



**BOSCOLO**  
LYON

BOSCOLO LYON SPA & WELLNESS



## DISCOVER OUR SPA

Piscine intérieure et ses jets hydromassants - sauna - hammam - douches  
Multisensorielles - fontaine de glace - espace tisanderie - salle de fitness

# SPECIALTIES

Based on therapist availability.

## SYNERGISTIC HEALING

1 hour and 20 minutes (€230 weekday €260 weekend)

This holistic treatment is a combination of Foot Reflexology and Polarity Therapy. These two techniques work in synergy to provide a deeply relaxing and meditative experience, helping to alleviate muscle pain, mental and emotional stress and provide an improved sense of wellbeing.

## MILLENNIAL POSTURE THERAPY

1 hour and 20 minutes (€230 weekday €260 weekend)

A specific upper body massage that combines deep tissue work, trigger point therapy, heat application and stretching, this treatment is designed to help alleviate symptoms and address postural issues brought on by the heavy use of electronic devices.

## HIMALAYAN SINGING BOWLS

50 minutes (€200 weekday €230 weekend)

1 hour and 20 minutes (€230 weekday €260 weekend)

This treatment restores balance by advancing stagnant energy and reinstating the natural energy flow within the body's energetic field. Beginning with the gentle placement of singing bowls on and around the body, soft vibrations and sounds resonate from the bowl performance as the therapist begins to play.

## CRANIOSACRAL THERAPY

1 hour and 20 minutes (€230 weekday €260 weekend)

A gentle manual and energetic method of touch therapy is performed over loose clothing. The treatment targets the central nervous system, helping to rebalance the cerebrospinal fluid and stimulate the body's innate healing ability.

## CIRCULATORY OR NON-CIRCULATORY MASSAGE

1 hour

(€200 weekday €230 weekend)

1 hour and 20 minutes

(€230 weekday €260 weekend)

Designed specifically for anyone undergoing treatment or who has cancer, our specialized therapist will consult and perform a personalized restorative massage based on your individual needs.

## ACUPRESSURE

1 hour and 20 minutes

(€230 weekday €260 weekend)

This ancient finger massage technique utilizes the principles of acupuncture and Chinese medicine to release muscular tension and other ailments by applying pressure to targeted areas.

## EAST MEETS WEST

1 hour and 20 minutes

(€230 weekday €260 weekend)

The essence of this massage fuses Eastern and Western practices; focusing on restorative stretching and pressure point therapy, this massage is an ideal synthesis of deep tissue techniques combined with the rhythmic stretches of Thai inspired massage movements.





# MASSAGES

All of our massage treatments are customized for each guest and begin with a thorough consultation to better understand your needs. Drawing from a number of massage techniques, a treatment will be designed to increase muscle relaxation, improve circulation and promote overall wellbeing.

## ORIENTAL ESSENCE

1 hour and 20 minutes (€220 weekday €250 weekend)

Using custom-blended oils and movements inspired by traditional Oriental therapies, this tensionrelieving full-body massage focuses on the traditional stress areas of the back, neck and shoulders.

## AROMATHERAPY

1 hour and 20 minutes (€220 weekday €250 weekend)

A deeply therapeutic holistic treatment that combines the power of essential oils with the best of eastern and western massage techniques, physically relaxing and calming, while mentally uplifting and clearing.

## THERAPEUTIC

1 hour and 20 minutes (€220 weekday €250 weekend)

Firm pressure is used with specific techniques to dissolve your body's aches and pains, targeting areas of tension using elbows and forearms to achieve an effective deep tissue massage.

## HOT STONE THERAPY

1 hour and 20 minutes (€220 weekday €250 weekend)

Inspired by traditional Native American practices, this relaxing massage uses heated stones to generate energy and create a sense of balance. It also helps relieve deep-seated muscle tension.



## SCRUBS AND WRAPS

### PERSONALIZED BODY WRAP

1 hour and 20 minutes (€220 weekday €250 weekend)

A results-driven body wrap tailored to your needs, choose to detoxify, nourish, hydrate or soothe. This unique and effective treatment includes exfoliation, followed by a burst of purifying gels and essential oils, which will leave you refreshed and toned.

### PARENT-TO-BE

1 hour and 20 minutes (€220 weekday €250 weekend)

Total bliss and relaxation during pregnancy. After a gentle exfoliation, the skin is smoothed from head to toe with rich, nourishing creams. A soothing massage and nurturing wrap promotes the renewal of the skin, while a relaxing scalp massage will ease away all stress and strain.

### QUINTESSENCE BODY SCRUB

20 minutes (€75 weekday €85 weekend)

Mandarin Oriental Quintessence body scrub balancing essential oil blend, brings the body's energy flow, mind and emotions into alignment, whilst the sea salt and sweet almond oil work together to gently smooth and rejuvenate dry or tired skin.

### COFFEE AND FRANKINCENSE SCRUB

20 minutes (€75 weekday €85 weekend)

Invigorate and brighten dull looking skin with this nourishing scrub that will hydrate, soften and soothe your body while uplifting your mind with antioxidant enriched coffee and cleansing frankincense.

# FULL DAY PROGRAMS

A photograph of a spa room featuring a stone wall, a white bathtub, a sink, and a bed with white linens. The room is dimly lit with candles and a small vase of flowers on the tub.

