

SPA LE BRISTOL  
by LA MER



TREATMENTS MENU



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Welcome to Spa Le Bristol by La Mer — a precious escape where beauty meets the science of skincare.

Nestled in the heart of Le Bristol Paris, bathed in natural light and open onto the garden, the spa is a secluded haven where time seems to stand still.

### **La Mer – Excellence at the heart of every ritual**

As Le Bristol Paris' signature partner, La Mer embodies the ultimate sophistication in skincare. At the core of each treatment, its legendary elixir, **Miracle Broth™**, energizes and regenerates the skin, revealing a radiant, firm, and soothed complexion.

### **A curated collection of exceptional treatments**

Alongside La Mer, Le Bristol Paris brings together the finest names in luxury beauty:

- **Tata Harper**, with her green, holistic, high-performance approach to skincare
- **Kos Paris**, offering precious textures and captivating scents
- **Bonpoint**, with its tender, gentle treatments crafted especially for children's delicate skin

### **A bespoke approach**

From the texture of the cream to the precision of the touch, every detail is adapted to your needs, your desires, your skin. An intuitive, deeply personalized experience.

### **The luxury of taking your time**

Whether solo or as a duo, just for you or to share, Spa Le Bristol by La Mer offers a precious moment of well-being — one to enjoy fully, and to pass on to the youngest guests, who are also invited to discover their own moment of gentle care.





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When your skin meets excellence:  
expertise guided by extraordinary formulas.



## LA MER

Created by Dr. Max Huber, La Mer was born from a scientific and spiritual quest around the regenerative power of the sea. Its signature elixir, the **Miracle Broth™**, infuses each treatment with soothing and restorative energy, for visibly rejuvenated skin.

## Hydrafacial™

The Hydrafacial treatment detoxifies, regenerates, and deeply nourishes the skin for an exceptional glow. The patented technology cleanses, exfoliates, and intensely hydrates, promising renewed skin.

## Bonpoint

On the menu, tender concentrates for the most sensitive skin, inspired by the hypoallergenic, protective, and natural products of the Bonpoint range. Fluid cotton flower creams, oils, or natural serums with delicate orange blossom scents have inspired our expert teams, in close collaboration with Bonpoint, to create exclusive care protocols designed specifically for the well-being of both children and adults.



## TATA HARPER®

Tata Harper uses hundreds of high-performance ingredients sourced from her estate and from around the world to develop the freshest and most effective formulas in the natural skincare market, ensuring that no one sacrifices health for beauty. For Le Bristol Paris, Tata Harper has created an exclusive treatment menu. These treatments are designed to refresh, rejuvenate, and firm the skin, using natural and non-toxic products.

## KOS PARIS

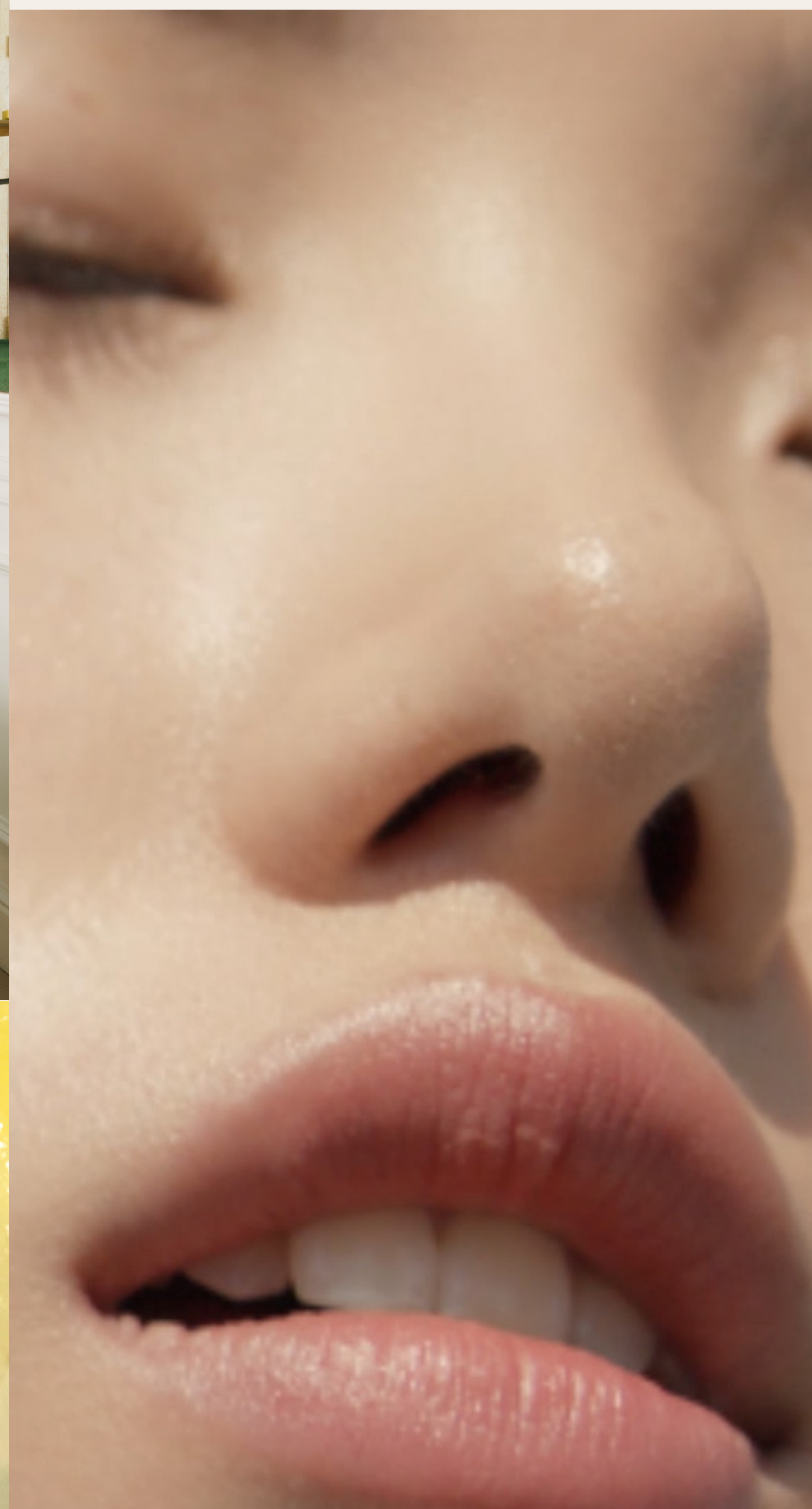
For Le Bristol, Kos Paris laboratory has exclusively created unique beauty products for the body and hair. These exceptional, high-end natural products form a signature line, evoking in precious concentrates the most iconic places of the Parisian Palace. Each one reflects Kos Paris's passion for the continuous search for rare plants with unique virtues, cultivated worldwide in an ethical approach that respects both the environment and the skin.





