



RAFFLES SPA & WELLNESS  
LE ROYAL MONCEAU - RAFFLES PARIS

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## Welcome to Raffles Spa & Wellness

A unique haven of serenity where cutting-edge techniques and scientific innovations converge to offer profound regeneration, both physical and emotional.

Nestled in the heart of “Le Royal Monceau” - Raffles Paris, the Raffles Spa & Wellness invites you to a pristine 1,500-square-meter sanctuary designed by Philippe Starck. Centered around a majestic 23-meter-long swimming pool, indulge in the unparalleled Raffles experience enhanced by personalised treatments from Dr. Barbara Sturm and 111Skin. Here, luxury, serenity, and expertise come together in this temple of wellness.

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# The Spa

The most Parisian of Palaces reveals an exceptional sanctuary: the first well-being experience by Raffles. This immaculate haven, envisioned by Philippe Starck and spanning 1,500 square meters, is centered around a 23-meter-long pool bathed in natural light, offering an urban oasis of relaxation and bliss. An ode to relaxation and expertise, the Spa at Le Royal Monceau - Raffles Paris perfectly embodies the fusion of luxury and tailor-made wellness.

Raffles Spa & Wellness stands out for its sensory approach to well-being. Its cutting-edge treatments, developed in collaboration with Dr. Barbara Sturm and 111Skin teams, offer fully customisable protocols to meet the specific needs of every skin type and age. This mastery of bespoke care transforms each treatment into a rare and sophisticated beauty experience, embodying the perfect union of expertise, sensoriality, and ultimate refinement.



Continuing its commitment to tailor-made excellence, Raffles Spa & Wellness is also home to the finest professionals, carefully selected for their talent. Each team member perfectly embodies the unique Raffles vision, combining exceptional service with immediate results. Wellness experts provide high-level personalised advice, while coaches lead invigorating aquatic sessions and create fitness programs tailored to each guest's specific needs. At the heart of this dedicated team, therapists orchestrate every detail with precision, ensuring a seamless and immersive experience for Raffles Spa & Wellness members and external guests alike.

#### Our Spa and Fitness Facilities

- 23-meter pool
- Watsu bath
- 2 saunas
- 2 steam rooms
- Sensory showers
- 7 treatment rooms, including 1 VIP couple's treatment room
- 4 fitness studios equipped with the latest Technogym and Kinesis innovations
- Space for Thai boxing and yoga
- Pilates room with Reformer and Cadillac machines
- Spa bar



## Raffles Wellness Philosophy: Expertise, result-driven approach, and bespoke experience

A harmonious fusion of advanced medicine, science, exceptional ingredients, and specialised expertise, this unique combination offers preventive care and personalised protocols designed to revitalise well-being and life energy.

At Raffles Spa & Wellness, excellence merges with innovation. By combining cutting-edge science, innovative medicine, and carefully selected actives, this wellness sanctuary stands out. The treatments, both preventive and revitalising, are designed to restore harmony between body and mind, reactivating vital energy and enhancing overall well-being. With the unmatched expertise of its therapists and ultra-precise protocols, each gesture is crafted for remarkable effectiveness. A true reference in avant-garde care, Raffles Spa & Wellness invites you to push the boundaries of wellness and rediscover your full potential.

The Raffles experience also thrives on close collaboration with three leading brands: 111Skin, Dr. Barbara Sturm, and Nooance LED masks.

**111SKIN**  
HARLEY ST. LONDON

DR. BARBARA  
**STURM**

**NOOANCE**  
P A R I S





«A 360-degree vision of skin  
health with surgical precision»

Dr. Yannis Alexandrides

**111SKIN**  
HARLEY ST. LONDON

With over 30 years of medical experience and more than 20 years of practice at the 111 Harley St. clinic, Dr. Yannis Alexandrides leads the research and development of 111SKIN. Founded in 2012, the brand was born from his desire to provide his patients with products formulated using the patented NAC Y2™ repair complex, designed to effectively meet the specific needs of post-surgical skin.

