



ESCAL' BIEN-ETRE
HÔTEL BARRIÈRE
LILLE

RELAX & UNWIND

A sanctuary of well-being, energy and serenity





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Located in the heart of the Hôtel Barrière Lille, discover a haven of tranquility dedicated to your well-being.

Escape and enjoy the best of spa rituals : face & body treatments, delicately scented products and expert hands.

Information & booking : +33 (0)3 28 14 45 49

OUR SPACES

TREATMENTS*

Escape and enjoy the best of spa rituals:

face & body treatments, delicately scented products and expert hands.

HAMMAM & SAUNA

Eliminate toxins and relieve stress through relaxation in a quiet place of harmony.

Accessible to the hotel guest or on the purchase of a treatment for the external customers. Bathing suit mandatory.

RELAXING AREA & TEA ROOM

Have a break and take time for yourself.

Enjoy a colorful bath of light: colors serve your energy, relaxation and creativity. Your polysensory experience will be complete.

Thank you for arriving 10 minutes before your appointment in order to be fully relaxed and enjoy your treatment.

*Information & booking : +33 (0)3 28 14 45 49

CINQ MONDES

CINQ MONDES
SPA PARIS

CINQ MONDES proposes its « Recettes de Beauté du Monde® », a selection of natural cosmetics products made in France, inspired by ancestral recipes, that makes the quality of CINQ MONDES treatments.

As a pioneer of petrochemical free formulas, CINQ MONDES has always favoured organic ingredients that are both effective and sensory. Progress achieved in skincare research in recent years has enabled CINQ MONDES to offer products with Ecocert – Cosmebio certification.



NOHÈM
SPA

NOHÈM

NOHÈM offers the best of the world's broad spectrum of beauty tailored to Western consumers. The products are joined with specially-developed protocols and massages to enhance the NOHÈM beauty ritual with contemporary cosmetic techniques.

NOHÈM selects ingredients that are natural (99% to 100% of ingredient total), organic (15% to 65% of ingredient total), and fair trade (5% to 25% of ingredient total) – with organic and fair-trade certification from Ecocert. At NOHÈM, we care deeply about the environment, and eco-design is applied to every dimension of the business.

Facial treatments

NOHÈM

ASIAN RITUAL 50 mn 84€
SERENITY TREATMENT: INTENSIVE AND RELAXING FACIAL TREATMENT
Go off to explore Asian ritual, when the refined, traditional rituals of Japan and China are brought together, the result is vibrant, renewed beauty. Facial features are relaxed; skin is soothed and able to breathe once again, all creating a glowing, porcelain complexion worthy of Asian princesses.

RITUAL FROM FAR NORTH 50 mn 84€
YOUTH AND FIRING TREATMENT "LUMIÈRE BORÉALE"
Youth and firming treatment "Lumière Boréale" from Far North is a symbol of purity and strength. Your skin once again appears firm and youthful, as signs of aging and fatigue fade away.

FOR MEN

SPECIFIC ANTI-FATIGUE TREATMENT FOR MEN 50 mn 84€
Rejuvenate yourself with this facial anti-fatigue specific to male skin needs inspired by the ritual of Asia, your skin is boosted. It regains its comfort and hydration.

ZEN EYE CONTOUR BRIGHTENING AND RELAXATION TREATMENT 20 mn 49€
Eye contour will be relaxed to bring brightness to your look!

RELAXING FACE AND SCALP MASSAGE 20 mn 49€
A simple moment of relaxation from Asian ritual.

CINQ MONDES

« BALI FLOWERS RITUAL® » 20 mn 49€
RADIANCE FACIAL TREATMENT
Enjoy the delicate scents of tropical flowers in this "express radiance" treatment inspired by Balinese Beauty Rituals and discover the beneficial effects of skin cleansing, well-being and beauty.

