

SPA DES ÉCURIES



HOTEL & SPA

CRILLON LE BRAVE

PROVENCE

SPA DES ÉCURIES, HÔTEL CRILLON LE BRAVE
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WELLNESS, A RENDEZ-VOUS WITH YOU



The splendid scenery of Crillon le Brave enables to slow down the pace by reconnecting to your vital source and your sensations. Enjoy a pleasant moment, out of time to rediscover your balance.

In the heart of Vaucluse you will find a haven of peace where you can relax and enjoy massages or personalized treatments in a pleasant surrounding, alone or as a duo.

Beneath the towering stone arches of the ancient stables dating back to the 18th century, lies a sanctuary of tranquility and renewal. A distinct and serene ambiance envelops you in our Spa, inviting a profound reconnection with your inner self.

With our three treatment cabins, including a dual room, this cocoon of well-being is an efficient and delicate way to focus on the essential and disconnect from the fuss of daily life.

The alliance between the expertise of our Spa therapists and the American brand Tata Harper offers treatments that associate the natural repairing powers of nature, tailored to seamlessly cater to each individual's quest for a moment of pure well-being.

Open daily from 10pm to 8pm



TATA HARPER, EXPERT IN ORGANIC COSMETICS



WHEN THE PIONEERING NATURAL LUXURY BRAND MEETS THE ABSOLUTE TRANQUILITY OF PROVENCE

Tata Harper, who gave her name to her brand, undertook the creation of an organic cosmetic line without chemicals, or synthetic products which still provide her the results and the luxury experience that she always wanted. Her goal was to “create the best products in the world with pure formulas”.

Tata Harper cares are designed for multiple benefits with an elaborated technology so that the final products are as powerful as possible. The prodigious results arise from numerous ingredients in one and the same formula which can reach up to 72 actives.

Without any toxic ingredients, 100% organic, highly concentrated in active plants extracts and harvested in her own plantations, these exclusive formulas draw their inspiration from the latest beauty innovations. This is the motto of Tata Harper.

aime

AIME, “HAPPY GUT HAPPY SKIN”

IT ALL STARTS INSIDE...

AIME, established by Mathilde Lacombe, takes its origin from her personal journey. After suffering from rosacea, she took into consideration that the external appearance of our body is linked directly to our internal health. She decided to create the first brand combining nutricosmetics and skin care.

The brand advocates a simple, clean and yet effective routine. The formulas are developed with probiotics, minerals and natural ingredients to provide the best of healthy, excess-free beauty.

AIME finds its essence at the very heart of food supplements, a simple skincare and make-up routine as well as sports nutrition. AIME products allow to treat and prevent our internal beauty as the idea of an approach towards true, living and accepting skin to reveal the best version of itself.





FACING THE MONT VENTOUX



A HINT TO OUR CYCLISTS AND HIKERS WHO CHALLENGE THE
PROVENCE'S GIANT .

THESE TREATMENTS ARE SPECIALLY DESIGNED TO PROVIDE
COMFORT TO THE MOST STRESSED AREAS.

Furthermore, our dedicated sports coach will provide personalized
guidance throughout your physical training or recovery sessions,
ensuring that your needs are met with precision and care.

(cf. "The Coachings" at the end of the Menu)

THE INVIGORATING TREATMENT

60 Mins 195€ / 90 Mins 275€

The alliance between the expertise of our Spa Therapists and the benefits of the pressotherapy makes this treatment a great outlet. His main goal is to promote physical recovery by draining the toxins out of the lymphatic circulation and by eliminating the accumulation of water into the muscles. This treatment will provide you a good relaxation and a soothing effect to get « bike » on track !

THE AFTER VENTOUX MASSAGE

60 Mins 180€ / 90 Mins 260€

By draining and reoxygenating the tissues after the effort, this massage encourages the muscular response. It allows a good stretching and removes the tensions for a better recovery.

MASSAGES

THE CRILLON LE BRAVE SIGNATURE MASSAGE

60 Mins 180€ / 90 Mins 260€

A relaxing massage designed by our team to release any tension you may have acquired by stretching your body reducing stress and increasing relaxation. A moment of pure escape to improve your well-being where the body regenerates. This massage allows you to unwind from the daily life stress and fall into a state of deep relaxation

THE CUSTOM-MADE MASSAGE

30 Mins 95€ / 60 Mins 180€ / 90 Mins 260€

This massage is intended to help overworked bodies and souls, it allows you to let go completely and releases accumulated tensions to finally find a deep sense of relaxation. A treatment tailored to the needs of each individual to improve circulation, energy and alertness.

THE DEEP TISSUE MASSAGE

60 Mins 180€ / 90 Mins 260€

The combination between slow strokes and direct pressure allows us to target tensions and nods in the muscles that lie far below the body's surface. This massage loosens the muscular contractures, restores their elasticity and provides you a deep relaxation.

THE RESCULPTING MASSAGE

60 Mins 180€ / 90 Mins 260€

Abandon yourself to expert hands for a targeted massage, combining different techniques in synergy to tone and smooth the skin, disinfiltrate and drain the tissues, as well as sculpt and reshape the figure.

