
SPA L'APOGÉE
by LA PRAIRIE
SWITZERLAND



OETKER HOTELS

Masterpiece Collection

SPA L'APOGÉE BY LA PRAIRIE

Welcome

Welcome to the Spa L'Apogée by La Prairie, an oasis of well-being, serenity and exceptional service right in the heart of the Jardin Alpin. The Spa L'Apogée by La Prairie offers five treatment rooms including one for couples dedicated to the traditional Russian Banya treatment with your own private cold bath as well as a beauty room and hair salon. Enjoy a dip in the pool or warm up in the Spa's sauna facilities. Discover La Prairie facials treatments in a wonderfully tranquil atmosphere as well as harmonizing treatments carried out by a team of beauty professionals. The Spa L'Apogée by La Prairie is a little part of paradise in one of the leading world ski destinations.





LA PRAIRIE

« The Art of beauty »

LA PRAIRIE
SWITZERLAND

With the Art of Beauty, the House of La Prairie has conceived sensorial experiences as once indulgent and cutting-edge - singular, bespoke protocols enriched with potent molecules and precious ingredients captured in luxurious formulations.

Inspired by La Prairie's birthplace, the Art of Beauty is offered in an atmosphere that recalls the tranquil landscapes of the land of the House's origins.

Created by La Prairie as an expression of Swiss nature fused with 90 years of Swiss cellular science and discreet, elegant aesthetics, these experiences immerse you in a world of timeless beauty.

Each of the five exclusive Art of Beauty ceremonies pays tribute to one of La Prairie's precious ingredients: Swiss caviar, eternal platinum and radiant gold. A series of specially developed signature gestures that enhance the sublime textures completes the experience.

With La Prairie's Art of Beauty, emerge rejuvenated from a place where time stands still.



LA PRAIRIE

The Art of beauty

La Prairie's Art of Beauty experiences transport you to Switzerland, the land of our luxury house's origins - a world of timeless beauty.



LA PRAIRIE

Treatments

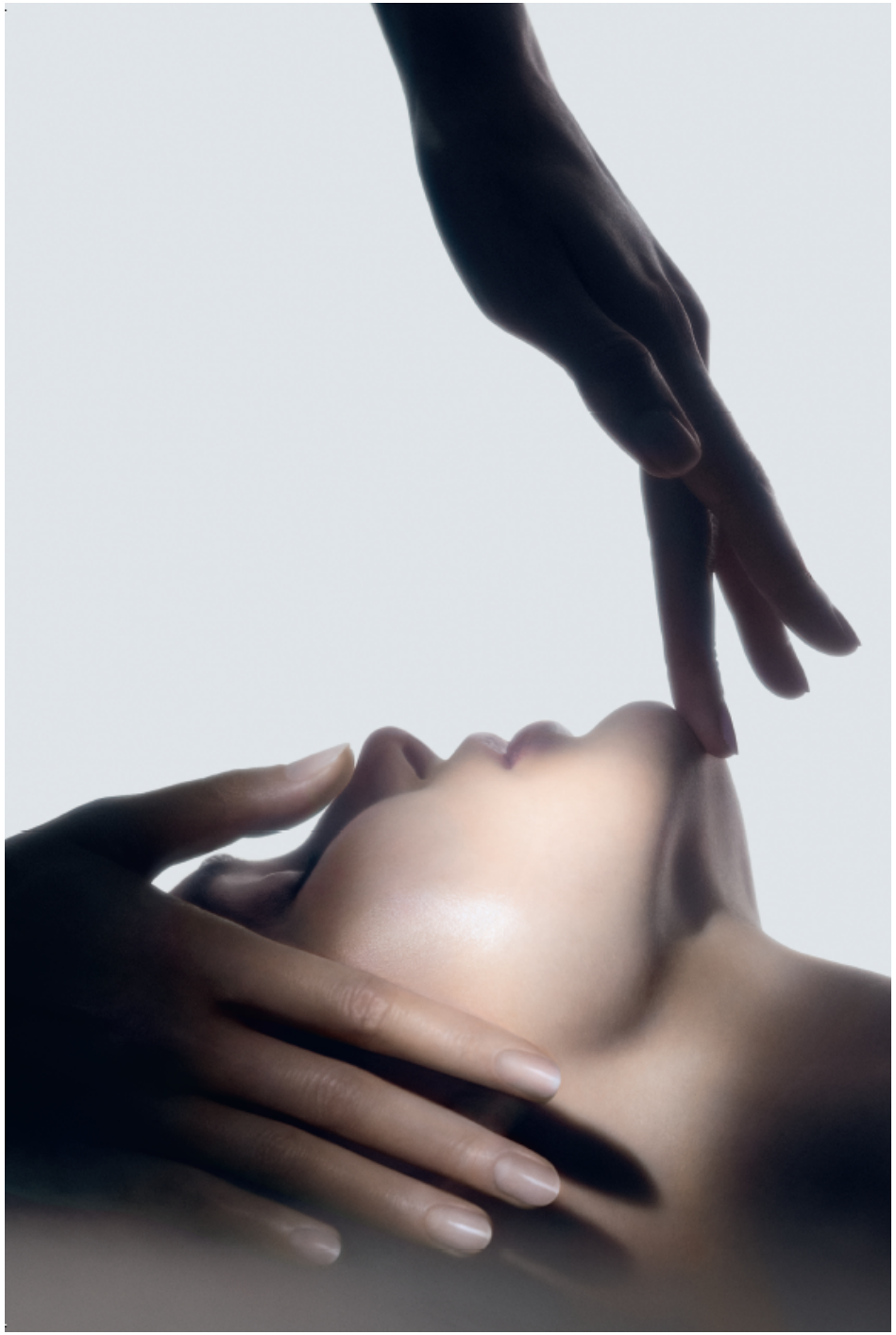
CAVIAR INDULGENCE
Infuse skin with life
Page 14

