

CENTRE THERMAL LA ROCHE POSAY

SPA SOURCE,
A UNIQUE
EXPERIENCE
WHERE
DERMATOLOGY
MEETS
NEUROSCIENCE.

SPA SOURCE LA ROCHE-POSAY

[HTTPS://CENTRE THERMAL.LAROCHE-POSAY.FR](https://centrethermal.larocheposay.fr)

2024

LE CARRÉ DES SOURCES, UNWIND IN A THERMAL WATER SQUARE POOL

This peaceful space, with views overlooking the surrounding nature, was designed to offer you all the benefits of a spa break combined with the virtues of our [heated thermal water](#). The pool is equipped with a counter-current swimming system, dorsal and plantar massage jets, and chromotherapy.

**Solo : 35€ for 3h Child (above 12yo) : 28€ for 3h
Duo* : 60€ for 3h**

* For duos, bookable only at the Spa reception desk or by phone at: +33 5 49 19 48 00

GROUP OFFERS - 10 PEOPLE OR MORE

Year-round, for every group booking of 10 people or more, enjoy a 10% discount on entry fees and treatments.

REDESIGNED FACILITIES DEDICATED TO YOUR WELL-BEING

The [hammam](#), a true beauty ritual, invites you to relax and let go. This 50° steam bath is ideal for detoxifying and preparing your skin for face and body treatments.

The [sauna](#), a dry heat bath followed by a cold shower to create a thermal shock, allows the release of feel-good hormones like endorphins. It's a moment of relaxation for both body and mind.

Beautiful relaxation areas and a tea room, in the heart of the [Carré des Sources](#), will complete your program to offer you precious moments of deep relaxation.

UNMISSABLE OFFERS EVERY MONTH

The Spa Source teams bring the different spaces to life with exclusive offers and themed events throughout the year. Book by phone or at the spa reception.

AT SPA SOURCE, A WELLNESS JOURNEY TO EXPERIENCE FULLY

Nestled in the heart of nature, Spa Source welcomes you with targeted programs dedicated to the health of your skin and your well-being.

Our treatments are designed to act on both your skin and your mind, combining relaxation and repair thanks to the combined action of massages and La Roche-Posay dermo-cosmetic products.

Complete your moment of relaxation in the Spring Square, our heated thermal water pool with massage jets, and revitalize your skin and your emotions.

SKIN AND QUALITY OF LIFE: INTRINSICALLY LINKED

A skin problem, whether mild or severe, can impact our well-being, our relationship with ourselves, and with others. Similarly, our overall state can impact our skin.

DERMATOLOGY THAT CHANGES LIVES...

At La Roche-Posay, our mission is to change lives through the benefits of dermatology. This is how our active ingredients, starting with our thermal water, act on the biological functions of the skin and its microbiome, to treat, correct, and prevent skin problems, thus improving the quality of life.

... ENHANCED BY THE POWER OF NEUROSCIENCE

Beyond its biological and microbiological functions, the skin has a sensory function, capable of acting on the brain, the overall well-being of the entire body, and in turn, on the skin.

The La Roche-Posay Laboratory has partnered with a board of experts in dermatology and neuroscience to combine its cosmetic and thermal treatment protocols with massage protocols with neurosensory powers.

The Spa Source La Roche-Posay wellness experience is accessible to teenagers from 12 years old, obligatorily accompanied by an adult.

The Spa Source La Roche-Posay invites you to discover its wellness rituals, designed to harness the combined power of La Roche-Posay dermo-cosmetic products and neurosensory massages.
[Discover all the benefits of our rituals and their associated treatments on our website.](#)

OUR HALF-DAY RITUALS

RELAXATION RITUAL

- › Hydromassage bath (20 minutes)
- › Customized massage (20 minutes)
- › Hydromassage bed (20 minutes)
- › 3-hour access to the Carré des Sources

125€ per person

GOURMET ESCAPE RITUAL

- › Customized massage or facial (50 minutes)
- › Day menu (starter, main course, dessert)*
- › Half-day access to the Carré des Sources

