



Spa
L'OCCITANE

OUR TREATMENTS



“In its Spas, L’OCCITANE is all about the Provence that we love,
a land full of mystery where beauty is endlessly reinvented.”

Olivier Baussan
Founder of L’OCCITANE

Close your eyes, you are in Provence.

Every gesture, every ingredient, every ritual is drawn from a page of the L’OCCITANE grand herbarium, a resource of hundreds of essential oils and natural ingredients. The escape begins with scent. From the moment you enter a Spa L’OCCITANE, the fragrances transport you to Provence. Prior to your treatment, you are greeted with a “Welcome Ritual”, a footbath performed with our soothing formula. Your experience then takes you on a true olfactory journey, sequenced at every step by comforting or energizing aromas. The voyage of the senses continues through gestures, sensorial textures, relaxing music and the herbal teas inspired by Provençal traditions.

The Spa is a natural extension of our brand. In respect for authenticity, we always prefer hand-performed treatments over machines and traditional massage techniques over technologies.

Just as Provence is the land of beauty, Spa L’OCCITANE is a sanctuary of tranquility to refresh your senses and retrieve peacefulness and inner balance.



FACIALS ANTI-AGING

From one land of the South to another, beauty secrets grow in the fields: Immortelle from Corsica, Sheabutter from Burkina Faso, Peony from Drôme... The lands and rituals of the South nurture the L'OCCITANE treatments.

IMMORTELLE Harmonie Divine Eternal Beauty

The global anti-aging facial using the regenerative power of the patented Harmonie extracts based on an unique concentration in active molecules of Immortelle Millésimée essential oil and Jania Rubens Algae. Fused with Shiatsu-inspired face massage, this facial acts on expression wrinkles, skin tone and face volumes.

Immortelle Divine Secret

The absolute treatment against skin-slackening for the face, neck and décolleté area. This anti-aging facial combines 7 natural active ingredients with lifting and contouring massage techniques to help boost cellular youth and deeply rejuvenate the dermis.

The result is divine: Deep wrinkles seem relaxed, fine lines smoothed, face contour firmer and the décolleté smooth and satin-soft again. Skin looks glowing with youth!

Immortelle Secret of Youth

From the L'OCCITANE plantations in Corsica comes a treatment rich in organic immortelle essential oil to stimulate cell renewal and collagen synthesis. The technique: a lifting and firming massage combined with acupressure points to improve microcirculation and relieve muscular tensions responsible for fine lines.

Immortelle Divine Eyes

For a complete eye rejuvenation, this 40mins sequence includes our signature Divine formula that intensively treats the signs of ageing, and a unique hot & cold care for lifting effect.

The perfect luxurious treat to your eyes, and a great moment of relaxation.

Immortelle Youthful Eyes

To fight fine lines, dark circles and puffiness and give an instant radiance boost, this treatment features a lifting massage and an immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities, or even a long, hard week...

WHITENING

REINE BLANCHE Reine Blanche White Perfection*

As the Meadow Queen flower has the amazing power to whiten its petal over time thanks to its high concentration in flavonoids and salicylic acid, this unique facial associates Reine Blanche products with our signature massage sequence, using Japanese Shiatsu techniques that boosts micro-circulation, promotes firmness, releases deep muscular tensions on face's trigger points and stimulates key energy centers. Movements are also performed with a healing stone in white jade, providing a pleasant cooling sensation and oxygenating benefits for further radan: A complete illuminating program

