



**SPA NOLINSKI**  
BY LA COLLINE

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## SPA NOLINSKI

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Spa Nolinski by La Colline invites you to experience a moment of serenity in an intimate setting in the heart of Paris, where French elegance meets the cutting-edge treatments and products of the Swiss Riviera.

An experience where the four elements unite: the soft whisper of the water, granite flooring, warm wood panelling, flickering candles all collide in a natural source of cosy well-being. On the ceiling, a mirror reflects an endless swimming stroke gliding across an abstract landscape. Luxurious treatments offer you a sensation of well-being.

After a session with a personal trainer on-site or in the neighbouring Louvre gardens, a sense of deep serenity takes over.

Breathe. Silence... Experience a gentle return to simplicity.

## LA COLLINE

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In this new space dedicated to relaxation and serenity, La Colline offers you enchanting experiences that are second to none.

Cutting-edge products - the fruit of extensive research on cellular metabolism - are combined with a sophisticated and authentic atmosphere where an eye for detail is translated into precision of treatment and appreciation for carefully codified rituals. The treatments include breathing and stretching in alternating phases, as well as relaxing and firming massages allowing the body and mind to revitalise in complete harmony.

The Swiss origins of this unique space are reflected in its atmosphere of discretion and refinement to ensure an unforgettable experience for all visitors.



## FACIALS LA COLLINE

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### GENTLE HYDRATION

45 MIN • €110

This treatment produces a delicate sensation of freshness and well-being and restores skin's firmness. Intensely hydrated and energised, skin is plumped up.

*Treatment and product offer (MOISTURE BOOST, Cellular Eco-Hydration Treatment and Cellular Rich Hydration Cream): €450*

### ANTI-JET LAG, EYE FOCUS

45 MIN • €110

This treatment focuses on the eye contour, relieving congestion, lifting and intensely rehydrating through the application of a pure collagen mask. Dark circles, wrinkles and fine lines are banished as, at the same time, the face also receives a treatment to reveal its true glow.

*Treatment and product offer (EYE-OLOGY, Cellular Eye Anti-Aging Programme): €450*

### OXYGENATING AND REVITALISING

1HR • €140

An injection of youth, this treatment gives cellular regeneration new impetus. It instantly leaves skin smoother, firmer, more elastic and toned.

*Treatment and product offer (CELL RECHARGE, Cellular Re-Energizing Treatment and ADVANCED VITAL, Vital Cellular Serum, Cream and Mask): €900*

### THE SEASON'S MUST-HAVE TREATMENT

1HR • €140 | 1H30 • €190

This treatment begins with a back massage to fully relax the body. The face is then cleansed, pampered, massaged and enhanced by a treatment tailored to the season. Rested and regenerated, skin's radiance and freshness are restored.

## FACIALS LA COLLINE

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### LIFT & LIGHT

1H30 • €190

A back massage is performed initially to release tension. To restore skin's youthful and original radiance, this treatment brightens, corrects and evens out the complexion, targeting the origin of each pigment irregularity (dark spots, redness and shadows). The lifting and firming power of *LIFT & LIGHT* products is boosted by an exclusive facial massage that resculpts and redefines the contours of the face.

*Treatment and product offer (LIFT & LIGHT, Global Illuminating Serum and Cream): €730*

### ANTI-AGING SIGNATURE TREATMENT

1H30 • €190

This treatment begins with a back massage, intensified by the mellow warmth of a *NATIVAGE* candle. As the candle releases its massage oil, its soft, light and delicate fragrance creates a soothing atmosphere. The face is then transformed thanks to the application of products from the *NATIVAGE* range with its extraordinary Eco-Regenerating power: Serum, cream and eye cream. The skin radiates with beauty, wrinkles and fine lines are reduced, and you are left with a glowing complexion.

*Treatment and product offer (NATIVAGE Le Sérum, La Crème and La Crème Contour des Yeux): €1,140*



## FACIALS FOR MEN LA COLLINE

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**For the men's range of products, La Colline has remained faithful to its philosophy: cutting-edge and performance in its Cellular For Men products.**

### **ANTI-JET LAG, EYE FOCUS MEN**

45 MIN • €110

An instant, targeted solution to erase signs of fatigue left by the working day or a lack of sleep. A pure collagen mask is applied to the eye contour to brighten the eye area and reduce dark circles, fine lines and wrinkles.

*Treatment and product offer (CELLULAR FOR MEN, Triple Metal Serum and Cellular Total Eye Care): €445*

### **BOOST MY SKIN**

1HR • €140

The face is cleansed, massaged and rehydrated before reaping the benefits of the collagen mask. Skin looks more youthful, facial features and the eye contour are smoothed. To finish, the pressure points on the hands and arms are massaged, restoring calm and serenity.

