





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
_a Gym Beauté Active A dynamic and stretching massage ryth	mé to stimulate the	e muscles of the face.
	30 min	60 euros
Flash sur mesure Express treatment for all skin types.		
	45 min	75 euros
_a Pureté Purifying and rebalancing for a clear and	I matt complexion.	
	75 min	110 euros
_a Douceur deal for sensitive skin, soothes, reduce	s redness and irrita	tion.
	75 min	110 euros
_'Eclat luminating vitamin treatment with goji ar signs of tiredness.	nd acai berries to av	vaken radiance and fade
	75 min	110 euros

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 conplexion.

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 75 euros

Gommage Sublimant

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

	45 min	75 euros	
Enveloppement du C Wrap to firm up and curve the sill			
	45 min	75 euros	
Essentiel Sculptant Tonic slimming massage for a thir	nned silhouette.		
	30 min	65 euros	
	45 min	80 euros	
Performance Sculpta	Int		

Body treatment on targeted areas that combines scrub, warp and tonic slimming massage.

90 min 10

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

Water treatments

Cascade Tropicale

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

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 for 10 euros.»

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	135 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	135 euros

Voyage dans les Fjords

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

As1-	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 —	135 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
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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

Discover our Carbet outside to enjoy a massage by the sea (except The «Escapade à la Soufrière») - supplement 20 euros per person

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 or by phone at 0590 90 46 00

«there is no way to happiness, Happiness is the way"

Wellness Days

Relax Day 130 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 170 euros

Sérénité des îles or Aventure Caribéenne Massage 60' Gym Beauté Signature ou Active 30' Lunch

Beach access with deckchair

Sublime Day 290 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

Breakfast & Spa 100 euros

American Buffet Breakfast Sérénité des îles ou Aventure Caribéenne massage 45' Beach access with deckchair

«Balance your senses»



Rien que pour le Plaisir1 h 30140 eurosBody scrub 30'Sérénité des Îles or Aventure Caribéenne Massage 60'500

Après l'Effort, le Réconfort2 hCascade Tropicale 30'Sérénité des Îles or Aventure Caribéenne Massage 90'

Cocktail Vitalité Antistress

Body scrub 30' Body wrap 30' Voyage dans le Fjords 60'

Opération Séduction

Sauna and steam room access 30' Body scrub 30' Sérénité des Îles massage 60' Facial treatment of your choice 75' 2 h 45 240 euros

2 h



Precious Hands Treatme Treatment to protect the beauty and the Work of nails, cuticles, mask and mass	e youth of your har	
	40 MIN	55 euros
Express Hands Treatmer Work of nails, cuticles and hydration.	nt	
	30 min	45 euros
Precious Feet Treatment To find sweetness and perfection of fee Work of nails, cuticles, calluses, scrub a		65 euros
Express Feet Treatment Work of nails, cuticles and calluses and	hydration. 45 min	55 euros
+ Nail polish: + French: + Strip Lac polish:		20 euros

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

Informations

Opening Hours

The Créole Spa is opened from Monday till Saturday from 9:30am to 1pm and from 2pm to 7:30pm and Sunday from 9am to 1pm and from 2pm to 6pm (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 privative 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





Invites you to experience precious & timeless Moments



La Créole Beach Hôtel & SPA**** BP 61 - Pointe de la Verdure 97190 Le Gosier

Tèl. : 05 90 90 23 70

E-mail : spa@creolebeach.com www.creolebeach.com/la-creole-spa