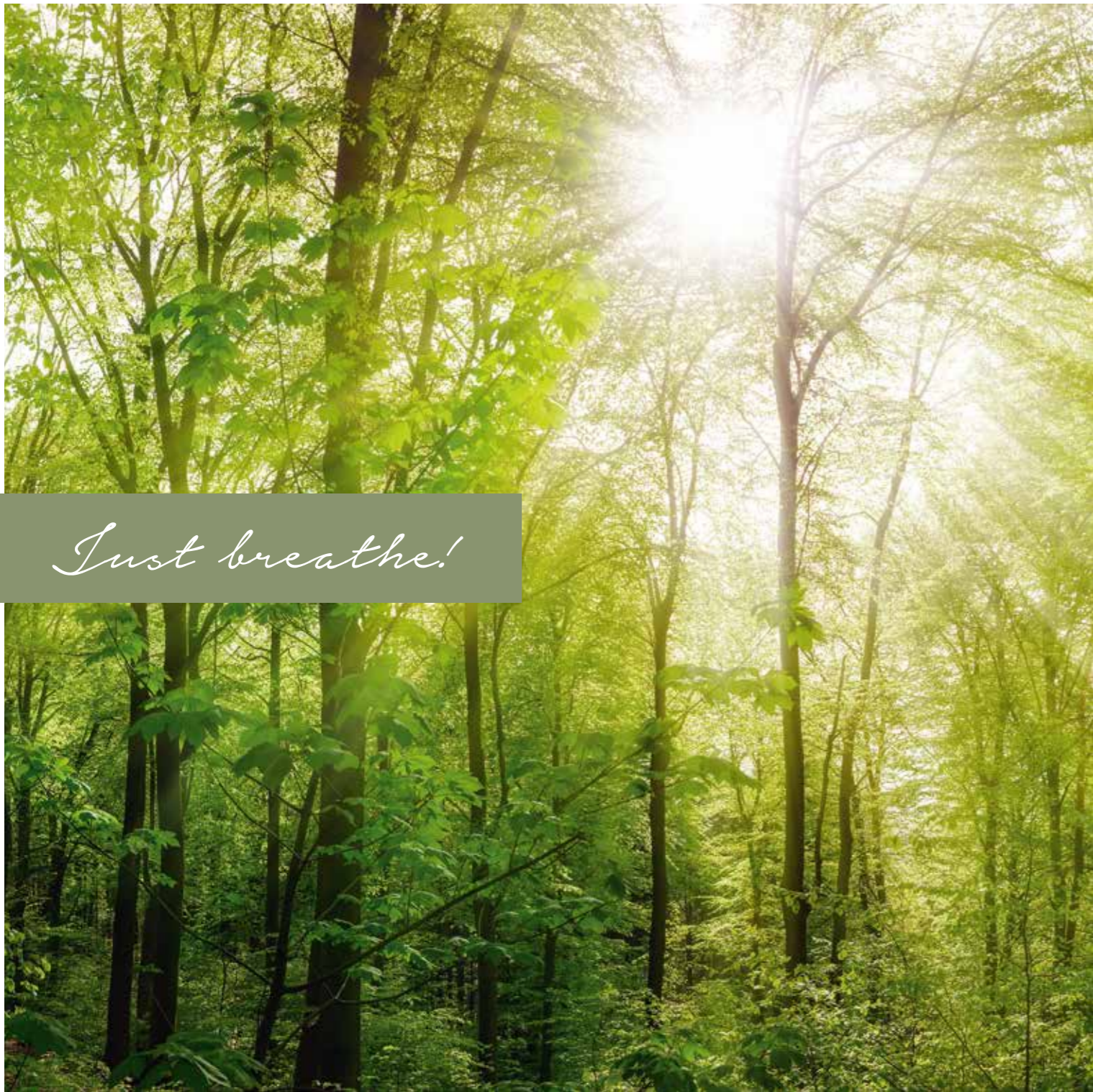


S P A R E T R E A T

L A  
F O R Ê T

*Take a breath*

*Moments that take  
your breath away*



*Just breathe!*

### **Arrive. Breathe. Unwind.**

Life is beautiful. We love, celebrate and relish it!

