



SPA

**DIANE BARRIÈRE**

LE ROYAL - DEAUVILLE



**AN INSPIRING APPROACH  
TO WELL-BEING**

With Le Tigre Yoga Club



The background image shows the interior of a yoga studio. On the left, a white wall features the text 'LE TIGRE' in large, bold, black letters, with 'YOGA CLUB - DEAUVILLE' in smaller letters below it. A small white Buddha statue sits on a dark shelf in front of the wall. To the right, a window with a woven lampshade hanging in front of it allows natural light. Large, colorful exercise balls (orange and yellow) are visible in the foreground and background. The floor is made of light-colored wood.

# LE TIGRE

YOGA CLUB - DEAUVILLE

Le Royal offers a well-being experience, Le Tigre. A concept store and a warm and welcoming lounge-library perfect for relaxing. Well-being is established as a guiding principle - the spirit roams free and total relaxation is achieved. Le Tigre Royal Club Deauville provides a real heaven of peace and self-improvement, complemented by the original, bespoke and innovative programme offered by Aerial Wellbeing for the Future™. Come and try our exceptional new experience - our team and facilities are at your service.

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## WELL-BEING & FITNESS CENTRES

### Where harmony is everything

- ◆ 4 traditional treatment rooms and 1 twin treatment room
- ◆ 1 Exclusive Beauty booth
- ◆ 1 Vital Dome booth
- ◆ 2 yoga studios
- ◆ 1 machine Pilates studio
- ◆ 1 Aerial Wellbeing for the Future™ treatment room
- ◆ 1 fitness centre\*
- ◆ 1 sauna and a 20 m² hammam\*
- ◆ 1 south-facing outdoor heated pool\*



\*a privilege reserved for the hotel's guests



### THE LE TIGRE BOUTIQUE

- ◆ Yogi sportswear: a selection of ethical and international yogi brands
- ◆ Yoga & Pilates accessories
- ◆ Candles
- ◆ Lifestyle and well-being books
- ◆ Organic cosmetics
- ◆ Detox drinks and teas



## EYE OF THE TIGER

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

Deauville's Le Tigre Yoga Club 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 heaven of peace and self-improvement, which we are pleased to share with you every day.

## YOGA

### Yin Yoga

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

### 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.

### Hatha and alignment

A practice borrowed from Hatha Yoga, based on body alignment. The awareness and precision of the poses gives rigour and intensity to this technique.

### Preparation for the poses

Inspired by the Feldenkrais method, a technique allowing physical sensation to be developed by positioning the body in asanas (postures). Gentle sessions based on repeated small, slow movements of one or more joints.

### Facial yoga

A gentle method that uses various breathing and relaxation techniques as well as targeted exercises for the upper body.

### Soft yoga

A deep relaxation method combining yin yoga poses and breathing techniques.

### Gentle yoga for women

A gentle, deep method combining hormone yoga, yin yoga, facial yoga, poses and breathing techniques.

### Dynamic yoga for women

An intense yet gentle method using hormone yoga and yin yoga to boost the hormone system.

### Vinyasa Yoga

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

### Ashtanga Yoga

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

### Yoga Family

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.

### Do In

Guides the energy of the body while stretching the muscles, tendons and joints.



## GROUP CLASSES

Single class** .....	60 MIN OR 90MIN	€24
10 class package** .....		€220
20 class package** ** .....		€400
Unlimited 3-month offer .....		€500
Unlimited 6-month offer .....		€1000
Premium Offer: unlimited group classes for 1 year .....		€1600
Weekday offer: unlimited weekday group classes .....		€900
(valid from Sunday 2 pm to Friday 2 pm)		
Private Yoga lessons .....	60 MIN	€115
Private Yoga lessons .....	90 MIN	€140
In the studio or suite (1 or 2 people)		
Machine pilates class .....	60 MIN	€780 i.e €90
10 lessons		
Class for 2 people (price per person).....		€550 i.e €60
10 lessons		
Class for 3 people (price per person).....		€420 i.e €47

\*\* 15% discount on group classes and packages for Deauville residents. Offer cannot be used in conjunction with any other current promotional offers.

# BODY TREATMENTS BY LE TIGRE



## **Ayurvedic Massage** .....50 MIN €115 .....80 MIN €170

Traditional Indian treatments that involve stimulating the body's energetic meridians. 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** .....50 MIN €115 .....80 MIN €170

In-depth treatment using oil that adapts to the needs of every body and mind for total relaxation. For even more beautiful skin, enhance your experience with a 30-minute scrub before your treatment.