PLATINUM HAUTE-REJUVENATION
Reverse all visible signs of ageing
Page 16

CAVIAR ILLUMINATION
Seize the power of light
Page 18

GOLD RADIANCE
Bask in the glow of the golden hour
Page 20

PRECIOUS GAZE
Bring a new focus to the eye
Page 22



LA PRAIRIE

Caviar indulgence

TRANSFORM | LIFT | FIRM

The experience

Life-infused Swiss waters are at the heart of La Prairie's Caviar Science, infusing caviar ingredients with unparalleled lifting and firming potency. A total indulgence, this 90-minute skincare ceremony profoundly improves the appearance of elasticity and tone. Skin appears firmed and lifted.

Time is infused with life.

90 MIN.



LA PRAIRIE

Platinum haute-rejuvenation

REJUVENATE | REFINE | RESTORE

The experience

The eternal Swiss peaks that inspired the House to look to the cosmos engendered the Science of Haute-Rejuvenation. Infused with platinum that originated in a distant corner of the universe, this 120-minute skincare ceremony refines skin texture, smooths wrinkles and evens skin tone. The natural glow of youth is enhanced, firmness and elasticity are increased, volume is restored and moisture levels are augmented - reversing all visible signs of ageing.

Time is suspended.

120 MIN.



LA PRAIRIE

Caviar illumination

ILLUMINATE | SMOOTH | FIRM

The experience

The singular light reflecting off the shimmering surface of lac Léman is the same extraordinary light that La Prairie's scientist seize and bring to the skin. The Science of Light seeks to understand the various factors that impede skin's luminosity. A new chapter in La Prairie's heritage of bold scientific research has thus come to light. Enriched with Swiss Golden Caviar Extract and potent illuminating molecules, this 90-minute skincare ceremony helps reduce the visibility of chromatic disturbances that can dull skin. Skin's texture is firmed, allowing it to better reflect light.

90 MIN.



LA PRAIRIE

Gold radiance

REVITALISE | REPLENISH | RENEW

The experience

The warm glow that falls over mountains as the sun reaches the most graceful point in its arc across the landscape is the inspiration for this experience. La Prairie captures that glow with the Pure Gold Diffusion System, infusing skin with the grace of the golden hour. During this 90-minute skincare ceremony, an advanced complex combined with a golden peptide helps fill lines and plump the skin for an immediate, younger look, as if basking in the glow of the sun at dusk.

90 MIN.



LA PRAIRIE

Precious gaze

SUPPORT | TONE | MOISTURISE

The experience

The eye becomes the focus of La Prairie's Swiss cellular science, bringing a new perspective to the most expressive area of the face. This bespoke 60-minute skincare ritual helps improve the appearance of elasticity and tone in the delicate area around the eye. Rich, comforting, indulgent formulas glide on effortlessly to infuse the skin with potent active ingredients leaving skin around the eye feeling smooth, lifted and deeply nourished.

60 MIN.



Bamford Philosophy

bamford

At Bamford we believe that the body's sense of well being on the outside is linked to well-being on the inside. Our individually crafted treatments use specifically formulated and certified organic products of the highest quality to cleanse, protect and rejuvenate.

Bamford treatments are inspired by a range of traditions including shiatsu, meridian massage, Swedish massage, reflexology, abdominal massage, Indian head massage, and yogic breathing. They are holistic treatments that work on both the physical body as well as the more subtle energetic layers of the body.

Jade Stone Treatments

Jade is a symbol of purity and serenity. This profoundly relaxing full body treatment uses a combination of hot volcanic and cold jade stones to work deep into your muscles. The treatment includes a firm back massage, working down the body, and ends with a neck and shoulder massage. You will experience a deep release of tension and feel a sense of balance and harmony in body and mind.

