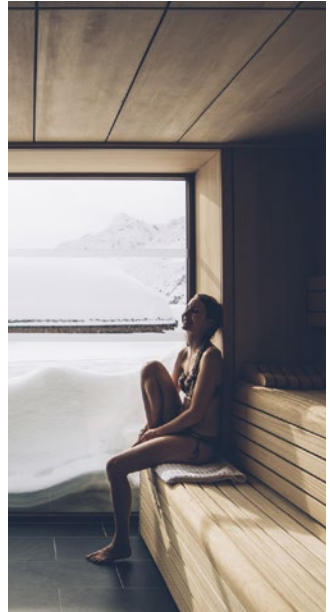
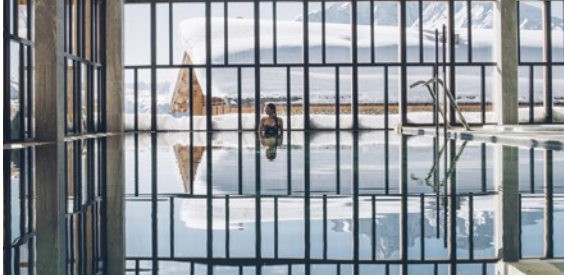




LE SPA

ALPARENA





# THE ALPARENA SPA EXPERIENCE

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Ideally located in the resort of La Rosière, the Hotel Alparena Spa is an invitation to relax. With its imposing 6-metre-high glass roof revealing the landscape like a painting, the space includes a swimming pool, whirlpool baths, Japanese baths, saunas and hammams, for a moment of timeless relaxation.

**THALGO**  
LA BEAUTÉ MARINE

We offer a complete range of treatments from Thalgo, a leading French brand that has been pioneering marine cosmetology since 1964. Regularly awarded prizes for its innovations, it draws its inspiration from the heart of the sea, a source of vital energy thanks to its concentration of minerals and trace elements. The products and protocols are based on marine extracts and algae with a unique revitalising power and 90% of the ingredients are of natural origin.

Our face & body treatments and rituals combine technical expertise, performance and sensoriality.



*The duration of the cares includes the time to settle in the cabin.  
All our cares and massages are made for relaxation and not for therapeutic or medical purposes.*

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# BODY

EXPERIENCE

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## WORLD'S SCRUBS

A travel invitation

25 mn .....45€

### • PACIFIC ISLANDS SCRUB

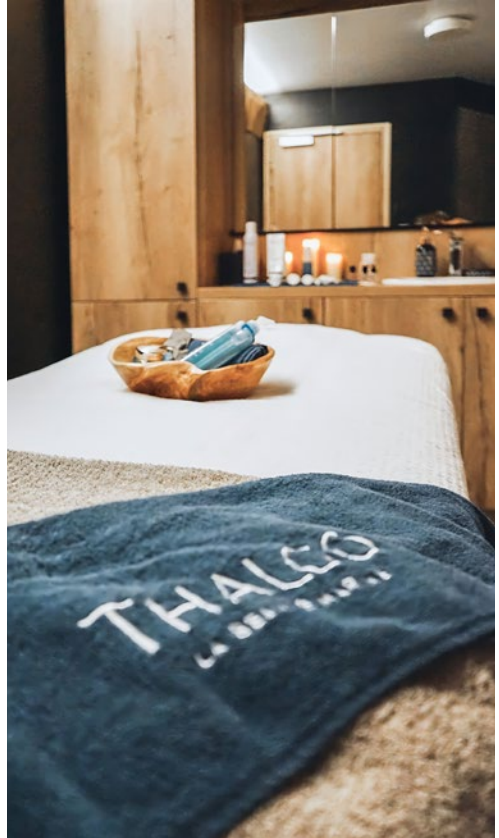
Gourmet scrub with white sand from Bora Bora, sea salt, Tahitian vanilla and coconut shells.

### • INDIAN SEA SCRUB

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

### • ARCTIC WONDER SCRUB

An amazing texture with micro-flakes of exfoliating salts that purify the body and leave the skin feeling wonderfully soft and velvety.



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# BODY

## EXPERIENCE

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### WORLD'S MASSAGES

• **THE TAILOR-MADE MASSAGE**  **Instinctive**

25 mn .....55€

Create your own massage by choosing the area of the body you want to massage and the pressure you want to apply.

• **CALIFORNIAN**  **Relaxing**

50 mn ..... 95€

A gentle, soothing massage, perfect for a moment of relaxation. A classic in the world of well-being.

• **HAWAIEN**  **Escaping**

50 mn ..... 95€

Directly inspired by Lomi-Lomi and Polynesian culture, this massage, with its slow but sustained manoeuvres, will give you a feeling of absolute relaxation and escape.