SPA PACKAGES





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Step into the most exclusive escape.  
More than a treatment — a timeless, all-encompassing  
experience in your private suite.





# SPA PACKAGES \_\_\_\_\_

## MIDNIGHT IN PARIS | Duo treatment | 4H | € 1500

- Two relaxing foot baths and scrubs with essential oils (20 min)
- Two Collection massages of your choice (85 min)
- Two La Mer facials (55 min)
- Private treatment room with hammam, whirlpool baths, and garden terrace (60 min)
- Two glasses of champagne with savory canapés by Chef Arnaud Faye

## JUST FOR HER | 4H10 | € 825

- Aromatic salt exfoliation (60 min)
- Collection massage of your choice (55 min)
- La Mer facial (85 min)
- Private treatment room with garden terrace (30 min)
- Glass of champagne with savory canapés by Chef Arnaud Faye

## JUST FOR HIM | 2H40 | € 635

- Deep Massage (55 mn)
- La Mer facial (55 mn)
- Scalp Massage (20 mn)
- Private treatment room with garden terrace (30 mn)
- Fresh fruit juice cocktail





# SPA PACKAGES \_\_\_\_\_

## PARISIAN GETAWAY | 3H10 | € 720

- Relaxing foot bath and scrub with essential oils (20 min)
- Collection massage of your choice (55 min)
- La Mer facial (85 min)
- Private treatment room with garden terrace (30 min)
- Le Bristol Signature Tea served with a pastry of the day from our Pastry Chef

## 100% FRESHNESS: ORGANIC PACKAGE | 3H10 | € 650

- Relaxing foot bath and massage (20 min)
- “Liquid Gold” body massage (55 min)
- Tata Harper facial (85 min)
- Private treatment room with garden terrace (30 min)
- Detox juice and snack by Chef Arnaud Faye

## FREE SPIRIT | 2H35 | € 595

- Hammam et Tata Harper essential oils (15 min)
- Lymphatic drainage massage (55 min)
- Tata Harper facial (55 min)
- Private room and Tata Harper tea tasting (30 min)





# FACIAL TREATMENTS





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Offer your skin the most precious gifts:  
the right touch, pure active ingredients, and a moment just for you.



# FACIAL TREATMENTS \_\_\_\_\_

## SIGNATURE TREATMENT LE BRISTOL PARIS

### **FACIAL ENERGY MASSAGE** | 55 / 85 MIN | € 320 / € 405

An innovative treatment that revitalizes skin cells and sculpts the facial muscles using energy techniques. Combining massage inspired by traditional Chinese medicine, acupressure, lymphatic drainage, and Kobido, this treatment stimulates meridians, enhances blood circulation, and boosts collagen production.

## LE BRISTOL PARIS ET LA MER

### **HARMONY FACIAL – RADIANCE & PURITY** | 55 / 85 MIN | € 280 / € 350

Reveal your skin's natural radiance with this exclusive La Mer ritual. After a unique double cleanse, this tailor-made facial balances, hydrates, and deeply revitalizes the skin. Your complexion regains clarity and freshness, and your skin appears brighter and thoroughly renewed.

### **VITALITY FACIAL – HYDRATING & REVITALIZING** | 55 / 85 MIN | € 280 / € 350

Enjoy a deeply hydrating and comforting experience designed to rejuvenate your skin and enhance its natural glow. At the heart of this ritual is the **Miracle Broth™**, La Mer's signature regenerating elixir, which revitalizes and plumps the skin, leaving it luminous and intensely moisturized.



# FACIAL TREATMENT\_\_\_\_\_

## SERENITY FACIAL – SOOTHING & COMFORTING

| 55 / 85 MIN | € 280 / € 350

Give your skin a moment of pure serenity with this treatment specially designed to calm, hydrate, and protect sensitive or weakened skin. Using gentle motions and the exclusive bio-fermented **Miracle Broth™** Concentrate, this expert ritual instantly relieves discomfort while deeply nourishing your skin.

