

# TREATMENT MENU

WINTER 2023-2024

*Beaumien*  
**LES 3 VALLÉES**  
••••• COURCHEVEL ALPES



At Beaumier, your wellbeing is our priority. We know guests are likely to be here for snow sports, après ski or both, therefore our menu is focussed on preparation and recovery to optimise wellness during your stay.

Place yourself in the caring hands of our specialist team who are skilled in advanced therapeutic techniques to ease muscular tension, soothe tired muscles, nourish the skin or to encourage a good night's sleep.

We have partnered with Therabody™, Kalmar and Holidermie to offer the very latest in equipment and products.

Indulge in nurturing treatments crafted using thoughtful touches such as gently warmed oils and heated treatment beds, perfect before or after a day's outdoor activity.

Feel the cares of the world drift away with an unforgettable spa & wellness experience.



Therabody

kalmar

Holidermie

## OUR VISITING THERAPIST

### **Léna**

Léna has been working in wellness for over 9 years and is a qualified Massage Therapist, Naturopath and Yoga Instructor.

Léna specializes in Ayurvedic, Thai and Sports Massage and loves to combine her skills to create a totally personalised experience. She is concerned and cares about people, enjoys travelling and spending time in nature.

## OUR WELLNESS PACKAGES

*(Packages available for our resident guests only)*

We have gathered a selection of our most popular treatments to offer these tempting packages which can be used at your leisure over the length of your stay. When purchased as a package, you will enjoy our promotional pricing.

**SPORTS REMEDY PACKAGE** 400€ *(450€ full price)*  
3 x Therabody Deep Tissue Massage (50 min)

**OPTIMAL WELLNESS PACKAGE** 450€ *(510€ full price)*  
Alpine Muscle Ease Remedy (75 min) & Therabody Deep Tissue Massage (50 min) & Holidermie Kobido Face Massage (60 min)

**TASTER PACKAGE** 200€ *(230€ full price)*  
Back, Neck & Shoulders & Scalp Massage (50 min) & Instant Glow Face Massage (30 min)



## SIGNATURE TREATMENTS

**ALPINE MUSCLE EASE REMEDY** 75 min - 210€

Using Kalmar's warmed Peace Oil, this full body treatment encourages deep relaxation of muscles through the use of heat, gentle stretches and soothing massage movements. Specific areas are focused on using deep pressure points and rocking movements to further release tension in both body and mind. This signature massage finishes with an energy balancing face massage to leave the skin nourished and revitalised.

**THERABODY™ DEEP TISSUE MASSAGE** 50 min - 150€  
**FOR PRE-OR POST SKI**

An intensely effective treatment designed to alleviate muscular stress and deep-seated tension. Specialized powerful techniques using Theragun™ percussive massage, focus on specific areas of concern to ease discomfort and restore suppleness and movement. Perfect to warm up muscles prior to exercise or help prevent soreness after sport.

**VITALITY** 50 min - 140€

Uplift and awaken the body, whilst enhancing your inner mood and mindset. Breathwork soothes and rebalances before skin brushing revitalizes and stimulates energy. This deep, targeted Kalmar full body massage combined with gentle stretches, is perfect to relax tense muscles, leaving you with a feeling of vitality.

**PERSONALISED MASSAGE** 50 min / 75 min - 140€/210€

Everyone is unique. Our body tells us what we need. Your therapist will curate a massage honoring your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and rebalance body and mind.

**MATERNITY MASSAGE**

50 min - 130€

A nurturing and comforting massage, adapted for this special time. Using gentle unscented oils, this treatment targets back ache, tension and heavy legs, providing a peaceful and relaxing experience.

**BACK, NECK, SHOULDERS  
& SCALP MASSAGE**

50 min - 140€

A soothing massage targeting the most common areas of tension. Massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to areas of concern.