• **INDIAN**   **Balancing**

50 mn ..... 105€

An energising massage based on the Indian Ayurvedic tradition that rebalances your inner energy. Body and mind regain their essential vitality.

• **SWEDISH**    **Decontracting**

50 mn ..... 105€

A sports massage using a combination of friction and pressure, ideal for recovering after exercise, releasing tension and relieving stress.

• **SIGNATURE MASSAGE**    **Expertise**

50 mn ..... 110€

A relaxing full-body massage, performed according to the speciality of our practitioners. You are invited to choose the olfactory universe that suits you best for a sensory journey and total release.

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# BODY

## EXPERIENCE

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### SENSORY MESSAGES

• **SCALP MASSAGE 15 mn .....35€**

A cranial massage for absolute relaxation and escape. Give your mind a break.

• **CANDLE MASSAGE**

**50 mn .....110€**

Our candles are 100% natural, made from soya oil, coconut and beeswax. They have excellent emollient properties and provide extreme softness and a delicate fragrance. Choose your favourite scent and enjoy a moment of deep relaxation.

• **HOT STONES**

**75 mn .....135€**

Hot stones provide a feeling of wellbeing and have a number of therapeutic benefits, such as helping you to let go, relaxing your muscles and improving blood circulation.

• **FOOT AND LEG MASSAGE**

**25 mn ..... 55€**

**+ SCRUB 50 mn..... 95€**

Foot and leg massage loosens blockages and relaxes muscles. It relaxes tendons and stimulates blood circulation. The body regains its balance.

• **FOOT REFLEXOLOGY**

**40 mn .....115€**

By stimulating reflexology points to promote relaxation and wellbeing, combined with enveloping movements, this foot massage acts on the whole body, relieving tension deep down.

• **EXPECTANT MOTHER**

**25 mn ..... 65€ 50 mn ..... 105€**

A real moment of relaxation and comfort for both mother (from the 4th month of pregnancy) and baby. Prenatal massage helps relieve muscular tension and fatigue.



## WORLD'S RITUALS

A combination of a scrub and a massage for a highly nourishing treatment

• **PACIFIC ISLANDS RITUAL - 90 mn**.....135€

A gourmet scrub from the islands, followed by a mahana massage using hot sand from Bora Bora and vanilla monoi oil for intense relaxation.

• **INDIAN SEA RITUAL - 90 mn**.....135€

Scrub and massage inspired by Ayurveda and based on the science of Marmas to restore harmony between body and mind.

• **ARCTIC WONDER RITUAL - 90 mn**.....135€

Salt flake body scrub followed by a Nordic massage. Relaxation and release of muscular tension, thanks to the combination of warm, invigorating movements and cold, relaxing ice balls.





## SWEET DREAMS

The combination of a body wrap and a regenerating massage

- **COLD CREAM MARINE**

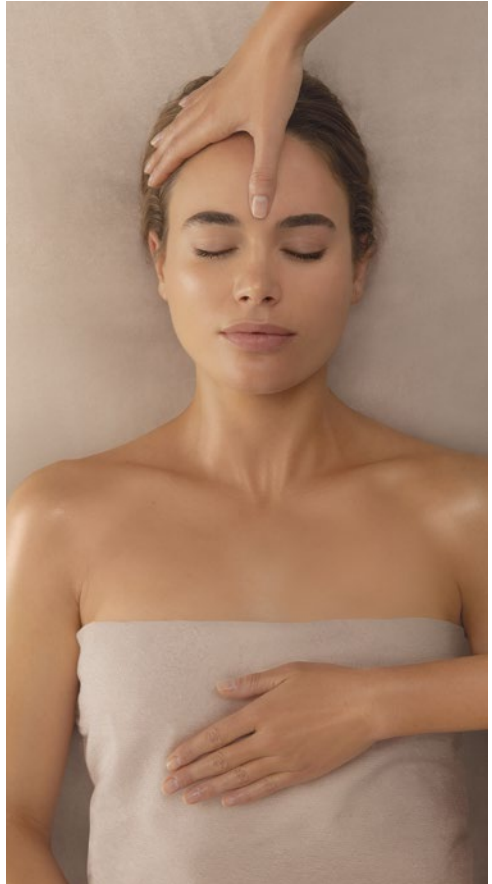
60 mn ..... 105€

This nourishing treatment for dry to very dry skin transports you to the heart of the Cold Cream Marine world. The body wrap is applied with relaxing manoeuvres, and while your skin is being pampered with infinite softness, relax with a scalp, hand and foot massage.

