Treatments *menu*

ALAENA SPA

Château
de Côteaux

MEURSAULT BOURGOGNE

Hôtel - Restaurant - Spa

Crème hydratante peau mixte
{ Moisturizer combination skin }
ALAENA
Crème hydratante peau sensible
{ Moisturizer sensitive skin }
ALAENA
Crème hydratante anti-âge
{ Anti-ageing moisturizer }
ALAENA

ALAENA
LE SPA

Nestled in the heart of the living landscapes of Meursault, within the peaceful atmosphere of Château de Cîteaux—whose cellars still preserve the heritage of the great Cistercian abbeys—lies a unique spa where ancestral Burgundian traditions meet the expertise of Alaena, a French skincare brand at the crossroads of dermatology and the science of nature.

Surrounded by classified vineyard plots, this serene retreat embodies the tranquillity of ancient abbeys, where time gives way to care and contemplation. Here, Cistercian traditions, refined herbalism, and Burgundy's botanical remedies blend with the Living Cosmetology developed by Dr. Sylvie Peres, founder of Alaena. This unique approach combines natural active ingredients, essential biomolecules, and biotechnological innovation to support the skin's vitality while respecting its natural balance.

Certified by Ecocert and made in France, Alaena is committed to a demanding philosophy where efficacy, naturality, and environmental respect go hand in hand.

A harmonious experience where Burgundian heritage and cutting-edge cosmetology unite to revive the skin's vitality, soothe the mind, and reconnect with the rhythm of nature.

Botanical spa

Each treatment is designed as a ritual inspired by the traditions of the Abbeys of Cîteaux and Cluny.
Celebrating the region's herbal heritage, these experiences incorporate botanical fumigations, gestures inspired by monastic practices, and reimagined ancestral remedies.
Warmth gently releases tension throughout the body, while handcrafted wooden tools made from Meursault forests reinforce the connection to the land.
The experience concludes with seasonal herbal infusions prepared by a local herbalist, in harmony with nature's rhythms.

All of our face and body treatments, as well as our rituals, can be enjoyed as a couple, with either the same treatment or a different one for each guest.

Facial treatments

RADIANCE FACIAL

A bespoke treatment inspired by Kobido techniques to restore freshness and plumpness to the skin. Renowned for its lifting effect, it instantly enhances the complexion's natural radiance.

30 MIN - €80

REGENERATING FACIAL

A ritual combining a concentrated peel, patented active ingredients, cryotherapy and LED therapy to refine skin texture, even the complexion and reduce imperfections. Alaena fruit acids stimulate cell renewal and tighten pores for smoother, more luminous skin.

45 MIN - €105

EXPERT FACIAL

This personalised ritual combines Tui Na techniques with the power of Alaena's patented Complex {G}5®, concentrated in essential biomolecules derived from sprouted seeds. At the heart of Living Cosmetology, it supports the skin's natural mechanisms to reveal vitality and radiance.

Focus of your choice: Brightness, Sensitivity or Firmness

60 MIN - €130

Facial treatments

SIGNATURE ANTI-AGEING FACIAL

A sculpting anti-ageing treatment combining Alaena's patented active ingredients with a Kobido-inspired massage to plump the skin, boost radiance and soften fine lines. A targeted eye contour treatment and LED therapy complete this rejuvenating ritual.

60 MIN - €130 | 90 MIN - €170

RELEASE & RELAX FACE & BODY

This treatment includes a relaxing back and leg massage followed by an Alaena Expert Face Treatment. This personalized ritual provides muscular relaxation, skin oxygenation, and a plumping effect.

90 MIN - €170

Body massage

SIGNATURE MEURSAULT WOOD MASSAGE

Inspired by Burgundy's artisanal and herbal traditions, this signature massage combines handcrafted local beechwood tools with deep, enveloping techniques to release tension and restore fluidity throughout the body. The 90-minute version includes warm botanical compresses filled with local herbs.

60 MIN - €130 | 90 MIN - €170

PERSONALIZED MASSAGE

A fully personalised massage designed to release deep-seated tension, promote total relaxation and restore inner vitality. Tailored to your needs, it offers a unique wellness experience.

