

## SPA OF FONTCAUDE health and fitness

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Site internet : <https://www.hotel-spa-fontcaude.fr/fr/hotel-juvignac>

The 4-star Spa de Fontcaude hotel - Montpellier Juvignac provides an area of 1,500 m<sup>2</sup> dedicated to the promotion of health and well-being. All the know-how is focussed on an intense ?letting go? in an intimate and friendly atmosphere!

The institute offers a wide range of beauty treatments ? hydrotherapy, massages from around the world, expert treatments (Cryotherapy, Iyashi Dôme, Coaching) and a relaxation zone with heated indoor pool, steam room, sauna, jacuzzi, gym and cardio training, plus an experience shower...

Take time to take a vitality pause!



**Location :** On the outskirts, Montpellier - Petite Camargue

**Languages spoken :** English - German - Spanish - Italian - Portuguese

Capacity

Accommodation and Restaurant available

**Accommodation :** 99 hotel rooms

**Restaurant :** covered seating for 60 (interior and covered terrace)  
outdoor seating for 110

Treatments / tariff

**Treatments :**

Massages

Hydrotherapy

Facial treatments

Body treatments

Slimming / detox

Aesthetic

Expert consultation

Sports activities (coaching, step, gym, aquabiking...)

**Tariff :**

Stay for a week or weekend, with or without accommodation

Slimming cures, Detox, Anti-ageing, Anti-stress

Beauty Getaways, Tonics

Half day or full day discovery

Equipment

15 treatment rooms

1 indoor pool (212 m<sup>2</sup>)

1 outdoor pool (60 m<sup>2</sup>)

1 gym room

1 ?Heat Experience? (sauna, steam room) zone

1 parapharmacy