

TAKING GOOD CARE  
OF YOUR BODY  
AND SPIRIT  
IS AN ESSENTIAL  
PART OF STAYING  
WELL BALANCED



500, CHEMIN DU LAC-À-L'EAU-CLAIRE  
SAINT-ALEXIS-DES-MONTS  
(QUÉBEC) J0K 1V0

819 265-3185 POSTE 2010  
1 877 265-3185

[WWW.LACALEAUCLAIRE.COM](http://WWW.LACALEAUCLAIRE.COM)

## INFORMATIONS

### RESERVATIONS

You are strongly advised to make an appointment in advance so that you can choose from a wider selection of times that best suit your schedule.

### CANCELLATION

If the appointment is cancelled on the day or there is a no-show, the treatment will be invoiced in total.

### LATECOMERS

In order to respect all of our clients' reservations, it is very important to arrive on time for your scheduled appointment. A late arrival will shorten your massage or treatment time, and no discounts will be given.

### RECEIPTS FOR INSURANCE PURPOSES

All of our therapists are accredited members of a professional order. Upon request, a receipt for insurance purposes will be issued for the massage you received. Please note that the receipt can only be made out to the person who received the massage.

### FOR YOUR COMFORT

Our massages and treatments are given by professionals with the utmost respect for your privacy. Upon your arrival, you will be issued a locker and a robe.

### PROLONG YOUR RELAXATION EXPERIENCE

Bring along your bathing suit and take advantage of our aquatic centre. Certain conditions apply.

### DON'T FORGET

We recommend that you bring some sandals and a padlock when visiting the Wellness Center.

### \*ACCESS TO ACTIVITIES INCLUDED IN SPA PACKAGES (subject to availability)

biking, canoe, kayak, paddle boat, tennis, snowshoeing, cross-country skiing, skating, sliding on tube.

## SPA PACKAGES

### BACK TO NATURE

*Take off into nature and rediscover the peace of getting back to basics.*

- one night lodging in a regular room
- a 4-course table d'hôte dinner
- a buffet breakfast
- a massage per person
- access to activities\* (according to availability)
- access to the Aquatic Centre

### L'ALTER EGO

*To maintain the right balance, it's essential to take care of both body and spirit.*

- two nights lodging in a regular room
- two 4-course table d'hôte dinners
- two buffet breakfasts
- a massage per person
- access to activities\* (according to availability)
- access to the Aquatic Centre

### SWEET ROMANCE

*And what if we took some time out just for us... just the two of us...*

- two nights lodging
- two 5-course table d'hôte dinners
- two buffet breakfasts
- a massage per person
- one bottle of wine in the room
- access to activities\* (according to availability)
- access to the Aquatic Centre

### THE PAUSE

*Today it's my turn; I'm going to reward myself and appreciate life a little.*

- a day at the Aquatic Centre
- a massage
- a table d'hôte lunch at the dining room of the Inn
- a herbal tea (to your taste)

*Lac-à-l'Eau-Claire*  
ST-ALEXIS-DES-MONTS

MASSAGE THERAPY CENTER



# MASSAGES

## RATES MASSAGES

RELAXING SWEDISH MASSAGE	(55 minutes)	<b>\$109.00</b>
	(85 minutes)	<b>\$165.00</b>
WITH ESSENTIAL OILS	(55 minutes)	<b>\$109.00</b>
	(85 minutes)	<b>\$165.00</b>
DUO <small>subject to availability, rate for 2 people</small>	(55 minutes)	<b>\$218.00</b>
	(85 minutes)	<b>\$330.00</b>
THE RECHARGER	(85 minutes)	<b>\$165.00</b>
BACK, NECK, FACE AND SCALP	(55 minutes)	<b>\$109.00</b>
THERAPEUTIC SWEDISH	(55 minutes)	<b>\$119.00</b>
EXPECTANT MOTHERS	(55 minutes)	<b>\$109.00</b>
	(85 minutes)	<b>\$165.00</b>
CARE FOR HEAVY LEGS	(55 minutes)	<b>\$109.00</b>

## SPECIALIZED MASSAGES

CALIFORNIAN	(85 minutes)	<b>\$175.00</b>
WITH HOT STONES	(85 minutes)	<b>\$179.00</b>
FEET	(55 minutes)	<b>\$109.00</b>
HAND AND FOOT COCOONING	(55 minutes)	<b>\$109.00</b>

## TRADITIONAL

### RELAXING SWEDISH MASSAGE

This massage allows you to release muscular tension caused by daily stress. It acts on the whole nervous and muscular system, and helps your body to function better overall. The effect it produces is relaxing and invigorating.

### WITH ESSENTIAL OILS

An aromatic moment of relaxation, as per your specific needs, in a balanced environment of lavender and orange essential oils for a relaxing massage, or with thyme and mint for a more energizing massage.

### THE RECHARGER

Relaxing massage over the whole body for people who have difficulty releasing tension. It involves a combination of Swedish and Californian massages, with therapeutic pressure points. Application of hot stones with vibrant manoeuvres combined with the use of balsam and essential oils will allow you to let go in a most memorable way!

### BACK, NECK, FACE AND SCALP

A gentle massage designed to relax the upper body and release muscular tension caused by stress. Guaranteed relaxation with a soothing and invigorating effect.

### THERAPEUTIC SWEDISH

An in-depth massage designed for specific muscular tissue, to relieve discomfort and tension, and improve circulation. The application of a therapeutic oil or natural balm along with the use of a heat source procures immediate relaxation and a sense of well-being.

### EXPECTANT MOTHERS

Massage adapted for a pregnancy of three or more months. Contraindicated in a pregnancy at risk. Designed to meet the needs of the future mother, while being entirely safe for the baby. Ideal for relieving lumbar pain, sore shoulders and heavy legs. For the mother's comfort, she will lie on a cushion specially designed for her belly.

### CARE FOR HEAVY LEGS

This treatment is designed to diminish the sensation of heaviness in your tired legs. Thanks to the synergy of a draining action combined with gentle movements, plus the use of essential oils and a menthol balm wrap, it procures a marvellous sense of well-being. A relaxing moment in which to savour a sensation of lightness.

## SPECIALIZED

### CALIFORNIAN

A massage characterized by long fluid movements, which sculpt and envelope your body harmoniously. At the same time, a gentle rocking and stretching helps you let go, providing a superb sensation of muscular relaxation. A wonderful discovery to experience the ultimate degree of relaxation.

### WITH HOT STONES

Hot stones warm the body's tissues and melt away tension, leading to muscle relaxation and increased blood flow. The massage therapist applies hands as much as the stones in the treatment. This massage is ideal for relieving pain in depth.

### FEET

This therapeutic approach improves blood and lymphatic circulation by applying pressure and gentle rotations. This relieves muscular tension and soothes (softens) the joints. A moment of relaxation for the feet!

### HAND AND FOOT COCOONING

Exfoliation of the hands and feet to eliminate dead skin, envelopment for in-depth hydration, followed by a massage to relieve tension and procure a relaxing sense of well-being.



For clients who are non-residents  
of Lac-à-l'Eau-Claire...

## WITH THE PURCHASE OF A MASSAGE

### GET ACCESS TO THE ESPACE SANTÉ

- half-Olympic size indoor pool
- Finnish bath
- steam bath
- whirlpool bath
- saunas
- fitness centre

at a cost of **\$8.00 /person**

Taxes not included

Access to Espace Santé is free  
for all clients lodging  
at the site.