

The Spa

*Villa
la Coste*



The Spa at Villa La Coste

A haven of peace, a sanctuary.

A moment of pure relaxation.

Drawing on the heritage of a land bathing in bright sunshine, fertile with vines, plants, herbs and flowers.

Villa La Coste offers a visionary and dynamic spa that leads you on a journey of the senses, embracing synaesthesia, light, air, colours, scents and oils, clays, salts and muds drawn from the earth. Every treatment is an exploration, a discovery, a voyage which tells a story.

Each aims to bring a deep, physical and emotional release.

All represent a convergence of ancestral healing traditions, going as far back as the baths of the Roman Empire, the Hammams of Northern Africa and including the aromatic gardens for which the Provencal region is so renowned.

The light of the landscape and it's abundance of remedial resources - from jasmine, lavender and rose blossoms ripened in the French sun to olive and apricot butters, essential oils produced high in the alps and warm muds harnessed from deep within the ancient grounds –ensures a profound healing energy has lent themselves to a bespoke range of entirely unique exfoliations, clay wraps, facials, massages and more.

All are designed to provide nurturing, solace and escape from the stresses of our busy world.

These treatments work to prompt a reaction, unlock, stimulate, cleanse and inspire. They are more than an adventure.

Ingredients are local, seasonal and fresh and they are 100% natural and organic.

They carry within them the memory of wildness, woodland, fruits and fragrances.

They embody the land and the love of creativity.

They help to unlock the heart.

And ease all tension.

Smell, touch, taste, listen, look.

Immerse yourself.

Rest a while.

Find stillness.

Breathe.

Be.

The days at La Villa La Coste

Treat yourself to a journey through the senses at La Villa La Coste.
Come live a day in our Spa and enjoy a lunch or brunch offered in The Restaurant.

Lunch & Spa

From Monday to Saturday 195 €

Massage 60 min

3 course menu excluding drinks

Half day well-being at La Villa La Coste

From Monday to Saturday 300 €

Herbal tea and fresh fruit, welcome ritual, relaxation, refreshing break, Hammam Ritual
Lunch (starter, main course, water and coffee)

Full day well-being at La Villa La Coste

From Monday to Saturday 450 €

Herbal tea and fresh fruit, welcome ritual, relaxation, refreshing break, Hammam Ritual
and massage
Lunch (starter, main course, water and coffee)

Member of the Spa Villa La Coste

Become a privileged member

250 € per month



Our treatments

Our thermal area includes two private hammams, one of which is for two people to enjoy a treatment at the same time, a vichy shower and dry float rooms.

We invite you to unwind prior to your treatment in our sauna and steam room, select your choice of mud and exfoliant, the ritual that you would like to enjoy and then let our therapists work their expertise and provide a personalized treatment.

The Hammams offer a warm and humid environment in which a **body exfoliation** is followed by a **mud massage**. The warmth of the room allows the body and mind to relax. This powerful primitive tradition of cleansing and grounding is felt.

75 minutes: 220 €

Our **Vichy treatment** is a test in which you experience a body exfoliation and a water affusion massage. This unique experience is both rehydrating and extremely invigorating.

60 minutes: 180 €

For those who want and need to relax, perhaps for a good night's sleep, we invite you to enjoy the treatment on the **Dry floating bed**. While lying comfortably on this warm water mattress, you'll experience the benefits of the mineral properties of mud on your skin, an energetic body treatment that brings you back to balance.

60 minutes: 180 €

We also have individual treatment rooms and one couple room. These are our massage, facial and finishing touch rooms. We invite you to select your choice of aromatherapy oil or balm and suggest that a body exfoliant prior to massage will improve the circulation system and allow the massage to be felt at a deeper level.



The Salt Menu

Enjoy an invigorating treatment which purifies both skin and mind and allows your true essence to shine. These profound exfoliations allow you to take off your protective armour and remember who you truly are. The high mineral content of the salts detoxifies as well as stimulates circulation, banishing dry, congested skin and flooding the body with negative ions which balance our positively charged lifestyles.

Warmed Black Magnesium

Feel: Grounded, centred and soothed, with a relaxed yet reinvigorated nervous system. Ideal for those who feel unanchored, perhaps physically due to travelling or because of unsettled emotions, anxiety or exhaustion.

Warmed Rose, Poppy Seed and Lavender

Feel: Emotionally balanced and nourished with a calm, open and loving heart. In Chinese Medicine Poppy seeds have an affinity with the inner heart chamber and when warmed they uplift the vibration of this precious energy centre. This is an incredibly releasing therapy which allows for sensitivity and compassion.

Gascony Plum and Cranberry

Feel: Energized and happy with illuminated skin, a clear mind and uplifted spirits. Cold pressed in Gascony near Toulouse, plum oil is highly moisturizing and zesty whilst the cranberry oil is packed with ant-oxidants and essential fatty acids – all of which provide potent skin nurturing benefits. Rose, sandalwood and geranium are subtly comforting for the tired and this highly restorative treatment looks after skin, heart and emotions with a tender touch.

Les Algues de Bretagne

Feel: Physically toned and firm, with a focused, purified mind and recharged energy body. This salt scrub, containing French Celtic salt and sea algae, is extremely detoxifying and hydrating. It boosts collagen and skin elasticity and is recommended for anyone suffering from cellulite or dull skin. For the depleted it is extremely nutrient rich and nourishing.





