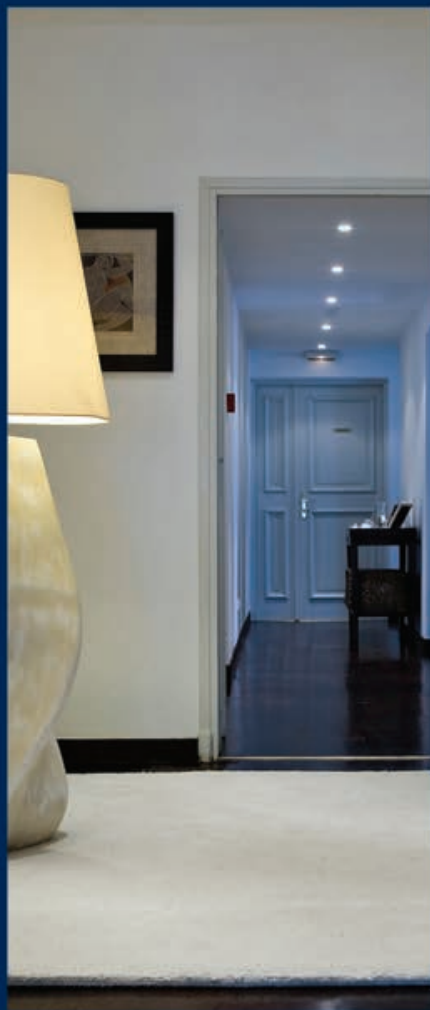


SPA - INSTITUTE
La Maison d'Ennea
Gordes - Luberon



So much more than a Spa...

Time stands still in the land of the Provençal shepherds and their herds. Les Bories is steeped in 3000 years of tales and legends, and welcomes you into a 8 hectare expanse of olive trees, cypresses, evergreen oaks, lavender and herb gardens.

The thirty-three bedrooms and suites look out over the Luberon hills and their unending beauty. The scents and savours of the cuisine are inspired by this authentic setting. Welcome to the peaceful and luxuriant ambiance of the spa.

Let our professionals guide you through unforgettable moments of well-being and bliss.

Discover the secrets of Ennea, get back to the source of contentment.

Savour our teas and herbal infusions in the relaxation lounge.

Relax in the heated indoor pool.

Enjoy the fitness trail, taking you gently down to the peaceful village of Gordes.

Take the time to discover our selection of special “Anne Sémonin” facials that form part of our range of natural products that really work.

Rediscover a sense of well-being in the perfect environment...

a luxuriant environment...

The eyes are blind. One must look with the heart. Antoine Saint-Exupéry



For her

50 mins €100

- **Exfoliating treatment** with fine-grain sand to gently remove dead skin cells and stimulate the circulatory and lymphatic systems. Our technique leaves the skin glowing.
- **Massage** with the essential oils of rose, rosewood (for tissue regeneration), and lemon (for slimming). The combination forms an extremely powerful regenerative treatment. It provides deep hydration and makes your skin silky smooth.

For him

50 mins €100

- **Exfoliating treatment** with Dead Sea salts and peppermint essential oils. The Dead Sea is twice as rich in minerals as other seas. This concentration of minerals is beneficial for the body and effective in removing dead skin cells.
- **Massage** with the essential oils of rosemary (powerful anti-wrinkle action, relaxation), cypress (stimulates the circulation), and sandalwood (the essence of this evergreen tree is said to promote longevity - its scent has an effect on the inner self). This energising and firming treatment releases tension and stimulates blood flow whilst bringing out the beauty of the skin.

For expectant mums

1hr 40 mins €140

The perfect combination of an “Anne Sémonin” **super-hydrating facial** and scalp, leg, hand and foot **massages**, lulling you into a state of deep relaxation and stunning beauty.

Our therapies use exclusive, highly effective protocols.

Beauty therapy

50 mins €140

- Personalised “Anne Sémonin” **facial** with warming volcanic mineral clay placed on the spine to release muscular tension in the back.

A highly relaxing beauty treatment.

Our “taster” package

1hr 15mins €130

- **Hydromassage bath** with orange flower oil (exquisitely scented, with calming properties). Hydromassage boosts blood and lymph flow. It combats cellulite and is recommended as part of a slimming programme.

