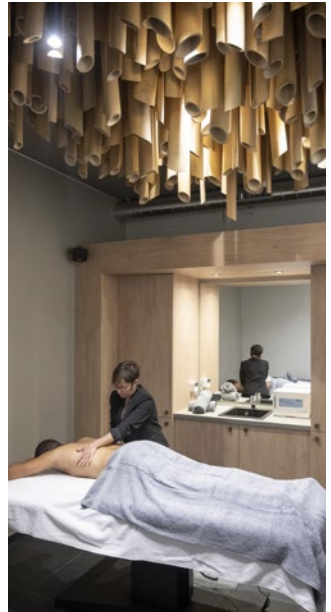
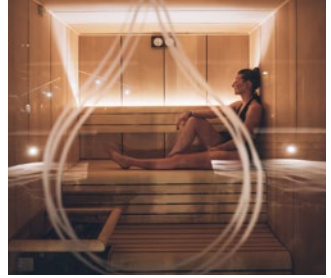




LE SPA

LES BALCONS





LES BALCONS PLATINIUM SPA EXPERIENCE

Located in the heart of Lanslevillard, Les Balcons Platinum Val Cenis***** spa is an invitation to relax. Covering more than 850m², the wellness area offers a swimming pool, whirlpool baths, saunas and steam rooms in a woodsy, plant-based atmosphere for a timeless moment of relaxation.



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.

BODY

EXPERIENCE

WORLD'S SCRUBS

A travel invitation

30 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 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.



BODY

EXPERIENCE

WORLD'S MESSAGES

• THE TAILOR-MADE MASSAGE Neutral Oil

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 - Neutral Oil

50 mn 95 €

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

• HAWAIEN Escaping- Monoï Oil

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 - Ginger oil

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 - Jasmin oil

50 mn 105 €

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

• VIOLAINE'S SIGNATURE MASSAGE

50 mn 110 €

This massage, designed by our practitioner, draws its inspiration from Australian modelling techniques. It aims to relax the whole body, focusing on the extremities. Treat yourself to a moment of relaxation as you let yourself be carried away by the slow, soothing movements.

B O D Y

EXPERIENCE

SENSORY MESSAGES

- SCALP MASSAGE - Neutral oil - 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.

- FOOT REFLEXOLOGY - 30 mn 65€

Personalised, in-depth treatment. Foot reflexology is an ancient practice that aims to stimulate reflex points on the feet to promote balance and wellbeing throughout the body. A talk with our practitioner is planned at the beginning of the session, enabling us to tailor the massage to your specific needs.

- EXPECTANT MOTHER - Neutral oil - 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.



B O D Y

EXPERIENCE

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.



B O D Y

EXPERIENCE

SWEET DREAMS

The combination of a body wrap and a regenerating massage

- COLD CREAM MARINE

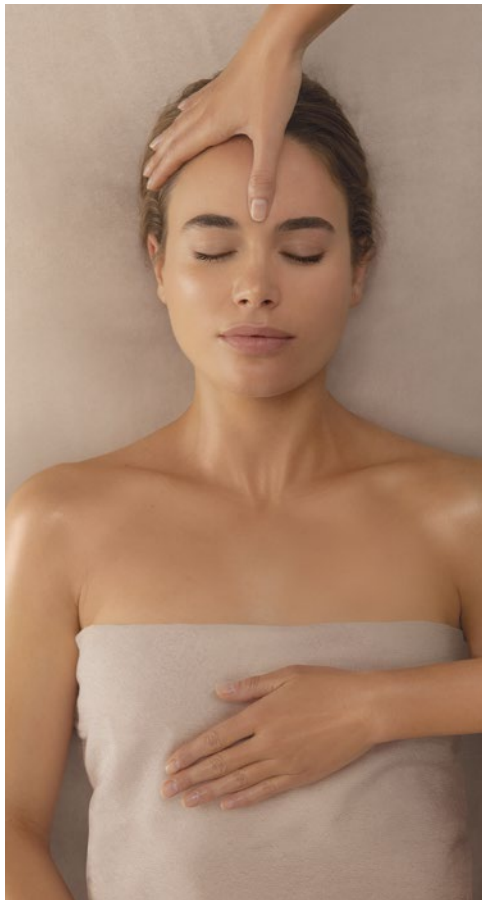
60 mn.....105€

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 mn145€

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



MALE

EXPERIENCE

FACE CARE

- **THALGOMEN CARE - Extreme Hydration**

30 mn..... 65€ 60 mn 80€

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

BODY CARES

- **SCALP MASSAGE**

15 mn..... 35€

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

- **LEG AND 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.

