

A background image of a lavender field with tall, thin stalks of purple flowers in the foreground and a blurred landscape of more flowers and distant hills under a clear sky in the background.

LE SPA

AT CHÂTEAU CAPITOL

A MEDITERRANEAN SANCTUARY FOR RELAXING & REVIVING

CINQ MONDES
SPA PARIS



WELCOME TO THE SPA

In the cool cellars of the Château, at the heart of 120 hectares of gardens, vines, olive trees and garrigue, the spa is an inviting light-filled Mediterranean sanctuary dedicated to relaxation, beauty and well-being where joie de vivre presides. An elegant and luminous space of 335m² to be enjoyed throughout the year, we offer a range of facial and body treatments and an extensive selection of salon quality beauty treatments designed by French Spa brand Cinq Mondes. In the Balneum, facilities include a heated swimming pool, aromatherapy hammam and sauna, relaxation area and hot tub.

Outside the Château gardens are dotted with cosy cocoons, protected by dry stone walls and positioned to make the most of the superb views. In winter months, take advantage of the first rays of sun and snuggle up with a hot water bottle under a soft warm blanket.

LES SPA CINQ MONDES

The Spa at Château Capitoul is brought to you in collaboration with Cinq Mondes Spa Paris. Inspired by ancestral beauty traditions from around the world, Cinq Mondes rituals and treatments feature unique textures and perfumes created by renowned perfumers to take you on a remarkable sensorial voyage into total relaxation.

OUR PRODUCTS

Cinq Mondes' patented Skin Dietetics plant and bio-technological active ingredients stimulate and rebalance the skin's natural metabolism. Sensuous and evocative, the active ingredients in these products are natural and organic, free of parabens, silicones, mineral oils and artificial colourings.

All products have been tested under strict dermatological control. All our treatments are suitable for men as well as women though in certain cases we will alternate feminine fragrances for more masculine ones. The quality of the treatment is never compromised.

USE OF THE SPA FACILITIES

For every 20 minute treatment or ritual, we offer you one hour free access to our Balneum space (swimming pool, hammam, sauna, hot tub, relaxation area and gardens). For every treatment or ritual lasting 50 minutes or more, access for two hours is included.

BALNEUM PRICES

Non-residential guests:*

€35 (2hrs, Monday – Friday)

€40 (2hrs, weekends & bank holidays)

Residential guests: **

€25 (2hrs, everyday)

OPENING HOURS

High season

1st May– 30th September

9am–8pm, 7 days a week

Low season

1st October – 30th April:

Sunday to Thursday, 10am–6pm

Friday and Saturday, 10am–8pm

RESERVATIONS

Call us on: +33 (0)4 48 22 07 31

Email us: spa@chateaucapitoul.com

CANCELLATIONS

Cancellations should be notified at least 24 hours before the treatment time. The spa reserves the right to charge any treatment cancelled at shorter notice.

Prices shown are per treatment.

Rates applicable from 1st January 2024.

Prices are subject to change at any time without notice.

* At weekends priority is given to our residential guests, please contact us for prices & availability.

** Priority will be given to clients who have reserved a treatment.



USEFUL INFORMATION

- ❖ We have four treatment rooms including one double as well as a relaxing lounge area.
- ❖ On arrival we provide you with a secure locker containing a towel, bathrobe and spa slippers.
- ❖ Swimming attire must be worn in the Balneum (indoor pool, hammam, sauna and jacuzzi).
- ❖ For the best experience possible we ask you to arrive **AT LEAST 15 MINUTES BEFORE** the start of your treatment.
- ❖ Please advise your therapist of any health conditions or medical treatments you are currently taking.
- ❖ A refreshing drink and herbal teas are available before and after your treatment.
- ❖ To ensure the most relaxing experience for all guests, mobile phones or other connected devices should be turned off whilst in the spa.
- ❖ Some well-being massage techniques and certain products should be avoided during pregnancy. Please let us know if you are pregnant when you book your treatment and our practitioners will adapt your treatment for maximum relaxation and safety.

CHILDREN AT THE SPA

The Spa is not open to children under the age of 16 except during the school holidays from October to April when the indoor pool is open to residents children five years and over from 9am to 11am at the discretion of management, accompanied by an adult (excluding weekends).

- ❖ Parents are completely responsible for any children under the age of 16 and should be accompanied by a responsible adult at all times.
- ❖ The tranquil atmosphere of the spa must be preserved, with no diving, shouting or pool toys.
- ❖ Under French law children under 16 are not allowed in the sauna, jacuzzi or hammam.

Parent & child massage

20 min | €110

A body massage or facial treatment in duo with your child for a moment of relaxation.