SPECIFIC MASSAGES



THE "TRIPLE EXFOLIATING" MASSAGE x TATA HARPER

60 Mins 180€ / 90 Mins 260€

Triple exfoliating massage effectively removes dead skin cells and promotes cellular turnover while a botanical detox blend activates microcirculation to support healthy looking skin.

THE "GUA SHA" MASSAGE x TATA HARPER

60 Mins 180€ / 90 Mins 260€

A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

THE "BODY ELIXIR" DRAINING MASSAGE x AIME

60 Mins 180€ / 90 Mins 260€

In collaboration with AIME this body treatment helps to drain and improve the blood, lymphatic and venous circulation. An hour in the hands of our experts will give you a feeling of lightweight throughout your body.

TATA HARPER EXPERTISE : THE BODY

THE REVITALIZING SCRUB

30 Mins 95€

Experience total relaxation with this soothing ritual. Effective and biodegradable, our exfoliating treatment leaves your skin soft, smooth and perfectly silky from head to toe.

THE SERENITY RITUAL

60 Mins 195€ / 90 Mins 275€

This ritual focuses on polishing the body. An exfoliating scrub and a revitalizing body oil application will leave your skin smooth and refreshed.

THE RESURFACING BODY TREATMENT

90 Mins 275€

The treatment begins with whole-body dry-brushing to loosens dead skin cells while the Resurfacing Serum smoothes and hydrates for a brighter, more even-looking skin. A body massage performed with thermal Gua Sha stones helps to ease tensions, to promote lymphatic drainage, and to tone the body for a sculpted, lifted look.

THE HONEY COCOON BODY RITUAL

90 Mins 275€

An indulgent and uplifting treatment begins with a full body scrub that softens and revitalizes the skin, followed by a body wrap rich in honey and pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

THE DETOX TREATMENT

90 Mins 275€

Your skin is purified thanks to an exfoliation and body wrap that eliminate toxins, accumulated on the surface of your skin. The invigorating massage will leave you revitalized and refreshed.

A close-up photograph of a white, textured drawstring bag. The bag is tied at the top with a green cord. It is resting on a white surface, and a bundle of dried botanicals, possibly vanilla beans, is visible in the background. The bag features a green logo consisting of a stylized plant with leaves and small flowers, positioned above the text "TATA HARPER®".

TATA HARPER®

TATA HARPER EXPERTISE : THE FACE

THE “COMPLEX FACE MASSAGE” FACIAL

60 Mins 205€ / 90 Mins 285€

Experience the ultimate in rejuvenation and luxury with our Tata Harper Master Facial Massage, enhanced with the powerful benefits of LED therapy. Immerse yourself in the expert hands of our skilled spa therapists, who have perfected the art of the signature face massage to deliver exceptional results.

THE “ILLUMINATE & ENERGIZE” FACIAL

60 Mins 195€ / 90 Mins 275€

This in-tune ritual helps revitalize your body by focusing on certain points on the face to remove any internal blockages and stimulate energy flow. Your skin will instantly be brighter and more refined thanks to the use of a natural multi-acid peel in this treatment. A targeted oxygen massage will repair and strengthen the skin.

THE LED MASK TREATMENT

15 Mins 45€

This mask restores the clarity, the elasticity and the natural glow of the skin. It also has the power to offer anti-aging, repairing and brightening effects. It can be added to all our Spa treatments



TATA HARPER EXPERTISE : THE FACE

THE “QUENCH & COCOON” FACIAL

60 Mins 195€ / 90 Mins 275€

Nourish and invigorate facial skin with this revitalizing treatment featuring two different massage experiences. You'll start with a reshaping facial and finish with an oxygenating neck and décolleté massage. Your skin will be deeply hydrated, nourished and will look bright and healthy again.

THE “BALANCE & GROUND” FACIAL

60 Mins 195€ / 90 Mins 275€

Through the singing bowl ritual and soothing breathing, this treatment encourages positive emotions to calm your mind. Face mapping therapy and a kinetic face massage melt away stress and tension. This warm experience will take you on a sensory journey.

THE “SOOTHE & REST” FACIAL

60 Mins 195€ / 90 Mins 275€

This treatment focuses on Gua Sha lymphatic drainage to relieve physical tension, while a sleep inducing breathing technique leads you to serenity. This soothing and calming treatment is suitable for irritated skin and helps restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind.

THE “CLEAR SKIN & MIND” FACIAL

60 Mins 195€ / 90 Mins 275€

This treatment begins with an invigorating foot treatment that relieves pain, hydrates the skin and reduces swelling. A combination of manual massage and cupping on the face enhances the skin's natural detoxification system, maintains long-lasting moisture levels and a clear complexion.



TATA HARPER
Hydrating Floral
Essence
Hydrating Booster

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Floral
Essence
Hydrating
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DEDICATED TREATMENTS

FOR MOTHER-TO-BE

THE MOM-TO-BE MASSAGE

60 Mins 180€ / 90 Mins 260€

Gentle, without any essential oils and with slow, enveloping movements, this massage is targeted for the mum-to-be, with the aim of relieving tension points and bringing a feeling of recovered lightweight.

