

la réserve

WELLNESS



WELLNESS

THE TREATMENTS

On the top floor of La Réserve Resort, you will find yourself in a pure environment of peace and relaxation.

In this brochure, you will find an overview of our treatments. The price is always per person. Contact our reception and experience the ultimate relaxation and pampering we have to offer.

CONTACT

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The Sisley phyto-aromatic expert facials.

*Relax the mind, renew the body,
revive the soul.*

The facials can also be booked as a duo.

<i>The Sisley phyto-aromatic discovery facial.</i>	30'	€130	<p>Experience the transformative power of the Sisley phyto-aromatic discovery facial, carefully designed for all skin types. This rejuvenating treatment combines cleansing, exfoliation, and nourishing care to provide an instant boost, bringing your skin's natural radiance to life.</p> <p>The facial not only improves your complexion but also strengthens the skin barrier, making it more resilient against environmental stressors such as pollution and UV radiation.</p> <p>Enjoy this holistic experience and reveal the refreshed, glowing skin you deserve.</p>
<i>The Sisley phyto-aromatic hydration facial.</i>	1h	€220	<p>This hydrating phyto-aromatic facial treatment is specially designed to refresh and restore dehydrated skin, leaving it silky smooth.</p>
<i>The Sisley phyto-aromatic nourishing facial.</i>	1h	€220	<p>The Sisley phyto-aromatic nourishing facial is specially designed for dry skin lacking lipids. This luxurious and intensely rich treatment deeply hydrates the skin and helps restore its elasticity, while providing a delightful sense of comfort.</p>
<i>The Sisley phyto-aromatic restorative facial.</i>	1h	€220	<p>The Sisley phyto-aromatic restorative facial is so gentle that it soothes tense or irritated skin. The skin is nourished, regaining its former vitality, elasticity, and radiance.</p>

<i>The Sisley phyto-aromatic purifying facial.</i>	1h	€220	<p>This Sisley phyto-aromatic purifying facial is designed for combination, oily, and problem-prone skin. It cleanses the skin while maintaining moisture balance.</p> <p>Pores are minimized, the skin is purified, and the complexion is evened out. The face becomes clear, fresh, and radiant once again.</p>
<i>The Sisley phyto-aromatic facial for men.</i>	1h	€220	<p>The Sisley phyto-aromatic facial for men offers a moment of relaxation through a unique ritual.</p> <p>Its effective and beneficial properties contribute to hydrated, firm, and refreshed skin.</p>

The Sisley exceptional phyto-aromatic facial.

Transform a pleasant experience to an exceptional one.

<i>The Sisley phyto-aromatic replumping Black Rose facial.</i>	1h30	€290	<p>A timeless experience offering an exceptional feeling of well-being. A true beauty rendez-vous, deliciously and naturally rose-scented. This gentle and pleasant journey relaxes, smoothes features and reveals the skins radiance.</p> <p>The complexion is fresher, the skin is replumped and signs of fatigue and age are smoothed away.</p>
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The facials can also be booked as a duo.

The Sisley anti-aging phyto-aromatic facials.

*There is so much
to smile about.*

<i>The Sisley phyto-aromatic intensive hydrating facial.</i>	1h30	€290	<p>The phyto-aromatic intensive hydrating facial draws upon Sisley extensive anti-aging expertise for a unique experience. Concentrated in active ingredients which encourage water circulation within the epidermis the treatments helps restore the ideal water balance in the skin.</p> <p>The skin is more supple and toned, the skin regains bounce, glow and the radiance of a youthful skin.</p>
<i>The Sisley phyto-aromatic facial.</i>	1h30	€290	<p>In 90 unforgettable minutes, the phyto-aromatic Sisley facial offers a complete treatment procedures, with in-dept remodelling and the restoring of a youthful skin. Fine lines and wrinkles are smoothed.</p> <p>The epidermis is toned, firmer, more resilient. Skin appears younger and healthier. This facial is designed for all skin types.</p>
<i>The Sisley phyto-aromatic revitalizing facial for men.</i>	1h30	€290	<p>This anti-aging ritual specifically elaborated for men's skin, combines effectiveness and well-being for a firmer skin and smoothed wrinkles.</p> <p>The features are relaxed, the skin regains radiance and vitality.</p>

The facials can also be booked as a duo.

The Sisley phyto-aromatic body treatments.