&

- **Wrap** with argan oil and essential oil of rosemary. During the treatment, your skin absorbs the substances that are useful to your body. The essential oil of rosemary acts effectively against wrinkles and has firming properties. It is also suitable for reducing physical strains in athletes as it acts against muscle pain.

or

- **Exfoliating treatment** using soft brown sugar as gentle exfoliator.

&

- **Massage** 25 mins with argan oil (heavenly for the skin) and the essential oils of sweet orange (calming) and neroli (relaxing) - a very soothing treatment.



Complete facial Haute Couture 75 mins €160

« Anne Sémonin »

100% active therapy for the face, neck and around the eyes and a facial massage on specific facial energy points and zones.

The treatment is regenerating, with deep-reaching effects. After diagnosis, our professionals will recommend a natural therapy that is perfectly suited to your skin's needs for optimal effectiveness in a state of absolute relaxation.

Special anti-wrinkle facial 50 mins €120

« Anne Sémonin »

100% active aromatic cryotoning therapy. This technique is deep-reaching and effective. Our natural techniques and therapies are highly active, designed to combat the effects of time. The facial massage accompanying the treatment stimulates the facial energy points and zones.

Stimulation of the tissue boosts cell activity. This ritual gives excellent results. Your skin is revitalised, firmer and toned. The treatment gives your skin a feeling of extreme softness and an unbeatable sensation of well-being.

Hydrating facial 50 mins €110

« Anne Sémonin »

This therapy offers pure relaxation, eliminating toxins and letting the skin breathe again. Our active natural products re-sculpt the epidermal tissue and fully re-hydrate your skin, leaving it glowing and sublime.

Oriental manicure 50 mins €95

Black soap, alum stone, sesame and rosewater mask.
A highly relaxing ritual.

Oriental pedicure 50 mins €95

Black soap, alum stone, sesame and rosewater mask.
Let our special techniques lull you into a deep state of relaxation.

« Anne Sémonin »

• **The Anne Sémonin range** uses products developed using cutting-edge processes, designed using the most effective natural raw materials in the maximum permitted concentrations.

Our treatments have been created with exclusive, highly effective protocols in order to produce immediate and long-term results, reducing wrinkles, improving the firmness and hydration of the skin and making the complexion glow.

After each treatment, you will receive a personalised “beauty prescription”, tailored to your skin and lifestyle needs, listing your recommended products and instructions on how to use them. This will help you to continue your therapy when you get home.



Reiki 60 mins €130

REI is the universal life force present in every element (from subatomic particles to the universe as a whole).

KI is the part of this energy that is latent within each of us.

This technique **stimulates the main energy points** by laying hands on the chakras. It releases and channels energy, distributing it more evenly.

The process rebalances the chakras and helps you regain life energy.

Reiki treatment has a calming effect and restores the energy flow (Nâdis) over a sustained period.

Reiki is both a remedial and preventative therapy.

Foot Reflexology 40 mins €90

This technique begins with foot stretches.

A warm towel is laid over the feet for cleansing and to prepare the energy points.

Pressure is applied to acupressure points in the soles of the feet **to stimulate the elimination of toxins and to revitalise energy flows to the body's organs.**

Shiatsu 50 mins €110

This technique uses finger (shi) pressure (atsu) on the 720 points located along the energy flow lines.

Shiatsu releases tensions and increases vitality.

Slimming Massage 50 mins €100

With argan oil and essential oils of lemon (slimming), geranium (firms and regenerates tissue), and cypress (stimulates circulation and combats cellulite).

This has a positive effect on areas of the body affected by cellulite or water retention.

This slimming anti-cellulite massage is very effective in improving the texture of the skin, reducing orange peel effect and sculpting your body.

This therapy, with essential oils chosen for their properties, delivers striking results.

Slimming Massage package

12 sessions 50 mins €850

Letting go

Is not about appearing indifferent.

It's about understanding, realising that some things are beyond our control.