« BALI FLOWERS AND FRUITS RITUAL® » 50 mn 82€
SKIN PERFECTION FACIAL TREATMENT
Deep cleansing treatment, skin perfecter and "radiance booster" inspired by Balinese beauty rituals. Take full advantage of the benefits of the natural tropical flowers and natural AHA fruit acids active ingredients to restore purified and smoothed skin for a radiant complexion.

« FIVE FLOWERS RITUAL® » 50 mn 82€
ILLUMINESCENCE FACIAL TREATMENT
Based on a Balinese ritual, this face treatment tones and illuminates the skin. Thanks to the combination of Tropical Five Flowers extracts, and massage of the face, nape and shoulder muscles, the skin is cleansed and the complexion more radiant.

« KO BI DO » LIFTING AND PLUMPING 50 mn 84€
FACIAL TREATMENT

« KO BI DO » LIFTING AND PLUMPING 80 mn 119€
FACIAL TREATMENT
This remarkable "global anti-aging" treatment is inspired by the "Ko Bi Do" Japanese massage that has a deep action on wrinkles, skin firmness, dark spots and radiance. Particular attention is paid to the eye contour, mouth, décolleté and arms. Skin feels soft and smoothed, the complexion is radiant and mind perfectly relaxed.



Body treatments

NOHÈM

ENERGETIC MASSAGE 50 mn 84€

WITH CHINESE AND INDONESIAN OILS

Inspired by asian techniques globally recognized: slow and deep massaging, stimulation of energy points... Every moment of treatment gives it a depth that feeds the emotional as well as the skin.

ENERGIZING OR RELAXING AND FIRMING MASSAGE 50 mn 84€

THREE MAGIC AFRICAN OILS AND FIRMING MOISTURIZING CREAM

Bringing together african traditions creates an incomparate treatment method, harmonizing the body with relaxation and vitality, but also profoundly soothing the spirit; providing an emotional awakening and a vivid, life-giving, sensory experience.

