

S P A R E T R E A T

L A
F O R Ê T

Take a breath

GENTLEMEN

Business Essentials
selected by Spa Retreat La Forêt

Refresh your focus!

**LESS STRESS –
MAN, THAT FEELS
GOOD!**

Back, neck and shoulder
massage. Relieves tension –
highly recommended for the
desk-bound!

25 min | €59



GET ON TRACK

On target: tailor-made
massage

55 min | €99





RECORD-TIME RELAXATION

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

25 min | €45

POWER NAP – SPAWAVE LIGHT AND SOUND THERAPY

A brand-new anti-stress experience! Combined with colour therapy and highly effective vibration massage, this deeply relaxing treatment leaves you feeling rested, refreshed and revitalised.

30 min | €45

*Gone
for a
breather!*





SKINCARE FOR MEN

Your appearance is your business card – and the most anti-ageing feature you can have. La Forêt's freshness prescription: our express facial.

30 min | €49



All La Forêt by Dr. Bullens products are exclusively available from our spa and online shop.



*Perfect
skin!*

NOT JUST A SMOOTH TALKER!

Waxing | €15-€35



SOFT-FOOTED FOR SUCCESS

PediSpa foot treatment for tired legs: hydromassage, cosmetic pedicure and foot massage

45 min | €59

*My
feet are
fab!*



Body scan

COMPETITIVE? SWAP THE COUCH FOR A COACH!

A strong body = a strong mind! Body scan and two 30-minute personal training sessions with Ingmar Harthoorn

3 x 30 min | €99



AWESOME!

Tailored workout for your fitness goal. Keep your training plan and personal coaching going at home with the TechnoGym My Wellness Cloud app

25 min | €35

Additional personal coaching

25 min | €40

FIT FOR THE CONFERENCE ROOM

See the weekly programme for our
Le Gym group classes

1 class | €20



OPTIMAL PRE-WORKOUT COCKTAIL

You need fuel to give your best, but it has to be clean. Our pre-workout shake contains oatmeal, bananas, dried apricots, cocoa and low-fat milk.

Order yours from the La Forêt Lounge –
available 9am to 6pm



Juice PLUS+ and
La Forêt-supplements
are available from the
spa and our online
shop!

TEAM BUILDING

#Cardio boxing

#Nordic walking

#Mindfulness

#Bootcamp

#Cycling

#Mountain biking

Group training

1 session | from €25 pp (min. 5 participants)



FIGHTING FIT

Incentivised for greater fitness
Take your performance to a new level



#fitnessbreak #fitnessboost #bootcamp #teambuilding

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SPA RETREAT LA FORÊT

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