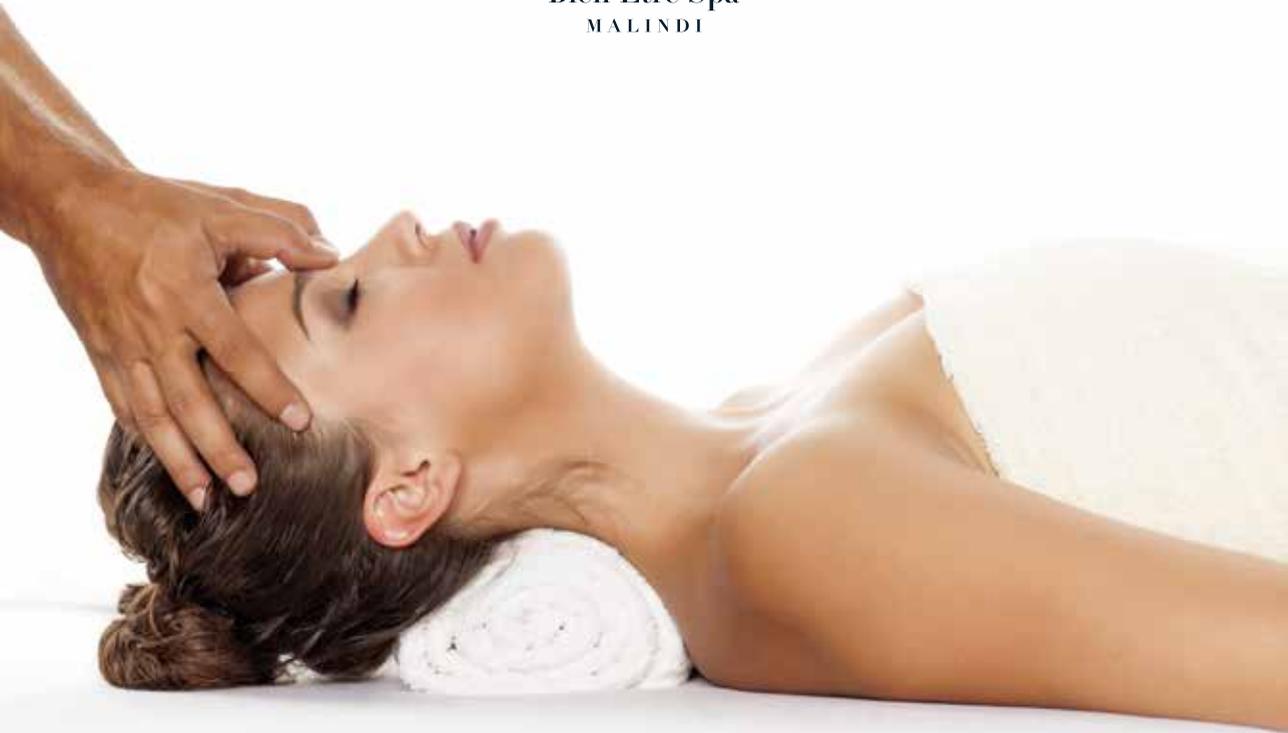




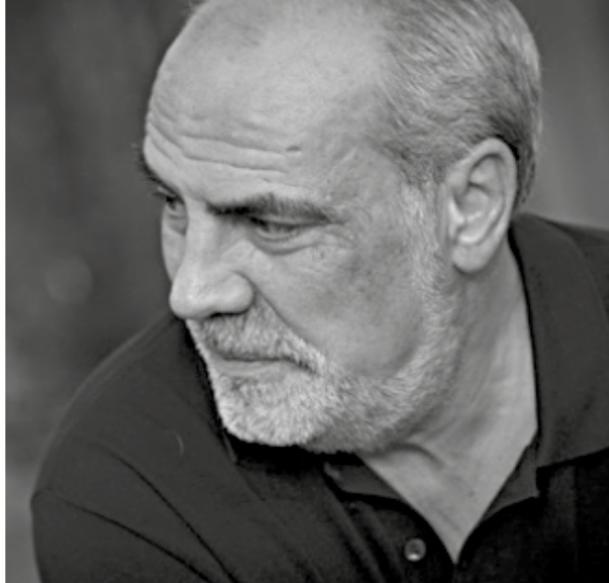
**Bien Être Spa**  
MALINDI



**LEOPARD POINT**

LUXURY BEACH RESORT  
MALINDI - KENYA





## BIEN ÊTRE SPA

The jewel of Leopard Point Luxury Beach Resort is the Bien Être Spa by Marc Mességué. The Bien Être Spa offers guests gym access, Turkish baths, private scrub rooms, sensory showers, saltwater hydro-massages and both indoor and outdoor relaxation areas in the elegant, refined garden, in addition to the opportunity enjoy the benefits of Marc Mességué's philosophy.

## MARC MESSÉGUÉ: THE PHILOSOPHY AND THE METHOD

Well-being (from well + being = "to be well" or "to live well") is a state that relates to all aspects of being human, and defines the quality of life of every single person.

Nature is the one and only true catalyst that allows us to achieve the highest states of well-being.

Marc Mességué's philosophy focuses on reaching an optimum state of wellness utilizing all that nature can provide, in the simplest of terms.

A diet of fresh, seasonal, low-sodium foods that is still flavorful and fulfilling, coupled with treatments like temperature therapy and thalassotherapy, as well as certain massages and beauty treatments, can improve one's external appearance while rebalancing and purifying the body itself. At the core of Marc Mességué's philosophy lies an ancient knowledge of nature and medicinal plants, from which the method is derived.



