



2012 TREATMENTS

Rituals and massages to purify body and mind.





SPA

Entrance to the water circuit

*Sport Wellness Water Circuit TB **

3 h 37.50 €

*Sport Wellness Water Circuit TA **

3 h 45.19 €

**includes tasting of juices, shakes, teas, coffee or a glass of cava.*

Sport Wellness Accessories

Man's bathing suit 30 €

Woman's bathing suit 30 €

Spa Chill Out CD 12 €

Towel..... 15 €

Bathrobe..... 56 €

Pool footwear 12 €

Bathing cap 6€

BALNÉOTHÉRAPIE «BAINS D'ARÔMES»

Douche jet "Energisant"



Power shower employed over different parts of the body, applied using a hose, its temperature and pressure is controlled by the therapist. Activates muscles and connective tissue, relaxes, tones and loosens up the body.

20 min 36 €

Mud bath «Soie»

Feel the moisture enter your body as you enjoy the exquisite aroma of silk. This routine is performed in a steam booth, allowing your skin to regain its luminosity and moisture and bringing a sensation of coolness and relaxation.

25 min 42 €

Mud bath «Cacao»



A delicious pure cacao mud wrap applied in a steam bath, with an anticellulite effect. Remodels and sculpts the body and improves the skin's texture.

25 min 42 €

Bain nutritif «Cléopâtre»



Nutrient milk bath that covers the skin, giving it a pearly, velvety sensation. The skin is moisturised and scented. Includes a scalp massage that is beneficial for the wellbeing and comfort of your body and mind.

25 min 45 €

Bain «Au Raisin rose mousseux»



Purple grape bath with a wealth of aromas. Your body is recharged with new sensations, while your mind relaxes as you receive a scalp massage.

25 min 45 €

Bain “Bulles parfumées”

Pamper yourself with the gentle caress of a bubble bath that nourishes your body's skin while you experience a pleasant and relaxing tingling sensation.

25 min 36 €

Bain “Elixir”



Bath containing a wisely combined selection of delightful essential oils. The hydro-massage jets administer a pleasant, toning massage. You will enjoy a scalp massage that is beneficial for the wellbeing and comfort of your body and mind. By Payot.

25 min 45 €



A treatment that can be enjoyed as a couple.



Treatment includes massage.

4% ISI not included



VALMONT
Prime
NECK

Prime
B-CELLULAR

VALMONT

VALMONT
Prime
REGENERA I

VALMONT
Prime
24 HOUR



“Flash Nature”

We propose a ritual that brings luminosity, moisture and firmness. Discover the benefits of the Nature by Valmont product and enjoy the “flash” effect of vitamin C in its face mask. A unique experience which includes digito puncture and an energising massage.

50 min 130 €

Soin «Vitalité Hydratante»

The treatment Vitality of the Glaciers offers deep and penetrating hydration. Thanks to the collagen mask, the wrinkles and fine lines fade away, the complexion is radiant and facial features become fuller. The result is both spectacular and long lasting.

75 min 180 €

Rituel «Yeux Essentiels KLB» by Valmont

Stop the passing of time, stress and fatigue with this soft and relaxing treatment. Combining the benefits of facial shiatsu and reiki, with a draining and firming message. Designed by SPW to smooth lines and wrinkles, bring shine and luminosity and give you a unique experience.

75 min 170€

Soin «Source des Bisses» by Nature

*“The lack of moisture increases with age and is rapidly converted into a factor that accentuates skin aging”.
“A true moisture bath for the skin”. A treatment that allows you to discover the effects of the hyaluronic acid and moisture corrector, using the ancestral digito puncture and Glacier energising massages with ice crystals. The combination of both massages gives an amazing revitalising effect. The first one revitalises and stimulates the epidermis and the second one improves the energy circulation, through 21 digital pressure points. A unique sensation of awakening for your skin.*

75 min 180€

Soin «Lifting Intense ICCT»

Anti-aging treatment that really firms the skin. Deep wrinkles get smoother through the use of concentrated crèmes and the application of the collagen mask. At the end, the oval of the face reappears clearly, the wrinkles are smoothed out and the face is visibly lifted, having fully regained its density!