## ETERNAL FACIAL – SCULPTING & LIFTING | 55 / 85 MIN | € 280 / € 350

An exceptional ritual crafted to redefine facial contours and reveal youthful skin. Thanks to expert techniques and highly concentrated formulas, the face, neck, and *décolleté* are visibly lifted and firmed. Each movement stimulates new collagen production, for a smoother, plumper, and more toned skin.

## RENAISSANCE FACIAL – ULTIMATE REGENERATION | 120 MIN | € 650

A bespoke, luxurious treatment centered on La Mer's prestigious **Genaissance** line—true masterpieces of bio-fermentation science and art. This opulent ritual delivers deep regeneration, intense relaxation, expert maneuvers, and powerful regenerating formulas. Skin radiance is restored, firmness is revived, and hydration is deeply renewed.





# FACIAL TREATMENTS \_\_\_\_\_

## LE BRISTOL PARIS ET TATA HARPER

### **BALANCING & RESTRUCTURING FACIAL | 55 / 85 MIN | € 270 / € 330**

This facial offers a truly immersive experience, taking you on a sensory journey. Incorporating a Tibetan bowl ritual and breathwork techniques, this treatment brings emotional relief and calms the mind. Based on facial mapping and kinetic massage, it boosts blood and lymphatic circulation, releasing tension and stress.

### **SOOTHING & RELAXING FACIAL | 55 / 85 MIN | € 270 / € 330**

This treatment uses lymphatic drainage and breathwork to relax and prepare you for a restful night's sleep. A calming and soothing facial ideal for irritated or inflamed skin. It helps restore the skin's defense system, offering a radiant complexion and a serene mind.

### **REVITALIZING & COCOONING FACIAL | 55 / 85 MIN | € 270 / € 330**

This rejuvenating facial combines three massage experiences to nourish and energize your skin and body. Begin with a back relaxation massage, followed by an oxygenating facial massage, and finish with a relaxing neck and *décolleté* massage. Your skin is deeply hydrated and oxygenated, glowing with health.



## FACIAL TREATMENTS —

### ILLUMINATING & ENERGIZING FACIAL | 55 / 85 MIN | € 270 / € 330

Inspired by **Ayurvedic tuning fork techniques**, this ritual targets key facial points to eliminate blockages and stimulate energy flow. Combining ancient massage methods with a natural peel, this treatment repairs, oxygenates, and strengthens the skin, revealing a luminous and refined complexion.

### CLARITY & PURITY FACIAL | 55 / 85 MIN | € 270 / € 330

This ritual begins with an energizing foot treatment that relieves aches, hydrates skin, and refreshes the legs. It continues with a facial using both manual massage and suction cups to purify and tone the skin.





# FACIAL TREATMENTS \_\_\_\_\_

## LE BRISTOL PARIS ET HYDRAFACIAL

Hydrafacial combines three actions: deep cleansing, peeling, and extraction for the deep infusion of hydrating, antioxidant, and nourishing active ingredients. The skin is clear and fully rehydrated.

### **HYDRAFACIAL DELUXE | 45 MIN | € 230**

A deep-cleansing, peeling, and extraction treatment that delivers hydrating, antioxidant, and nourishing actives. The skin is purified and intensely hydrated. This deluxe version includes a booster tailored to your skin's needs for immediate plumping and radiance. Perfect before an event.

### **HYDRAFACIAL PLATINUM FACIAL | 60 MIN | € 330**

A comprehensive anti-aging treatment that minimizes fine lines and wrinkles, tones, smooths, and firms the skin. Combining lymphatic drainage, a regenerative booster, and hyaluronic acid, the result is a radiant complexion.

HydraFacial can also be combined with:

### **HYDRAFACIAL + FACIAL ENERGY MASSAGE | From € 510**

### **HYDRAFACIAL + TATA HARPER | From € 325**



# FACIAL TREATMENTS \_\_\_\_\_

## SPECIFIC FACIAL TREATMENTS

### MÉTHODE RENATA FRANCA : MIRACLE FACE | 55 MIN | € 315

A facial massage that drains excess fluids, reorganizes tissues, and sculpts contours. Immediate lifting, detoxifying, and oxygenating effects. Stimulates collagen production for anti-aging benefits and visibly firmer, more sculpted skin.







BODY TREATMENTS





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Release tension, refine your silhouette, and reconnect with ultimate well-being.





# BODY TREATMENTS\_\_\_\_\_

## SIGNATURE MASSAGES

### DEEP ENERGIZING MASSAGE | 55 / 85 MIN | € 245 / € 305

A comprehensive bodywork treatment focusing on the deepest layers of muscle tissue. This massage relieves tension using warm-up techniques, kneading, and stretching. It promotes muscle recovery and reduces physical stress from everyday life.

### REGENERATING RELAXATION MASSAGE | 55 / 85 MIN | € 245 / € 305

Designed to harmonize body and mind, this massage provides a profound sense of relaxation and calm. After choosing from our purest oils, you'll enjoy a fully personalized massage tailored to your current needs.

### FOOT REFLEXOLOGY | 55 / 85 MIN | € 245 / € 305

Rooted in traditional Chinese medicine, this treatment begins with a soothing aromatherapy foot bath, followed by pressure point work along the meridians. It stimulates toxin elimination and restores energy flow, promoting total relaxation.