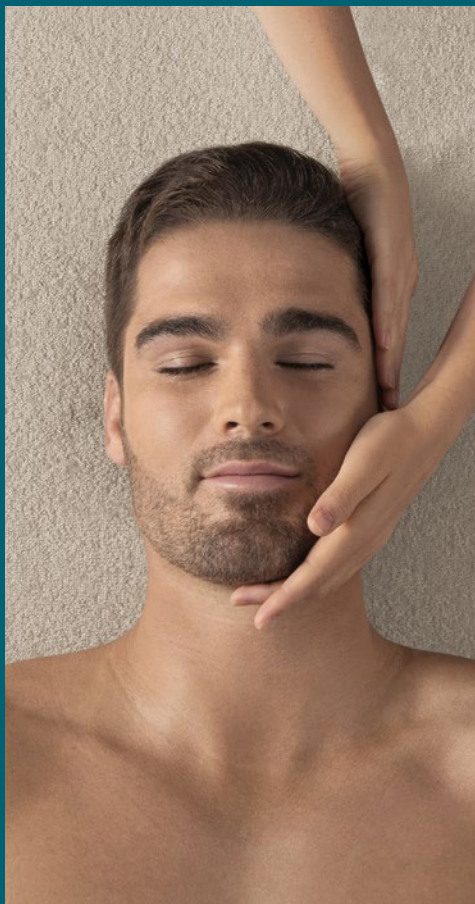
- **LEG AND FOOT SCRUB AND MASSAGE**

50 mn..... 85€

- **SPORTS MASSAGE - Decontracting - Jasmine oil**

50 mn..... 105€

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



MASSAGE

C A R D S

3 MESSAGES CARDS

SEA CARD

- 3 x 25 mn **massages** of your choice150€

OCEAN CARD

- 3 x 50 mn **massages** of your choice260€

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

GIFT CARDS

More information at the spa reception desk.



FACE

EXPERIENCE

ESSENTIAL CARES

30 mn..... 65 €

60 mn..... 90 €

HYDRA-FORTIFYING CARE

- SOURCE MARINE

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

NOURISHING CARE

- COLD CREAM MARINE

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

MATIFYING CARE

- MARINE PURITY

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

RADIANCE BOOSTING CARE30 mn

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

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



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.....65€

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€

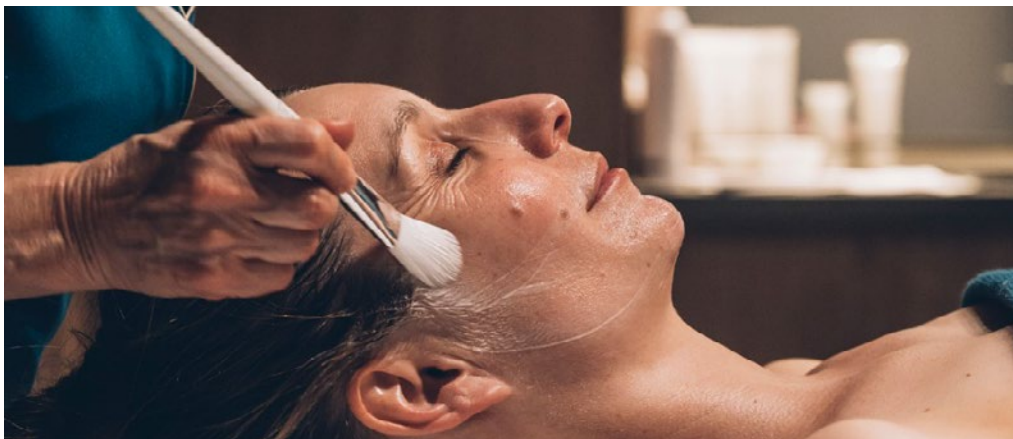
- FACE CARE of your choice of 30 mn
- TAILOR-MADE MASSAGE of 25 mn

OCEAN EXPERIENCE - 110 mn 175€

- FACE CARE of your choice (except anti-ageing care) of 60 mn
- WORLD'S MASSAGE of your choice (except signature massage) of 50 mn

5 OCEANS EXPERIENCE - 140 mn 210€

- FACE CARE of your choice (except anti-ageing care) of 60 mn
- WORLD'S SCRUB of your choice of 30 mn
- WORLD'S MASSAGE of your choice of 50 mn



DUO

EXPERIENCE

DUOS PARENT/ CHILD

Only for children (up to 12 years old)
accompanied by a parent.

