

## A glimpse of Cedar Spa by L'OCCITANE

Nestled amidst the Himalayan hill town of Mussoorie with lush dense jungles covering the western extremity and the beautiful Landour to the East, lies Cedar Spa by L'OCCITANE, a haven for Mediterranean wellness.

Indulge in Provencal inspired rituals with our Shea from Burkina Faso and Immortelle from Corsica, feel the gentle warmth of pure essential oils in your private steam chamber and spend soulful moments with your partner in our oversized Couple's Suites. Embark on a journey of sensorial delight created with a harmonious incorporation of the luxurious physical space, fresh L'OCCITANE recipes created a-la-minute and international treatment protocols that combine the best from the east and the west; including Swedish, Hawaiian Lomi-Lomi, Balinese & Shiatsu combine in exclusive L'OCCITANE sequences.

The majestic Cedar trees dominate the ridge line of the hill station which last for centuries, are used to create the signature treatments which is the perfect blend of the native flora, amalgamated with natural L'OCCITANE products, the perfect Mediterranean wellness experience with the native touch.

## An extension of the L'OCCITANE brand

Every gesture, every ingredient, every ritual is drawn from a page of the L'OCCITANE grand herbarium, a resource of hundreds of essential oils and natural ingredients. The escape begins with scent. From the moment you enter a L'OCCITANE Spa, the fragrances transport you to Provence.

Prior to your treatment, you are greeted with a "Welcome Ritual". Your experience then takes you on a true olfactory journey, sequenced at every step by soothing or energizing aromas. The voyage of the senses continues through gestures, sensorial textures, relaxing music and the herbal teas inspired by Provencal traditions.

The Spa is a natural extension of our brand. In respect for authenticity, we always prefer hand-performed treatments over machines and traditional massage techniques over technologies.

Just as Provence is a unique resting place, Cedar Spa by L'OCCITANE is a sanctuary of tranquillity, Rejuvenating your body and soul.

# FACIALS

From one land of the South to another, beauty secrets grow in the fields: Almond from Haute-Provence, Immortelle from Corsica, Shea butter from Burkina Faso, all come together in glowing facials, aromachologie massages and delicious scrubs at the Spa. The lands and rituals of the South nurture the L'OCCITANE treatments.

## Anti - Ageing

### IMMORTELLE

#### IMMORTELLE SECRET TO BRIGHTNESS

A high-precision treatment to combat the effects of time and sun exposure and reveal a bright, luminous complexion. To correct and prevent the appearance of dark spots, the lifting treatment with Immortelle is combined with a formula enriched with Vitamin C derivative and Bellis Perenis.

### ANGELICA

#### ANGELICA FOUNTAIN OF GLOW

To deliver ideal moisturization, this refreshing facial incorporates two organic angelica extracts – water and essential oil. Their patented complex helps the skin regain its natural vitality and suppleness. Featuring our signature drainage face massage sequence, it leaves the skin smoother, re-plumped and more radiant ... purely glowing with beauty!

## Drainage

### SHEA BUTTER

#### SHEA NOURISHING COMFORT

Produced by the women of Burkina Faso using traditional methods, Shea butter repairs, moisturizes and restores balance to dry or overworked skin. Massage further heightens these properties and stimulates microcirculation.

### VERDON FOR MEN

#### VERDON VIVIFYING SKINCARE

A targeted treatment for men's skin; with fresh spring water, organic sea-buckhorn, peppermint and Genepi. A draining massage helps eliminate toxins and excess sebum, to leave skin purified, invigorated and glowing with health.

# BODY MASSAGES

## AROMACHOLOGIE

### RELAXING AROMACHOLOGIE MASSAGE

Swedish effleurage strokes, Chinese acupressure and Balinese massage techniques come together to stimulate circulation and ease tensions. Aromachologie essential oils – Lavender, Tea tree and Geranium – ensure complete relaxation. The body and mind feel truly calm; sleep can come more easily.

### REVITALIZING AROMACHOLOGIE MASSAGE

The Revitalizing Body Massage combines gentle Swedish effleurages, deeper-pressure Lomi Lomi and Balinese movements with the invigorating blend of Mint, Pine and Rosemary essential oils. First, the massage focuses on the left side of the body, the side of the heart, to gently stimulate the acupuncture meridians from head to toe. Then the right side is treated to ultimately release all the ener-

### DEEP TISSUE INTENSE RELIEF

This treatment combines the Hawaiian Lomi Lomi massage, acupressure and gentle stretching. deep-tissue massage and soothing essential oils ease muscular tension, with a focus on the back, shoulders and nape of the neck. Perfect for recuperating after a long journey.

### RE-ENERGIZING SUN STONES

To dispel stress and tension and restore the body's balance, Swedish effleurage strokes are used in combination with the penetrating warmth of basalt stones and L'OCCITANE revitalizing essential oils. Warm stones are placed on the seven chakras, which, according to Oriental tradition, are key centers of energy. The perfect ritual for sports enthusiasts or those with a hyperactive streak.

### SIGNATURE CEDARWOOD BODY MASSAGE

Retrieve your inner well-being with Cedarwood fragrance that helps create balance and harmony, improve circulation, relieve stress and promote peace for the mind. The essential oil of cedarwood combined with our Aromachologie neutral massage Oil and our signature relaxing technique, has a calming and soothing effect on the body, mind and soul.

## BODY SCRUBS

### SIGNATURE CEDARWOOD BODY SCRUB

Exfoliates dead skin cells with our signature +combination of cedarwood powder blended with L'OCCITANE Aromachologie Neutral Oil. Cedarwood powder deeply exfoliates and refines skin texture, while Shea butter nourishes and softens. As a result, skin feels soft, smooth and radiant.

