

Clēmēns

SPA AQUATIQUE



THE STORY OF THE HOUSE

Maison Clémens was born from the meeting of two wellness visionaries, brought together by their *love of water* and a shared pursuit of *excellence*. From this encounter emerged a hidden sanctuary for those seeking something truly exceptional - a place where passion extends far beyond its founders. It lives in every treatment and is felt through every therapist's touch.

Derived from the Latin word meaning *calm and benevolence*, Clémens is an invitation to embrace the art of caring - for yourself or for someone else. Hidden behind a discreet carriage gate in the heart of historic Saint-Germain-des-Prés, a peaceful garden reveals a spa where shades of green and blue evoke the harmony between earth and water. At the end of a cobbled courtyard filled with greenery, as the prelude to an enchanting experience steeped in history, lies Paris' first aquatic spa.

VAULTED CELLARS, HOME TO EXCEPTIONAL WELLNESS EXPERIENCES

From the carefully selected materials to the subtle lighting, from delicate fragrances to profound silence, every detail has been thoughtfully orchestrated to transform each treatment into a truly immersive experience. From the moment you arrive, our crew cares for you with the same warmth and discretion as our therapists.

*Leave everything behind.
Simply let yourself drift.
That is our philosophy.*

Within our candlelit 18th-century vaulted cellars, treatment cabins and private pools have been carved directly into the historic stone. A timeless setting where aquatic and table treatments, along with private pool experiences, share one purpose : *to take you on a journey.*





AQUA COLLECTION

Water Treatments.

Our aquatic journeys unfold within our candlelit 18th-century vaulted cellars. The water, at the ideal temperature, welcomes you like a calm sea. Resting on its surface and gently supported by floats, you enter a state of weightlessness. The body drifts. The mind lets go.

SIGNATURE TREATMENT

Floating Massage 60 minutes

WEIGHTLESSNESS. ESCAPE. RELEASE.

Resting on floats in warm water, the body is gently supported as the mind drifts into a state of deep relaxation. Gentle to medium-pressure massage techniques, combined with aquatic stretches and fluid mobilisations, seamlessly release muscular tension and restore harmony between body and mind. An unforgettable sensory journey that leaves you feeling deeply renewed. Also available as a couples' experience, maternity treatment, or a special moment for parents-to-be.

Elevate your experience with our Relaxing Facial Massage.

NEW 2026 EXPERIENCE

Underwater Massage 75 minutes

INNER JOURNEY. BETWEEN SURFACE AND DEPTH.

Alternating between free floating and guided underwater immersion with breath-holding techniques, this unique experience reconnects the body with its earliest sensations. The fluid, wave-like movements follow the rhythm of the water, releasing the spine, easing deep tension and allowing energy to flow freely. A journey between two worlds, between silence and movement. A rare and immersive sensory experience, reserved for guests who have already experienced the Floating Massage and feel comfortable with short periods of breath-holding.

Elevate your experience with our Relaxing Massage or Relaxing Facial Massage.





AQUA EXCLUSIVA COLLECTION

Two waters. Two journeys.
Private pool experiences.

By candlelight, our pools unfold like an intimate and soothing sea. Our crew will offer you a hot or cold beverage, adding a delicate touch to this timeless escape. This exceptional private experience can be extended with an aquatic or table massage.

The Source, Private Freshwater Pool Experience 50 minutes
SOFTNESS. LIGHTNESS. FOR TWO.

Supported by floats, this private freshwater experience invites you to gently drift into a state of complete serenity. The body fully relaxes, tensions melt away, while the reflections of the water dance across the historic 18th-century stones. A delicate journey, perfect to complement a massage experience.

Elevate your experience with our Duo Relaxing Massage.

The Ocean, Private Saltwater Pool Experience 50 minutes
DETOX. WEIGHTLESSNESS. FOR TWO.

In a pool enriched with two tons of Epsom salt, naturally rich in magnesium, the body floats effortlessly, suspended in a dense and soothing sea. The water helps detoxify, restore mineral balance, reduce tension and relieve water retention. A moment of complete release, beyond time.

Elevate your experience with our Lymphatic Drainage Massage, Postural Massage or Duo Relaxing Massage.





TERRA COLLECTION

Table Treatments

Terra treatments are tailored to your needs in the moment. Before each session, your therapist adapts every gesture to your body and how you feel, adjusting the pressure, the areas of focus and the rhythm. Every massage evolves with your needs, guiding you gently back to balance.



NEW 2026 EXPERIENCE

Immersive Massage, Exclusive Duo Treatment 60 minutes,
90 minutes
A DUO MASSAGE AS PARIS' HISTORY COMES TO LIFE THROUGH
SOUND AND LIGHT.

Together, experience a unique journey in Paris. Side by side, let yourself be guided by perfectly synchronized movements as the city's history unfolds around you through an immersive sound and light experience. From one era to the next, Paris comes to life before your eyes, transforming a moment of relaxation into an unforgettable sensory journey.

