



Le Spa Caudalie



LES SOURCES DE VOUGEOT
BOURGOGNE

SPA CAUDALÍE

The experience begins in a spectacular setting. Beneath the magnificent centuries-old vaults of the chateau's former wine cellar, silent witnesses to the history of this place, time stands still, allowing for a moment of absolute serenity. Nestled between majestic columns, two pools mirror one another, inviting you to abandon all care. While one is ideal for a few laps of breaststroke, the other, with its soothing swan-neck water jet, is entirely dedicated to relaxation. Your gaze strays to the vaulted ceilings that arch above: here is a chance to steep yourself, literally as well as figuratively, in history - a rare privilege. It is in this

unique setting that the Caudalie Spa invites you to recharge, slow down and rediscover your inner vibrancy. In the past, the wine was stored here; today, it is the space where grape-based spa treatments are dispensed: a natural progression. It is here, in the expert hands of the "vinotherapists", that the grapes, those treasures of the vine, reveal their secrets. At Les Sources de Vougeot, well-being is an art of living, cultivated with the same care as a great vintage. Each moment is an invitation to awaken the senses, rest the body and regenerate the mind.

For the well-being of our guests staying on a cure, the indoor facilities of the Spa Caudalie are accessible with the booking of treatments or with a 2-hour Spa Access. (45 Euros per person, by reservation, subject to Spa availability).





Our rituals

Enjoy a moment of relaxation at our Spa Caudalie with a ritual combining several treatments, dedicated to overall well-being.

Full ritual

- A 30-min body scrub
- + a 50-min body massage
- + 50-min facial treatment
- 340 Euros Weekdays
- 380 Euros Sat-Sun

100% body ritual

- A 30-min body scrub
- + a 80-min body massage
- 270 Euros Weekdays
- 300 Euros Sat-Sun

Signature Sources ritual

- A 50-min facial treatment
- + a 50-min body massage
- 270 Euros Weekdays
- 300 Euros Sat-Sun

Ritual in duo

- A 20-min bath
- + a 80-min body massage
- 450 Euros Weekdays
- 480 Euros Sat-Sun



Caudalie facial treatments

A 80-min treatment priced at 195 Euros

Caudalie facial treatments relax the features and reveal a radiant skin thanks to a long, deeply relaxing massage. The face looks rested and the complexion feels fresh.

Premier Cru - Global Anti-Ageing

This exceptional treatment brings together the most powerful anti ageing ingredients to target all visible signs of ageing: wrinkles, dark spots and loss of volume. Through a deep manual facial massage combined with the Premier Cru Serum, fine lines and wrinkles are smoothed, the skin is refined and appears visibly more youthful.

Resveratrol-Lift - Anti-Wrinkle, Firmness

Combining Caudalift muscle stimulation technology with our patented Vine Resveratrol, this facial delivers instant results: fine lines and wrinkles are smoothed, the skin appears plumper and the complexion looks radiant.

