


# MY SPA

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BEAUTY & WELL-BEING

— spa my blend **BY CLARINS** —

A large, modern indoor swimming pool with a curved, metallic ceiling and a wall of mirrors. The pool is filled with clear blue water, and the surrounding area is furnished with white lounge chairs and a long wooden sofa. The architecture is sleek and contemporary, with a focus on light and space.

“A PLACE WITHOUT GRAVITY  
TO SOOTHE THE MIND AND BODY,  
WHERE THE FINITE AND INFINITE MEET,  
WHERE ONE CAN LOSE ONESELF,  
THE BETTER TO FIND ONESELF AGAIN”.

*Philippe Starck*



#### THE PLACE

The exclusive place where Clarins legendary expertise and the high-tech beauty of My Blend meet, to offer tailor-made treatments created by Dr. Olivier Courtin.

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#### CLARINS

A 100% manual method, a collection of cult products and a pioneering approach to beauty using plant extracts.

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#### MY BLEND

A diagnosis of the skin's needs, the real-time creation of a unique blend for ultra-personalised skincare, the combination of hands and anti-age technologies.

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#### EXPERTISE

Original techniques, exceptional formulas, expert advice, the most advanced equipment and a complete beauty service from your personal Beauty Coach.

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#### SPA MY BLEND BY CLARINS

A selective club of exceptional hotels located across the world. The ultimate Spa experience.



## MY BLEND

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### *The science of beauty*

At the core of all My Blend skincare products, called Essential Formulas, are two exclusive patented anti-age peptide complexes, Cell Synergy Day and Cell Synergy Night, which improve communication between the cells and thus increase the skin's natural defence potential, reinforcing its capacity for regeneration and protecting it from premature ageing.

The Essential Formulas can be combined with one or two Boosters, pure active ingredient concentrates that meet your skin's specific needs according to your lifestyle.

### *Technology and sensoriality*

My Blend's ultra-personalised approach is based on our skin diagnosis that measures everything and knows everything about your skin. The Youth Synergy protocol consists of a sequence of remodeling and gentle smoothing massages, together with the use of 2 or 3 anti-age technologies depending on the facial chosen: My ColorBlend, a light therapy mask, My WaveBlend, based on active vibration and stimulation technology, (only in the 90 minute facial) and My CryoTech, a cryotherapy device.

Your skin is luminous, stimulated and regenerated; your face is replumped, awakened and visibly rejuvenated. Time stands still.

## CLARINS

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At Clarins we're dedicated to delivering professional treatments that will enhance the beauty of your skin and replenish your "self".

How? By distilling sixty-five years of professional experience into every single treatment. We get outstanding results by combining highly efficacious, plant enriched formulas with our 'Clarins Touch'. Unique-to-us techniques that optimize the rebalancing power of our therapist's hands. Our expert therapists will personalize each and every treatment to address your specific needs and concerns. Giving you visible results and an unrivalled sensorial experience.

Clarins Treatments. Expertise you can feel, results you can see.



## SPA ACCESS

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Spa access for one day €210

Extra charge required for an appointment of more than 1 hour €50

Extra charge required for an appointment of less than 1 hour €100

Free Spa access for all appointment of over 2 hours (the same day).

## CLUB SPA MY BLEND BY CLARINS

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### Become a Member

Several membership formulas are offered for permanent access, information upon request:

[contact@sparoyalmonceau.com](mailto:contact@sparoyalmonceau.com) and at the Spa front office.





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BEAUTY



## MY BLEND SKIN CARE

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### My Blend Youth Synergy Facial 2h or 1h20

The Youth Synergy Ritual consists of a skin diagnosis and facial combining skilful hands and technology for a sensation of absolute relaxation and a visible result.

#### *Youth Synergy* - 2h

A complimentary 30 min Skin Diagnosis (Machine) and 1h30 Facial, Spa Access included.

