

Spa

Domaine of Marlioz

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domainedemarlioz.com/spa-nuxe



Balnéotherapie

The Balneotherapy treatments like you want...

Spa Jet

This true sensory cocoon invites you to relax through the benefits of water in all its forms

Iyashi-dôme

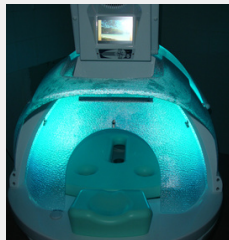
Lie down in this Japanese sauna with ideal warmth for the elimination of toxins and a slimming effect

Hydrojet

Let yourself be massaged from the ankles to the cervicals by power adjustable jets, while lying comfortably on a water mattress.

Massotherapy

Enjoy deep muscle relaxation with a mattress animated by warm jade stones



Pressotherapy

This treatment drains from the feet to the thighs with heavy anti-leg boots

Multi-jets bath

Immerse yourself in a remineralizing bath associated with air and water bubbles with a variation of colored lights

Wraps

Hot

Application of a body mask with remineralizing and moisturizing virtues on the whole body, wrapped in a gentle heat

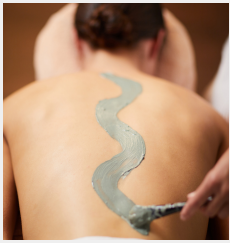
Floating

Warm wrap on a water bed at room temperature

Cocoon

Application of a body mask with shea butter on the whole body wrapped in a gentle heat, combined with a mask good glow effect

25mn treatments: 49€, access to the Spa Nuxe half-day included
10€ discount on treatments for guests staying at the Mercure hotel



The Specific treatment

Activities coached in the pool

Underwater jets

Exercise practice in the water in front of a hydromassage jet. Relaxing, toning and draining action
20€ for the 20-minute session/180€ for the 10 sessions

Aquarunning

Jogging in water, ideal for burning calories and muscling the body
20€ for the 20-minute session/180€ for the 10 sessions

Cocoon silhouette care

Unique and personalized sensory experience...
Let yourself be transported in a universe combining well-being and efficiency slimming to find a harmonious silhouette by the benefits of water in all its forms, heat and aromatherapy.

Scrub + Steam + Wrap + Detox Program
Sitting 60mn: 79€ on weekdays/ 89€ on weekends
Package 3 sessions: 175€ / Package 6 sessions: 345€

Thermal Escape

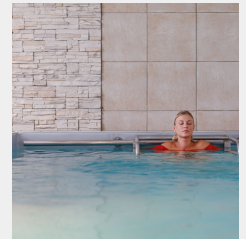
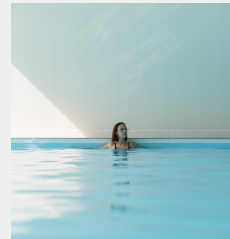
1 discovery of the Respiratory Health Spa at the Domaine of Marlioz + 1 multi-jet bath +
1 relaxing massage 30 mn + Access to the relaxation area
111€ from Tuesday to Saturday

Sophrology

Individual deep relaxation session based on breathing and positive visualization. A real personal development tool to improve your daily life.
Session 60mn: 65€ / Package 3 sessions: 175€

Réflexology

Stimulation of the reflex zones of the foot for a great relaxation by rebalancing energies and thus promoting the management of stress
Session 60mn: 65€ / Package 3 sessions: 175€



Wellness breaks

Depending on your time and desires!

25 minutes > 1 treatment > 49€

50 minutes > 2 treatment > 85€

75 minutes > 3 treatment > 115€

*10€ discount for guests staying at
the Mercure hotel*

Energy

For your energy and vitality cravings

17 scents, and 1 personal coach will awaken the energy in you...

1 Treatment Tabata workshop

Cours sportif individuel de 20mn avec un coach
personnel pour une séance dynamique

2 Treatment Tabata workshop + Multijets
bath

Immerse yourself in a remineralizing bath with an
infusion of flowers and plants associated with air and water bubbles
with a variation of lights

3 Treatment Aquarunning + Multijets bath
+ Massotherapy

Lying on a mattress animated by warm Jade stones
for deep muscle relaxation

Détox

For your slimming and detox cravings

Refine and detoxify during your break

1 Treatment Iyashi Dôme

Your body lying in a Japanese sauna to activate the
elimination of toxins and slimming effect by heat

2 Treatment Iyashi Dôme + Multijets bath "detox"

Immerse yourself in a remineralizing bath with a detox
infusion with fruits and green tea combined with air and water bubbles
with a variation of colored lights

3 Treatment Iyashi Dôme + Multijets bath "detox"
+ Spa Jet Silhouette

This true sensory cocoon invites you to relax in
giving you a slimming effect thanks to the benefits
water in all its forms

Relaxing

For your desires of serenity and softness

Pear blossoms, white gardenia and other active
ingredients will take you into a wave of relaxation and
deep relaxation