Egyptian Beauty Therapy Powerful regenerating effect

Hammam

- **Bath** with essential oils of rose and sandalwood
- **Exfoliating treatment** with Dead Sea salts and essential oil of sandalwood
- **Wrap** with essential oils of rose and sandalwood
- 50 mins **massage** with rare essential oil of rose
- Secret of Ennea **Elixir of the Pharaohs** (facial)
- **Egyptian Karkadé tea** 3hrs €260

Oriental Therapy Revitalising

Hammam

- **Exfoliating treatment** with a Kessa glove, oriental black soap and olive oil
- **Wrap** with argan oil and essential oils of peppermint and rosewood
- 50 mins **massage** with argan oil and essential oil of peppermint
- Cream of sesame **mask**
- **Orange flower water** 2hrs €180

Creole Therapy Velvet skin

Hammam

- **Exfoliating treatment** with soft brown sugar
- 50 mins **massage** with vanilla oil
- **Orange flower water** 1hr 15 mins €120

Greco-Roman Therapy Anti-stress

Hammam

- **Bath** with orange flower oil
- 50 mins **massage** with essential oils of sweet orange, neroli and petitgrain
- Honey, royal jelly and rose water **mask**
- **Sage herbal water** 1hr 15 mins €130

Coeur de Provence Therapy Effective firming

Hammam

- **Exfoliating treatment** with salts and essential oils of thyme and rosemary
- **Wrap** with essential oils of rosemary and geranium and argan oil
- 50 mins **massage** with essential oils of rosemary and geranium
- **Juniper water** 2hrs €180

Mediterranean Therapy Detoxifying

Hammam

- **Exfoliating treatment** with salts and essential oil of peppermint
- **Wrap** with essential oils of cypress and geranium and argan oil
- 50 mins **massage** with essential oils of geranium and cypress
- **Lavender or thyme floral water** 2hrs €180

Revitalising and firming massage

- **Massage with essential oils**
- rosemary (firming and powerful anti-wrinkle action)
- rosewood (powerful tissue regeneration)
- geranium (firming and tissue regeneration)
- 50 mins €95

Anti-stress massage

- **Massage with essential oils**
- marjoram (combats anxiety and stress)
- lavender (calms, combats insomnia and anxiety)
- 50 mins €95

Regenerating and restorative massage

- **Massage with essential oils**
- rosewood (powerful tissue regeneration)
- geranium (firming and tissue regeneration)
- rose (combats wrinkles and regenerates tissue)
- 50 mins €95

Anti-fatigue massage

- **Massage with essential oils**
- lemon (enhances natural immunity)
- rosemary (firming and powerful anti-wrinkle action)
- geranium (firming and tissue regeneration)
- 50 mins €95

Slimming massage

- **Massage with essential oils**
- lemon (slimming)
- cypress (anti-cellulite)
- geranium (detoxification) and argan oil
- 50 mins €95

Circulation and anti-cellulite massage

- **Massage with essential oils**
- cypress (boosts circulation and combats cellulite)
- juniper (combats water retention)
- geranium (detoxifies and regenerates the skin)
- 50 mins €95

Relaxing massage

- **Massage with essential oils**
- marjoram (combats anxiety and stress)
- sweet orange (calming)
- 50 mins €95

To combat extreme fatigue, you also need to rethink your whole lifestyle: balanced diet, exercise, walks for a taste of the outdoors, relaxation for positive thinking.

Two days €300

First day: regenerating Hammam 1hr 15 mins

• **Exfoliating treatment** with fine-grain sand for a gentle and pleasant sensation on the skin.

&

• **Slimming massage** on a chosen area with essential oils of rosewood (powerful tissue regeneration), geranium (combats wrinkles and regenerates tissue) and lemon (slims and enhances natural immunity).

or

• **Oriental pedicure** (black soap, alum stone, sesame and rosewater mask). Let our special techniques lull you into a deep state of relaxation.

Herbal teas

Second day: dream therapy 2hrs

• **Personalised “Anne Sémonin” facial**

• **Oriental manicure** (black soap, alum stone, sesame and rosewater mask). Let our special techniques lull you into a deep state of relaxation..

Herbal teas



Two days €300

First day: exotic Hammam 1hr 15 mins

• **Exfoliating treatment** with fine-grain sand.

• 50 mins **massage** with neroli (distilled essence of orange flower - one litre of neroli essential oil requires a tonne of orange flowers) and petitgrain (bitter orange is called petitgrain - distilled orange plant leaves) essential oils.

Herbal teas

Second day: escape 2hrs

• 50 mins **massage** with essential oils of peppermint, cypress (purifies and stimulates circulation) and lemon (slims and enhances natural immunity).

or

• **Personalised “Anne Sémonin” facial** for men

&

• **Oriental manicure or pedicure** (black soap, alum stone, sesame and rosewater mask). Let our special techniques lull you into a deep state of relaxation.

