

Theros

SPA L'OCCITANE
EN PROVENCE



THE ART OF LIVING WELL

Theros, the season of summer, heat and harvest,
a state of mind, a concept of life.

Rooted in the ancient Greek concept of Ef-Zin, "*the art of living well*,"
our philosophy embraces the healing wisdom of Hippocrates
and the nurturing power of nature. Throughout our gardens, aromatic
and medicinal Greek herbs flourish, infusing the air
with their restorative essence.

As the land of Kos offers its natural treasures,
L'Occitane en Provence draws from the richness of Provençal
ingredients to create authentic, sensorial and expert rituals. Each
treatment is designed to nourish the skin, soothe the senses, and
restore balance, with a deep respect for both nature and people.

Within this relaxing atmosphere,
Theros Spa L'Occitane en Provence offers a holistic journey,
an invitation to slow down,
reconnect and embrace better-being.

Bienvenue.

Where Nature flourishes,
Inspiring our ingredients, our surroundings,
and our gestures crafted by expert hands.


Sleepy notes of lavender,
Warm sunlight caresses the skin.
Soothing melody of nature.
Close your eyes...

Be Touched by Haute-Provence.

A moment beyond time,
where reason meets heart ,
and time slows to be savored with pleasure.
So you see clearly, feel deeply, listen intently.
The body releases, the mind unwinds.







HERE, WELL-BEING BECOMES
BETTER-BEING

HOTEL SIGNATURE



BODY
60 Minutes

HIPPOCRATIC EUDAIMONIA

Eudaimonia (/ju:di'moʊniə/; Ancient Greek: εὐδαιμονία [eudaimonía:]) is a Greek word literally translating to the state or condition of good spirit, and which is commonly translated as happiness or welfare.

Drawing inspiration from Hippocrates of Kos, the father of Medicine and the vibrant landscapes of Provence, this holistic treatment brings together carefully selected natural ingredients to promote deep relaxation and balanced energy. As the soothing aromas of lavender, rosemary, verbena, mint and lemon unfold, your body and mind will experience a profound sense of harmony from the inside out.

Tailored for both body and face, this harmonizing massage is designed to release tension, nourish the skin and create a peaceful, rejuvenating flow of energy.



ICONIC TREATMENTS

HERITAGE. SENSORIALITY. EXPERTISE.
CRAFTING BETTER-BEING MOMENTS BASED
ON FOUR PILLARS: LONGEVITY,
REGENERATION, BALANCE & VITALITY.

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 TIMELESS
REJUVENATION



FACE *Treatments*

FACE

90 Minutes

IMMORTELLE DIVINE SECRET

FIRMING. An expert treatment with results proven by science. Inspired by the Kobido technique, with dynamic and precise gestures, it stimulates skin renewal and microcirculation. Combined with Immortelle Divine collection, the skin appears visibly smoother, firmer, and plumper while offering a moment of relaxation and positive emotions.

