



*Las Mañanitas*  
HOTEL GARDEN RESTAURANT & SPA

**ORLANE**  
PARIS  
SPA

## ***ORLANE Spa by LAS MAÑANITAS.....***

*Get carried away by a world of sensations... Open the door to sublimity, to the essence of beauty and harmony.*

*In a warm weather, surrounded by luxuriant vegetation, Las Mañanitas has created an exclusive, magical, and elegant space dedicated to relaxation and renovation.*

*An amazing fusion of elegance, savoir faire and high performance between Las Mañanitas and Orlane Paris bring you a world of sensations, fragrances, and textures.*

*ORLANE-PARIS has developed an essential, simple, luxurious, and exclusive vision of wellness and beauty which is the result of 60 years of experience in high-tech anti-aging cosmetics dedicated to the preservation of beauty and youth.*

*For 40 years, the Orlane Paris Institut has been the soul of the brand. It is the reflection of Orlane's savoir-faire, expertise and quality beauty care.*

*We invite you to find your inner silence...*

*Let your soul be renewed by your senses and be guided into a wonderful inner experience which will be reflected on your external beauty.*

## ***Our Spa Facilities***

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### ***Additional Services***

<i>Sauna</i>	<i>Use of Robes and Sandals</i>
<i>Steam room</i>	<i>Stylish locker area (per day)</i>
<i>Jacuzzi</i>	<i>Spa Amenities</i>
<i>Pressure Shower</i>	<i>Teas and Chlorophyll Water</i>
<i>Garden Lounge</i>	<i>Cold Aromatherapy Towels</i>
<i>Immersion Lagoon</i>	<i>Personalized attention</i>

## ***Aqua Hydrotherapy Ritual***

*You will discover that at Las Mañanitas Spa feeling good is part of the experience. Enjoy the most revitalizing experience with a guided hydrotherapy routine.*

*All rituals include the Hydrotherapy Circuit (40-60 minutes).*

- *Start with a revitalizing shower.*
- *Detoxify your organism in the herbal steam room, sauna, with essential eucalyptus oils.*
- *Alternate heat sequences with the pressure shower or try the immersion lagoon.*
- *Relax your muscles in the Jacuzzi.*
- *Finish with an invigorating pressure shower.*
- *Relax in between and refresh yourself with a cup of herbal tea or a glass of chlorophyll or jamaica water.*
- *Begin your treatment.*

## ***Orlane Elite Signature Programs***

### ***INDTRODUCTION –HYPNOTHERAPY***

*ORLANE introduces the first **psycho-dermic** anti-age care treatment considering the skin's emotional environment which directly affects its youthful appearance. Highly sensitive to emotions, the skin reflects the ups and downs of inner life. When the psyche senses stress, overwork or signs of depression, the skin responds by appearing dull, colorless, and hypersensitive. The exclusive PSYCHOREPAIR COMPLEX enables skin to disconnect from the negative effects of emotions, providing all the skin needs to stay young and beautiful.*

### ***SOIN HYPNOTHERAPY***

*Signature treatment. Face & back   **100 min***

***\$360 USD***

*Hypnotherapy has created a unique facial designed to experience a moment of total plenitude and re-establish the skin's emotional balance. First, the treatment begins with a relaxing back massage. After this moment of plenitude, the beautician removes all the impurities on the face with a thorough make-up removal and scrub. With the help of shiatsu pressures applied throughout the facial meridians, a soothing and deeply relaxing effect on the nervous system is achieved. Hypnotherapy is complemented with a hand massage while your facemask is ready. The lines of expression and wrinkles disappear and the skin's natural radiance is recovered.*

***Four Hands Liberation and Relaxation Treatment SOIN EVASION DETENTE A 4 MAINS   80 min***

***\$290 USD***

*Maximum benefit in a minimum time. During one hour and 15 minutes, two therapists will release your face and body's tensions. Rocked by synchronized and harmonic movements with both Oriental and Occidental techniques applied over face and body, you will receive an effective anti-fatigue, anti-aging face treatment which will regenerate your skin. Treatment is completed with a hand and foot massage to achieve an overall well-being sensation. Face and hands recover their radiance; the body rediscovers its energy and achieves a deep and lasting relaxation.*

