 30 min (inc. booster) = 1 session: 220€, [Book 5 for the price of 4 for a total of 880€ \(or 176€ per session\)](#)
- Platinum HYDRAFACIAL® 60 min (inc. booster and lymphatic drainage) = 1 session: 280€, [Book 5 for the price of 4 for a total of 1120€ \(or 224€ per session\)](#)

Add the Eye or Lip Perk to your HYDRAFACIAL® (Signature, Deluxe or Platinum) for 50€
(instead of 70€)

- HYDRAFACIAL® Eye or Lip Perk: 70€
- HYDRAFACIAL® by area:
 - Neck and chest: 110€
 - Back: 110€
 - Hands: 70€

NEW! Experience HYDRAFACIAL® lymphatic drainage for face and body:
Lymphatic therapy stimulates skin cells, detoxifies, reduces inflammation and more.
This encourages lymphatic drainage from the lymph nodes (filters for the human body:
toxins, waste, bacteria etc.)

- lymphatic therapy for face: 100€
- lymphatic therapy for legs: 65€
- lymphatic therapy for arms: 60€



PIONEERING FACIAL AND SLIMMING TECHNOLOGY

LPG ENDERMOLOGIE: a gentle beauty and anti-ageing solution for your FACE.

- restores micro-circulation for an even tone
- improves skin radiance
- plumps and firms loose skin

Choose where you want to focus on: forehead, eyes, fine lines, bags and crow's feet, mouth, double chin, jawline, neck, chest, hands etc.



Endermolift plumping
anti-ageing facial

35 min

1 session: 66€
6 sessions: 375€
12 sessions: 710€

1 Endermolift area

15 min

1 session: 28€
6 sessions: 156€
12 sessions: 288€
24 sessions: 528€

2 Endermolift areas

25 min

1 session: 46€
6 sessions: 260€
12 sessions: 495€
24 sessions: 912€

SLIMMING - ANTI-CELLULITE

Triple effect on your FIGURE:

- Eliminates fat
- Improves the appearance of cellulite
- Regenerates skin (collagen, elastin, endogenous hyaluronic acid).

LPG Endermologie Silhouette 35 min

Streamlines your figure, improves the appearance of cellulite and firms your skin. This treatment focuses on one or more areas: arms, back, stomach, waist, buttocks, muffin top, thighs etc.

1 session: 66€
6 sessions: 380€
12 sessions: 720€

LPG Endermologie anti-cellulite 40 min 78€

New and targets all forms of cellulite: adipose, aqueous and fibrous. Combats localised fat.



MEDYJET: MENTAL AND PHYSICAL WELLBEING



The next generation in hydromassage (contactless and no need to get undressed or wet).

Just lie back on a hot water bed and enjoy the benefits of water jets. Depending on your treatment, this technology makes a real difference to relieving your body and mind of:

- stress,
- insomnia,
- burnout,
- neck pain,
- migraine,
- sore muscles,
- swelling etc.

Aside from the massages* provided by this technology, the hot water is reminiscent of being in the womb. This contactless massage is a good option for people who don't like to be touched.

20 min = 40€

30 min = 45€

To soothe your aches and pains in a flash, we recommend a package including 5 or 10 treatments.

YOGA INNER PEACE



DAILY CLASSES MONDAY
TO FRIDAY

18€ PER CLASS - FREE TRIAL
SESSION-

volume discount

10 classes = 140€

20 classes = 240€

50 classes = 550€

100 classes = 990€

YIN YOGA

Inner peace and reconnection with your true self

Yin Yoga incorporates elements of Chinese medicine. The practice helps enhance your sense of peace and wellness. It uses mindfulness and breathing techniques to open your mind and improve flexibility.

YOGA NIDRA

Peace and harmony

This ancient practice helps yogis achieve a deep sense of relaxation, boost dopamine levels, soothe countless physical issues, combat insomnia, enhance intuition and spark creativity.

HATHA YOGA

Calmness and dynamism combined

It provides multiple benefits to your physical and mental health. It improves flexibility and soothes pain by restoring correct posture.

VINYASA YOGA

Active body and mindfulness

Dynamic yoga experience to boost the body and the mind. This practice connects flowing movement with breathing.

THEMED YOGA FOR TEENS 12-18 year olds

Provides youngsters with coping mechanisms

Teenagers learn about self-awareness, being present, mindfulness, controlling their body and inner peace with tailored postures and breathing techniques. Learn to let go, be self-confident and control your emotions.