Domaine La Butte aux Bois in Lanaken is synonymous with joie de vivre. An historic country estate, award-winning gourmet hotspot, and eco-chic SPA retreat: together they are exceptional and sensational.

With the Spa Retreat La Forêt, La Butte aux Bois defines a new dimension of wellbeing. An homage to individuality, an expression of the uniqueness of beauty.

*Take your breath away!*



## FACILITIES

Spa Retreat La Forêt comprises Le Spa and Le Spa Terrasse: space & privacy for a blissful break, complemented by Le Gym where your personal workout coach awaits. Slow down and enjoy private cocooning in harmony with nature. We believe in beauty from within: the La Forêt Lounge & Terrasse serves beauty food – designed to maintain your skin's vitality and youth.

## ALL GOOD THINGS FOR BEAUTIFUL, HEALTHY SKIN

Nothing makes us feel more attractive than a clear and smooth complexion. Skin impurities and skin alterations are the visible results of environmental influences, our lifestyle and the natural process of ageing. We apply the latest methods to improve and regenerate the structure and appearance of your skin. Our range of services includes our La Forêt by Dr. Bullens medical cosmetic facial treatments, dermatological consultations, skin rejuvenation and aesthetic treatments. Bespoke advice, specialised treatment techniques, and a choice of skincare products ensure maximum effectiveness. Expect knowledgeable support and professionalism from dermatologist Dr. Yolande Bullens-Goessens and our beauty team.

## CONCEPT

La Forêt's comprehensive treatment concept is based on five principles: **Reenergizing, Reharmonizing, Refreshing, Regeneration** and **Recovering**. All treatments are tailored to individual requirements. Bien-être, wellbeing and quality of life pour FEMME, HOMME, JEUNE in all of life's situations.

## SIGNATURE TREATMENTS

Inspired by the power of nature, La Forêt has deep roots in the region, and makes full use of Mother Earth's elemental forces. Wellbeing and repose are at the heart of the La Forêt Spa signature treatments, specially created with the region's natural treasures.



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## SPA RETREAT LA FORÊT

Opulence, nature and wellbeing on 1,350sqm

### Ground floor

#### LE SPA

- Indoor pool
- Relaxation areas
- Panoramic sauna
- Hammam
- Infrared duo seats
- Iced water area
- Sunbed

#### LE SPA TERRASSE

- Covered terrace
- Covered outdoor Jacuzzi
- Spaces for meditation and Yoga
- Relaxation area

### First floor

#### LA FORÊT

- Dr. Yolande Bullens-Goessens' clinic
- Eight treatment booths
- Gharieni PediSpa
- Gharieni quartz sand spa table
- Gharieni SpaWave
- Dermalife SpaJet Hydrofusion
- Skin rejuvenation and improvement by JetPeel

#### LA FORÊT LOUNGE & TERRASSE

Guests who have booked treatment appointments enjoy exclusive access to the La Forêt Lounge & Terrasse where light meals, healthy snacks and beauty foods – designed to support the processes of skin rejuvenation and improvement – are served.

#### LE GYM – PRIVATE FITNESS CLUB

- ARTIS by TechnoGym
- Personal coaching
- Virtual personal coaching with TechnoGym's MyWellness cloud app.
- Indoor activities: Yoga, Pilates, boxing, Tai Chi and much more
- Outdoor activities: Start 2 Run, Nordic walking, mountain biking, cycling, boot camps with personal coaching and much more

#### 20 AMBIANCE & EXPÉRIENCE ROOMS

with direct access to Le Spa and Le Gym

Hotel guests have access to **Le Spa and Le Gym**  
from 7am – 10pm.

**Spa Reception: Tel +32 (0) 89 739772,**  
**Hotel ext.: 200**







## LE GYM

Take a breath... and exercise

One of the Spa Retreat La Forêt's highlights is **Le Gym** – the exclusive private fitness club for hotel guests and members, which is run by personal coach and former professional sportsman **Ingmar Harthoorn**. The impressive gym is the first in Belgium to be fitted with TechnoGym's ARTIS line of high-tech gym equipment.