# BODY TREATMENTS\_\_\_\_\_

## TARGETED MESSAGES

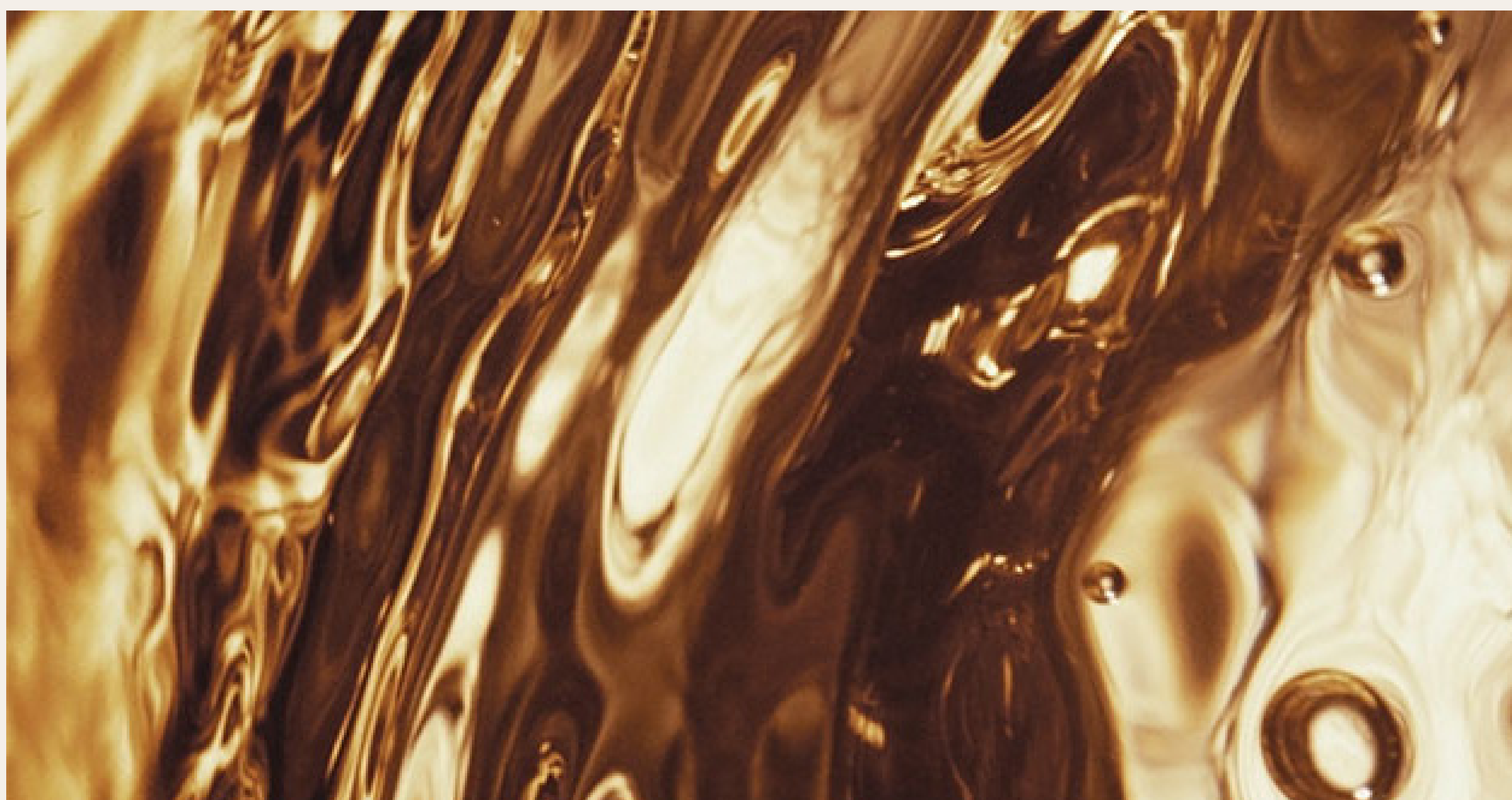
### **SLIMMING MASSAGE** | 55 / 85 MIN | € 245 / € 305

#### **Tata Harper Protocol**

A luxurious full-body massage with anti-aging and slimming properties. It smooths and firms the skin, improving elasticity and softness. A blend of murumuru butter, vitamins, and antioxidants tones and tightens the skin while deeply hydrating and relaxing.

### **BIO “LIQUID GOLD” BODY MASSAGE** | 55 / 85 MIN | € 245 / € 305

An ultra-soothing massage using Tata Harper’s exclusive “Liquid Gold” beauty complex, made from plants cultivated on her Vermont organic farm. Rich in vitamins, nutrients, and antioxidants, this treatment leaves skin nourished and calm, while boosting circulation for full-body well-being.





# BODY TREATMENTS \_\_\_\_\_

## SPECIALIZED MESSAGES

### PRENATAL BODY MASSAGE | 55 / 85 MIN | € 245 / € 305

The perfect wellness moment for expectant mothers. A full-body soothing massage with Tata Harper’s “Liquid Gold” oil to soften skin and relieve tension and heaviness. Techniques are specifically adapted for pregnant women. *(Available from the second trimester.)*

### OSTEOPATHIC OR PHYSIOTHERAPY MASSAGE | 55 / 85 MIN | € 280 / € 340

After identifying areas of tension or imbalance, our specialist applies osteopathic and physiotherapy techniques to bring muscular and joint relief. This targeted work provides lasting well-being.





# BODY TREATMENTS \_\_\_\_\_

## DRAINAGE & BODY SCULPTING

### VODDER METHOD – LYMPHATIC DRAINAGE

| 55 / 85 MIN | € 315 / € 385

A draining massage that stimulates elimination processes and boosts metabolism. This deep detox enhances the feeling of well-being and refines the silhouette.

