



# Le Spa du Mont-Blanc



## Treatment Menu

### **Le Spa du Mont-Blanc – Spa agréé Cinq Mondes**

3 salles de soins \* Sauna \* Hammam \* Piscine couverte

Résidence & Spa Vallorcine Mont-Blanc – Chef Lieu – 74660 Vallorcine – FRANCE

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# Le Spa du Mont-Blanc

To offer you the best experience in an authentic environment, we have chosen CINQ MONDES Soins du Spa as our partner.

Discover today, a selection of CINQ MONDES treatments and massages, marked by quality, authenticity and ceremony.

For a unique experience of well-being...

## Le Spa – PRACTICAL GUIDE

### Réservation

- For your own comfort, we recommend that you organise your treatment ahead of time. Please call +33 (0)4 50 54 75 20 or write an email to make your reservations.
- The care treatments proposed in the packages may not be modified or replaced by the customer.
- The care treatments are paid for when the appointment is made. Any cancellation or modification in the time schedule must be notified at the desk 24 hours in advance. Any treatment not cancelled with the reception desk 24 hours beforehand will be charged.
  - \* The actual duration of the treatment is respectively 20 min, 50 min and 80 min for a 30 minutes, 1 hour, or 90 minutes session. The effective duration of the Hammam or the Aromatic Flower Bath is 20 min for a session of 30 minutes.
- To assure a serene arrival at the Spa, we recommend you to be here 15 to 20 minutes before your appointment. In case of delay, the passed time cannot be shifted back.
- Our massages are well-being, esthetic and non-therapeutic care treatments.
- The care treatments are not accessible to anyone under 14 years of age.

### Massages and Rituals for Two

Share a deep well-being and relaxation experience. Rituals for two offer couples a romantic experience and privileged moments together. Two people receive the same treatment simultaneously\* (\* *Except the Aromatic Bath*).

### Journeys at the Day Spa

The entry at the Spa is open for non-resident guests at the Résidence Vallorcine Mont-Blanc. Please confirm your appointment in advance. To guarantee your appointment we will ask to retain your credit card number as a garanty. Any treatment not cancelled with the desk 24 hours beforehand will be charged.

\* 1 entry : 20 €, including loan of 1 bathrobe, a pair of slippers, 1 bath towel, access to the indoor pool and sauna.

\* Pass for 5 entries : 50 €

10 entries : 75 €

20 entries : 100 €

## Gift Vouchers

Offer your loved ones a unique well-being experience at the Spa du Mont Blanc. Gift vouchers are personalized, non-refundable and allow your guests to choose from our treatment menu. The Gift voucher is valid for a treatment done within one year of the purchase date. Available at the reception desk. Gift Vouchers from **65€**.

## CINQ MONDES SCRUBS & BODY TREATMENTS

### Traditional Hammam (20 min)

15 €

Relaxation at the Hammam, an oriental traditional steam bath.  
Stimulates relaxation of body and mind. (Ideal before any care or massage : prepares the skin)

### Aromatic Hammam (20 min)

35 €

Relaxation at the Hammam in an aromatic steam bath, to favor the relaxation of the body and spirit. A great blend of aromatic flavours combined with colours (an ideal preparation before a treatment or massage or even before a scrub to prepare your skin).

### Aromatic Flower Bath (20 min)

45 €

Well-being and relaxation in a bath with aromatic essential oils with delicate fragrances chosen to meet your energy needs (relaxation, energy, plenitude, balance, mediation, etc.)

### Aromatic Scrub with Spices (20 min)

45 €

Scrub following a Ritual from the Island of Java based on Spices and sea salt, makes the skin satiny and energizes the body by enhancing its radiance

### “Purée de Papaye®” Radiance Scrub (20 min)

45 €

Scrub following a Ritual from Siam using natural extracts of papaya, refines and illuminates the texture of the skin.

### Scrub with “Savon Noir Beldi®” (20 min)

45 €

Scrub with purifying and cleansing Black Soap, made with olive oil, following a North African tradition (This treatment is given only after having used the Hammam, as its heat helps prepare the skin in order to optimize the scrub with a kassa mitt).

### Wrap with “Crème de Rassoul® ” (20 min)

45 €

Purifying and firming wrap with “Crème de Rassoul®”, traditional moroccan recipe. Tones and soothes the skin.

## BODY MASSAGES

### Swedish massage (20 min / 50 min / 80 min)

45 € / 85 € / 115 €

Relaxing, draining and circulatory massage focusing on leg muscles, on the back, nape and trapezius muscles, releasing accumulated tension, for lightness and vitality.

### Relaxing Leg Massage (20 min)

45 €

Ideal for after sports (skiing, hiking...). An invigorating, draining and circulatory massage acting on the leg muscles, to restore lightness and vitality.

### Traditionnal Oriental Massage (20 min / 50 min)

45 € / 85 €

Relaxing massage with hot oil, following a tradition from North Africa.

**Plantar Reflexology (20 min)****45 €**

Massage of the major acupressure points on the sole of your feet to restore your body's equilibrium.

**Ayurvedic Massage (50 min)****85 €**

Following a thousand-year-old Indian Ritual, a tonic and muscular massage with hot oil, defining the tension areas in order to restore energy and vitality.

**Balinese Massage (50 min)****85 €**

Following a thousand-year-old Ritual from Bali, relaxing massage with "Baume Fondant aux Noix Tropicales®", combining Thai gentle pulling and smoothing traditional movements.

## **FACIAL TREATMENTS**

**"Ritual Fleurs de Bali®" Radiance Face Treatment-Massage (20 min) 45 €**

"Coup d'éclat" treatment combined with a massage of the face, neck and scalp according to a Bali Ritual, combining skin cleansing, well-being and beauty.

