

The logo for Oceania, featuring a stylized 'O' with a wave-like flourish on the left side, followed by the word 'ceania' in a serif font.

Oceania

Les Augustins

LILLE



TREATMENTS &
MASSAGES MENU

FACIAL TREATMENTS

PRESTIGE CARE

Sothys' signature protocols for demanding skin seeking visible excellence. These treatments combine innovation, expertise, and premium products to enhance the skin.

	<i>Duration</i>	<i>Price</i>
INTENSIVE HYDRA HYALURONIC TREATMENT	1h15	€115
An absolute bath of freshness to quench even the thirstiest skin. Pure hyaluronic acid allows to smooth the features and instantly plumps. This voluptuous and precise treatment deeply hydrates, bringing immediate radiance to your skin.		
INTENSIVE YOUTH TREATMENT – TRI-COMPLEX	1h15	€115
A global anti-aging protocol with patented active ingredients that restores structure, radiance, and tone to the skin. Targeted and precise gestures promote firmness and revitalization of the skin. Skin is tighter and regains its glow from the very first session.		
INTENSIVE DX GLOW TREATMENT – DETOX DEFENSE RADIANCE	1h15	€115
An intensive treatment designed to oxygenate skin fatigued and stressed by urban life. This detoxifying ritual revitalizes, enhances the skin's natural glow, restores luminosity and radiance, while strengthening the skin's natural defenses.		

Packages of 6 sessions: enjoy a 20% discount. Spa managers and wellness experts are at your disposal to guide and personalize your care journey.

ESSENTIAL CARE

Fundamental, tailor-made treatments to enhance the skin with precision and softness. Each care session is designed to provide a unique and intense experience, tailored to your skin's specific needs.

	<i>Duration</i>	<i>Price</i>
ORGANIC CARE	30 min.	€65
An exclusive organic treatment combining the effectiveness of plant-based active ingredients with eco-responsible formulas. This soothing and nourishing care respects the skin's natural balance while providing radiance and hydration.		
SEASONAL TREATMENT - LIMITED EDITION	45 min.	€80
A sensory treatment inspired by nature, reinvented each season. Gourmet textures, plant-based actives, and care adapted to the natural rhythms of the skin come together for the perfect wellness experience at each change of season.		
CRYO EYE CARE	45 min.	€70
The eye contour is awakened, refreshed, and revitalized thanks to draining gestures and a cryo mask. Eyes appear brighter, features are smoothed.		
MEN'S FACIAL	45 min.	€80
A deeply regenerating and energizing treatment tailored for men's skin. With targeted actives, it eliminates signs of fatigue, deeply hydrates, and restores natural radiance..		

BODY TREATMENTS

SOTHYS JOURNEYS

These treatments invite you to travel to the heart of refined cultures, blending ancestral expertise with ultimate well-being. Each ritual is designed to offer a moment of pure relaxation and regeneration, where body and mind meet in perfect harmony.

	<i>Duration</i>	<i>Price</i>
ORIENTAL SENSATIONS	1h00	€110
An exceptional ritual inspired by imperial hammams, where precious exfoliation and enveloping gestures combine to offer a majestic experience. Warm notes of amber and myrrh create a deeply relaxing atmosphere, transporting you on a unique sensory journey.		
ANCESTRAL INDONESIA	1h00	€110
A profound ritual inspired by Balinese traditions, where breath and touch respond in harmony. This treatment is an invitation to serenity and balance, for total well-being. Discover the power of Indonesia through this revitalizing ritual.		
HANAKASUMI	1h00	€110
This treatment combines glove exfoliation, foot reflexology, and nourishing massage within a soothing floral cocoon. The skin becomes soft and silky while the mind opens to total serenity. A ritual combining lightness and depth, reflecting Japanese culture.		

SIGNATURE TREATMENTS

A true invitation to let go and awaken the senses: massages, scrubs personalized with the fragrance of your choice. Treatments designed to enhance your body in an atmosphere of absolute relaxation.

	<i>Duration</i>	<i>Price</i>
SUGAR & SALT SCRUB WITH AN ESCAPE OF YOUR CHOICE	30 min.	€60
A gourmet exfoliation to smooth skin texture and enhance the complexion.		
SIGNATURE MASSAGE (100% PERSONALIZED)	30 min.	€65
Immerse yourself in a personalized wellness moment with the sensory escape of your choice.	45 min.	€80
	60 min.	€105

PRECIOUS MOMENTS

Indulge in excellence with our privilege treatments – a rare interlude where expertise and refinement meet.

	<i>Duration</i>	<i>Price</i>
MOTHER-TO-BE SOFTNESS CARE	1h00	€105
A comforting treatment perfectly adapted to the specific needs of pregnant women from the 4th month onwards. This enveloping moment of well-being relieves tension, hydrates the skin, and promotes deep relaxation, in complete safety for mother and baby.		
SUBLIME BACK	45 min.	€80
A real breath of fresh air for your back, combining relaxation and effectiveness. Restores clear, soothed, and rebalanced skin.		

OUR ESCAPES

Price

SPA & LUNCH (MONDAY TO FRIDAY)

€99

Enjoy a 30-minute signature massage, access to the wellness area, and a lunch at our restaurant Les Augustins.

SEASONAL RITUAL

€145

Indulge in an enchanting break with a seasonal facial followed by a 30-minute body massage, for perfect harmony between well-being and fragrance.

BODY RITUAL

€160

Enjoy a 30-minute body scrub, a delicious exfoliating treatment to smooth and refine the skin's texture, followed by a 1-hour personalized massage for complete relaxation and serenity.

GRAND SOTHYS RITUAL

€215

Immerse yourself in a 2-hour Sothys journey, featuring a 30-minute body scrub to enhance your skin, a 45-minute personalized massage to soothe both body and mind, and concluding with a 45-minute facial treatment for a radiant, healthy glow.

OPENING HOURS

The SPA facilities are accessible to hotel guests from 7:00 am to 11:00 pm, and to external spa guests from 10:00 am to 8:00 pm, with a limit of one hour per day. This ensures calm, fluidity, and quality for each visitor.

The treatment area is open to hotel residents and external clients:

- Monday to Saturday: 10:00 am – 8:00 pm
- Sunday: 10:00 am – 5:00 pm

Please arrive 15 minutes before your appointment to fully enjoy the facilities and prepare in complete tranquility.

Children are welcome at the spa pool provided they are accompanied and supervised by an adult. To preserve everyone's peace and comfort, please respect the quiet atmosphere. For safety reasons, ball games, jumps, and dives are not permitted.

RECOMMENDATIONS & BOOKINGS

We recommend booking your treatments in advance at **+33 (0)3 67 25 11 11**. To ensure smooth management, please notify us of any cancellation or modification at least 24 hours in advance. In case of late cancellation or no-show, the full amount will be charged.

PRECAUTIONS & HEALTH

For your safety and to optimize the benefits of our treatments, please inform us in case of pregnancy or allergy. If you have any health concerns, we recommend consulting your doctor before booking.

Our therapists provide treatments aimed at well-being; **these are not medical or therapeutic procedures.**

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oceaniahotels.com

