



**LE SPA**

ALPARENA



Winter 2022/23



# DISCOVER THE ALPARENA SPA EXPERIENCE

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Ideally located in the resort of La Rosière, the Alparena hotel's spa is the perfect place to unwind after a tiring day spent on the ski slopes.

**A beautiful pool of 14m x 6 m, saunas, steam rooms, jacuzzi, Japanese baths...**

**Our spa is a blissful place to relax.**

All our treatments are signed by **Thalgo, a French cosmetics brand** regularly awarded for its innovations who draws its inspiration from the heart of the 5 oceans.

The face and body rituals combine technicality, performance, sensoriality and well-being to enhance the beauty of each person.



Access to the spa complex is reserved to Alparena / Les Balcons customers as well as Day Passes.



# BODY

EXPERIENCE

## WORLD'S SCRUBS

An invitation to travel

25 mn ..... 45 €

### • SPICY GINGER SCRUB

Stimulating treatment inspired by Ayurvedic traditions, rich in ginger powder to delicately exfoliate, nourish and perfume your body.

### • PACIFIC SCRUB

Exquisite scrub with white sand from Bora Bora, sea salt, Tahitian vanilla and coconut shells.



The duration of the treatments includes the time to get installed in the cabin.

## WORLD'S MESSAGES

Relaxing «well-being» massages without therapeutic or medical purpose

• **TAILOURED MASSAGE** 💧 Deep Relaxation  
25 mn ..... 55 €

Tailoured massage on a specific body area. Deeply relieve the tensions.

• **CALIFORNIAN** 💧 Unwind and Relax  
50 mn ..... 95 €

The pressure of the massage is personalised at your own rythm and according to your preferences.

• **HAWAIEN** 💧 Escape  
50 mn ..... 95 €

Inspired by the Lomi-Lomi and the Polynesian culture, your body drifts into a state of deep relaxation.

• **INDIAN** 💧💧 Balancing massage  
50 mn ..... 105 €

From the Indian Ayurvedic tradition known to rebalance inner energy. Body and mind regain their essential vitality.

• **SWEDISH** 💧💧💧 Decontracting massage  
50 mn ..... 105 €

Sports massage with a series of friction and pressures to recover after effort, release tension and relieve stress.

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# BODY

EXPERIENCE

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## WORLD'S RITUALS

The combination of a scrub and a massage for a high nutrition care

### • COLD CREAM RITUAL

60 mn ..... 80 €

Nourishing and lipid-replenishing treatment dedicated to dry and very dry skin.

### • PACIFIC ISLANDS RITUAL

90 mn ..... 135€

A delicious island scrub followed by a MAHANA massage with Bora Bora sand bundles and vanilla monoi oil.

### • INDIAN SEAS RITUAL

90 mn ..... 135€

A scrub and massage inspired by Ayurveda and based on the science of Marmas to create harmony between body and mind.

### • MERVEILLE ARCTIC RITUAL

90 mn ..... 135€

A salt flake scrub followed by a Merveille Arctique massage to relax the body and release tension.

## SENSORY MASSAGES

Relaxing « well-being » massages without therapeutic or medical purpose

### • EXPECTANT MOTHER

25 mn ..... 65 €

The prenatal massage (from the 4th month of pregnancy) offers a real moment of relaxation and comfort for the mother and the baby. It relieves muscle tension and tiredness.

### • CANDLE MASSAGE

50 mn ..... 95 €

Our candles are 100% natural created from soybean oil, coconut and beeswax. Excellent emollient properties.

### • HOT STONES

50 mn ..... 105 €

Hot stones provide a feeling of well-being and have various therapeutic values such as letting go, detoxifying the body and improving blood circulation..

## SLIMMING TREATMENTS

Relaxing «well-being» massages without therapeutic or medical purpose

- **FRIGI THALGO LIGHT LEGS**

50 mn ..... 85 €

Comfort care for heavy legs and water retention. This refreshing treatment provides an immediate feeling of well-being, relieves tiredness and improves circulation. Your legs become tapered and light and the unpleasant and painful sensations of heavy legs disappear.

- **ANTICELLULITE AND FIRMNESS BODY SCULPT**

50 mn ..... 95 €

The palpate-roll massage decongests the skin tissue, helping to eliminate the orange peel appearance of cellulite that results from poor lymphatic circulation.



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# M A S S A G E

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C A R D S

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## «3 MESSAGES» CARDS\*

### «EXPRESS» CARD

• 3 25 minute massages to choose .....140€

### «RELAX» CARD

• 3 50 minute massages to choose .....250€

\* Non-nominative card, can be used by several people. Our massages are treatments for aesthetic purposes, comfort and well-being, non-therapeutic and non-medical.

## GIFT CARDS

Ask at the spa reception.



# FACE

EXPERIENCE

## ESSENTIAL CARES

### HYDRA-FORTIFYING CARE

- SOURCE MARINE

60 mn ..... 80 €

This moisturising beauty ritual deeply remineralises the skin and brings you immediate and lasting comfort.