Herbal teas



Happiness

Is trusting yourself.
And knowing how to enjoy life.

Five days €680

First day: relaxation 1hr 15 mins

Hamam

- **Exfoliating treatment** with soft brown sugar or fine-grain sand.
- **Wrap** with essential oils of sweet orange (calming action) and petitgrain (relaxation).
- 25 mins **massage** with sweet orange and petitgrain.
Herbal teas

Second day: letting go 1hr 40 mins

- **Hydromassage bath** with specific oils.
- **Wrap** with essential oils of lavender (combats insomnia) and marjoram (combats anxiety and stress).
- 50 mins **massage** with essential oils of lavender (calms and combats insomnia) and marjoram (combats anxiety and stress).
Herbal teas

Third day: detoxifying 1hr 15 mins

- **Hydromassage bath** with essential oils of geranium (elimination) and cypress (detoxification).
- 50 mins **massage** with essential oils of geranium (detoxifies and effectively regenerates tissue) and cypress (boosts circulation).
Herbal teas

Fourth day: regenerating 1hr 40 mins

- 50 mins **massage** with essential oils of geranium, rosewood (powerful tissue regeneration) and rosemary (powerful anti-wrinkle and muscle-pain action).
- **Oriental manicure or pedicure** (black soap, alum stone, sesame and rosewater mask). Let our special techniques lull you into a deep state of relaxation.
Herbal teas

Fifth day: revitalising 2 hrs

- 50 mins **massage** with essential oils of rosemary (combats wrinkles and eases strain), lemon (enhances natural immunity) and rosewood (powerful tissue regeneration).
- **Personalised “Anne Sémonin” facial.**
Herbal teas

Two days €280

First day: relaxation 1hr 15 mins

Hamam

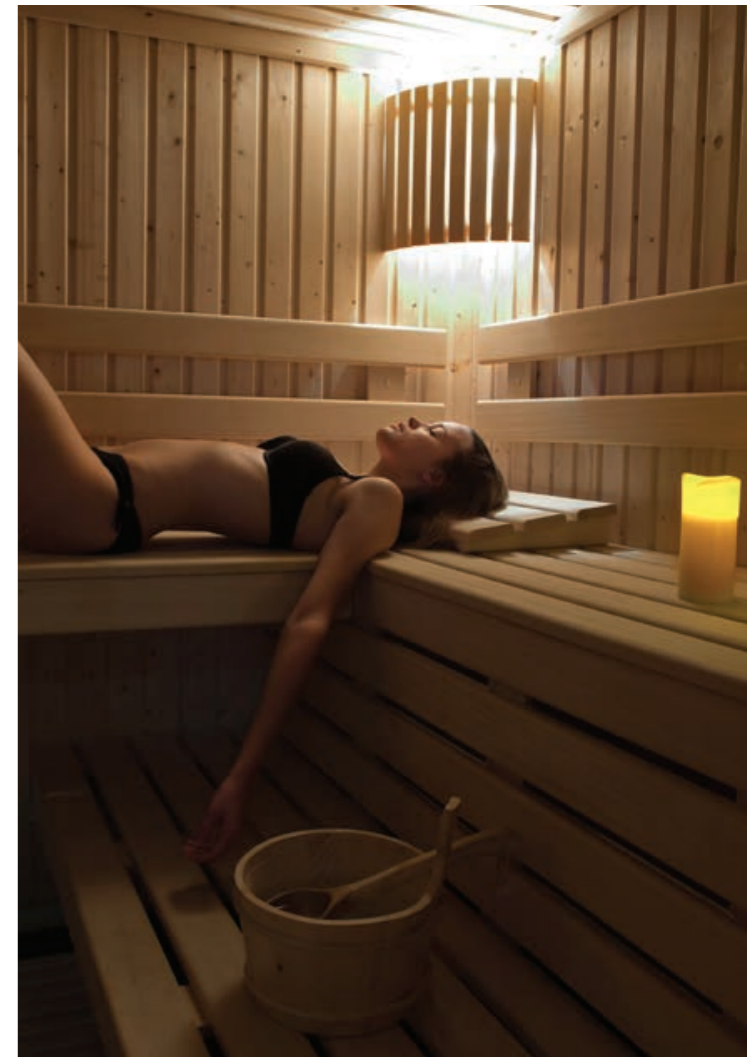
- **Exfoliating treatment** with Kessa glove, black soap with extract of olive oil.
- **Wrap** with essential oils of sweet orange (calming action) and neroli (orange flowers with calming properties).
- 25 mins **massage** with argan oil and essential oil of sweet orange (calming action).
Herbal teas