*Treatment and product offer (SKIN-OLGY, Cellular Facial Anti-Aging Program and CELLULAR FOR MEN, Triple Metal Serum): €680*

### **CELLULAR FOR MEN PREMIUM**

1H30 • €190

The perfect way to unwind from everyday stresses, this treatment consists of a relaxing back massage and full facial. Specific techniques using massage sticks and hematite balls, together with the anti-ageing properties of the collagen mask, provide a recipe for total relaxation.

*Treatment and product offer (CELL RECHARGE, Cellular Re-Energizing Treatment and CELLULAR FOR MEN, Triple Metal Serum, Cellular Revitalizing Care and Cellular Total Eye Care): €990*

## BODY TREATMENTS

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**Spa Nolinski has called on the expertise of major Parisian green beauty brands in its body treatments.**

### MASSAGES

#### **PERSONALISED MASSAGE**

30 MIN • €90 | 50 MIN • €130 | 1H20 • €170

Relaxing or energising - choose the technique, pressure and areas you want to target during a personalised massage.

#### **GENTLE TREATMENT**

50 MIN • €130 | 1H20 • €170

Exfoliating treatment with coconut pulp, aromatherapy with a floral scent-infused massage and foot reflexology. Total relaxation to make your skin feel silky-soft again.

#### **INTENSE CARE FOR HIM**

50 MIN • €130 | 1H20 • €170

Specially designed for men, a deep, relaxing massage and energising three-salt scrub. You'll leave feeling re-energised and calm.

#### **FOOT REFLEXOLOGY**

30 MIN • €90 | 50 MIN • €130

This treatment is rooted in ancient Chinese medicine - a foot bath with sea salt and essential oils as well as acupressure on the reflex points of the feet to rebalance your energy.

*All of the treatments are also available in dual treatment rooms.*

## SIGNATURE RITUALS COMBINED WITH SAUNA SESSION

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### **NOLINSKI SIGNATURE RITUAL BY LA COLLINE**

2H20 • €270

This signature treatment was designed to celebrate the union of our two brands. A delicious herbal tea and foot bath with soothing scents followed by a sauna session to release tension. Then it's time for a break and for you to enjoy a fresh seasonal juice before returning to the treatment room. There you'll receive a back massage intensified by the mellow warmth of a NATIVAGE massage candle, followed by a treatment with hot volcanic stones so you can totally let go. Finally, and to gently bring you back down to earth, reflexology of the hands and feet.

### **URBAN DETOX RITUAL**

2H50 • €320

A ritual born of the meeting between a naturopath and a massage therapist. Toxins and worries disappear with a detox tea, remineralising foot bath, relaxing sauna alternating with stimulating cold showers, fresh green juice, massage with draining essential oils, remineralising peat wrap, visceral massage, acupressure and breathing exercises.

## INTENSIVE TREATMENTS

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### **SLIMMING, CUPPING THERAPY**

50 MIN • €140 | 1H20 • €190

A ritual that targets cellulite and helps eliminate fat. It includes monitoring with taking of measurements, a massage with cups to help get rid of cellulite, and the use of ultra-concentrated firming active ingredients. Redefine your body.

*10 sessions are recommended for best results – €1,260 / €1,710*

### **ANTI-AGEING, RENAISSANCE INTENSIVE PLANT CARE**

1H20 • €190

A ritual with ultra-concentrated natural active ingredients, it combines aromatherapy, Ayurveda and lithotherapy. Ayurvedic massage, hot herbal sachet massage, scrub and hot oil massage. Skin is nourished, hydrated and regenerated. The best that nature has to offer.

### **ENERGISING, SPIRITUAL AWAKENING INTENSIVE TREATMENT**

1H20 • €190 | 1H50 • €240

An energising and purifying ritual. Combines the comforting heat of moxa on acupuncture points and fluid massage movements. This is followed by a purifying scrub with Himalayan salt, while the treatment finishes with work on breathing and reflexology of the head.

### **SLEEP-RESTORING, MORPHEUS INTENSIVE TREATMENT**

1H50 • €240

A unique treatment that offers some of the most relaxing techniques. Your body is enveloped and relaxes with heat, tenderness, scents and respectful techniques. The treatment finishes with a soothing technique decided on with your therapist who will then leave you for 20 minutes allowing you to enjoy an invigorating, private pause.

### **HAIR DETOX BY CHRISTOPHE-NICOLAS BIOT**

1H20 • €190

A capillary diagnosis, an oxygenating and detoxifying scalp massage using serum and oils from the Organic range by Biot combined with mother of pearl powder, the beauty secret of the Chinese empresses, and a back massage to relieve stress and increase the flow of oxygen. The hair grows with new energy, bounce and softness.