FACE & EYES

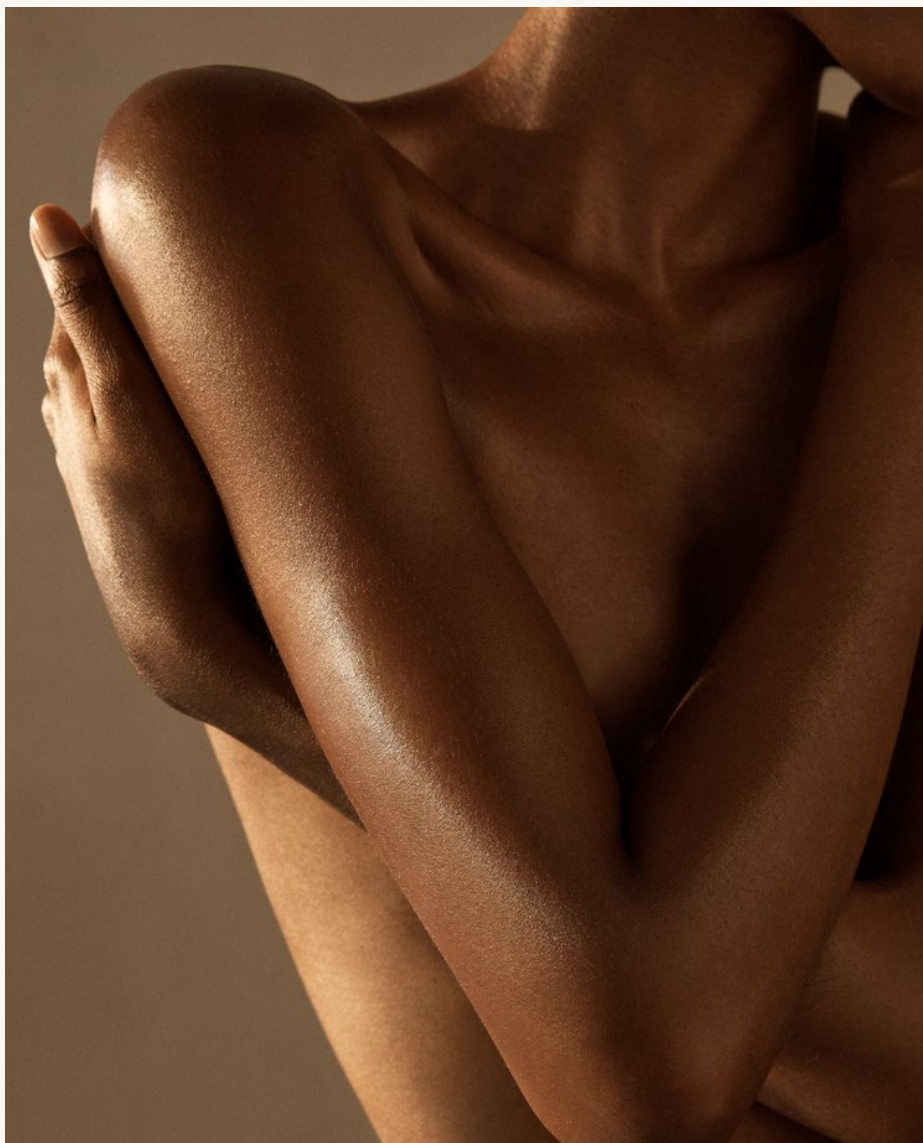
45 Minutes

RESET IMMORTELLE

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

RENEW THROUGH THE ART
& SCIENCE OF SLEEP



BODY *Massages*

BODY
90 Minutes

SLEEP & RESET

REGENERATING. Sleep is a key contributor to better-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.

BALANCE

HARMONIZE BODY, MIND
& EMOTIONS



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 better-being and emotional balance.

BODY

60 Minutes

MIND & SCALP

UNWINDING. This massage of the neck, décolleté and scalp, awakens microcirculation to welcome the benefits of the scalp expert serum, while releasing tension and inviting your whole body to a sensory reconnection for a deep sense of release.

VITALITY

RESTORE THE MENTAL
& PHYSICAL ENERGY



BODY

90 Minutes

ALMOND DETOX

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 and improves its elasticity.

BODY

60 Minutes

90 Minutes

PROVENCAL DEEP TISSUE

INVIGORATING. Inspired by the strength of Provençal nature, this deep muscular massage combines firm pressure, acupressure, and stretching to help unlock body tension. Muscles are released, energy flows, and mind feels restored.



MADE TO MEASURE TREATMENTS

BECAUSE EACH PERSON IS UNIQUE,
SO ARE OUR TREATMENTS.