THE “MATERNITY x TATA HARPER” FACIAL

60 Mins 195€ / 90 Mins 275€

This facial starts with a SuperKind 3 step cleansing, followed by a soft and gentle mask. A Gua Sha massage brightens the complexion and lifts the skin. Fortifying and soothing formulas associated with a décolleté massage release the tensions and leave the mother-to-be radiant.

FOR MEN

ALL OF OUR TREATMENTS ARE AVAILABLE FOR MEN.

THE TONIFYING BODY RITUAL

90 Mins 275€

Tone up your tired muscles and detoxify your skin with this complete body treatment. Our exfoliating body treatment and purifying back mask remove impurities from the skin, while a restorative massage soothes sore muscles, leaving you feeling relaxed and invigorated. Available in combination with a scalp massage, foot massage or detoxifying facial.

THE “CLEAR SKIN & MIND” FACIAL

60 Mins 195€ / 90 Mins 275€

This treatment focuses on the specific problems of men's skin. A regimen focused on reducing congestion and irritation from shaving, the skin will be refined and nourished.

THE BEAUTY



MANICURE & PEDICURE

Nail polish applications are not included in our manicure and pedicure services.

ESSENTIAL MANICURE	80€
ESSENTIAL PEDICURE	90€
COMFORTING MANICURE	100€
COMFORTING PEDICURE	110€
CLASSIC NAIL POLISH x OPI	20€
SEMI-PERMANENT NAIL POLISH x OPI	40€
SEMI-PERMANENT NAIL POLISH REMOVAL	35€

WAXING

EYEBROWS / LIPS / CHIN	40€
ARMPITS	50€
HALF LEGS / ARMS	65€
FULL LEGS	80€
BIKINI : CLASSIC - EXTENDED - COMPLETE	50€ - 70€ - 85€
BACK / CHEST	85€

EYE TREATMENTS

EYEBROWS TINTING	50€
EYELASHES TINTING	65€
LASH LIFTS	80€



COACHINGS

BOOKING IS REQUIRED 48H PRIOR
60 Mins 110€ / PERS - 90 Mins 150€ / PERS

YIN YOGA OR STRETCHINGS

A slow-paced, gentle practice focusing on flexibility and relaxation by targeting deep connective tissue. Yin Yoga is suitable for all levels.

YOGA VINYASA

A dynamic and sportive Yoga style where many different yoga poses are linked together with the breath in a flowing sequence.

PILATES

A mind-body exercise emphasizing core muscle strength, to improve physical strength, flexibility, and posture while enhancing mindfulness.

MEDITATION

A practice that involves training the mind to achieve a state of heightened awareness, inner peace and clarity by using a combination of mental and physical techniques.

SONOTHERAPY - SOUND HEALING

A holistic therapy that utilizes the therapeutic properties of sound vibrations to promote physical, emotional, and spiritual well-being.



COACHINGS

BOOKING IS REQUIRED 48H PRIOR
60 Mins 110€ / PERS - 90 Mins 150€ / PERS

MUSCULAR REINFORCEMENT

Targeted exercises and training techniques to improve the strength, endurance, and functionality of your skeletal muscles.

CARDIO TRAINING (HIGH INTENSITY INTERVAL TRAINING)

A highly effective and efficient form of exercise aimed at improving cardiovascular fitness, burning calories, and enhancing overall health.

BOOKING IS REQUIRED 24H PRIOR
45 Mins 80€ / PERS

PHYSICAL PREPARATION

Articular flexibility / Targeted exercises / Soft cardio workout / Core strength. This training can be adapted to your liking.

PHYSICAL RECOVERY

Specific stretching exercises to relax and ease solicited muscles and improve range of motion.



GENERAL INFORMATIONS

The term « massage » refers to a superficial and external movement performed on the skin of the face or body, with an exclusively aesthetic and comfort purpose, without any medical or therapeutic intention.

RESERVATION

The Spa is open every day from 10am to 8pm. Treatments are available to nonresident clients. In order to fully enjoy your experience, we recommend that you arrive at the Spa reception a few minutes before your appointment time. Please note that late arrivals will result in a reduction in the length of your treatment in order to honor subsequent reservations. The time indicated for each treatment correspond to the duration of your Spa experience.

CANCELLATION POLICY

We advise you to anticipate as much as possible your treatments booking. Any cancellation or modification of a treatment must be made at least 24 hours in advance, otherwise the total amount of the treatment will be charged.

HEALTH

Please inform us of your health condition at the time of your reservation (maternity, hypertension, allergies...).

GIFT CARD

A privileged moment of absolute relaxation at Le Spa des Ecuries is the ideal gift for any occasion. The gift invitations are on sale at the Spa, they are nominative and are neither exchangeable nor refundable. The validity period is the whole season. Your comfort and well-being are our priorities. Your spa is a space dedicated to relaxation.

LOSS AND DEGRADATION

We decline all responsibility in case of loss or damage of personal effects. We recommend you not to wear jewelry when you come to the Spa. If necessary, you will have at your disposal a jewelry tray to place them.



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