Today, 111SKIN goes beyond skincare to embody a true experience of excellence, with a mission to enhance the skin and inspire renewed confidence. At the Raffles Spa & Wellness, the brand stands out with cutting-edge protocols that combine repair and regeneration powered by the NAC Y2™ complex. These treatments are complemented by signature massage techniques, including the use of rose quartz crystals and Cryo Globes.

111SKIN also incorporates precious ingredients such as colloidal gold, Damascus rose extract, and black diamond powder, offering an experience that is both luxurious and transformative.

REPARATION – INNOVATION – CLINICAL

«Protect your skin, and it  
will protect you back»

Dr. Barbara Sturm

DR. BARBARA  
**STURM**

Dr. Barbara Sturm, a visionary in scientific cosmetics, is renowned for her innovative approach to anti-aging skincare and her expertise in anti-inflammation. A German-born physician, she began her career in orthopedics, where she revolutionised inflammation treatments before transitioning to aesthetics. Creator of the famous “Vampire Facial”, she quickly became the architect of flawless complexions, coveted from Hollywood to New York.

Launched in 2014, her eponymous brand and flagship line, Molecular Cosmetics, stand out for their formulations of absolute purity, enriched with proteins and highly concentrated active ingredients. Free from mineral oils and harsh components, these products preserve the skin’s natural harmony, exemplified by her first creation, the iconic MC1 Cream, which was acclaimed from its inception. This cream combines the power of natural ingredients with modern scientific advancements.

Through her molecular cosmetics, Dr. Barbara Sturm has established an approach based on three essential pillars: anti-inflammation, optimal hydration, and telomere activation. Her rituals, marked by precision and simplicity, blend gentle cleansing, targeted serums, and meticulous hydration. Combining scientific rigor with natural elements, she delicately and avant-gardely redefines the standards of contemporary beauty.

ANTI-INFLAMMATORY – PERFORMANCE – MOLECULAR SCIENCE



# «Dare to embrace Beauty Tech performance»

Carole Amar

**NOOĀNCE**  
P A R I S

Nooance represents French expertise in beauty innovation, combining high technology and scientific mastery to redefine anti-aging care. The brand's visionary approach includes cutting-edge LED masks designed to address the specific needs of each skin type.

Nooance's signature red LEDs stimulate collagen production, enhance elasticity and firmness, reduce wrinkles and fine lines, promote hydration, boost radiance, and diminish spots, redness, and imperfections. Integrated into Raffles' treatment protocols, these groundbreaking tools are also available for purchase at the Spa boutique, allowing guests to extend the experience at home.

FRENCH EXPERTISE - BEAUTY TECH - ENHANCED IRRADIANCE









# Treatment Menu

## EXPERIENCES

### FIT & REJUVENATE

One hour of intensive coaching followed by a 50-minute massage tailored to your needs, combining movement and relaxation. Enjoy full access to the facilities to extend this revitalising moment.

### MOTHER'S BLISS

Designed for pre and post maternity, this treatment combines a 50-minute «Mother» massage and a soothing 50-minute facial. Complete your experience with access to the Spa facilities.

### HARMONY ESCAPE

A true wellness getaway featuring a 25-minute body scrub, a 25-minute relaxing massage, and a 50-minute facial. Savor this comprehensive experience, extended by access to the facilities for complete relaxation.

# Treatment Menu

## SIGNATURE TREATMENTS

At Raffles Spa & Wellness, our Signature Treatments embody excellence, combining innovative skincare products with unparalleled expertise for immediate results. Each protocol is designed to offer a unique experience, redefining the standards of wellness.

### ROYAL MONCEAU BLACK DIAMOND RITUAL

80 MIN

Ultimate luxury anti-ageing experience with this exclusive facial and body treatment designed to sculpt, hydrate, brighten, firm, and nourish your skin. Begin your journey with pool access, setting the stage for total relaxation. The ritual features gentle exfoliation to smooth, brighten, and refine your skin's texture, followed by the application of actively renewing formulas with our signature massage techniques. A wrinkle-minimising wand massage and a 3-tier multimasking process deliver a powerful lifting, firming, and deeply hydrating effect, providing instant rejuvenation and visible anti-ageing results for both face and body.

