

S P A R E T R E A T

L A
F O R Ê T

Take a breath

LADIES ONLY

Business essentials
selected by Spa Retreat La Forêt

Refresh your focus!

A TREAT FOR YOUR BACKBONE!

Resilience requires resolve, resolution – and relaxation!

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

25 min | €59



MAIS OUI, MADAME!

Your wish is our command – get the massage you want. **Tailor-made massage** for confident women who know their minds.

55 min | €99



WOW! DETOX & WEIGHT LOSS

SlimLine Detox. DA state-of-the-art approach for weight-loss and cellulite-busting. A metabolism booster for refined body contours.

25 min | €45



RECORD-TIME RELAXATION

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

25 min | €45



Just taking some time out!

POWER NAP – SPAWAVE LIGHT AND SOUND THERAPY

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

30 min | €45



SKIN BEAUTIFUL

Shiseido flash treatment. Luxury express facial: Cleanse, steam treatment, deep cleanse, moisturising, express mask, nourishing skincare.

45 min | €75

AS INDIVIDUAL AS YOUR SKIN

A dermatological consultation with Dr Yolande Bullens-Goessens. Tailor-made expertise and a highly professional prelude to flawless aesthetics and skin beauty.

30 min | €50

Recommendation



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by Dr. Bullens



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



SMOOTH OPERATOR!

Waxing

€15 – €35



Perfect skin!



COLOUR YOUR LIFE

OPI gel polish for hands and feet.

High-gloss, long-lasting, no chipping – perfectly manicured for a flawless appearance.

45 min | €49

THE EYES HAVE IT!

Radiant eyes made easy with eyelash and eyebrow tinting.

€32
individually €22





IN GREAT SHAPE

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

EYE-TURNING FITNESS

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!

TEAMBUILDING

#Cardio boxing

#Nordic walking

#Mindfulness

#Bootcamp

#Cycling

#Mountain biking

Group training

1 session | from €25 (minimum 5 participants)



FIGHTING FIT

Incentivised for greater fitness
Take your performance to a new level



#fitnessbreak #fitnessboost #bootcamp #teambuilding

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