120€ solo
230€ duo**

Optional: Body scrub under a thermal water shower - €57 per person

VITALITY RITUAL

- › Jet shower (10 minutes)
- › Body scrub under a thermal water shower (20 minutes)
- › Massage under a thermal water shower (20 minutes)
- › Day menu (starter, main course, dessert)*
- › Half-day access to the Carré des Sources

155€ per person

EXCLUSIVE DUO RITUAL**

For two people

- › Body scrub under a thermal water shower (20 minutes)
- › Customized massage in a duo cabin (50 minutes)
- › Half-day access to the Carré des Sources
- › Day menu (starter, main course, dessert)*

325€ fort two

BALNEOTHERAPY TREATMENTS

**3 HOURS OF ACCESS TO
THE SPRING SQUARE
INCLUDED WITH EACH
TREATMENT**

- › Zero gravity bed 53€
- › Aquaroll 20' 53€
- › Relaxing hydromassage bath 20' 53€
- › Circulatory or firming jet shower 10' 53€
- › Body scrub under thermal water shower 20' 63€
- › Masser under thermal water shower 20' 63€

* Drinks not included

** Duo treatments are bookable only at the Spa reception or by phone at: +33 5 49 19 48 00

Because your well-being deserves constant attention, we've created new rituals with multiple treatments designed to pamper and restore. Experience a unique moment of letting go and revitalize your skin with the power of thermal water, combined with La Roche-Posay dermo-cosmetic products and the neurosensory benefits of massage.

NEW FOR 2024

RITUEL FUTURE MAMAN

- > Hydromassage bath (20 minutes)
- > Facial treatment (30 minutes)
- > Pregnancy massage (50 minutes)
- > Half-day access to the Carré des Sources
- > Daily menu (starter, main course, dessert)*
- > For expectant mothers from 3 to 7 months pregnant

190€ per person

Optional: Add a companion - €70 per person

- > Personalized massage (20 minutes)
- > Half-day access to the Carré des Sources
- > Daily menu (starter, main course, dessert)*

NEW MOTHER COCOONING RITUAL

- > Exfoliation under thermal water spray (20 minutes)
- > Anti-fatigue & recovery facial (30 minutes)
- > Personalized massage (50 minutes)
- > Half-day access to the Springs Area
- > Daily menu (starter, main course, dessert)*

210€ per person

Optional: Add a companion - €70 per person

- > Personalized massage (20 minutes)
- > Half-day access to the Carré des Sources
- > Daily menu (starter, main course, dessert)*

PARENT/CHILD DUO RITUAL**

For two (child above 12 years old)

- > Back massage (20 minutes)
- > 3-hour access to the Carré des Sources

110€ for two

THERMAL PATIENTS PACKAGES

- > Relaxation & wellness pack 290€
4 treatments - 1 fitness class - full-day access to the Carré des Sources
- > Rose wellness pack 376€
4 treatments - 3 fitness class - full-day access to the Carré des Sources
- > Sensitive skin wellness pack 400€
5 treatments - full-day access to the Carré des Sources

Packages are accessible only to spa guests. Reservations can be made on-site at the beginning of your thermal cure.

* Drinks not included

** Duo treatments are bookable only at the Spa reception or by phone at: +33 5 49 19 48 00

AGE DEFYING & CONFIDENCE

FOR YOU
OR TO GIFT

PREVENT AND REDUCE THE SIGNS OF AGING
ON YOUR FACE AND BODY,
AND REGAIN SELF-ASSURANCE

BOOK YOUR CARES

Spa
cares

Days &
journeys



The Age-Defying & Confidence-Boosting treatments and programs are recommended for all active individuals who want to **prevent and slow down the visible signs of aging on their face and body**, while boosting their self-confidence. They combine the effectiveness of the most concentrated La Roche-Posay anti-aging formulas with invigorating massages that promote energy and vitality.

