



montecarlospa

Information & prices from January 5th, 2009 to January 3rd, 2010*



LES THERMES MARINS DE
MONTE-CARLO



montecarlospa OFFERING

PROGRAMS AND STAY

Programs with or without accomodation	4
"Specific" options	6
Week-end Monte-Carlo Spa	8
Practical information	9

À LA CARTE TREATMENTS

Day programs	10
Combos	11
Discoveries	12
Massages	12
Other treatments	14
Physiotherapy and beauty care	15
Beauty Salon	16
Treatment coupons	19
Pool/Aquafitness	19
Hair Salon	19
Restaurant	19

MONTE-CARLO SPA PROGRAM

The effectiveness of the montecarlothalasso approach derives from a real philosophy: before well-being, there is a being. Each treatment is therefore personalised, each program is tailor-made to ensure unique results. The spirit of "haute couture".

WITH ACCOMMODATION (CF PRICE-LIST OPPOSITE)

From 2 nights in a double room with breakfast at the Hôtel de Paris or at the Hôtel Hermitage.

- 3 individual and personalised marine treatments per day, chosen from:
 - bodywrap with mud or seaweed
 - jet shower or underwater shower
 - bath with seaweed, essential oils or hydromassage
 - massage under affusion with shea butter (2 hands)
- 1 medical check-up
- 1 dietetic consultation
- Free admission to group classes (aqua-gym, body sculpt, stretching, buttocks / abdos / thighs, special back kiné form)
- Exclusively reserved for guests of the Monte-Carlo SBM Resort, the "Carte d'Or" is a passport to all its establishments:
 - free admission to the Casino de Monte-Carlo
 - 50% reduction on playing fees at the Monte-Carlo Golf Club and Monte-Carlo Country Club
 - free shuttle transport within the resort
 - all expenses billed to your hotel account

WITHOUT ACCOMMODATION

- 3 individual and personalised marine treatments per day, chosen from:
 - bodywrap with mud or seaweed
 - jet shower or underwater shower
 - bath with seaweed, essential oils or hydromassage
 - massage under affusion with shea butter (2 hands)
- 1 medical check-up
- 1 dietetic consultation

6-DAY PROGRAM

750 € (price per person)

2-DAY PROGRAM

280 € (price per person)

EXTRA DAY

- from 3 to 5 days: **140 €** (per day and per person)
- 7 days and more: **125 €** (per day and per person)

The following options can be added to the Monte-Carlo Thalasso program:

- "Specific Anti-ageing"
- "Specific Beauty for Women" - La Prairie
- "Specific Beauty for Men" - La Prairie
- "Specific Slimming"
- "Specific half-board"

MONTE-CARLO SPA PROGRAMME WITH ACCOMODATION

Prices per person in euros Taxes and service charges included From January 5th 2009 to January 3rd 2010			Program 2 nights / days		Program 6 nights / 6 days	
			2 nights / 2 days	Extra day room & 3 treatments	6 nights / 6 days	Extra day room & 3 treatments
HÔTEL DE PARIS Superior room inside courtyards view	Double	PS	—	—	—	—
		SS	764,00	382,00	2022,00	337,00
	Single	PS	—	—	—	—
		SS	1248,00	624,00	3294,00	549,00
		LS	680,00	340,00	1800,00	300,00
		LS	1080,00	540,00	2850,00	475,00
HÔTEL DE PARIS Exclusive room sea view	Double	PS	—	—	—	—
		SS	992,00	496,00	2619,00	436,50
	Single	PS	—	—	—	—
		SS	1704,00	852,00	4488,00	748,00
		LS	900,00	450,00	2379,00	396,50
		LS	1520,00	760,00	4008,00	668,00
HÔTEL HERMITAGE Luxury superior room city / garden view	Double	PS	759,00	379,50	2010,00	335,00
		SS	664,00	332,00	1737,00	289,50
	Single	PS	1238,00	619,00	3270,00	545,00
		SS	1048,00	524,00	2724,00	454,00
		LS	598,00	299,00	1566,00	261,00
		LS	916,00	458,00	2382,00	397,00
HÔTEL HERMITAGE Exclusive room sea view	Double	PS	983,00	491,50	2595,00	432,50
		SS	790,00	395,00	2061,00	343,50
	Single	PS	1686,00	843,00	4440,00	740,00
		SS	1300,00	650,00	3372,00	562,00
		LS	766,00	383,00	1998,00	333,00
		LS	1252,00	626,00	3246,00	541,00

Peak Season (PS)	Shoulder Season (SS)	Low Season (LS)
17/07/09 to 3/10/09	10/04/09 to 20/05/09	05/01/09 to 09/04/09
29/12/09 to 03/01/10	25/05/09 to 16/07/09	02/11/09 to 28/12/09
	04/10/09 to 01/11/09	

(DD/MM/YYYY)

These prices may be changed without prior notice and will be applied subject to availability. Black out dates may apply.

