



# TREATMENTS AND MESSAGES

2021

## OPENING HOURS

Wednesday to Sunday from 10 a.m. to 6 p.m.  
Treatments from 10:30 a.m. to 6 p.m.

## RESERVATIONS

071.31.71.19  
[wellness@goldenlakeshotel.be](mailto:wellness@goldenlakeshotel.be)  
[www.goldenlakeshotel.be/wellness](http://www.goldenlakeshotel.be/wellness)

## ADDRESS

Route de la Plate Taille, 51  
BE-6440 Froidchapelle

# **A HAVEN OF PEACE**

## TO THE SERVICE OF YOUR WELL-BEING

On the shore of the Plate Taille lake, the SPA-Wellness centre of the Golden Lakes Hotel opens the doors to its intimate space, a magical place where body and mind can escape.

Treat yourself to a moment of profound relaxation during your stay at Golden Lakes.

Come and recharge your batteries in our SPA where you can enjoy saunas, a steam room, a jacuzzi and a swimming pool with various water attractions, all of which will guide you to serenity and inner harmony.

Everything has been designed and created to guarantee your well-being.

Unwind in our relaxation room with a view of the outdoors and the beauty of the location or on our terrace to soak up the sun by the lake.

With two rooms, the treatments and massages area welcomes you for a pure moment of well-being for your body.

Awaken your five senses with a beauty, relaxation, or fitness treatment.

Face and body treatments, well-being rituals and massages will be provided by experienced professionals who are attentive to your needs.

## ACCESS TO THE **SPA - WELLNESS**

Relaxation and meditation area, sauna, steam room, jacuzzi, shower circuit and indoor pool with various water attractions.

Intimate space for up to 14 people.

Only on reservation.

Possibility to privatise the whole SPA on request.

**2 h / 30€**

3h30 / 45€ - Full-day / 60€





## FLOAT SPA

*“ A FLOAT SPA SESSION IS EQUIVALENT TO 4 OR 5 HOURS OF SLEEP. ”*

How about treating your stress by taking a dip in a very salty bath like a mini-Dead Sea?

Unique in Wallonia, a session in this floatation bath, the Float Spa, provides a long-lasting, relaxing and deeply revitalising effect.

This «floating cocoon» filled with water heated to body temperature and saturated with salt provides a feeling of weightlessness.

The unique combination of atmospheric lighting and relaxing music pushes you towards an exceptionally deep sleep.

In addition, the salt water has a healing effect on your skin. You emerge from this miraculous cocoon as if resurrected.

### **THE SESSION**

60 min : **60 €**

## MASSAGES

Our two treatment rooms welcome you for a pure moment of well-being for the body.

### **LA PLAGES DU LAC**

A relaxing massage with warm oils, deep and focused on the back of your body (back, neck, head, legs, and feet).

**30' - 48 €**

### **LE CIEL DU LAC**

A soothing massage with warm oils, deep and focused on the front part of your body (face, skull, stomach, arms, legs, and feet).

**30' - 48 €**

### **LE RETOUR DE BALADE**

A dynamic and invigorating massage of the legs and feet to encourage the circulation of heavy legs using a toning oil scented with essential oils.

**30' - 50 €**







## MASSAGES

### **D'STRESS DOS**

A therapeutic back massage to relieve back, neck and lumbar pain and reduce stress and migraines.

**30' - 50 €**

### **LES GALETS CHAUDS DU LAC**

Stone therapy combined with aromatherapy is an excellent combination for well-being. This back massage is performed with stones heated to 60 degrees, a real invitation to sleep in the warmth.

**30' - 51 € | 60' - 96 €**

### **AUX POUCHONS D'HERBES THAÏ**

An extremely relaxing back (30') or body (60') massage. The warm linen of the bags optimises the absorption of the herbs by the body. An ideal treatment for people suffering from stress and looking for ultimate relaxation.

**30' - 57€ | 60' - 108 €**

## MASSAGES

### **LE CORPS TONIFIANT**

Fluid and energetic movements that take you into a state of perfect plenitude. A massage based on essential oils that promotes muscle work and relaxation to tone the whole body. Recommended for hikers, athletes, and people with circulation problems.

**60' - 100 €**

### **LE GOLDEN MASSAGE**

Our signature. A holistic body massage for a total and deep relaxation of the muscles and the mind, which releases tensions and offers you a moment of well-being.

**60' - 90 €**

### **LE SUR-MESURE**

A diagnosis with your masseuse will be made before the treatment to provide you with the best massage that will perfectly meet your expectations, your needs, and your tastes.

**60' - 110 €**





## SCRUBS

### **APRICOT KERNEL BODY SCRUB**

A must in the body scrubs, the apricot kernels leave the skin velvety soft and deeply cleansed. The natural hardness of the kernels effectively removes dead skin cells and restores the skin's tone and radiance, while preparing it for the application of your skin care products. A must for reviving dull or blotchy complexions and making your skin soft.

**30' - 55 €**

### **BLACK SOAP AND EUCALYPHTHUS SCRUB**

This dynamic «Narjis» scrub with black soap and kessa gloves is part of the hammam ritual. Originating from the Essaouira region in Morocco, black soap is a 100% natural exfoliating product, rich in vitamin E which eliminates dead skin and toxins. It purifies the skin and moisturises it in depth.

