



MAISON DES AMBASSADEURS

- LA ROCHELLE -

SPA



43 Rue du Minage 17000 La Rochelle
spa@maisondesambassadeurs.com
05 46 28 06 02



Welcome

At the Spa of the 5-star hotel La Maison des Ambassadeurs, nestling in the heart of La Rochelle.

A timeless interlude, where luxury and serenity combine to offer you an experience of absolute well-being.

A haven of peace in the heart of elegance.

Here, every ritual is an invitation to travel. Our massages, inspired by the traditions of the world, are true sensory experiences, where every gesture, every scented note and every melody transports you to a world of absolute relaxation.

Exceptional treatments suspended in time, where body and mind are brought into harmony in an intimate, soothing setting.

An unrivalled moment of relaxation.



Practical information

Opening hours

Open every day from 10am to 8pm

Treatment duration

The treatment duration indicated corresponds to the actual duration.

We reserve the right to shorten it if the customer is late.

Modifications and cancellations

In the event of cancellation less than 24 hours in advance or in the event of no-shows on the website, full payment for the service initially booked will be required.

Health

Our massages are body modelling, beauty and well-being treatments, non-therapeutic and non-medical.

External customers

Access to the well-being area only 2 hours - 45€

Access to the well-being area in addition to a treatment 2 hours - 20€.



EQUATORIA

PARIS



Equatoria

- Awakening the senses around the world -

At La Maison des Ambassadeurs Spa, we've chosen Equatoria to enhance your massages and well-being rituals.

This French brand is 100% natural, with no parabens, mineral oils, silicones or artificial colourings.

It was created by travel and wellbeing enthusiasts who wanted to capture the essence of ancestral rituals through skin care products with exquisite textures and enchanting scents.

Each product is designed as an invitation to escape, by selecting precious natural active ingredients and rare plant oils from the four corners of the globe. A perfect alchemy of nature and pleasure.

Telling a story, that of a country, a culture, an art of living.



O
WAY



Oway

- Innovation in the service of nature -

At the Spa de La Maison des Ambassadeurs, we chose Oway for our facial treatments.

This Italian brand uses biodynamic agriculture.

This method is based on the natural cycles of the moon and the sun, to encourage the natural power of plants by harvesting them at the ideal time, when the concentration of nutrients is at its highest.

Oway has chosen to grow its own ingredients on a farm called Ortofficina. Our products are free from pesticides, chemical fertilisers, silicones, parabens and sulphates.

It's also the first brand to have completely banned plastic and introduced infinitely recyclable glass and aluminium packaging.

An avant-garde brand that combines luxury, performance and ecological commitment.



Total immersion - The ultimate sensory experience -

Each treatment has been designed to offer you an immersive experience :

Exclusive playlists for each of our massages and their rituals. Melodies selected to plunge you into the heart of the world's ancestral traditions and cultures.

For our Duo massages, if your desire for relaxation does not take you to the same destination, a neutral relaxation playlist will be played so as not to impact on each person's inner journey.

And to awaken all your senses. For our massages, we use Equatoria nectars, precious oils with enchanting scents, carefully chosen for each country.

Let yourself be carried away by this enchanted interlude, where every treatment is an escape, every moment an absolute luxury. A moment when body and spirit reconnect with what's essential.



Our world massages

60 min 115€ - 90 min 155€

Hot Stone Massage - Magmatic intensity
(seasonal treatment from September to April)

Hot stone massage is a technique for massaging and positioning volcanic basalt stones on the body. These stones were created by the extreme heat of the earth's magma, then brutally cooled by the sea. The basalt stone accumulates the heat wonderfully, becoming a bubble of muscular relaxation that neutralises negative energies.

Lomi-Lomi massage - The way of water

This fluid, rhythmic massage, inspired by the ebb and flow of ocean waves, is performed with the forearms for a feeling of total envelopment and relaxation. Monoi and tiare oil diffuse a sun-kissed fragrance that awakens a feeling of softness and escape. Melodies of waves and rain sticks.