“SPECIFIC” OPTIONS

The options complement and add an individual character to the Monte-Carlo Spa program by contributing specific and precisely targetted solutions: the program’s three marine treatments are personalised as per the guest’s choice and the “Specific” options are distinguished by the flexibility of their protocols to achieve an ideal “tailormade” program.

SPECIFIC ANTI-AGING”

The keys to well-being and aging gracefully.

A few examples of personalised marine treatments from the Monte-Carlo Spa program:

- soothing and regenerating underwater shower
- bath with sea-salt crystals and mother-of-pearl
- massage under affusion with shea butter rich in vitamins A, D, E and F, with anti-wrinkle, scar-healing and reconstructive virtues.

“Specific” treatments:

- 1 fat test
- biological check-ups
- 1 stress test with consumption of O2
- 3 sessions for correct posture with HUBER
- 1 beauty treatment for the face, 60’
- 1 beauty treatment for the body, 90’
- 1 La Prairie beauty treatment for hands or feet
- 3 anti-ageing massages with grapeseed oil enriched with polyphenol, 60’

“SPECIFIC ANTI-AGING” 6 DAYS:

1 470 € (price per person)

EXTRA DAY:

245 € (price per person)

“SPECIFIC BEAUTY” LA PRAIRIE

When serenity rhymes with beauty...

A few examples of personalised marine treatments from the Monte-Carlo Spa program:

- relaxing underwater shower or soothing “yin” jet shower
- bath with sea salts and regenerating essences
- massage under affusion with aromatized shea butter with stimulating essences to reconstruct the dermis.

“Specific” La Prairie treatments

FOR WOMEN (6 days):

- 1 toning facial with caviar, 85’
- 1 Sea Luxury combo, 120’
- 1 micro-dermabrasion cell treatment for the face, 85’
- 1 detoxifying cell treatment for the back, 60’
- 1 classic beauty treatment for hands or feet
- 1 fitness-beauty coaching session with travel kit

“Specific” La Prairie treatments

FOR WOMEN (2 days):

- 1 toning facial with caviar, 85’
- 1 Sea Luxury combo, 120’

“Specific” La Prairie treatments

FOR MEN (6 days):

- 1 Swiss anti-aging cellular treatment, 60’
- 1 Sea Luxury combo, 120’
- 1 micro-dermabrasion cellular treatment for the face, 85’
- 1 detoxifying cellular treatment for the back, 60’
- 1 classic beauty treatment for hands
- 1 fitness-beauty coaching session with travel kit

“Specific” La Prairie treatments

FOR MEN (2 days):

- 1 Swiss anti-ageing cellular treatment for the face, 60’
- 1 Sea Luxury combo, 120’

“SPECIFIC BEAUTY” LA PRAIRIE 6 DAYS

780 € (price per person)

“SPECIFIC BEAUTY” LA PRAIRIE 2 DAYS

340 € (price per person)

EXTRA DAY

150 € (price per person)

“SPECIFIC SLIMMING”

On the path to slimness and equilibrium.

A few examples of personalised marine treatments from the Monte-Carlo Spa program:

- cellu-marine shower or bath with slimming oils
- seaweed bodywrap with laminary fucus
- massage under affusion with amber shea butter aromatised with slimming and draining essences.

“Specific” treatments:

- 1 fat test
- biological check-ups
- 1 stress test with consumption of O2
- 3 Bodysculptor sessions
- 3 physiotherapy sessions per day (LPG Cellu M6, slimming ultrasounds...)
- 6 dietetic lunches at the restaurant L’Hirondelle at Les Thermes Marins
- 6 snacks at the bar L’Atlantide
- 6 dietetic dinners at the restaurant Le Vistamar at the Hôtel Hermitage

“SPECIFIC” SLIMMING 6 DAYS

1 965 € (price per person)

EXTRA DAY:

240 € (price per person)

“SPECIFIC HALF-BOARD” 1 DAY

1 lunch (slimming menu or market menu) at the dietetic restaurant L’Hirondelle. Drinks not included.

