

RECOMMENDED ITINERARIES

From Geneva :

> Meyrin/St-Genis/CERN/Bourg-en-Bresse/Lyon

Meyrin customs post > St-Genis

Past the first roundabout > St-Genis.

At the second roundabout, turn right > Gex/Ferney-Voltaire

2 roundabouts > Gex/Chevry

1 roundabout > Crozet to the JIVA HILL PARK HOTEL entrance

From Geneva Airport :

> Ferney-Voltaire

Ferney-Voltaire customs post

Immediately after the customs post, 1 roundabout > Bourg-en-Bresse/Lyon

3 further roundabouts > Bourg-en-Bresse/Lyon

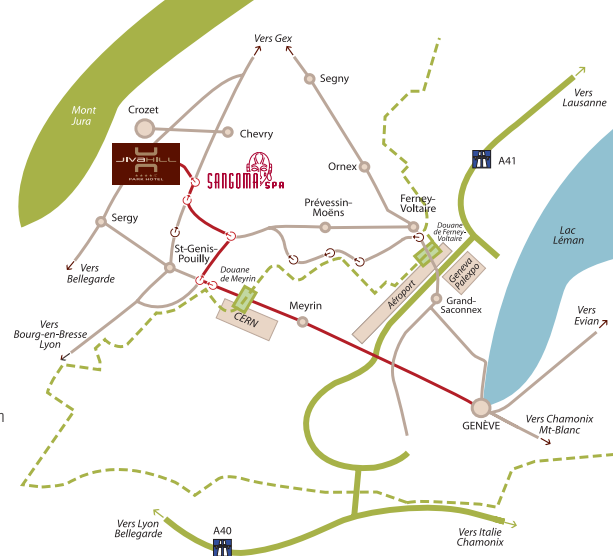
2 roundabouts > Gex/Chevry

1 roundabout > Crozet to the JIVA HILL PARK HOTEL entrance

Ordinates GPS (system WGS 84) :

Longitude : 6° 01' 10,30" East of Greenwich

Latitude : 46° 16' 09,30" North



Jiva Hill Park Hotel
Route d'Harée - 01170 Crozet - France
Tél.: +33 (0)4 50 28 48 48/20
www.jivahill.com



SANGOMA SPA - THE SPA AT JIVAHILL PARK HOTEL

OPENING HOURS

The Sangoma Spa is open from 7am to 8pm. Our treatments are available every day between 10am and 7pm, and allow you access to all the facilities (Sauna, Hammam Steam Room, Spa Pool, Gym).

DAY RATES AND MULTIPLE ENTRY RATES

The entrance fee for the Spa area (Sauna, Hammam Steam Room, Spa Pool, Gym) also allows you free access to the hotel swimming pool (no lifeguard).

The Sangoma Spa offers a venue for relaxation and harmony. We therefore advise you to contact us in advance when you wish to attend the Spa, as places are limited.

All prices quoted are tax inclusive.

BOOKINGS

We recommend that you book your treatments ahead of time in order to ensure that our team can satisfy all your requirements. It is possible to make bookings 24 hours a day through the hotel reception desk (tel: 00 33 4 50 28 48 48) or by speaking directly to any one of our beauticians (tel: 00 33 4 50 28 48 20). From your room, dial 2104. Please note that you will be asked to give a credit card number at the time of booking.

CANCELLATIONS

Cancellations can be made up to 24 hours prior to treatment ; beyond that point, all bookings will be charged at their full rate. To cancel by phone, please call 0033 450 28 48 48.

ROBES AND LAUNDRY

Visitors can request the key to the changing rooms at reception. Bath robes and disposable slippers are available.

There are several laundry baskets where you can deposit damp laundry.

It is mandatory to wear a swimsuit at all times in the sauna and hammam area.

VALUABLES

Jiva Hill Park Hotel Management does not accept responsibility for the loss or theft of any valuables. Please be sure to keep the key to your locker safe at all times and hand it in at reception upon departure.

CHILDREN

Children under the age of ten must be accompanied by an adult in order to gain access to the Spa and swimming pool.

WE VALUE YOUR FEEDBACK

Your feedback is valuable, therefore Sangoma Spa would be grateful if you would take the time to complete our customer satisfaction questionnaire.

RELAXING MASSAGE 30mm 60€ 1H00 100€ 1H30 150€

Our relaxing massage using hot sesame oil is a comfort break. Your daily troubles evaporate in the blissfully enveloping heat of this massage. At the end of the treatment, all tension will have vanished and you will be filled with a sense of ease.