**30' - 65 €**

## TREATMENTS

### **FOOT TREATMENT - TOTAL WELL-BEING**

A moment of pure relaxation with this relaxing formula combining a succession of 4 treatments:

- Foot bath with essential oils and Dead Sea salts.
- Foot scrub with apricot kernels.
- Foot massage with cream enriched with essential oils of mint.
- Intensive hydration foot mask

**60' - 105 €**

*DUO cabin treatment for 2 people: 180 €*

### **BACK TREATMENT - ORIENTAL**

A deeply relaxing programme that relieves pain and eliminates muscular tension:

- A scrub with eucalyptus soap and kessa glove.
- A back massage with warm Argan oil and its anti-pain essential oils.
- A back mask with Rhassoul under a heating blanket.

**60' - 110 €**

*DUO cabin treatment for 2 people: 190 €*







## TREATMENTS

### **FACIAL - GOLDEN SPECIAL**

An exceptional facial treatment adapted to your skin type and needs.

A range of specific products and treatments will allow you to recover the rest, comfort, and softness of your skin.

This treatment combines the varied scents and textures of orange blossom, rose, honey, rosemary, and mint.

An extremely relaxing, calming treatment that will leave your skin feeling extremely soft.

**60' - 98 €**

*DUO cabin treatment for 2 people: 165 €*

## PACKAGES

### ACCESS TO THE SPA AREA AND VARIOUS TREATMENTS

Opt for one of our wellness packages including a range of treatments and access to the SPA-WELLNESS area.

The different packages offered guarantee you a moment of pure relaxation in an exceptional space conducive to relaxation and well-being.

### “DUO” PACKAGES

Escape as a couple for a few hours by booking one of our packages designed for couples.

### **VOYAGE SUR «L'EAU NOIR»**

- Back scrub with black soap and Kessa gloves.
- Zen back massage with orange blossom oil.
- Marrakech tea served on a relaxation bed.

Access to the SPA area for 2 hours after your treatments.

**90' - 138 €**





## PACKAGES

### **LA BALADE DU ROSSIGNOL**

- Dead Sea salt and peppermint foot bath.
- Fresh lemon/peppermint leg scrub.
- Circulatory leg massage.

Access to the SPA area for 2 hours after your treatments.

**90' - 145 €**

### **VOYAGE SUR L'EAU D'HEURE**

- Relaxing facial with massage.
- Foot care (scrub, mask, and massage)
- Tea served on a relaxation bed.

Access to the SPA area for 2 hours after your treatments.

**120' - 182 €**

*DUO package for 2 people: 319 €*

## PACKAGES

### **LA BALADE DU BALLONNET**

- Relaxing facial with massage.
- The «floatation bath» session.
- Back massage.
- Tea served on a relaxation bed

Access to the SPA area for 2 hours after your treatments.

**150' - 205 €**

### **LA BALADE DE LA CRIQUE DU GRAND OUPIA**

- The back scrub with exfoliating citrus fruits.
- Back massage with hot stones.
- Green clay back mask.
- Relaxing face treatment.
- The glass of bubbles.

Access to the SPA area for 2 hours after your treatments.

**180' - 244 €**

*DUO package for 2 people : 419 €*





## **GENERAL** INFORMATION

To make the most of your trip to our wellness area, the Golden Lakes Hotel provides you with information:

### **OPENING HOURS**

The centre is open from Wednesday to Sunday from 10am to 6pm by reservation only.

During school holidays and public holidays, the centre is open every day from 10am to 6pm.

### **RESERVATION**

Access only on reservation via our online reservation platform available on our website: [www.goldenlakeshotel.be/wellness](http://www.goldenlakeshotel.be/wellness)

If you encounter any difficulties during the online booking process, you can contact our team either by e-mail at

[wellness@goldenlakeshotel.be](mailto:wellness@goldenlakeshotel.be) or by phone at +32(0)71.31.71.19.

### **GIFT VOUCHERS**

Gift vouchers are available and offered on our online booking platform. You can choose between the following amounts: 25€, 50€ or 100€.

## **ACCESS CONDITIONS AND MINIMUM AGE REQUIREMENTS**

Access to all our facilities requires the wearing of a swimming costume. The minimum age for access to the SPA is 16 years.

## **DURATION OF TREATMENTS AND MASSAGES**

The indicated durations include the installation and the time necessary for rest in certain treatments. .

## **CANCELLATION AND REFUND POLICY**

For any modification or cancellation of an appointment, please inform us at least 24 hours in advance. Otherwise, you will be charged for the entire service.

## **PHYSICAL CONDITION AND PREGNANT WOMEN**

Our treatments and massages are non-therapeutic and non-medical rituals of well-being and relaxation. If you are pregnant or suffer from any health problems (circulation problems, allergies, asthma, skin diseases...), it is your responsibility to inform our staff, as some of our treatments may not be recommended.

The Golden Lakes Hotel offers an elaborate massage for expectant and new mothers.



Golden Lakes Hotel

LACS DE L'EAU D'HEURE | ARDENNES



SPA WELLNESS



WELLNESS@GOLDENLAKESHOTEL.BE