58 € (price per person)

WEEK-END MONTE-CARLO SPA

From January 5th, 2009 to January 3rd, 2010

- 2 nights' accommodation in a double sea view room with breakfast at the Hôtel de Paris or at the Hôtel Hermitage
- Two 1-hour treatments per person per day at the Montecarlospa by Les Thermes Marins for guests staying at the Hôtel de Paris or at the Hôtel Hermitage

Treatments proposed:

- Monte-Carlo « sur mesure »
 - Californian massage
 - Monte-Carlo Star
 - Ayurvedic massage
 - Shiatsu
- Exclusively reserved for guests of Monte-Carlo SBM, the "Carte d'Or" is a passport to all its establishments :
 - free admission to the Casino de Monte-Carlo
 - 50% reduction on playing fees at the Monte-Carlo Golf Club and Monte-Carlo Country Club
 - free shuttle transport within the resort
 - all expenses billed to your hotel account

PRICE IN EURO	HÔTEL DE PARIS			HÔTEL HERMITAGE		
	PEAK SEASON	SHOULDER SEASON	LOW SEASON	PEAK SEASON	SHOULDER SEASON	LOW SEASON
2-night package 2 persons double sea view room + buffet breakfast + two 1-hour treatments per person per day	from 17/07/09 to 03/10/09	from 10/04/09 to 20/05/09	from 05/01/09 to 09/04/09	from 17/07/09 to 03/10/09	from 10/04/09 to 20/05/09	from 05/01/09 to 09/04/09
	from 29/12/09 to 03/01/10	from 25/05/09 to 16/07/09	from 02/11/09 to 28/12/09	from 29/12/09 to 03/01/10	from 25/05/09 to 16/07/09	from 02/11/09 to 28/12/09
		from 04/10/09 to 01/11/09			from 04/10/09 to 01/11/09	
TOTAL	NC	1 964	1 780	1 946	1 560	1 512

PRACTICAL INFORMATION

- The massages offered are non-therapeutic wellness treatments.
- Treatments are dispensed alternatively in mornings and afternoons.
- On arrival, you will be given a bathrobe, bath towel, slippers and bag.
- Slippers must obligatorily be worn when entering the pool and treatment areas.
- Guests should bring gym wear for admission to the fitness area.
- It is recommended to bring two bathing costumes.

OPENING HOURS

Every day from 7 a.m. to 9 p.m.
(aquafitness area)

During your stay, our hostesses are at your service to provide information concerning the organisation of your program and to book any additional services (beauty care, hairdresser, massages etc.).

For thalassotherapy treatments, the medical consultation is included in programs lasting 2 days or more.

CONTRA-INDICATIONS FOR MARINE THERAPIES

- non-compensated heart or blood pressure conditions (cardiopathies, recent infarct, poorly controlled high blood pressure)
- all feverish, acute evolutive, lung or kidney diseases etc.
- skin disorders (except acne or psoriasis), suppurating wounds, scabs etc.
- overly evolutive venous or recent postphlebotic conditions
- malignant, evolutive, non-operated tumoral conditions digestive disorders
- cirrhosis, evolutive hepatitis allergies to iodine
- non-compensated dysthyroid conditions

In accepting the services of Les Thermes Marins de Monte-Carlo, you thereby accept these conditions and confirm that you have no medical or physical contra-indications which may affect the satisfactory course of the treatment or cure.

DAYS PROGRAMS

Day programs offer the possibility of benefiting from the aquafitness area: heated sea-water pool, fitness room, aquagym classes, sauna, hammam and solarium.

MONTE-CARLO MARINE

All the relaxing and remineralising effects of thalassotherapy through marine treatments, to which are added the delights of light and savory Mediterranean cuisine.

- A choice of 3 marine treatments:
 - bodywrap with mud or seaweed
 - hydromassage, bath with colored salts or seaweed
 - jet shower or underwater shower
 - massage under affusion 2-hands with shea butter
- 1 lunch (slimming menu or market menu), excluding drinks, at the restaurant L'Hirondelle.
190 € (price per person)

MONTE-CARLO HARMONY

When thalassotherapy meets spa...

- 2 marine treatments (except massage under affusion):
 - bodywrap with mud or seaweed
 - hydromassage, bath with colored salts or seaweed
 - jet shower or underwater shower
- 1 massage 60'
- 1 lunch (slimming menu or market menu), excluding drinks, at the restaurant L'Hirondelle.
250 € (price per person)

COCOONING

An entire day to rediscover the sensations of "cocooning" and serenity.

- 1 marine treatment (except massage under affusion):
 - bodywrap with mud or seaweed
 - hydromassage, bath with colored salts or seaweed
 - jet shower or underwater shower
- 1 massage 60'
- 1 sea-peel
- 1 KERASKIN treatment for the face 60'
- 1 lunch (slimming menu or market menu), excluding drinks, at the restaurant L'Hirondelle.
390 € (price per person)

COMBOS

Treatment combos are dispensed in private booths by one and the same therapist. They offer the possibility of benefiting from the aquafitness area (sea-water pool heated to 29°, fitness room, aquagym classes, sauna, hammam and solarium).