Body and face treatments

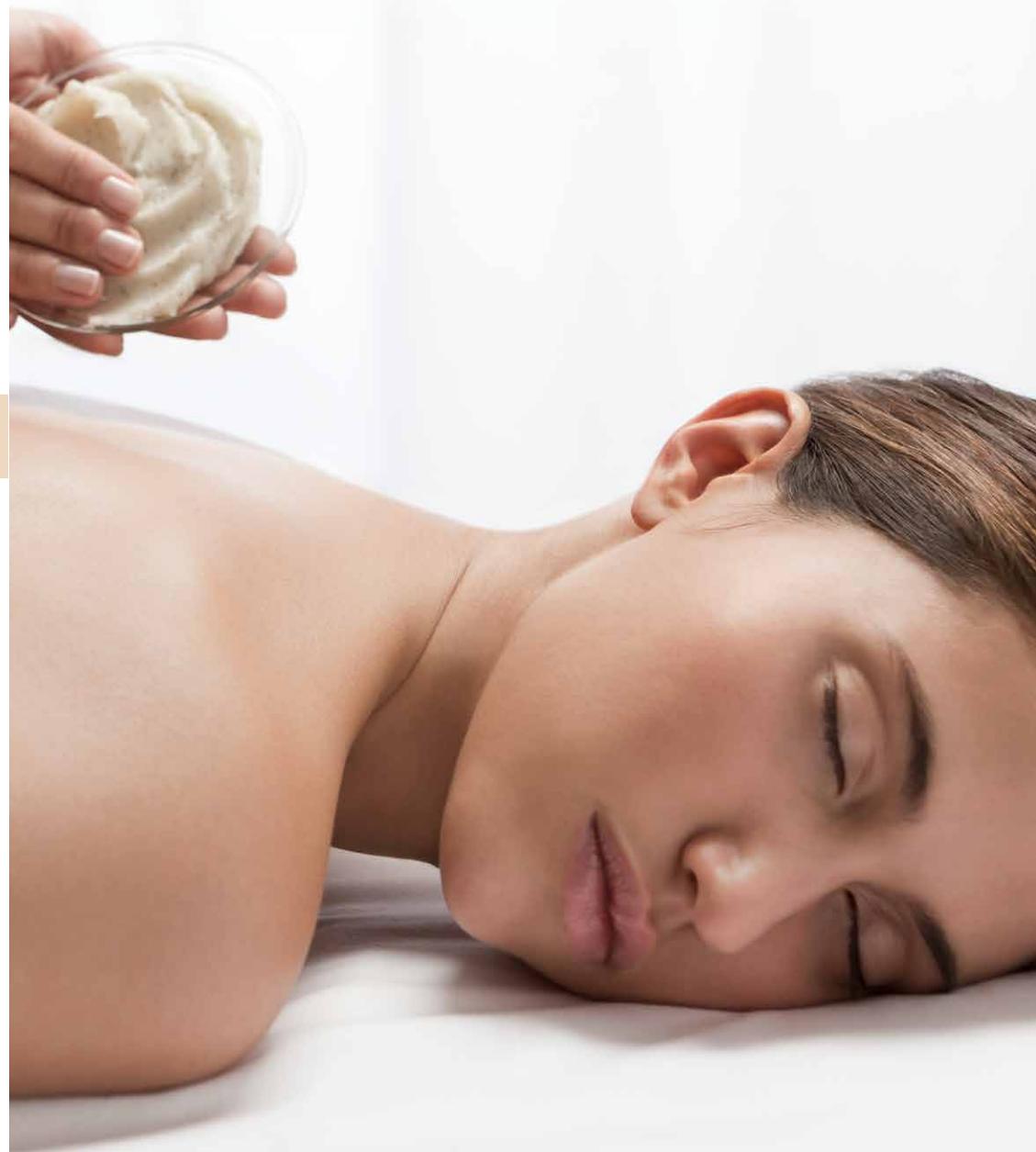
NOHÈM

ASIAN AND AFRICAN RITUAL 1h20 124€

Serenity face treatment & energizing body treatment.

RITUAL FROM FAR NORTH & AFRICAN RITUAL 1h20 124€

Youth and firming treatment & energizing body treatment.





Body treatments

CINQ MONDES BODY MASSAGE RITUALS®

RELAXING NORTH AFRICAN MASSAGE RITUAL 20 mn / 50 mn 49€ / 84€

This massage, inspired by North African traditions, work on the entire body using delicately perfumed warm Argan oil. The expert hands of the massage practitioner envelop you with slow, deep movements to promote a state of pure wellness.

TONIFYING INDIAN AYURVEDIC MASSAGE RITUAL 50 mn 84€

Enjoy the vanilla and cardamom fragrances of this warm oil, toning massage inspired by time-honored Indian traditions. A succession of various energetic and warming rhythms releases tension and relaxes the muscles.

RELIEVING SUBLIME POLYNESIAN MASSAGE 50 mn / 80 mn 84€ / 124€

A body massage treatment inherited from Polynesian healers and inspired by Lomi-Lomi, which uses deep pressure and long, continuous movements from the practitioner's forearms. Delicate notes of Tiare flowers accompany you throughout this blissful experience of relaxation and letting go.

DEEP-RELAXING BALINESE MASSAGE 50 mn / 80 mn 84€ / 124€

Immerse in a world of tranquility performed with a traditional "tropical nuts melting balm" according to an ancestral ritual massage from Bali. This sensorial escape includes gentle Thai stretching and traditional smoothing movements.