## DEVICE FREE WELLNESS RETREAT

4 hours and 20 minutes (€615 weekday €685 weekend)

Surrender your phone upon check-in and bring balance into your lifestyle, restoring body, mind and spirit.

- Personal Training, Yoga or Pilates
- Coffee and Frankincense Body Scrub
- Himalayan Salt Stone Massage
- Lunch in the Spa Tea Lounge
- Bespoke Facial

## THE BOSTONIAN

4 hours and 50 minutes (€660 weekday €720 weekend)

Take the time to step out of your day to day routine to breathe, while rejuvenating your whole body.

- Quintessence Body Scrub
- Oriental Essence Massage
- Lunch in the Spa Tea Lounge
- The Ultimate Facial



# HALF DAY PROGRAMS

## **PREGNANCY BEAUTIFUL**

2 hours and 50 minutes (€440 weekday €500 weekend)

Let us cherish new mothers and mothers-to-be with this lovely experience, carefully designed for this special time.

- Pre or Postnatal Massage
- Bespoke Facial

## **REJUVENATE**

3 hours and 20 minutes (€575 weekday €630 weekend)

The perfect combination of treatments to give you a fresh outlook and a whole body glow to match.

- Revive Body Scrub
- Aromatherapy Massage
- Couture Oxygen Facial

## **RESTORATIVE BEAUTY**

3 hours (€470 weekday €520 weekend)

A completely pampering experience that brings your inner beauty out.

- Biologique Recherche Skin Instant Lab® and Custom Made Facial
- Therapeutic Massage

## **FOCUS AND RELEASE**

2 hours and 50 minutes (€440 weekday €500 weekend)

A firm pressure massage alleviates tension, followed by a thorough skin analysis and tailored facial.

- Therapeutic Massage
- Bespoke Facial

## TERMS & CONDITION

### SPA AND FITNESS CENTER OPERATIONAL HOURS

The Spa is open daily from 9am to 9pm. The Fitness Center is available for our hotel guests and residents 24-hours. Personal training sessions are available upon request.

### SPA ARRIVAL

We recommend that you check in at the Spa reception at least 45 minutes prior to your first scheduled appointment. This allows time for a consultation regarding your treatment expectations and provides you with ample time to visit the Spa's facilities, which will truly prepare you for your treatment experience. Please note, a bathing suit is required while enjoying the use of these facilities.

### GRATUITY

For your convenience, a 20% gratuity will be added for each service on your final bill.

### APPOINTMENT INFORMATION

We offer our busy guests a reliable timetable; therefore arriving late will simply limit the time of your treatment, reducing your full benefit and enjoyment. Your treatment will end on time to prevent inconvenience to the next guest. The full treatment price will apply. Weekday price is Monday to Thursday. Weekend price is Friday to Sunday. Please kindly note that availability and pricing are subject to change or discontinue at any time without prior notice.

### CANCELLATION POLICY

Please allow 24-hour notice of cancellation to avoid a 100% charge. A credit card number is required at the time of booking in order to guarantee the appointment.

### ADVANCED BOOKINGS

We highly recommend booking your treatment in advance to ensure that your preferred time and treatment is available.

### HEALTH CONDITIONS

Please advise us of any health conditions, allergies, or injuries which could affect your service when making your spa reservations.

### CLEANLINESS

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilized and sanitized after every service and treatment.

### LOSS OR DAMAGE

We regret that we cannot be responsible for any loss or damage of personal articles. Please keep all valuables locked in your locker during your visit or you may have access to a safety deposit box at the front desk of the hotel. For the protection of your clothing, we also ask that you wear the robe provided.

### SPA BOUTIQUE

To continue your Spa regimen at home, Spa products used in the treatments are available in our Spa Boutique. A selection of wellness lifestyle products and accessories are also available.

### SPA CUISINE

If you wish to enjoy fresh juices, smoothies or a light meal during your visit, you are welcome to enjoy something delicious in our intimate Spa Tea Lounge.

### GUESTS

The Spa welcomes both hotel and outside guests for any of our treatments. All Spa guests having body or facial treatments are invited to enjoy our facilities and relaxation area. Please note that the use of the Fitness Center is reserved for hotel guests and residents.

### DIGITAL DISCONNECTION

Our Spa offers each guest the chance to relax in a tranquil setting. We appreciate you turning off your mobile phone and other electronic devices. To respect the privacy of our guests, we kindly ask you to secure your electronic devices in your locker.

### PREGNANCY

We have specially designed treatments for expectant mothers in their second and third trimester. Please let The Spa Concierge guide you in selecting a treatment, taking into consideration your well-being during this special time.

### AGE REQUIREMENTS

The minimum age to access The Spa's facilities, relaxation areas and Fitness Center is 18 years old. We are delighted to welcome young adults from 16 years old to enjoy our "To Finish" treatments of their choice. They must be accompanied by a responsible adult of at least 18 years in age to enjoy any additional treatments in a private suite.



## HORAIRES D'OUVERTURE

Ouvert tous les jours

Open every day

Espace Spa: de 9h à 21h.

Spa: 9 am to 9 pm

Espace Soins: de 10h à 20h.

Treatments: 10 am to 8 pm

## CONTACT

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