



Spa Menu - 2025



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**Each treatment booking grants you exclusive access to our indoor and outdoor wellness areas. Our treatments and massages are dedicated to relaxation and harmony of the body, and are not intended for therapeutic or medical purposes.*

From September to May, spa access is also available without a treatment, by reservation only and subject to availability (2h - €50)

Our Partner Brands

Green Spa

*DAYA Spa has chosen Green SPA for its high-end, organic, and natural cosmetic products, **made in France, vegan, and environmentally friendly**.*

*Each product is a perfect fusion of **science and nature**, with ideal textures and captivating fragrances that turn beauty routines into luxurious, sensorial experiences.*

*What makes Green SPA unique is its commitment to using **natural and organic ingredients**, in a quest for excellence certified by the prestigious **COSMOS Organic label, awarded by Ecocert**.*

*Moreover, the fragrances offer a truly **sensorial experience**: a unique olfactory signature that leaves an unforgettable impression. The brand collaborates with **Grasse master perfumers**, who use their expertise to craft exceptional compositions. The rarest and most precious essences are carefully selected to create perfumes that elevate every treatment.*

PAYOT

Founded in 1920 by Dr. Nadia Payot, PAYOT was born in the intimacy of the first French beauty salons.

She dedicated her expertise to women, blending science and sensuality. 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 revolution that gave birth to the modern facial concept.

For over 100 years, the laboratory has combined natural extracts and advanced molecules to create treatments that are both effective and sensorial: melting textures, delicate scents... each product reinvents the beauty ritual with elegance and efficiency.

TooFruit

*The Made in France
brand for kids*

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

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

The products, with their natural and delicious scents, are made with 99% natural ingredients, and are free from parabens, sulfates, and silicones.



Treatments



MASSAGES

Traditional Relaxing Massage

Relaxing massage working on the entire body.
Eliminates toxins and muscle pain to restore a state of well-being.

50min - 115€

Invigorating Ayurvedic Massage

This revitalizing massage alternates between various rhythms.
Relieves muscle tension, promotes deep sleep, and leaves the skin silky smooth.

50min - 115€

Swedish Massage

Combines firmness and softness. Its toning and relaxing effect stimulates blood circulation,
eliminates toxins, and promotes deep muscle relaxation and stress relief.

50min - 125€

Foot Reflexology

Complementary therapy that treats various ailments by applying pressure to the feet.
Helps release tension and restore the body's natural balance.

50min - 115€

Deep Sports Massage

Deep tissue massage, ideal for muscle recovery after private
coaching or a golf session.

50min - 125€

Tailor-Made Massage

Create your 100% personalized massage during a consultation
with your therapist, for a unique moment of relaxation.

30min - 65€ | 50min - 125€ | 80min - 170€

PAYOT *Body Rituals*

Back Treatment

A combination of purifying and relaxing
techniques: skin cleansing, exfoliation,
impurity extraction, detox mask, and
massage.

45min - 80€

Restorative Stretching

A blend of Thai-inspired stretching
techniques. Ideal for sports recovery and
releasing deep fatigue.

30min - 65€



BODY *Treatments*

Scrubs

Delicious Almond Scrub by PAYOT

30min - 60€

Organic Natural Scrub (scent of your choice)

30min - 60€

Wraps

Detoxifying Algae Remineralizing Wrap

25min - 50€

PAYOT Cocooning Wrap

25min - 55€

Slimming Wrap

25min - 50€

Treatment Boosters + **5€**

Patented Slimming Active | CBD Relaxing Active

Special MOMENTS

Can be added to any other treatment for a personalized experience.

+ 15min - 25€

Cranial Massage

PAYOT Eye Fatigue Relief

PAYOT Hand Relaxation Treatment

PAYOT Comforting Foot Treatment

PAYOT *Facials*

The PAYOT Method

A legendary choreography of 42 movements created 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€

LISSE Expertise – Smoothness & Correction

A smoothing peel treatment with AHA and blue chaste tree extract.

60min - 125€

MY PAYOT Expertise – Glow & Vitality

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

60min - 125€

SOURCE Expertise – Freshness & Hydration

An intense hydrating treatment with hyaluronic acid and cryospheres.

60min - 125€

NEOSERUM Expertise – Regenerating

Formulated with ginkgo biloba leaves, boosted with hyaluronic acid, pro-collagen, and niacinamide, this treatment smooths, evens out, and brightens the skin.

40min - 85€

SLIMMING *Treatments*

Lymphatic Drainage

Manual Vodder Method

A gentle, rhythmic technique that stimulates lymphatic circulation, eliminates toxins, and reduces water retention. A precise, soothing, and detoxifying treatment for an immediate sensation of lightness.