BENEFITS

PLUMPED UP SKIN - SMOOTHED WRINKLES - FADED DARK SPOTS

VITALITY - SELF-CONFIDENCE - MOTIVATION

FRESH COMPLEXION - RESTED FEATURES - TONED SKIN - ENERGISED BODY

PRICES

Face care 30'60€
Face care 50'100€
Face care 90'145€

Day 3 treatments315€
Thermal water exfoliation 20'
Face care 50'
Body massage 90'
Free day cream

INCLUDES 3-HOUR ACCESS TO THE CARRÉ DES SOURCES

Body massage 20'60€
Body massage 50'100€
Body massage 90'145€

Journey 2 days / 5 treatments435€
the 3 treatments included, supplemented by:
1 massage under a 20' thermal water ramp
1 relaxing bath 20'
1 free routine



ANTI-STRESS & RELAXATION

FOR YOU
OR TO GIFT

HYDRATE AND RELAX TO SOOTHE THE SKIN AND MIND.

BOOK YOUR CARES

Spa
cares

Days &
journeys



Anti-stress & Relaxation treatments and programs are recommended for all those subjected to excess stress, whether personal or professional, which has an impact on their skin and quality of life. **They combine the effectiveness of highly moisturizing La Roche-Posay formulas** with the relaxing power of acupressure massages, **to soothe both skin and mind.**

BENEFITS

HYDRATED & SOOTHED SKIN

FEELING SERENE - LETTING GO - SELF CONFIDENCE

RELAXED FEATURES - RENEWED ENERGY - DE-STRESSED BODY

PRICES

INCLUDES 3-HOUR ACCESS TO THE CARRÉ DES SOURCES

- Face care 30'60€
- Face care 50'100€
- Face care 90'145€

- Body massage 20'60€
- Body massage 50'100€
- Body massage 90'145€

- Day 3 treatments315€
 - Thermal water exfoliation 20'
 - Face care 50'
 - Body massage 90'
 - Free day cream

- Journey 2 days / 5 treatments435€
 - the 3 treatments included, supplemented by:
 - 1 massage under a 20' thermal water ramp
 - 1 relaxing bath 20'
 - 1 free routine



ANTI-FATIGUE & RÉCOVERY

FOR YOU
OR TO GIFT

SKIN VITALITY AND RENEWED ENERGY
FOR BODY AND MIND.

Anti-fatigue & Recovery treatments and programs are recommended for all those who have gone through a period of intense activity or sustained physical effort. They combine the effectiveness of La Roche-Posay's nourishing and repairing formulas with deep massages, combining stretching, vibrations, mobilizations and percussions. **They revitalize the skin and bring renewed energy to the body and mind.**

BOOK YOUR CARES

Spa
cares

Days &
journeys



BENEFITS

NOURISHED AND HYDRATED SKIN - RESISTANT & TONED SKIN

AWARENESS - MOTIVATION - IMPROVED TOUCH - SOOTHING

FRESH COMPLEXION - REPAIRED & SOOTHED SKIN - INVIGORATED & WELL-BALANCED BODY

PRICES

Face care 30'60€
Face care 50'100€
Face care 90'145€

Day 3 treatments315€
Thermal water exfoliation 20'
Face care 50'
Body massage 90'
Free day cream

INCLUDES 3-HOUR ACCESS TO THE
CARRÉ DES SOURCES

Body massage 20'60€
Body massage 50'100€
Body massage 90'145€

Journey 2 days / 5 treatments435€
the 3 treatments included, supplemented by:
1 massage under a 20' thermal water ramp
1 relaxing bath 20'
1 free routine



VITALITY & RENEWAL

FOR YOU
OR TO GIFT

REPAIR FRAGILIZED SKIN, DEVELOP A NEW VITALITY.

Vitality & Renewal treatments and programs are recommended for all those who have gone through a significant personal ordeal that has had an impact on their skin and quality of life. **They promote the repair of fragile skin, and the development of a new vitality.**

BOOK YOUR CARES

Spa
cares

Days &
journeys



BENEFITS

- REPAIRED AND SOOTHED SKIN - FADED SCARRING - HAIR REGROWTH
- SELF CONFIDENCE - BODY HARMONISATION - VITALITY
- REVITALISED SKIN - RESTED FEATURES - RELAXED EYES

PRICES

- Face care 30'60€
- Face care 50'100€
- Face care 90'145€
- Day 3 treatments315€
 - Thermal water exfoliation 20'
 - Face care 50'
 - Body massage 20'
 - Free day cream

