

GUERLAIN

— SPA —

WALDORF ASTORIA®



Enter a world of beauty and ultimate well-being.

A world of infinite possibilities.



## A UNIQUE KNOW HOW

In 1939, Guerlain opened its first "Institut de Beauté" at 68 Avenue des Champs Elysées and invented an exclusive facial massage technique. Guerlain facial massage technique remains just as unique and exclusive today. A universe of continual creativity, L'Institut Guerlain develops new exclusive massage techniques, an audacious fusion of traditional techniques from the most reputed Asian and Western practitioners, married to the best of Guerlain Science.

## A CUSTOMISED EXPERIENCE

Every treatment is transformed into a unique and personal occasion, a moment created especially for you – this is the essence of the Guerlain experience, the perfect union of effective know-how and aesthetic expertise.

Our Beauty Coaches begin each treatment with a systematic analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. They thus gain intrinsic understanding of your essential concerns to tailor a treatment according to your needs, your expectations.

Your experience is entirely personalised  
from the first minute to the closing ritual.  
Welcome to a world of total well-being.  
Welcome to a world of infinite possibilities.

## THE SCIENCE OF NATURE'S WONDERS

Since its creation, Guerlain has drawn inspiration from nature and its many wonders to formulate its excellent skincare: Orchidée Impériale, Abeille Royale, Super Aqua, Blanc de Perle. These products are the perfect combination of exceptional efficiency and unrivalled sensoriality.

The prodigious longevity of rare orchids, the healing power of bee products, the whitening action of natural pearl: Guerlain Research uses its unique expertise to study, select and combine the most highly effective natural ingredients to create its products.



## ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

### ORCHIDÉE IMPÉRIALE PRESTIGE TREATMENT 1H30 - 2H30

The remarkable power of longevity of the orchid has inspired Guerlain this exceptional facial treatment, the most complete of all. The alliance of the aesthetic know-how of Guerlain with the efficiency of the products of the Orchidée Impériale range will offer you a moment of absolute well-being and visibly transform your skin by revealing its rediscovered youth. The exclusive Orchidée Impériale anti-aging massage will act on the muscles of the face, neck, décolleté and the upper part of the back. Under the action of precise movements, the muscles are stimulated, the facial contours redefined.

Nourished with different masks, the skin is immediately smoothed thanks to the synergetic effect of the cream, the iconic product of the Orchidée Impériale range, and the high-technology of the new Longevity Concentrate. All the signs of aging are corrected more quickly and more intensely. The skin recovers a perfect finish: supple and velvety, with a natural glowing effect.

### ORCHIDÉE IMPÉRIALE ULTIMATE FACE & BODY 2H - 3H

In two or three sublime hours, Guerlain invites you to discover the expertise of its Orchidée Impériale face and body treatments. This anti-aging treatment is delivered with flawless efficiency maximizing sensorial pleasure to leave you with a feeling of complete well-being. With deep gestures which stimulate every muscle, the energising massage ensures cellular renewal process and procures an amazing feeling of firmness. Your body regains tone and definition. Your skin complexion will glow with a refined texture.





## ABEILLE ROYALE, WRINKLE CORRECTION, FIRMING FACIAL

### ABEILLE ROYALE EXPERT TREATMENT 1H30

Initiate your face to the high performance of this expert "lifting" and firming treatment that distils its infinite life source within the skin for a smoother and firmer face.

The initial "microdermabrasion" is followed by a special 6-minute massage with warm plant infusions to immediately purify the skin and stimulate the firming action. After an in-depth diagnosis, each wrinkle is targeted with the technical application of Abeille Royale Youth Serum. Born from the exceptional repairing power of bee products, this unique serum with Pure Royal Concentrate promotes the key mechanisms of the healing process within the skin\* to help repair wrinkles and tissue firmness.

To enhance product absorption and efficiency, the face is massaged using the Guerlain method, then entirely steeped in a serum bath under the new Abeille Royale mask.

The result is immediate and visible: wrinkles are filled.

The skin is tautened and regains all of its firmness and radiance.

\* Test in vitro

### EXTREME LIFT EXCLUSIVE TREATMENT 1H30

This new exclusive treatment at Trianon Palace offers your face an anti-aging expert treatment. After a "microdermabrasion" which deeply cleans the skin and smoothes it, the Beauty Lift, intense stretching programme, targets wrinkles and activates microcirculation for a rediscovered radiance. Draining movements with frozen balls and a smoothing work with the new serum Abeille Royale Gold Eyetech complete this exceptional treatment.