Wood Therapy (Maderotherapy)

An ancestral technique from South America, maderotherapy uses wooden instruments to stimulate circulation, flush out toxins, and smooth the silhouette. A natural, toning, and effective treatment that combines deep well-being with visible results.

Cellulite-Reducing Massage

A natural massage technique designed to improve skin texture, reduce the appearance of cellulite, and tone the skin.

1 session

60mn - 135€

Course of 5 massages

640€ (-5%)

Course of 10 massages

1215€ (-10%)

Heavy Legs Relief Treatment

A targeted massage combined with a cryo wrap, ideal for stimulating circulation and instantly bringing a sensation of lightness to tired legs.

30min - 60€

PACKAGES

“Me Time“

A 50-minute tailor-made massage
A scrub or body wrap of your choice
(excluding PAYOT) – 25 min

75min - 160€

“Relaxation Moment“

1 glass of champagne
1 tailor-made massage – 50 min
1 meal at our restaurant

160€

“Escape Day“

1 meal on the spa terrace (main dish + dessert + drink)
1 PAYOT facial expertise – 60 min
1 body detox scrub
1 tailor-made massage – 50 min

310€

“Let Go Ritual“

A 50-minute tailor-made massage
A scrub of your choice (excluding PAYOT) – 25 min
A wrap of your choice (excluding PAYOT) – 25 min

1h40 - 200€

“Golf & Relaxation“

1 green fee – 18 holes
1 daily menu
1 tailor-made massage – 50 min

230€

“Namasté“

A complete release of body and mind
through a private yoga class (60 min)
followed by a 30-minute tailor-made

1 person – 90 min – €165

2 adults – 90 min – €280

Annual Wellness Pass

Unlimited access to the relaxation area and fitness room
10% discount on spa treatments and activities
1 complimentary entry for a guest (to be used with the member, once, upon reservation)
1 complimentary “Special Moment” treatment
1 welcome gift

175€ / month for 11 months

KID'S Spa

For children aged 5 to 12 years

TOOFRUIT
Les soins pour enfants

The first French dermatological brand certified organic for children's hygiene and skincare up to age 12.



KID'S Spa

My Sweet Little Face

The first organic facial for kids. Maintains the skin's vitality and hydration while respecting the child's unique skin morphology.

30mn - 50€

My Relaxing Treatment

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

30mn - 50€

My Pretty Little Hands

The first organic hand massage for kids.
Relaxation and hand massage followed by nail polish application.

15mn - 20€

Parent-Child Bonding

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

60mn - 210€



The Beauty Salon

*Our beauty salon offers a selection of treatments to care for yourself daily or for special occasions.
Each treatment includes 2 hours of access to the spa's wellness area for guests who are not
staying at the hotel.*

Hands & Feet

Nail Polish Application

Classic nail polish **15min - 20€**
Semi-permanent polish **30min - 45€**
Removal of semi-permanent polish **10min - 15€**

Foot Beauty

Nail care (shaping and cuticle work), foot soak, scrub, hydrating massage, base coat application **45mn - 55€**

Hand Beauty

Nail care (shaping and cuticle work), hand soak, hydrating massage, base coat application **45min - 50€**

Calluspeeling Treatment

Anti-crack and callus treatment, hydrating massage, nail care, and base coat application **45min - 55€**

Waxing

Face

Eyebrow shaping - **20€**
Maintenance - **15€**
Upper lip - **15€**
Chin - **15€**

Body

Underarms - **30€**
Half arms - **30€**
Half legs - **30€**
Thighs - **30€**

Body

Classic Bikini - **40€**
Brazilian Bikini - **50€**
Full Bikini - **60€**

Body

Back- **45€**
Chest- **45€**
Full Legs - **45€**

Packages

Face Package - Any 3 facial zones: **-10%**
Body Package - Half legs + bikini + underarms: **-10%**
Body Package - JFull legs + bikini + underarms: **-15%**