#### *Youth Synergy* - 1h20

A complimentary 20 min Skin Diagnosis (Tablet) and 1h Facial.

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### My Blend Youth Synergy For Him treatment

50 min

A customised diagnosis, personalised formulas, muscular relaxation and deep-down release of tension from the chest to the scalp for holistic manual and high-tech treatment.

A complimentary 5 min Skin Diagnosis (Tablet) and Treatment 45 min.



# CLARINS FACIALS

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## Ultra Relaxing Aroma Facial | **NEW** 1h

This unique treatment makes it possible to disconnect from the outside world and gain a sense of balance once again. Clarins expert “Ayuroma Touch” combined with the power of plants and Clarins oils, invites you to escape and let go. Experience deep and complete relaxation thanks to a face and scalp massage. You will not only feel the treatment’s benefits, but you will see them as well: your skin feels softer and looks more beautiful.

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## Youth Expert 1h or 1h30

After a thorough skin diagnosis, this personalized treatment adapts to your skin’s needs and the beauty results you are looking for: from stressed skin to skin that lacks firmness, and skin weakened by hormonal changes. Regardless of one’s age, this treatment visibly reduces the look of first lines and those that have settled in, and also smoothes features and promotes a refreshed look. Your skin is firmer, better toned, your complexion looks more luminous.

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## Power Hydrator 1h

This treatment pampers dry, fragile skin and is ideal for restoring comfort, softness and radiance. Fine lines caused by dehydration are smoothed out and tight-feeling skin is soothed. You’ll regain supple skin that feels nice to the touch.

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## Clear Skin Refiner 1h

This detoxifying treatment is the perfect ally of combination or oily skin that needs to be rebalanced. Impurities are gently removed; skin shine is reduced and pores are tightened. Your skin looks clear, fresh and healthy.

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## Beauty Flash Facial 30 min

8 hours of sleep in an express beauty session!

An instant beauty flash that will dissipate signs of fatigue and leave the skin radiant for long-lasting makeup.





### Energizing Facial For Men

1h

Take a break! This energizing treatment was specially developed for men's skin which is subject to external aggressions and irritation caused by shaving. It purifies, hydrates and reduces the appearance of wrinkles and dark undereye circles while energizing the skin. It is a complete treatment that promotes a deep feeling of well-being instantly. You'll look rested, relaxed and completely refreshed.

SKINCARE

## SUBSCRIPTION MY FACE SERIES\*

TOTAL OF 5 APPOINTMENTS

Series of 5 Clarins Tri-Active one-hour Facials, with diagnosis and results tracking.

Spa access offered at each appointment.

\*Validity 6 months.





# BODY TREATMENTS

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## Body Silhouette

1h

This personalized slimming and firming treatment helps sculpt your silhouette. Thanks to a skin analysis carried out beforehand by the Clarins therapist, she can steer the treatment to optimize slimming/ target orange peel skin or enhance your skin's firmness and youthful qualities. This draining and filtering treatment allows you to regain smoother, more comfortable skin as well as better defined contours. It acts on skin's firmness, elasticity, suppleness and hydration so you can achieve a lighter silhouette. It's a true youthful treatment for your skin.

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## Tonic Sweet & Salty Scrub

1h

A high-performance body exfoliation treatment that purifies the skin, removing all toxins. The combined use of mechanical and biological exfoliation techniques leaves the skin feeling firm and exquisitely soft.





## CLARINS MASSAGES

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Royal Energy Treatment | **SIGNATURE** 1h30

Let this innovative, totally unprecedented face and body treatment carry you away by melting all your deep-set tension, restoring a fresh, radiant glow to your face. Spa Access.

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The Art of Touch 1h30

A complete treatment for the face and body composed of three steps, each focusing on a different energy. The beauty therapist alternates between a balancing touch, stimulating touch and enveloping touch to help you relax, feel revitalized and regenerated from head to toe. Relaxation and complete well-being await.

