

TREATMENT MENU

LES BORDS DE MER x ALAENA SPA





ALAENA

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A WELLNESS ESCAPE OVERLOOKING THE MEDITERRANEAN

Choosing a treatment means offering both body and mind a moment of deep care. A suspended escape that soothes tension, restores energy, and prolongs a lasting sense of well-being.

Facing the Mediterranean, the Spa des Bords de Mer is experienced as a retreat away from the bustle of the city—a sensory journey between sea and nature where relaxation, balance, and vitality come together.

The spa partners with Alaena, a brand at the crossroads of dermatology and natural science. Its “living cosmetology” combines natural active ingredients with biotechnological innovation to stimulate the vitality of skin cells. Ecocert-certified and made in France, Alaena is rooted in a demanding approach that blends efficacy, naturalness, and respect for both the skin and the environment.

The treatment menu brings together deeply relaxing massages, energy-based therapies, lymphatic drainage, and targeted rituals. Techniques inspired by ancestral practices such as Kobido and Tui Na are combined with modern approaches including Alpha Hydroxy Acid peels, LED technology, and the patented COMPLEX G5® active ingredient to deliver visible, long-lasting results.

Each treatment becomes a regenerating experience, designed to restore harmony to the body, release tension, and reveal the skin’s natural radiance.

FACIAL TREATMENTS

RADIANCE TREATMENT

A personalized treatment inspired by Kobido, designed to refresh and plump the face. This treatment is known for its remarkable lifting effect and provides an immediate glow.

20 MIN - €65

EXPERT FACIAL TREATMENT

A personalized ritual inspired by Tui Na, the therapeutic art from traditional Chinese medicine. It combines Alaena's active ingredients and expert techniques to smooth facial features and restore radiance.

Focus (choose one): Clarity, Sensitivity, or Firmness

50 MIN - €120
COURSE OF 4 TREATMENTS - €396

SIGNATURE ANTI-AGE TREATMENT

This sculpting anti-aging treatment is based on Alaena's patented active ingredients and a Kobido-inspired massage that stimulates all facial muscles and works deeply to plump, revitalize the skin, oxygenate the complexion, and reduce fine lines. A special focus on the eye contour area restores a rested look, and a session of LED therapy finishes the treatment for a global anti-aging effect.

80 MIN - €170





FACIAL TREATMENTS

HOLISTIC TREATMENT

Created in collaboration with Marseille-based facialist Lina Beneterrah, this sculpting treatment combines the Holistic 8 technique—blending Kobido, facial reflexology, and the Golki method—with the benefits of the Nooãnce LED mask and Alaena skincare to revive radiance and smooth facial features.

50 MIN - €130
COURSE OF 4 TREATMENTS - €396

RELEASE & RELAX FACE & BODY

This treatment includes a relaxing back and leg massage followed by an Alaena Expert Face Treatment. This personalized ritual provides muscular relaxation, skin oxygenation, and a plumping effect.

80 MIN - €170

BODY TREATMENTS

CUSTOMIZED MASSAGE

This fully tailored massage releases deep-seated tension, promotes total relaxation, and revitalizes energy according to your specific needs.

20 MIN - €65 | 50 MIN - €120 | 80 MIN - €170

DETOXIFYING MASSAGE

This draining massage combines various techniques to stimulate circulation, eliminate toxins, and restore vitality to the body.

**50 MIN - €120
COURSE OF 5 TREATMENTS (50 MIN) - €495
COURSE OF 10 TREATMENTS (50 MIN) - €900**

LES BORDS DE MER SIGNATURE RITUAL

Body scrub - 20 min
Customized massage - 30 min
Facial peeling (adapted to skin type) - 30 min

80 MIN - €190

ENERGY TREATMENTS

CHI NEI TSANG

Taoist belly massage based on traditional Chinese medicine. Unblocks stagnant energy and releases the emotions accumulated in our body/mind in connection with the organs using specific breathing techniques, visualisation and touch.

TREATMENT OVERVIEW

10-minute therapist assessment
60-minute Chi Nei Tsang massage
10-minute post-treatment assessment

50 MIN - €120

LAHOCHI TREATMENT

Energy healing, pronounced «lah hoe chee», is a spiritual healing technique inspired by recognised vibratory frequencies. The «LA» sound refers to light, the «HO» to the movement of this energy and the «CHI» to the universal energy of life. This treatment opens up subtle energy blockages and cleanses the chakra system. It has many benefits, including reducing stress and sleep disorders, letting go and emotional release.

TREATMENT OVERVIEW

Customised 20-minute modelling
30-minute Lahochi treatment
Post-treatment assessment

50 MIN - 120€

FOR MOMS

MATERNITY WELL BEING MASSAGE

A true moment of well-being for both the mother and baby, benefiting from the special connection created through soft and relaxing prenatal massage. It relieves tension and pain during pregnancy. The expectant mother is comfortably positioned on her back and on her side to enhance relaxation and enjoy an hour of pure comfort.

This massage can be performed from the fourth month of pregnancy.

