

LE
COUVENT
DES MINIMES

HÔTEL & SPA L'OCCITANE

MANE — 1613



AN ICONIC DESTINATION

In the beating heart of Haute-Provence, birthplace of La Maison L'Occitane en Provence, Le Couvent des Minimes embodies the very soul of this sunlit and inspiring land.

Lavender fields, olive groves, historic stone walls— our 17th-century convent has become a sanctuary of Provençal Art de Vivre.

A place to slow down.

A place where precious moments are shared with simplicity.

Here, the Maison L'Occitane en Provence unveils its most meaningful expression of holistic better-being in its iconic Spa.

Every detail invites guests to pause, to reconnect, not only with themselves, but also with others and with nature.

A true reflection of the multisensory and expert philosophy of Spa L'Occitane en Provence.

A destination of timeless moments.

Bienvenue.

A photograph of a field of tall, thin grasses at sunset. The sun is low on the horizon, creating a bright, golden glow and long, soft shadows. The grasses are silhouetted against the warm light, with some catching the sun's rays. The overall mood is serene and nostalgic.

TIMELESS
moments
CRAFTED WITH
heart & REASON

WE BELIEVE IN A WORLD WHERE EVERYONE CAN FEEL BETTER

We are passionate about loving our natural environment and revealing its wonders to you.

BREATHE, SOAK IT IN

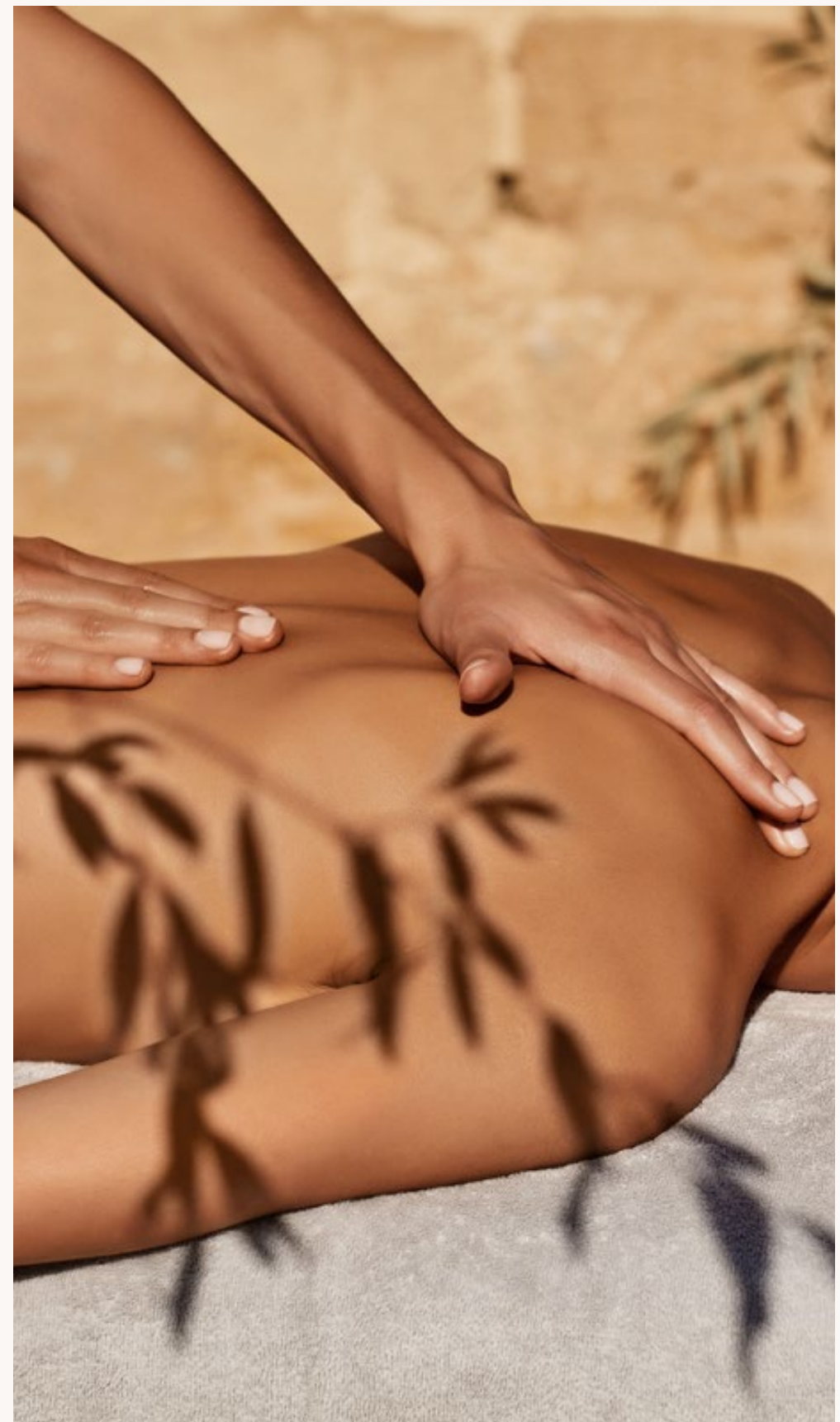
Our treatments and rituals creations are inspired by our formulations' naturality and our ingredients sensory to leave you with a recharged and rested feeling, providing space for personal renewal.