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## Rebalancing Massage With Essential Oils

1h ou 1h30

This massage calms the body, restores energy and deeply soothes muscle tension. Variable deep pressure is gaged based on muscular tensions and your desires. Choose between 'Tonic' Oil to stimulate the body and mind or 'Relax' Oil to create a feeling of absolute relaxation.



## Mother-To-Be

1h

Enjoy a moment of blissful pampering with this treatment created especially for future mums, adapted each time by the beauty therapist, based on your needs and desires. Specifically-selected products, along with expert touch and enveloping movements, help promote relaxation, release tensions, relieve heavy-feeling legs, improve the skin's elasticity and help prevent visible marks of pregnancy.



## Lighter Legs

30 min

A refreshing treatment that relaxes and relieves tired, heavy-feeling legs.



## Back, Neck Shoulder Relief

30 min

A relaxing massage to promote maximum well-being.

It soothes and releases all tension concentrated on the back, neck and shoulders.

## SUBSCRIPTION MY BODY SERIES\*



TOTAL OF 10 APPOINTMENTS

### First Appointment

2h15

- Diagnosis and personalised My Programme
- Body Scrub
- Clarins Massage

### Following 9 Appointments

1h15

Clarins Massage



Spa access offered at each appointment

\*Validity 6 months.



# MASSAGES FROM ACROSS THE WORLD

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## Deep Tissue Massage 1h or 1h30

Deep tissue is best known for its muscular effects. It relieves accumulated tension and cures persistent pain.

Choose each zone of care as well as the duration, for a moment of absolute relaxation.

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## Balinese Massage 1h or 1h30

This massage combines acupressure, reflexology and aromatherapy.

It is supremely relaxing, both physically and mentally, restoring peaceful harmony between the body and mind.

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### Thai Massage 1h or 1h30

This treatment is based on muscle stretching exercises that revive the circulation of energies while dispersing accumulated tension and stress for deep relaxation of the body.

Thai massage is practiced on the floor, without oil and wearing specific clothes.

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### Abhyanga 1h or 1h30

Aby = all - Anga = body parts.

Abhyanga is a tonic treatment with sesame oil. The benefits of sesame oil are recognized by ayurvedic therapy for a long time, it nourishes the skin and tissues in depth.

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### Shiatsu 1h or 1h30

The Shiatsu is a form of therapy of Japanese origin, which uses touch to restore the balance of energies in the body. This treatment aims to restore the circulation of vital energy, also called Qi, and improve health.

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### Watsu Ritual 1h or 1h30

Watsu (for WATER shiatSU) is a technique practised by a Watsu Master in a pool heated to 35°C. The support offered by water facilitates muscle manipulation and the warm temperature enables the body to relax deeply and to truly “let go”.

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### Baby Spa 1h

This unique Thalasso Therapy Bath experience has been created for newborns to two month olds by a qualified nurse.

This 1 hour treatment is divided in two steps to calm both the mother and baby's nervous systems by replicating the experience inside the womb. First, babies are placed in the 98.6°F water and rocked under a warm water jet by the trained expert. Then, babies and mothers enjoy a soft, relaxing massage together.

For all those who seek to live a moment of well-being and relaxation shared with their newborns!

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### Reflexology 45 min

Reflexology massage techniques apply pressure to specific parts of the feet in order to stimulate different parts of the body. Reflexology boosts energy levels and stimulates or relaxes the organs affected by each reflex zone, with astonishing results.







GREAT MOMENTS

# GREAT MOMENTS

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## My Royal Detox For Her Or Him

TO BE BOOKED ON THE SAME DAY

In the Bar Long: a continental breakfast and a smoothie or lunch with a My Blend salad and a smoothie. A Pilates, Aquatique, Fitness, or Yoga session 1 hour to be chosen with personal coach. Clarins Rebalancing Massage or Body Silhouette treatment 1 hour. Spa access.