75 min 200€



Rituel “Princess Pan Deï”

The sun accelerates skin aging. This treatment attenuates the harmful effects of UV radiation on the skin. Solar Repair Intensive Healing, with SUN CELLULAR SOLUTION technology, allowing the skin to be soothed, restored and deeply regenerated. The application of a double pure collagen film will soothe the fragile skin of the face and neck, repairing aggressions produced by the sun and deeply regenerating the skin.

75 min250 €

Traitement d'Exception «Elixir des Glaciers»

The most effective treatment which included the best of Valmont, a combination of the exclusive, rich, natural benefits of the Swiss brand. All the properties of the line guarantee visible results from the first treatment. A complete treatment that will help you relax and connect both body and soul, leaving your skin more luminous and youthful.

105 min350 €



PAYOT
PARIS

HYDRA²⁴ CRÈME

LES SOINS DU VISAGE «À LA CARTE»

PAYOT
PARIS

Soin «Peau Nette»



Basic facial care that is essential for thoroughly cleaning the skin of its impurities (micro cysts and blackheads). Prepares skin for its daily treatments. Based on soft clays and light textures. By Payot.

50 min 82 €

Soin «Hydra Expérience»



A first moisturising experience for skins that need comfort. This “moisturising-freshness” treatment, based on petals of centaurea cyanus and hyaluronic acid, offers instant pleasure and relaxation, adding moisture to the skin and restoring its radiance. By Payot.

50 min 88 €

Rituel Prodige «Douce Sensation»



Facial care suitable for skin that is very sensitive, reddened, stretched or irritated, due to changes in the weather. The products selected will relieve the discomfort and protect against outside attacks, providing the skin with greater resistance. Based on jojoba oil and vitamin E. Treatment includes Dra Payot's 42-movement massage. By Payot.

75 min 92 €

Rituel visage «Exclusif pour Homme»



Our ritual is specially intended and designed for male skin. An energetic treatment that stimulates and revitalizes. The epidermis is toned and all impurities are removed from the skin. The payot homme products give you an instant feeling of freshness. Based on hematite and vitamin B5. Treatment includes Dra Payot's 42-movement massage. By Payot.

75 min 90 €

Rituel anti-age «Jeunesse Absolue»



Facial treatment designed to reduce the visual signs of aging. Over the passage of time, marks, wrinkles and a loss of firmness mean that your skin needs a type of care that is specially tailored to meet these needs. Applying a cold mask guarantees the right effects. Treatment includes Dra Payot's 42 movement massage. By Payot.

75 min 110 €

Rituel «Parfaite Expérience»



A regenerating, activating face treatment that brings radiance to skin, completed with a mild hand exfoliation. Age spots develop on the face and hands. The «clarté» exfoliation effect restores radiance to your skin and the «gold» face mask treats visible problems that develop over time (wrinkles, flaccidity and free radicals). Includes the Dra. Payot 42 movement massage. By Payot .

105 min 130 €

Rituel «Yeux Essentiels KLB»



Treatment devised exclusively for the contours of the eyes, designed by SPW to soften lines and wrinkles. Combines different techniques; shiatsu, reiki, lymph drainage and firming massage; to achieve maximum relaxation and reduce the amount puffiness and dark circles under the eyes. You will have a brighter and more radiant look. A unique experience that is within your reach. By Spw.

75 min 115 €



A treatment that can be enjoyed as a couple.



Treatment includes massage.



May be applied to backs with visible skin problems.



A treatment that is particularly suitable for pregnant women.



Treatment can be combined and applied with 4 hands.

RITUELS CORPORAUX «HOLISTES»

Rituel corporel «Aux Arômes d'Épices»

A stimulating exfoliating treatment based on spices, that reinvigorates and wakes up the senses. The bath of concentrated elixir made from cinnamon, turmeric and black pepper fights off tiredness. The treatment is complemented by the feeling of wellbeing that comes from a scalp massage and a body moisturising. By Spw.