CINQ MONDES TREATMENT RITUALS®

NORTH AFRICAN RITUAL® 50 mn 84€

Purifying Scrub with Beldi® Black Soap after a relaxation at the Hammam
Purifying Detox Treatment with "North African Rhassoul® Wrap"
Moisturizing with the "Somptuous® Dry Body Oil"

NORTH AFRICAN RITUAL® 80 mn 124€

Purifying Scrub with Beldi® Black Soap after a relaxation at the Hammam
Purifying Detox Treatment with "North African Rhassoul® Wrap"
Relaxing North African Massage Ritual (20 min)

AYURVEDIC RITUAL® 80 mn 124€

Energizing aromatic scrub
Tonifying indian ayurvedic massage ritual

SCRUBS & DETOX TREATMENTS

SUBLIME SCRUB WITH TAHITIAN MONOI 20 mn 49€

PURIFYING SCRUB WITH BELDI BLACK SOAP® 20 mn 49€

POLISHING "PAPAYA PURÉE" SCRUB® 20 mn 49€

ENERGIZING AROMATIC SCRUB 20 mn 49€

PURIFYING DETOX TREATMENT WITH "NORTH AFRICAN RHASSOUL® WRAP" 20 mn 49€

The beauty bar

HAIR REMOVAL

Lips / eyebrows	12€
Armpits	17€
Normal bikini line	19€
Brazilian bikini line	29€
Full bikini	39€
Half legs	29€
Full legs	39€

NAIL BAR

Express manicure	25€
Complete manicure	35€
Pedicure	40€
Nailpolish	9€
OPI Gel color	39€
Removing Gel Color	10€

EXTEND YOUR EXPERIENCE...

Discover the care products applied during your treatment at the Escal' Bien-Être boutique.



GIFT PACKAGES

Capture the essence of the Barrière Spirit

www.cadeauxbarriere.com
& select Lille



SOIN & RITUEL

Radiance facial treatment
« Bali Flowers ritual® »

20 mn 49€

DÉTENTE & VOYAGE DES SENS

Relieving sublime polynesian massage

50 mn 84€

SOIN & DEPAYSEMENT

Energizing or relaxing and firming massage
With three magic african oils

50 mn 84€

DÉTENTE & VOLUPTÉ

Asian and african ritual

1h20 124€

Each package gives you access to the sauna and the Hammam

Contact us at +33 (0)3 28 14 45 49
or barrierelille@lespa.org

To create your own personalised gift package



PRACTICAL INFORMATION

+ Booking

Contact the Escal 'Bien-Être from your room with the dedicated key on the telephone or call 03 28 14 45 49 from 10 a.m. to noon and from 3 p.m. to 8 p.m. Outside of these hours, please contact the hotel reception : 03 28 14 48 18.

+ Opening hours

The Escal 'Bien-Être is open from Monday to Saturday from 10 am to noon and 15 p.m. to 20 p.m. and Sunday from 10 a.m. to 13 p.m.

Treatments outside these hours on request.

The fitness area, sauna, hammam is at your disposal from 7 a.m. to 9:30 p.m. If you are hotel guest.

+ Hygiene

Bathing suit is compulsory in the sauna and hammam.

+ Practical information

Thank you for arriving 10 minutes before your appointment in order to be fully relaxed and enjoy your treatment.

Hotel guests are asked to bring the bathrobe and slippers provided in the room.

The Resort Barrière Lille car park will be offered during your care.

Food and alcohol are forbidden at the Escal' Bien-Être.

+ Cancellation and refund policy

A credit card number is required when booking a treatment.

In case of late cancellation (less than 48 hours), the Escal' Bien-Être charges 50% of the total value of the care. In case of cancellation or no presentation the same day, 100% of the expenses will be charged.

+ Liability (Loss or break)

Lockers are at your disposal. The management can not be held responsible in case of loss, theft or deterioration of your personal effects.

4th floor of the Hotel Barrière Lille

777 Pont de Flandres + 59777 Lille

T +33 3 28 14 45 49

www.escal-bien-etre-lille.com

barrierelille@lespa.org



Open from Monday to Saturday from 10 to 12 a.m.
and 3 to 8 p.m. and sundays from 10 a.m. to 1 p.m.