



DEEP

NATURE

SPA . M/S PAUL GAUGUIN

SPA MENU - M/S PAUL GAUGUIN



A WELL BEING PARADISE ON THE SEA

Deep Nature Spa M/S Paul Gauguin is located on board of the luxurious cruise ship Paul Gauguin cruising the Polynesian waters throughout the year. In a refined setting the Spa offers a wide range of massages, beauty treatments and hairdressing inspired by international and Polynesian techniques. A gentle immersion that will delight all your sense.

SPA BY DEEP NATURE

With Spas and Thalasso centers in the world's most prestigious places, by the sea, in the mountains and in cities, Deep Nature offers the ultimate wellbeing experience. 10 years of providing outstanding quality and aesthetic excellence with treatments tailored to your emotions and sensations. Nurture your body and soul and reveal your true nature with Deep Nature.



“À LA CARTE” RATES

POLYNESIAN SIGNATURE

	Duration	USD
Polynesian Treat massage	90 ^{mn}	240
Bora Bora Deep Blue massage	90 ^{mn}	240
Tahitian Wave massage	80 ^{mn}	225

DEEP NATURE SIGNATURE

	25 ^{mn}	50 ^{mn}	80 ^{mn}
« Immersion » massage	90	165	230
Tailored massage	90	165	230

WORLD MASSAGES

	25 ^{mn}	50 ^{mn}	80 ^{mn}
Monoï tradition massage	90	150	200
Reflexology	90	150	200
Deep tissue massage	100	165	225
Oriental massage	100	165	225
Volcanic stone massage	-	165	225
Indian head massage	90	150	-
Four Hands “Rima Rima” massage	170	275	-
Massage lesson	-	-	200

MY FIRST SPA

From 6 to 12 years old

	Duration	USD
My first massage	30 ^{mn}	80
Angel face	30 ^{mn}	75
“Girly” chic	30 ^{mn}	55
Princess feet	30 ^{mn}	55

FACIAL TREATMENTS

INDULGENCES

	Duration	USD
The Essential	30 ^{mn}	105
The Ideal	55 ^{mn}	165
The Ultimate	85 ^{mn}	225
Pure relaxing facial massage	30 ^{mn}	100
Eyelash tint or Eyebrow tint	20 ^{mn}	60

DELIGHTFUL ADD ONS

(optional cares for complementing any treatment)

Collagen eyes care	10 ^{mn}	20
Lips re-pulp care	10 ^{mn}	20
Hands or feet moisturizing care	20 ^{mn}	60

BODY TROPICAL TREATS

SEA, SAND AND SUN

	Duration	USD
Body scrub	30 ^{mn}	90
Cleanse & polish back treatment	45 ^{mn}	110
Body wrap	30 ^{mn}	90
Scrub & wrap combination	55 ^{mn}	155
Deep regenerating sun care	75 ^{mn}	195
After sun care	60 ^{mn}	160

SPECIFICS

Tired legs care	45 ^{mn}	140
Pinch & roll massage	25 ^{mn}	100
Circulatory & slimming body massage	50 ^{mn}	160



DISCOVERIES

	Duration	USD
BORA BORA TREAT	120 ^{mn}	300
<ul style="list-style-type: none"> • Double scrub • Bora Bora Deep Blue massage 90’ 		
HARMONY & BALANCE	105 ^{mn}	300
<ul style="list-style-type: none"> • Oriental massage 50’ • Scalp massage • Feet reflexology 		
HONEYMOON EXPERIENCE	105 ^{mn}	290
“TE HERE”		
<ul style="list-style-type: none"> • Moisturizing exfoliation • Polynesian Taurumi massage 50’ • Facial beauty flash 		
DETOX	80 ^{mn}	240
<ul style="list-style-type: none"> • Deep tissue massage 50’ • Detox facial care 		
SERENITY TREAT	80 ^{mn}	230
<ul style="list-style-type: none"> • Full body exfoliation • Body mask • Back massage 30’ 		
TAHITIAN TOUCH	80 ^{mn}	225
<ul style="list-style-type: none"> • Body exfoliation • Monoï tradition massage 50’ 		
IAORANA	80 ^{mn}	225
<ul style="list-style-type: none"> • Special jet lag massage 50’ • Relaxing face massage 		
POLYNESIAN EXPERIENCE	80 ^{mn}	210
<ul style="list-style-type: none"> • Tahitian body mask • Discovery massage 45’ • Relaxing head massage 		
HAIR & SCALP BLISS	75 ^{mn}	170
<ul style="list-style-type: none"> • Hair scalp massage • Mask treatment • Blow dry 		