Personal coaching is available with TechnoGym's MyWellness cloud app. Indoor activities include Yoga, Pilates, boxing and Tai Chi. Daily outdoor activities in the Hoge Kempen National Park include running, Nordic walking, mountain biking and cycling as well as boot camps with personal coaching.

**NOTE:** for information about Le Gym's classes, please see the weekly programme.

Personal coaching with  
**Ingmar Harthoorn**

Per 25-minute session €40



*Face to face  
with the beauty of nature*

## SHISEIDO

where east meets west...

# SHISEIDO

SHI = resources SEI = life DO = house

'Praise the virtues of the earth, as that is where everything is born' is the most accurate translation of 'Shiseido', a word that encapsulates the beauty brand's philosophy and holistic approach to beauty and wellbeing. The Japanese luxury brand ranks amongst the world's oldest and most renowned cosmetics manufacturers.

Shiseido's aim is to encourage harmony of body and spirit, thereby facilitating general wellbeing. Founded in Tokyo in 1872, Shiseido offers a unique blend of high-tech and traditional eastern philosophy.



RACHEL BUDDEMEIJER & SOFIE SCHRIJVERS  
SPA MANAGEMENT

### NURTURING EXPRESS TREATMENT

#### SHISEIDO FLASH TREATMENT

This short treatment strengthens the skin's defence mechanisms, protects against environmental influences and relieves stress.

Cleanse, steam treatment, deep cleansing foam, moisturising lotion, express mask, restorative skincare

45 min €69

**TIP:** perfect combined with a body wrap!

### FOR ALL SKIN TYPES

#### SKIN PERFECTION TREATMENT

Our experienced beauticians select the SHISEIDO product line that works best with your skin type to ensure optimal results and skin that feels simply wonderful.

Cleanse, steam treatment, deep cleanse, skin-type-specific lotion, mask, eyebrow shaping, eye care and finishing treatment

60 min €89

**TIP:** add an eyelash tint treatment to your booking!

### VIBRANT LUMINOSITY

#### ULTIMATE RADIANCE TREATMENT FROM THE BIO-PERFORMANCE SKINCARE COLLECTION

This treatment endows your skin with youthful radiance and moisture – as well as a definite advantage against ageing.

Cleanse, steam treatment, deep cleanse, enzyme exfoliation, skin type-specific lotion, eyebrow shaping, RX massage, alginate face mask, Glow Revival Serum, eye care and moisturising treatment

90 min €129

### PURE LUXURY COMBATS THE SIGNS OF TIME

#### FUTURE SOLUTION LX FACIAL CEREMONY YUTAKA TREATMENT

The future of boundless beauty from SHISEIDO's award-winning Future Solution LX premium product line – maximises your skin's beauty, and combats the signs of ageing.

Cleanse, steam treatment, deep cleanse, lotion, eyebrow shaping, face mask, rose, plum and cherry blossom massage cream, head massage followed by a hand and foot massage

120 min €179



Beauty with medical expertise



Natural high-tech for every stage of life

The renowned dermatologist Dr. Yolande Bullens-Goessens has developed an innovative and exclusive medical beauty line built on her many years of experience: La Forêt by Dr. Bullens is a luxurious system care concept based on proven high-tech cosmetic constituents and premium-quality, highly dosed active ingredients sourced from nature.

**LA FORÊT BY DR. BULLENS**  
**ANTI-AGEING**

Beauty and nurture for the more mature skin. Thalasso algae and thermal water nourish the skin with bountiful moisture. Hyaluronic acid, Argireline and lecithin have a plumping effect, making the skin smoother, and eliminating wrinkles and fine lines. Her unique active ingredient formulas reduce age spots and stimulate the production of collagen for a radiant complexion and smoother, younger looking skin.

**LA FORÊT BY DR. BULLENS**  
**ANTI-ACNE**

The ideal range for young, problem-prone skin. Grape seed extracts combined with aloe vera and medicinal clay reduce skin inflammation and rebalance sebaceous gland activity. Acne, blemishes and irritations are visibly improved. The skin is harmonised and soothed.