### RENATA FRANCA METHOD – DRAINAGE OR REMODELING

| 55 / 85 MIN | 315 € / 385 €

A natural and effective method that stimulates the lymphatic system, promoting detoxification, weight loss, blood circulation, and cellulite reduction. Characterized by precise pressure and specific movements.







# BODY TREATMENTS —

## SIGNATURE RITUALS

### LE VOYAGEUR DU BRISTOL – 4-HAND MASSAGE

| 55 / 85 MIN | € 315 / € 415

An exceptional moment of synchronized relaxation. Four expert hands use broad and deep movements to release all tension. Hot towel compressions and the signature Kos Paris oil fragrance enhance the feeling of well-being. Also improves joint mobility.

### RESTRUCTURING & BALANCING RITUAL | 110 MIN | € 395

#### Tata Harper Protocol

Begins with the Tibetan bowl ritual for instant serenity, followed by a full-body exfoliation and a nourishing honey-pomegranate wrap. A relaxing body massage completes this deeply cocooning experience.

### BODY RESURFACING TREATMENT | 85 MIN | € 325

#### Tata Harper Protocol

A full-body scrub followed by the application of a resurfacing serum to smooth and hydrate the skin. The ritual ends with a Gua Sha stone massage to relieve tension and enhance lymphatic drainage. Firms and tones for a lifting effect.



# BODY TREATMENTS \_\_\_\_\_

## BODY EXFOLIATION

### AROMATIC SALT SCRUB | 60 MIN | € 235

Begins with warm Kos Paris oil application, followed by a scrub using sea salts and oils selected based on your needs. Circular motions remove dead skin and stimulate circulation, leaving your skin radiant and soft.

### ORGANIC BODY SCRUB | 60 MIN | € 235

Made with five biodegradable exfoliating particles, this 100% natural Tata Harper scrub smooths and softens the skin while stimulating it. The result: supple, bouncy, and glowing skin.

*NB: Holistic session reservations must be made 48 hours in advance at the reception of Spa Le Bristol by La Mer.*







# BONPOINT CHILDREN'S TREATMENTS



## CHILDREN'S TREATMENTS \_\_\_\_\_

### **FAIRY FACIAL** | 30 MIN | € 130

A delightful and musical journey into the world of skincare. This joyful introduction to facials emphasizes the sensations of textures and movements, letting the child be carried away by storytelling and music. *(For children aged 6 to 12)*

### **DREAM ESCAPE** | Duo treatment | 60 MIN | € 480

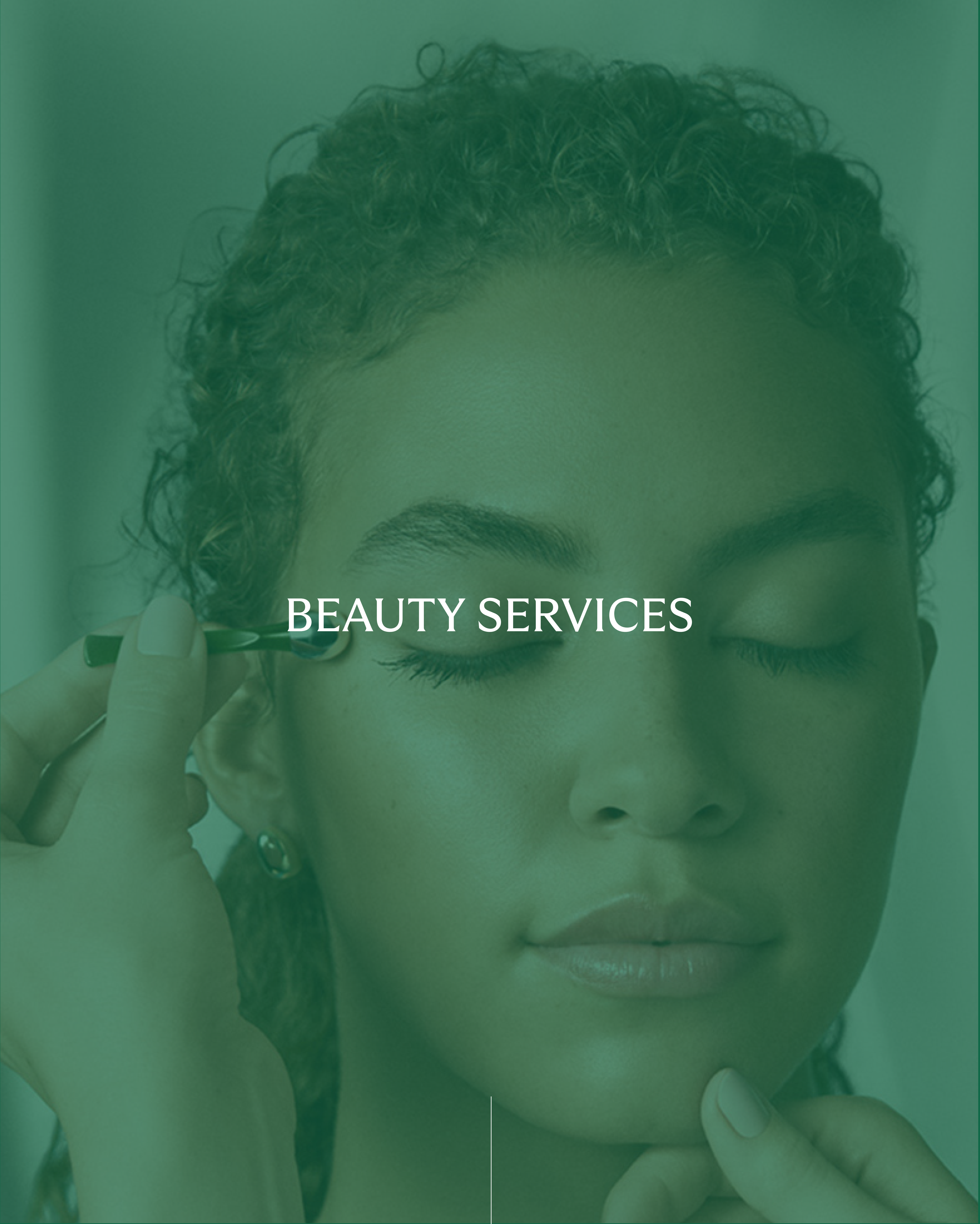
A shared moment where parent and child experience a treatment together. Children learn the importance of breathing and the benefits of facial and body care. Parent and child receive the same treatment. *(For children aged 6 to 12)*

