



HÔTEL MONGE

PARIS RIVE GAUCHE

Spa

Get pampered and set on a journey of reconciliation between body and soul.
Our wellness area, composed of a massage room and a hammam, is open daily from 9:00 am to 8:00pm.
(Out of these hours, other rates apply)
To make an appointment please contact the Front Desk (dial 9).

☛ BODY MASSAGES

A simple break or a real moment of relaxation at the end of the week. Select the massage and the length that you prefer.

SOLO MASSAGE

45 minutes.....145€
1 hour.....165€
1h30.....235€

SPECIAL PACKAGE FOR TWO (one after another)

2 x 30 minutes.....255€
2 x 45 minutes.....315€

CALIFORNIAN

A true anti-stress therapy, this delicate massage provides a real sensation of muscular relaxation. Its slow and harmonious maneuvers soothe the body for a moment of deep serenity.

SWEDISH

With its deep movements and stretching techniques focused on muscle relaxation, this massage helps to reduce physical stress and facilitate the recovery of the body.

DEEP TISSUE

Ideal for athletes, this deep massage provides a state of well-being following physical effort. It helps to improve the mobility of the body and to reduce muscular pain.

BALINESE (INDONESIAN MASSAGE)

Balinese massage is a holistic treatment inspired by traditional Indonesian techniques. Through gentle stretching, acupressure and reflexology, it stimulates the circulation of «Qi» energy and oxygenation.

TAILOR-MADE MASSAGE

This tailor-made treatment for body and mind combines the well-being of a customized massage and the expert diagnosis of the practitioner, to meet all your expectations for a moment of total relaxation.

FOOT REFLEXOLOGY

Thanks to plantar pressure points, reflexology can localize and soothe pain by regulating the body's energy flow and improving blood and lymphatic circulation.

☛ FACIAL TREATMENTS

A diagnosis is made by an expert to offer you a treatment tailored to your skin and your desires for a visible and lasting result.

1 hour..... 165€
1h30.....235€

☛ SPORTS TRAINING

Whether you are a high-level athlete or simply want to get back into shape, our certified trainers are here to lead you through individual and customized sessions, the best way to work out while respecting your body.

Running, cardio, muscle strengthening, yoga or Pilates, book your session and enjoy a tailor-made training!

Sessions must be booked at least 2 days before the planned date.

1h00..... 170€
1h30..... 220€

For more information about our services, scan this code!



Please note that in case of late presentation, your session may be shortened in order to allow the next treatment to start on time. Cancellation free of charge is possible up to 2 hours before the start of the session.