FACE

30 Minutes

45 minutes

60 Minutes

FACIAL TREATMENT

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

BODY

30 Minutes

60 Minutes

90 Minutes

BODY MASSAGE

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

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

BODY & FACE

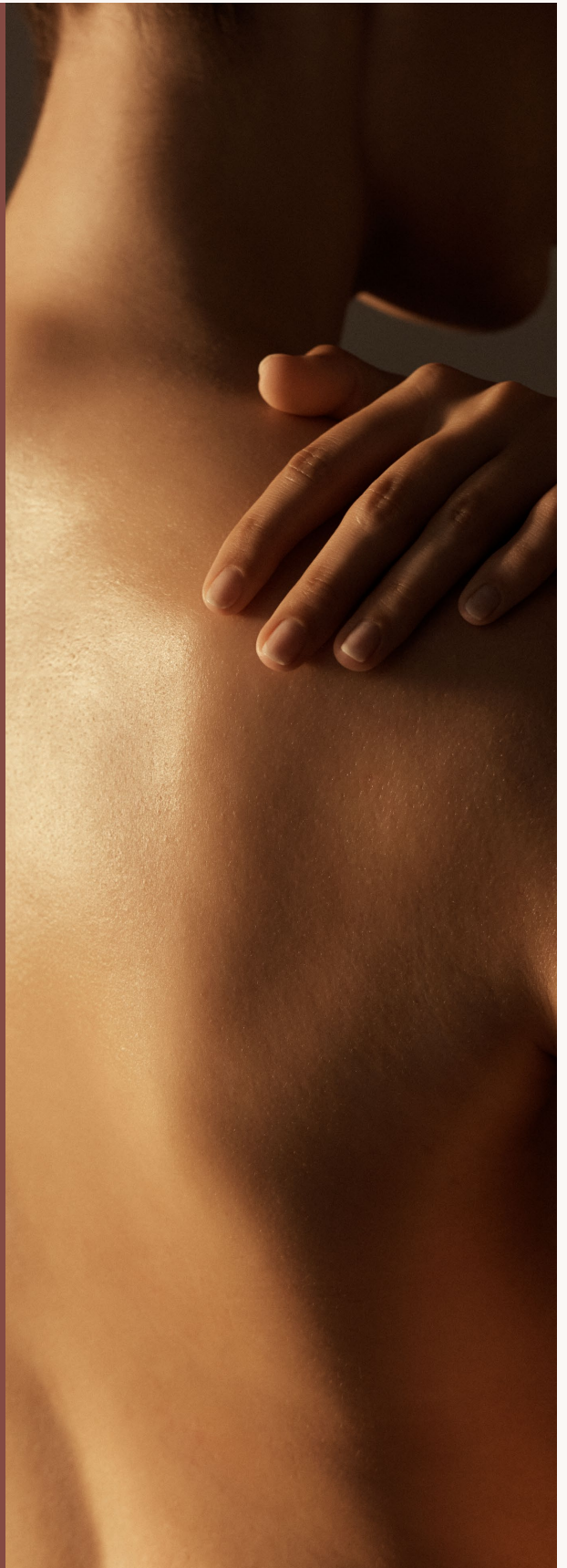
From

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.

OTHER
TREATMENTS



BODY

60 Minutes

90 Minutes

PREGNANCY MASSAGE

This exclusive massage specially designed for the moms-to-be delivers enhanced relaxation and better-being. Based on the gentle effleurage movements of Swedish and Balinese techniques, more specifically applied on the back and legs, the massage releases tensions & eases tight muscles. As a result, moms-to-be will leave this cocoon deeply relaxed, calm and regenerated.

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, 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 better-being.

ADD-ON TREATMENTS

+15 Minutes

ELEVATE YOUR EXPERIENCE
AT THE HIGHEST LEVEL



FACE & BODY *Targeted treatments*

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.

HANDS

Softens and relaxes the hands.

FEET

Grounds and energizes tired feet.



SPA TREATMENTS

15 Minutes — 30€

30 Minutes — 60€

45 Minutes — 85€

60 Minutes — 120€

90 Minutes — 150€



SPA ETIQUETTE

GENERAL

Please arrive 15 minutes prior to your treatment, where you will be requested to complete a health and lifestyle questionnaire. Time loss through late arrival may result in shortened treatments without a refund. We kindly request that guests do not wear jewellery when using the Spa. For safety reasons, valuables must be deposited in the room safe. Our Spa is not responsible for loss or damage to guests' personal belongings. For in-house guests, we recommend wearing the robe and slippers provided in your suite. Alternatively, we can provide you with a robe and slippers at our Spa. During some Spa treatments you will be provided with a disposable undergarment by our therapist, and you will be always draped appropriately. Kindly note, swimwear is compulsory while using any public areas of the Spa.

TREATMENTS

It is highly recommended to book your appointments well in advance.

To avoid any disappointment, either phone our Spa reception or visit the Spa, or you can book your appointment by visiting our app.

All of our therapists are trained to always ensure your privacy and comfort.

During treatments, please let your therapist know if you are comfortable or uncomfortable, too warm or too cold, or if their pressure is too light or too firm. Your comfort and care are our greatest concern and priority. For best results we recommend that men shave a few hours prior if having a facial treatment. We also recommend that ladies remove all make-up before any Spa treatments. If you have a particular injury or physical condition, please inform our therapists. They can suggest appropriate adjustments to the treatment for your comfort and enhancement. There is no pressure to talk during a treatment. It is entirely up to you. If you have any questions or would like to talk, certainly do so. The therapist will take their cues from you. If you are quiet, they will be too.

CANCELLATION POLICY

Please note that no fee will be applied for any cancellations that will take place at least 24 hours before your appointment. For any cancellations that will take place within 24 hours from your appointment, a 50% cancellation fee will be applied. The full amount will be charged for no shows or for cancellations up to 2 hours from the appointment.

SPA ENVIRONMENT

To preserve the Spa's tranquillity, we respectfully request that you leave your mobile phones switched off in your locker. This is the time for your body and mind to release worries and stresses of the day. Please remember our Spa is a non-smoking area.

WET FACILITIES

Kindly shower before using any of our facilities. A towel should always be placed on the sauna bench when sitting, due to being a common area. Please do not add oils or other products to the sauna bucket without first speaking to a member of staff.

GYM AND FITNESS AREAS

Please place a towel provided between you and the fitness equipment when exercising and wipe down after use. Use of all gym equipment is purely at the individual's own responsibility and risk. Appropriate fitness attire is always required.

Theros

SPA L'OCCITANE
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OPENING HOURS

Opened every day

10:00am - 8:00pm

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www.therosallsuitehotel.com - www.spaloccitane.com