# SPA ETIQUETTE

Dear Guests, in the spirit of safeguarding your moment of relaxation, we kindly ask that you:

/ book your visit in advance:

**telephone**

+254 (0) 79.00.56.61 / 70.56.65.21

**e-mail**

spa@lpbresort.com

/ arrive at least 15 minutes before your appointment. To cancel your appointment you must contact the reception; if cancelling within 24 hours of the your visit, the appointment can be rescheduled according to availability. In the event that you miss your appointment, the full balance will be charged;

/ kindly fill out the information form, carefully read all the instructions, and make sure to note any allergies, medical conditions or medications you may take;

/ kindly turn the ringers off on all electronic devices at the SPA entrance, and place them in the lockers provided;

/ keep the level of your voice down;

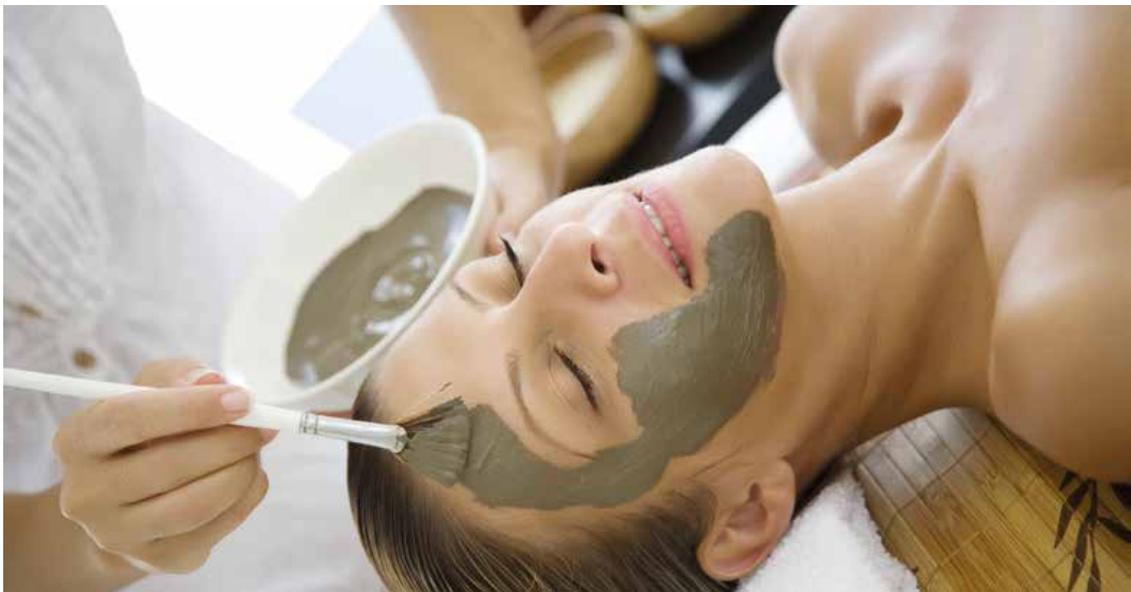
/ wear only the garments provided in the complimentary spa kit in common areas;

/ kindly remember that access is reserved to members only;

/ kindly remember that access to the Spa is prohibited to persons under 16 years of age;

/ kindly remember that animals, even if pets, are not allowed in the spa;

/ see only the Spa Manager or Reception for all requests.