Hair Services

Women

Shampoo – Cut – Blow-dry

Short hair - **60€**
Long hair - **75€**

Shampoo – Blow-dry

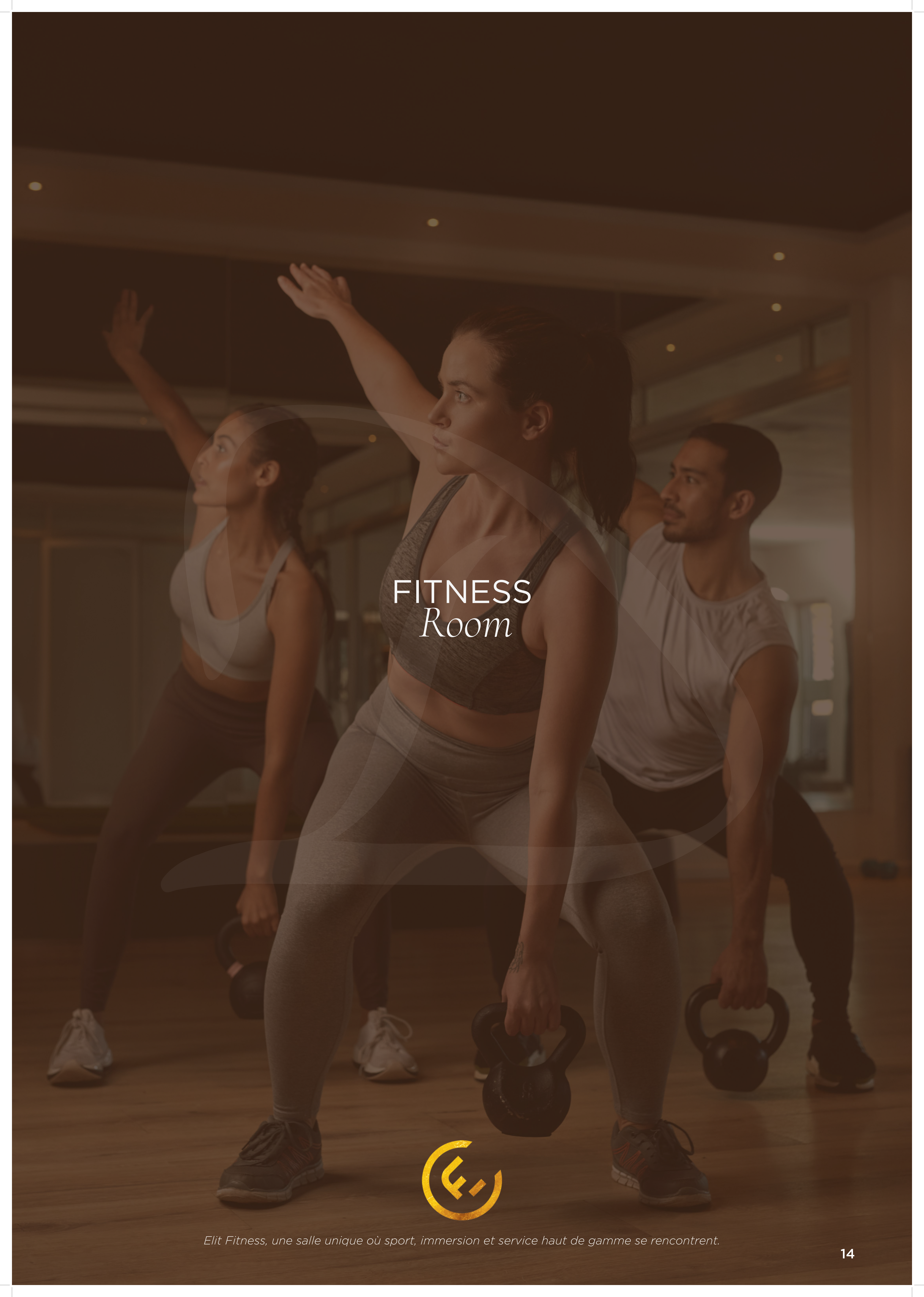
Short hair - **35€**
Long hair - **45€**

Hair treatment (add-on) - **15€**

Men

Shampoo – Cut - **35€**
Shampoo – Cut – Blow-dry - **45€**

Other services – **upon request**

A photograph of three people in a gym setting, performing a kettlebell exercise. They are in a wide stance, holding kettlebells with both hands, and their arms are raised. The image has a warm, brownish tint. A large, semi-transparent, stylized 'E' logo is overlaid in the center. The text 'FITNESS Room' is centered over the logo.

FITNESS Room



Elit Fitness, une salle unique où sport, immersion et service haut de gamme se rencontrent.

Sports in Partnership with ELIT FITNESS

PRIVATE COACHING at Daya

1 session

80€

Package of 10 sessions

720€

(1 session free)