• COMPLICITY DUO

25 mn105€

Tailor-made massages of 25 mn

• PRETTY FACE DUO

55 mn200€

Face cares of 30 mn

Tailor-made massages of 25 mn

• LITTLE HANDS DUO

100 mn250€

Face cares of 30 mn

Tailor-made massages of 25 mn

Express manicure & polish application of 30 mn

• DUO CANDLE MESSAGES

50 mn215€

• DUO WORLD'S MESSAGES

50 mn185€

page 3

• DUO WORLD'S RITUALS

90 mn265€

page 6

• DUO SEA EXPERIENCE

55 mn225€

page 13

• DUO OCEAN EXPERIENCE

85 mn345€

page 13

• DUO 5 OCEANS EXPERIENCE

110 mn410€

page 13



NAIL CARES

• HAND MASSAGE

15 mn.....20€

Relaxing massage of the hands and wrists with a moisturising cream.

• EXPRESS MANICURE

30 mn.....35€

Nail varnish removal, filing, cleaning and cuticle care with a sander, followed by oil and moisturiser.

• NAIL POLISH APPLICATION

15 mn.....20€

Base coat, two coats of varnish of your choice and top coat.

• FRENCH MANICURE APPLICATION

35 mn.....30€

• GEL NAIL POLISH REMOVAL

10 mn.....15€

• GEL NAIL POLISH APPLICATION

30 mn.....35€

Base coat, two coats of varnish of your choice, top coat, catalysis between each coat.

• FRENCH GEL NAIL APPLICATION

40 mn.....45€



NAIL

B A R

PACKAGES

• EXPRESS MANICURE + HANDS MASSAGE	
45 mn.....	50€
• NAIL POLISH REMOVAL + EXPRESS MANICURE	
40 mn.....	45€
• EXPRESS MANICURE + NAIL POLISH APPLICATION	
60 mn.....	65€
• EXPRESS MANICURE + FRENCH MANICURE APPLICATION	
70 mn.....	80€
• REMOVAL + EXPRESS MANICURE + NAIL POLISH APPLICATION	
70 mn.....	80€
• REMOVAL + EXPRESS MANICURE + FRENCH MANICURE APPLICATION	
80 mn.....	90€
• EXPRESS MANICURE + NAIL POLISH APPLICATION + HANDS MASSAGE	
75 mn.....	85€
• REMOVAL + EXPRESS MANICURE + NAIL POLISH APPLICATION + HANDS MASSAGE	
90 mn.....	100€

Gel nail only.
All cares are available as pedicures.

WAXING

C A R E S

WAXING

• EYEBROW, LIP OR CHIN - 15 mn	12€
• 2 AREAS (EYEBROW, LIP OR CHIN)- 20 mn	18€
• ARMS - 30 mn	21€
• FOREARMS - 30 mn	18€
• ARMPITS - 20 mn	15€
• BIKINI LINE - 20 mn	20€
• EXTENDED BIKINI - 40 mn	25€
• BRAZILIAN BIKINI- 40 mn.....	30€
• HALF LEGS - 30 mn.....	25€
• THIGHS - 30 mn.....	28€
• FULL LEGS - 45 mn	40€

PACKAGES (full leg supplement: 8€

• BIKINI LINE + HALF LEGS + ARMPITS - 70 mn	50€
• EXTENDED BIKINI + HALF LEGS + ARMPIT- 70 mn	55€
• BRAZILIAN BIKINI + HALF LEGS + ARMPIT - 70 mn	60€

MEN

• SHOULDERS - 30 mn.....	20€
• CHEST OR BACK- 30 mn	30€







NON RESIDENT CLIENTS

DAY PASS

2 HOURS **20 € + price of the care**

For a full relaxing moment, enjoy access to the wellness area during two hours before your treatment.

Only for bookings of a face or body massage or care.

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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 reduction in the time allotted for the treatment itself.

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 reservation.

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

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

Crédits photos :



LE SPA

LES BALCONS

Les Balcons Platinum Val Cenis *****

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les-balcons.com