## FACIAL TREATMENT LIGHT & RADIANCE

### SKIN LIGHT 1H30

This unique treatment promises to reveal the skin's natural light. It comprises «microdermabrasion» followed by in-depth work on the facial muscles to revive and illuminate the complexion. A real radiance booster, the Orchidée Impériale Radiance mask applied as a complement to the sculpting massage offers spectacular results: intensely nourished skin and an even, glowing complexion.  
A truly radiance-restoring session.



Facial treatments:  
tailor-made gems

Guerlain facial treatments are a union of highly advanced products, aesthetic expertise, and the most refined service tailored to your unique specifications.





### INTENSIVE FACIAL 2H

Two hours of sheer bliss for a pure and radiant beauty. A deep cleansing combined with the exclusive 25-minute Guerlain facial massage and specialty mask as well as an active skincare concentrate strengthen and reveal greater texture and tone.

### COMPLETE FACIAL 1H30

The exclusive 19-minute Guerlain facial massage with an active skincare concentrate and mask round off this deep cleansing facial therapy. The ultimate 90-minute revival for devitalised skin.

### RADIANCE FACIAL 1H

Achieve a fresh, clear and radiant complexion in one hour with this deep cleansing coupled with the exclusive 5-minute Guerlain facial massage and mask.

**The ultimate in luxury and efficiency, Guerlain crafts each facial, adjusting the intensity of pressure according to the needs of your skin. The efficiency of the renowned Guerlain Méthode is in each of the series of "Touches", perfected for unrivalled results.**

### LUMINOUS TOUCH

For sensitive, congested or lacklustre skin, the gentle pressure of the Luminous Touch allows for improved oxygenation of the facial tissue. Illuminate your complexion, and reveal healthy, radiant skin.

### EXHILARATING TOUCH

For skin that is stressed or fatigued, firm pressure will relax features and smooth fine lines, reviving your skin's natural health.

### FIRMING TOUCH

For skin that has lost its firmness, deep pressure massage passively exercises the muscles of the face to stimulate the tissue, restore strength, and enhance the skin's youthful glow.

## AESTHETIC FACIAL MESSAGES TECHNIQUE

### BEAUTY LIFT 1H

An intense stretching programme and dynamic muscle movement to target wrinkles and activate microcirculation. The transformation is real and immediate - a complexion with rediscovered radiance, smoothed features, plumped cheeks, and the eyebrow bone naturally lifted. With a surprising sensation that you have been massaged from your head... All the way to your toes!

### EYE FOCUS 45 MIN\*

This expert treatment dedicated to the delicate eye contour area sculpts and opens up the eye area.

In-depth muscular action offers a natural lifting effect. Skin is immediately firmed and the cheekbones redefined. Draining movements with ice balls smooth and soothe the features, making tensions disappear.

Your eye area is brighter and glows with vitality.

\* Eye Focus 30MIN as a complement to any treatment.





## BODY SUBLIMATION

### SLIM AND FIRM SILHOUETTE TREATMENT 1H - 1H30 CURE 4 OR 8 SESSIONS

A melting pot of methods from the corners of the world, incorporating wrapping, rolling, kneading an in-depth treatment which opens up and frees the body in order to eliminate water and cellulite with amazing efficiency.

Toxins are drained and the circulation of the blood improved.

Thanks to Guerlain "Perfect Curves Shaping Serum" and "Ultimate Body Remodelling Cream", the legs and hips feel lighter and the body is newly slender. An incredible feeling of lightness.

### "SIGNÉ GUERLAIN" - DISCOVERING FACE & BODY 2H

In two sublime hours, Guerlain invites you to discover the sensoriality of its body treatments and the expertise of its facials. Each treatment is delivered with flawless efficiency maximizing sensorial pleasure to leave you with a feeling of complete well-being.

Allow Guerlain to restore youth and vibrancy to your features, let your body abandon itself to the rhythmic, expert hands of your Beauty Coach.

Your face looks more luminous, the features are rested,  
a surprising combination of lightness and pressure envelops your body:  
you feel redynamised for the rest of the day.

### INTENSIVE BODY THERAPY 2H

The very essence of body therapies, this complete programme combines the strengths of an invigorating Vichy Shower body polish, replenishing body wrap and customised skincare concentrate massage to sublimate the skin from head to toe in a haven of luxury and voluptuous pleasure.