Vinoperfect Radiance - Dark Spot Correcting

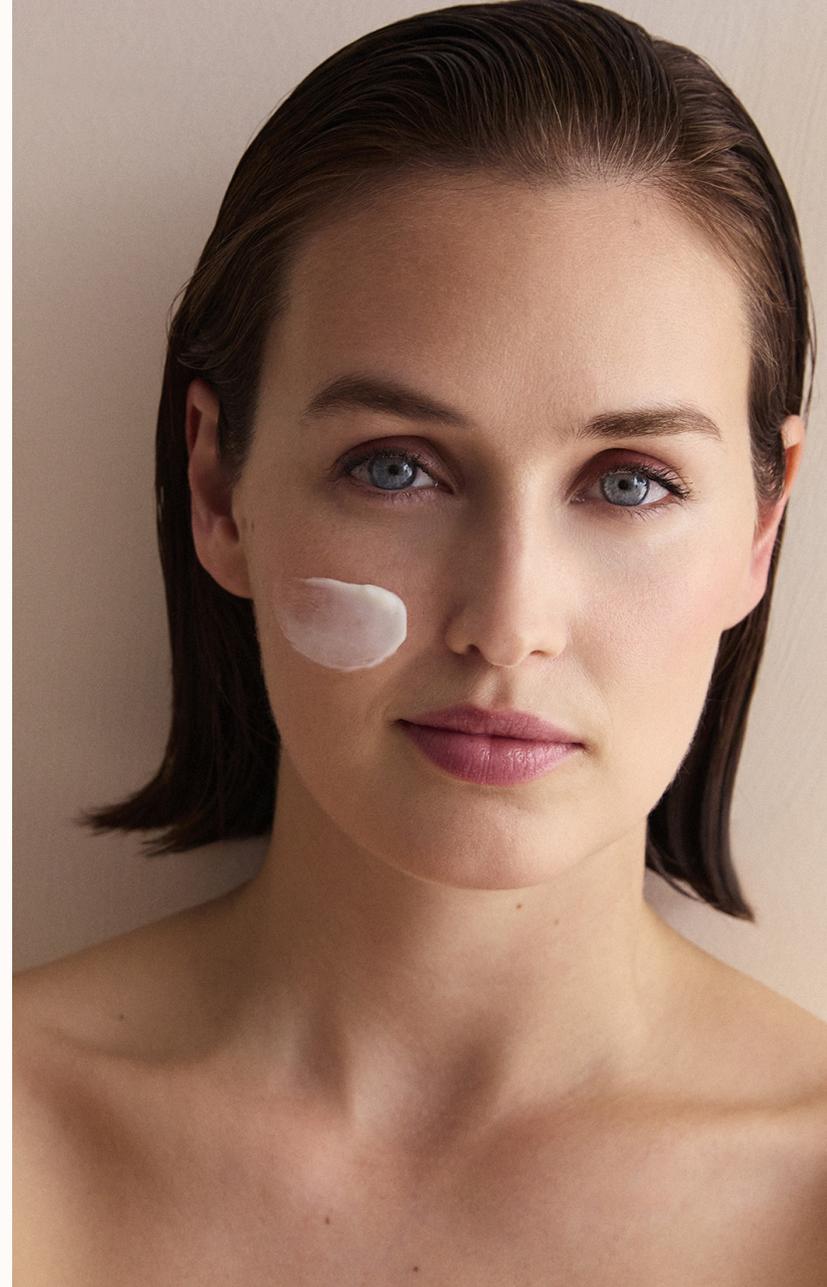
This facial corrects and helps prevent pigmentation spots. Enriched with our expert Viniferine formulas and combined with a hot and cold stone massage, the skin regains its natural luminosity, the complexion looks brighter and facial features appear visibly rested.

Vinohydra - Hydrating, Soothing

This facial deeply repairs, soothes and nourishes even the most dehydrated skin. A delicate fresh grape massage combined with our thirst quenching range restores absolute comfort, leaving the skin soft, soothed and beautifully plumped.

Vinopure - Purifying, Blemish Control

Ideal for combination to oily skin, this facial purifies the epidermis, tightens pores and refines skin texture. Following a deep cleanse and a purifying massage using natural salicylic acid, the skin regains balance, feeling fresh and visibly clearer.



All treatments are also available in a 50-min format at 155 Euros. Enjoy an exclusive 15 Euro saving on 50 or 80-min treatments from Monday to Friday.



Exclusive body treatment

A 80-min treatment priced at 195 Euros

A slow, deep and fully customized massage, our Signature Sources treatment releases tension, soothes the mind and rebalances the body through enveloping movements and gentle stretches.

All treatments are also available in a 50-min format at 155 Euros.

Enjoy an exclusive 15 Euro saving on 50 or 80-min treatments from Monday to Friday.





Caudalie body treatments

A 80-min treatment priced at 195 Euros

Vinothérapeute Massage - Relaxing

This full body massage combines slow, enveloping movements to stimulate circulation and deeply ease tension. Immediate results: intense relaxation, more supple and hydrated skin, and a true sense of letting go.

Deep Massage - Revitalising

A signature full body massage combining slow, deep techniques to release tension, stimulate circulation and revitalise the entire body. Immediate results: eased muscular tension, visibly more supple and hydrated skin, and a complete sense of renewed energy.

Winemaker's Massage - Energising

This signature Caudalie massage is inspired by the stages of winemaking. It alternates manual kneading and pressing techniques with targeted pressure using a winemaker's stick. It helps to activate blood circulation and improve muscle tone.

This treatment works deeply on the body's energy pathways, delivering a dual benefit to both the appearance of the skin and the overall sensation of relaxation.

Pregnancy Massage - Relaxation, Serenity

A gentle, cocooning massage that relieves pregnancy related tension, softly stimulates venous circulation, and improves skin hydration, tone and elasticity. It offers a moment of pure relaxation and well being to share with your baby to be. From 3 months of pregnancy.

All treatments are also available in a 50-min format at 155 Euros.

Enjoy an exclusive 15 Euro saving on 50 or 80-min treatments from Monday to Friday.

Additional treatments*

Crushed Cabernet body scrub - 30-min

This cult grape seed and six essential oils scrub leaves the skin smooth, soft and silky.