Balinese massage - The power of the elements

An enveloping massage that combines deep kneading, gentle stretching and acupressure to release tension and stimulate energy circulation based on the elements of air, water and fire, associated with three vital points.

The nervous, digestive and hormonal systems.

This treatment concludes with a sitting part, known as the "awakening phase".

Mango and passion fruit oil diffuse a sunny fragrance, evoking the beaches of Bali.

Traditional Balinese Suling flute melodies.

Japanese massage - At the heart of tradition

Inspired by Shiatsu, this massage rebalances energy flows through precise pressure along the body's meridians, joints and muscles, plunging you into a state of deep meditation. Jasmine and camellia flower oil soothe the senses.

Traditional Japanese melodies and chants.

Sabi Sabi massage - Energy from Africa

Inspired by ancestral South African rituals, this massage combines powerful, deep movements to relax tense muscles and stimulate blood circulation.

This massage is performed mainly on the legs. Warm shea and baobab oils intensely nourish the skin, while spicy, woody notes transport your senses to the African savannah. Melodies of traditional instruments and African songs.



Our specific massages

L'Authentique Ambassadeur

30 min 75€ - 60 min 120€ - 90 min 160€ - 120 min 220€

A personalised treatment designed just for you. Our practitioner selects the best massage techniques, modulating the intensity and manoeuvres according to your needs and desires.

Mother-to-be massage - Prenatal harmony - 60 min 120€
from the 4th month of pregnancy

This massage provides the deep relaxation you've been looking for. It relieves tension in the back and promotes blood circulation in the legs. This massage allows the mother-to-be to connect with her body and her baby in serenity.

Children's massage - A tender age - 30 min 75€
from 4 to 14 years old

A moment of relaxation adapted to the youngest. Carried out with a neutral oil that respects your children's delicate skin. These gentle, enveloping strokes encourage sleep and relieve the tension associated with growing up.



Our scrubs and wraps

45 min 80€

Our scrubs

They gently exfoliate, removing dead cells and promoting cell renewal for silky-smooth skin.

An application of the Nectar corresponding to the scrub chosen will be applied at the end of the treatment to restore your skin's hydrolipidic film and protect it from external aggressions.

Our wraps

They intensely nourish and remineralise the skin thanks to natural active ingredients with moisturising and regenerating properties.

Your wrap will be applied on a heating mat to allow your skin's pores to dilate, so that the active ingredients inside the preparation are better absorbed.



Japanese ritual :

- Scrub : using salt scented with green tea, for purified, radiant skin.
- Body wrap : comforting, applied warm to optimise comfort and relaxation.

African ritual :