### BODY POLISH 1H

An invigorating water massage and rejuvenating body polish transport you to a total state of relaxation. Coupled with a hydrating treatment, this therapy leaves your skin healthy, refined and as soft as silk.

### PURE & RADIANT BACK TREATMENT 1H

Experience a sublime sense of well-being during this deep steam cleansing of the back that purifies, hydrates and revitalises your skin.

### COMPLETE HAND OR FOOT THERAPY 1H

Rediscover perfect hands or feet. A gentle exfoliation, cuticle repair, hydrating treatment, massage, paraffin treatment and lacquer application create a sublime experience for your nails and skin.

### INTENSIVE HAND OR FOOT THERAPY 1H30

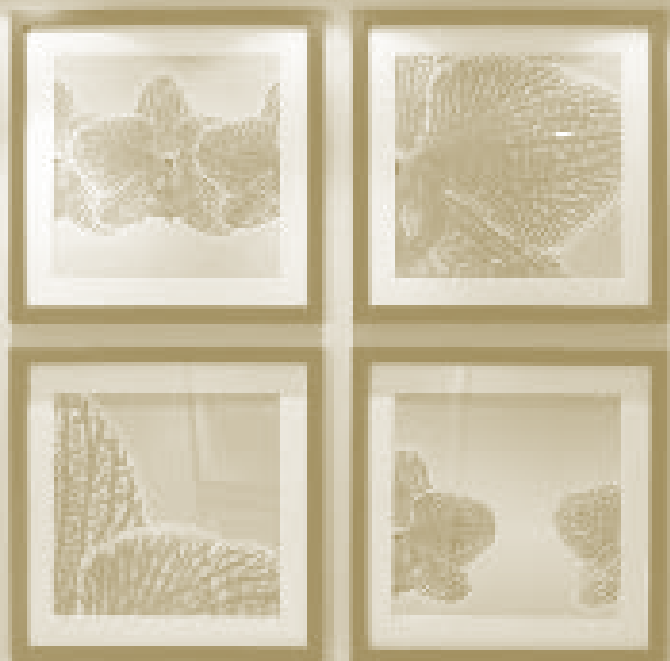
An hour and a half of complete restoration. Combining the Complete Hand or Foot Therapy with Guerlain's specialty concentrate massage and mask, this powerful therapy intensively restores time-ravaged hands or feet.

### INTENSIVE HAND AND FOOT THERAPY 2H

This combination therapy addresses your total restoration requirements in two intensely pleasurable hours.

The body therapies proposed are for the purpose of stress reduction, well-being, and beauty. We recommend that you consult a healthcare professional for any medical examination or diagnosis.





## THE SECRET OF THE KING/THE SECRET OF THE QUEEN 2H/3H

Never has skin treatment taken an approach that is so comprehensive in its precision, its methods and its results. Amongst the infinite wealth of rituals and protocols that make-up the Guerlain Made to The Secret of the King/The Secret of the Queen will discover unknown aesthetic massages, an audacious fusion of traditional techniques from the most reputed Asian and Western practitioners, married to the best of Guerlain Science. Each one of these aesthetic massages can be combined with another according to your specific needs, a truly made to measure journey of beauty where each step remains to be imagined. Your experience is entirely personalised from the first minute to the closing ritual.