GROUP CLASSES at Daya

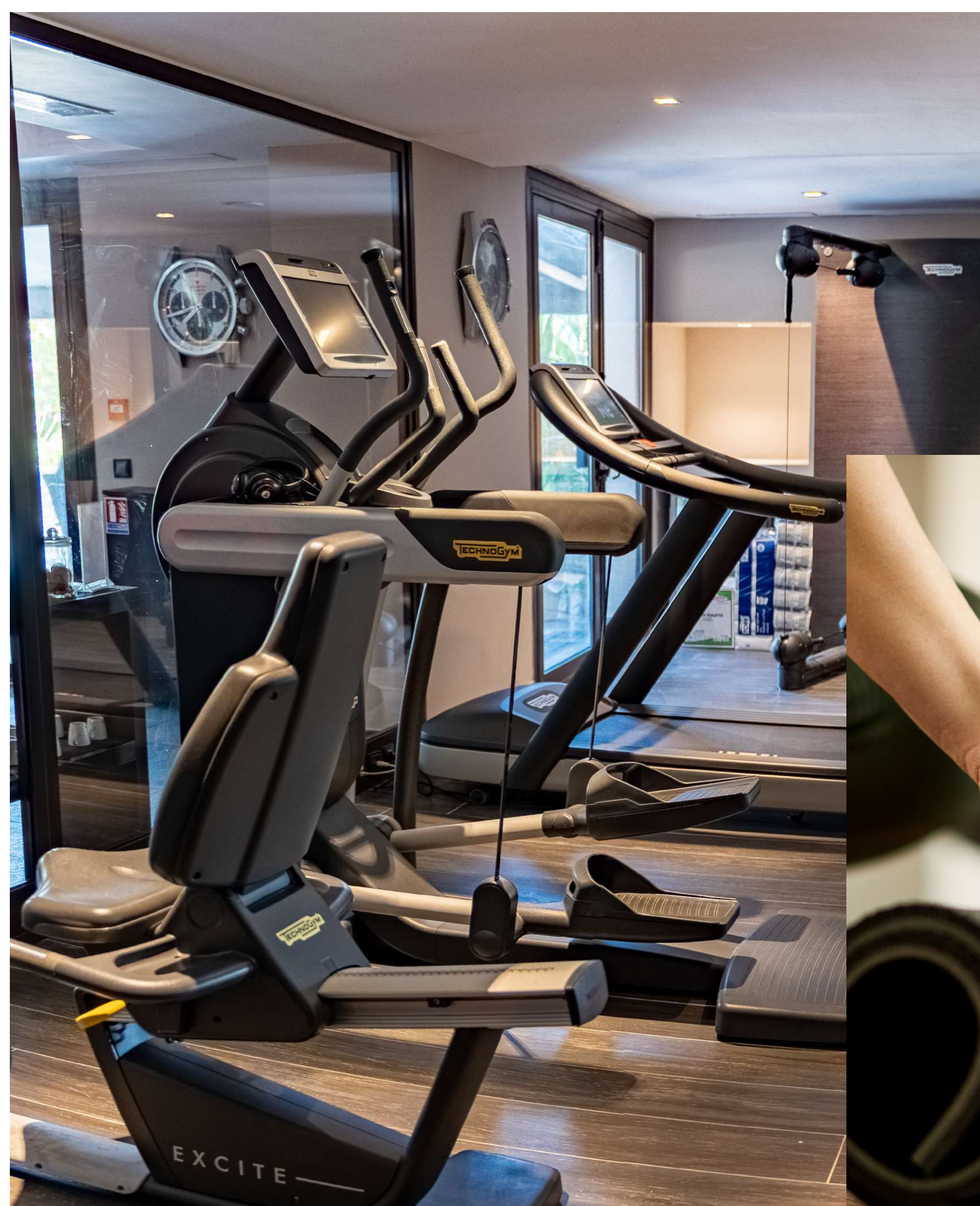
Once a month, Elit Fitness and Daya invite you to share an exclusive, intimate class around various themes including yoga, Pilates, relaxation, and well-being.

Reservation required

For information on the schedule:

spa@ledaya.fr

04 94 19 60 36





GENERAL TERMS AND CONDITIONS

Access:

The spa is open daily from 9 am to 7 pm.

Spa access includes use of:

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

Animals are not allowed within the spa premises.

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.

In case of late arrival, if our schedule does not allow for an extension, your treatment time will be shortened so as not to delay subsequent appointments.

Any cancellation must be made at least 24 hours before the appointment; a new date will then be offered to you. A refund may be granted if no other appointment can be arranged.

Minors:

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

A parent must be present during cabin treatments.

Children remain under the full responsibility and supervision of the accompanying parent, especially in wet areas (pool).

Access to the fitness room is strictly forbidden for minors under 15, even if accompanied.

Armbands are available on request at the spa reception.

Attire:

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

Disposable underwear will also be provided for any body treatment or massage.

Towels are available in the relaxation area.

Swimwear must be worn in all wet and relaxation areas.

The spa cannot be held responsible for any jewelry or valuables brought onto the premises.

Etiquette:

Please note that smoking is strictly prohibited inside the spa.

To maintain a harmonious atmosphere, please respect the quietness of the area.

Phone calls are not allowed in the spa, and we kindly ask that you switch your devices to silent mode.

For the safety and comfort of all guests, running and shouting are prohibited in the spa.

Any inappropriate behavior toward our staff or other clients may result in the early termination of the treatment and removal from the premises.

Health:

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

For your comfort and safety, we reserve the right to refuse certain treatments if we consider that your state of health is not compatible with the service.



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Le Daya Hôtel et Spa

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