



ENERGY & HARMONY



2017

LE TIGRE

YOGA CLUB - DEAUVILLE

Hôtel Le Royal is offering a new well-being experience. Le Tigre is a unique concept combining a well-being club, an exceptional yoga and meditation centre, a Pilates studio, a holistic treatment institute, an organic vegan bar, a concept store and a warm and welcoming lounge-library perfect for relaxing. Well-being is established as a guiding principle - guests can centre themselves, let their spirit roam free, and achieve total relaxation.

Le Tigre Yoga Club Deauville provides a real haven of peace and self-improvement, complemented by the original, bespoke and innovative programme offered by Aerial Wellbeing for the Future™. Come and experience the exceptional. Our team and facilities are at your service.

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LE TIGRE

YOGA CLUB - DEAUVILLE

EYE OF THE TIGER

Le Tigre is a unique concept incorporating a well-being club, a yoga and meditation centre, a Pilates studio, a treatment institute, an organic vegan bar, a warm and welcoming lounge-library, a wellness concept store (online and offline) and much more.

Le Tigre Yoga Club Deauville offers something for everyone, whether you are suffering from low energy, back problems, emotional stress, difficulty sleeping or concentrating, poor posture, etc.

Le Tigre Yoga Club Deauville is a haven of peace and self-improvement, which we are pleased to share with you every day.



YOGA

Ashtanga

A dynamic form of vinyasa yoga combining a series of upward and downward poses structured around the breathing rhythm.

Hatha Yoga

The basis for traditional Indian yoga, hatha yoga is a practice accessible to all. It establishes a foundation level that links poses with breathing and an awakening of the senses.

Hatha Flow Yoga

A gentle and toning series of poses with synchronised breathing.

Kundalini

Energy yoga aimed at releasing and diffusing the body's energy from bottom to top by means of repeated movements, chants and intensive pranayama exercises.

Vinyasa Yoga

Traditional and dynamic synchronisation of movements and breathing to generate heat, detoxify the body and calm the mind.

Yin Yoga

A gentle therapeutic practice ideal for relaxing, stretching and opening up the body.

Kashmir Yoga

Extremely gentle and meditative yoga incorporating slow movements intended to help us reconnect with ourselves.

Family Yoga

An upbeat and playful practice with partner poses based on the strength-to-weight ratio of the parent & child.

PILATES & OTHER DISCIPLINES

Mat Pilates

Gentle gymnastic exercises designed to tone and stretch the core muscles for better posture.

Machine pilates

With Cadillac or Reformer Balance Body equipment in an individual and personalised class targeting core muscles without aggravating any injuries.

Floor barre

A ballet inspired warm-up to tone waist, buttocks and legs. This class works to improve flexibility, strengthen muscles, tone the body and correct your posture.

Qi Gong

Gentle movements built on the principles of traditional Chinese medicine and designed to balance energy levels on the basis of meditation in movement.



Ayurvedic Massage

Traditional Indian treatments that stimulate the body's energy meridians in depth. Originating from Kerala, the ayurvedic treatment using warmed coconut or sesame oil is particularly recommended for those feeling stressed or drained, as it cleanses four key areas of tension in the stomach, back, solar plexus and feet.

Signature intuitive treatment, One Night in Bali

An in-depth treatment using oil that adapts to the needs of every body and mind for total relaxation. Preparatory scrub (30 minutes).

Japanese facial

Facial massage designed to produce a natural lifting effect. An ancient technique for refreshing facial features and restoring glow, a natural facelift. The Japanese Facial incorporates not just the face, but the neck, décolleté and shoulders to stimulate drainage, clear the skin of imperfections, loosen and relax all the muscles.