TIME | 90 min.



MASSAGES

Collection Massages

Let yourself be guided by the hands of one of our therapists.

Tailor-made Relaxing massage

Let yourself be transported by gentle and relaxing maneuvers. A true moment of absolute relaxation for an unprecedented and immediate relaxation.

TIME
60 min.
90 min.

Tailor-made Deep Tissue massage

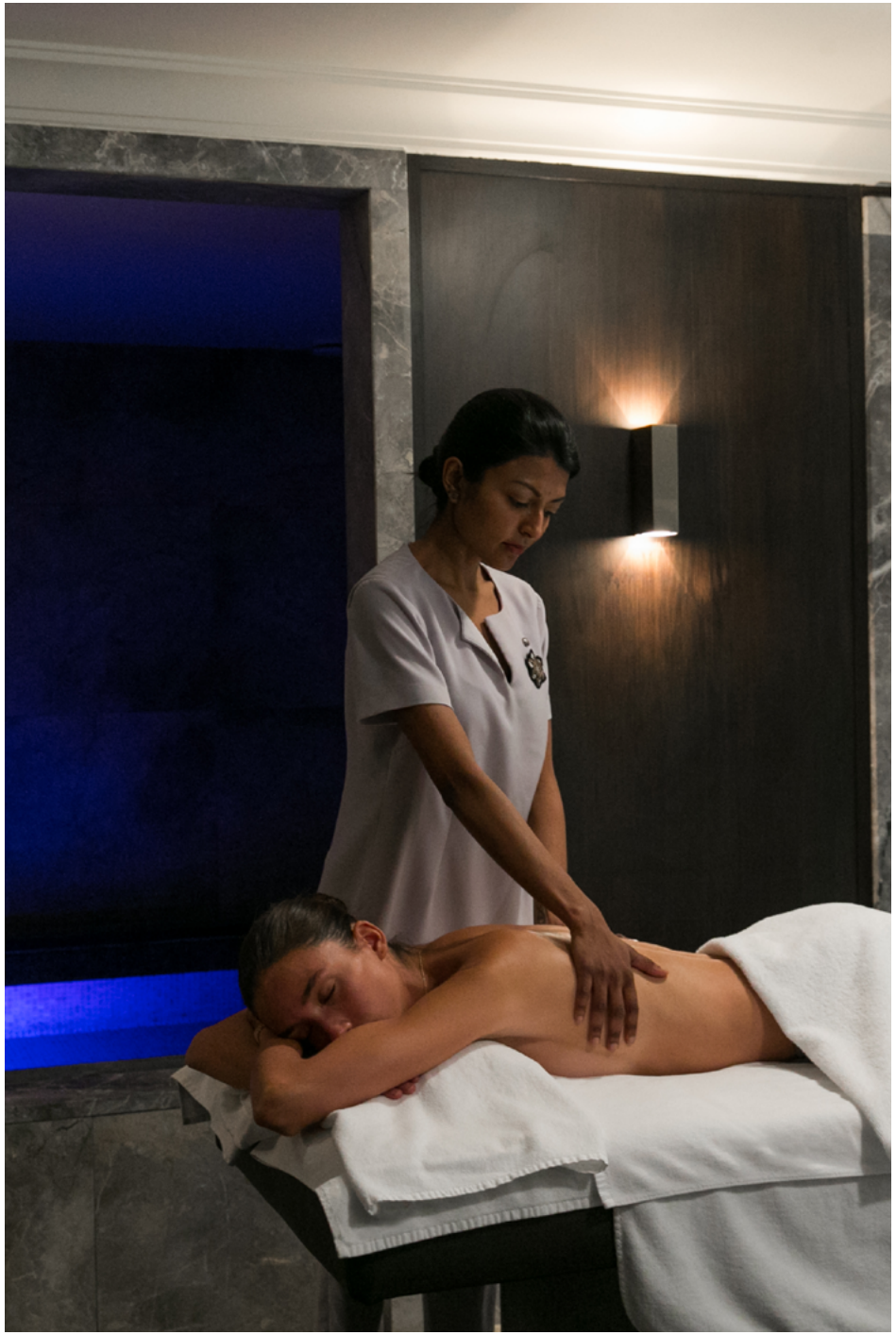
This full body massage focuses on muscle groups and areas of tension in order to stimulate the energy sources in depth. 100% organic Bamford oil is used for this massage.

TIME
60 min.
90 min.

Tailor-made Revitalizing massage

This energising massage will help you bring vitality and energy to your body through invigorating manoeuvres.

TIME
60 min.
90 min.



Exclusive massages

Facial Massage « Ko Bi Do »

Japanese facial massage, which acts in depth on wrinkles, firmness and radiance, while insisting on the eye contour, mouth. This treatment stimulates the skin tissues, gives a lifting effect while releasing the muscular tensions of the face.