GIFT VOUCHERS

The perfect gift for that special occasion, our gift vouchers are available online, either scan the code here or visit: <https://chateaucapitoul.secretbox.fr>

Non-residential guests

25€ children
25€ adults

Residential guests

Free entry for children & one adult

25€ for extra adult

Excluding weekends
& bank holidays

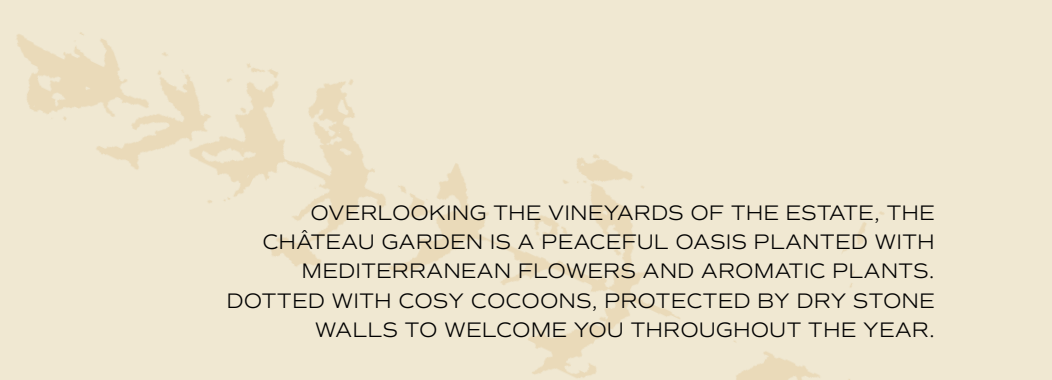
DISCOVER OUR
GIFT BOXES





BALNEUM

HUGE, CURVED SLIDING WINDOWS FLOOD THE BALNEUM WITH SUNLIGHT ALL YEAR ROUND FOR A WARM AND ENVELOPING ATMOSPHERE. A HEATED SWIMMING POOL, AROMATHERAPY HAMMAM AND SAUNA, RELAXATION AREA AND HOT TUB WITH THE FRAGRANCE OF ESSENTIAL OILS.



OVERLOOKING THE VINEYARDS OF THE ESTATE, THE CHÂTEAU GARDEN IS A PEACEFUL OASIS PLANTED WITH MEDITERRANEAN FLOWERS AND AROMATIC PLANTS. DOTTED WITH COSY COCOONS, PROTECTED BY DRY STONE WALLS TO WELCOME YOU THROUGHOUT THE YEAR.



GARDEN

RITUALS | FACE

Bali flowers ritual radiance facial

20 min | €80

Enjoy the delicate scent of tropical flowers with this express radiance treatment, paired with a relaxing massage of the face, neck and scalp.

Facial massage treatment with five Balinese flowers

50 min | €110

Using Balinese ritual, this facial treatment tones and brightens the skin. Thanks to the combination of five tropical flower extracts, the skin is deeply cleansed and the complexion brighter.

Ko Bi Do instant youth facial massage

20 min | €80

This treatment combines the gestures of a natural facelift with a treatment adapted to the most fragile areas of the face, for immediate results.

Facial massage treatment

Ko Bi Do redensifying

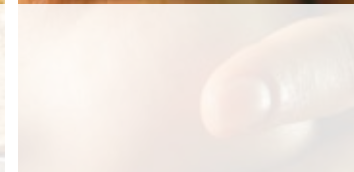
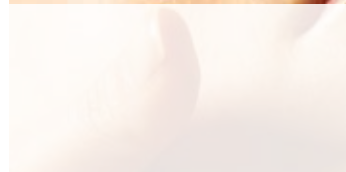
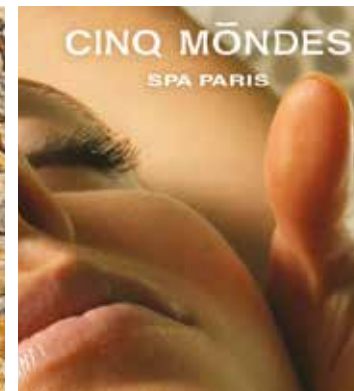
50 min | €110

A genuine anti-aging treatment, this manual face-lift inspired by Japanese Ko Bi Do massage acts in-depth on wrinkles, firmness, pigmentation spots and radiance, while focusing on the eye contour, mouth, décolleté and arms. The result is plumped, smoothed skin, a radiant complexion and a perfectly relaxed mind.

Ko Bi Do precious anti-age facial

80 min | €160

In this treatment the Ko Bi Do Fountain of Youth facial is paired with a regenerating mask which acts to reduce wrinkles and promote a firm and dewy complexion, including eye contour, lips, neckline, décolletage and arms. This treatment leaves the skin feeling soft and youthful and the spirit restful.







TREATMENTS | MASSAGES

CAPITOUŁ SIGNATURE MASSAGE 50 min | 110€ 80 min | 160€

An à la carte massage for total disconnection, adapted to your mood, body and desires.

Revitalising leg massage

20 min | €80 50 min | €110

Dedicated to relieve tired, heavy legs. This reviving and draining massage uses natural active ingredients from the Chinese pharmacopoeia.

Sublime Bola massage

50 min | €110

Massage for future mothers-to-be, from the third month to the eighth, is a truly regenerating treatment for the mother-to-be, helping to release tension, relax the body and calm the mind. It is also a gentle moment of connection with the unborn baby.

Traditional relaxing Oriental massage

20 min | €80 50 min | €110

80 min | €160

To evacuate stress or fatigue, a truly relaxing full body massage which ensures a deep regeneration of the body and mind.

