


*La Cheneaudière*****



**L'Hostellerie
La Cheneaudière & Spa**
Colroy-La-Roche – Alsace

presents

**«Nature-Spa»
wellness
2 500m²
of pure relaxation...**



the Relais & Châteaux La Cheneaudière & Spa** :**
An exceptional « Nature-Spa » wellbeing area
in the Bruche Valley in Alsace:

A Spa nestled in a beautiful setting where the unspoiled nature is synonymous with serenity: composed with mineral, vegetal, wooden elements, this resourcing world is bathed in pure water, light and warmth. Open 7 days a week.

2 500 sq. m. dedicated to wellbeing and relaxation, featuring state of the art facilities such as 2 pools and 1 biotop, 4 saunas including one glass sauna, 1 beehive steam room, a wood-bath, a micro-bubbling beach, a sensory shower walk...

«Plants & Honey» natural cosmetics, a range of beauty products created by Mireille François, the owner, produced from the generous nature here in the Bruche Valley.

3 spacious private suites privatives drawing guests into exceptional treatments: « prairie », « forêt » and « montagne » (meadow, forest and mountain).

An Ode to Nature



« We are committed to making you experiment a unique and sensible journey in the Bruche Valley: simple life close to nature. » explains Mireille François, the owner.

« Nature is indeed the inspiration source behind this unique light-spa concept where the energy of the surroundings can be sensed. Our philosophy is to enter and remain in harmony with it, this nature is our wealth and we are here to share it with our guests. »



This Spa is an exceptional wellbeing area, nestled in a unique setting.

Most of the spaces wonderfully overlook the countryside and villages, just like this outstanding suite of 90 sq. m. « Les Cimes » (the peaks), located above the Spa and featuring a panoramic terrace with its own whirlpool.

It feels like being in the clouds, overlooking the forest, the valley or the typical village of Colroy-La-Roche which reveal a palette of soft hues and ever changing colors.



The Spa facilities, equipment and product and service range are totally respectful of nature, as demonstrated by the numerous stone and wood constructions.

4 floors to heal your mind, body & soul

Water world at the « Nature-Spa »:

This luxurious place opens onto a vegetation wall and a rain shower, and into relaxing quietness.

Then towards the indoor pools (33 °C) with hydro-massage course and beach micro-bubbling jets: water, sensations and peaceful silence.



Outside, a natural basin filtered by plants (biotop). You can dive in or sit on the small pontoons and let their feet dangle in the water, enjoying the feeling and benefits of pure water on the skin.



Opposite the large indoor pool is a wooden hot water bath (36 °C), a large barrel with a fireplace awaiting those who really feel the cold for a warm and intimate moment.

The Spa also features sensory showers with varying water temperatures, a polar bath and a copper fountain of ice to stimulate the blood circulation.



Europe’s largest flotarium here on offer: a water tank filled with water and 4 tons of Epsom salt for a unique sensory experience.

Indulge in this unique treatment in a spacious private suite of 60 sq. m., and release body tensions thanks to physical weightlessness in the largest float-tank in Europe (3.5 x 3.5m), with soothing light and underwater music.

Epsom salt softens the skin, detoxifies and invigorates the body. Highly energy-efficient and sleep-inducing, this treatment relieves the effects of jet lag.

It is possible to privatize the flotarium for up to 150 minutes for a unique and exclusive moment with family or friends. Finish your session with a gentle massage with honey and medicinal plants.

Flotarium sessions are particularly recommended for pregnant women.

<p>Floating session followed by relaxation</p> <p>the place can be privatised for up to 50 minutes</p>	<p>Floating session followed by a gentle massage</p> <p>with soothing honey and medicinal plant balsam (from our range «Simples & Miel»).</p>
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Well-being is in the air in La Cheneaudière & Spa **** :

For your total relaxation, 4 saunas, including a Finnish sauna (+80 °C) and 1 steam room are awaiting you in the "Nature -Spa" wellbeing area:

- The sauna "Sledge" (+80 °C) refers to the wooden sleds typical of Alsace and the Vosges. It offers panoramic views through its huge glass window and allows you to relax in sleds or wooden swings.