TIME
30 min.
60 min.

Reflexology

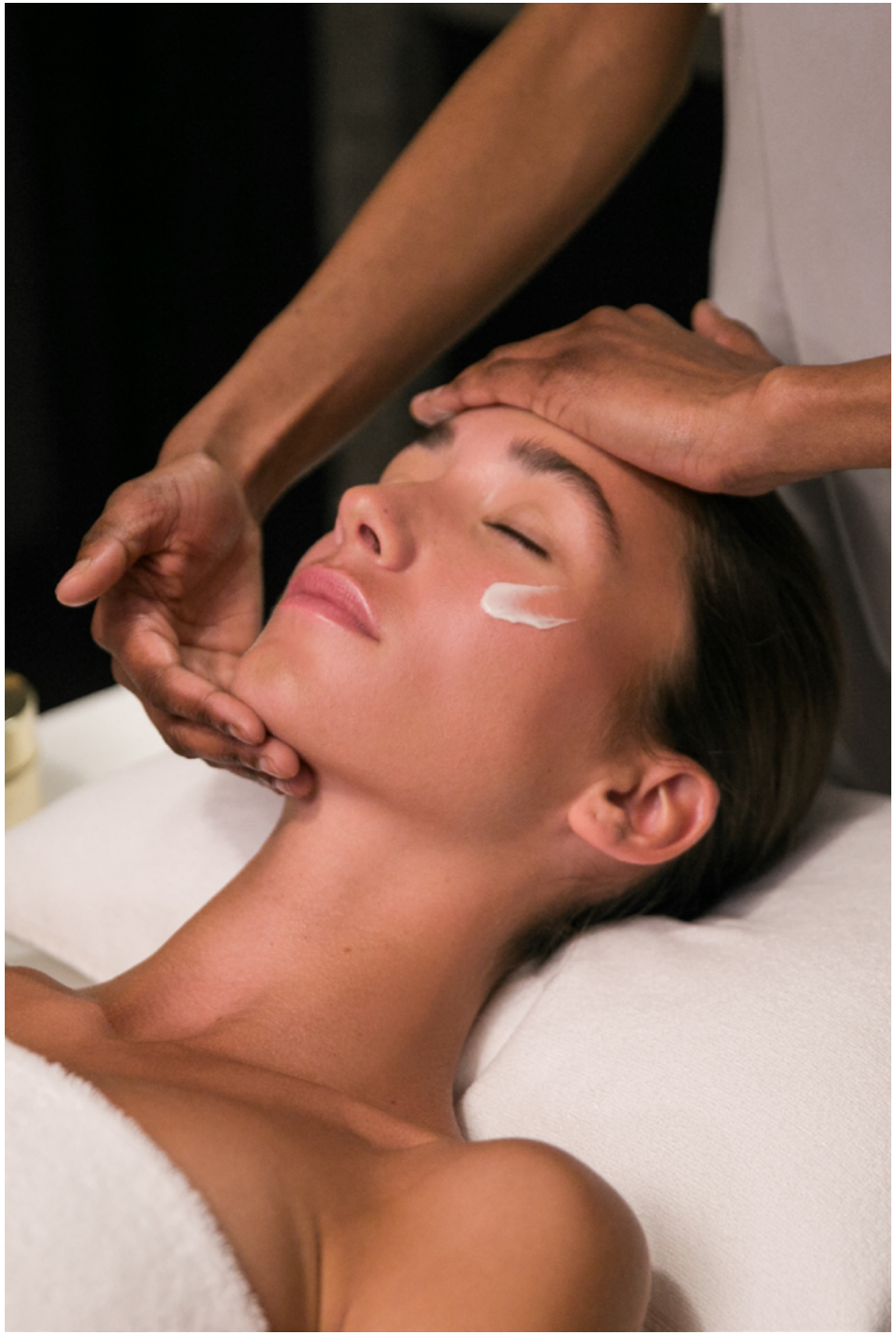
This treatment is performed over the entire surface of the foot. It acts on the blood, lymph and energy, thus releasing toxins in the body and promoting relaxation. Nice and sweet, it leads to release.

TIME
30 min.
60 min.

Thaï massage

This technique uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscles and joint tension and balance the body's energy systems. It is both deeply relaxing and energizing. This massage can take place on a futon on the floor, during which you wear loose clothing, or with oil on a massage table.

TIME
60 min.
90 min.



Detox massages

Lymphatic drainage body treatment

The lymphatic drainage is a specific manual massage with a sense of well-being. This treatment provokes a regeneration of the lymphatic system and brings internal wellness thanks to the elimination of toxins. This treatment does not use oil.

TIME
50 min.
75 min.