**Global Age System** *SYSTEME ÂGE GLOBAL 80 min*

**\$290 USD**

*This exclusive treatment from ORLANE INSTITUT brings vitality to your skin, regenerating and soothing its surface and improving its firmness and elasticity. The face relaxes, the skin is oxygenated, cells are regenerated, and the face shines. A unique treatment which provides a sensation of infinite youth. The spa treatment prepares the skin for the intensive 28 day at home serum care which activates the skin's longevity regulating protein.*

**Personalized Treatment based on your Skin Type** *105 min.*

**\$240 USD**

*The Ideal Gift. A personalized treatment which includes the use of modern apparatus to provide a complete diagnosis of the skin with immediate beauty results. It includes a massage and face treatment according to your skins and soul's needs.*

## **Orlane Signature Anti Age Rituals**

*Recognized as an elite brand in Anti Aging, Orlane offers you four anti age programs that target the four causes of aging to ensure visible anti aging results using specifically target active ingredients against fatigue, skin sagging, natural aging and wrinkles.*

**Anti Aging Facial Program** *80 min.*

**\$180 USD**

- *Absolute Skin Recovery- fatigued dull skin*
- *Firming – Lifting Toning*
- *Extreme Line Reducing*
- *Absolute Youth- oxygenating re-energizing*
- *Hydration – Nutrition Facial – Dehydrated skin.*
- *-Radiant Stimulation – Intensive Glow*

***Absolute Skin Recovery*** SOIN ANTI-FATIGUE ABSOLU

*It is the anti-Jet lag treatment by excellence. It brings a new source of energy to tense, fatigued, and deoxygenated skins. Under the same expert hands and after a make-up removal and an anti-aging gommage, a slow and precise massage helps drain toxins accumulated due to fatigue. It stimulates cellular activity and regenerates and restructures the skin leaving a soft, relaxed, and replenished appearance.*

***Firming Facial*** SOIN FERMETE INTENSE

*The most effective treatment to tone up, smooth, and remodel your features with the first aging signs. With Orlane's exclusive techniques and apparatus, you will receive a facial to tone up and lift as well as a face massage destined to improve the neck's firmness. It deeply restructures and strengthens the skin leaving a younger and more firm and luminous skin.*

***Extreme Line Reducing Facial*** SOIN ANTIRIDES EXTREME

*A treatment with a high level of cell repair which helps the skin recovers its youth. Thanks to the application of a new generation of anti-wrinkle treatments combined with high aesthetic techniques the skin is able to rebuild its support base to improve and regenerate tissue. It works on the cells' memory to reduce wrinkles with an apparatus which combines five different functions: peeling, hydration, nutrition, regeneration, and aesthetic laser. Cell activity is stimulated, micro-circulation is revitalized, and dermo-epidermic structures are strengthened. Wrinkles are visibly reduced and the skin recovers its original softness and beauty.*

***Absolute Youth Facial*** SOIN JEUNESSE ABSOLU

*Oxygenating treatment which revitalizes the breathing dynamic of the epidermis and delays skin's natural aging process. Ideal for people living in an urban environment, it helps protect and keep a youthful appearance while giving the skin a new freshness. It re-oxygenates cells, re-establishes inter-cellular communication, and returns the available calcium to strengthen the skin's structure. Younger cells are protected from the damaging effects of premature aging.*

### ***Hydration Nutrition Facial SOIN REHYDRATANT NUTRITIF***

*This facial is aimed at restoring the skin's well-being through an optimal hydration, by accelerating cellular activity and stimulating the natural defenses of face and cleavage skin especially on the most dehydrated epidermis. Almost instantaneously, the skin seems to deeply blossom looking visibly younger.*

### ***Radiant Stimulation ECLAT INTENSIF***

*In order to obtain an intensive luminosity and impeccable complexion, the blood flow must be activated and cells and toxins eliminated through an electro-aesthetic technique of micro-lymphatic drainage. Fine vibrations generate undulating pulses which help to immediately absorb and activate the skin's cellular metabolism, therefore restoring and regenerating the skin. Enjoy a silk-soft skin with a luminous and radiant touch.*