**LA FORÊT BY DR. BULLENS**  
**MEN**

Makes (his) skin feel brand new: aloe vera nourishes and moisturises hard-working masculine skin. Grape seed extracts, natural active ingredients from the sea, and antibacterial ingredients combat minor skin problems and soothe razor burn. Panthenol and menthol supply an extra energy boost.

**LA FORÊT BY DR. BULLENS**  
**BODY THALASSO**

Beauty, nourishment and wellbeing from the power of the sea. The Body Thalasso series contains highly effective Thalassic seaweed as well as thermal water – supremely moisturising active ingredients that visibly tone the body's silhouette.



## SIGNATURE FACIALS LA FORÊT BY DR. BULLENS

Feel great in your own skin!

LA  
FORÊT  
by Dr. Bullens



IDEAL FOR SENSITIVE AND MATURE SKIN

### ANTI-AGEING TREATMENT

Cleanse, ozone steam treatment, vitamin A exfoliation, eyebrow shaping, 3D hyaluronic acid treatment ampoule, relaxing head and face massage, face mask, anti-ageing day cream with hyaluronic acid, plant extracts and premium natural oils

90 min €119



FOR YOUNG SKIN, IRRITATIONS & NEURODERMATITIS

### ANTI-ACNE TREATMENT

A treatment for young skin prone to acne and blemishes and/or for greasy skin. Also suitable for restoring more mature skin subject to hormonal and physical changes that bring about a variety of skin complaints.

Ozone steam treatment, thorough pore extractions, eyebrow shaping, gentle enzyme exfoliating treatment, relaxing head and face massage, cleansing mask, balancing day cream

45 min €69

75 min €99



PURELY FOR MEN

### LA FORÊT MEN

A skincare programme designed to meet the specific needs of masculine skin. Intelligent active ingredient formulations and highly concentrated constituents restore the skin's equilibrium. Minerals and trace elements lost through stress or exercise are replenished.

Cleanse, ozone steam treatment, comedone extraction, eyebrow shaping, relaxing head and face massage, mask, day cream

60 min €89

### THE SECRET OF LA FORÊT BY DR. BULLENS

- Paraben- and silicone-free
- Not tested on animals
- Based on ethical criteria
- Dermatologically tested and perfume-free
- The line also includes many vegan products
- Non comedogenic

La Forêt by  
Dr. Bullens  
products and  
treatments are available  
exclusively at the  
Spa Retreat  
La Forêt.



## JETPEEL – THE NATURAL HIGH-TECH BOOST FOR YOUR SKIN

Skin improvement & rejuvenation

A rejuvenated, clear complexion with fewer wrinkles and instant rosy radiance! The JetPeel uses air and water to feed vitamins – or hyaluronic acid if required – deep into the skin. It exfoliates, draws out lymph, and stimulates the metabolism and blood flow. This is a particularly effective method for acne, age spots, couperosis, blemishes, wrinkles, enlarged pores, rosacea, liver spots, dark circles under the eyes and spider veins. JetPeel is also applied in combination with a range of active compounds to rejuvenate and tighten skin, reduce scarring, and as an anti-ageing treatment for the face and hands.

### EVERY TREATMENT INCLUDES

...a JetPeel deep cleanse and may also include a JetPeel lymphatic drainage if required and depending on the chosen package. Healthy skin metabolism requires an acidic pH value for the rejuvenation enzymes to have maximum effect. With the help of glycol and AHA fruit acids, the JetPeel lowers the alkaline pH value of skin that has aged prematurely, exhibits hyperpigmentation or is subject to skin barrier complaints such as acne, working down to the deepest layers to achieve ideal acidity levels. The skin is thus excellently prepared to absorb highly active, rejuvenating active ingredients. Individual active serums stimulate collagen and elastin production, supply the cells with energy, improve skin pigmentation and complexion, and smooth away fine lines.

**RECOMMENDATION:** Series of five treatments during the course of a week.

**SPA SPECIAL:** Five treatments at a special price on request!

**60 min €119** excluding lymphatic drainage & eyebrow shaping

**90 min €149** including lymphatic drainage & eyebrow shaping

**TIP:** complete your treatment with professionally applied make-up!



The future of your skin starts now!