### SHEA NOURISHING SCRUB

This delicious texture enriched in nourishing Shea butter eliminates dead cells, leaving skin satin soft and perfectly prepared for a treatment or massage.

### ALMOND FIRMING PASTE SCRUB

A firming scrub which exfoliates and stimulates micro-circulation using a Almond Delicious Paste that contains crushed almond shells mixed with sugar crystals. It is then followed by the application of Almond Milk Concentrate enriched with almond oil, almond milk and almond proteins, leaving the skin satin soft.

## WRAPS

### SIGNATURE CEDARWOOD SANDAL WRAP

A purifying and clarifying wrap enriched with Shea, Cedarwood, Sandalwood, Honey and spring water. Award-winning Shea butter nourishes, natural spring water of from the Himalaya replenishes the skin with minerals, and cedarwood essential oil soothes and act as antiseptic. The foot and scalp massage performed during the wrap ensures deeper relaxation, and is followed by a treatment with L'OCCITANE Shea body lotion that deeply nourishes and moisturizes.

### SHEA ULTRA RICH SOFTENING BODY WRAP

Repairing care for very dry, sun-damaged or overworked skin. While the entire body soaks up active ingredients that nourish (Shea butter and grape seed oil), moisturize (honey extracts) and soften (kaolin), a foot and scalp massage ensures a moment of pure relaxation.

### ALMOND RE-SHAPING BODY WRAP

An expert body wrap to tone the skin, stimulate fat release and promote toxin elimination. Almond tree bud extract rich in flavonoids to drain excess fluids is associated to a plant-based complex and Almond proteins to firm and redefine body contours. While the wrap is on, a relaxing foot and scalp massage instills a feeling of complete well-being.

# BODY

## TECHNICAL TREATMENTS

### ALMOND

#### DETOXIFYING BALANCE

Inspired by lymphatic-drainage massage techniques, this massage boosts circulation and helps rid the body of toxins. The Almond Supple Skin Oil and its unique association of almond & cameline oils with red algae extracts and pure essential oils both heighten and prolong the effects of the massage. Afterwards, your body feels lighter and invigorated.

### ALMOND

#### SILHOUETTE RESHAPE

A treatment that's ideal before summer and after pregnancy, to treat cellulite and restore firmness to the body. It begins with a draining massage focused on the thighs, stomach and buttocks. The Almond Supple Skin Oil acts on skin elasticity and helps to prevent the appearance of stretch marks. Then the patented complex in Beautiful Shape combines the contouring, anti water retention and anti fat storage properties of almond proteins, essential oils and caffeine.

## AREA-FOCUSED TREATMENTS

Before, after or during a treatment, discover a few additional pleasures created by Cedar Spa by L'OCCITANE for her and him.

### IMMORTELLE YOUTHFUL EYES

To fight fine lines, dark circles and puffiness and give an instant radiance boost, this treatment features a lifting massage and an Immortelle formula specifically designed for the eye area. Perfect after a journey, a night of festivities or even a long, hard week...

### SHEA ULTRA RICH SOFTENING HAND CARE

A softening hand mask and massage using pure Shea butter. An extra 45 minutes of your time is all it takes for nourished, protected, soft and beautiful hands.

### RELAXING AROMACHOLOGIE MASSAGE FOR THE BACK

Based on Aromachologie Essential Oils, this relaxing massage specifically targets the back, shoulder and back of the neck to help release tension and stress.

### PURIFYING TREATMENT FOR THE BACK

An exfoliating and purifying back treatment, ideal before a special occasion. Exfoliation is followed by a clarifying treatment or a relaxing massage and a hydrating or moisturizing mask.

### NECK, SHOULDER AND HEAD MASSAGE

Using Aromachologie Massage Oil, this relaxing massage specifically targets the neck, shoulder and head to help release tension and stress.

### LEG REFRESHER WITH ESSENTIAL OILS

The ideal treatment for travelers, rough feet and heavy or restless legs. For the legs; a massage that stimulates drainage. For the feet; a massage with Shea butter to nourish the skin.

### FOOT REFLEXOLOGY

A quick pamper to relax those tired legs using the Revitalizing Aromachologie Oil.

# WET TREATMENTS

## SOOTHING PROVENCAL STEAM BATH

A moment of gentle warmth in your private steam chamber during which pure essential oils (chosen according to your mood and skin's need) are diffused into the atmosphere in your private steam chamber. The emollient properties to the steam allows the skin to perfectly enjoy the benefits of a treatment.

## BATHS

The well-being bath provides a delicious and relaxing prelude or finale that leaves the skin and the mind perfectly prepared and truly receptive to the benefits of a treatment.

- Cedar aroma bath
- Royal pamper bath (Only for females)
- Ultimate romance bath (Only for couples)

## SOCIALLY RESPONSIBLE SPA

Every new project is an opportunity for L'OCCITANE to go a step beyond in the commitment for social responsibility. A Spa, because it is heavily water oriented, has to limit waste through constant controls and continuous consciousness. We strive to maintain a green environment. For this reason we select natural materials with traceable origin (eco-friendly whenever possible) and save energy through controlled use of utilities. With features such as our in-house laundry we ensure you only get the purest linen and a most hygienic experience. This way, L'OCCITANE Spas curbs our impact on the environment.

## SANGHVI BRANDS

Sanghvi Brands is L'OCCITANE's exclusive Spa partner in India and has created one of India's largest integrated portfolio of international wellness brands. Focused on the luxury segment, Sanghvi Brands has 30 locations operational/under development across 15 cities in India.

[www.sanghvibrands.com](http://www.sanghvibrands.com)