

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 - 95 € / 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 - 115 € / 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 - 115 € / 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 - 130 € / 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

Available to PATIO customers whose stay is longer than 2 days
(access 12 € / person excluding extras).



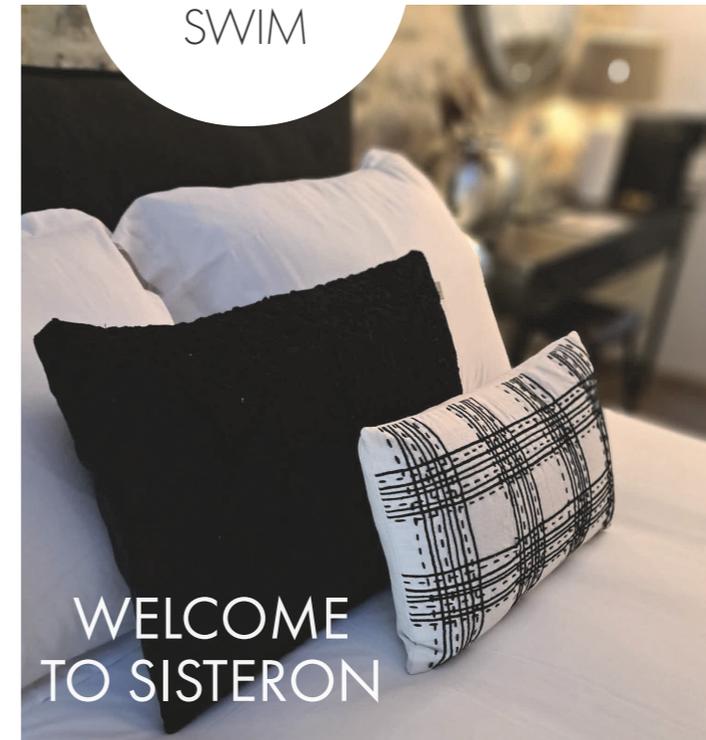
www.lepatiodesophie-sisteron.com
www.lecottage-desophie-sisteron.com

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) = 24 € / adult
15 € / child < 13 years old - Offered child < 5 years old



From 8.30 am to 10.00 am everyday

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 muesli
- 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.

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



From 8.30 am to 9.00 pm everyday in season

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 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 6.00 pm to 9.00 pm everyday in season

APPETIZER tray - Patio / Cottage - 11 € / 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 €)

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 €).