INDULGE YOURSELF

Your experience will be crafted to customize several physical, emotional, and holistic aspects of well-being to help you feel your best and unwind your mind.

Relax deeply.

Let us invite you to Haute-Provence.



HOTEL SIGNATURES



FACE & BODY *Treatments*

BODY
90 Minutes

STONE HARMONY

HARMONIZING. The power of Agate and Red Jasper stones harmoniously combines to infuse new energies into the body in a balancing and revitalizing holistic treatment. A 'companion' stone, spontaneously chosen at the beginning of the treatment will complete the experience and extend the journey all the way home.

HANDS & FEET
45 Minutes



SHEA SOOTHING

SOFTENING. A hand and foot massage using our 100% natural origin Pure Shea Butter, certified organic* and fair trade** by ECOCERT, to deeply soften and restore the skin. Crafted to relieve tension, sooth the mind, and promote a deep sense of relaxation.

*Ecological and organic cosmetic certified by ECOCERT Greenlife according to the ECOCERT standard, available at <http://cosmetiques.ecocert.com>
**Fair trade controlled by ECOCERT Environment according to the Fair For Life standard, available at www.fairforlife.org

ICONIC TREATMENTS

HERITAGE AND INNOVATION.
EXPERTISE REFLECTED IN SENSES.
CREATION OF TIMELESS MOMENTS AROUND
FOUR BETTER-BEING PILLARS:
LONGEVITY, REGENERATION, BALANCE & DETOX.

*To measure and highlight the benefits on holistic better-being and sleep quality,
our protocols have been tested and approved by L'Occitane en Provence laboratories
as well as recognized research institutes.*

LONGEVITY

REVEAL YOUR SKIN BEAUTY
FOR TIMELESS VITALITY



FACE *Treatments*

FACE
90 Minutes

IMMORTELLE DIVINE SECRET

FIRMING. This treatment helps unveiling the skin's natural youthful glow. The Immortelle Super Extract helps to redensify the skin and restore its radiance. Combined with lifting movements and muscle stimulation, the skin appears to be well-rested.

FACE
90 Minutes

DIVINE HARMONIE LONGEVITY

REDENSIFYING. This Shiatsu-inspired expert treatment helps to refine facial contours as well as restore skin density. Associated with the Immortelle Harmony collection, this treatment contributes to regenerating and replenishing the skin.

FACE
45 Minutes

RESET FACE & EYES

REVITALIZING. This treatment helps to smooth expression lines and brighten the eye area. Combined with Gua Sha stones, the Face and Eyes Reset Serums act as a breeze of fresh air, leaving the skin rejuvenated and reinvigorated.

REGENERATION

RESTORE BODY AND MIND
TO REGAIN VITALITY



BODY *Massages*

BODY
90 Minutes

SLEEP & RESET

REGENERATING. Sleep is a key contributor to well-being. This treatment has been tested and accredited by the European Sleep Center in order to show its effects on sleep quality improvement. It allows to regain serenity as well as to provide an energy boost.

BODY
25 Minutes

POWER NAP

REINVIGORATING. Tested in collaboration with the European Sleep Center, this treatment offers deeper relaxation and enhanced recovery compared to a regular nap. A harmonious blend of effleurage, acupressure, and percussion gestures to soothe the mind, release tension, and revitalize the entire body.

BALANCE

FIND INNER HARMONY
TO REACH A STATE OF COMPLETE BETTER-BEING



BODY *Massages*

BODY
60 Minutes

RELAXING AROMACHOLOGIE

COMFORTING. This enveloping massage eases the body and mind into letting go thanks to its relaxing movements. Studies carried out by L'Occitane en Provence laboratories have demonstrated that this gentle touch noticeably improves well-being and emotional balance.

BODY
90 Minutes

SHEA NURTURING

ENVELOPING. A massage designed with movements to promote muscles relaxation and balance energy flow. The Shea Fabulous Oil's formula has an in-depth moisturizing effect and leaves the skin durably nourished.

BODY
45 Minutes

LISTEN & FEEL

VIBRANT. This treatment associates an energetical harmonizing massage with a bespoke musical composition. The vibrations of the music and the Shiatsu-inspired techniques help to restore inner serenity as well as provide a deep relaxation moment. A dreamlike ritual to let go, unwind and recharge.

DETOX

RELEASE TOXINS
FOR A NEW ENERGY



BODY *Massages*

BODY
90 Minutes

ALMOND DETOXIFYING BALANCE

DETOXIFYING. This massage promotes circulation and provides a feeling of lightness. The draining movements help to remove toxins and reduce water retention. The Almond Supple Skin Oil hydrates the skin as well as improves its elasticity.