### **MAGICAL GETAWAY** | Duo treatment | 90 MIN | € 510

A moment of total escape and one-on-one wellness with your child, ending with a snack created by our Pastry Chef. A delicious pause filled with calm and indulgence. *(For children aged 6 to 12)*











# BEAUTY SERVICES \_\_\_\_\_

## HAND & FOOT BEAUTY

**Classic Manicure** | 25 MIN | € 75  
(Nail shaping, cuticles, base coat)

**Spa Manicure** | 45 MIN | € 125  
(Nail shaping, cuticles, exfoliation, hand massage, base coat)

**Classic Pedicure** | 25 MIN | € 75  
(Nail shaping, cuticles, base coat)

**Spa Pedicure\*** | 60 MIN | € 125  
(Shaping, exfoliation, callus treatment, cuticles, massage, base coat)

**Classic Nail Polish – 1944** | € 45

**French Polish** | € 50

**Semi-permanent Manicure or Pedicure – vegan 1944** | € 130

**Semi-permanent Manicure or Pedicure – OPI** | € 140

## MAQUILLAGE

**Make-up Artist** | 60 MIN | From € 280

*\* All pedicure treatments are purely cosmetic and have no medical purpose.*





## BEAUTY SERVICES \_\_\_\_\_

### HAIR REMOVAL

**Full Legs** | 45 MIN | € 135

**Half Legs** | 25 MIN | € 95

**Arms** | 25 MIN | € 85

**Underarms** | 15 MIN | € 65

**Bikini** | 30 MIN | € 85

**Brazilian / Full Bikini** | 50 MIN | € 145

**Eyebrows / Lip / Chin** | 15 MIN | € 50

**Back** | 45 MIN | € 105

### TINTING & LASH LIFT

**Eyelash Tint** | 15 MIN | € 75

**Eyebrow Tint** | 15 MIN | € 75

**Lash Lift + Tint** | 60 MIN | € 230

### HAIRDRESSING\*\*

**For women and men**

**Haircut** from € 185

**Blow-dry** from € 220

**Shampoo & Blow-dry** from € 250

**Styling** from € 300

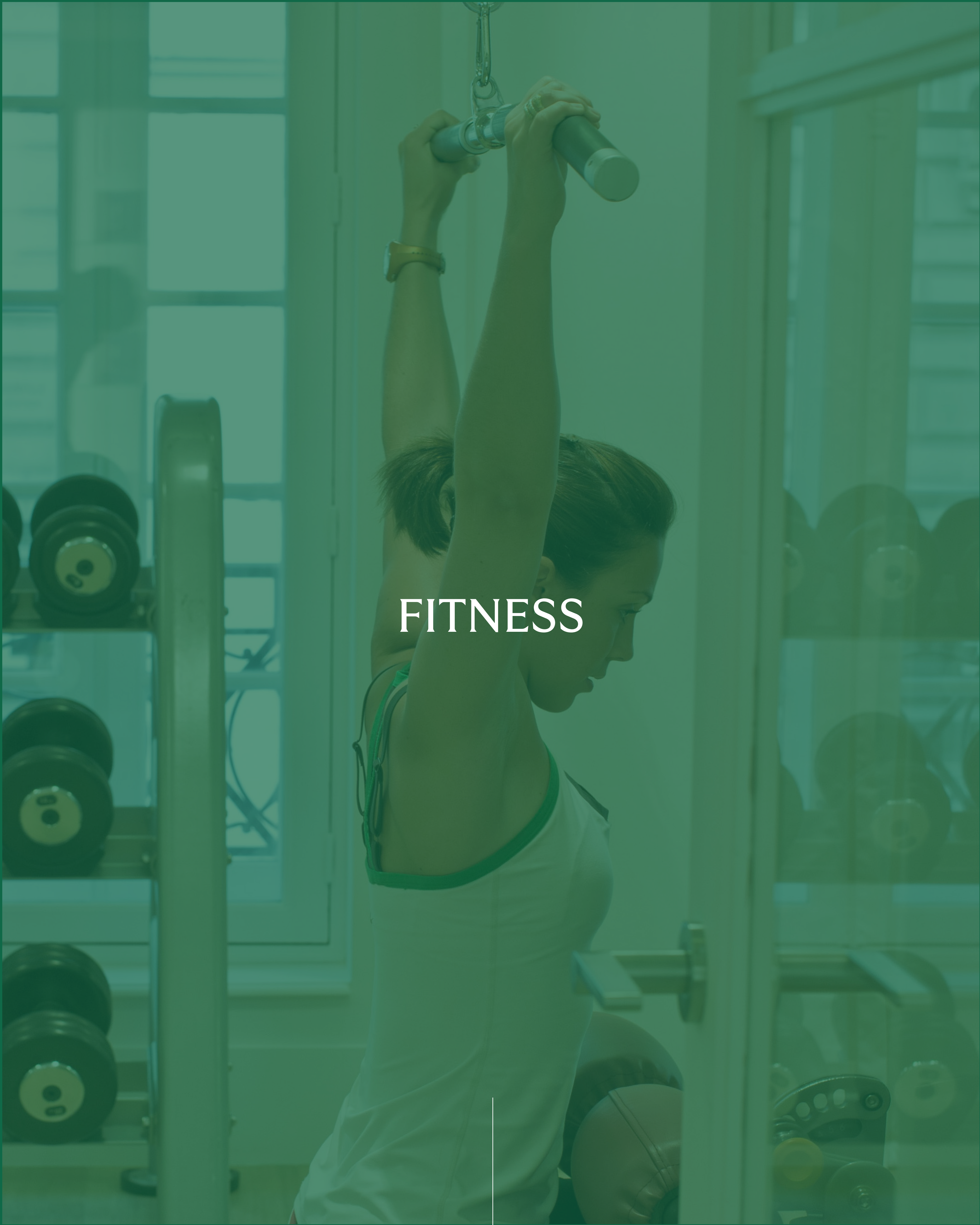
**Bridal Hair Trial** from € 280

**Bridal Hair** from € 420

**Specific treatment on request** from € 180

*\*\* All hair services are available in-room upon request.*





FITNESS





EXCLUSIVELY FOR HOTEL GUESTS

# FITNESS \_\_\_\_\_

## PERSONALIZED FITNESS SESSION WITH PRIVATE COACH

| 60 MIN | € 175

Our coaches offer custom fitness programs tailored to your goals—whether you’re looking to improve performance or stay on track while away from home.

## OUTDOOR CIRCUIT | 60 MIN | € 175

Step outside your routine with fitness sessions in iconic Paris locations. Our experienced coaches create programs that combine discovering Paris with achieving your fitness goals.

## REHAB STRECHING | 60 MIN | € 175

Stretching sessions help release tension and improve flexibility through slow, controlled movements. Ideal to relieve jet lag and reset body and mind.



EXCLUSIVELY FOR HOTEL GUESTS

## FITNESS \_\_\_\_\_

### YOGA | 60 MIN | € 175

Our instructors offer a discipline that promotes both physical and spiritual well-being. Yoga helps relieve tension, enhances flexibility, and fosters mental clarity and perseverance.

### PILATES | 60 MIN | € 175

A method inspired by yoga, dance, and gymnastics that strengthens deep muscles and improves posture and balance. Principles: concentration, control, core, breathing, flow, and precision.