Reiki

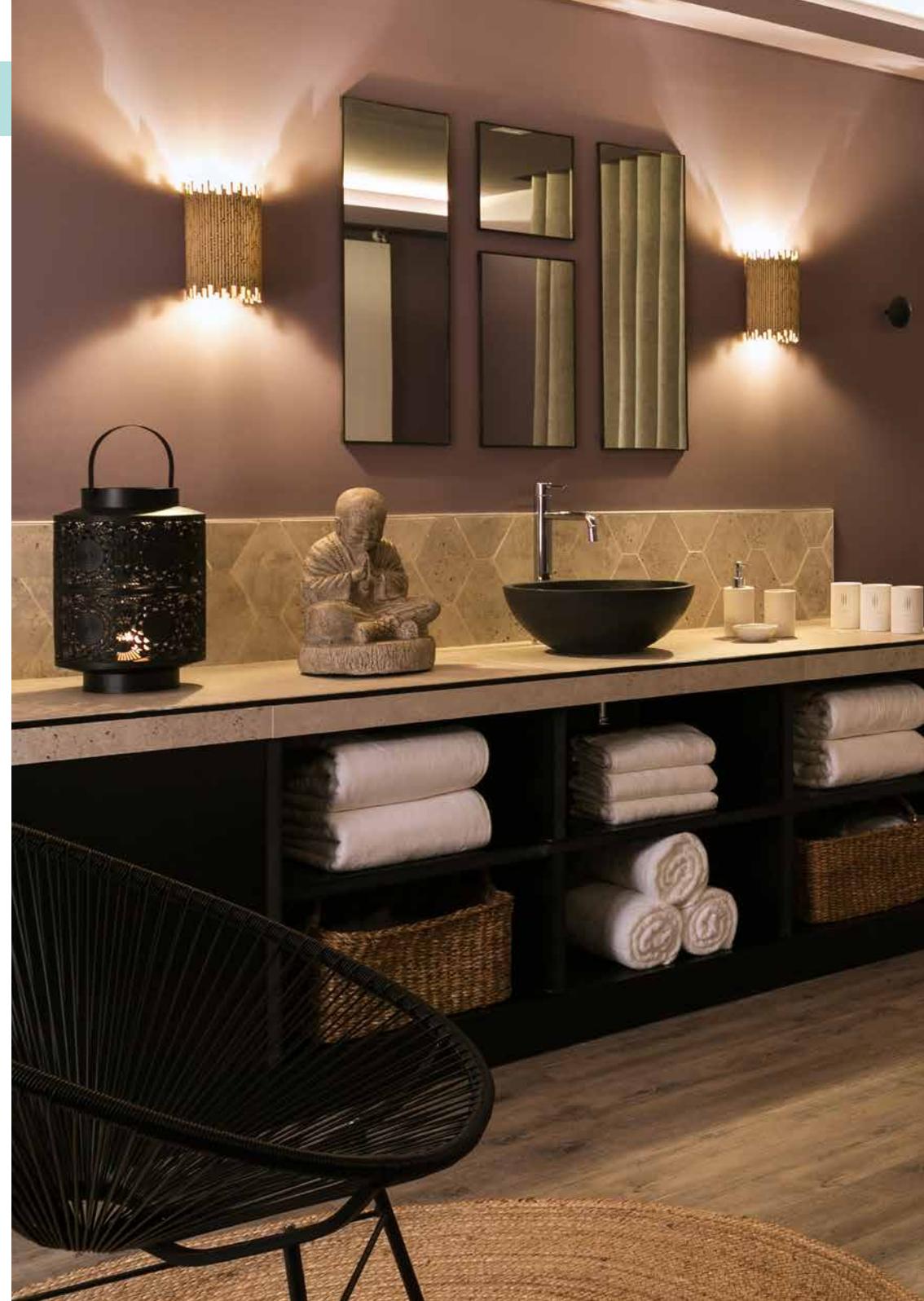
Harmonising body and mind with hands-on healing to transfer vital universal energy with the help of a specialised practitioner or through self-treatment.