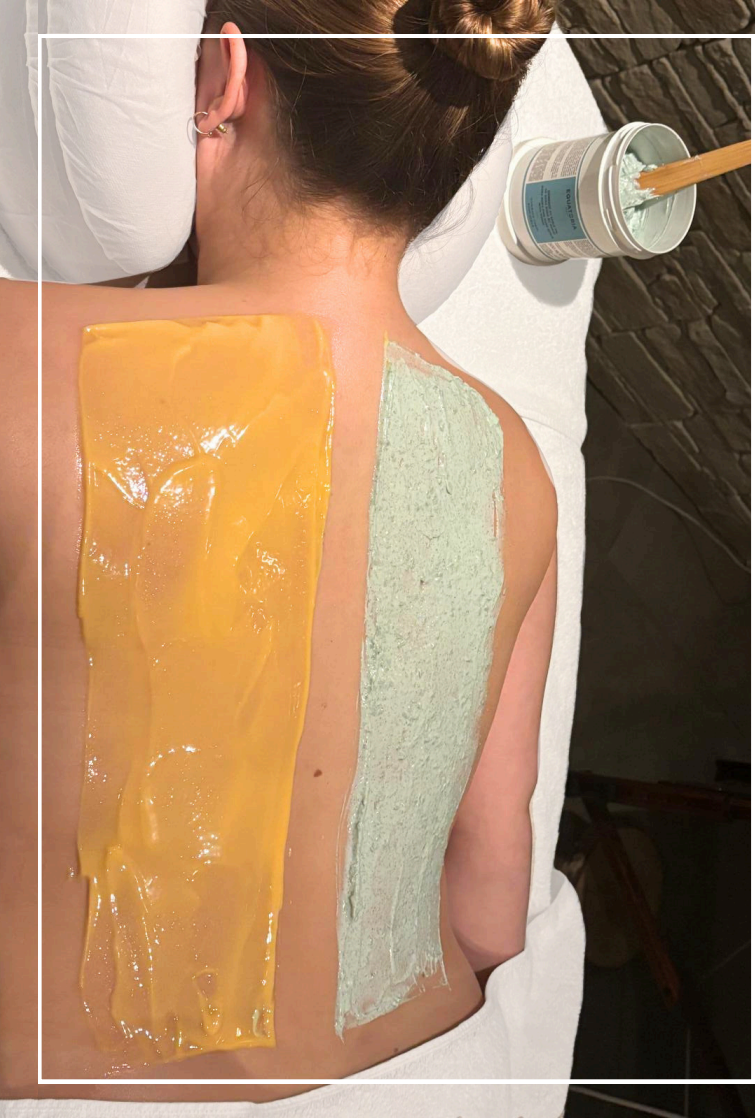
- Scrub : enriched with baobab seeds and scented with marula, a precious African nut, for gentle, nourishing exfoliation.
- Body wrap : Relaxing, a nap of well-being with relaxing essential oils, this body wrap is a real concentrate of serenity.

Polynesian ritual :

- Scrub : an exotic blend of fine Bora Bora sand and coconut, scented with monoi for sublimated, satin-smooth skin.
- Body wrap : nourishing, rich in mango and shea butter, this wrap has an occlusive effect, allowing your skin to release toxins and nourish deep down.

Balinese ritual :

- Scrub : with brown sugar and sweet orange, for a delicious and invigorating exfoliation.
- Body wrap : anti-stress, with Acerola, a wild cherry nicknamed the 'tree of health', loaded with vitamins C and magnesium to help overcome any loss of energy.



Our World Rituals - The ultimate sensory experience -

Well-being Ritual - 90 min 170€

This ritual consists of a body exfoliation and a 60-minute world massage adapted to your Ritual.

Supreme Ritual - 120 min 200€

This ritual consists of a body exfoliation, followed by a body wrap that brings an immediate sensation of comfort and well-being to your body, and finishes with a 60-minute massage.

Treat yourself to a moment of escape and let our treatments sublimate your skin and soothe your mind.



Our Facial Treatments

60 min include a manual massage
and a Gua Sha stone massage.

Discovery treatment - 30 min 70€

An express break to give your skin the essentials. This non-massage treatment includes a double cleansing, followed by the application of products tailored to your needs.

Pure Detox Care - 60 min 90€

This rebalancing treatment deeply purifies the skin.

Intense Hydration Care - 60 min 90€

A bath of softness for skin seeking comfort and elasticity.

Radiance & Energy Care - 60 min 90€

A vitamin cocktail for an immediate healthy glow and plumped-up skin.

Absolute Anti-Aging Care - 60 min 105€

A firming and regenerating ritual to smooth the features and redensify the skin.



Our Packages - For our external customers -

Délices & Détente morning - 95€

A breakfast

Followed by access to our Spa for 2 hours

Finally, continue with a 30-minute massage

Monday to Sunday served between 8.30am and 10am

Arco Half-Day - 155€

A cold drink / a dish

Followed by a dessert accompanied by a hot drink

Includes access to our Spa for 2 hours

Finally, enjoy a 60-minute massage

Tuesday to Saturday served between 12 noon and 1.30 pm

Bodard & Spa - 125€

A cocktail with or without alcohol

Including access to the Spa for 2 hours

Followed by a moment of relaxation with a 60-minute massage

Monday to Sunday served between 3.30pm and 9pm