Second day: letting go 2 hrs

- **Hydromassage** bath using specific oils.
- **Radiance facial** a deep facial massage with argan oil and essential oils of rosemary and rose (powerful tissue regeneration and anti-wrinkle action).
- 50 mins **massage** with essential oils of lavender (calms and combats insomnia) and marjoram (nourishes the nervous system, combats anxiety and stress).
Herbal teas

To refocus

Listen to yourself and find the answers
by exploring your own needs



Aromatherapy

Aroma: essences or aromatic essential oils

Therapy: Treatment

Essential oils are obtained by distilling plants and flowers in water vapour.

Aromatherapy is a treatment using aromas.

It makes use of the aromatic properties of the essential essences and oils found in plants.

Therapy with essential oils has a deep-reaching effect on the body.

Our pure and often rare essential oils meet specific well-being and beauty needs.

The relaxing vapours are part of the therapy and create a unique sensory experience.

Albutherapy

Albu: White

Therapy: Treatment

White is associated with innocence and purity in our culture. White is the ideal colour for calming, stimulating the mind and nourishing the energy of light and radiance.

The Hospitallers drew inspiration from Ancient Greek practices. In their hospices along the Way of Saint James, the Hospitallers were already combating the stresses of the crusades.

Hospitals long perpetuated this knowledge.

We have now gone back to using white in our spas, always keen to find balance.

Precious knowledge sometimes takes a strange path in finding its way to adapt to universal needs.

Hydrosol Therapy

Hydrosol: Water

Therapy: Treatment

Hydrosol is the water left after the distillation of plants and flowers.

This drink contains tiny amounts of suspended aromatic ingredients in sufficient quantities to have beneficial therapeutic effects.

The aromatherapy and hydrosol therapies we offer create an unbeatable sense of wellbeing.

Their natural active therapeutic qualities offer both a remedial and preventative therapy.

Ennea



Our Recommendations

Minimum age : 18 for massages and 16 for facials.
Children must be accompanied by a parent or adult in all our facilities.

Check-in : Please arrive 20 minutes before your appointment, giving you the time to change calmly and take advantage of the Spa facilities.
Prices will not be reduced if your treatment time is shortened due to late arrival.

Gift voucher : Offer a personalised gift. Choose from our range of therapies to offer relaxation and pleasure to your friends and family. Visit the shop at the Spa reception. The products used during your therapy and a range of swimming costumes and other accessories are also available.

Package offers : Ask at reception for our range of package offers, including the hotel and restaurant deals.

Fitness : A personal trainer is available on appointment.
For all queries, please speak to staff at the Spa reception. Ask about our various packages. Sports footwear is compulsory.

Health : In order to help you choose, you will be given a health questionnaire upon arrival. Please complete it carefully.

Bookings : We advise you to book in advance to ensure that the time slot and therapy you have chosen are available. Cancellations must be made 12 hours in advance, otherwise the total cost of the therapy will be debited from the bank card used during reservation.

Mobile phones : The Spa is a place of relaxation. We ask you to kindly switch off your mobile phone.

Changing rooms : For your comfort, changing rooms are available.
You will find bathrobes, slippers and all the accessories necessary for your relaxation. We cannot accept responsibility for loss or damage to any personal items. Please use a locker.

Clothing : Hotel guests may attend the Spa in a bathrobe.
Please remember to bring a swimming costume. For therapies, disposable underwear is available.



And now relax...

HOTELS PRESTIGE PROVENCE



SPA
LA MAISON
D'ENNEA



LES BORIES
& SPA

La Maison d'Ennea
Route de l'Abbaye de Senanque - 84220 Gordes
Tél. 0033 (0)4 90 72 00 51 - Fax. 0033 (0)4 90 72 01 22
Email : resa@hotellesbories.com - www.hotellesbories.com

La Maison d'Ennea