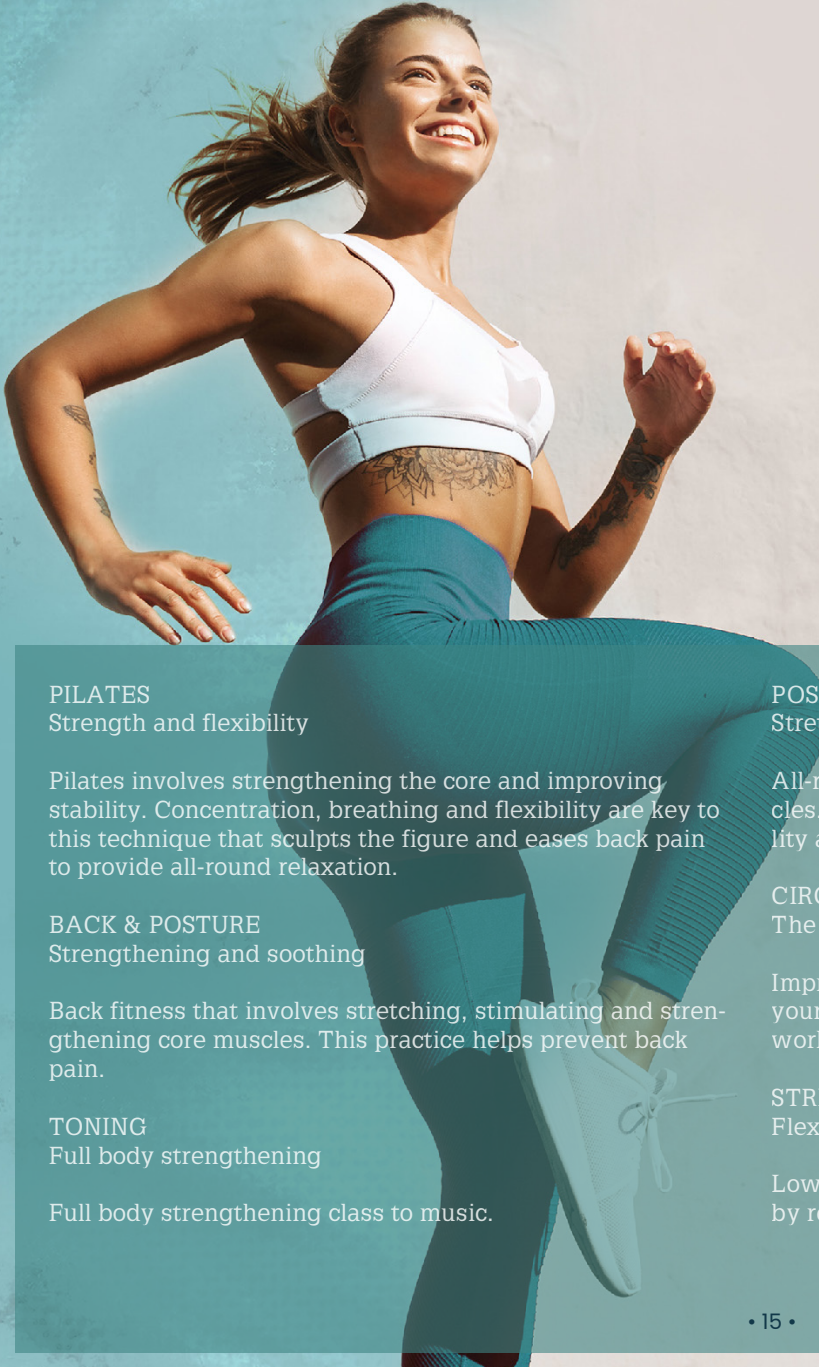
YOGA FOR CHILDREN 5-11 year olds

Learn yoga values

Children learn about meditation and postures through stories, games and fun-filled flows.

MEDITATION

PILATES, CIRCUIT TRAINING...



DAILY CLASSES MONDAY
TO SATURDAY

18€ PER CLASS - FREE TRIAL
SESSION-

volume discount

10 classes = 140€

20 classes = 240€

50 classes = 550€

100 classes = 990€

PILATES Strength and flexibility

Pilates involves strengthening the core and improving stability. Concentration, breathing and flexibility are key to this technique that sculpts the figure and eases back pain to provide all-round relaxation.

BACK & POSTURE Strengthening and soothing

Back fitness that involves stretching, stimulating and strengthening core muscles. This practice helps prevent back pain.

TONING Full body strengthening

Full body strengthening class to music.

POSTURAL STRETCHING® Stretching and breathing

All-round low intensity technique focusing on deep back muscles. Toning and stretching intervals help improve tone, flexibility and joint freedom.

CIRCUIT TRAINING The ultimate workout

Improve your cardiovascular performance and strengthen all your muscles with a series of intervals. Bursts of high-intensity workouts with short recovery breaks.

STRETCHING Flexibility and relaxation

Low intensity workout to stretch and elongate your whole body by releasing your joints. Relaxation guaranteed.

Monday-Saturday: 8.30am-7pm

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Visit our website
www.thermes-sextius.com

Follow us on Instagram



Spa Thermes Sextius is reserved for the use of adults, 16 years and over.

Please bring a swimsuit and non-slip sliders on the day of your treatment.

Bathrobes and towels provided.

The time stated for each treatment relates to the time the treatment rooms are in use.

Document for reference only.

*We do not provide medical and/or therapeutic massages. We provide relaxing and wellness massages. CENTRE DE BALNEOTHERAPIE D'AIX-EN-PROVENCE - CBAP - SARL, 16.000 €, 55 Avenue des Thermes 13100 Aix-en-Provence, 4347 570 164 RCS AIX-EN-PROVENCE. **PLEASE DO NOT LITTER.**