MADE TO MEASURE TREATMENTS

BECAUSE EACH PERSON IS UNIQUE,
SO ARE OUR TREATMENTS.



FACE & BODY *Made to measure*

FACE

30 Minutes

60 Minutes

90 Minutes

FACIAL TREATMENT

EXPERT. A personalized facial treatment with a range of product options and massage techniques tailored to suit every skin mood.

Massage techniques : Radiance, Firmness, or Reshape.

BODY

30 Minutes

60 Minutes

90 Minutes

BODY MASSAGE

SENSORY. A selection of massage techniques paired with preferred massage oil creating a well-being interlude designed to delight the senses.

Massage techniques: Relaxation, Vitality, Intensity, Harmonizing, Warmth, Detox, or Refine.

Massage Oils : Relaxing, Revitalizing, Almond, or Shea Butter.

BODY & FACE

From

60 minutes

BODY & FACE TREATMENT

COMPLETE. A combination of a personalised facial treatment and a sensory body massage that meets every need and creates harmony between face, body, and mind.



ADD-ON TREATMENTS

| 15 Minutes |

ELEVATE YOUR EXPERIENCE
AT THE HIGHEST LEVEL

FACE & BODY *Targeted treatments*

FACE

Brightens or firms with a tailored touch.

EYE CONTOUR

Revitalizes and smooths the eye area.

GUA SHA

Smooths facial lines and refreshes eye contours.

SCALP

Soothes the mind and invites letting go.

NECK & DECOLLETÉ

Lifts and refines neck and décolleté for a radiant look.

ABDOMINAL

Enhances abdominal well-being and balance.

HANDS

Softens and relaxes the hands.

LEGS

Soothes, eases tension, and refreshes.

FEET

Grounds and energizes tired feet.

OTHER TREATMENTS



BODY *Other treatments*

BODY
45 Minutes

LEG REFRESHER

LIGHTNESS. This treatment targets the legs and feet to give a pleasant feeling of lightness as well as improve circulation. It consists of an invigorating scrub followed by a massage using the revitalizing massage oil, Souffle de Liberté, to provide softness and comfort.

BODY
45 Minutes

SHEA NOURISHING SCRUB

EXFOLIATING. This Shea enriched scrub restores the comfort of a soft, smooth and supple skin. The exfoliation is completed with a Shea, Almond, Lavender or Verbena moisturizer application, leaving the skin hydrated and nourished.

BODY
45 Minutes

SHEA ULTRA-MOISTURIZING WRAP

NOURISHING. This treatment contributes to nourishing and reinforcing the skin barrier. The creamy and velvety texture of the Rich Shea Butter Cream soothes the skin and comforts all the senses, while a foot and scalp massage complete this moment of well-being.

GATEWAYS



Gateways

RELAXATION BREAK

Morning or afternoon 3 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday - €65

Weekend: Saturday & Sunday - €80

RELAXATION & GOURMET BREAK

Lunch at our gourmet restaurant, Pamparigouste*.

Morning or afternoon 3 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday - €100

Weekend: Saturday & Sunday - €130

Excluding June, July, August

ESCAPE AT LES MINIMES

Lunch at our gourmet restaurant, Pamparigouste*.

60 Minutes Spa treatment of your choice

Morning or afternoon 3 hours access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday - €220

Weekend: Saturday & Sunday - €240

SPA DAY

Access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday (9am - 4pm) - €110

GOURMET SPA DAY

Lunch at our gourmet restaurant, Pamparigouste*.

Access to Spa L'Occitane en provence facilities.

Weekday: Monday to Friday (9am - 4pm) - €145

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SPA TREAMENTS

15 Minutes — 35€

25 Minutes — 75€

30 Minutes — 80€

45 Minutes — 130€

60 Minutes — 160€

90 Minutes — 190€



SPA ETIQUETTE

ADVANCE BOOKING

We kindly recommend that you book your treatment in advance to ensure that the desired time and service are available. We would like to remind you that access to the aquatic facilities is exclusively available through prior reservations.

SPA ARRIVAL

We recommend that you arrive at least 15 minutes before your spa appointment. This will allow you sufficient time to change and relax. Our therapists can assist you in selecting the most beneficial treatments for your needs. Please note that late arrivals will not receive an extension for their scheduled treatments.

DRESS CODE

Bathrobe, disposable underwear, and slippers are at your disposal for your comfort.

CANCELLATION

The treatments you choose are especially booked for you. To avoid being charged for your treatments, please provide a minimum of 24 hours' notice for cancellations of treatments, whether they are à la carte or part of a package.

HEALTH

When booking your spa experience, please inform us of any health problems, allergies, or injuries that could impact your treatment. For your comfort and safety, we reserve the right to deny access to our facilities or treatments to anyone whose condition is not compatible with our services.

LOSS AND DETERIORATION

Unfortunately, we cannot assume responsibility for the loss or deterioration of personal items. To safeguard your clothing, we recommend wearing the provided robe.

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OPENING HOURS

Opened every day

October to April: 9:00am - 7:00pm

May to September: 9:00am - 8:00pm

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