### NOURISHING CARE

- COLD CREAM MARINE

60 mn ..... 80 €

A true haven of peace: nourishes dry skin and increases the tolerance threshold for delicate and fragile skin.

## THALGOMEN CARES

### THALGOMEN CARE & EXPRESS

- ANTI FATIGUE

30 mn ..... 65€

Complete cleaning, exfoliation with marine crystals, energising digital pressure and anti-fatigue mask.

- EXTREME HYDRATION

60 mn ..... 80€

This treatment is perfectly suited to men thanks to its vital blue algae extract, a cellular energising complex. An immediate «healthy glow».

## ANTI-AGEING CARES

### SOIN EXPRESS

- FACE PALP DISCOVERY

30 mn ..... 65 €

Plumping treatment to palpate and roll the face, for visible and effective anti-ageing in just 30 minutes.

### ANTI-AGEING

- HYALURONIC FACE TREATMENT

60 mn ..... 95 €

A wrinkle-to-wrinkle treatment combining hyaluronic acids & marine pro-collagen, for visible effects, from the first treatment. Deeper wrinkles appear smoother for a younger and relaxed face.

### ANTI-AGEING LIFTING CARE

- MARINE SILICON

75 mn ..... 115€

Anti-ageing firming treatment rich in Marine Silicon, incorporating a unique professional double mask to act effectively against wrinkles and loss of firmness.

The duration of the treatments includes the time to get installed in the cabin.



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# E Y E

C A R E

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## EYEBROW CARE

- HAIR REMOVAL WITH DYEING ..... 35€

## EYELASH CARE

- EYELASH LIFT ..... 40€
- UPGRADE WITH DYEING..... 45€

## EXPERT EYE CARE

- BOOSTER REGARD BY THALGO ..... 45€

- This ultra-concentrated express treatment in cross-linked hyaluronic acid plumps up wrinkles around the eyes in 10 minutes and lasts the whole day. The eye contours are plumped for an immediately younger look.





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# C O M B I N E D

EXPERIENCE

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## FACE & BODY

**UNWIND RITUAL - 55mn** .....110€

- A 30-minute «Face Palp» or «Thalgomen» FACIAL TREATMENT
- A 25-minute MASSAGE

**DETOX RITUAL - 110mn** .....175€

- A 60-minute «Essential» or «Thalgomen» FACIAL TREATMENT
- A 50-minute MASSAGE OF YOUR CHOICE

## DAY PASS

**DAY LUNCH & SPA COMPLEX** .....60€

- Access to the wellness area from 10 a.m. to 12 p.m
- Daily menu at the SOLARIO restaurant

**DAY LUNCH & SPA COMPLEX** .....150€

- Access to the wellness area from 10 a.m. to 12 p.m
- Daily menu at the SOLARIO restaurant
- 50-minute massage of your choice

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# D U O

EXPERIENCE

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## FAMILY DISCOVERY OFFERS

Reserved for children (up to 16 years old) accompanied by a parent

**FATHER/SON DISCOVERY** ..... 160€

- A «Thalgotom» FACIAL CARE and CHILD DISCOVERY CARE **30-minutes**
- A TAILOURED MASSAGE (each) **25-minutes**

**MOTHER/DAUGHTER DISCOVERY** ..... 190€

- A «Face Palp» FACIAL CARE and CHILD DISCOVERY CARE **30-minutes**
- A TAILOURED MASSAGE (each) **25-minutes**
- An EXPRESS MANICURE and 1944 vegan NAIL POLISH

## SPECIALS

**DUO EXPERIENCE - 50mn** ..... 185€

- Simultaneous 50-minutes massages of your choice
- Performed in our duo cabin

**ROMANTIC EXPERIENCE** ..... 330€

- Simultaneous 50-minute massages of your choice
- Private outdoor sauna and Nordic bath for 30 min
- 1 glass of champagne per person, served at sunset
- Daily menu at the ALPAGIO bistronomic restaurant



# NAIL

B A R

## NAIL BAR BY O.P.I \*

- Polish removal + express manicure .....30€
- Express manicure + nail polish application.....45€
- Express manicure + French manicure application.....60€
- Polish removal + express manicure + nail polish application.....60€
- Polish removal + express manicure + French manicure application.....75€
- Manicure or pedicure ritual.....60€
- Manicure or pedicure ritual + nail polish application .....90€

\* Gel Nail polish only





# LE SPA

ALPARENA

## TERMS OF SALE

Our guests are asked to come to the spa 10 minutes before the beginning of the treatment.

Any delay cannot be made up at the end of the session and will therefore lead to the shortening of treatment time.

In view of the high occupancy rate at the spa at some periods, we kindly ask you to contact the reception 24 hours in advance for any cancellations or postponements.

After this period, the service will be considered as carried out:

- The total amount of your treatment will be charged
- In the case of a reservation with a gift voucher, it will be validated as used, and cannot be refunded or postponed under any circumstances.

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