75 min 95 €

Rituel corporel «Aux minéraux semi-précieux et pépites d'or»

A body exfoliating treatment based on mineral salts of semi-precious origin. Eliminates the dead cells that prevent the skin from breathing, purifying and brightening the skin and leaving it soft and velvety to the touch. By Spw.

50 min 75 €

Soin minceur «Tout en finesse»

A «customised» body treatment for achieving a perfect silhouette.

After a draining exfoliation session, the skin is wrapped in fat-burning active ingredients that stimulate the lymphatic system. The anti-cellulite movements are designed to relieve the pressure of the tissue, restoring a slim silhouette and attenuating orange peel skin. It is advisable to follow a continuous healing routine to obtain visible, long-lasting results. By Payot.

75 min 120 €

Rituel corporel “Caresse de Soie”

Very complete exfoliating body treatment, which is based on scented Snow Drops that remove the dead cells that stop the skin breathing, it purifies and brightens the skin. Includes the application of a delicious silk cream, which is soft and velvety. By Spw.

50 min 80 €

Modelage rafermissant “Body Sculpt”

A local treatment indicated for flaccid parts of the body. Particularly indicated for the areas that most require this treatment (buttocks and thighs or arms and stomach). A combination of an extensive, firming massage and electro-stimulation which helps tone the tissues and improve their elasticity. The application of mild currents through electrodes ensures the passive exercising of the muscles. By Spw.

75 min 115 €

Soin localisé «Fraîcheur des jambes»



Treatment specially designed for legs that are either tired or suffer from circulatory problems. With the help of a massage and the application of cold wraps, we will stimulate the venous return and eliminate the feeling of heaviness. Your legs will be relieved of pain and will feel lighter. Based on menthol and ginkgo-biloba. By Payot.

50 min 75 €

Rituel corporel localisé “Spécial contractures ou circulation”



Treatment specifically devised for sore or pulled muscles. Mud is applied to the body in a steam room, you then have a choice of a soothing back massage or a gentle leg massage, intended to improve blood flow. You will come out completely refreshed.

50 min 75 €



A treatment that can be enjoyed as a couple.



Treatment includes massage.



Includes the use of specialised equipment.

4% ISI not included

SÉLECTION DE MASSAGES

Massage anticellulite



Deep hand massage that breaks up adipose tissue nodes and reactivates subcutaneous blood flow, improving oxygenation of the cells and combating the appearance of orange skin.

50 min 80 €

Drainage Lymphatique Manuel



Gentle manual technique that stimulates venous and lymphatic return, eliminating toxins and harmful substances. Ideal as a complementary treatment for people who suffer from fluid retention. This 25 min DLM only deals with facial drainage.

25 min 48 €

50 min 80 €

Massage «Sportif»



Muscle relaxing sports massage. Intensive massage technique that helps to free up tension in the muscles and relieve pain. Your muscles are oxygenated and they relax, leaving the body with pleasant feeling of wellbeing.

50 min 95 €

75 min 125 €

Massage du cuir chevelu



A special treatment inspired by ayurvedic medicine, it is based on the energetic points in the head and neck, uses relaxing wraps. Suitable for cases of energetic imbalance, stress, congestion and stiffness. Brings about a profound oxygenation with detoxifying and stimulating effects that are beneficial for the neck and face muscles.

25 min 50 €

Réflexologie plantaire



Relaxing massage of the soles of the feet. The strategic points connected to our organs are delicately massaged. Acupressure affords a feeling of complete wellbeing.

25 min 50 €

Sérénité et Aromathérapie

Huile « Précieuse Elixir » by Payot ou Bougie au beurre de Karité



A relaxing anti-stress massage. The carefully selected pace, movements and aromas will provide a profound feeling of wellbeing. By Spw.

50 min 85 €

75 min 110 €



A treatment that can be enjoyed as a couple.