## DERMATOLOGICAL CONSULTATIONS AESTHETIC COSMETICS

Dr. Yolande Bullens-Goessens

Dr. Bullens-Goessens' professional expertise is amply demonstrated by her outstanding qualifications, significant experience, continuous training, and attendance at many conferences and congresses. These are all factors that have given her access to the latest methods and developments in the field of aesthetic cosmetics, as well as refining her know-how. In 2006, Dr. Yolande Bullens-Goessens and a partner opened a private dermatology clinic in Genk. Since the Spa Retreat La Forêt opened in 2017, she has also been running its Clinic for Dermatology and Aesthetic Cosmetics.

### RANGE OF LA FORÊT BY DR. BULLENS SERVICES

- Dermatological consultations
- Skin improvement, treatment of skin conditions
- Hyaluronic acid injections
- Botulinum toxin injections
- Chemical peels
- Anti-ageing

Please call +32 (0) 89 739772 to make an appointment.

Dermatological consultation €50



DR. YOLANDE BULLENS-GOESSENS

## **REENERGIZE. REHARMONIZE. REFRESH. REGENERATE. RECOVER. WELLBEING!**

Five principles for your holistic bien-être

Our five-principles concept offers a comprehensive and holistic range of treatment options that is beneficial at every level of the body, mind and spirit – and designed to meet your individual needs. Do you need energy, balance, or is it relaxation you require? Every client is different, which is why we focus on each person's specific requirements, and offer five categories of treatments.



*Restart your body,  
mind and soul*

On the pages that follow you will find tailor-made treatments, massages and rituals.



## MASSAGES

Take a breath... and slow down

### REENERGING

#### BACK, NECK & SHOULDER MASSAGE

Particularly effective for tension pain in the neck and shoulder area caused by a mostly sedentary lifestyle.

**25 min €55**

#### HYDROMASSAGE IN THE DERMALIFE SPAJET HYDROFUSION

Relaxing full body massage in the multisensory spa bed with steam, infrared heat and chromotherapy.

**25 min €35**

### REHARMONIZING

#### BODY AROMATHERAPY MASSAGE

Relaxing massage with essential oils of lavender, eucalyptus, ylang ylang, sandalwood or almond soothes body and mind, leaving your skin feeling smooth and soft.

**55 min €99 | 85 min €149 | 115 min €169**

#### FULL BODY AROMATHERAPY MASSAGE

From head to toe including hand, foot and head.

**115 min €169**

### REFRESHING

#### HOT STONE MASSAGE

Restful and relaxing sand bath massage with lava stones for tired muscle fibres and joints. Activates the body's energetic points, releasing tension and blockages.

**Quartz sand spa table 55 min €99**

#### QUARTZ STAMP MASSAGE

Full body massage on the quartz spa table with heated quartz poultices and fragrant oil. The gentle, massaging pressure of the heated poultices stimulates the skin's reflex zones and assists detoxification. The resulting release of tension restores energy flow.

**Quartz sand spa table 55 min €99**





## REGENERATING

### REFLEXOLOGY FOOT MASSAGE

All the body's organs are reflected in the feet's reflex zones. These zones are energised by means of gentle thumb pressure which releases pressure in the corresponding organs, energises the metabolism, and promotes blood flow.

**25 min €55**

### MUD MASSAGE

Warm mud relaxes the muscles and connective tissue as it boosts the immune system. The massage relieves tension, stimulates blood flow, and promotes detoxification, and the result is a deep feeling of relaxation that sets you up perfectly for your next active day in the fresh forest air.

**85 min €129**

## RECOVERING

Therapeutic & medical sports treatments

### SPORTS MASSAGE

Whether in preparation for physical activity or for recovery following exercise – a sports massage relaxes the muscles, soothes cramp, and gets you fit for your next sporting adventure.

**25 min €55 | 55 min €99**

### HEADACHE TREATMENT

A soothing, relaxing and mobilising treatment for a pain-free you.