MAXI-MINERAL COMBO

Recharge your body with trace elements and minerals with this treatment in three phases:

- body peel with salt crystals from the Dead Sea combined with essential oils to relieve areas of tension respecting the direction of energy flows
- body wrap with mud from the Dead Sea
- application of a body lotion rich in mineral salts
205 € (price per person)

TONIC SLIMMING COMBO

Stimulate your blood circulation, eliminate toxins and fat, tone and drain your entire body with this specific slimming treatment in five phases:

- friction to stimulate circulation throughout the entire body
- body peel with draining algae and oils to eliminate dead cells
- hydromassage bath in sea-water with seaweed and essential oils
- cold mask with draining and toning effects
- draining massage with "Monte-Carlo Slimming" oil
235 € (price per person)

FOR MEN ONLY COMBO

Based on a selection of natural, noble and powerful products, this soothing and tonifying treatment consists in four phases:

- hydromassage bath in sea-water with coloured salts & essential oils
- regenerating body peel with spices, cocoa bark, orange and sea salts
- warm, relaxing mask with cocoa beans
- massage for the muscles of the back and legs with "Monte-Carlo Toning" oil
235 € (price per person)

SILHOUETTE COMBO

This treatment's originality lies in the association of three components:

- Energetic: stimulation of precise points and zones in order to enhance the circulation of energy throughout the body
- Physiological: elimination of fat or water through the action of products based on essential oils
- Mechanical: various appropriate massage techniques
265 € (price per person)

SEA LUXURY LA PRAIRIE COMBO

Rejuvenate your skin while relaxing with this specific treatment in four phases:

- peeling La Prairie
- hydromassage bath in sea-water
- 50-minute body massage
- application of Caviar Luxe body cream, the final touch to this exceptional treatment.
280 € (price per person)

MONTE-CARLO COMBO

This made-to-measure combo will meet your individual requirements. It addresses imbalance caused by a lack or excessive amount of energy which often takes the form of stress, tiredness, weight-related, circulatory or inflammatory problems. Thanks to the action of its products and techniques, it optimises your health potential and addresses slimming, anti-aging, performance optimisation, stress management, circulatory and/or inflammatory disorders. The therapist performs a preliminary energy check-up and defines your own criteria for restoring balance, depending on the treatment's purpose:

- choice of the color to be used (soothing or invigorating...)
 - choice of colored oils, plants (aromatherapy) and precious stones
 - choice of peeling techniques (peeling salts with mother-of-pearl and powder from precious stones), bath salts...
 - choice of massage techniques or lymphatic draining
 - choice of the senses to be stimulated (hearing, smell, taste, touch, sight)
The treatment ends with a check-up that verifies the effectiveness of energy re-balancing.
- 280 €** (price per person)

MONTE-CARLO DIAMOND COMBO

Diamonds, gold and precious oils...
An exceptional treatment using diamond powder and rose oil with exfoliating, rejuvenating and softening properties:

- body peel with regenerating oil and diamond powder to relieve areas of tension through specific action on "reflex zones"
 - massage with "gold and light" cream, leaving the skin shimmering with a thousand tiny specks of mother-of-pearl.
- 395 €** (price per person)

DISCOVERIES

These "discoveries" offer the possibility of benefiting from the aquafitness area (sea-water pool heated to 29°, fitness room, aquagym classes, sauna, hammam and solarium).

3 MARINE TREATMENT DISCOVERY

All the relaxing and remineralising effects of thalassotherapy in 3 marine treatments.
150 € (price per person)

WELLNESS DISCOVERY

The best of the sea, Zen-style...
For you, two marine treatments (except massage under affusion) combined with the benefits of a 1-hour massage.
205 € (price per person)

MASSAGES

MONTE-CARLO "SUR MESURE"

30'/45'/60'/90'

For this "tailormade" massage, the therapist takes your requirements and preferences into account before selecting the most appropriate massage techniques: a tonic or gentle massage, draining, pressure, smoothing... This massage is enriched by vibrations induced by colored oils.
95 / 125 / 150 / 210 € (price per person)

MASSAGE MONTE CARLO WITH 100% ORGANIC ARGAN OIL – 60'