- The sauna "Pine Tree" (+70 °C), built on stilts, is accessed through a gateway. It offers a breathtaking view over the forest.

In this small rustic cabin decorated with logs, branches of pine tree placed on the floor spread soothing and regenerating fragrances.



- Both "Kraxenofen" hay saunas (+65 °C) typically offer lower back, back and neck relaxation.

With its large variety of flowers, this organic hay releases coumarin, whose virtues calm the mind and stimulate the body.



- The large steam - hive is a nod to the "Plants & Honey" range of beauty products. Guests can nestle in alcoves like in the alveoli of a hive.

The kingdom of letting go: sense, breathe, feel, listen... Let yourself go into daydreaming, take the time to take the time...

To make you feel the wonderful energy of this magical nature, terraces have been set here and there, suspended or placed on the grass in the "Family pool" space, or made with natural wood around the Biotop... All forms of relaxation await you: two tepidariums (heated daybeds), wrap-up beds, couches shaped like wooden barrels or outdoors suspended bed...

Resting in the light, on canopy level

Everything is provided for a moment of total letting go in this great room of light "Lumière", where you can rest on cozy daybeds, bathed by the sun for a session of real natural light therapy.

Resting on the water: a magical forest

In the darkness, comfortably lying on water beds, get lulled by the water in a basin surrounded by fifty trunks of birch trees to ceiling. A forest has been created for your daydreaming.



Absolute nature: "Plants and Honey", unique and authentic

The range of natural cosmetics "Simples & Miel" created by Mireille François.

"Because we are committed to sharing with you the treasures of the generous nature that surrounds us, it was obvious to me to set up a range of creams and balms that tell the story of our region, the Valley Bruche" she says.



Therein lies the common theme of the cosmetic range «Simples & Miel»: pure water from the sources of Colroy-la-Roche, honey from the establishment, flowers and medicinal plants («simples» in French, simple remedies as opposed to scientific remedies) from the meadows around, and berries from the forests of the Vosges Mountains.

5 plants, berries and flowers coming exclusively from the Vosges :

Plantain (*Plantago major*): known since antiquity , this is the plant par excellence. Its leaf has remarkable healing , moisturizing , purifying and regenerating properties. In the history of the Ban de la Roche, this plant was called " the carpenter's herb ", its fresh leaf was used to cauterize wounds.

Great mullein or common mullein (*Verbascum thapsus*): its velvety flowers exhale a sweet fragrance of honey. It has very strong properties: softening and emollient for irritated skins, toning for mature skins. It was widely used in the pharmacopoeia of the canton. Popularly called "candle of St John", it was used to protect houses.

Heather (*Calluna vulgaris*): Known since ancient times, its flowering tops soaked in oil are particularly suitable for irritated and atopic skins. Its antiseptic and soothing virtues make it a real "skin plaster". In the history of the township, the bushes were said to bring luck and to possess divine powers.

Black elderberry (*Sambucus nigra*) is used since prehistoric times for its virtues. Its flowers soothe and calm sensitive skins. Its berries are rich in vitamin C, astringent, cleansing and gentle exfoliating. In local history, it was called "the tree of the fairies."

Bilberry (*Vaccum myrtillus*): the purifying properties of its leaves are rich in tannins and chromium. Bays regenerate and soften fragile skins or irritated eyes. They are rich in vitamin P. In the local dialect it is called "brimbelle".

"Simples & Miel" is a range of 6 cosmetics, paraben free, without coloring agents and packaged in glass bottles and pouches wrapped in honeycomb.



To protect the skin of the whole family:

Baume aux mille vertus (thousand virtues balm)

Honey, beeswax, natural vitamin E, heather oil, heather flowers and great mullein.
Used on a daily basis, this healing ointment moisturizes and nourishes the face and body.
It repairs and soothes after sun, and protects from winter frosts.
Wraps and smoothes the delicate skin of children.

Pluie délicieuse (beneficial rain)

Pure water from the sources of Colroy, blueberry and floral waters.
This fresh water cleanses face and eyes.
It softens and refreshes after shaving.
Also cleans the enchanting faces of small children.