ROOFTOP SWIMMING POOL





EXCLUSIVELY FOR HOTEL GUESTS

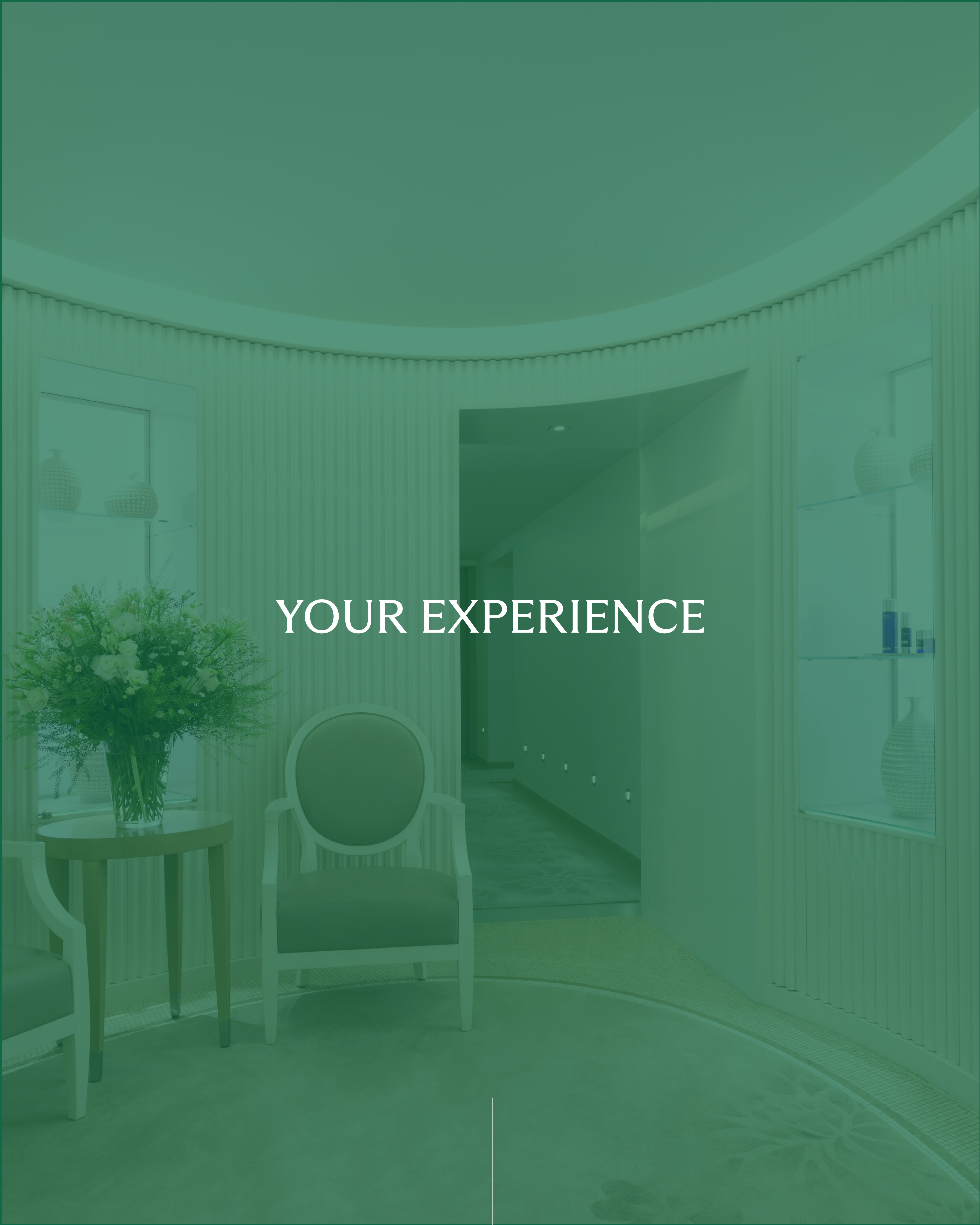
# ROOFTOP SWIMMING POOL

## ROOFTOP SWIMMING POOL

Located on the hotel’s 6<sup>th</sup> floor, with stunning views of Sacré-Cœur and the Eiffel Tower, the pool at Le Bristol Paris offers an exceptional setting for relaxation throughout your stay.







## YOUR EXPERIENCE





## YOUR EXPERIENCE \_\_\_\_\_

Fitness room and swimming pool: daily from 6:30 AM to 10:30 PM

Spa Le Bristol by La Mer: daily from 9:00 AM to 9:00 PM

### ARRIVAL AT THE SPA

We recommend arriving 30 minutes before your appointment to relax and enjoy the spa facilities. Late arrivals will reduce the duration of your treatment, which will still be charged in full.

### GIFT VOUCHERS

A moment of absolute relaxation at the Spa Le Bristol by La Mer is the perfect gift for any occasion. Gift certificates are available at the spa or online.

### SPA BOUTIQUE

To extend your experience, a boutique is available at the spa reception. You'll find the products used during treatments, as well as a selection of swimwear and accessories.

### HEALTH CONDITIONS

Please inform us of any health concerns, allergies, or injuries when booking. A health questionnaire must be completed prior to any treatment. Ensure that using the hammam presents no health risks. Heat is not recommended for people with high blood pressure, circulatory problems, asthma, or respiratory difficulties.





## YOUR EXPERIENCE \_\_\_\_\_

**Fitness room and swimming pool: daily from 6:30 AM to 10:30 PM**

**Spa Le Bristol by La Mer: daily from 9:00 AM to 9:00 PM**

### FITNESS

Personal trainers are available for private sessions. Book at least 48 hours in advance to secure your preferred time. Children under 16 must be accompanied by a parent or responsible adult.

### SPA PACKAGES

For more information about Spa Le Bristol by La Mer packages or group offers, contact us at +33 (0)1 53 43 41 67.

### PREGNANCY

We offer treatments specially designed for expectant mothers. Our spa team can help you choose the most appropriate care. Treatments are available from the second trimester.

