

# 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

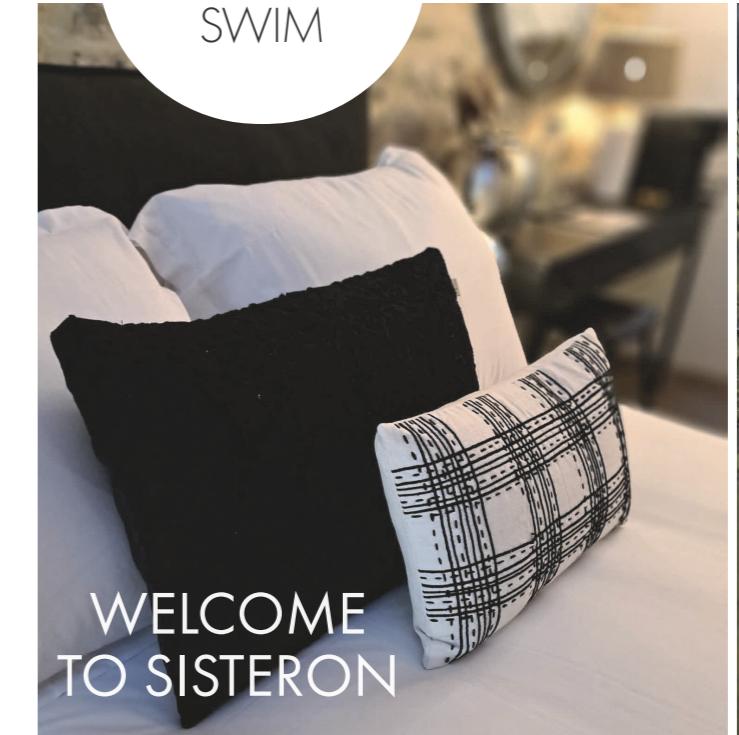
### Acces - drinks - aperitif - dinner

Possible for PATIO guests  
whose stay exceeds 2 days..



[www.lepatiodesophie-sisteron.com](http://www.lepatiodesophie-sisteron.com)  
[www.lecottagedesophie-sisteron.com](http://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

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- 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 müesli
- Pastries bread with chocolate, croissant, grape bread
- White bread, cereal bread
- Dammann Frères tea, Nespresso coffee, Nesquick chocolate
- Two scrambled, boiled, or fried eggs Alpes Haute Provence
- White ham and/or organic Emmental or Gouda cheese
- Homemade apple cake.

**To be booked on arrival at reception.**

**Any breakfast ordered but cancelled at the last minute will be charged.**



# Drinks, softs & wines

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



# Tasting

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



**From 8.30 am to 9.00 pm from monday to sunday**

Provencal 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 Roüet - Côtes de Provence 50 cl - 3 col	24 €
• Champagne rosé 37,5 cl / 75 cl	32 € / 42 €
• Aperitif cakes	6 €



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

APPETIZER tray - Patio / Cottage - 10 € / pers

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

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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 crisps, 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 €).