

*La Créole*  
SPA

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Facials

For more than 80 years,  
PAYOT has been dedicated to the philosophy  
of beauty through movements.

Nadia Payot, one of the first female doctors,  
inspired by the ballerina Anna Pavlova, has developed a unique method  
combining massage movements and natural active ingredients.

A dermo-sensory beauty approach that results from the alchemy of:

- **Ultra-techno**, technical products by their concentration,  
the choice of active ingredients and innovation based on a scientific  
mastery of dermo cosmetics.
- **Super sensoriality**, colors, textures and fragrances for 100% fun  
products..
- **Gym Beauté** : massages which increase product's efficiency tenfold,  
delivers muscle tension and stimulates metabolism.

## La Gym Beauté Signature

Invented by Nadia Payot, this legendary facial massage in 42 movements activates all  
the physiological systems for an absolute well-being.

30 min ——— 60 euros

## La Gym Beauté Active

A dynamic and stretching massage rythmé to stimulate the muscles of the face.

30 min ——— 60 euros

## Flash sur mesure

Express treatment for all skin types.

45 min ——— 75 euros

## La Puret 

Purifying and rebalancing for a clear and matt complexion.

75 min ——— 110 euros

## La Douceur

deal for sensitive skin, soothes, reduces redness and irritation.

75 min ——— 110 euros

## L'Eclat

Illuminating vitamin treatment with goji and acai berries to awaken radiance and fade  
signs of tiredness.

75 min ——— 110 euros

*Price including tax per treatment and per person; valid from October 1, 2021*

## La Fraîcheur

To have a plumped and perfectly hydrated skin, thanks to the simultaneous action of the acid hyaluronic and aloe vera.

75 min — 110 euros

## Le Naturel

Oxygenating, purifying, clarifying care for a radiant and even complexion.

75 min — 110 euros

## La Finesse

Peeling treatment with a special concentration of AHA that refines your skin and smooths wrinkles.

75 min — 110 euros

## La Fermeté

Lifting treatment with rose extract and lipopeptide for a youthful, firming and toning the muscles of the face and neck.

75 min — 110 euros

## La Jeunesse

Global anti-aging treatment to fight against sagging skin, smooth wrinkles and unify the complexion.

75 min — 110 euros

*« Recharge your body »*

# Body Treatments

## Performance Jambes Légères

This treatment leaves you feeling instantly lighter and refreshed, by tackling water retention with techniques that boost circulation and improve venous return.

45 min — 70 euros

## Gommage Sublimant

This scrub with pistachio nuts and sweet almonds extracts removes dead skin cells and rough patches.

45 min — 70 euros

## Enveloppement du Corps

Wrap to firm up and curve the silhouette.

45 min — 75 euros

## Essentiel Sculptant

Tonic slimming massage for a thinned silhouette.

30 min — 65 euros  
45 min — 80 euros

## Performance Sculptant

Combines scrub, wrap and tonic slimming massage.

90 min — 130 euros

## Sublimant du Dos

A Complete back treatment for a deep cleaning with scrub and steam and to eliminate tension thanks to a relaxing massage.

60 min — 90 euros

*Price including tax per treatment and per person; valid from October 1, 2021*

# Water treatments

## Cascade Tropicale

Balneotherapy, gets relaxation and well-being thanks to water and air jets.

30 min — 50 euros

## Sauna / Hammam

Bath of dry or wet heat which prepares the skin to receive the care, opens pores, eliminates toxin and decreases the muscular tensions.

90 min — 30 euros

*«Subject to availability, you can enjoy our sauna / hammam in addition to face or body treatments, Modeling, Wellness Day or rituals.  
30 min 10 euros.»*

*Price including tax per treatment and per person; valid from October 1, 2021*



# Modelages

## «Swen Pou Konnèt»

Back, neck and shoulders massage. Relax and eliminates the muscular tensions.

30 min ——— 60 euros

## Sérénité Des Îles

This massage envelops the body in a cocoon of exceptional well-being and ultimate relaxation.

30 min ——— 65 euros

45 min ——— 80 euros

60 min ——— 100 euros

90 min ——— 130 euros

## Aventure Caribéenne

This "Creole signature" massage is a real source of well-being thanks to slow and relaxing maneuvers.

30 min ——— 65 euros

45 min ——— 80 euros

60 min ——— 100 euros

90 min ——— 130 euros

## Voyage dans les Fjords

Tonic massage inspired by Swedish, frees the body of its muscular tensions and toxins to restore its lightness.

30 min ——— 65 euros

60 min ——— 100 euros

## Evasion Polynésienne

Need a moment of intense relaxation for total letting go? Let you take away with this Lomi-Lomi-inspired massage, a real invitation to travel.