HAIR SALON

Hair styling	Duration	USD
Gentleman’s cut & shampoo		45
Shampoo, mask, blow dry or roller set	From 60	to 100
Shampoo & cut		95
Shampoo & cut with blow dry		135
Evening up style only (medium hair)		90
Hair reborn mask	25 ^{mn}	85
Comb-up		55
Fringe/Bangs trim Beard/Moustache trim		20

Hair colouring (without blow dry)

	Duration	USD
Colour – Roots		85
Colour - Full head	From 105	to 120
Highlights - Full head	From 140	to 200
Highlights - Half head	From 85	to 100
Highlights - Top head		50
For any additional colour		30

CLASSICS

	Duration	USD
Nail service		
Express hand or foot bliss	30 ^{mn}	60
Classic hand or foot bliss	50 ^{mn}	90
Deluxe hand or foot bliss	75 ^{mn}	160
Polish change	15 ^{mn}	30
French polish change	15 ^{mn}	35
Shellac application	15 ^{mn}	45
Shellac removal	15 ^{mn}	20
Waxing		
Lip / chin / eyebrow	10 ^{mn}	30
Underarms	15 ^{mn}	45
Bikini or arms	20 ^{mn}	50
Brazilian or full brazilian	30 ^{mn}	75
Half leg / shoulders	25 ^{mn}	65
Full leg / back	40 ^{mn}	100





“À LA CARTE” WATER

POLYNESIAN SIGNATURE

POLYNESIAN TREAT MASSAGE

Deep Nature Spa M/S Paul Gauguin’s signature treatment inspired by old Tahitian massage techniques. Traditional Polynesian massage from head to toes includes a relaxing full body massage with Monoï and tropical scents. A real Treat!

BORA BORA DEEP BLUE MASSAGE

A relaxing and remineralizing full body massage. This massage brings you the benefits of SeaWater combined with Deep Nature’s Expertise. Make an aquatic journey of the senses with marine pouches followed by a relaxing massage.

TAHITIAN WAVE MASSAGE

Deep Nature Spa Tahiti’s signature treatment suggests the relaxing back and forth motion of ocean tides. It combines a subtle body scrub preparing the skin and a full body massage inspired with Lomi Lomi and Polynesian know-how. This treatment soothes muscles and realigns energy flow. A complete bliss.

DEEP NATURE SIGNATURE

« IMMERSION » MASSAGE

This Immersion massage is elaborated to allow you to truly let go and enjoy a real break in your daily routine. This relaxing massage will soothe your body and mind. An immersion in itself, a moment for you.

TAILORED MASSAGE

A personalized massage which will help you to unwind or energizes your body, depending on your needs and mood.

WORLD MESSAGES

MONOI TRADITION MASSAGE

Both relaxing and spiritual, Taurumi massage reveals harmony between body and spirit. As a Polynesian tradition, this multi-faceted art combines touch and petrissage of the body, it allows everyone to maintain and restore its inner well-being.

REFLEXOLOGY

An age-old manual therapy focusing on reflex points, this massage realigns energy flow, freeing tension and stress in the body by simply applying pressure to specific areas.

DEEP TISSUE MASSAGE

Intense deep massage, while recharging your energy, it contributes to maintain muscle tone, leads to a state of well-being and relieves tensions.

ORIENTAL MASSAGE

Combining a number of oriental techniques, this massage improves natural energy flow by stimulating specific energy points. This technique generates perfect energy balance and leads to a profound sensation of harmony.

VOLCANIC STONE MASSAGE

Combining an oil manual massage and warm stones placed on energy points, this care is more than just regenerating. You will experience a new dimension of deep relaxation and well-being.

INDIAN HEAD MASSAGE

Inspired by India’s rituals, this care alleviates tensions thanks to the special attention given to the neck, shoulders and back. In addition, a scalp massage with warm oil will rebalance the body energy flow and bring inner peace and tranquillity.