50 MIN - €120

PREGNANCY RITUAL

Prenatal Massage – 60 min

Radiance facial treatment– 30 min

80 MIN - €190



COMPLEMENTARY TREATMENTS

RELAX & GLOW

Enhance your facial with a Nooãnce LED mask, a cutting-edge technology designed to boost your skin's radiance. This holistic experience revitalises the skin, enhances luminosity, and maximises the benefits of your facial. Skin appears smoother, brighter, and visibly renewed from the first session.

This add-on treatment is available exclusively with the booking of a 50- or 80-minute body treatment. It is also available in-room for hotel guests, as well as for external guests who have booked afternoon tea.

LED MASK SESSION 10 MIN - €20

**LED MASK SESSION 10 MIN
& COLLAGEN DRINK BY APNÉE - €35**

BODY SCRUB

30 MIN - €65





STOPOVERS AT LES BORDS DE MERS

DISCOVER OUR DAY PASS

MARINE MORNING

Enjoy your breakfast (continental buffet and à la carte options) in a unique place facing the sea, a 1 hour spa access and a 50-minute massage.

Subject to availability

€150 / PERS

RELAX & LUNCH

A unique offer including spa access for 1 hour, a 50-minute massage and lunch in our restaurant (starter/main or main/ dessert excluding drinks).

Available in "Relax & Brunch" format – Sundays only

Subject to availability

180€ / PERS

SPA ACCESS

A one-hour spa access is offered with any booking of an 80-minute treatment.

For 50-minute treatments, a one-hour spa access can be added at a rate of €25 per person.

Subject to availability

30MIN - €35 / PERS | 1H30 - €50 / PERS

SPORTS & WELLNESS PACKAGES

ŪMA SESSION

Choice of classes at Club Ūma (yoga, afro vibes, HIIT, meditation...).

Subject to availability

€20 / PERS

LUNCH, FIT & SPA

A choice of 1-hour group classes at Club Ūma (yoga, afro vibes, HIIT, meditation...), lunch (starter/main course or main course/dessert), access to the Spa for 1 hour and a 50-minute LaHoChi treatment.

Subject to availability - Book 48 hours in advance

€195 / PERS

DAY BREAK, FIT & SPA

A choice of 1-hour group classes at Club Ūma (yoga, afro vibes, HIIT, meditation...) and access to the Spa for 1 hour with a drink (glass of Fontenille wine or a juice).

Subject to availability - Book 48 hours in advance

€68 / PERS

Our wellness packages include classes at ŪMA Holistic Club, located just a 5-minute walk from the hotel. Please arrive 10 minutes before the start of the class (access cannot be guaranteed in case of late arrival).



GENERAL INFORMATION

OPENING HOURS

Treatments are by appointment from 9am to 8pm.

For hotel residents, the spa access (relaxing bath, steam sauna, sauna) is from 8:30am to 11pm.

For the non-hotel residents the spa access is from 10am to 5pm.

ARRIVAL

At the heart of our spa, carved into stone, you are invited to go down directly in your bathrobe, using the elevator. We recommend arriving 10 minutes before your treatment. The spa is accessible to people with reduced mobility. A bathrobe, a towel and slippers are provided. Dressing room and personal lockers are also provided.

Time of treatment corresponds to the mentioned time. Installation time in the cabin is excluded.

If you are late, the duration of your treatment will be reduced by the length of your delay.

The treatment cabins are located at -1. Your practitioner will pick you up at -2 or at the hotel reception.

RESERVATIONS

Access to the rooftop swimming pool is reserved for hotel guests. Regarding access to the spa (complimentary for hotel guests), swimwear and slippers are required.

HEALTH INFORMATION

Please inform us when you are booking of any health problem and any allergies or injuries likely to have an impact on your experience. You will be asked to fill out a health questionnaire upon arrival.

CANCELLATION POLICY

Cancellations made more than 24 hours in advance will incur no charge. In the event of a cancellation within 24 hours or a no-show, the full treatment will be charged (unless supporting documentation is provided). A credit card pre-authorization will be required. Regarding gift vouchers, no pre-authorization is needed but the amount of the treatment will be charge in case of late cancellation or no show.



GENERAL INFORMATION

WELL-BEING

The spa is a place dedicated to relaxation: in order to respect privacy and tranquility of our customers, calls are forbidden inside the spa, mute mode is highly recommended. Treatments done in the spa are not therapeutic, medical and without sexual association. These treatments are only beauty and relaxing cares. Practitioners are fully qualified.

ADULTS-ONLY ACCESS

For safety, liability, and insurance reasons, the spa is reserved for adults aged 18 and over.

YOUR PERSONAL BELONGINGS

The institution cannot be held responsible for any loss or damage of your personal belongings. Please keep your valuables in the provided lockers.

REGULATIONS

Alcohol and tobacco consumption is strictly prohibited within the spa. To access the spa, please bring your swimsuit. Nevertheless, some bathing suits are offered for sale on site.

GIFT VOUCHERS

Offer someone you love a unique and personalized wellness experience at Les Bords de Mer Spa. Create your own gift voucher with treatments or with a defined amount. Gift vouchers are valid for 1 year from the date of purchase.

Find out more about all our services on our website www.lesbordsdemer.com







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