30 min ——— 65 euros

60 min ——— 100 euros

90 min ——— 130 euros

## Escapade à la Soufrière

The contact and heat of volcanic stones relieve muscle pain, loosen tensions and provide a feeling of relaxation.

60 min ——— 110 euros

## Deep Tissue

This intense massage uses deep pressure to reduce tension and muscle pain..

30 min ——— 75 euros

60 min ——— 110 euros

## Réflexologie Plantaire

Foot and leg massage that provides well-being, revitalizes, balances the body and helps relieve stress through pressure points.

30 min ——— 65 euros

Experience a wellness stay at La Creole  
Beach Hotel & Spa through our Serenity  
Package including:

- Accommodation
- American breakfast buffet
- « Sérénité des îles » massage during 60 minutes
- A cocktail of your choice at the bar la Rhumerie
- Free wifi access

For 2 persons

Check our availability and rates by email at [reservation@creolebeach.com](mailto:reservation@creolebeach.com)  
or by phone at 0590 90 46 00

*“there is no way to happiness,  
Happiness is the way”*

# Wellness Days

## Relax Day 120 euros

Sérénité des Îles or Aventure  
Caribéenne Massage 60'

Lunch

Beach access with deckchair

## Precious Day 220 euros

Body scrub 30'

Sérénité des Îles or Aventure  
Caribéenne Massage 60'

Gym beauté Signature ou Active 30'

Lunch

Beach access with deckchair

## Serenity Day 160 euros

Sérénité des îles or Aventure  
Caribéenne Massage 60'

Gym Beauté Signature ou Active 30'

Lunch

Beach access with deckchair

## Sublime Day 280 euros

Body scrub 30'

Sérénité des îles or Aventure  
Caribéenne Massage 45'

Facial treatment of your choice 75'

Pedicure or manicure 45'

Lunch

Beach access with deckchair

*« Balance your senses »*



# Rituals

## Rien que pour le Plaisir

1 h 30

140 euros

Body scrub 30'

Sérénité des Îles or Aventure Caraïbienne Massage 60'

## Après l'Effort, le Réconfort

2 h

160 euros

Cascade Tropicale 30'

Sérénité des Îles or Aventure Caraïbienne Massage 90'

## Cocktail Vitalité Antistress

2 h

200 euros

Body scrub 30'

Body wrap 30'

Voyage dans le Fjords 60'

## Opération Séduction

2 h 45

240 euros

Sauna and steam room access 30'

Body scrub 30'

Sérénité des Îles massage 60'

Facial treatment of your choice 75'

# Aesthetic cares

## Soin Précieux des Mains

Treatment to protect the beauty and the youth of your hands  
Work of nails, cuticles, mask and massage.

45 min \_\_\_\_\_ 50 euros

## Soin Express des Mains

Work of nails, cuticles and hydration.

30 min \_\_\_\_\_ 40 euros

## Soin Précieux des Pieds

To find sweetness and perfection of feet  
Work of nails, cuticles, calluses, scrub and massage.

60 min \_\_\_\_\_ 60 euros

## Soin Express des Pieds

Work of nails, cuticles and calluses and hydration.

45 min \_\_\_\_\_ 50 euros

+ Nail polish:..... 15 euros  
+ French:..... 20 euros  
+ Strip Lac polish:..... 35 euros

*Price including tax per treatment and per person; valid from October 1, 2021*

# Waxing

Eyebrow, upper lip or chin maintenance 10 euros

eyebrows: line creation 15 euros

Classic bikini or Underarms 20 euros

Brazilian bikini, half-legs, thighs,  
arms or half-back 30 euros

Full bikini, full legs or full back 40 euros

## Packages :

Eyebrows + lip 20 euros

Classic bikini + half legs + Underarms 60 euros

Full bikini + half-legs + Underarms 80 euros

*Price including tax per treatment and per person; valid from October 1, 2021*

# Informations

## Opening Hours

The Créole Spa is opened from Monday till Saturday from 9:30 am to 1 pm and from 2:30 pm to 19:30 pm and Sunday from 9 am to 1 pm  
(Subject to seasonal modification)

## Reservation

From outside calls, the number is + (590) 590 90 23 70  
or from your room compose 23 70.

## Cancellation Policy

Any reservation is not canceled at least 24 hours in advance will be billed.  
Any delay or early departure will not give rise to any refund.

## Valuables

The Créole Spa direction disclaims all liability in case of loss or steal of your valuables. We recommend you to leave your valuables in the private lockers or in your room's trunk.

## Health

Our services are relaxing and well-being treatments with not therapeutic purpose, reason why we thank you to inform us of any health problem or surgical history (pregnancy, allergies and wounds).

## Duration of treatment

The time shown for each care included installation in the cabin.



*La Créole*  
**SPA**  

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*Team*

*Invites you to experience precious  
& timeless Moments*

# *La Créole* SPA

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