

Le Spa

by ALPEOR[®]
SWITZERLAND

Treatments menu



Facial Treatments

	Min.	CHF
Alpine Prelude ® Discovery treatment that purifies and enhances the skin's natural radiance thanks to the power of plants. Intended for those who want a facial treatment that meets their skin's needs.	30	110.-
Pure Harmony ® Purifying and complexion-unifying care, it restores the harmony of the skin barrier through deep cleansing, while promoting microcirculation. Its regulating and mattifying actions restore balance to combination and oily skin.	60	180.-
Rich Montains ® A treatment that provides comfort, suppleness and softness thanks to its high concentration of plumping active ingredients. Acting in synergy, the benefits of active plants replenish and nourish dry, dehydrated and weakened skin.	60	190.-
New Skin ® A double exfoliation treatment, highly concentrated in fruit acids. Your skin's natural luminosity is revived and pigmentation spots are faded. The complexion becomes luminous and unified.	60	210.-
Eternal Snow ® Treatment that combats the effects of time thanks to the combination of the best alpine active ingredients and an anti-aging facial massage protocol. It is appreciated by all skin types seeking to regain comfort, firmness, and hydration.	90	230.-
Premium Ultitude ® Treatment rich in botanical infusions of Iris and Narcissus, combined with a firming Kobido facial massage. It restores elasticity for skin that glows with youth. Recommended for all skin types seeking a complete anti-aging treatment.	90	260.-
For men ® Treatment that brings out the natural radiance and beauty of the face, thanks to the scientific synergy of phytotherapy and the benefits of plants. Suitable for all skin types, it naturally restores balance, comfort and hydration.	60	180.-

Body Treatments

	Min.	CHF
Massage between Peaks and Mountains An invigorating, relaxing signature treatment offering a truly peaceful moment. Massage pressure can be adjusted to suit your needs. The enveloping, relaxing movements provide a pure moment of escape.	60	190.-
Massage between Peaks and Mountains Absolute Toning and relaxing signature treatment for a truly calm moment. Specific movements provide deep, complete relaxation. The treatment includes a facial massage to restore radiance and oxygenation to your skin.	90	250.-
Candlelight Massage A true interlude for gentle, scented relaxation moment thanks to the warmth of the candle. This ancestral technique combines fragrance and gentleness with a wellness massage.	60	210.-
Candlelight Massage Absolute An ancestral treatment offering a true moment of serenity and softness. The comforting warmth of hot oils provides a true instant of escape. The properties of soy wax offer the skin a bath of intense comfort. This treatment is completed by an intense facial moisturizing membrane.	90	260.-
Customized Massage A relaxing treatment targeting a specific area of the body according to your needs. It soothes and offers deep relaxation. Combined with Alpeor's innovative massage jelly, it intensely nourishes and moisturizes your skin.	30	90.-
Legs Lightness Massage Draining treatment to stimulate blood and lymph circulation for an intense sensation of well-being. Alternating firm pressure and toning movements offer a truly voluptuous experience.	30	110.-
Slimming Silhouette Massage A targeted toning treatment, it improves the skin's appearance thanks to a natural and pleasant method combining a palpate-roll and kneading technique. It revitalizes and offers a moment of intense relaxation.	30	120.-

Rituals

Min.

CHF

Detoxifying Ritual

Alpine foot bath and relaxing foot scrub 10'
Legs Lightness Massage 30'
Pure Harmony® facial treatment 60'
Hydration and relaxation 10'

110

270.-

Wellness Ritual

Alpine foot bath and relaxing foot scrub 10'
Candlelight Massage 60'
Hydration and relaxation 10'
Rich Moutains® facial treatment 60'

140

360.-

Relaxing Ritual

Alpine foot bath and relaxing foot scrub 10'
Between Peaks and Moutains Massage 60'
Hydration and relaxation 10'
Eternal Snow® facial treatment 90'

170

430.-

Tonic Ritual

Alpine foot bath and relaxing foot scrub 10'
Slimming located Massage 30'
Legs Lightness Massage 30'
Hydration and relaxation 10'
Premium Ultitude® facial treatment 90'

170

450.-

We invite you to complete your sensory journey by contemplating the Risoud forest in our relaxation room while enjoying an afternoon Kir sapin.

Firming Program

Min.

CHF

Slimming Silhouette Massage

This treatment cure of 10 massages of 30 minutes helps firm tissues and improve the appearance of the skin. The massage is performed on targeted areas according to need. For optimum results, we recommend two sessions per week.

300

900.-

Loyalty Program

CHF

Classic Membership

1'000.-

You benefit from CHF 1,100 worth of treatment (CHF 100 offered).

Premium Membership

1'800.-

You benefit from CHF 2'000 worth of treatment (CHF 200 offered).

We offer you a tailor-made beauty and wellness program all year round in an exceptional setting. Your annual subscription from the date of purchase will enable you to book your treatments and offer gift invitations for your friends and family.

Yoga, fitness and Golf Indoor

Min.

CHF

Group session - Yoga

per person

45

40.-

Group session - Fitness

per person

45

40.-

Privatization fees (Yoga & Fitness)

per session

45

50.-

Group session - Golf Indoor

per person

60

75.-

For further information and opening times, please contact the Spa by Alpeor.

Informations

Access to the wellness center is included with our treatments. Bathrobe and slippers are provided. Complimentary tea and fruit.

Opening hours :

From Monday to Sunday

TREATMENTS	10h/19h
WELLNESS	9h/22h
FITNESS	24h/24h

Information and reservation : +41 (0) 21 512 99 90 or lespa@hdh.swiss