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## My Well-Being Body

1h30

Body Scrub 30 mins / Clarins Massage 60 mins / Spa access

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## Me And My Blend

2h

Clarins Massage / My Blend Youth Synergy 60 mins Treatment / Spa access

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## Monceau Park

2h

Exfoliating Treatment / Back Relief / Clarins Facial / Spa access

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## White Paradise

3h

Clarins Massage / Beautiful Hands with Nail Polish Application / Clarins Facial / Spa access

# CLARINS MAKE-UP

Using her know-how and Clarins products, your coach will bring out your natural glow and make your personality shine forth. A perfect and radiant complexion, dazzling eyes and luscious lips.

Still you, but even more beautiful. Choose day, evening or special occasion make-up.

Make up Flash	30 min
Make up daylight	45 min
Make up to go or Wedding	60 min
Brow & Eyelash Colour	25 min
Eyelash Colour	25 min
Eyebrow Colour	20 min

# HANDS AND FOOT BEAUTY

Created in 1996, Manucurist Paris is an expert in beauty for hands, French, passionate and ethical brand. To change the codes by offering innovative nail lacquers, that are performant and also eco-friendly and meet today's women needs. Since 2017, and after 2 years of research, Manucurist launched its range of clean and green nail lacquers, safe for our health and the planet. This plant-based collection includes potatoes, manioc or even wheat and is vegan, "9-free" and "cruelty free". "Good for women, clean to planet!".

## Hands Beauty

Green manicure	50 min
Green Flash manicure	60 min
Semi permanent polish	60 min
Men manicure	45 min

## Foot Beauty

Green manicure	50 min
Green Flash manicure	60 min
Semi permanent polish	60 min
Men manicure	45 min
Removal of semi permanent	30 min

Each service includes: nail preparation - exfoliation and cuticle removal - nail lacquer application - mask application - hand massage - hydrating or anti-ageing care.



## WAXING



- Simple bikini
- Low-cut bikini
- Brazilian bikini
- Integral bikini
- Eyebrows, lips or chin
- Eyebrows creation
- Ears or nose
- Underarm
- Arms
- Half legs or thighs
- Full legs
- Back or torso



## General Information

The Spa My Blend by Clarins is open to:

- residents of the Hotel Le Royal Monceau-Raffles Paris;
- members of the Club Spa My Blend by Clarins;
- members of the public, by appointment, for treatments and massages.

In room massage: from 9am to 8pm, supplement €60

From 8pm to midnight, supplement €120.

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## Cancellation Policy

Please give us before 6 pm the day previous your appointment notice if you wish to change or cancel it. Any treatment not cancelled within this time frame will be fully due. To ensure your optimal satisfaction and relaxation please arrive on time for your appointments and at least 15 minutes before your treatment is booked. Should you arrive late, we will have to shorten your treatment in order to keep our other appointments to schedule.

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## What to wear

Your comfort and well-being are of the utmost priority to us when you are at our Spa: wearing a swimsuit is compulsory, if you forget, swimsuits are available for sale at the spa reception. We will provide disposable underwear for all treatments and massages.

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## Hygiene

In keeping with our commitment to cleanliness, safety and hygiene, our equipment is sterilised and sanitised after every services and treatment.

Showering is compulsory before accessing the facilities, people with long hair are requested to tie them before entering the pool.

## Age and gender conditions

Spa treatments are reserved for guests aged 18 years and over. The children under age 18 have to be under the responsibility of an adult, staying at the Royal Monceau Paris, present within the swimming pool from 10 am to 5 pm. The access of hammam is forbidden to the teenager under age 18. The access of swimming pool, experience shower and hammam is forbidden to the teenager under age 18 outer the hotel. The pool welcomes all guest. However, we request that you respect the areas around the pool (steam bath, sauna, laconium, shower experience) which are not mixed sex areas.

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## Health conditions and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). Mums-to-be can enjoy body treatments and massages from the 4th month of pregnancy. You will also be required to sign a form relating to using our Spa facilities prior to your treatment.