## **Deep Tissue Massage**.....50 MIN €115 .....80 MIN €170

This deep massage remodels and strengthens the muscles, tones, and eliminates tension and contractures for absolute relaxation and well-being. It restores suppleness to the tissue to promote the recovery of muscles and joints.

## **Le Tigre Signature Massage** .....70 MIN €150

Introduced through a meditation and breathing session to anchor the mind and body in the present moment, the Le Tigre massage is a masterly blend of pressure, opening and stretching. Stimulating the body's energy at all of its meridians, this pampering, therapeutic massage respects the traditions of Balinese, yogic and ayurvedic massage to calm the mind. Performed using the magnificent Le Tigre oil, formulated with 100% natural ingredients.

## **Revitalising back massage** .....30 MIN €70

This rhythmical back massage gives deep muscle relaxation through gentle and firm pressure and kneading. Soothing scalp and neck manipulations complete the experience for true relaxation.

## **Japanese facial** .....50 MIN €115 .....80 MIN €170

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

## **Mum-to-be massage** .....50 MIN €115 .....80 MIN €170

Created specifically to meet the needs of mums-to-be at this precious time of their lives, this massage eases back tension, improves the blood circulation in the legs and brings comfort and relaxation. From the fourth month of pregnancy.

## **Shiatsu**.....50 MIN €115 .....80 MIN €170

A massage treatment originating in Japan and inspired by Chinese massage, consisting of finger pressure along the body's life lines. Clothed massage.



## FACE TREATMENTS BY TATA HARPER

### Intensive multi-masking facial ..... 50 MIN €140

This intensive, rejuvenating personalised face treatment is adapted to the specific needs of your skin. Enjoy a tailored cleansing and moisturising ritual, combined with a massage of the face, eye area and scalp. This vitamin-rich treatment will visibly improve your skin texture.

**Benefits: Illuminates, rejuvenates and moisturises**

### Moisture infusion facial ..... 50 MIN €120

A combination of deeply moisturising formulas with hyaluronic acid and organic honey active ingredients. This treatment will bring your skin optimum hydration for lasting comfort.

**Benefits: plumps, soothes and comforts**

### Energising cleansing facial ..... 50 MIN €120

This treatment aids cellular regeneration for overworked skin exposed to the effects of stress, pollution, UV rays and other sources of free radicals. Thorough, deep cleansing for radiant, rebalanced skin.

**Benefits: detoxifies, illuminates and moisturises**



## BODY TREATMENTS BY TATA HARPER

### Serenity ritual ..... 50 MIN €115

Scrub and moisturising treatment

Your pamper session begins with a scrub to deeply cleanse your skin. This is followed by the application of oil all over the body, leaving your skin soft, supple and silky.

### Detoxifying ritual ..... 1H10 €175

Scrub, massage and wrap.

This draining and detoxifying body treatment eliminates accumulated toxins and boosts the blood and lymphatic microcirculation.

**The ideal ritual for those who are tired and stressed**

### Intense moisturising ritual ..... 1H50 €240

Scrub, massage, wrap and express radiance-boosting facial.

Enjoy an unforgettable relaxation experience in a warm, welcoming atmosphere. This body and face ritual is like a moisturising bath, ideal for damaged, dehydrated skin that lacks firmness.

**Rediscover supple, nourished, comfortable skin**



## DIANE BARRIÈRE

**Signature Diane Barrière Treatment** ..... 60 MIN **€119** ..... 90 MIN **€169**

A regenerative balm using strength and softness in equal measure, the Diane Barrière body treatment incorporates stretching, gentle stretching, massaging, and pressing. Inspired by energy and neuromuscular techniques, the massage revitalises, de-stresses, detoxes and gives a lasting boost.

## WELL-BEING PAMPER SESSION

### TREATMENT PACKAGES

**Energy and harmony ritual** ..... 2H00 **€185**

Body scrub  
Ayurvedic Massage  
Vital dôme

**Mum-to-be ritual** ..... 2H20 **€265**

Intense body moisturising ritual  
Express manicure or pedicure, with natural nail varnish application

**Refreshing ritual** ..... 2H30 **€300**

Intuitive massage  
Intensive multi-masking facial  
Complete manicure or pedicure, with nail varnish application

**Perfect age ritual** ..... 1H20 **€200**

LPG facial  
Intensive multi-masking facial

**Slimming detox ritual** ..... 2H30 **€255**

LPG body treatment  
Detoxifying ritual  
Vital dôme

**Pamper treatment** ..... 1H40 **€400**

Couples' Intuitive Massage  
Couples' Tata Harper facial  
\*Moisture infusion or energising cleansing facial

## LE SAUNA JAPONAIS

**Vital Dome** ..... 40 MIN **€70**

"Revitalising heat therapy". Individual Japanese sauna based on biocompatible long-wave infrared energy, which is able to penetrate 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.