THERMES MARINS EXCLUSIVE

Exclusively at Thermes Marins de Monte Carlo, discover our massage with pure and natural Argan oil, Ecocert certified 100% organic. Rich in the essential fatty acid Omega 6 and in Vitamin E, it possesses hydrating and restructuring virtues whose active ingredients act on skin aging. The therapist exerts a light massage and smooth pressure movements to optimize the absorption of this age-old elixir. This massage is exceptional anti-aging care. Our Argan oil is produced by the cooperative formed by Berber women from Tiout (the province of Taroudant in Morocco), supported by the Principality's government and inaugurated by HRH Prince Albert II on October 27, 2002. When purchasing this oil, you are supporting the growing momentum of fair trading.
175 € (price per person)

FOOT REFLEXOLOGY – 30'/45'

Each part of the foot acts a kind of echo to a part of the body. A specific massage of several "reflex points" restores the balance of energy in the corresponding zones.
75 / 95 € (price per person)

MONTE-CARLO AFFUSION 4 HANDS – 25'

Dispensed by four hands, this massage with shea butter aromatised according to your needs (slimming, anti-aging, improved performance, management of stress, circulatory and/or inflammatory conditions) is administered under a fine spray of warm sea-water. Synchronised skimming movements and sliding pressure procure a sensation of general well-being.
130 € (price per person, with free admission to the aquafitness area)

CALIFORNIAN MASSAGE – 60'/90'

A massage technique composed of skimming movements and sliding pressure enveloping the entire body. Thanks to its slow rhythm and gentle manoeuvres, this massage induces deep relaxation.
125 / 170 € (price per person)

MONTE-CARLO STAR – 60'

A massage for the scalp, hands and feet, which brings total relaxation of the body while stimulating "reflex" zones.
125 € (price per person)

AYURVEDIC MASSAGE – 60'

This Indian massage unknots tension in the muscles and restores energy flows. A rhythmic gesture from head to foot is combined with the use of specific oils to tone up the body and eliminate toxins.
150 € (price per person, massage administered on a futon mattress)

SHIATSU – 60'

"Shi-Atsu" means pressure applied by the fingers. Shiatsu belongs to the oriental tradition of preventive medicine. It helps to improve the circulation of energies throughout the body. This Japanese technique of a dry massage consists of a combination of stretching and pressure applied along the meridians.
155 € (price per person, massage administered on a futon mattress, with suitable and comfortable clothing provided)

THAÏ MASSAGE – 60' / 90'

Rather like choreography, this treatment alternates stretching, acu-pressure and yoga positions, all with a single aim: to tone up your energy flows.
155 / 215 € (price per person, massage administered on a futon mattress, with suitable and comfortable clothing provided)

SPORTS MASSAGE – 60'

Specific massage of the muscular masses. Its aim is either to help you recover after effort (stretching and elimination of toxins), or to prepare the muscles for effort with the use of active techniques.
155 € (price per person)

OTHER TREATMENTS

STONE THERAPY – 60'

In a setting of low-keyed luxury and gentle lighting, the smooth and hot surface of basalt pebbles slide effortlessly over the body. The heat of the stones merge with the merge of the hands and give the body an exceptional feeling of relaxation and well-being. The purpose of the therapy stone is to restore the balance of energy, cleanse the tissues and release tension through the alternating interaction of hot and cold pebbles. By combining the age-old effects of these stones, gathered from the bottom of rivers in the west of America, with the properties of shea butter, this slow and original massage produces efficient physical, mental and emotional results.

210 € (price per person)

SEA-PEEL – 45'

This peeling treatment uses sea salt from the Dead Sea, specially selected for its concentration of active trace elements such as magnesium, sodium, potassium, calcium... These saline crystals are mixed with personalised essential oils.

125 € (price per person, free admission to aquafitness area)

FASCIATHERAPY – 45'

A very gentle manual therapy which relieves pain. It eliminates stress and enables you to stock up on energy. When subjected to mechanical shocks (falls, knocks, fatigue, awkward movements...) or psychological shocks (stress, nervousness, anxiety, emotional shocks...) of everyday life, the body contracts, seems to get blocked and knotted up while creating tension. Gradually, this tension develops and becomes more accentuated, reducing your efficiency and causing pain and health problems. With hardly perceptible micro-movements on certain parts of your body, the therapist frees you of tension, brings relief from pain and re-triggers the flow of energy.

110 € (price per person)

SOMATO-MASSAGE – 60' / 90'

This personalised treatment helps you to rediscover and enhance your energy potential by gently liberating the body from its emotional or physical suffering (an approach used in traditional Chinese methods, in-depth study of the energy bio-rhythm, acu-pressure, chromotherapy, Chinese massages, synergy applications of essential and plant-based oils, colored clays or minerals.