## ***Orlane Harmony Rituals***

*These exclusive and personalized skin care products offer the luxury of a custom-made treatment. Our therapists are trained in the Orlane method and have a deep knowledge on how to reactivate the skin's natural mechanisms with highly effective products.*

### ***Essential Facial Program 50 min.***

***\$120 USD***

- *Purifying Matte Complexion Facial – oily skin*
- *Sensitive Oligo Vitamin A Facial- Sensitive reactive skin*
- *Dazzling Facial*

***Purifying Matte Complexion*** SOIN PURETE MATITE

*A facial that provides a purifying and clarifying effect for mixed or oily skin, which renews the skin's luminosity and freshness. The treatment is aimed at regulating the hyperactivity of the sebaceous glands. The Beauty Concept equipment brushes, cleanses and oxygenates the skin removing all impurities and leaving a soft, luminous and healthy texture and appearance.*

***Sensitive Oligo Vitamin A*** SOIN COCOONING PEAUX SENSIBLES

*This treatment offers fragile skins a vitamin cocktail which will restore the skin's vitality and balance by decongesting and soothing skin irritations. It comforts the skin, activates micro-circulation and cellular nutrition with the support of Orlane's exclusive apparatus. Erythema and redness are eliminated and differences in skin tone vanish, protecting the skin from the environment.*

***Dazzling Facial*** TEINT RADIEUX

*With an exclusive micro peeling technique, the therapist reduces the skins differences erasing imperfections and polishing your features. For Women a moisturizing, firmness and anti-fatigue serum is applied with a circling massage and cryotherapy finishing a light make up. For men, the treatment is completed with an impurity removing serum applied with high frequency and purifying face mask.*

# ***Orlane-Body***

*All body treatments are tailored to your personal needs ensuring a unique experience of highest quality and outstanding results. Treatments incorporate traditional and modern techniques.*

## ***High Performance Rituals***

***Anti-Cellulite Slimming Treatment*** SOIN MINCEUR ET LEGERETE 80 min.

***\$180 USD***

*A revolutionary treatment with deep action against cellulite and fat deposits. Helps skin regenerate itself and recover its healthy appearance by treating the tissue saturated with cellulite. An interactive slimming treatment for problem zones based on several manipulations, wraps, and specific products to remodel the body, reduce the cellulite appearance and provide a sensation of lightness.*

***Firming Treatment*** SOIN GALBE ET FERMETE 80 min.

***\$180 USD***

*A treatment which will help you recover tissue firmness in specific problem areas of the body through manipulations with an cooling wrap made out of mineral mud, created to eliminate toxins and recharge the organism with oligo-elements, vitamins, and minerals. It activates the cellular metabolism, improves blood micro-circulation, has re-mineralizing, toning up and regenerating virtues for a dull skin.*

***Exfoliating and Moisturizing Treatment*** SOIN DOUBLE GOMMAGE ET HYDRATATION 80 min

***\$180 USD***

*An exceptional treatment to obtain a soft and smooth skin with a double action exfoliant which deeply cleanses and provides firmness and moisture. A massage completes this treatment to moisturize the skin and offers a moment of relaxation.*

## *Wellbeing Rituals*

### ***Exfoliations 25 min***

***\$60 USD***

*Renew your skin recover its lost luminosity thanks to our variety of exfoliations which eliminate dead cells and toxins. The result is a completely clean and moisturized skin.*

- *Exfoliation Fleur de Sel, sea salts with herbal and aromatic oils.*
- *Exfoliation SOS Gommage soft exfoliating cream that leaves the skin soft and smooth.*

### ***Total Well-Being BIEN ETRE GLOBAL SPA 130 min***

***\$300 USD***

*Paraffin wrap after an exfoliation with an energizing double brushing and soft relaxation with essential oils and sea salts. This treatment ends with a shower and the application of a moisturizing body lotion.*

### ***Purifying Treatment SOIN DU DOS PURIFIANT 60 min***

***\$120 USD***

*To detoxify the back you receive a gommage followed by a deep skin cleansing and a purifying face mask which provides balance and serenity.*