Draining Brazilian massage

This dynamic draining massage relies on firm pressure and an accelerated rhythm, in addition to pumping and exclusive manoeuvres that guarantee immediate results. This technique reduces oedema and activates blood circulation, helping to reduce cellulite. The result is a less bloated, shapelier body, with a faster metabolism and a greater sense of well-being.

TIME
60 min.
90 min.

Madero therapy treatment

Maderotherapy is an ancestral massage: a blend of manual techniques and the use of wooden elements. This Colombian technique remodels the body, eliminates toxins, stimulates the lymphatic system and tones and smoothes the skin. It is effective against all types of cellulite and boosts the production of collagen and elastin.

TIME
60 min.
90 min.



Exclusive treatments

Body wrap

A rich, nourishing, invigorating wrap treatment for a draining, soothing effect. To perfect this treatment, we advise you to combine it with a scrub for a smooth and silky skin texture.

TIME | 30 min.

Body exfoliation

This treatment exfoliates the skin deliciously and gives energy and vitality. The subtile combination of fragrances leaves the skin feeling refreshing and harmonised.

TIME | 30 min.

Additional touch

Hyaluronic acid sheet | Collagen eye mask | Face cream mask | Hot stones on the back | Sophrology session during collagen mask application



A Tailor-Made Experience

Signature Restore and Glow Treatment by Bamford

The ultimate treatment to leave skin feeling healthy, smooth and glowing. Targeting back tension and skin conditioning, the treatment begins with skin brushing on the back of the body to boost circulation and remove dead skin cells. This is followed by a back and legs massage targeting the most common areas of tension in the body.

The treatment is completed with a Gua Sha Facial Massage to create lymphatic flow and reduce puffiness, with guided sophrology that will leave you feeling calm and relaxed. The 90-minute treatment also includes a massage of the front of the legs and arms.

Sophrology session of your choice during the treatment as a complement
deep relaxation | breathing and refocusing | alignment and energy | relaxation and return to yourself

TIME
60 min.
90 min.

Sublim Healing Touch

Light or deep hand choreography to suit your mood. Corinne, our Ayurveda and massage expert, has created this treatment to wrap your body and mind in a gentle bubble. A fusion of restorative and relaxing techniques after exercise, set to musical rhythms to awaken the 5 senses and take you on a wonderful journey, sometimes relaxing, sometimes invigorating.

The Chef of L'Apogée, adds his own touch of flavour.
A real treatment to enhance enchanting relaxation!

TIME
60 min.
90 min.

L'APOGÉE COURCHEVEL
2013 2023
10TH ANNIVERSARY

SPA EXPERIENCE

Treatments by Joséphine

(Exclusive pop-up from January 25th to February 16th)

Massage and Sound Therapy with Tibetan Singing Bowl

This unique treatment combining Chinese Tuina (Acupressure) and Deep Tissue Massage with antique heated Tibetan bowls helps to gently soothe the body while promoting recovery. The combination of thermotherapy and the vibrating sound waves of the bowls relieves tension while comforting the physical, mental and emotional body.

TIME | 75 min.
90 min.

Winter Warmer Escape

Warm yourself up physically, mentally, and emotionally through this luxurious pampering journey! After a warming foot bath with essential oils, enjoy being gently energized by Chinese Tuina (Acupressure) and Deep Tissue Massage techniques using heated oils, ending with a relaxing Sound Therapy via heated Tibetan bowls. The fusion of thermotherapy, massage and the vibrational therapy promotes deep relaxation and assists the natural recovery of your body while maintaining a soothing warmth.

TIME | 90 min.

Group Sessions

Allow yourself to be guided by the sounds and vibrations of the Tibetan bowls for profound relaxation. Meet your Visiting Wellness Therapist via demonstrations of Yoga, Pranayama (breath work) and Sound Relaxation techniques at the pool. Every Tuesday and Friday during the exclusive pop-up.

Group classes require a minimum of 3 people.



EXPERIENCE SPA

Experience Thermotherapy

Private banya and cold bath

Stimulate your metabolism, increase your resistance to stress, relieve muscle aches after a day of skiing or hiking, the Spa Suite provides you with a moment of pure relaxation in an exclusive private space.

The alternation of hot / cold contrast gives the body visible positive effects. Muscle preparation or recovery, skin beauty and serenity ...

This ritual can be accompanied by an additional a la carte service tailor-made exfoliation / wrap / massage according to your desires.

TIME

60 min.
90 min.
120 min.



COLLECTION PROGRAM

Snow Day at the Spa

(Offer valid for our outside customers every day from 10am to 3pm, excluding access to the pool and facilities)

Spa & Tea Time

After a morning on the slopes, relax in the sauna and steam room, enjoy a massage to soothe your muscles, and then savor a soothing tea-time in our bar.

TIME | 60 min.