### PERSONAL BELONGINGS

The spa is not responsible for lost or damaged personal items. Please store valuables in the safe provided in your treatment room, locker, or hotel room.

### POOL

The pool is located on the 6<sup>th</sup> floor and is strictly reserved for hotel guests. Children under 16 must be accompanied by a parent or guardian. Robes, towels, and slippers are provided.





## YOUR EXPERIENCE \_\_\_\_\_

**Fitness room and swimming pool: daily from 6:30 AM to 10:30 PM**

**Spa Le Bristol by La Mer: daily from 9:00 AM to 9:00 PM**

### CANCELLATION POLICY

For cancellations or changes, please inform us by 9:00 pm the day before your appointment. After this deadline or in case of a no-show, the full treatment price will be charged. For delays over 30 minutes, a €50 fee will be charged for every 30-minute segment.

### HYGIENE POLICY

To ensure safety and cleanliness, all equipment is disinfected and sterilized after each use.

### RESERVATIONS

We strongly recommend booking at least 2 days in advance. For non-resident guests, a credit card is required to confirm bookings.

### IN-ROOM SERVICES

Massages, manicures, and pedicures can be done in-room upon request. Press the “Spa” button on your in-room phone. A €50 surcharge per treatment applies.

For treatments outside regular spa hours:

- 50% surcharge between 7:00–9:00 am or 9:00–11:00 pm
- 100% surcharge between 11:00 pm and 7:00 am





## YOUR EXPERIENCE

Fitness room and swimming pool: daily from 6:30 AM to 10:30 PM

Spa Le Bristol by La Mer: daily from 9:00 AM to 9:00 PM

## MOBILE PHONES

To maintain a serene environment, please switch off or silence your devices.

## ATTIRE

Hotel guests are encouraged to come to the spa in robes. Disposable underwear is provided for treatments. Swimsuits are available for purchase at the spa reception. Sports shoes are required in the fitness area.

## CHANGING ROOMS

Changing rooms are available with robes, slippers, and all necessary amenities.



[WWW.OETKERHOTELS.COM](http://WWW.OETKERHOTELS.COM)

## Le Bristol Paris

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