The Mud Menu

Mud therapy has been used for centuries. Of the five natural elements, mud represents the Earth and is strongly anchoring. Offering a beautiful palette of colours which directly relate to the seven chakras – or energy systems of the body – we offer the finest in naturopathic muds. Each offers a targeted solution and is massaged into the skin carrying the energy of the planet directly back into your body. All contain a high mineral content which increases vitality, draws deeper toxins from cells, revitalizes skin, and regenerates the nervous system. They take you out of your head, and put you back in touch with your physicality. They are ideal for adrenal exhaustion, stress, inflammation, poor digestion and physical tension. Ideal for those who want to retreat and find that quiet space within.

Warmed Amber and Rose Black Mud

Benefits: Warming, grounding and protective. Amber and rose relax and restore the nervous system whilst titanium, copper and zinc manganese promote healthy, vibrant skin.

Pink Rose Mud

Benefits: Helps restore skin suppleness and brightness, as well as pacifying adrenals and kidneys. Ideal for dry and sensitive skins.

Warmed Geranium and Poppy Red Mud

Benefits: Draws out dirt, toxins and oils from the skin, reduces wrinkle formations, improves blood circulation and strengthens your inner fire.

Warmed Jasmine and Vetiver Green Mud

Benefits: Particularly good for problem skin, this mud is one of the best detoxifiers and purifies. It also gently balances heart energy.

Blue Basil Mud

Benefits: Ideal for smokers or those living in polluted areas. Contains natural pigments which enliven dull, stressed or lifeless skin. Blue is the colour of the throat chakra and stimulates creativity.

Purple Tuberosa Mud

Benefits: Rich in magnesium which is one of nature's most powerful relaxers, this mud promotes cellular health and soothes and calms the pituitary gland. It is soothing and calming.

Amethyst White Gel

Benefits: an extremely relaxing and protective gel, which calms the nervous system, heals holes in your aura and promotes peace. Amethyst stimulates cell regeneration, helps increase vitality and, when combined with Rose Damascena, brings grace and luminosity to the body and mind.

Aromatherapy Massages

Using highly precious organic aromatherapy oils these mindful massages have been lovingly conceived to relax your central nervous system and boost the lymphatic system. Massage techniques vary according to your needs and are drawn from consultation with your therapist.

Cedar and Chamomile oil

A beautiful blend of synergistic oils which draws on the warmth of the earth through woods and roots. Green vetivier and cedarwood are wonderfully relaxing, and when combined with blue chamomile and lavender are awakened to their full effect and become a potent, medicinal remedy for deep fatigue and stressed nervous systems. This oil offers enormous emotional benefits and helps to heal fear, nervousness, stress and tension.

Rose and Bergamot oil

A nourishing, restorative blend which calms and supports the heart, and brings sweet comfort. Spiritually bergamot provides protection and happiness; it helps to instil confidence and courage, and assists in the release of negative emotions. Meanwhile Rose Damascena is the most potent spiritual oil of all and provides deep inner healing on all levels.

Jasmine and Verveine oil

Known as The Oil of the Angels, jasmine attracts light back into the nervous system, boosts serotonin, and helps stimulate the flow of love and energy in the body. It strengthens and replenishes your energy and has an incredibly positive effect on the brain. Verveine is equally soothing and uplifting and works to reduce puffiness and inflammation.

Olive and Apricot Butter Balm

A highly nourishing, protective and remedial wonder balm, sweet and silky, which awakens the senses and provides deep rehydration to needy, thirsty, itchy or sunburnt skin. Olives are rich in antioxidants and vitamin E; vetivert sedates the nervous system, creates stillness and is good for shock and anxiety. Also contains shea and murumuru butters, vanilla - which uplifts spirits and helps to lock-in moisture, apricot - which is vitamin rich, and blue chamomile, which is extremely grounding and soothing. Overall this is a delicious smelling, rich and medicinal butter for those craving extra care.

60 minutes 140€ / 90 minutes 190€

Facials

Gold Cellular Age Restore

This exquisite facial uses three types of naturally occurring gold and the rarest of frankincense, not only works to plump up tired skin, increase collagen levels and reduce inflammation, but cradles you into a soft new dimension. Combining a thorough cleanse and exfoliation with gentle lymphatic massage, three nourishing mud masks, your face is finally lightly shrouded in a paper sheet drenched in Boswellia extract, Neroli Hydrolat and vegetable-derived hyaluronic acid – the essence of which is pushed deep into the skin using a sonic wave wand, which reaches deep into the most needy layers of skin, massaging as it goes. Finishes with a tightening and brightening gold face cream.

For: Mature, dry, irritated and rosacea prone skin. Powerfully hydrating and particularly good for anyone concerned with aging.

Glowing Radiance Facial

This blissful therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by an application of powerful damascena rose otto and sandalwood oils to stimulate energy in the skin cells and relax the central nervous system. A face and shoulder massage then remove blockages and restores natural luminance, allowing a fresh flow of light and energy to flood both skin and body. Afterwards your face glows with radiance and a sense of peace pervades the body. Perfect for dehydrated, sensitive, dull and exhausted skin in need of some extra loving care.

Finishing touches

Hand Therapy

Begins with a file, buff and cuticle work. Includes a soak and scrub, following which a Vanilla and Vetivert Butter Balm massage of the lower arms and hands before polish is applied.

Feet Therapy

Begins with a file, buff and cuticle work. Includes a soak and scrub, following which a Vanilla and Vetivert Butter Balm foot reflexology massage before polish is applied.

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