60' with essential oils:

140 € (price per person)

90' with colored clays:

235 € (price per person)

THE BASTIEN'S PEDICURE – 60'

This pedicure is actually the only one, worldwide, which meets the three essential following requirements:

- A medical pedicure (care and maintenance of epidermis and nail problems). It gently removes corn and callus or any other painful thickening of the epidermis.
- Beauty. The nail undergoes a thorough treatment. The use of clippers, wicks or files restores shape and homogeneity. After applying a buffing paste and rubbing it, the nail becomes naturally shiny, more than it would with a nail polish.
- Well-being, achieved through a real massage, from the leg down to the toes. The effect of the Bastien's Pedicure is immediate: the foot becomes lighter, the whole body seems to be floating...

158 € (price per person)

THE FOOT REFUNDATION – 30'

A massage focusing on four main aspects of the foot: muscular flexibility, joints mobility, blood circulation and skin elasticity. From the leg down to the toes, each muscle, each tendon recovers optimal mobility. And this feeling is amazing...

92 € (price per person)

ELECTROVEIN – 20'

Electrotherapy session aimed at stimulating lymph and blood circulation in order to reduce oedema, eliminate toxins accumulated in the muscles and restore the dynamism and balance of body fluids.

50 € (price per person)

ELECTROSTIMULATION – 25'

Stimulation and strengthening of a muscle or a muscular mass with the help of locally applied electrodes.

50 € (price per person)

BIO-ENERGETIC CHECK UP

This check up allows to liberate energetic blockages that may generate emotional and physical disturbances. These could be linked to:

- Environmental aggressions that can fragilise your defence energy (electromagnetic, ecological...)
 - Cellular memories that can generate blockages in the energy circulation of the body (surgery...)
 - Energy leakages in the body due to scars
- Your energetic potential will be optimised with this check up.

105 € (price per person)

LYMPHATIC DRAINING – 45' / 60'

Skimming movements and slow, gentle pressure aiming at reducing problems related to venous and lymphatic circulation, resorb oedema, eliminate toxins, combat water retention and the formation of cellulitis.

95 / 130 € (price per person)

PHYSIOTHERAPY AND ESTHETIC

SLIMMING ULTRASOUNDS – 20'

A physiotherapy device using low frequency ultrasounds which are applied to areas subject to cellulitis. Ideal when combined with localised treatment of infiltrated tissues and in the struggle against fibrosis which is responsible for the appearance of cellulitis

60 € (price per person)

ELECTRO-CELLULOLIPOLYSIS – 40'

Stimulation of the muscles in moderate activity, in order to reproduce locally the effects of muscular endurance exercises and to burn fat.

60 € (price per person)

CELLU M6 LPG – 35'

The exclusive LPG technique gives deep and effective action on the tissues. These cutaneous gymnastics stimulate lymph and blood circulation, thus encouraging the elimination of metabolic waste. Cellu M6 restores and activates certain functions of the organism and the skin.

75 € (price per person)

BODYSULPTOR

An effective response to slimming requirements and stress in 3 dimensions :

- magnetic field : helps the cells to free themselves of fat and toxins
- aromatherapy : essential oils which act to eliminate fat and toxins.
- pressotherapy : facilitates drainage and blood circulation

115 € (price per person)

INTENSIVE PULSATING LIGHT (PERMANENT HAIR REMOVAL)

The permanent solution for all your problems of unwanted hair (face and body).

For women

- Lips	50 €
- Underarms	70 €
- Fore-arms	120 €
- Bikini	60 €
- Brazilian	100 €
- Thigs	200 €
- Half-legs	150 €
- Face (chin + cheeks)	135 €
- Chin	75 €

For men

- Nose	40 €
- Ears	50 €
- Underarms	120 €
- Torso	180 €
- Lower stomach	120 €
- Back	250 €
- Arms	200 €
- Fore-arms	150 €
- Thigs	250 €
- Half-legs	200 €

INTENSIVE PULSATING LIGHT (REJUVENATION OF THE SKIN)

Attenuation of lines and brown spots. A clearer, younger skin in just a few sessions.

90 € (price per person / per session)

BEAUTY SALON

Beauty care for the hands (classic, French, nail varnish), beauty care for the feet, waxing and UV... The beauty salon at Les Thermes Marins de Monte-Carlo also proposes:

LA PRAIRIE FOR THE FACE

MONACO LA PRAIRIE TREATMENT – 55'

Detoxifies or soothes, depending on needs. Exfoliates, energises and immediately re-balances the skin.

130 € (price per person)

CAVIAR TONING TREATMENT – 85'

The ultimate in luxury for the face. A toning treatment which restores beautiful skin immediately.