As the massage unfolds, tension fades away, the mind drifts and a precious connection emerges. Between heritage, emotion and deep relaxation, every moment is enhanced by a setting unlike any other.

A rare escape, where Paris can be discovered, felt and experienced. Available exclusively at *The Deck*. This treatment is also available as a solo experience.

A special touch: after your treatment, enjoy our lounge with its salt wall to extend your journey.

BODY TREATMENTS

Relaxing Massage 60 minutes, 90 minutes, 120 minutes

A BESPOKE MESSAGE FOR YOUR WELL-BEING.

Your therapist adapts every movement to your needs: pressure (from light to firm), areas to focus on or avoid, intensity and rhythm. A sensory journey designed entirely around you, from the first moment to the last. This treatment is also available as a duo experience, maternity treatment or parents-to-be experience.

Elevate your experience with The Source, Private Freshwater Pool Experience or The Ocean, Private Saltwater Pool Experience.

Postural Massage 60 minutes, 90 minutes

RESTORE YOUR NATURAL ALIGNMENT.

Designed for those who spend long hours sitting, this treatment targets accumulated postural tension in the back, neck and shoulders, helping restore stability and lasting comfort. Also ideal for athletes seeking greater flexibility.

Elevate your experience with The Source, Private Freshwater Pool Experience or The Ocean, Private Saltwater Pool Experience.

Emotional Massage 60 minutes

AN ABDOMINAL MESSAGE TO RELEASE DEEP TENSION.

Inspired by Chi Nei Tsang, this treatment works deeply on the abdomen, the center of emotions, digestion and vital energy. Slow, intentional movements help release tension, support detoxification and stimulate the flow of Chi, promoting a lasting sense of inner lightness.

Elevate your experience with our Lifting Facial Massage.





Lymphatic Drainage Massage 60 minutes, 90 minutes
LIGHTNESS AND RADIANCE.

This treatment stimulates lymphatic circulation, helps reduce water retention and refines the contours of the body. The skin regains its natural radiance and vitality. This treatment is also available as a maternity treatment and a duo experience.

Elevate your experience with our Lymphatic Facial Massage.

Sculpting Massage 60 minutes
RESHAPE AND DEFINE YOUR SILHOUETTE.

Combining lymphatic drainage techniques with sculpting movements, this treatment helps redefine contours, smooth the skin and enhance muscle definition. The silhouette is reshaped and brought back into harmony.

Elevate your experience with our Lymphatic Facial Massage.

Postpartum Massage 90 minutes
A RELAXING RITUAL TO SUPPORT THE BODY AFTER BIRTH.

This nurturing treatment envelops the body, helping tissues regain tone and support after childbirth while providing a deep sense of comfort. A meaningful ritual designed to accompany the body through one of life's greatest transformations.

Elevate your experience with our Relaxing Facial Massage.

FACIAL TREATMENTS

Relaxing Facial Massage 30 minutes

A GENTLE JOURNEY TOWARDS SKIN SERENITY.

Your practitioner adapts every movement to your skin and your needs. Facial and scalp tension melts away, revealing your natural radiance. A gentle and fully personalized treatment for a luminous, deeply rested complexion.

Elevate your experience with our Relaxing Massage.

Lymphatic Facial Massage 30 minutes

A WAVE OF FRESHNESS AND VITALITY.

Combining lymphatic drainage techniques with gentle movements, this treatment helps reduce puffiness, stimulate circulation and redefine facial contours. The complexion appears more even, the eyes look brighter and the results are visible immediately.

Elevate your experience with our Lymphatic Drainage Massage.

Lifting Facial Massage 60 minutes

AN ANTI-AGEING KOBIDO MASSAGE.

Inspired by the ancient Japanese art of Kobido, this precise and dynamic treatment works on the scalp, facial muscles and décolleté. With each movement, the face appears more defined, firmer and more radiant. A natural lifting effect, without artifice.

Elevate your experience with our Relaxing Massage or The Ocean or The Source, Private Pool Experiences.





RITUALS COLLECTION

Two worlds. Two journeys.

Shared together, our rituals combine a private pool experience with a massage, creating a timeless escape between grounding and weightlessness.

SIGNATURE TREATMENT

Aqua Ritual, Clémèns' Signature Experience *100 minutes*
DUO FLOATING MASSAGE (50 MINUTES)
+ PRIVATE POOL EXPERIENCE (50 MINUTES)

Before your candlelit escape in our freshwater or saltwater pool, you and your partner surrender to a graceful aquatic choreography of synchronized massage, gentle stretches and flowing movements. The bodies relax, energy is restored and connection deepens. A rare and precious moment of togetherness, unique in Paris. For this massage, pressure can range from light to medium.

Terra Ritual, Timeless by Nature *110 minutes, 140 minutes*
DUO TABLE MASSAGE (60 OR 90 MINUTES)
+ PRIVATE POOL EXPERIENCE (50 MINUTES)

Before or after your private pool experience (freshwater or saltwater), enjoy a duo table massage fully adapted to each of your needs. From the pool to the massage table, the body gently transitions from one world to another, carried by relaxation and connection. For this massage, pressure can range from light to firm.