For all skin types:

Trésor des prairies (treasure of the meadows)

Mullein flowers and elderberry flowers, plantain, honey, beeswax.
This concentrated plant extract combined with honey moisturizes, softens and protects your face.
Apply morning and evening.

Éclat de miel (honey burst)

Heather, honey, white clay.
For a rejuvenating effect, apply generously like a mask, leave to penetrate for 5 minutes.

For demanding skins and mature skins:

Royal jelly, honey, plantain, heather oil.

This cosmetic is a pure concentrate of Hive Gold.
This anti-aging elixir has an immediate tightening effect on the skin.
Apply morning and evening a few drops of this precious nectar for a smooth skin and youthful complexion.
During the day a drop is enough to rehydrate your skin and restore radiance to your complexion.

Infusion précieuse

Plantain, elderflower and bilberry.
Applied in soft pats around the eyes, this refreshing gel helps smooth and illuminate eyes.

Treatments: a trip closer to nature

Our treatments are elaborated with fresh produce: organic milk, organic cottage cheese, honey from the village, garden herbs, regional plants...

Guests can enjoy body and face treatments, scrubs and wrappings consistent with the location and the seasons: flowers, oatmeal and honey release here their natural benefits.

For example:

Secrets of the Brewery l'Abreuvoir:

Brewer's yeast, spent grains of barley, wheat & oat, organic regional produce to cleanse and purify the skin.
This treatment restores radiance to your complexion.

Treasures from the meadows:

Flower infusion, mullein, plantain & elderflower pouches, organic fresh milk...
This gentle and refreshing face care leaves your skin luminous.

The "Nature -Spa" also offers customized cares:

- The "Kraxenofen" hay sauna is a natural treatment against achy tired legs.

Both individual cabins are heated with organic hay from the meadows around Stampoumont, and the thousand flowers it contains. The steam coming off the hay relaxes muscles from the back and neck. The coumarin released by the slow-burning hay also detoxifies the body.



3 private suites providing exceptional care ceremonies

3 treatment suites for 2 guests have been created around 3 different themes, "meadow", "forest" and "mountain".

Each care ceremony is consistent with the place.

Suite "Prairie" - Light and plants

The benefits and wonders of flowery meadows and flower honey.

For modeling:

Emollient mullein flowers & soothing plantain leaves in fragrant pouches.

For the eyes:

Infusions of elderflowers on calming compresses.

For bathing:

Organic milk and organic hay with thousand flowers from the meadows of Stampoumont (rejuvenating and moisturizing).



Suite "Forest" - Light and wood

The virtues of magical forests, fir honey.

For modeling:

Soothing flowering tips of heather & pine buds in toning pouches.

For the eyes:

Infusion of plantain on decongesting compresses.

For bathing:

Decoctions of birch wood, essential oils of fir trees (Douglas, Scots pine, fir from the Vosges) in purifying and invigorating bath.



Suite "Mountain" - Twilight and minerals

The energy of stones, wild berries and honey from the mountains.

For modeling:

Elderberries, wild blueberries, vitamin in pouches.

For the eyes:

Infusions of leaves blueberries soothing compresses.

For bathing:

Essential oil of juniper berries (detoxifying and refreshing).



Examples of treatment rituals:

« Happiness is in the fields of Les Cheneaux »	« Coziness of home »
<ul style="list-style-type: none">• Body massage with aromatic herb and regional berry bags• Face care with fresh honey• Relaxing bath	<ul style="list-style-type: none">• Hot stone body treatment from our rivers• Face care with fresh honey• Relaxing bath

 <p>Maitre Restaurateur Les Cheneaux</p>	<p>«Nature-Spa» by La Cheneaudière & Spa 67420 Colroy-la-Roche Tel. : 33 (0)3 88 97 61 64 www.cheneaudiere.com Spa services are also operated on a day-access mode</p>	<p>Maryse Masse Communication Maryse Masse et Pascaline Le Gal Tél. : 33 (0)1 40 54 72 50 E-mail : contact@marysemasse.com www.marysemasse.com</p>
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