- « Radiance » express treatment
- « Soothing » express treatment
- « Cleaning » express treatment
- « Comfort » express treatment
- « Renewing » express treatment

**« Ritual aux Cinq Fleurs® » Face Treatment-Massage (50 min)****85 €**

"Purity and radiance" treatment following an ancestral Ritual for Balinese princesses which combines 5 tropical flowers (Gardenia, Hibiscus, Frangipanier, Ylang Ylang, Lotus) to a skin cleansing and a face massage.

**"Ko Bi Do" Youthful Face Care-Massage (50 min)****85 €**

"Anti-wrinkle" plumping treatment combined with an active massage movement according to "Ko Bi Do", genuine natural face-lift of the face inspired by a Japanese Ritual to effectively smooth the features and tone the neck and bust.

- « Radiance » deep treatment
- « Soothing » deep treatment
- « Cleaning » deep treatment
- « Comfort » deep treatment
- « Renewing » deep treatment

**"Ko Bi Do" Precious Youthful Face Care-Massage (80 min)****115 €**

"Global anti-ageing" treatment acting visibly on wrinkles, the radiance & firmness of the face, specifically targeting the area around the eyes, the neckline and the arms like a genuine natural face-lift thanks to the Japanese massage "Ko Bi Do".

## WELL-BEING TREATMENT RITUALS

<b>Ayurvedic Ritual (1 ½ hr)</b> Aromatic Hammam (20 min) Aromatic Scrub with Spices (20 min) Ayurvedic Massage (50min)	<b>150 €</b>
<b>« Winter's Dream » Escape (1 ½ hr)</b> Aromatic Hammam or Aromatic Flower Bath (20 min) Aromatic Scrub with Spices (20 min) Swedish Massage (50 min)	<b>158 €</b>
<b>Ritual from Siam (1 ½ hr)</b> Aromatic Flower Bath (20 min) "Purée de Papaye®" Radiance Scrub (20 min) Balinese Massage (50 min)	<b>158 €</b>
<b>« Skier's Dream » Ritual (80 mn)</b> Prépare your skin for the sunshine in order to enjoy your outdoor journey in the mountains. Take care of your muscles and stretch out to regain harmony and balance. "Purée de Papaye®" Radiance Scrub (20 min) "Rituel Fleurs de Bali®" Radiance Face Treatment-Massage (20 min) Relaxing Leg Massage (20 min) Plantar Reflexology (20 min)	<b>162 €</b>
<b>Ritual of the Orient® (1 ½ hr)</b> Scrub with "Savon Noir Beldi®" (20 min) Wrap with " Crème de Rassoul® " (20 min) Traditionnal Oriental Massage (50 min)	<b>168 €</b>
<b>Youthfulness Ritual (2hr)</b> Aromatic Scrub with Spices (20 min) "Ko Bi Do" Youthful Face Care-Massage (50 min) Ayurvedic Massage (50 min)	<b>194 €</b>
<b>Well-being Ritual (2hr 20)</b> Aromatic Hammam (20 min) Aromatic Scrub with Spices (20 min) Swedish Massage (20 min) "Ko Bi Do" Youthful Face Care-Massage (80 min)	<b>220 €</b>

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## **JOURNEY RITUALS AT THE SPA** **2, 3 or 5 days**

### **Rituals of the Orient® (Over 2 days)**

**222 €**

- 1st day* : - Scrub with « Savon Noir Beldi® » (20 min)  
- Wrap with « Crème de Rassoul® » (20min)  
- Oriental Massage with « Huile Somptueuse® de l'Orient » (20 min)
- 2<sup>nd</sup> day* : - Traditional Hammam (20min)  
- Traditional Oriental Massage with « Huile Somptueuse® de l'Orient » (50 min)

### **Youthfulness Rituals (Over 2 days)**

**234 €**

- 1st day* : - "Ko Bi Do" Youthful Face Care-Massage (50 min)  
- Swedish Massage (20 min)
- 2<sup>nd</sup> day* : - Aromatic Flower Bath (20 min)  
- Ayurvedic Massage (50 min)

### **Rituals from Bali (Over 2 days)**

**238 €**

- 1st day* : - Aromatic Bath (20 min)  
- « Purée de Papaye® » Radiance Scrub (20 min)  
- Balinese Massage (50 min)
- 2<sup>nd</sup> day* : - "Rituel Fleurs de Bali®" Radiance Face Care-Massage (20min)  
- Plantar Reflexology (20 min)

### **Well-being Rituals (Over 3 days)**

**312 €**

- 1st day* : - Aromatic Scrub with Spices (20 min)  
- Traditional Oriental Massage (50 min)
- 2<sup>nd</sup> day* : - « Ko Bi Do » Face Care-Massage (50 min)  
- Swedish Massage (20 min)
- 3rd day* : - Ayurvedic Massage (50 min)

### **Energy and Serenity Rituals (Over 5 days)**

**410 €**

- 1st day* : - Aromatic Hammam (20 min)  
- Aromatic Scrub with Spices (20 min)  
- Swedish Massage (20 min)
- 2<sup>nd</sup> day* : - "Rituel Fleurs de Bali®" Radiance Face Care-Massage (20 min)  
- Plantar reflexology (20 min)
- 3rd day* : - Ayurvedic Massage (50 min)
- 4th day* : - Traditional Hammam (20 min)  
- Relaxing Leg Massage (20 min)
- 5th day* : - Swedish Massage / or Oriental Massage / or Balinese Massage (50 min)

Our prices include all taxes and service charge.

### **Le Spa du Mont-Blanc – Spa agréé Cinq Mondes**

3 treatment rooms \* Sauna \* Hammam \* Indoor pool

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