### ***Solar Relief Treatment Face & Body 50 min***

***\$120 USD***

*ORLANE fights aging due to sun exposure with a combination of anti-aging products with a nice texture and anti-radical action which prevent dehydration, wrinkles and repair sun damage.*

## ***Renovation & Balancing Rituals***

### ***Relaxing Back Massage 25 min***

***\$60 USD***

*A massage that focuses on one of the major tension areas: shoulders, neck, and back. It liberates the accumulated tension in order to recover physical and mental balance.*

### ***Essential Aroma-therapy Massage 50 & 80 min.***

***\$120 /\$180 USD***

*An overall deep treatment which uses a combination of essential oils to communicate with your senses and deeply relax body, mind, and spirit*

### ***Revitalizing Sport Massage 50 & 80 min.***

***\$120 /\$180 USD***

*This massage uses strong rhythmic pressure in order to reach the deeper tissue and increase blood and lymphatic circulation. It reduces body fatigue and relaxes the muscles. It is ideal for people seeking a firm and vigorous experience.*

### ***Serenity Relaxing Massage 50 & 80 min***

***\$120 /\$180 USD***

*A full body massage that helps vanish accumulated stress, chronic fatigue and muscle tension. It combines soft techniques designed to deeply relax your body.*

### ***Sacred Obsidian Stone Massage 50 & 80 min.***

***\$120 /\$180 USD***

*A healing massage that includes hot obsidian stones soaked in essential oils which are used to give a full body massage.*

*It is a relaxing and at the same time energizing treatment.*

### ***Reflexology 50 min***

***\$120 USD***

*A method used in Chinese medicine. It includes a soft stimulation of acupressure points in hands and feet which have a direct connection to the body's organs and glands. By energizing these points an overall balance effect is achieved.*

***Couples Massage Two Elements 80 min***

***\$240 USD***

*Share the experience and the benefits of a wonderful massage with your loved one, while enjoying a memorable moment.*

***Lymphatic Drainage Massage 50 min.***

***\$120 USD***

*Involving a variation of gentle and wide movements on the body, this method directly stimulates the lymphatic and circulatory systems, helping to eliminate toxins in a more efficient way.*

## ***Exotic Regional Rituals***

***Request especial Menu***

***Water and Earth Rituals***

*These treatments are the ideal preparation before a massage or any other treatment for they contribute to the total relaxation of body and spirit.*

***Relaxing Bath with Flower Petals 50 min***

***\$120 USD***

*This treatment combines a soft exfoliation with a bath therapy which involves essential oils and flower petals to help reduce stress, fatigue and insomnia. An unforgettable experience for body and spirit*

***Revitalizing Bath 50 min***

***\$120 USD***

*This invigorating bath combines an exfoliation with a revitalizing bath therapy which help detoxify, tone up, and activate circulation.*

## ***Las Mañanitas Bougainvillea Wrap & Bath 50min***

**\$120 USD**

*Application of an exfoliating and refreshing body mask with Bougainvillea flower helps moisturize and restore sensitive skin.*

## ***Orlane Ceremonies***

*Receive a 10 % discount and full admission to hydrotherapy ritual.*

### ***Mystical Ceremony***

*Silk Bath & Exfoliation 50 min  
Sacred Stone Massage 50 min.  
Hydration Nutrition Facial 80 min  
180 min- \$420 USD*

### ***Men´s Ceremony***

*Activating Bath & Scrub 50 min  
Sports Massage 50 min.  
Dazzling Facial for Men 50 min  
150 min- \$360 USD*

### ***Couple Ceremony***

*Exfoliation & Bath for two 50 min  
Couple Massage 50 min.  
Dazzling Facial for Him & Her 50 min  
150 min - \$720 USD*

### ***Regional Ceremony***

*Flower Bath & Scrub 50 min  
Bougainvillea Wrap 50 min  
Obsidian Stone Massage 50 min  
150 min \$ 360 USD*

### ***Hypnotherapy Ceremony***

*Exfoliating and Hydrating treatment 80 min  
Hypnotherapy Face & Body 100 min  
180 min \$ 540 USD*

### ***Renewal Ceremony***

*SOS Gommage & Bath 50 min  
Slimming Treatment 80n min  
Absolute Skin Recovery Facial 80 min  
138 min \$ 480 USD*

