

SOLAL

MAISON

WELLNESS EDITION

*« L'adresse
incontournable
où l'on
reçoit des
MASSAGES
d'exception »*

What to expect at maison SOLAL :

une expérience spa
des mains expertes

une envolée provençale
moments like no others
une immense dose de douceur

du self-LOVE

Photographe : Eva Kruijper

MONACO - PAYS DE FAYENCE - ST TROPEZ



A chic and cool spacetime where you can experience expert and incredibly comforting treatments. You emerge from it liberated from all tension with a feeling of zen imprinted on your body and face.

Nestled within the guesthouse, 4 Seasons in Provence, our establishment is located at 584, chemin des collés in Saint-Paul-en-Forêt.

Maison SOLAL also travels to prestigious locations such as your *Villa*, *Yacht*, or *Hotel*, from Monaco to St Tropez. Please note that rates will be adjusted according to your request.

Reservations can be made by phone at
07 83 11 25 71 or
on our website
www.maisonsolal.com

Availabilities:

In summer (from July 1st to September 30th), 7/7,
from 10 am to 9 pm,

In winter (from October 1st to June 30th), from Thursday to
Sunday, from 2 pm to 7 pm.

For any requests outside of these time slots, feel free to
contact us.



Maison SOLAL is where the passion of a practitioner with a rather unconventional journey comes to life.

From Provence to Bora Bora, through the United States, Russia, and even the Middle East, Laëtitia shares with you her extensive professional as well as human experience.

The treatment menu goes straight to the essentials, aiming to provide completely personalized facial and body treatments.

We are all unique, which is why our vision respects an approach that is both alternative and ethical in the world of beauty, leaning more towards therapeutic than aesthetic.

"I am committed to offering you quality time, sharing my expertise, and sincerely listening to you.

Treat yourself to a moment in my hands, the time of an appointment, where the keywords are relaxation, letting go, and exchange.

When I give, I receive."

Laëtitia



The selected products for your treatments are in harmony with the philosophy of the place. It's a story of encounters and shared values with our partners. Alaena embodies French authenticity by combining naturalness and efficiency; all products are created by a dermatologist and certified by Ecocert. Each ingredient in the range is carefully chosen for its recognized benefits and its affinity with the skin.

QuintEssence is a local brand nestled in the mountainous plateaus of Mons. Julie Moulin, the creator, is committed to contributing to the beauty of the world with humility. Some of her products come from wild harvesting, and the oils used for massages are obtained through the process of solar maceration, without essential oils or other allergenic substances.

We cherish organic products that combine expertise, ethics, and a return to the essence of nature: the raw material, the virtue of the pure ingredient, its effectiveness. The common point between these two brands is the respect for nature in its entirety.



our customs treatments

THE BESPOKE
Signature

60MIN / 80€
90MIN / 190€

Massage inspired by « deep tissue » techniques.

BENEFITS : Addresses the effects of stress and relaxes muscle tension. Ideal for travelers. Provides well-being and intense relaxation.

Pressure tailored to your needs.

THE STRETCH
Sporty

90MIN / 120€

Massage inspired by « Sport & Thai » techniques.

BENEFITS : Stimulates the circulatory system. Aids in physical recovery. Utilizes stretching techniques with hands and/or scarves.

Medium to firm pressure.

THE HEALER
Energy balancing

90MIN / 125€

Spirit, body and mind.

BENEFITS : Reduces emotional stress. Harmonizes the mind and restores energy loss. Blend of relaxing massage, meditation, and Reiki.

Light to medium pressure.

our add-ons

THE DORN *
Joint balance

The session : 40€

Method aiming to normalize joint dysfunctions.

BENEFITS : Helps individuals suffering from back pain, sciatica, neck and joint pain, hip problems, migraines, as well as various organic issues.

THE REFLEX *
Relaxing

30MIN / 30€
45MIN / 45€

Foot reflexology.

BENEFITS : Relieves tension in the feet and legs. Calms sensations of heavy legs. Stimulates Shiatsu points using the Thai stick.

Medium to firm pressure.

THE CUPPING *
Fascial stimulation

The session : 50€

Cupping massage.

BENEFITS : Promotes increased blood flow. Strengthens the proper functioning of the lymphatic system. Detoxifies. Reduces muscle adhesions and tensions. Alleviates tissue pain.

THE KID *
From 12 years old to 17 years old

30MIN / 30€
60MIN / 50€

Relaxing massage.

BENEFITS : Reduces stress and anxiety. Calms the nervous system. Overall body relaxation.