- **DEEP COLD CREAM MARINE**

90 mn ..... 145€

Let yourself be tempted by a moment of extra softness with an exfoliating scrub to prepare your skin for the Cold Cream Marine treatment.



## SLIMMING CARES

### • LIGHT LEGS FRIGI THALGO

50 mn ..... 85€

Comfort treatment to combat the sensation of «heavy legs» and water retention. This refreshing treatment provides an immediate sensation of wellbeing, relaxes and improves circulation. Your legs feel lighter and the unpleasant, painful sensation of heavy legs disappears.

### • ANTI-CELLULITE AND BODY SCULPT

50 mn ..... 95€

The palpate and roll massage decongests the skin tissue, helping to eliminate the orange peel appearance which results from poor lymphatic circulation.



# BODY

EXPERIENCE

## DETOX PROGRAM 6 DAYS - 3 CARES

150 mn ..... 285€

### 1) ANTI-CELLULITE

- Activates circulation  
(Warm body wrap)
- Destocking of fat cells  
(Palper rouler massage)

### 2) LYMPHATIC DRAINAGE

- Stimulation of lymph circulation  
(Specific manual massage)
- Discomfort linked to water retention  
(Slow, gentle movements with variations in pressure)

### 3) FIRMING

- Vasoconstriction of blood vessels  
(Cold pack)
- Adipose tissue  
(Kneading and smoothing)

*For better results, we recommend doing a care every 48 hours.*



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# MALE

## EXPERIENCE

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### • THALGOMEN FACE CARE

#### Extrem Hydration

30 mn ..... 65€ 60 mn ..... 80€

Enriched with vital blue algae extract, a cell-energising complex. A real healthy glow effect.

### • SCALP MASSAGE

15 mn ..... 35€

Cranial massage for absolute relaxation and escape. Give your mind a break

### • SPORTS MASSAGE - Decontracting

50 mn ..... 105€

A sports massage with a series of friction and pressure strokes, ideal for recovering after exercise, releasing tension and relieving stress.

### • LEG & FOOT MASSAGE

25 mn ..... 55€

This massage loosens blockages and relaxes muscles. It relaxes tendons and stimulates blood circulation. The body regains its balance. An ideal treatment after a sporting day in the mountains.

### • LIGHT LEGS FRIGI THALGO

50 mn ..... 85€

Comfort treatment to combat the sensation of «heavy legs» and water retention. This refreshing treatment provides an immediate sensation of well-being, relaxes and improves circulation. Your legs feel streamlined and light, and the unpleasant, painful sensation of heavy legs disappears.



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# MASSAGE

C A R D S

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## 3 MESSAGES CARDS

### SEA CARD

• 3 x 25 mn massages of your choice .....150€

### OCEAN CARD

• 3 x 50 mn massages of your choice .....270€

Only for world's massages (page 3), except for signature massage. Non nominative card, can an be used by several people.

## GIFT CARDS

More information at the spa reception desk.



# FACE

EXPERIENCE

## ESSENTIAL CARES

### HYDRA-FORTIFYING CARE

#### • SOURCE MARINE

60 mn .....90€

Moisturising treatment to deeply remineralise the skin while providing immediate and long-lasting comfort.

### NOURISHING CARE

#### • COLD CREAM MARINE

60 mn .....90€

Soothing treatment for very dry, sensitive skin with recurring sensations of discomfort. A moment of relaxation for deeply nourished skin.

### MATIFYING CARE

#### • MARINE PURITY

60 mn .....90€

Ideal care for combination skin to oily skin with dilated pores, shine or imperfections.

### RADIANCE BOOSTING CARE

30 mn .....65€

An express radiance boost that adapts to your skin thanks to a plumping, moisturising or anti-ageing mask. Come away from this moment of well-being with a radiant complexion.

## ANTI AGEING CARES

#### • FACE PALP

30 mn .....75€

A plumping palpating roll-on treatment for visible anti-ageing results in just 30 minutes.

#### • FACE PALP + SHOT MASK

45 mn .....85€

## ANTI-AGEING FILLING CARE

#### • HYALURONIC FACE TREATMENT

60 mn .....95€

A wrinkle-to-wrinkle treatment combining hyaluronic acid and marine pro-collagen, for visible effectiveness from the very first treatment. For a more youthful, relaxed-looking 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 work effectively against wrinkles and loss of firmness.

# LOOK

EXPERIENCE

## EYEBROW CARES

### • EYEBROW WAXING WITH DYEING

35 mn..... 35€

## EYELASHE CARES

### • RAISING AND COLLAGEN CARE

40 mn..... 55€

### • RAISING WITH DYEING

40 mn..... 65€

## EYE BOOSTER BY THALGO

30 mn..... 55€

This express treatment, ultra-concentrated in cross-linked hyaluronic acid, plumps up wrinkles around the eyes in just 30 minutes, all day long. The eye contours are plumped up and the eyes look immediately younger.

