

CENTRE THERMAL **LA ROCHE POSAY**



THE SPA SOURCE,
A NEW EXPERIENCE
OF DERMATOLOGY
POWERED BY
NEUROSCIENCE.

SPA SOURCE LA ROCHE-POSAY

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

THE CARRÉ DES SOURCES, TO RELAX IN A POOL OF THERMAL WATER

This quiet space, with a view of the surrounding nature, has been designed to offer you all the benefits of a spa break combined with the benefits of our [thermal water heated to 32°](#).

The pool is equipped with counter-current swimming, dorsal and plantar massage nozzles and chromatherapy.

Solo : 35€ for 2h
Duo : 60€ for 2h

UPGRADED FACILITIES FOR YOUR WELL-BEING

The [hammam](#) is an ancient beauty ritual and is an invitation to relax and unwind. The 50° steam bath is ideal for detoxifying and prepares your skin for face and body treatments.

The [sauna](#) is a dry heat bath, and is generally followed by a cold shower, which creates a thermal shock. It allows the release of well-being hormones such as endorphins.

A moment of peace and tranquility for the body and mind.

To make your experience complete, we have some beautiful [relaxation areas](#) in the heart of the Carré des Sources, where you can unwind and be still, letting all the tension leave your body and mind.

A [herbal tea area](#) accompanies your visit to the spa and offers you snacks and hot drinks to add sweetness to your moments of relaxation.

NEW IN 2023

AVAILABLE FOR THE 1ST QUARTER

The Spa Source completes its well-being and relaxation offer with our new equipments. [A massaging waterfall fountain, an outdoor swim spa with jacuzzi, an outdoor bath](#) and sauna will be installed in the first quarter of 2023 and available to all guests eager to enjoy more opportunities for relaxation and relaxation.

The Spa Source La Roche-Posay invites you to discover its well-being rituals in order to take advantage of the combination of La Roche-Posay dermocosmetic products and the neurosensory power of massages.

[Find all the benefits of our rituals and their associated treatments on our website.](#)

OUR HALF-DAY RITUALS

RELAXATION RITUAL

- › Relaxing bath 20'
- › Massage 20'
- › Zeo gravity bed 20'
- › 2hrs. of spa access

115€ per person

GOURMET ESCAPE RITUAL

- › Massage 50'
- › Gourmet menu
- › Half a day of spa access

**115€ alone
220€ in duo**

In option : exfoliation under water ramp : 54€ per person

VITALITY RITUAL

- › Jet shower (10 minutes)
- › Exfoliation under water ramp (20 minutes)
- › Massage under water ramp (20 minutes)
- › Gourmet menu (starter, main course, dessert)*
- › Half a day of spa access

149€ per person

OUR DUO RITUAL

UNIQUE DUO RITUAL

For two people

- › Thermal affusion exfoliation (20 minutes)
- › Massage in duo cabin (50 minutes)
- › Access to the square of sources 1/2 day
- › Gourmet menus (starter, main course, dessert)*

320€ for two people

** Drinks not included*

AT SPA SOURCE, A MOMENT OF WELL-BEING TO LIVE FULLY

Nestled in the heart of nature, the 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 by 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 Carré des Sources, our thermal water pool heated to 32°C and its massage nozzles and bring your skin and your emotions back to life.

SKIN AND QUALITY OF LIFE ARE CLOSELY LINKED.

Whether mild or severe, a skin problem can affect our well-being, our relationship with ourselves and with others. Equally, our overall health can impact our skin.

CHANGING PEOPLE'S LIVES WITH DERMATOLOGY...

At La Roche-Posay, we are dedicated to help people transform their lives thanks to dermatology. Active ingredients, which include our thermal spring water, work on the biological functions of the skin, and on its microbiome. This is how we treat, repair and prevent skin problems, and create great improvement in one's quality of life.

... AND THE POWER OF NEUROSCIENCE.

Aside from its biological and microbiological functions, the skin also has a sensory function. This sensory function can influence our brain and our general well-being, which in turn can modify skin. The La Roche-Posay Laboratory has joined forces with a board of experts in dermatology and neuroscience, in order to combine its cosmetic and thermal skin care, with neurosensorial massage treatment.

FOR ONESELF
OR TO OFFER

ANTI-AGEING & SELF-CONFIDENCE

SLOWING AND REDUCING THE SIGNS OF AGEING
ON THE FACE AND BODY,
AND REBUILDING SELF-CONFIDENCE.

The Anti-Ageing & Self-Confidence programmes are recommended for all active people seeking to avert and **slow down the signs of ageing on the face and body, and regain self-confidence**. They bring together the effectiveness of La Roche-Posay's anti-ageing formulas and stimulating massages, and promote vitality and energy. You will look confidently towards the future, however young or old you are.

BENEFITS

PLUMPED UP SKIN - SMOOTHED WRINKLES - FADED DARK SPOTS

VITALITY - SELF-CONFIDENCE - MOTIVATION

FRESH COMPLEXION - RESTED FEATURES - TONED SKIN -
ENERGISED BODY

SEE OUR RATES

A la carte
skin care

Days &
stays



DETOX & BALANCE

FOR ONESELF
OR TO OFFER

REGAINING BALANCE AND NORMALISATION OF THE SKIN'S FUNCTIONS.

The Detox & Balance skin care and programmes are recommended for people whose lifestyle or hormonal variations, impact the skin's health and balance.

These programmes help normalise the functions of the skin and the circulatory system, combining the efficacy of anti-imperfection formulas with draining and decongesting massages. The result is purified skin, a clearer complexion and a better relationship with oneself and with others : finding your personal balance.