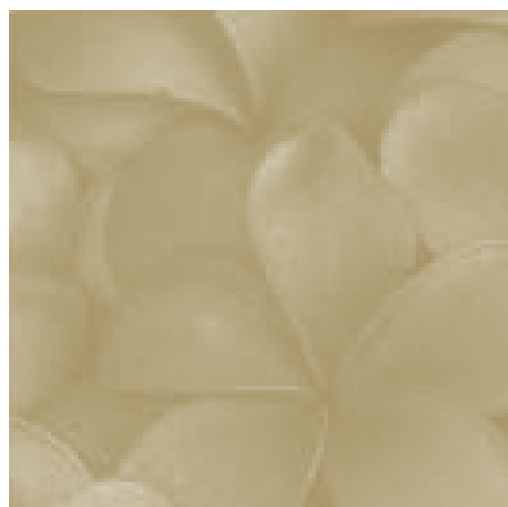
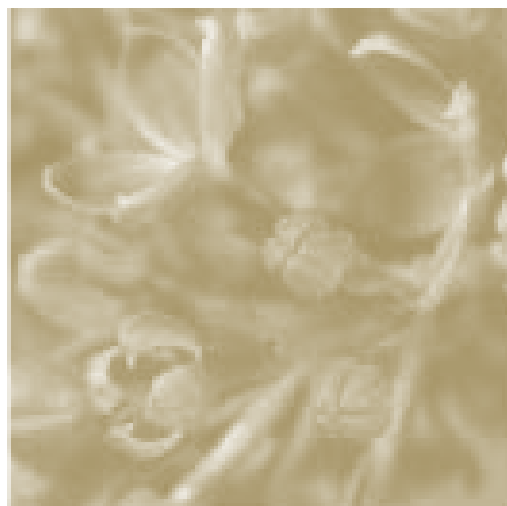
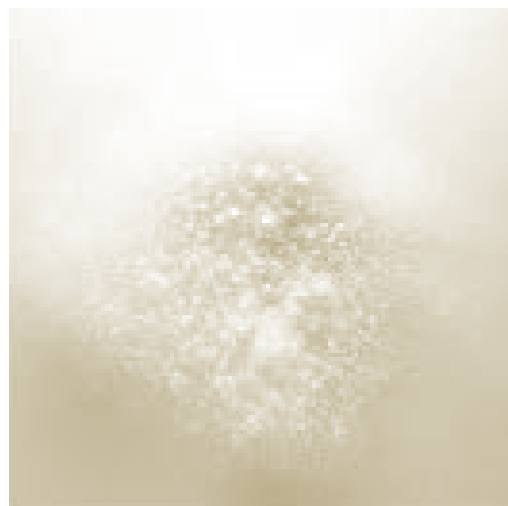
Unlocking built up tension, relieving stress, reconnecting with yourself, recovering a blissful energy... whatever your needs or wishes, the experience will match your expectations.

## IMPERIAL TRIANON EXCLUSIVE TREATMENT 1H30

Guerlain has specifically designed Imperial Trianon for Trianon Palace as the ultimate sensorial experience. Indulge yourself in this unique face and body treatment with cold or warm rituals. Immerse in Guerlain universe with exclusive Eau de Cologne Impériale rituals for a unique relaxing experience. This treatment will meet your expectations either if you feel like enjoying a delicious moment in a comfortable and warm cocoon or if you rather want to be redynamised in a fresh atmosphere.

While the face becomes more radiant and the wrinkles fade away, the body is deeply purified and hydrated. A massage tailored to your needs will complement this moment of relaxation.

Completely transformed, a feeling of wellness invades you.



## AROMA EXPERIENCE

### SENSORIAL JOURNEYS 1H - 1H30

Enjoy one of our marvellous sensorial journeys. Adapted to your wishes and needs, our holistics treatments will make your senses travel.

Discover the revitalizing effect of sparkling citrus fruits and fresh grass in this **Stimulating Sensorial Journey**.

Firm, rapid and strong movements stimulate the energy flow.

You feel refreshed and a divine sensation of lightness.

This **Relaxing Sensorial Journey** evokes the soothing effect of lazing about on the beach, where scents of sun and the sand smells merge together.

Soft, slow and harmonious movements caress your face and body for immediate relaxation. You feel a sense of escape and serenity.

Travel to the sensuality of Orient thanks to the **Enveloping Sensorial Journey**. The smooth curls of smokey incense transport you.

Enveloping, slow and generous movements will soothe you.

You feel peaceful and relaxed.

The **Exalting Sensorial Journey** transports you to the underbrush where nature reveals its mysteries and brings you back to authenticity.

Firm, rapid and brisk movements release all tensions.

You feel bold and self-confident.

## HARMONIZING MESSAGES

### DEEP MUSCULAR MASSAGE 1H - 1H30

Reshape and tone the body through deep relaxation. A powerful and sensorial ritual where the most solicited muscles are stimulated using techniques borrowed from the world's five most powerful ancestral methods. Tensions are unravelled and muscles are reinforced for the long term.

### IMPERIAL RELAXING MASSAGE 1H - 1H30

This massage pays homage to the Eau de Cologne Impériale. Transporting you to an anti-stress cocoon, this multisensorial experience inspires complete calm, leaving you totally relaxed and invigorated. The Imperial Relaxing Massage facilitates oxygenation, stimulates circulation and provides a profound sense of serenity.

### 4-HAND IMPERIAL MASSAGE 1H - 1H30

Modelled upon the signature Imperial Relaxing Massage, this masterful ballet of expert hands offers a unique and absolute sensorial experience. At the very first gesture, you surrender to the tranquillity, abandoning yourself to the voluptuous sensation of lightness and well-being.

