

Massages

Well-being & magnetism



**Enjoy a unique moment
to take care of yourself**

Whether in the PATIO or the COTTAGE, enjoy the benefits of a massage designed to rebalance your energies, nurture your health, and restore your inner well-being. We are pleased to collaborate with CHRISTIANE, a practitioner and energy healer, who combines expertise in energy healing with a personal gift that allows her to sense and relieve tension.

- **50-minute Wellness massage - 90 € / 1 pers**
A full-body massage using embalming oils, with energy rebalancing and treatment of specific points that require greater attention.
- **60-minute Wellness and magnetism - 110 € / 1 pers**
A full-body massage with an extra to optimise the treatment and the virtues of the magnetism associated with the massage.
- **60-minute Re-energetic treatment - 110 € / 1 pers**
Relief of tension and energy blockages, stimulation of the immune system, elimination of negative emotions, improved blood circulation and deep relaxation.
- **2 x 30 minute Wellness massage - 120 € / 2 pers**
A massage using embalming oils, with energy rebalancing and treatment of specific points that require greater attention. One after the other.



Fitness & bike

Gym
on the 1st floor
of the PATIO,
free and open
access

Bicycles
in 3 sizes
available
at the
COTTAGE

Swimming pool Cottage

Acces - drinks - apéritif - dinner

Possible for PATIO guests
whose stay exceeds 2 days..



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06 89 25 00 44

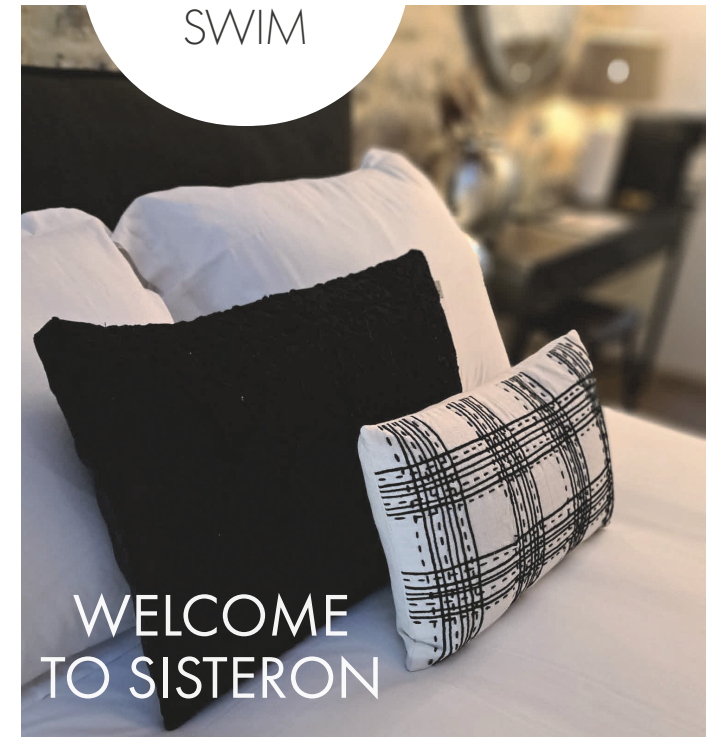
www.lepatiodesophie-sisteron.com
www.lecottagedesophie-sisteron.com

BREAKFAST
DRINKS
TASTING
MASSAGES
FITNESS
SWIM

Le Patio
Le Cottage
de Sophie



HOTELS 3 ***
SISTERON



We wish you
a wonderful stay

CENTRE
VILLE OU
NATURE
& PISCINE

EXPERIENCE
A MOMENT
OF EMOTION



Breakfast

Served at table (sweet / salty) = 23 € / adult
15 € / child < 13 years old - Offered child < 5 years old



From 8.30 am to 10.00 am from monday to sunday

Market fruits, French or regional products

- Fresh orange juice with pulp
- Homemade fresh fruit salad
Apples, pears, bananas, strawberries, kiwis, clementines, ...
- Alain Milliat jams strawberry, apricot, raspberry, fig, honey, spreadable paste
- Butter, milk, vanilla yoghurt
- Milk chocolate mûsli
- Pastries bread with chocolate, croissant, grape bread
- White bread, cereal bread
- Dammann Frères tea, Nespresso coffee, Nesquik chocolate
- Two scrambled, boiled, or fried eggs Alpes Haute Provence
- White ham and/or organic Ementhal or Gouda cheese
- Homemade apple cake.



Drinks, softs & wines

PATIO : in the lounge or room service
COTTAGE : self-service or served at the table



From 8.30 am to 9.00 pm from monday to sunday

Provençal wines, local beers, organic and/or local regional products.

- | | |
|--|-------------|
| • Coffee Nespresso - Tea Dammann Frères / infusions | 2 € |
| • Schweppes agrums / mojito 33 cl | 3 € |
| • Coca zéro 33 cl | 3 € |
| • Plain water St Georges / sparkling Sant Pe 40 cl / 75 cl | 3 € / 5 € |
| • Fuze tea peach / mint lemon 40 cl | 4 € |
| • Organic local lemonade from Durance 33 cl | 4 € |
| • Organic local beer from Durance 33 cl | 6 € |
| • Fruit juices Alain Milliat | 6 € |
| • Pineapple / strawberry / tomato / grapefruit 20 cl | |
| • Ginger / yuzu / citrus lemonade / iced tea 25 cl | |
| • Apricot / apple / pear / Cabernet grapes 33 cl | |
| • Organic Alain Milliat 33 cl | 7 € |
| • Wines Château du Rouët - Côtes de Provence 50 cl - 3 col | 24 € |
| • Champagne rosé 37,5 cl / 75 cl | 32 € / 42 € |
| • Aperitif cakes | 6 € |



Tasting

Guests PATIO & COTTAGE = small and large appetites
excluding drinks, on reservation



From 7.00 pm to 9.00 pm from monday to sunday in season

APPETIZER tray - Patio / Cottage - 10 € / pers

- Artisanal crips, salted roasted almonds, olives
- Bread sheets, ciselés + 1 spreadable Le Sentier des Bergers
- SUP : 1 terrine Le Sentier des Bergers & seed bread (12 €)

DINNER tray - Cottage only - 35 € / pers (served at the table)

- Tapenade, cherry tomatoes, basil, cucumber, melon, grapes
- Italian charcuterie raw ham, coppa, sausage
- Tourtons from Hautes-Alpes with goat cheese
- 1 spreadable + 1 terrine Le Sentier des Bergers (to choose)
- Artisanal crips, salted roasted almonds, olives
- Goat cheese, fig jam, butter, rustic breadsticks, bread sheets, ciselés, white bread, seed bread
- SUP : 1 bruschetta tomato mozzarella with sauce (7 €)
- SUP : 1 vegetable risotto (hot) Le Sentier des Bergers (7 €)
- SUP : 1 chocolate fondant (6 €) ou 1 Magnum ice cream (4 €).

To be booked on arrival at reception.
Any breakfast ordered but cancelled at the last minute will be charged.