A treatment that is particularly suitable for pregnant women.



Treatment is available as a room service with a 50% supplement.



Treatment can be combined and applied with 4 hands.

4% ISI not included

SÉLECTION DE MASSAGES POUR SPÉCIALISTES

Le Massage des 42 mouvements du Dr. Payot	
<i>Exclusive facial massage technique, developed by Dr Payot and used in her facial treatments. A total of 42 movements that stimulate, reshape and restructure the outline of the face. A unique facial sensation. By Payot.</i>	
50 min	70€
Massage “Découverte Valmont”	
<i>An exceptional treatment that invites you to discover the Valmont line and its pleasant textures and aromas, through an original ritual of movements, digito puncture and caresses... Your skin will feel the benefits of the Renewing Pack face mask, which refreshes the skin and adds instant radiance.</i>	
50 min	90 €
Massage «D’eau de Pluie»	
<i>Known as a Vichy Shower, it consists of a pleasant massage using a moisturising balm under a fine warm rain that will bring your body into a privileged state of relaxation.</i>	
20 min	50 €
Séance de Reiki	
<i>Ancient oriental therapy that harmonises body and mind. It balances our inner energy and frees the body of physical, emotional and intellectual fatigue, something that truly caresses the soul.</i>	
50 min	92 €
Session de Kinésithérapie	
<i>Evaluation and treatment of musculo-skeletal disorders and injuries, through manual, postural and electrotherapy techniques. Customer guidance and advice.</i>	
50 min	85 €
Massage “Pierres Zen”	
<i>Combines the relaxing effects of a massage with the benefits provided by warm and cold volcanic stones. Channels energy and releases tension. An overall feeling of freedom, wellbeing and comfort.</i>	
75 min	115 €

Massage Abhyanga



A traditional Hindu massage with special oils formulated for each Dosha (pitta, kapha and vata) which help obtain and maintain the general body balance and bring a sensation of wellbeing. Tones the muscle and nervous tissue, reactivating vital energy, improves the joint function and favours emotional liberation.

75 min 120 €

Massage Shirobhyanga



A cranial massage from India that relieves stress and anxiety, helping to release pressure in the neck. Has an incredible effect on the health of your hair, relieves mental and muscle tension and anxiety and clears and revitalises the mind, improving concentration. Brings balance to the whole body, giving a sensation of peace and tranquillity.

50 min 95 €

Massage Lomi-Lomi



A tender, profound Hawaiian massage with a tradition of 4,000 years, with preventive and healing effects on pain and injuries. The movements are performed on the whole body, from the structural... to the emotional, renewing the memories that the body considers painful or pleasurable, dissolving tension to the beat of the heart through the hands, forearms, acupressure, ancient techniques and healing melodies.

75 min 125 €

Massage traditionnel suédois



Invented by Henrik Ling in 1830, this body massage technique involves the systematic handling of the soft body tissues, in order to tone the muscles and bring wellbeing. A combination of eastern and western traditions, Japanese Shiatsu techniques and classic kneading movements.

50 min 90 €



A treatment that can be enjoyed as a couple.



A treatment that is particularly suitable for pregnant women.



Treatment includes massage.



Treatment can be combined and applied with 4 hands.



Treatment is available as a room service with a 50% supplement.



Includes the use of specialised equipment.

TRAITEMENTS THÉMATIQUES À LA CARTE

Rituel corporel «Ko Samet»

Oriental body ritual that helps to restore our vital energy and balance our physical, mental and emotional well-being. Combines massage with pindas (little bags full of aromatic herbs), lomi-lomi massage techniques, passive stretching that allow us to recover our flexibility and reach a state of deep relaxation.

75 min 120 €

Rituel corporel «Les mystères du monde Inca»

A mystic and relaxing journey to the heart of the Peruvian Andes, through exotic natural bio aromas which captivate the spirit, and comforting textures which pamper the skin. A unique experience for all the senses. By Spw.