**Only available in Asia*

DRAINAGE

PEONY Peony Sublime Beauty

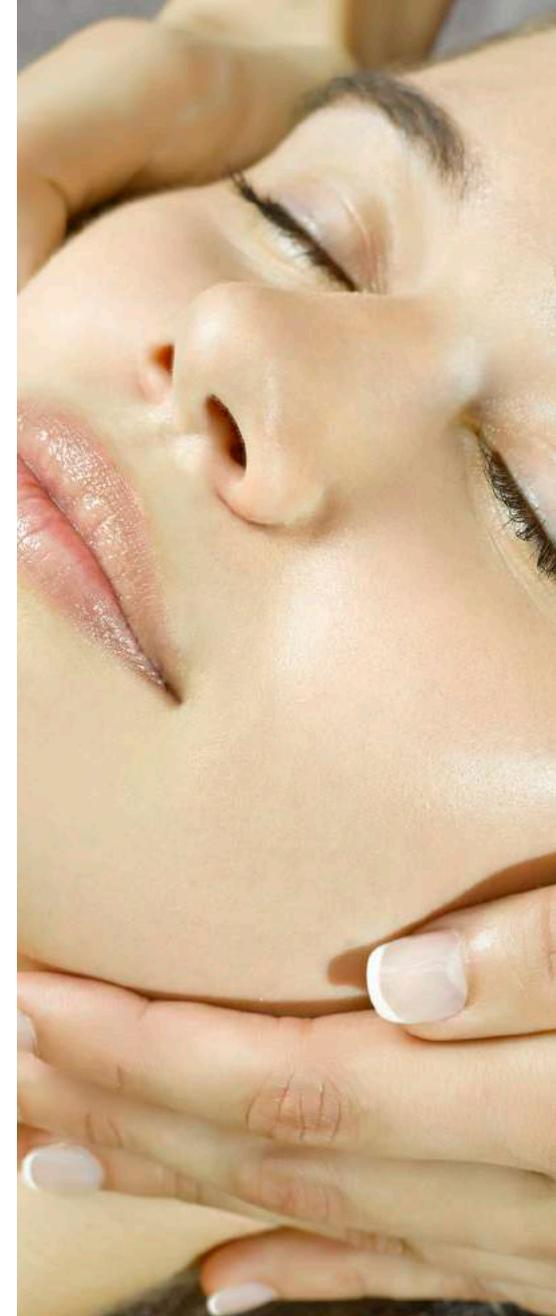
To deliver ideal radiance, this sublime facial incorporates skin-perfecting peony patented extract and mineral-based optical correctors to help visibly create a perfect-looking skin. Featuring our signature drainage face massage sequence, it leaves the skin smoother, velvety and more radiant... purely glowing with beauty!

SHEA BUTTER Shea Nourishing Comfort

Produced by the women of Burkina Faso using traditional methods, Shea butter repairs, moisturizes and restores balance to dry or overworked skin. Massage further heightens these properties and stimulates microcirculation.

CEDRAT FOR MEN Cedrat Vivifying Skincare

A targeted treatment for men's skin formulated with organic Corsican cedrat extract. A draining massage helps eliminate toxins and excess sebum, to leave skin purified, invigorated and glowing with health.



BODY MASSAGES

AROMACHOLOGIE

Relaxing Aromachologie Massage

Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils – lavender, sweet orange, rosemary, bergamot, mandarin – ensure complete relaxation. The body and mind feel truly calm; sleep can come more easily.

Revitalizing Aromachologie Massage

Swedish effleurage strokes, deeper-pressure Lomi Lomi and Balinese movements are combined with the properties of mint, pine and rosemary essential oils. This massage releases energy from all parts of the body. Feelings of fatigue or weakness simply disappear!

