



The Spa Menu – 2025



Our Products

All the products used during your treatments are available for purchase at the spa reception.
We invite you to speak with our therapists for personalized advice.

PAYOT

PAYOT, founded in 1920 by Dr. Nadia Payot, was born in the intimate setting of the first French beauty salons. She brought her expertise to serve women by blending science with sensoriality.

In the 1950s, she created the PAYOT Method, a choreography of 42 movements inspired by dance and her friend, the famous ballerina Anna Pavlova—a revolutionary approach that gave birth to the concept of the facialist.

For over 100 years, the laboratory has combined natural extracts with cutting-edge molecules to create treatments that are both effective and sensorial: melting textures, subtle fragrances... Each product reinvents the beauty ritual with elegance and efficiency.

Too Fruit

The Made in France Brand for Kids

TooFruit is the first certified organic French dermatological brand dedicated to hygiene and skincare for children aged 3 to 12.

It selects the best active ingredients from fruits to create perfect formulas that meet the desires and needs of children.

With natural, delicious scents, the products are made of 99% natural ingredients, free from parabens, sulfates, and silicones.



A close-up photograph of a woman's back and shoulder. A hand is resting on her right shoulder. A large, light gray, stylized letter 'S' is overlaid on the image, serving as a watermark. The word 'Treatments' is written in a dark, elegant serif font across the middle of the image.

Treatments



Treatments MASSAGES

Traditional Oriental Relaxing Massage

Massage inspired by Oriental tradition, working on the whole body.
Eliminates toxins and muscle pain to restore a state of well-being.

50mn - €115

Invigorating Indian Ayurvedic Massage

Inspired by ancient Indian tradition, this invigorating massage alternates varied rhythms.
Relieves muscles, promotes deep sleep, and leaves the skin silky.

50mn - €115

Swedish Massage

Combines firmness and gentleness. Its toning and relaxing effects enhance blood circulation
and detoxification.

50mn - €125

Foot Reflexology

A complementary therapy targeting various disorders through foot pressure.
Helps release tension and correct body dysfunctions.

50mn - €115

Deep Sports Massage

Deep tissue massage, ideal for body recovery after a personal coaching session or a golf
course.

50mn - €125

Custom Massage

Create your 100% personalized massage during a consultation with your therapist, for a
unique wellness experience.

30mn - €65

50mn - €125

80mn - €170



Treatments MASSAGES

Lymphatic Drainage or Wood Therapy

Helps refine the silhouette and boost the immune system. Massage performed with our draining oil. For greater effectiveness, you can choose to add our slimming complex.

1 session

60mn - €135

5 session package

€640 (-5%)

10 session package

€1215 (-10%)

Special MOMENTS

Can be combined with any other treatment as you wish.

Detoxifying Body Scrub

25mn - €60

Eye Fatigue Relief Treatment – Payot

15mn - €25

Trattamento Rilassante per le Mani – Payot

15mn - €25

Relaxing Hand Treatment – Payot

15mn - €25



Treatments and massages PAYOT FACIAL

The PAYOT Method

A legendary 42-movement choreography imagined by Nadia Payot, the first facialist of her time, for a toning and relaxing effect.

30min - 60€

FACIALIST Expertise – Lift & Radiance

A powerful manual sculpting treatment using quartz tools.

75min - 135€

SMOOTH Expertise – Finesse & Correction

60min - 125€

MY PAYOT Expertise – Glow & Vitality

A vitamin-rich illuminating treatment with açai and goji berries.

60min - 125€

NEOSERUM Expertise – Regenerating

Made with Ginkgo Biloba leaves and boosted with hyaluronic acid, pro-collagen, and niacinamide, this treatment smooths, evens, and brightens the skin.

40min - 85€



Packages DAYA



Packages DAYA

“Golf & Relaxation” Package

1 green fee (18 holes)
1 daily lunch menu
1 custom 50-min massage

€160

“Escape Day” Package

1 meal on the spa terrace (main course + dessert + drink)
1 PAYOT expert facial (60 min)
1 detoxifying body scrub
1 custom 50-min massage

€310

“Moment of Relaxation” Package

1 glass of champagne
1 custom 50-min massage
1 meal at our restaurant (main course + dessert + drink)

€160

“Namasté” Package

Let go of body and mind with a private yoga session (60 min), followed by a 30-min custom massage

11 person- 90mn - €165

Duo (2 adults) - 90mn - €280

Annual Wellness Pass

Unlimited access to the relaxation area and fitness room
10% discount on spa treatments and activities
1 free entry for a guest (with reservation, once only)
1 complimentary “special moment” treatment + 1 welcome gift
€175/month for 11 months

175€/mois sur 11 mois

Kids' SPA

Ages 5 to 12

TOOFRUIT
Les soins pour enfants

*The first certified organic French dermatological brand for hygiene and skincare for children up to 12 years old**



Kids' SPA

My Sweet Little Face

The first organic facial for children. Maintains skin vitality and hydration, respecting the child's skin and facial structure.

30mn - €50

My Relaxing Moment

The first organic massage for children. Encourages relaxation, rest, and self-confidence while respecting the child's privacy.

30mn - €50

My Pretty Little Hands

The first organic hand massage for children. Hand relaxation followed by a nail polish application.

15mn - €20

Parent–Child Connection

A private 30-minute yoga session followed by a 30-minute massage. A shared moment of relaxation that fosters bonding, communication, and connection.

60mn - €210



General terms AND CONDITIONS OF SALE

Access:

The spa is open every day from 9 a.m. to 7 p.m.

Spa access includes:

- Indoor pool
- Indoor and outdoor relaxation areas
 - Jacuzzi
 - Hammam
- Fitness room

Pets are not allowed inside the spa.

Reservation and Cancellation :

Full payment is required at the time of booking.

For your comfort, we recommend arriving at least 15 minutes before your treatment begins.

In case of late arrival, if our schedule does not allow for an extension, your treatment duration will be shortened to avoid delaying the next guests.

Any cancellation must be made at least 24 hours in advance. Otherwise, a new appointment may be offered depending on availability.

No refund or rescheduling will be granted if no alternative slot can be proposed.

Minors :

Anyone under the age of 15 must be accompanied by a parent inside the spa.

Minors must be accompanied by a parent during treatments in cabins.

Children are the sole responsibility of their accompanying adult, especially in wet areas (pool, jacuzzi, hammam).

Armbands are available on request at the spa reception.

Attire :

A bathrobe and flip-flops will be provided upon arrival.

Disposable underwear will be provided for any full-body massage.

Towels are available in the relaxation area.

Please note that swimwear is mandatory in all wet and relaxation areas.

The spa is not responsible for any loss or theft of jewelry or valuables.

Etiquette :

Please note that smoking is prohibited inside the spa.

To preserve a peaceful atmosphere, guests are asked to maintain quiet.

Mobile phone use is not permitted inside the spa; please set your device to silent.

For everyone's safety and well-being, running or shouting in relaxation areas is not allowed.

Any inappropriate behavior toward staff or other guests may result in early dismissal or exclusion from the facility.

Health :

Please inform us of any medical issues (allergies, cardiovascular problems, low blood pressure, pregnancy, etc.) at the time of booking.

For your safety, we reserve the right to refuse services if your health condition is not compatible with our treatments.



Tel : +33 4 94 19 60 36

spa@ledaya.com

1308 route du golf,

Roquebrune-sur-Argens

ledaya.fr