The duration of treatment is given as an indication only.





# COMBINED

## EXPERIENCE

### FACE & BODY

**SEA EXPERIENCE - 55 mn** ..... 115€

- FACE CARE FACE PALP, RADIANCE BOOSTING, EYE BOOSTER OR THALGOMEN of 30 mn
- TAILOR-MADE MASSAGE of 25 mn

**OCEAN EXPERIENCE - 110 mn**..... 180€

- FACE CARE ESSENTIAL OR THALGOMEN of 60 mn
- WORLD'S MASSAGE (except signature massage) to choose of 50 mn

**5 OCEANS EXPERIENCE - 135 mn** ..... 210€

- FACE CARE FACE PALP, RADIANCE BOOSTING, EYE BOOSTER OR THALGOMEN of 60 mn
- SCRUB to choose of 25 mn
- WORLD'S MASSAGE (except signature massage) to choose of 50 mn

### DAY PASS

**SWEET MORNING**..... 45€

- BREAKFAST AT RESTAURANT ALPAGIO from 7.30am to 9.30am
- ACCESS TO THE SPA from 10am to 12pm

**DAY LUNCH AND SPA** ..... 65€

- ACCESS TO THE SPA from 10 am to 12pm
- DAILY MENU AT THE SOLARIO RESTAURANT

**DAY LUNCH AND WELNESS** ..... 160€

- MASSAGE to choose at 9am
- ACCESS TO THE SPA from 10am to 12pm
- LUNCH 2 MEALS OR DAILY MENU AT SOLARIO RESTAURANT



# DUO

EXPERIENCE

**DUO EXPERIENCE - 50mn**.....185€

MASSAGES to choose (except signature massage)

**ROMANTIC DUO EXPERIENCE** .....380€

- MASSAGES to choose (except signature massage) of 50 mn
- PRIVATISATION OF OUTDOOR SAUNA AND NORDIC BATH for 30 mn
- 1 CREMANT GLASS AT SUNSET
- DAILY MENU DINNER AT BISTRONOMIC RESTAURANT ALPAGIO

## PARENT/ CHILD DUOS

Only for children accompanied by a parent

**MALE COMPLICITY** .....160€

- FACE CARE THALGOMEN and CHILD DISCOVERY FACE CARE of 30 mn
- TAILORED-MADE MASSAGES of 25 mn

**FEMALE COMPLICITY** .....190€

- FACE CARE FACE PALP and CHILD DISCOVERY FACE CARE of 30 mn
- TAILORED-MADE MASSAGES of 25 mn
- EXPRESS MANICURE and VEGAN NAIL POLISH APPLICATION (1944)

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# NAIL

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B A R

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## NAIL BAR BY O.P.I

### WITH REMOVAL

- NAIL POLISH REMOVAL + EXPRESS MANICURE ..... 30€
- NAIL POLISH REMOVAL + EXPRESS MANICURE + NAIL POLISH APPLICATION ..... 60€
- NAIL POLISH REMOVAL + EXPRESS MANICURE + FRENCH MANICURE APPLICATION ..... 70€

### APPLICATION ONLY

- EXPRESS MANICURE + NAIL POLISH APPLICATION.....45€
- EXPRESS MANICURE + FRENCH MANICURE APPLICATION .....55€

### HAND OR FOOT BEAUTY

- HAND OR FOOT BEAUTY WITOUT NAIL POLISH .....55€
- HAND OR FOOT BEAUTY + NAIL POLISH APPLICATION .....85€
- HAND OR FOOT BEAUTY + FRENCH MANICURE APPLICATION.....95€
- CALUSPEELING + CALLUS TREATMENT .....75€

This professional foot beauty treatment eliminates calluses, calluses and cracks, leaving your feet healthy, soft, smooth and perfectly moisturised.

Gel nail only







## TERMS OF SALE

We kindly ask our customers to arrive at the spa reception desk 10 minutes before the start of the treatment. Any delay cannot be made up at the end of the session and will result in a shortening of the time allotted for the treatment itself.

Full payment will be required at the time of booking in order to firmly block the time slot. Any request for a refund will incur a handling fee of 5% of the total cost of the booking.

As the spa is very busy at certain times, please contact us 24 hours in advance if you need to cancel or change the time and/or date of your booking.

After this time, the service will be considered as completed:

- 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.

Access to the wellness area is reserved for Alparena / Les Balcons customers and Day Pass holders.

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**LE SPA**  
**ALPARENA**

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