Be Healthy Be Happy – Winter edition

A perfect moment of relaxation during a snowy day: preparation of the body with access to the hammam and saunas, followed by a 90-minute body treatment (scrub, wrap and massage).
A two-course lunch served at the bar (drinks are not included)

Wellness for two

A privileged moment of care... Let yourself relax in our Spa BANYA suite, 30min to enjoy the sauna and cold bath to stimulate the body and eliminate stress. This moment is followed by a 30min massage.

TIME | 60 min.



Men’s skincare by Bamford

BAMFORD
GROOMING
DEPARTMENT

Head massage

The head massage has the power to act on the whole body. It allows to, stimulate blood circulation and helps in blood oxygenation. Promote the body’s balance. Relax all the muscles by stimulating the nerves located in the cranial parts. Encourage glands to release hormones acting on stress.

TIME 30 min.

Men’s Recovery Massage

Benefit from an exfoliating massage of the back, in order to purify and soften your skin, the treatment ends with a customized massage adapted to your needs.

TIME 60 min.

Men’s Signature Treatment

Instant Lifting Facial Treatment, reflexology, neck, back & shoulder massage, a pure moment of relaxation.

TIME 60 min.

On certain treatments, it is possible to add the application of a nourishing face mask and the option of adding a relaxation session.



The Mother's beauty appointments

The pregnant woman experience

Pregnancy is a wonderful time as well as an exhausting one for most women. This treatment is designed to pamper the pregnant woman. A facial and specific body massage adapted to the needs of the mother to be (recommended after 12 weeks of pregnancy).

TIME | 80 min.

The ultimate nourishing after baby-care

An exfoliating body treatment combined with a nourishing massage restoring the smoothness and the elasticity of the skin.

TIME | 80 min.

Pregnancy care

A gentle body and belly massage achieved without essential oils. Lying down an adapted position for your well-being. Recommended after 12 weeks of pregnancy.

TIME | 50 min.

Additional touch

Hyaluronic acid sheet | Collagen eye mask | Face cream mask | Hot stones on the back | Sophrology session during collagen mask application



The cabin

Beauty treatments for him

Men's manicure | Men's pedicure
Back or chest waxing | Ears or nose waxing

Beauty treatments for her

June Jacobs

Natural hand ritual with polish application
Brazilian hand beauty without nail polish
Natural foot ritual with nail polish
Brazilian foot beauty without nail polish

Nail Polish Application

Classic nail polish application
Semi-permanent nail application
Removal semi-permanent nail polish
Package removal and application semi-permanent nail polish

Make-up

Sophisticated make-up | Day make-up
Evening make-up | Beauty after-care

Waxing

Bikini | Brazilian bikini | Full bikini | Under arms
Half legs or thighs | Full legs | Eyebrows or upper lip
Arms | Waxing package (bikini - half legs - under arms)

On certain treatments, the option of adding a relaxation session during the application of a hyaluronic acid mask.



HAIR SPA

Oribe Professional Haircare

ORIBE

Customized treatment experience

A revolutionary treatment experience. These customized antidotes are designed to help restore the holistic health of hair, perfecting and protecting it from root to tip. Hair is transformed into lustrous, polished perfection with movement and reflective shine for transcendent results.

Short Hair | Long Hair | Voluminous Hair

TIME | 60 min.

All Oribe products are formulated with safe, high quality and innovative ingredients. Dermatologically tested, colour and keratin treatment safe, vegan, gluten-free, proudly approved by PETA.



HAIR SPA

Hairstyle experience

Blow-dry

Short hair (chin, neck) | Long hair | Very long hair
Sophisticated blow-dry (curly) | Hair extensions supplement
Shampoo & conditioner included

Cut

Split hair cut | Layered hair cut

Highlights

Short hair | Long hair | Very Long hair

Colour

Short hair | Long hair | Very Long hair

Special request

Buns, fancy hairdressing

For Children

Boy haircut | Girl haircut and blowdry | Princess haircut

Beard

Beard maintenance with clippers
*no full shave



Kids, Children & Spa

KIDS (BETWEEN 4 AND 14 YEARS OLD)

Fairy fingers

Decorative nail polish for little princesses.

TIME 20 min.

My first care

Discover relaxation.

TIME 30 min.

TEENAGERS (BETWEEN 15 AND 18 YEARS OLD)

Teenagers (between 12 and 18 years old)

Back scrub, relaxation for the back, shoulders and head skin cleansing.

TIME 60 min.

Spa & break

After skiing, relax the back/neck/arms/legs to feel ready to devour the snack of the skier.

TIME 45 min.



FITNESS AREA

Fitness & Coaching

Coaching

On request, upon reservation 24h in advance

TIME

60 min.
120 min.