**55 min €99**

### FIBROMYSSAGE

Fibromyalgia is a chronic condition that manifests itself in generalised muscle and connective tissue pain, as well as in heightened pain in response to tactile pressure on 'tender points'. The treatment method is individually adapted to suit specific symptoms.

**25 min €55**

### FULL BODY MASSAGE

Full body massage with Far Eastern neck, shoulder and head massage with reflexology.

**85 min €149**

All **RECOVERING** treatments are based on your personal constitution and specific complaints, and your therapist will deploy a range of techniques such as acupressure, Dorn-Breuss and taping.



## LA FORÊT SIGNATURE TREATMENTS

Breathe in... and relax!

### LA FORÊT – A DANCE OF HEALING & HARMONY

Embark on a fascinating woodland journey. Guided by our La Forêt therapist, immerse yourself in the La Forêt experience and delight in a blissful massage. Breathe in the beguiling woodland fragrances, listen to calming Forêt music, and enjoy a cup of woodland fruit tea. The crowning conclusion of an active day at work or on holiday. To make your 'La Forêt feeling' last, take home some forest fragrance in spray form as our gift.

SpaWave 85 min €149

### LA FORÊT HERBAL COMPRESS MASSAGE

An energising full body massage on the quartz sand spa table with precious herbal blends and essential oils. The forest herbal stamps are gently pressed over the entire body to release tension and relax tight muscles. Relax, re-energise, and get going!

Quartz sand spa table 55 min €99

### LA FORÊT HONEY BODY TREATMENT

This treatment is a highly effective and relaxing massage that begins with a lavender scrub and a warm compress cleanse. Afterwards, warm honey is applied to your back; petrissage releases toxins. The warmth of the quartz sand table ensures deep relaxation of both body and mind.

Quartz sand spa table 55 min €99

### LA FORÊT DUET MASSAGE

Enjoy a pampering and relaxing massage for two with two therapists. A woodland scent of your choice seduces your senses, and an aromatic forest tea completes the sensual side-by-side couples' massage.

85 min €149 per person





*Pack and wrap your body  
for beauty, health & nourishment*



## UNIVERSAL CONTOUR WRAP® – THE SECRET TO INCH LOSS!

The body wrap for instant and guaranteed inch loss!

### INTENSE BODY WRAP

Significant inch loss after just one treatment? The classic body wrap by **Universal Contour Wrap®** has been known to achieve just that! Tightens and tones while exfoliating and cleansing – for a svelte and sculpted figure.

**90 min €99**

### SPAWAVE LIGHT & SOUND THERAPY

Enjoy an entirely new and unique anti-stress experience with extraordinary binaural music transmitted via gentle sound waves. Combined with phototherapy and highly effective vibration massage, this deeply relaxing SpaWave treatment leaves you feeling rested, refreshed and revitalised.

**30 min €39**



## PRECIOUS, SENSUOUS, EXTRAORDINARY WELLBEING

Body packs on a quartz sand spa table

What is it that makes quartz sand so special? The tiny quartz grains store heat and then release it to highly beneficial effect. In addition, the sand moulds itself around the body, ensuring comfort and evenly spread, sustained heat that gently penetrates deep into your body. The result is detoxification, enhanced blood, lymph and energy flow, and relaxed muscles. The treatment also activates the metabolism and opens the pores of the skin. Body and soul find deep tranquillity.

*Alpha quartz sand: heat that goes deep under the skin!*

RELAXING, STIMULATING & DETOXIFYING

### MOOR MUD BODY PACK

Quartz sand spa table 25 min €49

RELAXING, MOISTURISING & CLEANSING

### LAVENDER, EUCALYPTUS & PINE BODY PACK

Quartz sand spa table 25 min €49

A gentle full body scrub refines your skin in perfect preparation for our creamy packs.

Surcharge: 25 min €39

*Tip!*

DETOXIFYING, PURIFYING & FIRMING

### SEAWEED SCRUB & BODY PACK WITH MASSAGE

Quartz sand spa table 85 min €135

LA FORÊT BY DR. BULLENS BODY THALASSO

### DETOX YOUR BODY

Beauty, nourishment and wellbeing from the power of the sea. The Body Thalasso series contains highly effective Thalassic seaweed as well as thermal water – supremely moisturising active ingredients that visibly tone the body's silhouette.