BODY TROPICAL TREATS

BODY SCRUB

Gently cleanses, exfoliates and prepares the skin for a luxurious application of moisturizing body lotion leaving the skin replenished and smooth.

CLEANSE & POLISH BACK TREATMENT

Unwind with this deep-cleansing treatment for your back. Your beautician removes impurities with gentle extractions, finishing with a deep moisturizing* mask.

BODY WRAP

Body wrap to obtain the best penetration of minerals, trace elements and vitamins. The action can be relaxing, remineralizing, contouring or purifying according to the type of wrap chosen.

DEEP REGENERATING SUN CARE

Fresh face and body care treatment ideal before and after sun exposure. It has nourishing and softening qualities that give your skin the softness and radiance of satin.

AFTER SUN CARE

Optimum face and body care. This cooling treatment will soothe and hydrate instantly the skin after a sun burn.

SPECIFICS

TIRED LEGS CARE

Program for heavy legs that gives a lasting sensation of lightness and freshness after a draining massage of the legs or pressure therapy. The intense shiver stimulates the microcirculation and relieves the sensation of heaviness.

PINCH & ROLL MASSAGE

Massage using the “pinch and roll” movements to remodel your silhouette and tone your skin.

CIRCULATORY & SLIMMING BODY MASSAGE

Combined with oils and complexes, the specific techniques of this massage drain, contour and refine the silhouette to reshape your body. Extremely effective, this massage lifts off fatty tissue for an anti-cellulite action.

FACIALS

THE ESSENTIAL

This facial beauty flash will brighten and reveal the natural radiance of your skin.

THE IDEAL

Specific concentrated facial treatment, moisturizing, purifying or age defying according to your own needs. A balancing treatment which enhances the natural beauty of your face, thanks to a selection of active ingredients and tailored motions.

THE ULTIMATE

A comprehensive, made to measure, expert facial combining relaxation and performance for optimal results. With its vitality restored, your skin is wonderfully soft and supple again.

PURE RELAXING FACIAL MASSAGE

Gentle relaxing face and scalp massage.

MY FIRST SPA EXPERIENCE

FROM 6 TO 12 YEARS OLD

MY FIRST MASSAGE

Let your child discover the benefits of a relaxing massage for a first moment of serenity. This back, arm and facial massage will transport your child into a well-being bubble.

ANGEL FACE

Delicious and playful facial treatment including a gentle facial cleanser, a nutritive mask application and a scented facial massage, perfect for a sweet little face!

“GIRLY CHIC” HANDS

Be cute up till the end of your fingertips ! This manicure consists in filing, moisturizing and a nail polish application.

PRINCESS FEET

Beautiful feet care including a filing, a massage and a nail polish application.



SPA ATTITUDE

HOW TO BOOK

We advise you book your treatment in advance for maximum availability. You can book via telephone from your cabin (ext. 933) or visit us at Deck 6 Mid Ship.

WHAT TO WEAR

It is important to be comfortably dressed and relaxed. Remember to bring your swimwear if you wish to use the steam bath. Our therapists will ensure that the intimate parts of your body are covered during your care. Disposable underwear is available for your comfort.

WHEN TO ARRIVE

We suggest you arrive at least 10 minutes before the time of your appointment in order to have time to change and unwind. If you are late, the length of time specified for your care cannot be guaranteed.

VALUABLES

For safety reasons we advise you to leave all valuables and jewellery in your cabin's safe.

STATE OF HEALTH

The care provided at Deep Nature Spa is reserved exclusively for individuals in good health. The spa is a non-medical environment and the sole purpose of all care provided is for well-being. When booking an appointment we recommend you advise us of your state of health, recent allergic reactions, medical problems or injuries which could affect your treatment.

SPA ENVIRONMENT

The spa is a world of tranquillity, harmony and well-being. For this reason smoking and the use of mobile phones are prohibited in the spa.

TIPS

Our staff are dedicated to making your spa experience one to remember. Tips are not included in our prices, they are left to your discretion.

MODIFICATION AND CANCELLATION

For any change or cancellation we ask our guests to contact the spa a minimum of 24 hours before your appointment. After this period you will be invoiced in full for any no-show or cancelled session.