**GUA SHA BODY CONTOUR  
& REFRESH**

50 min / 75 min - 150€/210€

The rose quartz Gua Sha glides over the body to stimulate lymphatic drainage and circulation; they sculpt, tone and firm. This massage is combined with gentle body brushing exfoliation to leave skin soft, smooth and radiant. The extended treatment includes a longer massage and conscious breathing for deep relaxation.

**TREATMENT BOOSTER**

5€

Add the Theragun Pro to either the Personalised Massage or Back, Neck, Shoulders & Scalp Massage.

*Every massage is tailored to you and we will adapt to your time available,  
preferred pressure and desired outcome.*

## FACIAL MASSAGE AT THE WELLNESS SPA

**HOLIDERMIE KOBIDO FACE MASSAGE** 60 min - 150€

This results driven face massage begins with gentle breathing and cranial massage followed by a cleanse and Holidermie Kobido facial techniques; these movements help to tone and firm the skin. The treatment finishes with Rose Quartz Gua Sha to leave the face refreshed, lifted and rejuvenated.

**INSTANT GLOW FACE MASSAGE** 30 min - 90€

Reveal your skin's natural radiance with this instant booster treatment. Combining traditional techniques this facial massage delivers a complexion glowing with health.

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## CHILDREN & TEENS

We are pleased to offer a selection of treatments suitable for our younger guests\* and look forward to welcoming them when accompanied by an adult.

**NECK, SHOULDERS & SCALP MASSAGE** 30 min - 85€

**HAND & FOOT MASSAGE** 30 min - 85€

\* minimum age: 8 years old

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## WELLNESS MOMENT

### YOGA & MEDITATION

We are here to prepare you for the day ahead, to clear your mind, strengthen and tone, stretch out, ease muscular tension or help you sleep.

Yoga movement classes or personal instruction are regularly available with our compliments. For class schedule, location, pricing and timings, please enquire at the Wellness Spa or hotel reception.



## OUR WELLNESS OFFER

*(Offer available for non-resident guests)*

A unique package allowing non-resident guests to access our spa facilities, including the jacuzzi and relaxation area:

**SPA DAY BREAKFAST OFFER** - 150€ per person

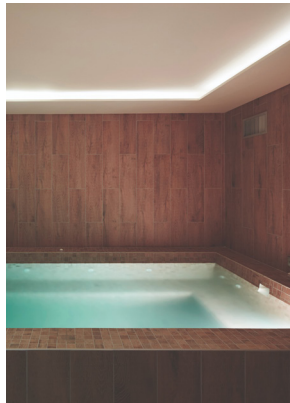
Enjoy a gourmet breakfast, a 50-minute personalised massage and a 3-hour access to the spa.

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## GIFT VOUCHERS

Give the gift of wellness to friends and family with our beautiful gift vouchers. These can be personalised so guests can choose their preferred treatments from our Wellness spa menu or Lifestyle Boutique.

*Please note that gift vouchers are non-refundable.*



## INFORMATION

### **Arrival**

Hotel guests are encouraged to shower and change into their robe before arriving at the Wellness Spa. Please arrive 5 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest.

### **Cancellations**

If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellation within 24 hours or for non-arrival, you will be charged for the full treatment.

### **Age policy**

Our treatments are specially tailored for adults of 18 years upwards. However, we have adapted a selection of treatments for our younger guests with parental consent and accompaniment.

### **Care**

Throughout the spa you will find hand washing facilities. Please wash and sanitize your hands regularly while with us.

### **Health conditions**

When making your booking, please advise us of any health conditions and any medication you are taking.

### **Pregnancy**

We can adapt certain therapies to be maternity-safe after the first 16 weeks of pregnancy and before last month of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

### **Payment**

Payments will be room charge or credit card only.

### **Ambiance**

To preserve a peaceful ambiance and respect other guests, please kindly avoid using electrical devices such as phones whilst in Beaumier Wellness.

*Rates for the season 2023-2024*

## **LES 3 VALLÉES**

Rue Park City  
73120 Courchevel

Tél. +33 (0)4.79.08.00.12  
spa.les3vallees@beaumier.com  
www.beaumier.com