180 € (price per person)

SWISS ANTI-AGING CELLULAR TREATMENT – 85'

Smooths and reduces lines and wrinkles, helps to reduce light-induced damage and pigmentation blemishes.

170 € (price per person)

SWISS CELLULAR TREATMENT FOR MEN – 55'

Specially designed for men, this treatment detoxifies or soothes depending on needs. Exfoliates, energises and immediately re-balances the skin.

130 € (price per person)

PURE GOLD RADIANCE CELL TREATMENT – 90'

Drops of pure gold and the Radiance Or Pur cellular complex smooth, tone, give a glow and new energy to the complexion. The gentle warmth of the face masks enhance absorption of pure gold for an even smoother skin, shining with life and radiance.

205 € (price per person)

LA PRAIRIE FOR THE BODY

CAVIAR TREATMENT – 85'

The ultimate in luxury for both body and mind, giving immediate results. An intensive moisturising, smoothing and toning treatment which revitalises tired and slack complexions.

180 € (price per person)

DETOXIFYING CELLULAR TREATMENT FOR THE BACK – 55'

Deep cleansing to preserve the beauty of this zone which often poses a problem. The result is softer skin with a superb glow.

125 € (price per person)

OTHER TREATMENT

MICRODERMO-ABRASION CELL TREATMENT – 60'

Microdermo-abrasion is a gentle therapeutic treatment which corrects the first signs of aging of the skin. It also helps to efface or smooth out certain scars. The device projects micro-crystals of aluminium oxide onto the surface of the skin, exercising a certain pressure and gently exfoliating the skin. A slow type of abrasion, layer by layer, until the desired level is reached, resulting in cutaneous regeneration which procures an instant glow. Completed by a massage and face mask, this face peeling gives a real feeling of youthfulness.

120 € (price per person)

KERASKIN

Kéraskin Esthetics offers a brand new interpretation of professional skincare. It combines the best of the L'Oréal's Advanced Research, with the expertise of some of the world's leading beauty therapists. Each skincare Ritual has been designed to adapt to your skin, its changing needs, the rhythms of life or simply the seasons. Whether you are looking for smoother skin texture, more even skin tone, a more radiant complexion or firmer looking skin, there is a Kéraskin Esthetics Ritual for everyone.

With KéraSkin Esthetics, you enjoy a complete skincare management programme. Every client can take home their ideal products and personal skincare routine recommended exclusively to you by your Kerafacialist.

KÉRASKIN ESTHETICS RITUALS:

4 SEASONS CLEANSING – 45'

The skin recovers its protective strength

The 4 Seasons Cleansing Ritual deeply purifies your skin whilst still respecting its natural protection. It is made-to-measure in order to adapt to your skin throughout the changing climate of the seasons.

Once the Kerafacialist removes the daily build-up on the skin as well as any light make-up thanks to the wonderful cleansing properties of Lait n°27 or Huile Nudité, your skin then feels the effervescence of the Olea Scrub, just before the application of the made-to-measure mask.

Fresh and pure, the skin is perfectly cleansed; its protective strength feels restored.

70 € (price per person)

NEOJEUNESSE RITUAL – 55'

Smooths, redensifies and redefines the oval of the face through fibro-stimulation. The supporting fibers are reactivated in-depth to combat sagging skin and the appearance of wrinkles.

130 € (price per person)

GRAND NEOJEUNESSE – 105'

Your skin diagnosis shows a need for greater smoothness, redensification and redefinition of the oval of your face. After a thorough cleansing, this ritual combines the mechanical action of fibro-stimulation with the biological effectiveness of a mask with pure vitamin C dosed to measure up to 20%. A few drops of the precious anti-aging Immuniste serum are applied before an anti-wrinkle or anti-sagging treatment, selected to meet the specific requirements of your skin. Which then feels as if it has been lifted and endowed with new youthfulness. This ritual is accompanied by an eye treatment, highly relaxing, lifting and decongesting for the area around the eyes, and a highly targeted treatment to fill in wrinkles that smooths them out from the inside.

220 € (price per person)

DÉTAILLISTE – 85'

The skin is uniform and radiant, down to the smallest detail

Détailliste is an Ionic Correction service for brown spots which serves to illuminate the complexion. In the first step of the Détailliste Ritual, the Lumino-Massage helps to improve complexion evenness and helps to restore skin luminosity thanks to its draining action. Then the Ionic Correction Kit, a key stage in the Détailliste ritual, uses a micro-current, generated by the Ionic Patch to convey the active ingredients to the heart of the brown spot to lighten the area. After a series of Rituals the brown spots reduce visibly*, the complexion is more even and the skin looks clearer. (* for 80,5% of women after 4 weeks, study

carried out on 40 women aged of 18 to 65 years.)