Deep Tissue Intense Relief

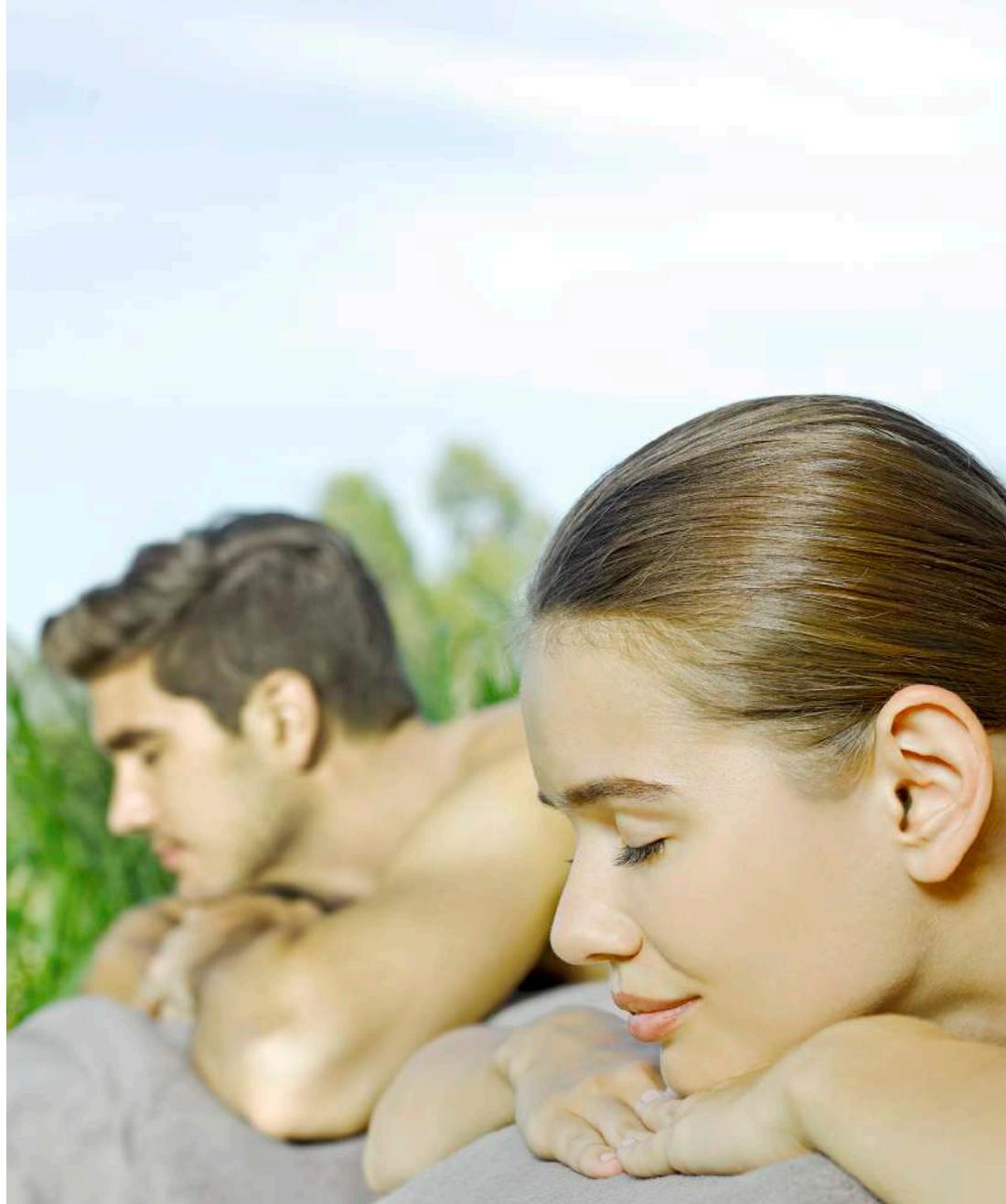
This protocol combines Hawaiian Lomi Lomi massage, acupressure and gentle stretching. A deep-tissue massage and soothing essential oils ease muscular tension, with a focus on the back, shoulders and nape of the neck. Perfect for recuperating after a long journey.

Re-energizing Sun Stones

To dispel stress and tension and restore the body's balance, Swedish effleurage strokes are used in combination with the penetrating warmth of basalt stones and L'OCCITANE revitalizing essential oils. Warm stones are placed on the seven chakras, which, according to Oriental tradition, are key centers of energy. The perfect ritual for sports enthusiasts.

Beyond Well-being Massage

This advanced body massage has been designed to improve body balance and wellness in the long run. It uses a combination of various stretching movements - including static techniques – to reduce stress and muscle tensions, and increase energy level. Ideal to unlock tensions in the whole body – and for those who lack exercise.



SHEA

Shea Nurturing Massage

A collection of our signature techniques to best target individual needs: Relaxing light strokes ease stress, deep tissue pressures release muscular tension, revitalizing strokes and hot stones boost energy. Combined with the nourishing and repairing properties of Shea butter, this unique sequence leaves skin soft and body deeply replenished! Ideal for those who want to get a first taste of the L'OCCITANE Spa experience.

Shea Fabulous Massage

A truly holistic massage that treats the whole body and face, for a complete well-being experience. It combines slow, soothing gestures with the fabulous properties of Shea butter.

The comforting movements of the Balinese and Swedish techniques, gently applied all over the body and face, come together with the generous formula of Shea Fabulous Oil for body and hair. Enriched with 5% pure Shea oil, and various plant oils (sunflower, baobab, carrot), it helps deliver unique nourishing, repairing and protecting benefits to the skin in a soft lightweight texture.

All at once, the skin is transformed and the body deeply soothed. You feel truly comforted; your mind reaches a peaceful state of tranquility.

LAVENDER

Lavender Soothing Massage

Fine Lavender from Haute-Provence and its well-known calming benefits are fused with a blend of traditional massage techniques – Balinese, Swedish, Chinese. They all come together to comfort the body and bring calm and tranquility to the mind. Stress and anxiety fade away to retrieve a pleasant state of peacefulness.

VERBENA

Aromatic Harmony Massage

The iconic fragrances of Provence have been captured in L'OCCITANE exclusive sets of herbal pouches. Massaged all over the body with soothing strokes, they infuse the relaxing and refreshing benefits of Lavender and Verbena, while stimulating circulation to boost metabolism. Gentle pressure relieves muscle tension and brings back inner warmth to the body. A unique sensation to retrieve inner peace and balance body energies. Ideal for people lacking sleep and who feel overwhelmed, to refresh mind and body.

