



*« Creating a wellness area in harmony
with nature, both raw and elegant,
inviting you to travel through the senses
with sincerity and authenticity thanks
to the natural polysensory
active ingredients of plants, continuing to make you
experience more and more emotions,
without artifice, with a view of the lake...
Welcome to our spa,
a warm setting dedicated to relaxing
with your feet in the water and
your head towards the mountains. »*

YOUTH COLLECTION BY MENARD

The taste of excellence in the service of true beauty...

As true reference since 1959, Menard relies on nature and science to preserve the beauty and health of the skin. Thanks to a unique sensory know-how and innovative natural active ingredients, their facial care products will relax your body and mind...



FACE CARE

Revitalizing care for MEN — 45 min 150€

Moisturizing, toning care that refines the skin texture thanks to the BEAUNESS care line which is formulated based on natural hot springs from japan and the association of three plants (the love cork tree, the marjoram, and the rehmannia root)

Intense moisturizing care SARANARI — 45 min 150€

Redensifying, thanks to the extract of Casablanca lily and hyaluronic acid which will amplify the hydration of the skin and give it a new youthfulness.

Radiance care FAIRLUCENT — 45 min 150€

Thanks to a yeast from the shirakami mountains in the north of Japan known for its power on radiance, and a stable derivative of vitamin c, will act on melanin and stimulate the radiance of the complexion

All our treatments can be given in a duo cabin

Anti-ageing care FERMETE SARANARI — 1 hour 30 230€

*Firming, toning and moisturizing, thanks to highly concentrated
EXTRESH MASK with peony extract, caffeine and hyaluronic acid and
a specific MENARD relaxing massage*

Anti-ageing supreme care GLOBAL REGENERANT — 1 hour 30 250€

*Exceptional regenerating, redensifying care thanks to the natural active
ingredients; the red reishi and black reishi that will promote cell renewal,
which care line used is EMBELLIR.
After a specific MENARD modelling, we apply the mask AUTHENT
which will act on the stem cells and stimulate their renewal.*

NATURE COLLECTION BY EXERTIER

The taste of the Alps at the service of well-being

Remain anchored in our terroir and continue to enhance its richness, an essential step that is part of our history. We have selected for you Exertier - Trésor des Alpes which proposes natural care products cultivated and formulated in the French Alps.

exertier
trésor des alpes

THE FACE

THE PORCELAIN — care signature of the Auberge du Père Bise

— 1 hour 15 180€

A treatment combining technicality and sensoriality, composed of a double relaxing and decongesting massage performed with chilled porcelain spoons followed by a gesture to redraw the contours of the face. This natural therapy, based on honey and alpine orchid, relaxes, drains, firms and restores radiance to the skin instantly.

THE HONEY — «radiance» moisturizing ritual — 45 min 150€

A moisturizing care based on Honey with a creamy texture brings a deep relaxation thanks to the different pressure points stimulated on the face and the skull. A massage performed with a gua sha, a 100% natural jade stone will optimize blood and energy circulation for a luminous skin and absolute hydration.

THE LADY'S SLIPPER ORCHID — global anti-aging ritual —

— 1 hour 15 180€

An exceptional, intensive and complete treatment, perfect for boosting youthfulness. Acting on all the muscles of the face, neck and décolleté, this treatment based on products from the l'Or de l'Orchidée range will stimulate the natural production of collagen, elastin and hyaluronic acid. All the signs of aging are blurred, the skin is radiant and its natural reserves restored.

Package in a duo cabin — 1 hour 15..... 350€

THE BODY

THE HAY — care signature of the Auberge du Père Bise
— 1 hour 30 280€

A unique treatment developed by Exertier-Trésor des Alpes that takes you to the heart of our mountains and invites you to deep relaxation.

You will be greeted by a milk foot bath scented with Reine des Prés, the flower of our mountains with draining virtues, to awaken your senses for a perfect harmony of body and mind. You will then enjoy a slow and relaxing full body massage with the sweet scent of wild chamomile, accompanied by warm and moist hay bags for an optimal feeling of well-being.

THE CANDLE — relaxing massage— 45 min / 1 hour 15 150€ / 180€

Discover a unique treatment, combining escape and ultimate relaxation, thanks to the soft warmth of the candle with its relaxing scents allowing your mind to escape and your body to release its tensions. The warm oil will deeply nourish your skin.

THE MINT - cryo tonique massage — 1 hour 15 180€

An ideal treatment to recover after an intense physical effort composed of a massage based on mint essential oil combining firm and toning movements, stretching, draining and relaxing movements performed with cryogenic refrigerated spheres.

An intensely fresh sensory experience to revive blood circulation and regain all the lightness your body needs

THE THOUGHT — custom-made massage

— 25 min / 45 min / 1 hour 15 80€ / 150€ / 180€

A treatment designed for you, to awaken all your senses and perfectly meet your expectations. The spa therapist identifies areas of tension and adapts her gestures to your needs in order to rebalance the body's energies, release tension and thus regain deep relaxation.

Your treatment is unique, just like you.

BEAUTY COLLECTION BY MANUCURIST

Taking care of yourself in all serenity...

Manucurist offers you treatments with the most natural ingredients possible. All products are made in France. Beauty can go hand in hand with health, and you can be confident that you are in good hands...

manucurist
PARIS

Hand/Foot Beauty — 50 min	80€
Conventional varnish application GREEN BY MANUCURIST — 30 min	30€
Application of semi-permanent varnish GREEN FLASH BY MANUCURIST — 45 min	60€
10-day hold and shine	
Beauty package and application of semi-permanent varnish GREEN FLASH BY MANUCURIST — 1 hour 15	120€





OPENING HOURS

Every day from 10am to 8pm.

For any request for treatment outside these hours, there is a 10% surcharge before 10am and after 8pm.

For any request for treatment carried out in the room, a 20% surcharge will be applied.

RESERVATIONS

It is recommended to make an appointment in advance in order to benefit from the desired schedule.

In the interest of relaxation and satisfaction, the spa advises you to arrive 10 minutes before the start of your treatment.

Non-resident clients: your credit card number will be requested when you make your reservation.

CARE

The treatments we offer are beauty modelling and have no other purpose than your well-being and relaxation. When booking, please inform us if you have any of the following contraindications: medical treatment, recent surgery, cardiovascular problems, hypertension, allergies, pregnancy or breastfeeding.

CANCELLATION POLICY

For any modification or cancellation of an appointment less 8 hours for resident guests and 24 hours for non-resident guests of the hotel, the service will be charged in full.

Late arrivals will not extend the duration of the treatment booked or entitle you to a price reduction.

SPA EQUIPMENT

Common areas require the wearing of a bathing suit

The spa has all the necessities you will need during your visit (bathrobe, slippers, towels and locker).

TERMS OF ACCESS & LIABILITY

Access to our relaxation area and swimming pool is offered to all our resident guests or for any reservation of a facial or body treatment of at least 50mns for non-residents.

The beauty collection treatments do not give access to this space.

We recommend that you do not carry or bring valuables. The spa declines all responsibility in case of loss or theft.

Resident children are welcomed from 2pm to 6pm on condition that they are accompanied by an adult with authority, including during their care. Access to the hammam, sauna, cold bath and jacuzzi is strongly discouraged for children under the age of 16 and pregnant women. The treatments are not accessible for children under 16 years old.

For everyone's comfort, alcohol and tobacco consumption is not permitted in the spa. Please turn off your mobile phone.