Toning Indian Ayurvedic massage ritual

50 min | €110

80 min | €160

This ancestral Ayurvedic toning massage uses a combination of invigorating strokes and warm vanilla and cardamom oils to relieve muscle tension, encourage sound sleep and leave skin silky-soft.

Soothing French-Polynesia ritual

50 min | €110

80 min | €160

A body treatment from Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure from the therapist's forearms and long continuous movements.

TREATMENTS | SCRUBS

Energising aromatic scrub

20 min | €80

Inspired by a deeply rooted Javanese custom of body renewal, this scrub uses a brilliant energising recipe with a fascinating earthy scent of zesty spices and sea salts to leave your skin satin smooth and your body energised.

Beldi black soap scrub

20 min | €80

Travel into the heart of the Oriental tradition of the hammam with this purifying treatment with Beldi black soap. Combined with the exfoliating action of the kassa glove, this ancestral recipe deeply purifies the skin, leaving it soft, satin-smooth and delicately scented.

Papaya purée

20 min | €80

An exfoliating technique from a Siam ritual which uses creamy papaya purée with fine grains. Delicately exfoliated, your skin appears radiant and smells of a delicious perfume.

Sublime scrub with Tahitian monoï

20 min | €80

Inspired by the Islands of Polynesia and perfectly suitable for the most sensitive skin, this traditional preparation of monoï with tiaré macerated flowers, sugar and coconut powder regenerates the skin and awakens the mind.





BODY



TREATMENTS | BODY

SIGNATURE RITUAL 80 min | €160

An à la carte ritual with a choice of scrubs & a signature massage adapted to your mood, body & desires.

Ayurvedic ritual

80 min | €160

This ritual combines an energising aromatic scrub with precious and rare spices followed by a toning 50 minute Indian Ayurvedic massage.

Moroccan hammam ritual

80 min | €160

Relaxation in the hammam, then a purifying and exfoliating scrub with traditional Beldi black soap. This is followed by a skin detoxification treatment with Moroccan Rhassoul wrap and finished with a 20 minute Moroccan argan massage.

Introduction to the ritual of the hammam

50 min | €110

Relaxation in the hammam, then a purifying and exfoliating scrub with traditional Beldi black soap. This is followed by a skin detoxification treatment with Moroccan Rhassoul wrap and finished with a moisturising and sumptuous dry body oil.

Complete Moroccan hammam ritual

1hr 50 | €200

Relaxation in the hammam, followed by a purifying and exfoliating scrub with traditional Beldi black soap. This is followed by a Moroccan Rhassoul wrap skin detoxification treatment and finished with a 50 minute argan massage.

FORMULAS | RETREATS

WELL-BEING DISCOVERY

€260

Day 1 : Papaya purée scrub | 20 min

Day 2 : Capitoul signature body massage | 50 min
plus two hours access to the Balneum

Day 3 : Bali flowers ritual radiance facial | 20 min
plus one hour access to the Balneum

ABSOLUTE WELL-BEING

€340

Day 1 : Hammam scrub with traditional
Beldi black soap | 50 min

Day 2 : Relaxing massage | 80 min
plus two hours access to the Balneum

Day 3 : Cinq Mondes facial massage | 50 min
plus two hours access to the Balneum



BEAUTY | FACE & BODY

WAXING*

Full leg | €38

Half leg | €22

Bikini | €16

Brazilian | €24

Full bikini | €39

Underarms | €16

Brows creation | €18

Brows tailoring | €12

Lips | €12

LASHES & BROWS

Colour tint

20 min | €35

Darker & richer lashes or brows
which will last for three weeks.

NAILS

Simple varnish | €25

Manicure | €55

A relaxing hand & nail treatment.

Pedicure | €55

A relaxing foot & nail treatment.

Manicure & pedicure | €95

Treat yourself to a relaxing
hand, foot & nail treatment.

Gel nail treatments

A unique polish that instantly
hardens the nails without chipping.

Hands | €65

Feet | €65

Hands & feet | €110

Gel removal** | €25

*10% off for 3 waxes in the same appointment **Mandatory with another treatment

FITNESS | RELAXATION

One hour yoga classes

€75 per adult, private class

€40 per adult, class of 2-4

From €25 per adult, group class*

From €50 per family*

Come and join us for an hour of yoga under the pine trees, a perfect, zen start to your day! A qualified teacher takes classes throughout the summer and school holidays. Classes are on-demand the rest of the year. Please reserve in advance at reception or at the spa.

Walking, running & mountain biking

Make the most of the countryside, explore the vineyard trails around the estate on foot or on two wheels with our complimentary bikes. Maps and recommended routes are available at reception.

Tennis

At the top of the hameau you will find our championship size tennis court. Equipment is provided at reception. Coaching with a qualified tennis coach is also available, please enquire in advance at reception.

E-bikes & scooters

In the summer, weekly e-bike & electric scooter tours are available to explore the surrounding area with a qualified guide, finishing back at the caveau for a tasting of the estates wines. Please enquire at reception.

Please check our website for updates on other activities and spa offers or sign up to our newsletter.

* During the school holidays or on request.





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