*The greatest wealth
is health.*

<i>The Sisley zen harmony phyto-aromatic body treatment.</i>	1h 1h30	€195 €250	The zen harmony phyto-aromatic body treatment offers a journey at the heart of an authentic Californian massage, with added variations of intensity, techniques and scents. During the massage, no body part will be neglected. This treatment provides extremely relaxing and regenerating benefits.
<i>The Sisley intensive energizing phyto-aromatic body treatment.</i>	1h 1h30	€195 €250	The intensive energizing phyto-aromatic body treatment is performed with vitality. Combined with the benefits of essential oils, it brings softness and well-being to the body. Energy is rebalanced and the body is revitalised.
<i>The Sisley full back phyto-aromatic body treatment.</i>	30'	€100	A full back body massage focuses on the muscles in the (lower)back, shoulders, neck, providing relief from tension and stress in these areas. It's beneficial for people who experience muscle stiffness, back pain, or discomfort from poor posture or stress.

The body treatments can also be booked as a duo.

The Sisley specific phyto-aromatic body treatments.

*Make every day more bright
and more beautiful.*

<i>The Sisley phyto-aromatic exfoliating body treatment.</i>	30'	€100	The unique phyto-aromatic exfoliating body treatment combines aromatherapy and the effectiveness of an all-over reinvigorating body scrub, for a soft and smooth skin to the touch. It is recommended before any body treatment.
<i>The Sisley phyto-aromatic foot treatment.</i>	45'	€125	This truly beautifying treatment for the most tired feet, leaves them feeling soft and comfortable. Following a bath and an exfoliation, it continues with an intense massage, ideal for very dry skin zones. Each muscle, ligament and tendon is solicited and massaged to relax the feet and procure a feeling of lightness.
<i>The Sisley phyto-aromatic hand treatment.</i>	45'	€125	This truly beautifying treatment for hands leaves the skin soft and comfortable. A range of massage techniques relaxes the joints and restores the suppleness of the hands. With the scrub, we remove dead skin cells so that the hand feels soft. Also, a hand mask to hydrate and nourish the hand.

The body treatments can also be booked as a duo.

La Réserve Specials.

*Discover the world
of sand and stones.*

La Réserve Specials can only be booked for solo treatments, except the Hot Stone La Réserve body treatment.

<i>The Signature La Réserve body treatment</i>	1h30	€270	An ancient well known treatment based on warm quartz sand therapy for body and soul. This luxurious treatment provides pure and deep relaxation, stimulates the metabolism, reliefs sore or inflamed muscles and detoxifies the body. All the benefits of a holiday at the beach in this unparalleled experience.
<i>Hot Stone La Réserve body treatment.</i>	1h 1h30	€200 €260	In The Hot Stone La Réserve body treatment, heated stones are carefully placed on specific points of the body to promote relaxation and ease muscle tension. The heat can increase blood flow, aiding in muscle recovery and healing. The warmth allows for deeper muscle manipulation, improving range of motion.
<i>Hot Stone Signature La Réserve body treatment.</i>	1h30	€285	Discover the combination of warm sand and heated stones. The Hot Stone Signature La Réserve body treatment takes you on a new experience. Accompanied by the vibrations of sound bowls, your body and mind are completely relaxed.



OPENING HOURS

Wellness treatments: 10:00 AM to 8:00 PM.

Fitness, pool, sauna, hammam: 7:00 AM to 8:00 PM.

RESERVATIONS

Make a reservation via +32 (0) 50 61 06 06, la-reserve.be/wellness, wellness@la-reserve.be, or stop by the La Réserve Wellness reception.

GIFT CARDS

A personal invitation to our wellness is the perfect gift! This allows your guest to choose from our exquisite treatment menu at their desired moment.

Gift cards are not refundable.

RESPONSABILITY

La Réserve Wellness is not responsible for damage or loss of personal belongings.

CANCELLATION

Please inform us at least 24hours in advance in case of modification or cancellation of your appointment. Late arrival for your appointment cannot in the treatment being extended and will be fully charged.

PHYSICAL CONDITION

If you have any medical issues such as blood circulation, problems, allergies, asthma, skin diseases or if you are pregnant, please inform our staff.

Any form of inappropriate or transgressive behaviour will result in immediate prohibition of access to the wellness.

CHILDREN

Children under 12 need to be accompanied by an adult (+18).

Our La Réserve Wellness team wishes you a pleasant and relaxing stay!

