

SILVA Wellness : Treatments

To relax, naturally

MASSAGES

Head massage 20 min 39 €

Come and discover this treatment for a real letting go.

« Neck, trapezius, shoulder and head massage »

Back massage 20 min 39 €

Relax with this essential and timeless treatment.

« Back massage »

Serenity massage 40 min 69 €

Take off the weight you carry on your shoulders every day.

« Combined head, neck, trapezius, shoulder and back massage »

Escape massage 50 min 79 €

Escape with this massage that will provide you with a deep relaxation of body and mind.

« Complete body massage »

Stone Therapy massage

Combining stones and hands, this massage will take you on a journey of warmth.

Relieving your deepest tensions.

« Back massage » (20 min) 45 €

« Complete body massage » (60 min) 89 €

SCRUB

Body Scrub Arabia 20 min 45 €

Get away from your daily routine and enjoy a sweet and enveloping note of orange blossom.

HYDRO CARE

Niagara Bath 20 min 39 €

BODY CARE

Silva Signature 75 min 99 €

Glow with our sweet scrub followed by a relaxing massage with a gourmet fragrance.

« Arabia scrub with orange blossom followed by a full body massage with frangipani blossom ».

Self care 50 min 89 €

Wrap yourself in softness and give your skin all the benefits it needs.

« body scrub followed by an hydrating or slimming wrap »

Back care 30 min 45 €

Give your back a moment of lightness.

«cleaning + scrub + massage + purifying mask + moisturiser »

FACIAL CARE

Radiance with Aloe Vera 50 min 75 €

For a radiantly beautiful face. LR ALOE VERA Facial Care and Cleansing ensures a well balanced skin. High-quality ingredients such as organic olive extract and pure aloe vera gel maintain the natural moisture balance and provide intensive hydration.

Facial Care LR "zeitgard" 50 min 85 €

Anti-aging Restructuring System :

It helps to reduce the depth of wrinkles. It helps to firm the skin layers and smooth the appearance of existing wrinkles. It compensates for the loss of elasticity of the skin. A must-have for firming the contours of adult skin.

Anti-aging System intense Moisturiser :

Suitable for all skin types to fight the first signs of aging.

Moisturises and nourishes the skin cells and smoothes the contours. For radiant, smoother, younger-looking skin.

SILVA WELLNESS

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BEAUTY DAY

INCLUDED :

165 €

- Silva Signature care - 75 min
- Radiance Aloe Vera facial care - 50 min
- Wellness access from 10 am to 6 pm
- Bathrobes + Slippers + bath towels
- Free water all day long



DISCOVERY DAY

INCLUDED :

119 €

- Niagara Bath - 20 min
- Escape Massage - 50 min
- Wellness access from 10 am to 6 pm
- Bathrobes + Slippers + bath towels
- Free water all day long



Wellness Center

Open from 7 am to 8 pm

It includes :

- Indoor heated swimming Pool
- Hammam
- Sauna
- Outside jacuzzi
- Relaxation room
- Equipped fitness room

Sauna et hammam access from 16 years old

We kindly ask you:

- to wear sportswear in the fitness room
- sit on a towel in the sauna
- Children under 12 years old are allowed in the swimming pool between 7-10 am and from 6 till 8 pm.
- to cancel your treatments at least 24h in advance or we have to charge you 100% of the amount.



Subscription / Renting

Hotel guests access	13 €
Per day	
External guests access	35 €
For 3h	
Wellness Membership	165 €
Per month	
Pool Membership	99 €
Per month	
Bathrobes	7 €
Slippers	5 €



Sport Coach

Personal training

75 €/ hour

You can book a personal training at the hotel réception.