Yoga

The practice of yoga will strengthen and relax your body. Yoga also improves the function of your respiratory, circulatory, digestive and hormonal system. Yoga will add emotional stability and mental clarity. Different types of yoga are offered (water yoga, gentle yoga, dynamic yoga)

Suprasculpt treatment

Muscle up effortlessly and painlessly. A programme tailored to your needs and objectives. Comfortably lying down, we then place the Pads on the part of the body and they do the work.

30 min | session or package of 4 to 8 sessions.

The white walk

A brisk walk on the trails with a yoga routine to relax.



FITNESS AREA

Muscle recovery by Pauline

Relaxing manual therapy

Pauline, our sports masseuse, will be using this method to soothe sore muscles after skiing, aiding recovery. It involves passive mobilisation and specific, relaxing massage and stretching techniques.

TEMPS
60 min.
90 min.

Strengthening muscles before or after skiing: preventive or curative

Our sports masseuse will adjust her techniques to help you improve your sporting performance.

TEMPS
45 min.
60 min.

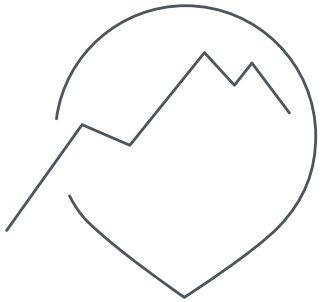
Post-ski muscular recovery treatment

This specific leg modelling treatment promotes muscle recovery after a skiing session. Swedish modelling and drainage techniques are combined to improve circulation, eliminate toxins and relieve muscular fatigue. It contributes to recovery while eliminating toxins so that oxygenated blood can circulate.

TEMPS
30 min.



Terms and conditions of the Spa



Facilities

Five treatment rooms including duo treatment room with Banya, one beauty room with manicure, pedicure, waxing and make-up, one hairdresser facilities by Oribe, on reservation, whirlpool bath and inside swimming pool. Relaxation area. Fitness equipment by Technogym.

Booking

Treatment time includes time for guests to get ready. If you need to reschedule or cancel your appointment, please advise us 24hours prior to your scheduled appointment to avoid being charged for the full treatment. To book from your room, please dial 3112.

Opening hours

Every day from 10am to 8:30pm.
Last appointment is at 7:30 pm. A 20% surcharge will be applied for all treatments performed before 10am and after 8:30pm. A 25% surcharge will be applied for all treatments performed in the room.

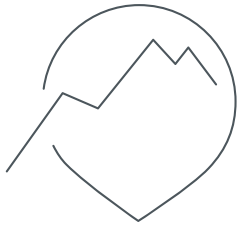
Outside customers

The spa is open to non-residents every day from 10 a.m. to 3 p.m. (except swimming pool and facilities). Reservation at least 24 hours in advance with full payment of the service at the time of booking. For seasonal rates for treatments and hairdressers, call the spa reception. All treatments performed in outside chalets will be increased by 50%.

Gifts

Give friends and family a unique well-being experience at the spa. Gift vouchers are personalised so guests can choose their preferred treatments from our Spa menu. Please note that gift vouchers are non refundable.

Before coming



Take your time

We recommend that you arrive at least 30 minutes prior to your scheduled treatment to give you time to check in and slip into your robe and slippers, then relax in our sauna on reservation and swimming pool. Steam is recommended prior to your spa treatment as it will relax your body and make the experience more enjoyable.

What to wear

Your comfort and well-being are of the utmost priority to us when you are at our Spa: there is no need to bring or wear any special clothing, everything you need will be provided in your treatment room. We will provide disposable underwear for all treatments and massages. We invite you to come directly in your bathrobe from your room.

Valuables

We advise you not to bring valuables with you. The management declines all responsibility for the loss of objects and jewellery. We advise you to check that you have not forgotten anything in the pockets of your bathrobe before leaving the spa.

Environment

To preserve the sense of harmony in the Spa we kindly request that mobile phones are switched off. May we also remind you that the wearing of swimsuits is compulsory in the wet zone. Please note that smoking or drinking alcoholic beverages is not allowed on the spa premises.

Home Spa

Most of the body and skin products that we use for our treatments are available for purchase. We encourage you to ask your therapist how to use these products so that you can continue your spa experience at home.

Health condition and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). You will also be required to sign a form relating to using our Spa facilities prior to your treatment.

Age requirements

We offer a selection of wellness treatments for our younger guests as well as a range of appropriate wellness treatments for children. They have to be accompanied by an adult. Access to our Sauna facilities is not permitted. All guests under the age of 18 must be in possession of a parental consent form signed by a parent or legal guardian.

Late check in

Please inform us as soon as you can if you are late, duly notice a late arrival will reduce treatment time. Your treatment will end on time in order not to delay the next guest. Should this happen the full value of your treatment will be charged.