INCLUDES 3-HOUR ACCESS TO THE CARRÉ DES SOURCES

- Body massage 20'60€
- Body massage 50'100€
- Body massage 90'145€
- Journey 2 days / 5 treatments435€
 - the 3 treatments included, supplemented by:
 - 1 massage under a 20' thermal water ramp
 - 1 relaxing bath 20'
 - 1 free routine



NOUR FITNESS MEMBERSHIPS*

Discover our **sports memberships** with a complete schedule that will meet your goals. Quarterly or annual fitness and well-being membership including, upon registration for the slots of your choice, two days a week access to the Spa with:

- > holistic and aquatic fitness activities
- > access to the Carré des Sources and Spa facilities all day
- > access to the fitness room all day

Quarterly subscription: €250
Annual subscription: €900

OUR RELAXATION & SPORTS MEMBERSHIPS

FLEXIBLE FITNESS MEMBERSHIP*

These classes, adapted to everyone's desires and fitness level, take place in the Spa Source fitness room, with our sports coaches.

85 € for 6 sessions**
150€ for 12 sessions**

CARRÉ DES SOURCES MEMBERSHIP

Enjoy the thermal water pool, as well as all the other Spa facilities with free access (sauna and hammam) for a 3-hour session.

160€ for 6 sessions**
280€ for 12 sessions**

SPA GUEST FITNESS AND WELL-BEING MEMBERSHIP

Discover the Carré des Sources, featuring its thermal water pool, sauna, and hammam. Enjoy access to these facilities twice a week for three weeks.

90€ for 3 weeks

ACTIVE HEALTH MEMBERSHIP

Enjoy a Bodysculptor session (pressootherapy) which slims and sculpts your figure while detoxifying your body. Each session grants you access to the Carré des Sources, hammam, and sauna for 3 hours.

60€ per session
600€ per 12 sessions

Reusable pantyhose are required for Bodysculptor sessions and are available for purchase at the Spa Source reception desk for €24. A complimentary pair of pantyhose is included with the purchase of 12 sessions.

OUR FITNESS CLASS

45-minute physical activity class (aquatic or holistic fitness)

18€ per session

*Holistic activities include: cardio-fit oxygenation, cardio-massage step, gentle gym, fitness-massage energy ball, Pilates & soft-massage stretching.

**Memberships valid for 3 months from the date of purchase. Formula freely adaptable with holistic activities and aquatic fitness.

EXTEND YOUR EXPERIENCE: WELLNESS ESSENTIALS AT THE PAVILLON DES SOURCES

At the heart of the Pavillon des Sources, [our boutique offers the latest innovations from La Roche-Posay](#), the world's leading dermatologist-recommended skincare brand. Benefit from the expertise of our La Roche-Posay dermo-consultants, who will help you select the perfect products tailored to your skin's unique needs.

The Pavillon des Sources invites you to discover [the rich history of La Roche-Posay Thermal Spring Water](#), from its origins as a hydromineral company to its evolution into the renowned dermo-cosmetic brand it is today. For decades, the proven therapeutic properties of this unique water have been used to treat skin conditions and transform lives through products designed for every skin type.

The Pavillon des Sources is open every day of the week (except Monday morning and Sunday morning), including weekends and holidays. For information, please call +33 5 49 19 48 00.



CENTRE THERMAL LA ROCHE POSAY

SPA SOURCE
SCAN THIS QR CODE
TO DISCOVER THE
TREATMENT MENU AND
BOOK YOUR
NEXT MOMENT
OF WELL-BEING.



THE SPA SOURCE IS OPEN FROM MONDAY TO
SUNDAY, INCLUDING HOLIDAYS, FROM 9:30 A.M.
TO 6:45 P.M.

All prices are inclusive of tax and are provided for information purposes only. They are
subject to change. Please refer to our website for our current rates and general terms and
conditions of sale:

<https://centrethermal.laroche-posay.fr>

INFORMATIONS & BOOKINGS
SPA SOURCE LA ROCHE-POSAY

58, avenue des Fontaines

Parc Thermal - 86270 La Roche-Posay

PHONE : +33 (0)5 49 19 48 00

EMAIL : accueilspa.trp@loreal.com

[HTTPS://CENTRE THERMAL.LAROCHE-POSAY.FR](https://centrethermal.laroche-posay.fr)