30 MIN - €80 | 60 MIN - €130 | 90 MIN - €170

Body massage

TUI NA MASSAGE

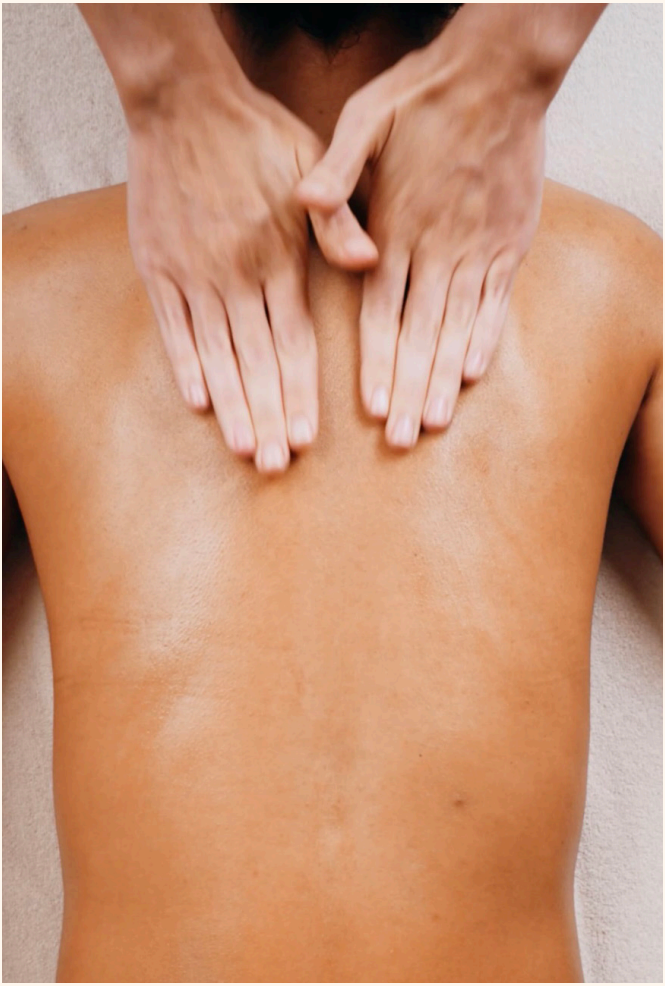
Inspired by Tui Na, a therapeutic practice rooted in Traditional Chinese Medicine, this massage releases tension by working along meridians and acupressure points. Precise yet enveloping, it encourages deep relaxation.

60 MIN - €130 | 90 MIN - €170

SPORT RECOVERY MASSAGE

A sequence of deep, energising movements coordinated with the breath to release muscular tension, improve circulation and increase joint mobility. Hemp and arnica enhance the treatment, bringing comfort, flexibility and recovery to overworked tissues.

60 MIN - €130 | 90 MIN - €170



Body massage

FIVE EXTREMITIES MASSAGE

A gentle and enveloping treatment focusing on the hands, feet and scalp, areas rich in nerve endings. It helps rebalance the nervous system, calm the mind and spread a profound sense of wellbeing throughout the body.

45 MIN - €105

DIGESTIVE BALANCE MASSAGE

A gentle treatment dedicated to abdominal wellbeing, combining slow movements inspired by Chi Nei Tsang, warm herbal compresses and reflexology focused on digestive balance.

60 MIN - €130

DRAINING FACE & BODY MASSAGE

This protocol combines manual lymphatic drainage for both face and body to stimulate circulation and support toxin elimination. Cryotherapy spoons applied to the legs provide an immediate feeling of lightness, while abdominal work encourages detoxification. Facial drainage reduces puffiness, refines contours and restores radiance.

60 MIN - €130

Complementary treatments

LED MASK NOOĀNCE

10 MIN - €20
(included within a treatment)

EYE CONTOUR TREATMENT

15 MIN - €30

FACIAL PEEL

30 MIN - €60

TARGETED MASSAGE

Back, shoulders, legs, arms and hands, scalp.

15 MIN - €30

AHA SMOOTHING BODY SCRUB

30 MIN - €60

FOOT REFLEXOLOGY

15 MIN - €30

DANCE

For expectants and new mothers

MATERNITY WELL BEING MASSAGE

A deeply soothing treatment for both mother and baby, enhancing the special bond created through the gentle touch of prenatal massage. It helps relieve tension and discomfort associated with pregnancy. The mother-to-be is comfortably positioned on her side to ensure optimal relaxation and wellbeing.

Available from the fourth month of pregnancy.

60 MIN - €130

POSTNATAL MASSAGE

A personalised massage combining draining and toning techniques to stimulate circulation and help reconnect with your body after childbirth

60 MIN - €130

PREGNANCY RITUAL

Mother-to-Be Massage or Postnatal Massage – 60 min
Radiance Facial – 30 min

90 MIN - €170

For children

These treatments, performed in a duo treatment room, are designed as a gentle moment of connection and wellbeing for parent and child.

CHILDREN'S FACIAL

A gentle and comforting facial performed simultaneously with the accompanying parent. It begins with a sensory cleanse, followed by a signature facial massage tailored to each individual. Smooth, flowing movements promote deep relaxation.

30 MIN - €55

CHILDREN'S BODY MASSAGE

A soothing body massage performed in perfect parent-child harmony. Gentle, flowing movements focus on key relaxation areas including the back, legs, arms and hands.

30 MIN - €65

Spa treatments are available for children aged 6 to 10, provided they are accompanied by a parent.

Spa treatments rituals

ESSENTIAL RELAX RITUAL

Personalised Body Massage – 60 min
Radiance Facial – 30 min & LED Mask Nooānce
Collagen Drink or Herbal Infusion

1H30 - €190 / PERS.