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## Environment

Please be as quiet as possible and switch off mobile telephones to preserve the Spa's hushed and tranquil atmosphere. It is forbidden to take photographs or record videos within the Spa My Blend by Clarins. The Management cannot be held liable in the event of loss, theft or if personal items are forgotten or damaged in the Spa My Blend by Clarins. We reserve the right to privatize the Spa My Blend by Clarins.

The Spa Club team appreciates and thanks you for your consideration.



OPENING HOURS  
SPA MY BLEND BY CLARINS

FROM MONDAY TO SATURDAY: 6:30 AM - 10 PM

*For treatments, beauty massages, coaching:  
9 am - 9 pm (last appointment at 8:15 pm)*

ON SUNDAY: 7:30 AM - 8:30 PM

*For treatments, beauty massages, coaching:  
8:30 am - 8 pm (last appointment at 7:15 pm)*

For everyone's comfort, we invite you to vacate  
the facilities 15 minutes before the spa closes.

# PRICES SPA MY BLEND BY CLARINS

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## Spa Access Package

Personnal and valid for one year

My Ephémère 10 - 10 admission card	€2 000
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My Ephémère 20 - 20 admission card	€3 780
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My Ephémère 30 - 30 admission card	€4 410
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## My Blend

Youth Synergy Facial	2h	€290
	1h20	€220
Youth Synergy For Him Treatment	50 min	€190

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## Clarins Facials

Ultra Relaxing Aroma Facial	1h	€185
Youth Expert	1h	€185
	1h30	€250
Power Hydrator	1h	€185
Clear Skin Refiner	1h	€185
Beauty Flash Facial	30 min	€115
Energizing Facial for Men	1h	€185
Subscription My Face Series	5 Rdv	€825

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## Clarins Body Treatments

Body Silhouette	1h	€185
Tonic Sweet & Salty Scrub	1h	€185

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## Clarins Massages

Royal Energy Treatment	1h30	€250
The Art of Touch	1h30	€250
Rebalancing Massage	1h	€185
with Essential Oils	1h30	€250
Mother-to-Be	1h	€185
Lighter Legs	30 min	€115
Back, Neck & Shoulder Relief	30 min	€115
Subscription My Body Series	10 Rdv	€1 850

## Massages From Across The World

Deep Tissue Massage	1h	€220
	1h30	€290
Balinese Massage	1h	€220
	1h30	€290
Thai Massage	1h	€220
	1h30	€290
Abhyanga	1h	€220
	1h30	€290
Shiatsu	1h	€220
	1h30	€290
Watsu Ritual	1h	€220
	1h30	€290
Baby Spa	1h	€220
Reflexology	45 min	€170

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## Great Moments

My Royal Detox for Her or Him	Au choix	€350
My Well-Being Body	1h30	€310
Me And My Blend	2h	€360
Monceau Park	2h	€355
White Paradise	3h	€415

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## Make-up

Make up Flash	30 min	€75
Make up daylight	45 min	€105
Make up to go or Wedding	60 min	€160
Brow & Eyelash Colour	25 min	€65
Eyelash Colour	25 min	€40
Eyebrow Colour	20 min	€35

## Hands Beauty

Green manicure	50 min	€75
Green Flash manicure	60 min	€90
Semi permanent polish	60 min	€100
Men manicure	45 min	€70

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## Foot Beauty

Green manicure	50 min	€85
Green Flash manicure	60 min	€100
Semi permanent polish	60 min	€110
Men manicure	45 min	€80

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Removal of semi permanent	30 min	€50
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## Waxing

Simple bikini	€50
Low-cut bikini	€70
Brazilian bikini	€85
Integral bikini	€100
Eyebrows, lips or chin	€30
Eyebrows creation	€50
Ears or nose	€40
Underarm	€50
Arms	€60
Half legs or thighs	€70
Full legs	€100
Back or torso	€100

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