75 min 120 €

Rituel corporel “100% Argan”

Exfoliating and relaxing combination. Cleanse the skin of all of the impurities accumulated and apply the “liquid gold” of beauty, ideal for dry skin that has lost tone. Oxygenate your skin while you receive a nutritious bath of oil of Argan, giving the skin back its natural colour. Its high vitamin E content is ideal for combating premature ageing. By Spw.

75 min 125 €

Rituel corporel «Voyage à l'Amazonie»

Dive into a long, relaxing journey of aromas and sensations in the Amazon jungle, accompanied by a soothing massage that envelopes the whole body. Feel your skin become more elastic, radiant and silky. By Spw.

105 min 150 €

Rituel corporel «Sensation divine aux Champagne»

Complete body and face application of different grape derivatives, helping us to achieve a state of relaxation and providing rejuvenating, draining and hydrating effects. Soft exfoliation based on the use of grape pips, an enveloping toning action that nurtures the skin and imbues it with elasticity and tone, relaxing massage based on champagne oil, and finally, the application of a face mask that completes the sensation of tranquility and wellbeing. By Spw.

75 min 115 €

PROGRAMMES DE BEAUTE

«L'art de vivre»

Beauty and wellbeing tailored to your needs. Dedicate as much time as you need to looking after your body. You place a therapist entirely at your service for 3 hours, who will diagnose your skin's needs, on both a facial and body level, and treat it using a combination of techniques, processes and cosmetic products, all in an atmosphere of complete relaxation. You give us your time and we will give you the rest.

**Applicable to 2 persons in a Spa Suite (two-person cabin). Second person -20%.*

**Optional addition of the "Gastronomic Spa Tasting Menu" 50 € supplement per person (drinks not included).*

165 min.....380 €

«Caprice d'un jour»

† Rituel corporel "Caresse de Soie" 50'

† Sérénité et Aromathérapie 75'

† Déjeuner de dégustation «Gastronomie Spa»

† Séance de Reiki 50'

† Soin «Hydra Expérience» 50'

† 1 Rituels de Thé

3 h 30 min (1 day)326.92 €

«Spa Duet Sélection»

† 2 x Rituel corporel «Aux trois Epices» 75'

† 2 x Massage Zen avec pierres volcaniques 75'

† 2 x Soin «Peau Nette» 50'

† 2 x Coupes de Champagne et Chocolat

4 h (1/2 days - 2 pers.)468.46 €

«Gift avec Glamour»

† 2 x tickets to the water circuit

† 2 x Rituel corporel «Les mystères du monde Inca» 75'

† 2 x Sérénité et Aromathérapie 50'

† 2 x Coupes de Champagne et Chocolat

5 h 30 min (1/2 days - 2 pers.)404.15 €



Treatment includes massage.



SPORT FITNESS

Acces "Solo fitness"

1 day 30 €

Acces Fitness + Sport Wellness (1 day)

LS 37.50 €

HS 45.19 €

Fitness + Sport Wellness (1 week)

LS 135 €

HS 175 €

Fitness + Sport Wellness (1 month)

LS 210 €

HS 280 €

Fitness + Sport Wellness (1 season*)

HS 595 €

VIP Sport Wellness (1 season*)

VIP Sport Wellness 1.525 €

† Fitness Access

† Sport Wellness Access

† 5 Sport massages 50min.

† 2 Facial treatments 50min. by Payot

† 2 Body treatments to choose

† 5 Personal trainings 60min.

*Applicable only within the period of high season (november-april).

Personal Trainings

60'	75 €
90'	110 €

**A previous appointment is obligatory.*

“Solo Fitness”

<i>Bono 10 sessions</i>	240 €
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Fitness + Sport Wellness

<i>Bono 10 sessions</i>	312 €
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**For each session an acces to a personal locker, towel and bathrobe.*

Personal Trainings

<i>Bono 10 sessions 60'</i>	600 €
<i>Bono 10 sessions 90'</i>	880 €

**For each session an acces to a personal locker, towel and bathrobe.*

SportWellness Mountain Spa
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