### ROYAL MONCEAU MOLECULAR REJUVENATION RITUAL

80 MIN

Designed to rejuvenate both face and body, this bespoke treatment begins with a tailored consultation to customise every step to your unique needs. Using advanced techniques and premium, science-driven products, our expert therapists deliver a deeply restorative experience. Complete your journey with exclusive access to our serene pool, where you can extend your relaxation in a tranquil and luxurious atmosphere. This signature ritual offers the perfect balance of rejuvenation, renewal, and indulgence.



## Facial treatments

### **111SKIN - THE ORIGINAL REPAIR FACIAL**

50 MIN

A high-performance facial to deeply nourish and hydrate the skin. Suitable for all skin types, it is especially effective in calming and soothing damaged and irritated skin. Originally created by Dr. Yannis Alexandrides to accelerate post-operative healing, this treatment features the exclusive NAC Y2™ complex to reduce dryness, dehydration, and sensitivity.

### **111SKIN - CRYO REVITALISING FACIAL**

50 / 80 MIN

A revitalising facial designed to rejuvenate tired skin, inspired by cryotherapy technology and energising formulas. By boosting microcirculation through a cooling massage with Cryo Globes, this protocol detoxifies the skin, leaving it visibly brighter and firmer. Expect soothed, sculpted, and intensely refreshed skin.



#### **DR. BARBARA STURM - JET LAG REVIVER**

25 MIN

The Dr. Barbara Sturm Jet Lag Reviver treatment is designed to relax facial muscles, boost blood circulation, and hydrate the skin, leaving the complexion glowing and refreshed. This quick 25-minute treatment is perfect for busy schedules or as a complement to other services. It incorporates facial massage techniques to relax and tone muscles, as well as pressure-point therapy using a vibrating tool to stimulate lymphatic drainage and blood flow.

#### **DR. BARBARA STURM - STURMGLOW™ FACIAL**

50 MIN

The signature SturmGlow™ treatment from Dr. Barbara Sturm's German clinic is a symphony of cleansing, exfoliation, deep hydration, and toning massage techniques. This revitalising protocol purifies and nourishes the skin, restoring its original radiance. An ideal facial to reveal natural luminosity and a healthy, rejuvenated appearance.

#### **DR. BARBARA STURM - PURIFYING FACIAL**

50 MIN

Specifically designed for blemish-prone skin, the Dr. Sturm Adult Acne Facial features complexion-perfecting ingredients, essential hydration, skin barrier protection, and anti-aging components that visibly improve skin texture. The result is soothed, clarified, and youthful-looking skin.





# Advanced facial treatments

## **DR. BARBARA STURM - SUPER ANTI-AGING FACIAL**

80 MIN

The Super Anti-Aging Facial by Dr. Barbara Sturm combines the peptide-rich, antioxidant Super Anti-Aging Serum with re-sculpting anti-gravity massage techniques for a visibly younger appearance. This treatment intensely hydrates, strengthens the skin barrier, and reduces the appearance of wrinkles. Advanced technologies like microcurrent or radiofrequency stimulate facial muscles and boost collagen and elastin production, offering younger, more radiant skin.

## **DR. BARBARA STURM - EXOSOME FACIAL**

80 MIN

The End Level Exosome Facial by Dr. Barbara Sturm combines advanced regenerative technology with active ingredients and signature massage and microneedling techniques. This treatment incorporates key steps and eye and face serums to target wrinkles, firm the skin, and promote regeneration. Enriched with exosomes, vitamin C and E, evening primrose seed, and green tea leaf extracts, this facial enhances skin firmness and radiance, leaving the skin smoothed and revitalised.

## **111SKIN - ROSE GOLD RADIANCE FACIAL**

80 MIN

An exceptional facial combining illuminating properties with cutting-edge soothing formulas for a visibly radiant complexion. Enriched with colloidal gold and Damascus rose extract, these formulas clarify and calm the skin. This sculpting ritual includes a deep facial massage, using targeted muscle techniques enhanced by the soft energy of rose quartz crystals. A luxurious experience to uplift the mind and reveal lifted, luminous, and rested skin.