SPORTS MASSAGE 30mm 60€ 1H00 120€ 1H30 180€

This is a strong massage based on fast and energising movements, using essential oils. Your muscles are massaged deep down and all tension is released.

MERIDIANS LINES MASSAGE 1H30 155€

Complete therapeutic massage, providing improved circulation, relaxation of the tissues and redynamisation of your energies.

HOT STONE MASSAGE 1H15 130€

Deliciously relaxing, this treatment relieves muscular and nervous tension caused by stress, leaving you with an incomparable sense of well-being. Please book this treatment 24 hours in advance.

REFLEXOLOGY 1H00 100€

Reflexology is a thousand year-old practice that was already used by the Egyptians and the Chinese. It is based on the theory that the foot is a mirror of the body. Through massaging reflex points on the feet, this therapy restores the equilibrium of energies and harmony in the corresponding parts of the body.



THE BODY

MASSAGES



GIVE YOURSELF TIME FOR A BREAK, GIVE YOUR BODY AND MIND TIME TO RELAX.

Sangoma Spa offers a range of treatments including massages, body and face treatments as well as spa breaks.

Spa breaks

Woman and man

Special rates

Day and package

Facial

Essential and intensive treatments

Body treatments

Carita body treatments
Exfoliations
Waxing
Beauty of the hands and feet
Massages



SPA BREAKS

SPA BREAK FOR WOMEN : GENTLE AND REFINED

4h00 340€

Head massage
Oriental exfoliation using black soap
Relaxing massage with argan essential oil
CARITA facial using honey extracts

SPA BREAK FOR MEN : REVITALISING AND RELAXING

3h30 290€

Foot care : Purifying aromatic bath followed
by a scrub using Himalayan salts
Sports massage with Makalia oil
Head massage
CARITA lagoon water facial

In harmony with the seasons, we offer freshly
squeezed fruit juice cocktails or tea to quench
the thirst on your journey.

WAXING TREATMENTS

A new generation of waxes : hydrating waxes,
made from plants, that are hypoallergenic.
Used warm or hot according to the area to be
treated, they are perfectly suited to even the
most sensitive skintypes.

HALF-LEG WAX	30mn	40€
FULL LEG WAX	1h00	70€
STANDARD BIKINI WAX	30mn	40€
BRAZILIAN BIKINI WAX	45mn	50€
UNDERARM WAX	20mn	30€

BEAUTY OF THE HANDS AND FEET

HANDS 60 mn 80€
Spa Manicure (we file and polish, bath in
aromatherapy oils, apply a fortifying and
beautifying base, renovate or exfoliate, apply
mask and massage).

FEET 60 mn 90€
Spa Pedicure (we file and polish, renovate or
exfoliate, apply mask and massage).





THE BODY

EXFOLIATIONS

BLACK SOAP SCRUB

1h30 90€

15 minutes in the hammam steam room, followed by a black soap scrub using a kessa glove, then a wrap with argan essential oil. Black soap is a paste made from black olives; filled with vitamins, it is ideal for preparing the skin before the kessa glove scrub.

ALUN STONE SCRUB

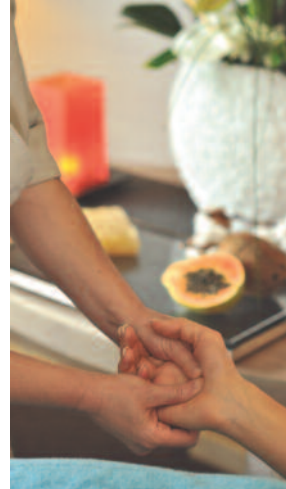
1h00 70€

The alun stone is of mineral origin and has hydrating, pore-reducing and tonifying properties. Your skin becomes marvellously velvety, scented, firm and smooth.

EXOTIC AMBER SCRUB

1h00 70€

Using the softness of brown sugar combined with amber oil, we take you on a journey of relaxation, bathed in the exotic scents of our natural products. Your skin is left silky and beautifully scented.



SPECIAL RATES

TREATMENT PACKAGE

Spa Day Rate (swimming pool - gym - sauna - hammam - jacuzzi)	35 euros
Multiple Entry Rate (10 entries)	315 euros
Monthly treatment package (1 essential facial - 1 relaxing massage - 1 sugar and coconut scrub)	200 euros/month
Renovator slender body' package (10 sessions of 1h30)	860 euros
Renovator perfect body' package (5 sessions of 1h30)	435 euros

SANGOMA SPA GIFT VOUCHERS

For the pleasure of giving, pick one or several treatments from our range.



