

SPA MENU

LA ROCHE

HOTEL & BEACH BAR



FACIAL TREATMENT:

*Glow lifting, golden skin, aromatherapy,
personalized face treatments*

SIGNATURE TREATMENTS:

*La Roche signature treatment (body & face),
Detox & Relax treatment – body*

BODY TREATMENTS:

*Relax massage, swedish massage, deep tissue
massage, aromatherapy, personalized massage*

FACIAL TREATMENTS

Glow lifting facial

60MIN/ 85€

Experience the magical "Glow Lifting Facial" treatment designed to refresh and transform your skin. This luxurious facial treatment utilizes advanced techniques to lift and tighten your skin, reduce wrinkles, and improve skin texture. Enjoy a relaxing experience as your skin receives special attention and care to leave it radiant and youthful. This therapy provides you with an instant feeling of rejuvenation and long-term results for flawless skin.

Golden skin facial

60MIN/ 95€

The "Golden Skin Facial" is a luxurious treatment designed to rejuvenate and nourish the skin using products infused with gold particles. Gold has antioxidant properties that help to combat free radicals and promote skin elasticity, giving the skin a radiant and youthful appearance. This facial typically involves cleansing, exfoliation, application of a gold-infused mask, leaving the skin feeling hydrated, refreshed, and glowing. It's a decadent experience that offers both relaxation and skincare benefits, making it a popular choice for those seeking a luxurious pampering session.

Aromatherapy

60MIN/ 80€

Immerse yourself in a fragrant journey of relaxation with our Aromatherapy Facial! This special combination of traditional facial techniques and the therapeutic benefits of essential oils will provide your skin with refreshing care and deep relaxation. As the aromatic notes of essential oils envelop your sense of smell, and the gentle massage deeply nourishes and revitalizes your skin. Finish the treatment with a nourishing mask that will leave your skin radiant and refreshed. Feel the tension melt away under the influence of aromatic oils, leaving you refreshed and rejuvenated inside and out.

Personalized Treatments

30MIN/ 50€ | 45MIN/ 70€

60MIN/ 85€ | 90MIN/ 100€

The personalized face treatment offers a tailored skincare experience to address your specific needs and concerns. Consulting with our experienced Spa therapist this treatment can be customized to your skin type, concerns, and goals. It may include cleansing, exfoliation, extractions, customized masks, and targeted serums or moisturizers. Whether you're dealing with acne, aging, dryness, or sensitivity, this personalized approach ensures that your skin receives the precise care it needs for a radiant and healthy complexion.

BODY TREATMENTS

Relax massage

60MIN/ 80€

Relax massage is exactly what its name suggests. It's a massage therapy intended solely for rest and relaxation. This massage isn't designed to have therapeutic effects in terms of alleviating chronic pain and discomfort

Swedish massage

60MIN/ 85€

Swedish massage is a popular and widely practiced form of massage therapy that focuses on muscle relaxation and promoting overall relaxation. The primary goal of Swedish massage is to increase blood circulation, reduce muscle tension, and improve flexibility. It can also help alleviate stress, promote better sleep, and enhance overall well-being.

Deep Tissue Massage

60MIN/ 90€

Deep tissue massage is a therapeutic massage technique that focuses on deeper layers of muscle and connective tissue. This technique uses more intense pressure and slower strokes to specifically release tension and pain in muscles. The main goal of deep tissue massage is to reduce chronic tension, provide relief from muscle pain, and improve flexibility. This massage can be particularly useful for relieving deep-seated muscle pain and tension.

Aromatherapy

60MIN/ 80€

Aromatherapy is a holistic treatment approach that uses natural plant extracts, known as essential oils, to promote health and well-being. These essential oils are extracted from various parts of plants and contain aromatic compounds that can have therapeutic effects on the body, mind, and spirit.

Personalized massage

30MIN/ 50€ | 60MIN/ 80€

You are welcome to tailor the massage to your body, needs, sensibility and preferences. Modulated massage techniques (from soft to strong pressure) and selected aromatic oils improve muscle performance, reduce tightness and release body tension.





SIGNATURE TREATMENTS

La Roche Signature treatment

90 MIN/ 130€

The La Roche Signature treatment for body and face aims to provide a deeply relaxing and refreshing experience that leaves the client feeling rejuvenated, pampered, and with a sense of well-being. For the body, the treatment may involve a combination of massage techniques tailored to release muscle tension, improve circulation, and promote overall relaxation. For the face, the treatment includes personalized facial care tailored to address specific skin conditions such as dryness, aging, or sensitivity.

Detox & Relax massage

75MIN/ 95€

Indulge in a blissful Detox & Relax Massage with Exfoliation, a luxurious treatment designed to rejuvenate your body and mind. Feel tension melt away as skilled hands gently knead away stress and toxins from your muscles, promoting deep relaxation. The exfoliation process buffs away dead skin cells, leaving your skin feeling smooth, soft, and radiant. This holistic experience not only revitalizes your body but also calms your senses, leaving you feeling refreshed and renewed. Treat yourself to this pampering session and emerge with a renewed sense of vitality and well-being.



LA ROCHE

HOTEL & BEACH BAR

Šetalište Iva Vizina 4, Tivat, Montenegro

+382 (0) 67 018 476 | +382 (0) 32 662 881

info@larochehotel.me

www.larochehotel.me