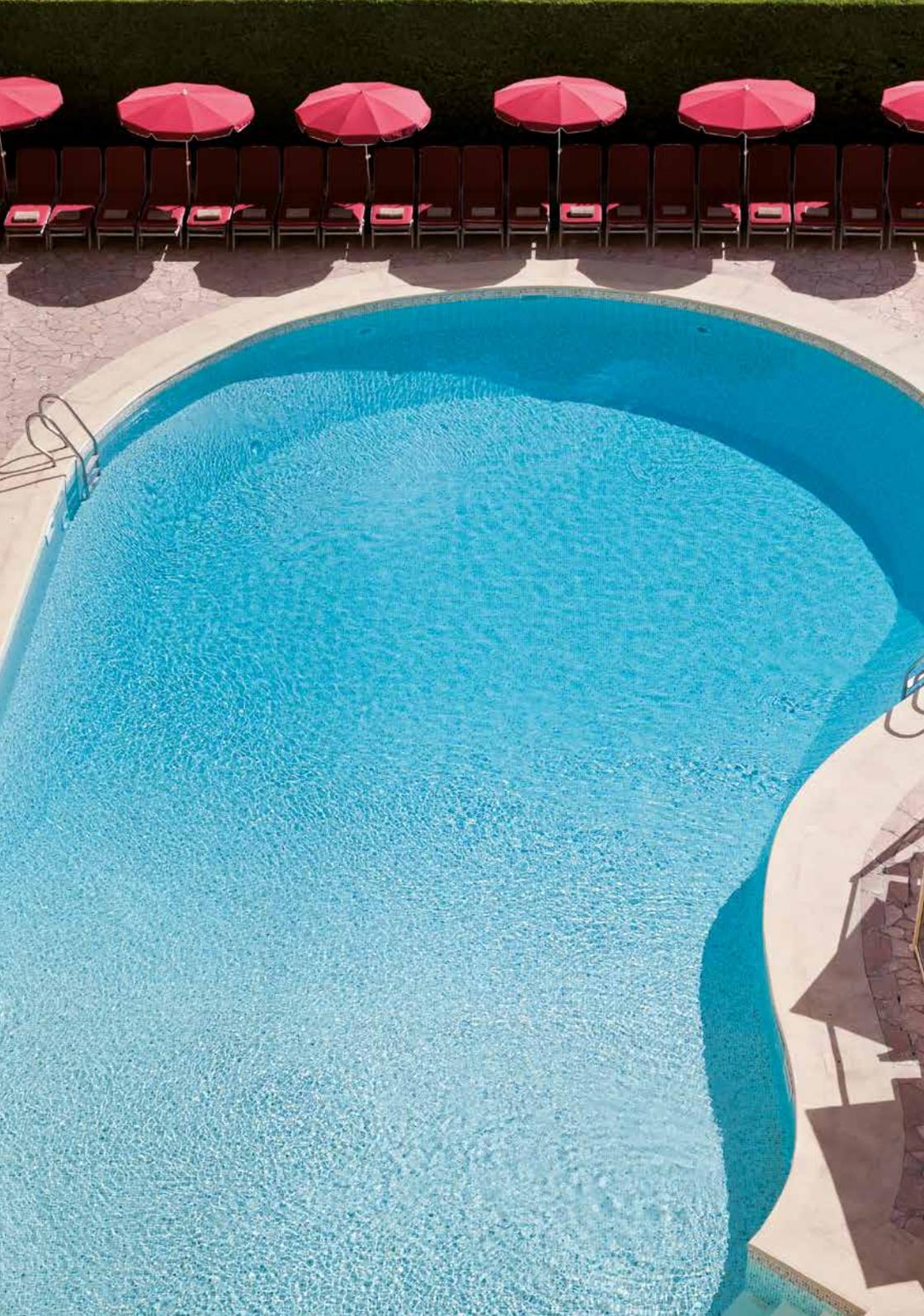
Mum-to-be treatment

A very gentle treatment designed to relax the body and mind of future mums & babies.

VitalDome

"Revitalising heat therapy". Individual Japanese sauna based on biocompatible long-wave infrared energy, which penetrates up to 40 mm beneath the skin, resulting in a slight increase in body temperature. This innovative method - with spectacular results - enhances the interaction between body tissues. Drainage mechanisms are boosted, circulation is improved and toxins are eliminated.





WELL-BEING & FITNESS CENTRES

Where harmony is everything

- ◆ 4 traditional treatment rooms and 1 twin treatment room
- ◆ 1 meditation area
- ◆ 2 yoga studios
- ◆ 1 Pilates machine studio
- ◆ 1 Vital Dome booth
- ◆ 1 Aerial Wellbeing for the Future™ treatment room
- ◆ 1 Exclusive Beauty booth
- ◆ 1 relaxation room
- ◆ 1 Le Tigre Yoga Club organic vegan bar
- ◆ 1 fitness centre
- ◆ 1 sauna (15 m²)
- ◆ 1 hammam (20 m²)
- ◆ 1 south-facing outdoor heated pool treatment room





SPA
DIANE BARRIÈRE



In 2015, the Barrière group added a number of entirely new centres dedicated to the well-being of mind and body.