THE FACE

THE CARITA ESSENTIAL RENOVATOR FACIALS

(manual treatments).

Using a subtle mix of roasted sunflower seeds to exfoliate and essential oils to soften. The skin is left smoother and finer, revealing an inimitably radiant complexion.

RENOVATOR SATIN SKIN 1h15 100€

Indispensable and comforting. A wish, a promise - to retrieve the delicate softness of your childhood skin. Your complexion becomes refined, like satin, thanks to renovating agents combined with hazelnut and lemon verbena.

SILK REVELATION 1h00 110€

Relax your mind with this massage that is both firm and as light as silk. Your body will feel incredibly soft, silky even. A varied and subtle treatment filled with nuance, just for you.

RENOVATOR SLENDER BODY* 1h30 115€

Multiple treatments (10 sessions) 860€

This is a slimming treatment that trims and sculpts your silhouette (for optimal results, 10 treatment sessions are recommended).

A trim, sculpted body using the strength of minerals... Not even stubborn cellulite can resist the « idéal-pro-lift » targeted action, nor the manual remodelling that aids drainage.

RENOVATOR PERFECT BODY* 1h30 130€

Multiple treatments (5 sessions) 435€

This is an exceptional anti-ageing treatment that reshapes and tonifies the body (for optimal results, we recommend 5 sessions).

To firm up and reshape, for a body that is toned at all ages. The anti-ageing treatment par excellence, using noble and rare active agents containing pure gold powder. Forget the years and afford your body a second youth.

* treatments including use of the « idéal-pro-lift » machine.

THE BODY

CARITA BODY TREATMENTS



IDEAL PURITY 1H00 75€

A purifying and balancing treatment for oily skintypes. A mattifying texture containing papaya, grapefruit pip and japanese red herb extracts.

IDEAL SOFTNESS 1H00 75€

A comforting and calming treatment designed for sensitive, reactive skintypes. A delightfully soft texture containing extracts of cotton cells.

IDEAL HYDRATION 1H00 75€

A treatment designed to correct all dehydrated skintypes. A marvellously refreshing texture containing noni extract and lagoon water.

IDEAL NUTRITION 1H00 75€

A deliciously nourishing treatment to boost the driest skintypes using honey, shea butter and rice milk extracts.

IDEAL WHITE 1H00 75€

A treatment designed to correct dull and pigmented complexions, with white mulberry and white lily extracts. Your skin lights up, like crystal.

IDEAL FIRMNESS 1H00 75€

An exceptional treatment to smooth out fine lines and wrinkles, firming up and tonifying the contour of the face. A pearly texture containing white willow and pearl powder extracts.

THE FACE

THE CARITA INTENSIVE RENOVATION FACIALS

(treatments using the «ideal-pro-lift» machine).



A high-technology machine exclusive to CARITA that intervenes at different stages of facial treatments to purify the skin and optimise the penetration of active agents, thereby reshaping the contours of the face.

EXTREME PURITY 1h15 95€
Combination to oily skin is cleansed and appeased, pores are refined, the complexion becomes surprisingly luminous and mattified.

INTENSE HYDRATATION 1h30 105€
Dehydrated skin is restored, regaining all its suppleness, well-being and radiance. The result is a sensation of absolute comfort!

INTENSE NUTRITION 1h30 105€
Dry skin is nourished, regaining comfort and elasticity. Your skin is left soft, smooth and supple. Restores dry to very dry skin.

EXTREME SOFTNESS 1h30 105€
Sensitive skin is appeased and becomes better able to resist external aggressions. Redness is reduced. For fragile skintypes, this treatment is a gentle caress.

INTENSE RADIANCE 1h30 105€
A dull complexion is illuminated, regaining radiance and uniformity.

INTENSIF ANTI-AGING 1h45 125€
Your skin is given a boost, fine lines and wrinkles are smoothed out. For reshaping the contour of the face.

INTENSIF PERFECT COMPLEXION 1h45 135€
An overall high performance anti-ageing treatment containing an elixir of long-life that will correct the deepest signs of ageing. This treatment energises and stimulates, allowing the most mature skintypes to regain their youthful contours.