Pressure adjusted according to the child's morphology.

THE CHI NEI TSANG *
Internal organ harmonization

The session : 50€

Stomach massage.

BENEFITS : Restores the body's energy balance. Releases tensions and blockages of internal organs. Promotes the circulation of Qi (vital energy). Relieves digestive disorders, stress, and chronic pain.

* to combine with the treatment of your choice, from the body and face menu.



our expert treatments

THE GLOW
Organic facial60MIN / 90€
90MIN / 120€

Expert care Alaena, a French brand from organic cosmeceuticals.

BENEFITS : Stimulates the natural radiance of the skin. Relaxes facial features. Utilization of an AHA peel to enhance skin texture. Application of a luxurious mask with soothing benefits, revealing your glow.

THE FACE CUPPING
Detoxifying face massage

60MIN / 90€

Facial cupping drainage massage.

BENEFITS : Flushes out toxins. Facilitates self-regeneration of facial tissues. Muscular, energetic, and aesthetic work. Oxygenating. Creates spaces for breathing and mobility in the face.

Light to medium pressure.

THE DEEP
Deep tissue facial90MIN / 130€
120MIN / 160€

Stress-relieving facial and neck treatment.

BENEFITS : Rebalance your skin disorders. Relaxes muscle tension in the face and neck. Ideal massage for issues related to "text-neck" problems. Pectoral release.

Medium to firm pressure.

THE DEEP
Deep tissue face massage

60MIN / 100€

Stress-relieving facial and neck massage.

BENEFITS : Reshapes facial contours. Relaxes muscle tension in the face and neck. Ideal massage for issues related to "text-neck" problems. Pectoral release.

Medium to firm pressure.

THE SCULPT
Sculpting & Lifting facial90MIN / 130€
120MIN / 160€

Treatment inspired by Yakov Gershkovich's lifting approach.

BENEFITS : Non-surgical lifting effect. Uses intra-oral techniques to relax jaw muscle tension. Ideal for individuals suffering from bruxism.

Medium to firm pressure.

our add-ons

THE EXTRACTION *
Cleansing blackheads

Complementary when combined with a facial treatment.

Please note : Extraction is manually performed. Possibility to combine the service with a steam session. It is recommended to combine the extraction with the GLOW treatment.

THE WAXING *
Eyebrow and facial waxing.

Eyebrows : 15€
Upper lips : 10€
Complementary when combined with a facial treatment.

Please note : Waxing is performed traditionally with strip wax. The wax is perfectly suited for sensitive skin.

THE TINTING *
Tinting of lashes and brows.

Eyebrows : 15€
Lashes : 15€
Both : 25€

Please note : Tinting products offer a range of shades to adapt to different skin tones.

* to combine with the treatment of your choice, from the face menu.



SPECIAL NOTES BEFORE MAKING YOUR APPOINTMENT

Each treatment will be subject to a health questionnaire beforehand. In case of serious pathologies or specific health conditions, a medical certificate will be required before the treatment can be performed. If an infection is detected on the day of the massage, it will be necessary to reschedule the appointment. The opinion of a physician will always prevail over the provision of a wellness massage. Please note that my services are strictly therapeutic, and I kindly ask you, dear Ladies and Gentlemen, to respect this.

EQUIPMENT

All the necessary equipment for your comfort will be provided for your session at Maison SOLAL and at home. A very comfortable massage table, clean and disinfected linens, heating blanket and hot water bottles if necessary, organic oils and cosmetics without essential oils or allergenic ingredients.

TRAVEL EXPENSES

Maison SOLAL is committed to traveling to your home, from Monaco to Saint-Tropez. Our rates may vary depending on the distance to be traveled and will be adjusted according to your specific needs. A preliminary quote will be submitted to you for approval prior to any travel.

CANCELLATION POLICY

Your time is valuable, which is why we are committed to dedicating the entire reserved time for your session. For any cancellation or change, please notify us at least 48 hours in advance, otherwise the session will be charged.

GIFT VOUCHERS

Would you like to offer a gift that dedicates time to the person you cherish? A moment of well-being is always a good idea. All our à la carte treatments are available. We also have packages available for purchase on our guesthouse website. Our gift vouchers are valid for 6 months. Upon validation of your order, you will receive the gift card by email. You can also choose the option to receive the gift voucher presented in a lovely box (an additional fee of €5 will be charged for any postal delivery).



You are one massage away from a good
mood...

For more information, take a look at website :
www.maisonsolal.com