MOTHER-TO-BE

Blissful Cocoon for Mom-to-Be*

The blissful touch of Balinese and Swedish techniques is associated with a nourishing formula to gently accompany the changes linked to maternity. You will be left simply peaceful – muscles deeply relaxed, legs feeling lighter, skin softened – already looking forward to your next cocoon journey.

**Only available in a few properties*



BODY TREATMENTS

ALMOND

Almond Detoxifying Balance

Inspired by lymphatic drainage, this massage boosts circulation and helps rid the body of toxins. The Supple Skin Oil and its pure essential oils heighten the effects of the massage. Afterwards, your body feels lighter and invigorated.

Almond Silhouette Reshape

A treatment that's ideal before summer and after pregnancy. It begins with a draining massage focused on the thighs, stomach and buttocks to act on skin elasticity. It then combines with the patented contouring, firming and anti-fat-storage complex in Beautiful Shape. For a long-lasting effect, a series of 10 treatment sessions is recommended.

Renewing Wind Caress Body Brushing

Gentle smoothing massage performed all over the body with our signature brushes effectively removes dead cells and stimulates micro-circulation. Targeted acupressure points combined with gentle palm pressures enhance the body's energy flows. A true 3-in-1 treatment to experience boosted energy, exfoliated and satin-soft skin!

Almond Waist & Tummy Refiner

A targeted contouring and firming treatment for the abdominal area – ideal before the summer season or after pregnancy.

SCRUBS

SHEA

Shea Nourishing Scrub

Recommended for dry skin. Delicious textures enriched with Shea Butter, Honey Extract, Apricot Oil and finely ground Nutshells gently remove dead cells and reveal a smooth, fresh and luminous skin, leaving body perfectly prepared for a treatment or massage.

ALMOND

Almond Firming Paste Scrub

This body scrub offers a gentle, yet effective body exfoliation as it luxuriously melts into the skin. Using the Almond Delicious Paste that contains almond butter, almond oil infused with crushed almonds shells and sugar crystals, body is left perfectly smooth and soft, delicately fragranced with the notes of almond.

AROMACHOLOGIE

Revitalizing Scrub with Essential Oils

A softening and stimulating texture combining sugar crystals and L'OCCITANE signature blend of energizing essential oils to gently remove dead cells and reveal a smooth, fresh and luminous skin.

WRAPS

ALMOND

Almond Reshaping Body Wrap

An expert wrap to tone the skin, stimulate fat release and promote toxins' elimination. Almond tree bud extract rich in flavonoids is fused to firm and redefine body contours.

SHEA

Shea Ultra-Rich Moisturizing Body Wrap

Repairing care for very dry, sun-damaged or overworked skin. The entire body soaks up active ingredients that nourish (Shea butter and sunflower oil) and moisturize (honey extracts) skin.