*5 sessions are recommended for best results – €855*

## GREAT MOMENTS

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### REGENERATING

2H50 • €340

An enveloping and relaxing massage to fight jet lag and burnout, with a stimulating Himalayan salt scrub, anti-jet lag facial and reflexology of the feet and hands. A relaxing break at the poolside with a fresh seasonal juice enables you to truly savour the moment. You leave feeling transformed and re-energised.

### BEAUTY

4HR • €560 | 5H • €680

A personalised massage, scrub, facial, hairdresser and beauty therapist at your service to cater for all your needs for a half-day (body treatments, pedicure, manicure, make-up, hair removal, etc...), a complete beauty package to help you prepare for a major event and feel unique.

### PERSONALISED

#### PRICE AND DURATION DEPEND ON THE SELECTED TREATMENTS (MINIMUM DURATION 3 H)

A half-day of personalised beauty and well-being treatments. We build your programme together as your therapist advises you on the choice of oils, active ingredients and techniques.



## BEAUTY & HAIR

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### TREATMENTS FOR HANDS AND FEET

**Express Manicure** €50  
(nail shaping, cuticle tidying and application of nail polish)

**Spa Manicure** €70  
(nail shaping, cuticle tidying, scrub, hydrating massage and application of nail polish)

**Manicure for Men** €50  
(nail shaping, cuticle tidying, scrub and hydrating massage)

**Express Pedicure** €60  
(nail shaping, cuticle tidying and application of nail polish)

**Spa Pedicure** €80  
(nail shaping, cuticle tidying, buffing, hydrating massage and application of nail polish)

**Pedicure for Men** €60  
(nail shaping, cuticle tidying, buffing and hydrating massage)

### HAIR REMOVAL

**Upper lip or Brows** €30

**Underarms** €40

**Half arms** €40

**Full arms** €60

**Classic bikini wax** €50

**Brazilian** €70

**Hollywood** €80

**Half legs** €60

**Full legs** €90

**Back or chest** €70

*You can get your hair and make-up done in your room - please contact us for information regarding availability and prices.*





# FITNESS

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**Training session in your room or outdoors  
with a personal coach - 1 hour: €95**

**FITNESS IN PARIS PACKAGE WITH 10 1-HOUR PERSONAL TRAINING SESSIONS:** €950

10 sessions with a personal trainer  
1 free deep muscle or slimming treatment  
or  
1 free La Colline Oxygenating and Revitalising facial

**SPA NOLINSKI FITNESS PROGRAMME** €1750

Personalised fitness programmes. Your personal trainer and the team at Spa Nolinski develop a personalised fitness programme for you. A combination of fitness, body treatments and facials to help you reach all your targets.

## **FITNESS SLIMMING PACKAGE**

10 sessions with your personal trainer  
4 Slimming body treatments  
2 La Colline Lift & Light facials

## **ANTI-STRESS FITNESS PROGRAMME**

10 sessions with your personal trainer  
4 Spiritual Awakening body treatments  
2 La Colline Oxygenating and Revitalising facials

## **EXTREME FITNESS PACKAGE**

10 sessions with your personal trainer  
3 Signature Ritual body treatments combined with sauna session  
2 La Colline Anti-Jet Lag treatments

*We also offer yoga, Pilates and other classes  
on request.*

## OPENING HOURS

SPA

**9.30 AM to 9 PM**

POOL AND FACILITIES

**7 AM TO 11 PM**

RESERVATION

**Tel: + 33 1 42 86 10 10**

**spa@nolinski.com**

## GENERAL

ARRIVAL

The times indicated correspond to your treatment time in the spa. To make the most of your experience, please arrive 10 minutes before the time of your appointment.

GIFT VOUCHERS

Would you like to treat somebody to a treatment at Spa Nolinski? Gift vouchers are available at the spa and the hotel reception.

SHOP

To extend your experience at Spa Nolinski, you can find products used during your treatments and swimwear on sale in our shop.

RESERVATIONS

We recommend you to book your treatments at least one day in advance. Clients

who are not staying at the hotel will be asked to provide their credit card details as a guarantee and will receive confirmation by email or phone the day before their appointment.

CANCELLATION POLICY

Any change or cancellation made within 24 hours of your appointment will result in 50% of the cost of the booked treatment being charged. In the event of cancellation within 12 hours of the appointment or a no-show, the full cost of the treatment(s) will be charged.

DELAYS

In the event of a delay, we will endeavour to provide you with the same service if our schedule allows it. Otherwise we will shorten the treatment time but there will be no reduction in price.