Effective whole body treatment with sea salt, cell-strength regenerating tea scrub, shaping Thalasso algae pack, and anti-ageing chakra massage.

55 min €99



## HANDS, FEET & EXTRAS

Bien-être from your fingertips to the roots of your hair

### HANDS & FEET

Manicure	30 min	€55
Spa Manicure Soothing hand-care with exfoliation and massage	60 min	€85
PediSpa foot treatment Gharieni's high-tech PediSpa chair is the world's first five-motor treatment chair – give your feet an exceptional spa experience!		
Hydromassage, cosmetic pedicure & foot massage	45 min	€55
Medical PediSpa foot treatment Hydromassage, medical pedicure & foot massage	75 min	€85
SHISEIDO pressure point foot massage	25 min	€55
Parrafin bath	15 min	€20
Polish		€15

### RADIANT EYES

Eyelash tinting	€22
Eyebrow tinting	€22
Eyebrow shaping	€22
Eyelash & eyebrow tinting	€32

### MAKE-UP & HAIR STYLING

SHISEIDO make-up for day	10 min	€25
SHISEIDO make-up for evening including ampoule	25 min	€39
Wash, blow-dry and style ...in the PediSpa with lava swing Please make an appointment!		
Short hair		€40
Long hair		€45

### LASER HAIR REMOVAL

Unwanted hair is gently and effectively removed with a diode laser. The laser beam penetrates the tissue at lightning speed, and destroys the hair follicle.

Upper lip	15 min	€60
Chin	15 min	€60
Neck	20 min	€75
Bikini	15 min	€120
Underarm	15 min	€95
Half legs	20-30 min	€195
Full legs	45-60 min	€395
Back / chest	30 min from	€175

For other areas, please enquire

Discount for two areas	- 10 %
Discount for three areas	- 30 %

### WAXING

Waxing – upper lip or chin	€15
Waxing – upper lip and chin	€25
Waxing – bikini or underarm	€29
Waxing – face	€35
Waxing – half legs & knees	€39
Waxing – full legs	€55
Waxing – back	€35

Laser hair removal package:

Book 5 sessions and the 6th treatment is free of charge!





## MUMS TO BE

Our mums to be are in the best of hands!

### PREGNANCY MASSAGE

A pregnancy massage on the sand spa table gently relaxes the back muscles, takes the pressure off your feet, and reduces fluid retention in the legs. Enjoy the sensation of harmonious lightness!

**Quartz sand spa table 55 min €99**

**TIP:** enjoy a relaxing facial, nurturing pedicure and blissful foot massage for top to toe wellbeing!



**SPA ETIQUETTE** We have devised a few guidelines to ensure an utterly blissful Spa Retreat La Forêt experience.

**BOOKING TREATMENTS** Please book your treatments in good time so that we can guarantee your preferred appointment time and date. We recommend contacting our spa reception team before you travel. Tel: +32 (0) 89 739772

**DRESS** Our exclusive La Butte aux Bois bathrobes are the perfect garment for your spa treatment. You will find a spa bag in your room.

**DAY SPA** The Spa Retreat La Forêt is also open to non-staying guests. Please see our day spa brochure for information about attractive day spa packages.

**MEDICAL INFORMATION** Please let us know about any health problems or restrictions at the time of booking. This will help us tailor your treatment to your needs.

**GIFT VOUCHERS** La Forêt vouchers are the perfect gift for special occasions. Our ideas are as individual as your wishes! Alternatively, we can issue you with vouchers made out to a value of your choice.

**CANCELLATIONS** If you need to cancel, please notify us at least 48 hours before your appointment. Regrettably we will have to make a charge of 100 percent of the treatment rate if your cancellation is received later than this.

**APPOINTMENTS** Please come to the spa reception 10 minutes before the start of your appointment. Out of consideration for guests who have booked treatments after yours, we will have to curtail your treatment in the event that you arrive late. The full treatment charge will still be payable.

LA  
FORÊT  
*by Dr. Bullens*

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