# ONE DAY LIGHT

## Full day package

### A WELCOMING

#### HERBAL INFUSION | 8 min

The short and long-term beneficial effects of herbal teas have been touted since ancient times.

#### BAIN AUX PIEDS | 8 min

The active substances in officinal plants penetrate the body not only via the intestinal mucosa, but also through the skin. The effectiveness of footbaths is due to the skin's ability to absorb phytochemicals and active substances contained in the medicinal plants.

#### HAMMAM | 30 min

A detoxifying steam bath lasting 30 minutes; at the guest's discretion.

#### SENSORY SHOWER | 5 min

A burst of energy. A truly complete chrome shower – aromatherapy, water jets of varying intensities, with variable temperatures and different aromas, for a revitalizing and toning effect.

#### SAVONAGE | 30 min

An exfoliating scrub made with black soap, precious extracts, natural oils and green tea is applied to the entire body in order to accelerate cell turnover and to stimulate microcirculation.

### THALASSOTHERAPY | 30 min

Thalassotherapy, from the Greek thalassa (sea) and thérapiea (treatment), is based on the healing effects of the marine climate, and was invented in Great Britain during the 19th century.

### LIGHT LUNCH | 60 min

Served at Jiko Gourmet; you can enjoy a light lunch with a menu that follows the Marc Mességué philosophy.

### NETTOYANT VISAGE | 50 min

A facial treatment for an intense purification that will leave the skin supple and glowing.

### 3M | 50 min

A Marc Mességué signature massage focused on whole-body wellness, which combines slow and deep techniques on various parts of the body, applied to tissue and muscle alike for a relaxing and energizing effect.

### BAIN AUX MAINS | 50 min

A hand bath that detoxifies the body, improves circulation and accelerates your metabolism.



## BODY MASSAGES

### **POUR LE DOS | 20 min**

Specifically for the neck, shoulders and back.

### **DES PIEDS | 25 min**

To give an overall sensation of lightness.

### **LYMPHATIC DRAINAGE | 55 min**

For legs and feet; a massage that focuses on water retention.

### **LEOPARD JARDIN | 45 min**

A massage using medicinal plants with healing properties and precious baobab oil to create a perfect balance.

### **M.C.G. | 45 min**

The Marc Mességué method, treats the spine and legs, stimulating the lymphatic system and eliminating toxins.

### **ANTI-STRESS | 50 min**

Ideal for dissolving stress and revitalizing tissue.

### **ÉTIREMENT**

### **POUR LES SPORTIF | 55 min**

Lymphatic drainage and blood flow are reactivated, thus eliminating harmful toxins.

### **3M | 55 min**

The Marc Mességué total body methods involves applying slow, deep techniques that relax and energize, using natural extracts.

### **EN COUPLE | 55 min**

A couple's massage of your choice, for shared wellness.

## BODY TREATMENTS

### **BAIN AUX MAINS**

### **BAIN AUX PIEDS**

### **BAIN AUX MAINS + AUX PIEDS**

### **DÉLICIEUX GOMMAGE**

### **SAVONAGE**

### **SOIN AU ALOE VERA**

## FACIAL TREATMENTS

### **VISAGE ANTI AGE | 40 min**

Techniques and steps aimed at restoring fullness and relaxation.

### **VISAGE NETTOYANTE | 50 min**

Brightens and softens skin.



**LEOPARD POINT**  
LUXURY BEACH RESORT

Smeraldo Road, Malindi, Kenya

**opening hours**  
every day from 10.00 a.m. to 21.00 p.m.

**info / booking**  
T +254 (0) 790.50.56.61 / 708.69.65.21  
spa@lpbresort.com  
www.lpbresort.com