United under the Spa Diane Barrière label, these fabulous settings pay homage to the woman who embodied French beauty: beautiful, elegant, bold, sophisticated...

In addition to La Baule, Spa Diane Barrière is available in three Deauville locations: L'Hôtel Le Normandy, L'Hôtel Le Royal and L'Hôtel du Golf.

Le Royal is a haven of peace and well-being, providing a holistic experience that promises to restore balance and leave you feeling energised, calm and relaxed. Spa Diane Barrière at Le Royal offers the ideal setting in which to discover the real you.



EXCLUSIVE BEAUTY

Combining refined effective treatments dedicated to beauty and well-being. The Exclusive Beauty area is designed to meet all your beauty requirements. Among the services on offer:

LPG body and facial endermology

Ideal for those looking to lose weight, relieve muscle tension after physical exertion and treat water retention. Anti-ageing and firming facials are also available. Carried out with the help of a new generation Cellu M6 appliance.

Full manicure

Full manicure with scrub, massage and moisturising mask, followed by application of classic or semi-permanent nail varnish.

Express manicure/pedicure

With classic nail varnish application
Semi-permanent nail varnish application
Semi-permanent nail varnish removal

Full pedicure

Full pedicure with scrub, massage and cocooning slippers, followed by application of classic or semi-permanent nail varnish.

Combination manicure/pedicure

Express
Full treatment

Waxing

Using gentle wax, followed by the application of a refreshing, soothing lotion.

A refreshing aromatic drink will be served during the course of your treatment.



Aerial Wellbeing for the Future™ invites you to try an intensely regenerating, rebalancing and pleasurable experience. The treatments on offer have all been created taking an integrative, comprehensive and innovative approach, harnessing the wisdom of age-old Chinese medicine and combining it with the latest cutting edge techniques to stimulate, detoxify and re-energise the body, and act on its cognitive, physiological and neuro-sensory functions. You will find a range of options to suit your needs, whether your priority involves getting in shape, relieving stress, beauty, weight loss or boosting energy levels. Come and discover the Aerial concept in its entirety with 16 different treatments and programmes available at Spa Diane Barrière Normandy.



Aerial Wellbeing for the Future™ is a completely original and innovative concept owned by AERIAL (RCS Nanterre n°805 335 957). All intellectual property rights reserved.

Aerial treatments at Le Royal

À la carte treatments do not require a complete check-up.

NeuroSense treatments:

Cognitive and neuro-sensory treatments are carried out on a ZeroGravity AerialBed in a Chromotherapy room. During the treatment, you will be given special headphones and goggles emitting auditive and visual frequencies.

Bio-energetic treatments:

Combination massage with specific focus on the energy meridians and acupressure points. A deeply stimulating or relaxing therapeutic treatment to improve general well-being.

Bio-Energetic Facial with phototherapy:

This facial combines acupressure with Wellbeing for the Future™ oils chosen for their compatibility with your individual needs and freshly prepared by the practitioner who applies them while stimulating reflex zones on the face. Followed by phototherapy, which involves using LED lights with specific wavelengths to stimulate the skin and improve problems including wrinkles, marks, acne and rosacea.

Gemstone therapy treatment:

Promising complete regeneration (body, mind, energy) with a treatment targeting the reflex zones on the feet that correspond to vital functions, incorporating semi-precious stones specifically shaped to activate acupressure points deep down.