FAMILIA COLLECTION

Wellness for Pregnancy,
Birth and Beyond

Maison Clémens lovingly supports expectant mothers, parents-to-be and young families. Each treatment is thoughtfully designed to create a precious memory, filled with tenderness and well-being.

Floating Massage, Mother-to-Be 60 minutes

PRECIOUS MOMENT OF CONNECTION FOR MOTHER AND BABY

In warm water, gently supported by floats, your body is freed from all weight. You float, and so does your baby. Gentle rocking movements, stretches and light pressure soothe the back, legs and joints, creating a precious moment of intimate connection between mother and child. For this massage, pressure can range from light to medium.

Elevate your experience with our Relaxing Facial Massage.

Duo Floating Massage, Parents-to-Be 60 minutes

MASSAGE (50 MINUTES) + PRIVATE POOL EXPERIENCE (10 MINUTES) A JOURNEY FOR TWO BEFORE BABY'S ARRIVAL

Together in a warm freshwater pool, your bodies are supported and gently rocked while our therapists guide you through a graceful sequence of fluid movements. Massages, stretches and delicate pressure encourage deep relaxation and strengthen your connection before baby's arrival. For this massage, pressure can range from light to medium.

Elevate your experience with The Ocean, Private Saltwater Pool Experience.

Duo Relaxing Massage, Parents-to-Be 60 minutes, 90 minutes

A CUSTOMIZED EXPERIENCE ADAPTED TO PREGNANCY

Every movement is adapted to the specific needs of both partners: the expectant mother and her companion. Deep relaxation and complete release are followed by the possibility of extending the experience in a private pool, floating together in perfect harmony. For this massage, pressure can range from light to firm.

Elevate your experience with The Ocean or The Source, Private Pool Experiences





Parents-to-Be Ritual *100 minutes*

DUO FLOATING OR TABLE MASSAGE (50 MINUTES)
+ PRIVATE POOL EXPERIENCE (50 MINUTES)

Our Aqua and Terra Rituals are specially designed for parents-to-be. Before or after your private pool experience (freshwater or saltwater), enjoy a massage created to gently support you through this unique stage of life, with care and presence.

Newborn Floating Massage *60 minutes*

BABY'S FIRST AQUATIC JOURNEY, FROM BIRTH TO 4 WEEKS

In a pool specially designed for newborns, your baby floats freely, guided by a professional trained in infant care. Reconnecting with the soothing sensations of the womb, your baby develops motor skills, supports restful sleep and strengthens the bond with their parents. Maximum two accompanying adults.
Available exclusively at *The Deck*.

Baby Aquatic Awakening *45 minutes*

SESSION (30 MINUTES) + PRIVATE POOL EXPERIENCE (15 MINUTES)
A SENSORY EXPLORATION FROM 3 TO 18 MONTHS

From 3 to 18 months, accompanied in the water, your baby explores and develops through gentle exercises adapted to their sensory, motor and emotional development. Each session becomes a magical moment where well-being and connection flow together. Maximum two accompanying adults in the water.

INFORMATION

A Moment of Silence

At Clēmēns, silence is an essential part of the experience. We kindly ask you to respect the peaceful atmosphere of the space by speaking softly and switching off your mobile phones.

Booking & Cancellation

All Spa Clēmēns experiences are available by reservation only. We kindly ask you to notify us as soon as possible should you be unable to attend, allowing us to preserve the quality of our treatments and the comfort of our guests. Any modification or cancellation made less than 72 hours before the scheduled treatment will result in the full charge of the reserved experience.

Finding Us

Located in the heart of Saint-Germain-des-Prés, Spa Clēmēns welcomes you at 14 rue des Saints-Pères, Paris 7th arrondissement. Access details will be sent by email upon booking. Once you pass through the entrance gate, cross the courtyard towards the garden and leave the rhythm of the city behind.

By car. Indigo Parking 171 boulevard Saint-Germain.

By bicycle. Bicycles are not permitted inside the building. Bicycle parking is available at the corner of rue des Saints-Pères and rue Jacob, and at the corner of rue des Saints-Pères and rue de Verneuil.

By bus. Jacob stop, lines 39 & 95.

Pont du Carrousel stop, Quai Voltaire, lines 39 & 95.

By metro. Saint-Germain-des-Prés station, line 4 (7-minute walk).

Rue du Bac station, line 12 (9-minute walk).



THE AQUATIC SPA

Open daily, 8:45 AM – 9:00 PM

(8:00 PM on weekends)

14 rue des Saints-Pères, 75007 Paris

Entrance through the courtyard.

THE DECK

Monday to Saturday, 11:00 AM – 7:00 PM

14 rue des Saints-Pères, 75007 Paris

Street entrance.

CONTACT US

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Booking and Gift Cards
www.spaclemens.com
or on-site at The Deck.