## **111SKIN - BLACK DIAMOND FIRMING FACIAL**

80 MIN

This indulgent ritual unveils a visibly rejuvenated and sculpted appearance. It begins with gentle exfoliation to smooth and even the complexion, followed by the application of regenerating and illuminating formulas enriched with black diamond powder and the patented NAC Y2™ complex. Through deep facial massage techniques targeting key facial muscles, this treatment is firming and sculpting.





## Body treatments

### **111SKIN - CRYO REVITALISING BODY TREATMENT**

50 MIN

This revitalising treatment stimulates microcirculation and the lymphatic system to detoxify, refresh, and soothe tired legs and sore muscles while harmoniously sculpting the body. Combining the targeted action of Cryo Globes and Pro-Cellulite Gel on strategic areas, a personalised massage promotes vasodilation, improving oxygenation, detoxification, and tissue nutrition. A complete experience for a regenerated, firmed body and visibly renewed glow.

### **DR. BARBARA STURM - BODY SCRUB & REGENERATING TREATMENT**

50 / 80 MIN

This treatment includes gentle full-body exfoliation with the Super Anti-Aging Body Serum and Anti-Aging Body Cream, delivering intense hydration and firming benefits. This treatment smooths, firms, and regenerates the body's skin for a more youthful appearance.



## Massages

### **CUSTOMISED MASSAGE**

50 / 80 MIN

This fully personalised treatment addresses your specific needs with an expert combination of techniques and tailored oil choices. Each movement is designed to target tension, relax the body, or restore harmony, providing immediate and lasting well-being.

### **COUPLES MASSAGE**

50 / 80 MIN

Share a unique moment for two in the Raffles Spa & Wellness VIP double suite. This customised massage adapts to your individual needs for an unforgettable shared relaxation experience.

### **VITALITY MASSAGE**

50 / 80 MIN

Revitalising and purifying, this massage restores energy and lightness to the body. Infused with marjoram, citrus, and rosewood oils, this treatment combines expert techniques, moderate pressure, and flowing movements to dissipate tension, fatigue, and headaches. A refreshing invitation to restore a fully invigorated body.

### **SERENITY MASSAGE**

50 / 80 MIN

A cocoon of softness designed to soothe the body and mind. This calming and restorative body massage uses the indulgent essence of aromatherapy oils. A blend of jasmine, tuberose, and linden blossom oils balances energy, releases stress, and envelops you in absolute serenity.

### **DEEP TISSUE MASSAGE**

50 / 80 MIN

Ideal for deep tension relief, this intensive massage targets muscles to soothe soreness.

### **SCULPTING MASSAGE**

50 MIN

This dynamic treatment combines expert, precise, and energetic movements to refine and sculpt the body. Using firm and deep manual techniques targeting key areas, this massage visibly smooths the skin, reduces the appearance of cellulite, and reveals a sculpted, firm, and harmoniously contoured silhouette.

### **PREGNANCY MASSAGE**

50 MIN

A gentle and soothing massage specially designed for pregnancy and post-natal care. This well-being ritual features the application of a natural balm with hydrating and nourishing properties, pampering the skin of mothers-to-be while relieving sensitive areas. A moment of absolute serenity dedicated to balance and beauty for all mothers.

### **REFLEXOLOGY**

50 MIN

This massage stimulates reflex zones and strategic points on and under the feet. It promotes toxin elimination while restoring the body's energetic balance. A deep relaxation begins at the very foundation of your body.





## Additional treatments

Le Royal Monceau - Raffles Paris spa invites you to a unique sensory escape through a collection of meticulously designed complementary treatments to enrich your wellness experience.

The option of a targeted massage area is ideally suited to meet the specific needs of each client, showcasing the precision and expertise that the Palace is known for. For those seeking both physical and spiritual renewal, the revitalising scalp treatment acts as an elixir of youth, while the personalised scalp treatment adapts to individual specifications, offering a tailored treatment and deep regeneration.