THE LE TIGRE YOGA CLUB ORGANIC VEGAN BAR

- ◆ Cold pressed detox juices
- ◆ Birch water
- ◆ Organic green tea bar
- ◆ Super foods and raw chocolate snacks
- ◆ Kale crisps & seeded crackers

THE LE TIGRE BOUTIQUE

- ◆ Yogi sportswear: a selection of ethical and international yogi brands
- ◆ Yoga & Pilates accessories
- ◆ Candles and other accessories
- ◆ Essential oils and organic cosmetics



PRACTICAL INFORMATION

- ◆ **The Spa Diane Barrière is located on the ground floor of Le Royal**
- ◆ **Bookings:** +33 (0)2 31 98 68 18 - spaleroyal@groupebarriere.com
- ◆ **Opening hours**
Open daily from 10 a.m. to 7 p.m. Sunday to Friday and from 10 a.m. to 8 p.m. on Saturdays.
The sauna, hammam, fitness centre and pool are open from 8 a.m. to 8 p.m.
- ◆ **Your appointment**
Please arrive at the Spa's reception, located at Lobby level, 15 minutes before your appointment. This will allow you time to enjoy the peaceful surroundings and be ready for your treatment.
- ◆ **Courtesy**
We recommend that you do not bring your mobile phones and tablets inside the Spa.
- ◆ **Clothing**
If you are a guest at Le Royal, we suggest wearing the bath robe and slippers provided in your room.
If you are not a guest, you will find everything you need in the changing rooms.
Comfortable clothing is recommended for attending classes. Shoes are not permitted in the studios.
- ◆ **Your comfort**
Please let us know if we can adjust the volume of the music, the temperature or the pressure of your treatment. Also let us know if you require an extra towel, robe, etc.
- ◆ **Cancellation policy**
In the event of cancellation up to 2 days prior to the arrival date, there will be no charge payable. In the event of a last-minute cancellation (less than 48 hours notice), Spa Diane Barrière will charge a fee equivalent to 50% of the total value of the treatments booked. For a same day cancellation (less than 24 hours notice) or a no-show, 100% of the fee will be charged.
All yoga classes will be charged for if you cancel less than 3 hours beforehand
- ◆ **Security deposit**
Credit card information is required when booking.



LE TIGRE

YOGA CLUB - DEAUVILLE

Treatments 50 MINS 115 € 80 MINS 170 €

VitalDome 40 MINS 70 €

Group classes

Yoga, Pilates, Barre fitness...

Single class 60 MINS or 90 MINS 24 €

10 class package 220 €

20 class package 400 €

Premium Offer Unlimited group classes for 1 year 1600 €

Unlimited Weekday Offer Weekdays for 1 year (Valid from Sunday 2 p.m. until Friday 2 p.m.) 900 €

Private yoga class

In the studio or suite (1 or 2 people) 60 MINS 115 € 90 MINS 140 €

Machine pilates class 60 MINS

Individual class 90 € / 10 classes 780 €

Class for 2 people (price per person) 60 € / 10 classes 550 €

Class for 3 people (price per person) 47 € / 10 classes 420 €

15%** discount for Deauville residents

on group classes (excluding the Weekday Offer), private classes and massages

**Monday to Friday upon presentation of proof of address.





WELLBEING FOR THE FUTURE

Special treatments

Bio-energetic treatment	50 MINS	130 €	80 MINS	180 €
Bio-energetic facial & phototherapy	30 MINS	70 €			
Neurosense treatment	50 MINS	130 €			
Gemstone reflexology	50 MINS	130 €			

EXCLUSIVE BEAUTY

Body and facial endermology

45 MINS Body	80 € / 10 sessions	750 €
40 MINS Facial	70 € / 10 sessions	650 €

Manucure / Pedicure

MANUCURE + PEDICURE

Full treatment, choice	95 €	180 €
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Express Manucure or Express Pedicure

With classic nail varnish application	55 €	100 €
French manucure	60 €	110 €
Semi-permanent nail varnish application	65 €	120 €
Semi-permanent French manicure	70 €	130 €
Semi-permanent nail varnish removal	30 €	50 €

Waxing⁽¹⁾

Upper lip	20 €
Brows - Shaping	35 €
Brows - Maintenance	25 €
Face	70 €
Underarms	45 €
Forearms	30 €
Arms	35 €
Lower leg	42 €
Full leg	60 €
Brazilian or French bikini wax	55 €
Hollywood bikini wax	75 €

A refreshing aromatic drink will be served during the course of your treatment.



(1) Combination : 2 zones -5%, 3 zones -10%, 4 zones and more -15%

Prices may be subject to change at any time. The hotel reserves the right to modify its list of treatments over the course of the year, information will be available from the hotel and Spa welcome desks.

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