

At La Bastide Du Calalou, we are dedicated to offering you an authentic and wellness-focused experience, deeply rooted in the richness of our beautiful Provençal region.

This is why we are proud to partner with Terraroma, a family-run business located in the heart of the Valensole plateau, just a few kilometers from us.

This partnership reflects our commitment to prioritizing exceptional local products for all our massage treatments.

Terraroma embodies the soul of Provence.

Led by Pauline Jaubert, representing the fourth generation of a family passionate about the land and its treasures, this company meticulously cultivates Provençal almonds, honey, olives, and lavender.

Their artisanal expertise, passed down through generations, results in products of remarkable quality.

Their essential oils are distilled with precision to ensure pure fragrances and intact properties.

By choosing their products for our massage treatments, we offer you the very best of Provence: light textures, enchanting scents, and relaxing benefits, drawn directly from the nature that surrounds us.



## MENU OF TREATMENTS & MASSAGES

By appointment  
by contacting the hotel reception  
or by phone at +33 (0)4.94.70.17.91.

**BASTIDE**  
DU CALALOU



# TREATMENT MENU

## THE FACIAL TREATMENT

Duration: 30 – 60 minutes - Price: €60 to €95  
Combines a cranial massage and a natural lifting massage with deep hydration, eliminating impurities and releasing facial tension.

## BODY SCRUB

Duration: 30 – 60 minutes - Price: €60 to €95.  
Exfoliation crafted from salt or sugar.  
This gentle ritual removes impurities, refines skin texture, and stimulates cell renewal.

## REBALANCING & RELAXATION SESSION

Duration: 60 – 90 minutes - Price: €80 to €125  
This unique treatment is dedicated to relaxation and energy rebalancing.

## FOOT AND HAND REFLEXOLOGY

Duration: 60 minutes - Price: €95  
Inspired by ancient Chinese methods to rebalance your energies.

- We kindly ask you to arrive at the reception 15 minutes before your scheduled treatment time. Any delay will result in a reduction of the treatment duration.
- Cancellations or rescheduling not reported 24 hours in advance will incur the full cost of the treatment.
- Our massages are wellness and relaxation treatments, not medical procedures.
- Please inform us of any health conditions or pregnancy.

# MASSAGE MENU

## ROSEMARY BREEZE



Duration: 45 minutes - Price: €85  
This treatment with lymphatic drainage uses rosemary essential oil, known for its stimulating and toning properties.

## ALMOND DELIGHT



Duration: 60 minutes - Price: €95  
This Californian massage is designed for the entire body, with a particular focus on tension areas, using slow, long, and enveloping movements.

## IN THE SHADE OF THE OLIVE TREE



Duration: 60 minutes - Price: €95  
This Swedish massage features a blend of slow and fast maneuvers, gentle and firmer pressures to release muscle tension.

## SONG OF THE LAVENDERS



Duration: 30 to 90 minutes - Price: €60 to €135  
A fully personalized massage with carte blanche.  
It is designed to target your specific areas of tension and provide optimal well-being.

## HONEY DREAMS



Duration: 30 minutes - Price: €60  
Children deserve their enchanted journey too!  
The "Honey Dreams" massage is a 30-minute treatment for little explorers aged 6 to 12.

