

HÔTEL  
LES MOUETTES  
\*\*\*\*

LE SPA  
**intime**

L'ESPRIT MAQUIS, MADE IN CORSICA



CARTE DES SOINS  
SPA MENU

# intímu

## CAP CORSE'S PLANTS RICHNESS



The cosmetic range by Intimu© is the result of a 100% corsican production made with aromatic plants. Handpicked, distilled, then processed following an ancestral recipe to reveal their deepest nature.

Organic essential oils with a highgrade of purity & quality, made with passion and patience, on the height of Erbalunga, just near our second Hotel, Castel Brando. Our collaboration with Intimu© comes from a common philosophy to highlight the local natural richness.



**Caroline and Bénédicte, our qualified Wellness practitioners, welcome you to our Spa located on the roof terrace of the hotel, to provide you with well-being and beauty treatments, with the "INTIMU" range:**

**Richness of plants from Cap Corse !**

**Duration and rates of care :**

30 min	€65
45 min	€80
1h	€95
1h30	€140
2h	€180
2h30	€220

# **OUR «AROMA-MASSAGES»\***

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Choice of : 30 min / 45 min / 1h/ 1h30 or 2h

## **Relaxing body massage "HARMONY OF THE SENSES"**

Slow and fluid movements for deep relaxation, relieves tension and stress

## **Revitalizing body massage "WAVES OF ENERGY"**

Rebalances energies through tonic and stimulating movements

## **Body massage for mothers-to-be "COCOON"**

**(1 hour only/ from 4 months of pregnancy)**

Tensions are relieved by gentle and enveloping movements, a feeling of well-being between the mother-to-be and her baby



Choice of : 30/45 min

## **Relaxing Face/Scalp Massage "FREE THOUGHTS"**

This treatment combines effleurage techniques and energy points to soothe the body and mind

## **Relaxing foot massage "NEW ELAN"**

Combining gentle and deep techniques, this treatment relaxes tired feet and improves blood circulation

## **Light leg massage "LIGHT FLIGHT"**

Find lightness and well-being in your legs with this stimulating and draining massage

## **Rose Powder Body Scrub "FLOT DE DOUCEUR"**

This exfoliating treatment will give you a luminous, supple skin and will envelop you with a sensation of absolute softness...

*\*Our massages are non-therapeutic and non-sexual. Please inform our practitioners of any medical contraindications or pregnancy.*

# **OUR «AROMA-VISAGES»\***



## **The "REVITALIZING COUP D'ÉCLAT" treatment with green myrtle**

**Duration of the treatment: 30 mn**

This exfoliating treatment will reveal the radiance of your complexion, combined with a myrtle mask, with purifying and anti-oxidant virtues, and will revitalize your skin

## **The PURIFYING "DETOX" treatment with Rosemary**

**Duration of the treatment: 1h**

This sebum regulator, powerful cell regenerator, with anti-ageing action brings a sensation of clear skin, a very pleasant sensation.

## **The "REGENERATING" ANTI-AGE treatment with Immortelle**

**Duration of the treatment: 1h**

Endemic plant of Corsica, with regenerating and soothing properties, it will help your skin to boost its collagen and micro-circulation to relax the features of the face and plump up your skin

## **The "AU MASCULIN" treatment with Aloe Vera**

**Duration of the treatment: 1h**

Specific care for men with green myrtle for a purifying action and Aloe Vera gel, moisturizing and healthy glow effect

**\*eyebrow and upper lip waxing on request, supplement of €10 each**

# OUR « AROMA-DETENTE ABSOLUE »



Body scrub and massage  
**"DIVINE SOFTNESS"** 1h30

Scrubs and facials  
**A "BREATH OF SWEETNESS".** 1h30

Scrubs, body massage and facials  
**"INFINITE SWEETNESS".** 2h30

# OUR « BEAUTY ADVANTAGES »\*

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## HAND BEAUTY

Complete manicure with exfoliation and moisturising €45

## BEAUTY OF THE FEET

Complete foot care with exfoliation and moisturising €50

Varnish surcharge : €10

**\*It is possible to add a waxing of the body and face before a treatment, to be specified when making the appointment, at the reception desk**

## VIRTUES OF PLANTS

<b>Immortelle :</b>	anti-inflammatory, toning, soothing and healing
<b>Myrte :</b>	refines skin texture, gives radiance and tone
<b>Laurel :</b>	purifying, fortifying and antioxidant
<b>Clementine :</b>	anti-spasmodic and calming
<b>Aloe vera :</b>	soothing, moisturising and healing
<b>Dwarf juniper:</b>	anti-inflammatory, astringent, purifying and draining
<b>Laricciu pine:</b>	stimulating and soothing
<b>Rosemary:</b>	toning, regenerating and purifying

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## INTIMU PRODUCTS



Extend the benefits of Intimu care with a complete range of 100% natural cosmetics.

This skin care line is composed of floral water, serums, cleansing oil and moisturising gels, allowing your skin to benefit from the virtues of island plants.

Order your Intimu products online at: [www.intimu.fr](http://www.intimu.fr)

**The Essential Oils and Hydrolats are Ecocert certified.**

**The cosmetics range benefits from the Slow cosmetics label.**





# HÔTEL LES MOUETTES

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**DIAL 9 FROM YOUR PHONE FOR RESERVATIONS**

*MASSAGES ARE WELLNESS TREATMENTS AND NOT THERAPEUTIC.*