## BEAUTY TREATMENTS

### 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.

45 MIN body ..... **€80** / 10 sessions ..... **€750**

30 MIN face ..... **€70** / 10 sessions ..... **€650**

### Waxing

Hair removal on all areas of the body and face using a gentle organic wax for optimum results.

Upper lip / Chin / Eyebrows ..... **€20**

Brows - shaping ..... **€35**

Face ..... **€70**

Underarms ..... **€30**

Half arms ..... **€35**

Arms ..... **€40**

Half leg ..... **€45**

Full leg ..... **€60**

Bikini line ..... **€40**

Brazilian bikini ..... **€55**

Hollywood Bikini ..... **€75**

Back/Chest ..... **€45**

**Waxing packages: combination of 2 areas: 5% discount, 3 areas: 10% discount, 4 areas or more: 15% discount**



## BEAUTY TREATMENTS

Kure Bazaar is the first nail varnish of a new generation that combines ethical concerns, thanks to an environmentally-friendly formula, with the vibrant colours of Parisian fashion.

Following many years of research, technological innovation has allowed the use of chemical substances to be markedly reduced without compromising on the hold, shine and brilliance of the colours, which remain exceptional. The exclusive Kure Bazaar formula, containing up to 90% ingredients of natural origin, preserves the vitality of the nails, respecting their natural cycle of renewal.

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:

### KURE BAZAR

#### Shape and polish

Filing and varnish application.

15 MIN

Hands .....	€45
Feet .....	€45
Hands and feet .....	€80

#### Express manicure / Pedicure

Nail styling and application of natural varnish.

30 MIN

Express manicure .....	€65
Express pedicure .....	€65
Manicure and pedicure .....	€120

#### Complete manicure / Complete pedicure

A complete moisturising manicure or pedicure treatment, incorporating a scrub, massage and mask, followed by application of a natural or semi-permanent varnish.

50 MIN

Complete manicure .....	€95
Complete pedicure .....	€95
Manicure and pedicure .....	€180

### KURE BAZAAR treatments

Le Tigre Yoga revisits the KURE BAZAAR manicure and pedicure with a mini shiatsu to stimulate the body's energy circulation and organ health through reflective acupressure.

The Kure Shiatsu by Le Tigre Manicure .....	1H00	€110
Kure Shiatsu by Le Tigre Pedicure .....	1H30	€135

\* supplement for French polish

\*\* Free Kure Bazaar varnish with all treatments (worth €16)

### MARINHO PARIS

#### Semi-Permanent Manicure / Pedicure

45 MIN

Nail treatment with application of durable polish.

Semi-permanent manicure .....	€65
Semi-permanent pedicure .....	€65
Manicure and pedicure .....	€120
Semi-permanent varnish removal .....	€30

\* €5 supplement for French polish



Aerial Wellbeing for the Future™ is a unique approach to well-being. Because everyone's DNA signature is unique, we adapt the protocols to your constitution, using **traditional Chinese medicine mixed with cutting-edge technology** to enhance their effects.

Used as part of a programme over several days or as a single treatment, the approach is comprehensive and tailored and the benefits are numerous: well-being, slimming, detox, deep relaxation and rejuvenation.

**Bio-Energetic massage** ..... 50 MN €130 80 MN €180

Combination massage with specific focus on the energy meridians and acupressure points. A deeply stimulating or relaxing therapeutic treatment to improve general well-being. The basic massage can be enriched with more targeted treatments.

**Gemstone Reflexology** ..... 50 MN €130 80 MN €180

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.

**NeuroSense Treatment** ..... 50 MN €130

Cognitive and neuro-sensorial treatment. During this treatment, you will be given special headphones and goggles emitting auditive and visual frequencies that procure an ideal feeling of wellbeing, soothing and energy.

## 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](mailto: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 and fitness centre are open from 7 a.m. to 9 p.m. and the pool is open from 8 a.m. to 8 p.m.

◆ **Your appointment**

Please arrive at the Spa's reception, located at Lobby level opposite the pool, 15 minutes before your appointment. This will allow you time to enjoy the peaceful surroundings and be ready for your treatment. If you are delayed, we will have no choice but to reduce the duration of your treatment and the full price will be payable.

◆ **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.

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