1 treatment Hydrojet

Comfortably lying on a water mattress,
massaging from ankles to cervical, by jets
power-adjustable

2 treatment Hydrojet + Multijets "relaxing"

Immerse yourself in a remineralizing bath with a
relaxing infusion with flowers and plants associated
with air and water bubbles with a variation of lights

3 soins Hydrojet + Multijets "relaxing"
+ Pressotherapy

Care draining from the feet to the thighs with
heavy-legged boots

Care without water ☁

For your desire for relaxation from head to toe

Lightness and relaxation for your break

1 Treatment Hydrojet

Comfortably lying on a mattress of water, massaging from the ankles to the cervical, by jets adjustable in power

2 Treatment Hydrojet + Pressotherapy

Care draining from feet to thighs with boots to regain a feeling of light legs

3 Treatment Hydrojet + Pressotherapy

+ Massotherapy

Lying on a mattress animated by warm Jade stones for deep muscle relaxation

Cocooning ☁

For your cravings for softness and letting go

A real sensory cocoon

1 Treatment Cocooning Wrap

Application of a body mask with shea butter on the whole body wrapped in a gentle heat, combined with a mask good glow effect

2 Treatment Cocooning Wrap + Spa Jet

True sensory cocoon inviting you to relax and slimming effects by the benefits of water in all its forms

3 Treatment Cocooning Wrap + Spa Jet

+ Hydrojet Cocooning

Comfortably lying on a mattress of water, massaging from the ankles to the cervical, by jets adjustable in power

Signature care summer ☁

For your desire for freshness

Summer scents, freshness and lightness will be provided

1 Treatment Pressotherapy

Care draining from feet to thighs with boots to regain a feeling of light legs

2 Treatment Pressotherapy + Underwater

Relaxing, toning and draining action

3 Treatment Pressotherapy + Underwater

+ Multi-jet bath freshness

A remineralizing bath with a relaxing infusion of flowers and plants associated with air and water bubbles

Signature care winter ☁

For your cravings for warmth and softness

A warm and comforting break for the ailments of winter

1 Treatment Hydrojet Cocooning

Comfortably lying on a mattress of water, massaging from the ankles to the cervical, by jets adjustable in power

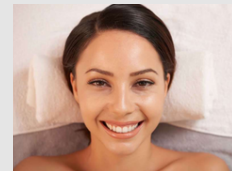
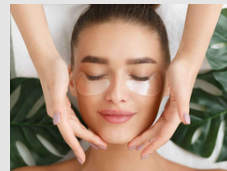
2 Treatment Hydrojet Cocooning + Multijets

Bath "relaxing"

Immerse yourself in a remineralizing bath with an infusion of flowers and plants associated with air and water bubbles with a variation of light

3 Treatment Hydrojet Cocooning + Multijets

Bath "relaxing" + tea-time at Bar Flö



Practical information

Reception hours

Tuesday to Friday : 9 am at 1 pm & 2 pm at 7 pm
Saturday : 9 am to 7 pm / Sunday : 9 am to 5 pm
& mondays during Zone A school holidays.

Spa access

Half-day spa access from Tuesday to Friday
To 9 am at 12:30 pm, or to 2 pm at 6:30 pm
Access to the spa's aqua-relaxation area includes: Swimming pool, hammam, hot tub, outdoor heated relaxation pool, fitness room, herbal tea and terrace.
Subscription card 10 sessions in week 180€ valid for 1 year
Monthly subscription 300€ / quarterly : 480€
For the comfort of all, we reserve the right to refuse access if the aqua-relaxation area is already complete.

Your reservation

All our services are on reservation. 50% deposit prior to any firm booking. In case of delay, we reserve the right to reduce the duration of your care equivalent to your delay. The treatments and activities proposed in this brochure are to be booked at the reception of the spa at 04 79 61 78 78. In case of cancellation, the deposit will be lost for any appointment cancelled less than 24h in advance.

The care.

Please introduce yourself 15 minutes before your appointment time. We remind you that the duration of care includes your reception, installation in the cabin and your time of care. For pregnant women and people with medical problems, please inform us in order to adapt our care.

Your comfort

Sandals and swimwear are available for sale at the spa. For any care booking, we provide you with a towel and bathrobe. The aqua-relaxation area welcomes children from 16 years and from 18 years for care. Provision of secure lockers in changing rooms. Please respect the quiet and quiet environment of the spa.

Other information

For a group request, do not hesitate to contact us. All our rates are inclusive of TVA and are subject to change without notice. Bermuda shorts, trousers, t-shirts or full bath combinations are not allowed in the spa's aqua-relaxation area. We inform you that hygiene checks are carried out manually by an approved body in order to guarantee your safety. Management cannot be help responsible for loss, theft or deterioration of objects within the spa. 10€ on balneotherapy treatments and wellness breaks for guests staying at Mercure Aix les Bains Domaine of Marlioz during their stay.

Find all the information on our website
: domainedemarlioz.com/spa-nuxe

