

LA MUSE

A space, a sanctuary, a beautifully soft salvation.

The purity of a moment to stop.

Villa La Coste offers a powerful and visionary spa, aligned to a shared journey of the senses and embracing synaesthesia, light, air and colour, as well as oils, clays, salts and muds drawn from the earth.

Smell, touch, taste, listen, look.

Immerse yourself.

Rest a while.

Find stillness.

Breathe.

Be.

Massages 60 minutes EU 130 / 90 minutes EU 180

Using highly precious organic aromatherapy oils these mindful massages have been lovingly conceived to relax your central nervous system and boost the lymphatic system. Massage techniques vary according to your needs and are drawn from consultation with your therapist.

Cedar and Chamomile oil

A beautiful blend of synergistic oils which draws on the warmth of the earth through woods and roots. Green vetivier and cedarwood are wonderfully relaxing, and when combined with blue chamomile and lavender are awakened to their full effect and become a potent, medicinal remedy for deep fatigue and stressed nervous systems. This oil offers enormous emotional benefits and helps to heal fear, nervousness, stress and tension.

Rose and Bergamot oil

A nourishing, restorative blend which calms and supports the heart, and brings sweet comfort. Spiritually bergamot provides protection and happiness; it helps to instil confidence and courage, and assists in the release of negative emotions. Meanwhile Rose Damascena is the most potent spiritual oil of all and provides deep inner healing on all levels.

Jasmine and Verveine oil

Known as The Oil of the Angels, jasmine attracts light back into the nervous system, boosts serotonin, and helps stimulate the flow of love and energy in the body. It strengthens and replenishes your energy and has an incredibly positive effect on the brain. Verveine is equally soothing, and uplifting and works to reduce puffiness and inflammation.

Olive and Apricot Butter Balm

A highly nourishing, protective and remedial wonder balm, sweet and silky, which awakens the senses and provides deep rehydration to needy, thirsty, itchy or sunburnt skin. Olives are rich in antioxidants and vitamin E; vetivert sedates the nervous system, creates stillness and is good for shock and anxiety. Also contains shea and murumuru butters, vanilla - which uplifts spirits and helps to lock-in moisture, apricot - which is vitamin rich, and blue chamomile, which is extremely grounding and soothing. Overall this is a delicious smelling, rich and medicinal butter for those craving extra care.

Body Exfoliations 30 minute addition to massage EU 70

Enjoy an invigorating treatment which purifies both skin and mind and allows your true essence to shine. These profound exfoliations allow you to take off your protective armour and remember who you truly are. They penetrate the five energetic levels of the skin, which are directly related to the emotional heart centre, allowing a fresh flow of energy to circulate and a newness of spirit to emerge.

Warmed Black Magnesium

Feel: Grounded, centred and soothed, with a relaxed yet reinvigorated nervous system. Ideal for those who feel unanchored, perhaps physically due to travelling or because of unsettled emotions, anxiety or exhaustion.

Warmed Rose, Poppy Seed and Lavender

Feel: Emotionally balanced and nourished with a calm, open and loving heart. In Chinese Medicine Poppy seeds have an affinity with the inner heart chamber and when warmed they uplift the vibration of this precious energy centre. This is an incredibly releasing therapy which allows for sensitivity and compassion.

Gascony Plum and Cranberry

Feel: Energized and happy with illuminated skin, a clear mind and uplifted spirits. Cold pressed in Gascony near Toulouse, plum oil is highly moisturizing and zesty whilst the cranberry oil is packed with ant-oxidants and essential fatty acids - all of which provide potent skin nurturing benefits. Rose, sandalwood and geranium are subtly comforting for the tired and this highly restorative treatment looks after skin, heart and emotions with a tender touch.

Les Algues de Bretagne

Feel: Physically toned and firm, with a focused, purified mind and recharged energy body. This salt scrub, containing French Celtic salt and sea algae, is extremely detoxifying and hydrating. It boosts collagen and skin elasticity and is recommended for anyone suffering from cellulite or dull skin. For the depleted it is extremely nutrient rich and nourishing.

FACIAL & FINISHING TOUCHES

Glowing Radiance Facial 60 minutes EU 130

This blissful therapy begins with an aloe vera and pomegranate cleanse and a gentle blackcurrant and honey exfoliation to the face, followed by an application of powerful damascena rose otto and sandalwood oils to stimulate energy in the skin cells and relax the central nervous system. A face and shoulder massage then removes blockages and restores natural luminance, allowing a fresh flow of light and energy to flood both skin and body. Afterwards your face glows with radiance and a sense of peace pervades the body. Perfect for dehydrated, sensitive, dull and exhausted skin in need of some extra loving care.

Hand Therapy 60 minutes EU 90

Following a file and buff, cuticle work and polish, this treatment includes a soak and scrub, a Vanilla and Vetivert Butter Balm massage of the lower arms, and an amethyst gel wrap.

Feet Therapy 60 minutes EU 90

Following a file and buff, cuticle work and polish, this treatment includes a soak and scrub, a Vanilla and Vetivert Butter Balm reflexology point massage and a choice of warm therapeutic mud wrap.