#### STATE OF HEALTH

Please provide us with any relevant information regarding the state of your health, allergies or injuries at the time of booking. A health questionnaire must be completed before treatments. This step is required so that we can provide you with a service that meets your needs. Before your treatment, please check with your doctor that the use of the steam room or sauna does not pose any risk to your health. Persons suffering from high blood pressure, circulation problems, asthma or respiratory difficulties are strongly advised to avoid heat.

#### TREATMENTS

The body treatments that we offer are beauty and well-being treatments and are not therapeutic treatments. We recommend that you consult your doctor for advice or a medical diagnosis.

#### VALUABLES

The Noliniski Spa cannot be held responsible for loss, theft or damage of personal belongings. We recommend keeping your valuables in the lockable lockers located in the changing rooms or in the safe in your room if you are staying at the hotel.

#### POOL

Please observe the pool rules displayed at the entrance to the pool area.

#### MINORS

Children under 12 must be accompanied by their parents or a responsible adult. The minimum age for body treatments is 18, and 16 for facials.

#### DISCRETION

Please respect the tranquillity of the space and set your mobile phone to silent mode.

#### ROOM SERVICE AND SERVICES OUTSIDE OF OPENING HOURS

If you like, you can order massages, manicures and pedicures in your room for an extra €40 per treatment.

A 50% increase per treatment will apply for appointments requested outside of opening hours.

#### FACILITIES

For clients not staying at the hotel, access to the Spa facilities costs €150 per day.

# SPA NOLINSKI BY LA COLLINE

## PRICES

### FACIALS LA COLLINE

Gentle Hydratation	45 min	110 €
Anti-Jet lag, Eye Focus	45 min	110 €
Oxygenating and Revitalising	1h00	140 €
The Season's must-have Treatment	1h00	140 €
	1h30	190 €
Lift & Light	1h30	190 €
Anti-Aging signature Treatment	1h30	190 €

### FACIALS FOR MEN LA COLLINE

Anti-Jet lag, Eye Focus Men	45 min	110 €
Boost My Skin	1h00	140 €
Cellular for Men Premium	1h30	190 €

### BODY TREATMENTS

Personalised massage	30 min	90 €
	50 min	130 €
	1h20	170 €
	Duo 30min	180 €
	Duo 50min	260 €
	Duo 1h20	340 €
Gentle Treatment	50 min	130 €
	1h20	170 €
Intense Care for Him	50 min	130 €
	1h20	170 €
Foot reflexology	30 min	90 €
	50 min	130 €

### SIGNATURE RITUALS COMBINED WITH SAUNA SESSION

Nolinski Signature Ritual by La Colline	2h20	270 €
Urban Detox Ritual	2h50	320 €

### INTENSIVE TREATMENTS

Slimming, Cupping therapy	50 min	140 €
	1h20	190 €
10 seances	50 min	1260 €
10 seances	1h20	1710 €
Anti-ageing, Renaissance intensive plant care	1h20	190 €
Energising, Spiritual awakening intensive treatment	1h20	190 €
	1h50	240 €
Sleep-restoring, Morpheus intensive treatment	1h50	240 €
Hair Detox by Christophe-Nicolas Biot	1h20	190 €
5 sessions	1h20	855 €

### GREAT MOMENTS

Regenerating	2h50	340 €
Beauty	4h	560 €
	5h	680 €

Personalised

Minimum Duration 3h

*(Prices on request)*

All of the treatments are also available in dual treatment rooms.

# SPA NOLINSKI BY LA COLLINE

## PRICES

### TREATMENTS FOR HANDS AND FEET

Express Manicure	50 €
Spa Manicure	70 €
Manicure for Men	50 €
Express Pedicure	60 €
Spa Pedicure	80 €
Pedicure for Men	60 €

### HAIR REMOVAL

Upper lip or Brows	30 €
Underarms	40 €
Half arm	40 €
Full arm	60 €
Classic bikini wax	50 €
Brazilian	70 €
Hollywood	80 €
Half leg	60 €
Full leg	90 €
Back or chest	70 €

*You can get your hair and makeup done in your room – please contact us for information regarding availability and prices.*

### FITNESS

Training session in your room or outdoors with a personal trainer	1H	95 €
Fitness in Paris		950 €
Ten 1-hour personal training sessions and a treatment at the spa		
Spa Nolinski fitness program		1750 €
Ten 1-hour personal training sessions and a number of treatments to be defined at the spa		

### ROOM SERVICE

If you like, you can order massages, manicures and pedicures in your room for an extra €40 per treatment.

### SERVICES OUTSIDE OF OPENING HOURS

A 50% increase per treatment will apply for appointments requested outside of opening hours.

### FACILITIES

For clients not staying at the hotel, access to the Spa facilities costs €150 per day.

RESERVATION Tel : + 33 1 42 86 10 10 [spa@nolinski.com](mailto:spa@nolinski.com)



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