- 100 Euros Weekdays
- 115 Euros Sat-Sun

Grape Marc bath for two - 20-min

This bath provides deep relaxation thanks to hydro massage jets, enriched with grape marc extracts for a gentle exfoliating and antioxidant effect. A true radiance boost with an energizing bath oil made from orange, apricot and iris extracts, to be enjoyed together for a special shared moment.

- 105 Euros Weekdays
- 120 Euros Sat-Sun

Head or back massage - 20-min

This massage releases energy blockages and promotes deep relaxation. Simultaneous reactions throughout the body help rebalance the energies of the nervous system.

- 80 Euros Weekdays
- 95 Euros Sat-Sun

Express facial treatment - 20-min

Ideal for relaxing and enhancing your complexion's natural radiance.

- 80 Euros Weekdays
- 95 Euros Sat-Sun



Hydrodermabrasion Skin Cleansing - 30-min

A deep cleansing treatment combining micro and hydrodermabrasion with a serum and oxygen infusion, leaving the skin smooth, radiant, fresh and oxygenated.

- 80 Euros Weekdays
- 95 Euros Sat-Sun

Caudalift - 30-min

The ideal anti-ageing complement to our facial treatments, combining muscle stimulation technology for instantly visible results.

- 80 Euros Weekdays
- 95 Euros Sat-Sun

**All of these treatments are available as an add on to another treatment, a massage or a ritual.*



Weekday offer

Half-day at Les Sources for two

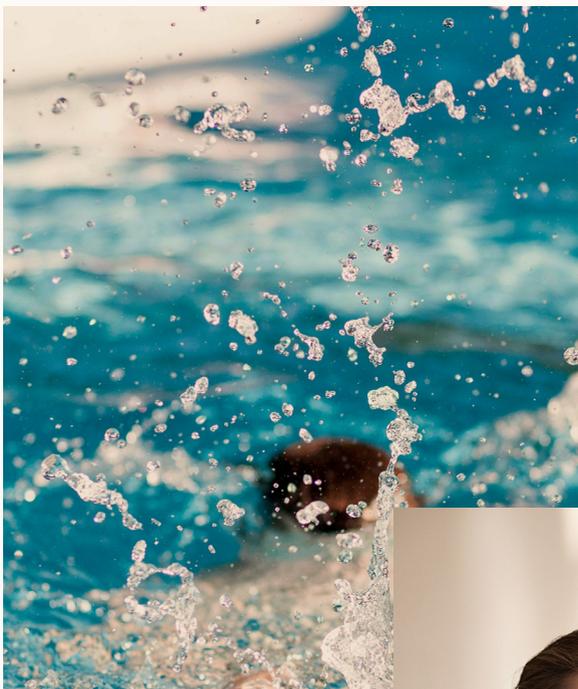
Enjoy a 50-min massage or facial treatment and lunch at L'Auberge des Cîteaux (daily menu, water and coffee included).

_ 360 Euros

Also available for one person at 180 Euros

From Monday to Friday. Upon availability and excluding public holidays.





Activities

Reserved for hotel guests

Bath access

By prior reservation

– 45 Euros per person for 2 hours

Fitness room

A fully equipped fitness room allows you to extend your well being or maintain your workout routine.

Personal sports coaching

By prior reservation

– 100 Euros per person for 1 hours



General terms and conditions

Check-in

We suggest arriving at the Spa 15 minutes before your scheduled appointment. In case of late arrival, your treatment time will be shortened by the length of the delay, out of respect for the next guests.

Pregnant women

Some treatments are not recommended during pregnancy. From the beginning of the third month, we recommend seeking advice from your doctor and informing us of your pregnancy when booking your treatments. Our Spa team will be happy to advise you on the most suitable treatments.

What to bring

Please bring your swimsuit. The Spa team will provide a bathrobe, towel and slippers.

Gift vouchers

We offer gift vouchers valid for 12 months for rituals or treatments, available at www.sources-vougeot.com. They can be downloaded directly, sent by mail or collected at the Les Sources de Vougeot reception desk.

Reservations

We recommend booking your treatments in advance. A credit card imprint is required as a guarantee for all reservations. Please contact us at least 48 hours in advance for any change or cancellation. After this time, the full amount will be charged.

For the comfort of our guests on spa programs, facilities are accessible only with a treatment booking of 80 minutes minimum and for a duration of one hour, or with a two-hour Spa Access by reservation and subject to availability (45 Euros per person).

Medical advice

If you have any health concerns, we recommend seeking medical advice.



Reservation

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Find us at

www.sources-vougeot.com