



Bee-inspired wellness



Ballot - Flurin

abeilles santé

At the Grand Hôtel Gallia & Londres****, step into an intimate and welcoming world of light and shadow. Enjoy a unique experience of relaxation and personal care. Open the door to the Spa and let your senses guide you.

26 avenue Bernadette Soubirous - 65000 Lourdes
Tel : +33 (0)5 62 94 35 44
contact@hotelgallialondres.com

The Spa is open to outside guests every day
from 10:00 a.m. to 8:00 p.m.
By appointment only.

WWW.HOTELSVINUALES.COM



**OUR WELLNESS
SPACE**

GRAND HOTEL
Gallia & Londres
★★★★
Lourdes

MASSAGES & TREATMENTS

30 min

69€

LIGHT LEGS FULL-BODY MASSAGE

After a full day of walking, hiking or climbing the Pyrenean passes.

A vigorous massage inspired by the Pyrenees, using beekeeper’s salve and a combination of energising movements, pressure, percussion and drainage. The treatment ends with a soothing application of cooling thermal gel for the legs.
Pregnancy option: vibrational massage oil.

FOOT RELAXATION MASSAGE

For grounding and renewed inner energy.

A soothing massage of the feet, ankles and calves using beekeeper’s salve.

HONEY BACK WRAP AND MASSAGE

A gentle deep detox.

A complete back wrap with acacia honey from the Pyrenees and active propolis powder, followed by a traditional manual cupping massage. The treatment ends with gentle hydration using hive milk.

EXPRESS GLOW FACIAL

A complete cleanse with honey and propolis make-up remover gel, followed by gentle exfoliation with honey granules. The Innocents mask is then applied to help absorb toxins and instantly restore radiance. The treatment is completed with Queen’s Eye Contour and the Beekeeper’s Cream, available in anti-ageing or sensitive-skin formulas upon request.

A SHARED ESCAPE

45 min

199€

Share a special moment together.

Choose one 45-minute treatment per person.

Gift vouchers

Gift vouchers are valid for one year from the date of issue. They are nominative, non-refundable and non-exchangeable. Current promotional offers cannot be combined.

Wellness area

45 minutes : 25€ per person

The Wellness Area includes a jacuzzi, sauna, hammam and sensory shower. Private access for up to four people.

Access is available by appointment only.

Children aged 14 and over may enter when accompanied and supervised by an adult.

Reserve your treatments online by scanning the QR code.



Book your treatments online by scanning this QR code

MASSAGES & TREATMENTS

45 min

99€

GENTLE EXFOLIATION

A gentle new beginning for your skin.

Application of the honey-grain exfoliant, followed by gentle cleansing with fine plum-stone granules from Lot-et-Garonne. The body is then massaged with vibrational oil to leave the skin soft and deeply hydrated.

ENERGISING BODY MASSAGE

Restore energy to body and mind.

A tonic massage using vibrational oil, with firm pressure and deep movements to release tension.

UPPER-BODY MASSAGE

Release tension and invite relaxation.

While the Innocents mask rests on the face, the hands, arms, shoulders, décolleté, neck and trapezius are massaged with vibrational oil. The face and scalp are then massaged using beekeeper’s salve.

FACIAL TREATMENT AND MASSAGE

A deep cleanse with honey and propolis make-up remover gel, followed by gentle exfoliation with honey granules. A soothing facial massage with beekeeper’s salve is followed by the Innocents mask, Queen’s Eye Contour and the Beekeeper’s Cream, available in anti-ageing or sensitive-skin formulas upon request.



TREATMENTS

1h15

165€

FULL-BODY TENSION AND FATIGUE MASSAGE

A deeply relaxing and comforting treatment.

Gentle, enveloping movements using vibrational massage oil, from head to toe.

BODY AND FACIAL COMBINATION

Take time for yourself.

A complete facial treatment including deep cleansing, gentle exfoliation, the Innocents mask, Queen’s Eye Contour and the Beekeeper’s Cream. The body treatment is performed with vibrational oil, using either an energising or relaxing technique, according to your preference.

NOURISHING BEESWAX MASSAGE

The ultimate comfort.

A regenerating massage using beekeeper’s salve to care for dry and damaged skin.

HOLISTIC MASSAGE

For harmony between body and mind, immersed in the hive to awaken the senses and reconnect with yourself.

Enjoy a tasting of whole, unfiltered and unmixed organic honeycomb honey: a noble polyfloral variety sourced from small-scale beekeepers and free-bee sanctuaries in the South-East of France, rich in aromatic native plants. The experience includes the diffusion of propolis-infused water, a high-frequency vibrational soundscape and guided breathing. A full-body and facial massage with vibrational oil is performed in vertical symmetry, following an energetic flow. The treatment ends with Grog Brrr, a honey-based drink made with honey from the Pyrenees, plants from the Demeter gardens and propolis from our hives.

La Vie du Spa

Arrival

Please arrive 10 minutes before your appointment so that treatments can begin on time.

In the event of late arrival, we reserve the right to reduce the duration of your treatment by the length of the delay. The full treatment price will remain payable.

Late arrival and cancellation

A treatment that starts late due to the client’s delayed arrival cannot be completed in full but will still be charged in full.

If an appointment is cancelled less than 24 hours in advance, or in the event of a no-show, the gift voucher will be considered forfeited. It cannot be refunded or exchanged for credit. No exceptions will be made.

Contraindications

If you have any health concerns, such as circulatory disorders, allergies or asthma, or if you are pregnant, please inform our staff before your treatment.

Pregnancy

Some spa treatments may be suitable for expectant mothers under certain conditions. Please contact our team for further information.

