



Treatments Menu in your Room

Massages

55 min : 145€ - 90 min : 215€

Made-to-measure : depending on your needs.

Relaxing : a softer more pampering massage with slow, deep movements to create a state of harmony throughout the mind and body.

Sports : a with or without stretching, restores tired, overworked muscles and accelerates your body's ability to recuperate after a strenuous day on the slopes.

Thaï (dry) : where you are dressed in comfortable loose clothing. Combining slow deep breathing, gentle pressure & passive stretching to relieve muscle and joint tension, increase flexibility, relax and balance the body's energy systems.

Reflexology : done on the feet and hands where pressure points are activated to break down deposits which builds up in them. It enables the body to establish a natural balance and reduced effects of stress.

Pre & post Pregnancy : customised to each mothers needs in order to release tension, relax muscles & relieve pain due to your changing morphology.

Osteopathy

55 min : 175€

Rebalances the whole body and the way it functions, unblocking problem areas, reducing pain and increasing mobility.

Every day before 2pm

55 min : 120€

Made-to-measure : depending on your needs.

Pre-ski : ideal to prepare you for a good day on the slopes, this massage will allow you to relax your muscles after your previous day's efforts and warm up gently for the day ahead. Some stretching will also be welcomed before tackling the snowy slopes. It helps prevent injuries.

For any reservation, contact Reception by composing 9 from your room.
In case of cancellation less than 24 hours, the reservation will remain due in its entirety.