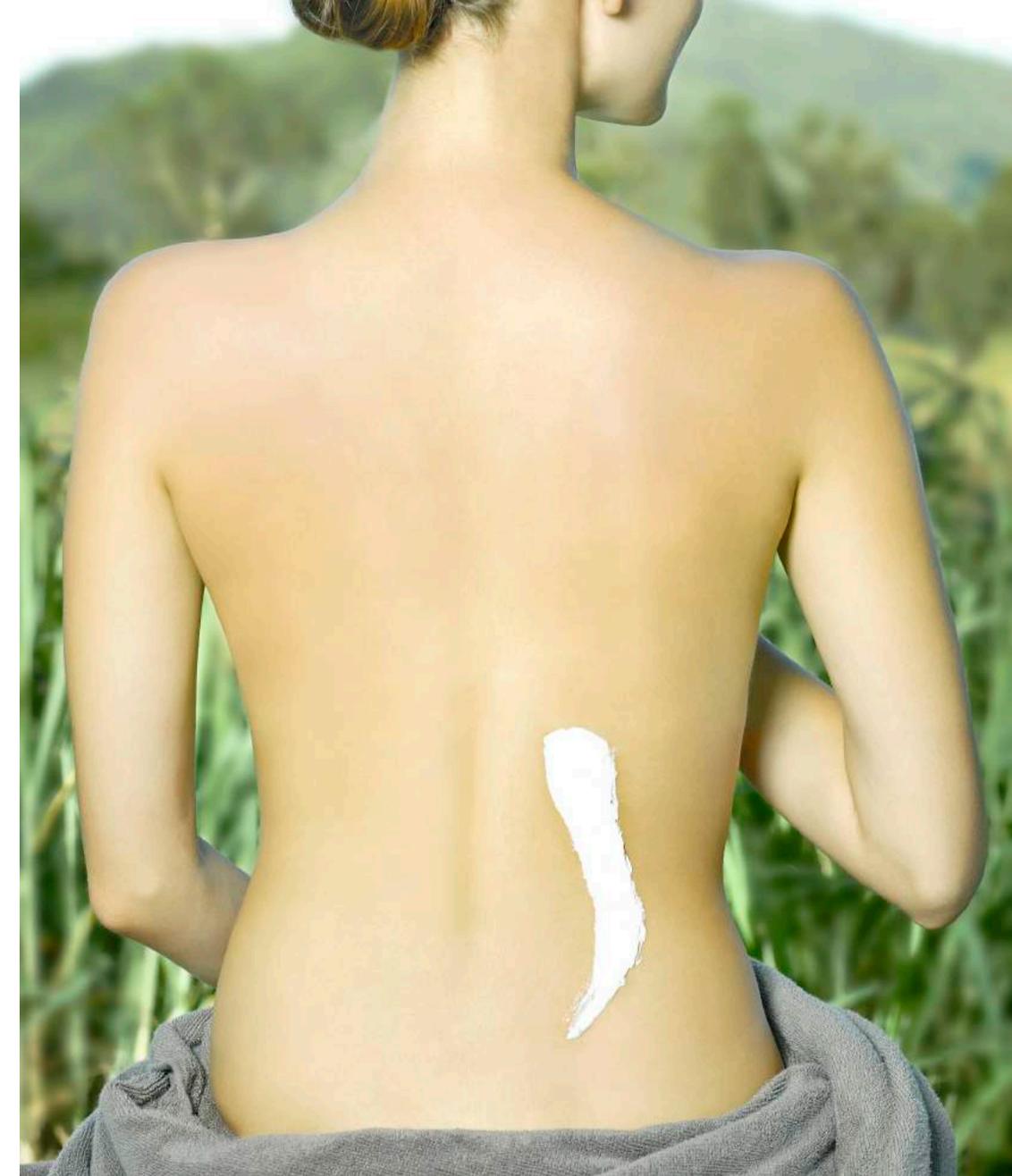
WET TREATMENTS

BATHS

A relaxing prelude that leaves the skin and the mind truly receptive to the benefits of a treatment: Shea Softening Bath, Verbena Invigorating Bath, Lavender Relaxing Bath, Soothing Bath with Essential Oils.

ALSO AVAILABLE IN SELECTED PROPERTIES

- Hair Care Treatments
- Relaxing Vichy Rain
- Hammam, Soothing Provencal Steam Bath with Essential Oils



COMPLEMENTARY TREATMENTS

Before, after or during a treatment, discover a few additional pleasures created by the L'OCCITANE Spas for her and for him.

Purifying Treatment for the Back

An exfoliating and purifying back treatment – ideal before a special occasion. Exfoliation is followed by either a clarifying treatment or a relaxing massage, then a tailor-made mask.

Shea Ultra-Softening Hand Care

A softening hand mask and massage using pure Shea butter. An extra 25 minutes of your time is all it takes for nourished, protected, soft and beautiful hands.

Leg Refresher with Essential Oils

A treatment for summer or traveling, for rough feet and heavy or restless legs. For the legs: a massage that stimulates drainage. For the feet: a massage with Shea butter to nourish the skin.

Relaxing Aromachologie Massage for the Back

Specifically targets the back, shoulder and back of the neck to release tensions and stress.

Foot Relief with Essential Oils

A revitalizing foot massage combining smoothing strokes and deep circular movements with a Revitalizing essential oil blend to unwind, improve blood circulation and release tensions.



TREATMENT SETS

While you take time out in the Mediterranean, offer your mind a relaxing break and your body the benefits of a complete treatment.

FACE

- Immortelle Secret of Youth Duo – Face & Eyes

FACE & BODY

- Journey to Provence
- Invitation to Softness with Shea butter

BODY

- Mediterranean Voyage – Scrub and Massage
- Provençal Reshaping Cure

GIFT CERTIFICATES SERIES AND MONEY DEPOSITS

For the festive season, Mother's Day, or simply to treat someone special, why not offer a gift certificate, for a journey to Provence and moments of blissful indulgence? The L'OCCITANE Spas also offer treatment series and money deposits.

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We use Braille labeling on most of our products (in English so that it is understood by the greatest number of consumers).

In line with our eco-friendly standards, this brochure is printed on paper obtained from sustainable forests. It is certified bleached without the use of chlorine.