RENEWAL RITUAL

Hammam Session – 20 min
Body Scrub – 30 min
Personalised Body Massage – 60 min
Herbal Infusion

1H50 - €190 / PERS.

CHÂTEAU DE CÎTEAUX SIGNATURE RITUAL

Hammam Session – 20 min
Meursault Wood Massage with Botanical Poultices – 90 min
Herbal Infusion

1H50 - €200 / PERS.

TREATMENT PROGRAM

3 DAYS - 3 TREATMENTS OF 60 MIN - €350 / PERS.
4 DAYS - 4 TREATMENTS OF 60 MIN - €470 / PERS.

Day pass

2-HOUR SPA ACCESS

Spa, outdoor pool and herbal tea lounge

€50 / PERS | MONDAY TO FRIDAY

BREAKFAST & RELAX

Access to the spa, outdoor pool and herbal tea lounge - 2h
Breakfast

€80 / PERS | 8:00 AM – 10:00 AM

Optional treatments

Radiance Facial *or* Personalised Body Massage - 30 min - €115 / pers.
Expert Facial *or* Personalised Body Massage - 60 min - €165 / pers.

LUNCH & RELAX

Access to the spa, outdoor pool and herbal tea lounge - 2h
Lunch (starter, main course and dessert, excluding drinks)

€90 / PERS. | 9:00 AM – 6:00 PM

Optional treatments

Radiance Facial *or* Personalised Body Massage – 30 min – €125 / pers.
Expert Facial *or* Personalised Body Massage – 60 min – €175 / pers.

Day passes without treatments are available Monday to Friday only, subject to availability. Weekend included.

Day pass

TEA TIME & RELAX

Access to the spa, outdoor pool and herbal tea lounge - 2h
Chef's Afternoon Tea

€70 / PERS | 3:00 PM - 6:00 PM

Optional treatments

Radiance Facial *or* Personalised Body Massage - 30 min - €105 / pers.
Expert Facial *or* Personalised Body Massage - 60 min - €155 / pers.

DINNER & RELAX

Access to the spa, outdoor pool and herbal tea lounge - 2h
Dinner (starter, main course and dessert, excluding drinks)

€120 / PERS. | 6:00 PM - 8:00 PM

Optional treatments

Radiance Facial *or* Personalised Body Massage - 30 min - €155 / pers.
Expert Facial *or* Personalised Body Massage - 60 min - €205 / pers.

Day passes without treatments are available Monday to Friday only, subject to availability. Weekend included.

General information

OPENING HOURS

The Spa (hammam, sauna, relaxation room and herbal tea lounge) is open daily from 8:00 AM to 10:00 PM with complimentary access for hotel guests.
Guests booking a treatment of 30 minutes or more enjoy complimentary 2-hour access to the spa facilities.
Treatments are available by appointment only, daily from 10:00 AM to 6:00 PM.

ARRIVAL AT THE SPA

We invite hotel guests to arrive directly from their room wearing a bathrobe and slippers.

Parking within the estate is reserved exclusively for hotel guests. Non-resident guests are kindly requested to use the complimentary public car park in Cîteaux.

Please arrive 15 minutes prior to your appointment to allow time to change and relax before your treatment. In the event of late arrival, treatment duration may need to be reduced.

Changing rooms and lockers are available.
For non-resident guests, bathrobes, slippers and towels are provided.

A health questionnaire will be provided upon arrival. Please inform us at the time of booking of any medical conditions or contraindications that may affect your treatment.

CANCELLATION POLICY

Any modification or cancellation made more than 72 hours prior to the scheduled treatment time will incur no charge. Cancellations made within 72 hours, or failure to attend, will result in the full treatment cost being charged. A credit card guarantee is required for non-resident guests when booking treatments.
These conditions also apply to gift vouchers.

General information

GIFT CARDS

A selection of treatments, rituals and day packages is available as gift cards.
Visit our reception desk or purchase online at boutique-fontenille.com.

REGULATIONS

Our wellness space is designed as a peaceful and relaxing environment.

We kindly ask guests to keep mobile phones on silent mode and refrain from making phone calls.

For hygiene and safety reasons, all spa rules must be respected.
Swimwear is required in all wet areas.
Smoking and vaping are strictly prohibited throughout the wellness area.
Pets are not permitted within the spa.

Guests under the age of 16 must be accompanied by an adult.
Children aged 6 to 10 may enjoy treatments when accompanied by a parent.

Treatments for pregnant women are available between the 4th and 8th month of pregnancy.

We recommend using the lockers provided for your personal belongings. The establishment cannot be held responsible for any loss or damage occurring during your visit.

Château de Cîteaux

MEURSAULT BOURGOGNE

Hôtel - Restaurant - Spa

18 Rue de Cîteaux, 21190 Meursault, Bourgogne - France
+33 (0)3 80 20 62 80
WWW.CHATEAUDECITEAUX.COM