The delicacy doesn't stop there: the eyes and gaze receive the same attention with the application of a soothing mask, just as the face is treated to masks that, applied after treatments, invigorate the skin with opulent finesse. At its peak, the LED face mask by Nooance, with its advanced technology, envelops the skin in a healing light, crowning a series of transformative and illuminating treatments that embody the essence of luxury and customisation so cherished at the Palace.

- Revitalising Scalp Massage
- Eye Mask
- Face Mask
- Nooance LED Face Mask



# Beauty treatments

## HAND BEAUTY TREATMENT

60 MIN

## FOOT BEAUTY TREATMENT

70 MIN

## SEMI-PERMANENT MANICURE

60 MIN

## SEMI-PERMANENT PEDICURE

60 MIN

## NAIL POLISH APPLICATION

25 MIN

## SEMI-PERMANENT REMOVAL

30 MIN

## HALF-LEGS, BACK, OR ARMS WAXING

30 MIN

## FULL LEGS WAXING

45 MIN

## STANDARD BIKINI WAX

30 MIN

## BRAZILIAN BIKINI WAX

30 MIN

## FULL BIKINI WAX

45 MIN

## SMALL AREA WAXING (EYEBROWS, UNDERARMS, EARS, OR NOSE)

15 MIN





# Fitness

In the sophisticated world of Le Royal Monceau - Raffles Paris, physical well-being is combined with performance, elegance, and personalisation. Raffles Spa & Wellness offers an array of customised sessions designed to help you achieve measurable progress and lasting well-being.

Each Fitness Journey begins with an in-depth Fitness Assessment, designed to meet individual needs and goals. This comprehensive evaluation of your physical condition includes the Raffles Functional Test Assessment, which analyses your ability to perform daily activities. Based on this, every program is tailored to suit your specific requirements, guaranteeing measurable progress and sustainable well-being.

The options are diverse: from dynamic and precise Personal Training sessions to personalised Yoga Classes, ideal for complete re-centering. For those focused on muscle strengthening, the Personal Pilates Reformer Coaching is available, and in its Duo version, you can share the experience with a partner. For a more social experience, the Duo or Trio Training sessions offer engaging and stimulating group formats, combining efficiency and fun.

For younger guests, Kids Training sessions, available in 30- or 60-minute formats, introduce children to physical activity in a playful and safe environment.

## Fitness Services

- Raffles Functional Test Assessment
- Raffles Fitness Index Test Assessment
- Personal Coaching 60 MIN
- Personal Coaching Duo 60 MIN
- Personal Coaching Trio 60 MIN
- Personalised Yoga Class 60 MIN
- Pilates Reformer Class 60 MIN
- Pilates Reformer Duo 60 MIN
- Kids Coaching 30 / 60 MIN



FITNESS

# General information

## SPA ACCESS

Access to the Spa is reserved for adults over 16 years old and for guests who have booked a treatment.

Children staying at the hotel are welcome to use the pool under parental supervision from 10.00 am to 5.00 pm.

Opening Hours of Raffles Spa & Wellness:

- Open daily from 6.30 AM to 10.00 PM.
- Treatments are available by appointment only, between 10.00 AM and 9.00 PM.

## ARRIVAL AT THE SPA

For a fully serene experience, we recommend arriving 15 minutes before the start of your treatment. This will give you time to change, relax, and enjoy our facilities before your session.

Please note that a late arrival may result in a shorter treatment duration.

## CANCELLATION POLICY

We kindly ask you to inform us of any cancellation or appointment changes at least 24 hours prior to the start of your treatment to avoid being charged for the total amount. For hotel residents, a minimum of 5 hours' notice is required to avoid being charged for the treatment.

## HEALTH AND SAFETY

A medical form will be provided to you upon your arrival at the Spa. You will need to fill in your allergies and specify any information necessary for the proper conduct of the treatment.

Smoking or consuming alcohol is strictly prohibited in the Spa.

### DRESS CODE

A bathrobe and slippers will be provided at the Spa. You may also arrive already wearing your own bathrobe. Some treatments may require the use of disposable undergarments; our therapists will inform you upon arrival.