### DEEP TISSUE MASSAGE 1H - 1H30

Ideal for athletes, the slow, firm strokes and deep finger pressure perfectly address muscle pain and tension.

### AESTHETIC DRAINAGE 1H - 1H30

Detoxifies the lymphatic system and releases tension patterns – the perfect therapy to relieve the sensation of heavy legs.

### SHIATSU MASSAGE 1H - 1H30

This pressure-point massage loosens tight nodules, regulates energy throughout the body and produces a deep sense of relaxation.

### REFLEXOLOGY 1H

Using specific pressure points on the foot, this massage relieves pain, restores balance and improves circulation.

### PRENATAL MASSAGE 1H - 1H30

Massage given after the first trimester of pregnancy alleviates discomfort and pain, improves skin elasticity and stimulates circulation.

The massages proposed are for the purpose of stress reduction, well-being and beauty. We recommend that you consult a healthcare professional for any medical examination.







## NEW AESTHETIC MASSAGES

### **BODY LIFT 1H - 1H30**

This energetic body massage relies on softening and kneading the muscles in order to regain tone and definition. A deep back massage, followed by a series of targeted smoothing and fluid movements help to sculpt the body and firm the silhouette.

At the heart of the treatment, lies an intense stimulation of the cellular renewal process leading to additional firmness of the muscles and of the skin.  
As good as a session at the gym!

### **FEMININE BEAUTY RITUAL 1H - 1H30**

A ritual dedicated to women's beauty and well-being. By using a variety of massage techniques to stimulate different zones and pressure points on the face, this massage improves the regulation processes. Deep smoothing and stretching movements stimulate and "revitalize" the organs and gently regulate energy for a relaxed and flat stomach. This unique ritual naturally relaxes and lightens symptoms typically experienced by women.

A profound feeling of comforting well-being.

### **BODY SUPPLENESS & HARMONY RITUAL 1H - 1H30**

Using friction techniques and cross-like movements this ritual uniquely works on the ligaments and tendons as if they were strings on an instrument: stretching and bending in both directions. The joints are loosened, liberated from stiffness. The body rediscovers a new suppleness; the skin tissue is better oxygenated. Then, its intensive sweeps restore energy in the body.

A moment of calm that resources the body and the mind.

## THERAPIES FOR MEN

### Facial Therapies

#### SKIN-SAVER FACIAL 1H30

A facial energizing - fully addressing your expectations in efficiency, skin sensation and total well-being. Following an invigorating exfoliation, your skin is strengthened and revived with Guerlain's exclusive facial massage and specialty mask. A unique eye treatment relieves congestion to reveal youth and clarity.

#### ENERGIZING FACIAL 1H

Give your skin a boost! Uncover a fresh complexion through deep cleansing. Exfoliation, massage and mask, coupled with a complimentary eye treatment, create a more radiant, smooth and luminous skin.

### Face & Body Therapies

#### INVIGORATED BREAK 1H

Eager to relieve stress and boost your energy? This Invigorating Break for men-on-the-move includes an energising body massage, a complete facial exfoliation and an eye contour treatment to reduce visible fatigue, restoring and replenishing skin's tone and elasticity.

#### ULTIMATE EXPERIENCE 3H

For three blissful hours, Guerlain addresses all your needs, cocooning you in tranquility with a revitalising facial, body massage, manicure or pedicure. Emerge replenished in a state of complete serenity – a whole new you.

The massages proposed are for the purpose of stress reduction, well-being and beauty. We recommend that you consult a healthcare professional for any medical examination.

All Guerlain therapies are available for men.



## MAKE-UP ARTISTRY

Delicately enhancing in fragrance and in texture, it effortlessly embellishes the skin, evoking the warmth and elegance of an exquisite world, a world in which every woman glows.

Whether seeking a natural or more sophisticated effect, the artistry of the Guerlain make-up range helps you achieve the look you desire.

## MAKE-UP APPLICATION 1H

Let expert hands achieve the look you want – for any occasion.

## MAKE-UP LESSON 1H30

Discover the ideal make-up application to enhance your natural and individual beauty.

## BRIDAL MAKE-UP 1H + 1H

Applying the colours and effect chosen during the pre-consultation appointment, our Beauty Therapists help you achieve the perfect look for your perfect moment.



## TRANSFORMING DAY EXPERIENCES

Escape into a delicious moment just for you. Select from a wide array of full or partial-day Spa experiences the one that responds to your request for luxury, efficacy and well-being.