### ***Harmony Ceremony***

*Exfoliating & Moisturizing Treatment 50 min  
Aromatherapy Massage 50 min  
Absolute Youth Facial 80 min  
180 min \$420 USD*

### ***Balance Ceremony***

*Exfoliation SOS Gommage 25 min  
.Four Hand Liberation Treatment 80 min  
Anti-Age Expert Treatment 80 min  
185 min \$ 530 USD*

### ***Ceremonia Las Mañanitas***

**A personalized program tailored to your specific needs under the expert advice of Orlane Institut 3 hrs**

*The value added tax (IVA, as per its abbreviation in Spanish) is already included. Prices may change without further notice.  
An extra 10% is charged per service. Prices in USD are subject to daily exchange rate.*

# *How to Spa*

## ***Who will assist me for selecting a treatment?***

*Our Spa receptionists will assist you in the correct selection and sequence of your treatments.*

## ***What if I have a health impairment?***

*Do please notify the Spa receptionist before you make reservation for your treatment. For all guests we request to fill our medical questionnaire.*

## ***May I request a male or female therapist?***

*Yes, of course, but we cannot guarantee the availability of a particular therapist or gender. All of our therapists are trained in working with discrete drapery to respect and protect your privacy at all times.*

## ***Shall I wear underwear for the treatment?***

*Wear what is comfortable for you, the Spa will provide you with undergarments for Body treatments. Men may feel more comfortable with swimsuit briefs.*

## ***Where shall I leave my jewels and valuables?***

*Please leave all valuables in your safety box located in your room. The Spa is not responsible for lost or forgotten valuables. If you forgot to take out your watch or earrings, we suggest you keep them inside your bathrobe's pocket.*

## ***What happens if I'm late for my appointment?***

*Arriving late will limit the time for your treatment. You will be asked to sign a service waiver whereby you agree to take the remaining time of the service. Depending on the length of your treatment, a late arrival may be classified as a No Show or Absence.*

## ***How early do I need to check in for my scheduled appointment?***

*Earlier is always better, we recommend you to check in 30 min prior to your appointment. This will give you enough time to check in, get your locker assignment, change comfortably into your robe, and relax for 5 min at the Spa lounge before your therapist takes you into your spa treatment. If you want to enjoy our hydrotherapy facilities with whirlpool, sauna steam, pressure shower, plan to arrive 60 minutes prior to your first service.*

***What kind of precautions shall I take?***

*It is not recommended to take any treatment with full stomach, nor to mix different cocktail drinks with exercise, jacuzzi, and steams or heat bases treatments. Do not shave your legs prior to a body exfoliating treatment. Avoid sunburns which could stop you from enjoying or taking your Spa treatments.*

***How shall I pay for my treatments and Spa's services?***

*Las Mañanitas guests may charge their treatments to their room's bill or they may pay cash. Other outside guests, booking or buying services at the Spa must pay in cash or with a major credit card.*

***What important Spa Policies shall I comply with?***

*Smoking is not allowed inside our Spa facilities. You cannot introduce food or beverages inside our Spa facilities. For your own safety, we will refuse to render a spa service under the influence of alcohol or drugs. No bare feet are allowed inside the spa facility areas, comfortable sandals will be provided for you. Children under 16 years of age are not allowed inside Spa facilities.*

***What other recommendations are important?***

*For your privacy and comfort we recommend you to use swimsuits on the hydrotherapy facilities. You'll be provided with sandals of your size.*

***What about gratuities?***

*For your comfort, a 10% service charge is automatically added to your bill. Spa Rituals include gratuities. Additional gratuities are optional.*

***What is the cancellation policy?***

*Cancellations must be made at 5p.m. the day prior to your scheduled appointment. After this period there is no reimbursement, you can only reschedule your spa service based on availability. Last minute rescheduling requires up to 2 hours before your spa service is scheduled. A 50% additional charge will be added on last minute rescheduling.*

***What if I forget to show up for my appointment?***

*Don't forget please!!! You will lose the treatment without reimbursement. A No Show can be rescheduled based on availability only in the case of illness, showing a medical waiver.*