BENEFITS

SOFT & OXYGENATED SKIN - MATTE COMPLEXION -
REFINED SKIN TEXTURE

LETTING GO - SELF-CONFIDENCE - RELATIONSHIP WITH OTHERS

PURIFIED & SOOTHED SKIN - RADIANT COMPLEXION

SEE OUR RATES

A la carte
skin care

Days &
stays



ANTI-STRESS & RELAXATION

FOR ONESELF
OR TO OFFER

HYDRATE AND RELAX TO SOOTHE
YOUR SKIN AND MIND.

The Anti-stress & Relaxation skin care and programmes are recommended for people who are **exposed to excessive personal or occupational stress, affecting their skin and quality of life.** The efficiency of this protocol lies in the combination of highly moisturizing formulas with **relaxing digitopressure massages**, which leave your skin feeling soft, supple and smooth, and your mind at peace.

BENEFITS

HYDRATED & SOOTHED SKIN

FEELING SERENE - LETTING GO - SELF CONFIDENCE

RELAXED FEATURES - RENEWED ENERGY - DE-STRESSED BODY

SEE OUR RATES

A la carte
skin care

Days &
stays



ANTI-FATIGUE & RECOVERY

FOR ONESELF
OR TO OFFER

VITALITY OF THE SKIN AND RENEWED ENERGY
FOR BODY AND MIND.

The Anti-fatigue & Recovery skin care and programmes are recommended for all people who have been 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, including stretching, soft vibrations, gentle movements and percussion. **They leave the skin looking revitalised and bring a new sense of energy to the body and mind.**

BENEFITS

NOURISHED AND HYDRATED SKIN - RESISTANT & TONED SKIN

AWARENESS - MOTIVATION - IMPROVED TOUCH - SOOTHING

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

SEE OUR RATES

A la carte
skin cares

Days &
stays



FOR ONESELF
OR TO OFFER

VITALITY & RENEWAL

REPAIRING WEAKENED SKIN,
DEVELOPING A NEW VITALITY

The Vitality & Renewal skin care range and programmes are recommended for those who have gone through a significant personal challenge, the effects of which are visible on their skin. They combine the effectiveness of La Roche-Posay's soothing and moisturising formulas, with gentle massages, using pressure and stretching techniques. **This helps the skin to repair and strengthen itself, and promotes new vitality.**

BENEFITS

REPAIRED AND SOOTHED SKIN - FADED SCARRING
- HAIR REGROWTH

SELF CONFIDENCE - BODY HARMONISATION - VITALITY

REVITALISED SKIN - RESTED FEATURES - RELAXED EYES

SEE OUR RATES

A la carte
skin cares

A la carte
skin cares



OUR FITNESS SUBSCRIPTIONS*

Discover our **sports subscriptions** with a complete schedule that will meet your goals.

Quarterly or annual fitness and well-being subscription including, each week, on registration for the slots of your choice:

- > 2 aquatic fitness sessions
- > 2 holistic sessions
- > 2 admissions 2 hours at the Carré des Sources
- > 2 accesses to the fitness room

Quarterly subscription: 250€

Annual subscription: 900€ (i.e. 75€/month)

OUR WELLNESS SUBSCRIPTIONS

HOLISTIC SUBSCRIPTION

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

85 € for 6 sessions**

150€ for 12 sessions**

CARRÉ DES SOURCES SUBSCRIPTION

Take advantage of the thermal water pool, as well as all the other Spa equipment with free access (sauna, hammam and all our new products for 2023).

160€ for 6 entries**

280€ for 12 entries*

AQUATIC FITNESS SUBSCRIPTION

In our thermal water pool, work your body at your own pace and stay in shape.

85 € for 6 sessions**

150€ for 12 sessions**

OUR ACTIVE HEALTH PACKAGES

Bodysculptor session (pressotherapy) which refines and sculpts the silhouette, while detoxifying the body. Each session also gives access to the Carré des Sources, hammam, sauna and new features for 2023 for 2 hours.

60€ per session

600€ for 12 sessions

Mandatory reusable tights for bodysculptor sessions on sale at the Spa Source reception for €24. Free tights for the purchase of 12 sessions.

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

** Subscriptions valid for 3 months from date of purchase

WELLNESS SESSIONS TO COMPLETE YOUR TREATMENTS AT THE PAVILLON ROSE

A stone's throw from the Spa, the Pavillon Rose offers relaxation and well-being activities to complete your visit to the Spa Source. Physical activity, moments of serenity, workshops, complete your treatments with à la carte activities and themed packages: yin yoga, yoga, meditation, sophrology, meditative walking and indoor rowing (Avirose).

[Inquire at the reception of the Pavillon Rose to book your additional workshops.](#)

THE PAVILLON ROSE IS OPEN

from January 16 to December 16, 2023

Monday from 14h. to 18h.

Tuesday to Friday from 10h to 12h30 and from 14h to 18h

Information on 05 49 19 48 47



CENTRE THERMAL LA ROCHE-POSAY

SPA SOURCE
SCAN THIS QR CODE
TO DISCOVER THE LIST OF
SKIN CARE PROGRAMMES
AND BOOK YOUR NEXT
VISIT WITH US.



THE SOURCE SPA IS OPEN DAILY FROM 9H30 TO 19H., INCLUDING WEEKENDS AND HOLIDAYS.

*All prices are given inclusive of all taxes and are indicative. These may be subject to change.
Find our prices and general conditions of sale on our website
<https://centrethermal.laroche-posay.fr>.*

INFORMATIONS AND RESERVATIONS:

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