### PRECIOUS MOMENT 7H

Complete Facial, 60-minute Imperial Relaxing Massage, Body Polish, Intensive Hand & Foot Therapy, Bridal Make-up..

### COCOONING IMPERIAL 5H30

90-minute Orchidée Impériale Prestige Treatment, 60-minute Imperial Relaxing Massage, Body Polish, Intensive Hand & Foot Therapy.

### INNER AND OUTER GLOW 3H30

Skin Light, 60-minute Body Suppleness and Harmony Ritual, Body Polish.

### MOTHER PAMPERING 3H30

Complete Facial, 60-minute Pre/Post Natal Massage, Complete Foot Therapy.

### ULTIMATE TRANSFORMING EXPERIENCE 3H

Extreme Lift Exclusive Treatment, Deep Muscular Massage.

### RESTORE YOUR ENERGY 3H

Complete Facial, 90-minute Deep Muscular Massage.

### LFIT YOUR FACE AND BODY 2H30

Beauty Lift, 30-minute Eye Focus, 60-minute Body Lift.



## GUERLAIN SPA GIFT CERTIFICATE

Give the treasured gift of Guerlain – an experience  
as luxurious as it is unforgettable.

## WORLD SPAS

Experience a unique and magical moment in all our luxury Spas.  
Designed for the most discerning and demanding clients, they offer  
ultimate Guerlain treatments.

### EUROPE

Maison Guerlain, 68 avenue des Champs Elysées, Paris, France  
Mandarin Oriental Spa, Mandarin Oriental, Paris, France  
Saint James Spa, Saint James, Paris, France  
Guerlain Spa, Trianon Palace Versailles, A Waldorf Astoria Hotel, Versailles, France  
Spa Imperial, Hôtel du Palais, Biarritz, France  
Cheval Blanc Spa, Hôtel Cheval Blanc, Courchevel, France  
L'Institut, Dlouhá 704, Prague, Czech Republic  
Guerlain Spa, The Ritz-Carlton, Vienna, Austria  
Guerlain Spa, Waldorf Astoria Berlin, Germany  
Guerlain Spa, The Caledonian Waldorf Astoria Edinburgh, United Kingdom  
Guerlain Spa, Waldorf Astoria Amsterdam, The Netherlands

### ASIA

Socie, 15 E.S.G.P. (Esthetique Salon Guerlain Paris), Japan  
Guerlain Spa, The Shilla, Seoul, South Korea  
Guerlain Institute, 7/F, 1 Duddell Street, Central, Hong Kong  
Flare spa, Four Seasons Hotel Pudong, Shanghai, China

### USA

Guerlain Spa, Waldorf Astoria New-York, New York  
The Spa at the Breakers, The Breakers, Palm Beach, Florida

### MIDDLE-EAST

Guerlain Alfardan Spa, Alfardan Towers, Doha, Qatar

### SPA RESORT

Cheval Blanc Spa, Hotel Cheval Blanc, Randheli, Maldives  
Cheval Blanc Spa, Hotel Cheval Blanc, Saint Barthelemy

Spas addresses are available on [www.guerlain.com](http://www.guerlain.com)

# GUERLAIN SPA

## A WORLD ALL YOUR OWN

Transform Guerlain Spa into a private universe for an afternoon of distinctive enjoyment with a group of friends or for any other special purpose. It is our aim to meet your every need and expectation. Do not hesitate to contact us to customise your occasion.

## TREATMENT DURATION

The therapy durations indicated include the time of beauty diagnosis, treatment, personalized advice, undressing and dressing. We respectfully request that you arrive at least 15 minutes prior to your appointment so that we may acquaint you with our facilities.

## EXPERIENCE PEACE OF MIND

Safes are provided in every treatment room to ensure your complete enjoyment and relaxation with the knowledge that your valuables are protected.

## A MOMENT OF TRANQUILLITY

Our Spa is a haven of serenity. Please be sure to turn off your cell phone so that your relaxation and that of other guests are not disturbed.

## RESERVATION AND CANCELLATION POLICY

In order to secure you the most suitable schedule, we recommend that you carefully anticipate your reservation. Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee or voiding Gift Certificates. Cancellations in less than 24 hours will require a charge of 100% of the treatment price.

## LATE ARRIVALS

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.



TRIANON PALACE  
VERSAILLES

A WALDORF ASTORIA HOTEL

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[www.trianonpalace.fr](http://www.trianonpalace.fr)

From 9.30 am to 7.30 pm from Monday to Sunday