220 € (price per person)

FLORAL PEELING – 45'

The skin is reborn

Kéraskin Esthetics reinvents skin peeling. For the first time, peeling is performed over two 45' appointments, optimizing its efficiency. Floral Peeling is the ideal Ritual to renew the skin's surface, leaving an even complexion and a radiant youthfulness.

140 € (price per person)

IMMERSION – 55'

Each skin is fulfilled

This customised Hydro-Nutrition skincare Ritual provides ideal nourishment to your skin in order to restore its Hydro-lipidic balance. As the skin is mostly made up of water and lipids, numerous factors such as climate, stress and other external aggressors can often disturb this balance. With the Immersion Ritual, the definition of made-to-measure reaches a new degree of perfection. Your Kerafacialist chooses from a wide range of active ingredients to provide the exact mix of products that will satisfy your skin. The ultimate massage is the 3-Flow Massage method (lymphatic, blood and energy) which optimizes the intake of micro-nutrients and elimination of toxins. The water/lipids balance is restored; the skin feels hydrated and nourished.

120 € (price per person)

THE EXTRAS, to add to your Rituals for targeted action:

CRYOZONE – 25'

Decongesting treatment using cold air, SOS treatment for puffy eyes

Smoothing and decongesting treatment dedicated to decongest and smooth the total eye area.

65 € (price per person)

FUSIO FILL – 15'

Ultra targeted action to treat established wrinkles

Ultra-targeted action to help reduce the appearance of wrinkles. This treatment targets specific areas where lines are defined, to ensure wrinkles are softened and look plumped up from beneath.

50 € (price per person)

TREATMENT COUPONS

(valid 6 months - price per person)

THE BOOKLETS OF 10 TICKETS

- 10 tickets aquafitness admission **810 €**
- 10 tickets Cellu M6 **675 €**
- 10 tickets Fasciathérapie **950 €**
- 10 tickets 3 marine treatments Discovery **1350 €**
- 10 tickets UV **225 €**
- 10 tickets Monte-Carlo "Sur Mesure" 60' **1350 €**
- 10 tickets BodySculptor **1035 €**

THE BOOKLETS OF 5 TICKETS

- 5 tickets Wellness Discovery **975 €**
- 5 tickets Maxi-Mineral Combo **975 €**
- 5 tickets Sea Luxury La Prairie Combo **1330 €**
- 5 tickets Tonic Slimming Combo **1115 €**
- 5 tickets Monte-Carlo Combo **1330 €**
- 5 tickets Monte-Carlo "Sur Mesure" 60' **715 €**
- 5 tickets BodySculptor **545 €**

POOL/AQUAFITNESS

- Admission 1-day, adults **90 €**
- Admission pool, accompanied child (aged 5 to 12) **40 €**
- 2-year subscription / individual **4235 €**
- 2-year subscription / couple **8500 €**
- Annual subscription / individual **2370 €**
- Annual subscription / couple **4500 €**
- Annual subscription / pool / accompanied child **660 €**
- 2-month subscription / individual **790 €**

* Subscription components on request.

HAIR SALON

In addition to trimming, hair-styling and technical services (coloring, highlights, streaks...), the hair salon at Les Thermes Marins de Monte-Carlo proposes:

KERATHERMIE RITUAL – 75'

A supreme treatment for hair in a state of shock ! A combination of active restructuring and nourishing principles, sealed by the heat of the Kérathermique hair tong. This thermo-restructuring treatment heals the capillary fiber. The repairing agents are imprisoned at the heart and on the surface of each hair. Designed for hair in a real state of distress, this Kérastase Ritual transforms and truly sublimates the hair's condition.

125 € (price per person)

KERASTASE TREATMENT RITUALS – 15'/45'

This Ritual is performed in two stages with the application of a shampoo, then a treatment. Each detail, each gesture is designed to offer a unique beauty care experience. The Ritual ensures in-depth stimulation of the formulas' action and procures a really soothing sensation.

25 / 70 € (price per person)

RESTAURATION

Slimming menu or market menu (drinks extra) - **58 €**

2, avenue de Monte-Carlo
MC 98000 PRINCIPALTE DE MONACO
T. (377) 98 06 69 00
F. (377) 98 06 26 26
montecarlospa@sbm.mc
montecarlospa.com



design : www.lamanufacture.net LA MANUFACTURE

APRIL 2009

*Prices subject to modifications.