### PERSONAL BELONGINGS

We recommend not bringing valuables during your visit to the Spa. The hotel declines all responsibility in case of loss or damage to personal belongings. For your comfort, phones and other electronic devices must be turned off.

### IN-ROOM TREATMENTS

You have the option to enjoy treatments in your room. A 30% surcharge will be applied to the treatment price.

### RESERVATIONS

Advanced reservations are required by phone, email, or [here](#).

## HOURS

Fitness: 06.30 AM - 10.00 PM  
Treatments: 10.00 AM - 09.00 PM



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RAFFLES SPA & WELLNESS  
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# Prices

## SPA EXPERIENCES

Fit & Rejuvenate · 110min - 390€  
Mother's Bliss · 110min - 420€  
Harmony Escape · 110min - 420€

## SIGNATURE TREATMENTS

Royal Monceau Black Diamond Ritual · 80min - 380€  
Royal Monceau Molecular Rejuvenation Ritual · 80min - 380€

## MASSAGES/COUPLE TREATMENTS

Raffles / Personnalisée Massage · 50/80min - 210/280€  
Raffles / Duo Personnalisée Massage · 50/80min - 420/560€  
111Skin / Vitaly Massage · 50/80min - 210/280€  
111Skin / Serenity Massage · 50/80min - 210/280€  
Dr. Barbara Sturm / Deep Tissue Massage · 50/80min - 210/280€  
Dr. Barbara Sturm / Sculpt & Tone Massage · 50min - 210€  
Raffles / Maternity Massage · 50min - 210€  
Raffles / Reflexology · 50min - 210€

## FACIALS

Dr. Barbara Sturm / Jet Lag Reviver · 25min - 125€  
Dr. Barbara Sturm / Sturm Glow Facial · 50min - 225€  
Dr. Barbara Sturm / Clarifying Facial · 50min - 250€  
111Skin / The reparative Facial · 50min - 225€  
111Skin / De-puffing Cryo Facial · 50/80min - 250/290€

## ADVANCED FACIALS

Dr. Barbara Sturm / Super Anti-Aging Facial · 80min - 290€  
Dr. Barbara Sturm / Exoso-metic Facial Care · 80min - 310€  
111Skin / Rose Gold Radiance Facial Care · 80min - 290€  
111Skin / Black Diamond Lift Facial · 80min - 310€

## BODY TREATMENTS

111Skin / Cryo Detox Recovery treatment · 50min - 210€  
Dr. Barbara Sturm / Rejuvenating Body Scrub and Body Treatment · 50/80min - 210/290€

## ADD-ON ENHANCEMENTS

Target Massage Zone · 25min - 90€  
Eye Mask · 30 to 35€  
Any Face Mask · 35 to 70€  
Nooance / LED Face Mask · 50€

## DAY PASSES

Raffles Day Pass · 210€  
Raffles Day Pass (*when you book a 50 min treatment*) · 50€

## PACKAGES

10 x 50 min Massages of your choice with Spa Access · 2100€  
10 x 50 min Facials of your choice with Spa Access · 2500€

## FITNESS

Raffles Fitness Index Assessment · 120min - 450€  
Raffles Functionnal Assessment · 60min - 150€  
Personnal Training session · 60min - 170€  
Personnal Yoga session · 60min - 170€  
Personnal Pilates Reformer coaching · 60min - 170€  
Duo Pilates Reformer coaching · 60min - 255€  
Training Duo · 60min - 255€  
Training Trio · 60min - 350€  
Kids Training · 30min - 85€  
Kids Training · 60min - 170€

## BEAUTY SERVICES

Classic Manucure · 60min - 150€  
Classic Pedicure · 60min - 170€  
Gel Manucure · 70min - 150€  
Gel Pedicure · 60min - 150€  
Nail polish · 25min - 40€  
Removal · 30min - 40€  
Half leg, or back, or arms waxing · 30min - 70€  
Full leg waxing · 45min - 100€  
Classic bikini waxing · 30min - 90€  
Brazilian waxing · 30min - 100€  
Full bikini waxing · 45min - 120€  
Extra area waxing :  
Eyebrows, armpits, ears or nose · 15min - 40€