TAKE TIME TO ENJOY YOUR STAY

Slow down and try to clear your mind so that you can fully enjoy your treatment. Let yourself be carried away by the scents, gentle music and calm of the environment. Deep Nature is looking after your well-being.

SPA COLLECTION

FRANCE

CHAMONIX

Spa Deep Nature - Hôtel Le Refuge des Aiglons****
Spa Deep Nature - Boutique Hôtel Le Morgane****
Spa by Clarins - Hôtel Mont-Blanc*****
Spa Deep Nature - P & V Premium****
Spa Deep Nature - Les Granges d'en Haut****

LES ARCS

Spa Deep Nature - Arc 1800 - Hôtel du Golf***
Spa Deep Nature - Arc 1800 - P & V Premium****
Spa Deep Nature - Arc 1950 - P & V Premium****

AVORIAZ

Spa Deep Nature - P & V Premium****

LES CARROZ D'ARÂCHES

Spa Deep Nature - P & V Premium****

LES MÉNUIRES

Spa Deep Nature - P & V Premium***

MEGÈVE

Spa Deep Nature - Hôtel L'Arboisie****

MÉRIBEL

Spa Deep Nature - P & V Premium****

LA PLAGNE

Spa Deep Nature - P & V Premium****
Bains & Spa Deep Nature - Belle plagne

LA CLUSAZ

Spa Deep Nature - Hôtel Le Chamois****

FLAINE

Spa Deep Nature - P & V Premium****

PARIS

Spa Deep Nature - Hôtel Saint-James & Albany****
I-Spa - InterContinental Paris Le Grand*****
Spa Deep Nature - Hôtel Hyatt Madeleine*****
Célestia Spa - Disneyland Hôtel*****
Spa Deep Nature - Villages Nature®

LYON

Spa SoFit - Sofitel Lyon Bellecour****

CANNES

Cannes Spa Diane Barrière - Hôtel Majestic Barrière*****
Spa Deep Nature - P & V Premium***

NICE

Spa Deep Nature - Hôtel Exedra Boscolo*****

MARSEILLE

Spa by Clarins - InterContinental Marseille Hôtel-Dieu*****

GOLFE DE SAINT-TROPEZ

Spa Deep Nature - P & V Village Club

DEAUVILLE

Thalasso Deauville by Algottherm
Spa Deep Nature - Presqu'île de la Touques - P & V Premium*****

HOULGATE

Spa Deep Nature - P & V Premium****

CENTER PARCS

Spa Deep Nature - Domaine du Lac d'Ailette
Spa Deep Nature - Domaine des Bois-Francis
Spa Deep Nature - Domaine des Hauts de Bruyères
Spa Deep Nature - Domaine des Trois Forêts
Spa Deep Nature - Domaine du Bois aux Daims

MONDE WORLDWIDE

ALLEMAGNE GERMANY

Spa Deep Nature - Center Parcs Allgäu

BRUXELLES BRUSSELS

Spa Deep Nature - The Hotel
Spa Deep Nature - Spasiba

SUISSE SWITZERLAND

Spa by Clarins - Intercontinental Genève*****

BORA-BORA

Deep Ocean Spa InterContinental Bora Bora Resort & Thalasso Spa*****

CRUISE COMPANY

Spa Deep Nature - M/S Paul Gauguin

TAHITI

Spa Deep Nature - InterContinental Tahiti Resort & Spa*****

MOOREA

Spa Deep Nature - InterContinental Moorea Resort & Spa*****

TETIAROA

Varua te Ora Polynesian Spa - The Brando*****

GUADELOUPE

Spa Deep Nature - P & V Village Club

NOUVELLE CALÉDONIE NEW CALEDONIA

Spa Deep Nature Deva - Sheraton New Caledonia Deva Resort & Spa*****
Spa Deep Nature Nouméa - Hôtel Le Méridien*****
Spa Deep Nature Ile des Pins - Hôtel Le Méridien*****

www.deepnature.fr

DEEP NATURE SPA M/S PAUL GAUGUIN

M/S Paul Gauguin cruise
Deck 6 Mid Ship - BP 6014 – 98702 Faaa
French Polynesia
mstpaulgauguin@deepnature.fr

**Discover the collection of Deep Nature products
for sale in our Spa shop.**



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