Treatment menu

New facial treatment by La Prairie

Caviar indulgence	90 min. 300€
Platinum haute-rejuvenation	120 min. 700€
Caviar illumination	90 min. 400€
Gold radiance	90 min. 550€
Precious gaze	60 min. 250€

Bamford Treatments

Jade Stone Treatments	90 min. 330€

Snow Day at the Spa

Spa & Tea Time	60 min. 265€
Be Healthy Be Happy – Winter edition	90 min. 400€
Wellness for two	60 min. 250€

Collection Massages

Tailor-made Relaxing massage	60/90 min. 220/305€
Tailor-made Deep Tissue massage	60/90 min. 230/320€
Tailor-made Revitalizing massage	60/90 min. 220/305€

Exclusive massages

Facial Massage « Ko Bi Do »	30/60 min. 115/220€
Reflexology	30/60 min. 100/190€
Thaï massage	60/90 min. 235/325€

Detox massages

Lymphatic drainage	50/75 min. 210/270€
Drainage Brazilian massage	60/90 min. 230/320€
Maderotherapy treatment	60/90 min. 240/330€

A decade of precious moments

Signature Restore & Glow treatment by Bamford	60/90 min. 275/350€
- Guided sophrology	60€
Sublim Healing Touch	60/90 min. 275/350€

The Experience by Joséphine

Massage and Sound Therapy	75/90 min. 270/330€
Winter Warmer Escape	90 min. 330€
Yoga & Relaxing Sound Group	60 min. 70€/pers

Exclusive treatments

Body wrap	30 min. 115€
Body exfoliation	30 min. 115€
Additional touch	
- Hyaluronic acid sheet	55€
- Collagen eye sheet	40€
- Facial cream mask	40€
- Hot stones on the back	40€
- Sophrology session during collagen mask application	85€

Experience Thermotherapy

Private banya and cold bath	60/90/120 min. 250/380/540€

Men's skincare by Bamford

Head massage	30 min. 90€
Men's Recovery Massage	60 min 220€
Men's Signature Treatment	60 min 250€

The Mother's beauty appointments

The pregnant woman experience	80 min. 290€
The ultimate nourishing after baby-care	80 min. 290€
Pregnancy care	50 min. 210€

The cabin

Waxing	
Bikini	50€
Brazilian bikini	60€
Under arms	40€
Half legs or thighs	70€
Full legs	115€
Arms	60€
Eyebrows or upper lip	30€

Hands and feet	
Complete natural ritual manicure	115€
Brazilian manicure (without nail polish)	80€
Complete natural ritual pedicure	125€
Brazilian pedicure (without nail polish)	90€
Application of nail polish	30€
Application of semi-permanent polish	65€
Removal semi-permanent polish	40€
Duo offer removal and nail polish	100€
Make-Up	
Make-Up flash	30 min. 75€
Day make-up	45 min. 105€
Evening make-up	60 min. 160€
Bridal make-up	on request
Brow & eyelash colour	25 min. 65€
Eyelash dye	25 min. 40€
Eyebrow dye	20 min. 35€
Eyebrow definition	20 min. 30€
Eyelash extension	on request

Beauty treatments for him

Men's manicure	75€
Men's pedicure	95€
Back or torso waxing	65€
Ears or nose waxing	25€

Hair Style experience

Combing	60€
Hair cut	50/90€
Sophisticated hairstyle or bun	180€
Shampoo and blow-dry hair conditioner	
Short hair	95€
Medium hair	115€
Long hair	140€
Very long hair	160€
Hair mask supplement	15€
Hair extension supplement	30€
Shampoo, conditioner and simple dry	70€

Colour, shampoo, conditioner & blow dry	
Short hair	180€
Medium hair	230€
Long hair	280€
Colour supplement	50€
Highlights , shampoo, conditioner & blow dry	2h30 min.
Short hair	280€
Medium hair	330€
Long hair	380€
Toner	50€
Children's Hair	
Shampoo conditioner, cut & styling or blow-dry	60/80€
Shampoo, cut & styling	50€
Braid	40€
Bun	80€

Customized treatment experience

Short hair	60 min. 90€
Long hair	60 min. 120€
Very long hair	60 min. 180€

Children's Spa

Fairy fingers	20 min. 20€
My first care	30 min. 85€
Teenagers	60 min. 175€
Spa & break	45 min. 110€

Fitness

Coaching	60/90/120 min. 220/270/315€
Dual coaching	60 min. 260€
Yoga	60 min. 220€
Yoga duo	60 min. 260€
Suprasculpt	30min. 210€
	4/8 sessions. 800/1 520€
The white walk	75€/pers

Muscle recovery by Pauline

Relaxing manual therapy	60/90min. 230/320€
Muscle recovery treatment	30 min. 130€
Muscle strengthening before or after skiing	45/60 min. 130/230€

CONTACT

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PALACE

OETKER HOTELS

Masterpiece Collection

www.oetkerhotels.com