



Treatment card



Escale's hallmark massages

The back comfort 25' €50

To release the back's muscular tension.

The head in the clouds 25' €50

A relaxing massage of trapezius, upper chest, face and scalp.

The lightweight leg 25' €50

A relaxing and soothing massage of legs and feet after a day of walking or exercise.

The peaceful 55'/85' €85/€120

A sweet moment to relax the whole body. This massage can be adapted to your needs.

The Balinese 55'/85' €85/€120

Slow and deep, it unties the body, relieves tension and soothes the mind through stretching and smoothing, enveloping movements.

The candle massage 55' €85

Comforting massage using a candle that turns into massage oil and covers the body with a sweet heat.

Escale's hallmark routines

The Precious Escale 85'/115' €115/€140

Relax and take care of yourself with this unique treatment that includes an Escale massage 55' (according to your choice), followed by a Sea basics facial care (30' or 60').

The Marine Escale 85'/115' €115/€140

Softness and lightness for the whole body thanks to this treatment composed by a Revitalising marine scrub 30', a seaweed envelopment 30', and an Escale massage (a choice of 25' or 55').

The Sweet Escale 115' €160

Relaxing routine composed by a body scrub according to your choice (30'), an Escale massage 55' (according to your choice), and a Sea basics facial care 30'.

Thalgo bodycares

Pacific Islands scrub 20' €40

Sand from Bora Bora, coconut shells and sea salt combine with a trio of precious vegetable oils and vanilla from Tahiti, in order to gently exfoliate the body, enhance and perfume the skin.

Indian Sea scrub 20' €40

Performed through stimulating movements, this treatment uses an oily mixture inspired by Ayurvedic traditions, rich in ginger powder, sugar and salt to softly exfoliate, nourish and perfume your body.

Revitalising marine scrub 20' €40

This granular gel exfoliates the skin while providing it with the minerals and trace elements indispensables to its vitality. The gel texture envelops the skin with a fresh marine perfume.

Thalgo massages

Pacific Islands 55' €95

Let's go to Tahiti. Like the feeling of being rocked by the waves, feel free during a relaxing massage with a Monoï scent. Enveloping, slow and comforting movements merge with the heat of hot sand bags, to get a feeling of complete serenity and relaxation.

Indian Sea 55' €95

Relax yourself during a balancing massage inspired by the Ayurveda. This massage combines gentle, enveloping and invigorating movements to restore harmony between body and mind.

French Riviera 55' €95

Let's discover the French Riviera during a massage combining the benefits of the sea with the heat of the sun, in order to revitalise and remineralise the skin. This revitalising massage is performed with a hot stone and smooth, deep and enveloping movements.

Wellness
Area

Booking a treatment gives you a 30 minutes-access to the Wellness Area (Swimming pool, hammam, sauna, jacuzzi)



Thalgo routines

Pacific Islands relaxing routine 90' €115

Islands scrub followed by a massage with hot sand bags inspired by the Lomi lomi. A sensory escape to the Pacific's paradise islands for a feeling of complete serenity. During a routine, discover step by step the inestimable resources of Polynesia. A feeling of relaxation and freedom overcomes you.

Indian Sea balancing routine 90' €115

Ginger exfoliating scrub and soothing massage with sesame oil & essential oils. Relax yourself during a sensory journey in Indian Sea, inspired by Ayurveda and marmas knowledge. This routine releases tension points linked to the stress of daily life. Enjoy the nourishing power of Indian red algae combined with the balancing benefits of Ayurvedic essential oils, to restore harmony between body and mind.

French Riviera revitalising routine 90' €115

Scrub with micro-burst seaweed extract and revitalising massage with a hot stone. Escape from reality during a stopover on the French Riviera, for anyone looking for refreshment, relaxation and revitalisation. Smooth, deep and enveloping movements. A need to let go during a journey.



Thalgo facial skincare

Sea basics 30'/60' €45/€70

The vital force of the oceans concentrated in the heart of a tailor-made treatment, to respond to the specific needs of each skin type: moisturising, nutrition, anti-irritation or purity.

Spirulina boost 60' €75

Anti-ageing treatment for tired skins, with a lack of radiance and first signs of wrinkles. This smoothing and energising treatment reduces signs of fatigue, smoothes the wrinkles and brightens up the complexion's radiance using a fresh peel-off mask made from Spirulina and marine magnesium.

Hyalu-Procollagen 60' €80

This filling facial care treats wrinkle by wrinkle using hyaluronic acids & marine procollagen combine with booster rollers. The face looks instantly younger, relaxed, and the wrinkles seem to be smoothed out.

Marine silicium 60' €85

Face-lifting and anti-ageing treatment, rich in marine silicium. This anti-ageing skincare inspired by the 'face fitness' uses an exclusive massage technique combine with a professional Cry-firmness double mask to firm the skin up, smooth out the wrinkles and freshen up the complexion.

Thalgo Men 60' €70

Objective : moisturising, nutrition, anti-irritation or purity. This treatment provides a tailor-made solution for men's skin. Enriched with Vital Blue Algae extract, a cellular energising complex, and fortified by its relaxing massage, the skin is energised and perfectly balanced.

Vapour option €10

Removal of blackheads



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