

Inspired by Tibetan masters, Buddhattitude® unique treatments help restore harmony, building inner strength, clarity and connectedness - qualities that are rare to experience in the increasing chaos of modern living!

TREATMENT MENU
Buddha-Bar Spa



TIBETAN AYURVEDIC MESSAGES*

Abhyanga « *An intense release for deep stress & anxiety* » 50 min - 90 ☐ / 80 min - 130 ☐
A full body massage, using warmed oils. Nothing muscular a simply rejuvenating experience.

Marma therapy « *Body energy rebalancing* » 50 min - 90 ☐
Ayurveda considers our body as a network of energy points called marmas. They are massaged with oil and unblocked.

Pedi puja « *Feet treat* » 50 min - 90 ☐
Experience a rejuvenating combination of reflexology and a rare foot massage with a three metal bowl from India (kansu).

Hair mud mask « *Smooth as silk* » 40 min - 65 ☐
Using energy work with warm oils and chakra stones to relax your physical body and align your chakras.

Shirodhara « *Intense inner peace and happiness* » 80 min - 140 ☐
This spa ritual involves Tibetan relaxation, leaving you ready to receive a fine stream of warm oil on the middle of the forehead.

TRADITIONAL MESSAGES*

Shiatsu « *Japanese pure balance* » 50 min - 90 ☐ / 80 min - 130 ☐
Pressure points are unblocked with hands and thumbs to make the energy flow fluid and find the balance within. Dressed and dry massage.

Thai massage « *Deep tension release* » 50 min - 90 ☐ / 80 min - 130 ☐
The combination of gentle rocking and deep yoga stretching movements will help release the tensions and improve the energy flow. Dressed and dry massage.

Swedish « *Sports remedy* » 50 min - 90 ☐ / 80 min - 130 ☐
A full body massage both invigorating and relaxing which helps to release muscular tensions.

SIGNATURE MESSAGES*

Buddhattitude® « *A trip to freedom* » 50 min - 90 ☐ / 80 min - 130 ☐
Discover our exclusive signature fusion massage, with warm oils, where East meets West.

Intuitive « *Tell us what you need* » 25 min - 60 ☐ / 50 min - 90 ☐ / 80 min - 130 ☐ / 110 min - 150 ☐
Allow our expert therapists to draw on their vast techniques to create a special massage just for you.

Buddhattitude® sacred stones « *Holistic journey* » 75 min - 130 ☐
Feel the magic of hot, semiprecious and clay stones combined with an ayurvedic oil massage. A new captivating harmonization by Buddha-Bar Spa.

BUDDHATTITUDE® SPECIALS

Mother to be / Mother to be Intuitive massage « *Me, myself... and my baby* » 50 min - 90 ☐
Smooth massage with warm neutral oil to release pregnancy tensions.

Buddhattitude® for men / Gautama treatment « *Divinement masculin* » 75 min - 130 ☐
Asian fusion to release men's specific tensions : head, neck and shoulders, back and feet.

THE FACE OF BUDDHATTITUDE®

These treatments are performed with our exclusive Buddhattitude® products, blends of pure Himalayan plant extracts.

Ayurvedic dosha facial « *Feeding the skin* » 50 min - 90 ☐
This treatment will leave your skin deeply cleansed, revitalized and lifted for a brighter complexion and a relaxed mind using only the purest of high altitude plants and herbs.

Cleansing facial « *A clear skin* » 75 min - 130 ☐
Ayurveda meets aesthetics for a deep cleansing and brightening facial treatment.

Ayurvedic face rejuvenation « *Relaxation facial* » 80 min - 130 ☐
This amazing facial will help to rejuvenate, revitalize and lift your skin using only the purest of high altitude plants and herbs, great for relaxing your body and clearing your mind !

Marma massage facial « *Refreshing and uplifting* » 40 min - 70 ☐
This unique combination of balancing touch and use of marmas (vital energy points) will refresh your face and whole being.

BUDDHATTITUDE® LITTLE TOUCHES

These are little add treatments, only available with a main treatment, excl. waxing. 15 min - 25 ☐

Facial Marma
Great with: pedipuja, thai massage, intuitive

A touch of Shirodhara
Great with: abhyanga, intuitive

Feet kansu
Great with: Buddhattitude®, abhyanga, thai massage

BUDDHATTITUDE® BODY TREATMENTS

They are performed with our exclusive Buddhattitude® products, blend of pure Himalayan plant extracts.

Akasuri « *Rejuvenating water journey* » 105 min - 165 ☐
A total water experience, designed by the Buddha-Bar Spa, inspired by Korean and Japanese traditional arts of rubbing and cleansing: scrub, wrap, hair mud mask, hammam, massage and water sensations. Zesty purification!

Buddhattitude® scrubs « *Body degreasing* » 45 min - 65 ☐
Citrus & Spruce - detox
Lotus blossom and passion - nourishing
Angelica and ginseng - relaxing

Body bliss® wrap « *Detox wrap* » 45 min - 65 ☐
Nourishing and stimulation red mud mask - detox

Luminescence treatment « *For highly hydrated skin* » 50 min - 90 ☐
A massage followed by a luminous body wrap with nourishing cocoa butter. The final touch our brilliance powder, it's the ultimate in softening !

WAXING

Upper Lip	20 ☐
Eyebrows	20 ☐
Back / Chest	60 ☐
Bikini	30 ☐
Lower arm	30 ☐
Full arm	50 ☐
Thighs	40 ☐
Half Leg	40 ☐
Full Leg	60 ☐

Access to the wet area is included with the treatments.

* Our non-therapeutic massages are based on well-being.

We don't provide medical or paramedical care. All our treatments are not available for minors and pregnant women during the three first months of the pregnancy. A medical certificate will also be required for all the treatments done during the second and third quarters.