

CHEVAL BLANC
spa

CHEVAL BLANC COURCHEVEL

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THE CHEVAL BLANC SPA

Cheval Blanc and Guerlain have drawn inspiration from the specific needs generated by cold temperatures, high altitude and winter sports to develop a series of exclusive signature treatments and massages. In addition to five treatment rooms, the Cheval Blanc Spa hosts the Orchidée Salon, an exclusive treatment room for two.

To enhance the delicious moments of relaxation offered by these signature treatments, a wonderful wellness journey invites to an ultimate feeling of indulgence, relaxing or invigorating. The mirrored infinity pool, ice plunge pool, experience shower, steam room and sauna, Jacuzzi, outdoor Russian banya bath and hot tub are the secret to a sparkling stay at Cheval Blanc Courchevel.

Thanks to state-of-the-art equipment and an exclusive coaching room, the fitness area proposes a sporty alternative to a day out on the slopes with privileged views of the Jardin Alpin. Innovative Technogym cardio-training exercises and private boxing, cross-training or aquabiking sessions offer a wealth of possibilities to restore suppleness and energy.

For complete well-being, Cheval Blanc Courchevel welcomes the highly-acclaimed hairdresser John Nollet, renowned for his attention to detail and use of the finest products. The advanced cutting and styling techniques that have made him one of the go-to hairdressers in Paris may be enjoyed either in an exceptional salon or in the privacy of your room.

GUERLAIN

Surrender to the magic of an exclusive Guerlain treatment or massage where cutting-edge innovation blends with customisation, emotion and sensoriality.

While entering the Cheval Blanc Spa, let yourself be surprised by the sumptuous Guerlain Cave à Parfums enhanced by the emblematic Bee Bottles and their exceptional fragrances.

Your transformation begins here...

A Customised Experience

Every treatment is a completely personal moment, an instant created especially for you – this is the essence of the Guerlain experience, a perfect union of effective know-how and aesthetic expertise.

Our Beauty Experts begin each treatment with an in-depth analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. With this intrinsic understanding of your essential concerns, they tailor a treatment to your needs and expectations.

To bring even more magic to your wellness experience, the Cheval Blanc Spa offers the exceptional services of an engraving artist who decorates with a name or a sweet message the iconic bottles of perfume and other Guerlain make-up treasures.





THE ORCHIDÉE SALON

This prestigious treatment room for two is the perfect place to enjoy a Guerlain treatment with someone special. Each experience includes different layers and methods that ultimately create an unparalleled sensory journey.

The treatments begin with an After-Ski Ritual, an exclusive hand and foot treatment specially designed for winter sports. Protected and moisturised, your hands recover their softness. The feet are kneaded and massaged, and the arches and toes are stretched to aid recovery and circulation after a day in ski boots. Your entire body feels relaxed and soothed. This experience is followed by the Haute Altitude Ritual, a brief interlude dedicated to restoring moisture to the hands.

To prolong the moment, the Sensory Escape is an invitation to ultimate well-being, blending the expert Guerlain touch with an experience shower.

NEW EXCLUSIVE TREATMENTS FOR CHEVAL BLANC COURCHEVEL

Winter in Courchevel is a season of snowy enchanting landscapes and brilliant blue skies, breath-taking beauty and warming pleasures. After a day out on the slopes, indulge in a collection of new exclusive Guerlain rituals, specially imagined for winter rejuvenation.

Nourishing Eyelashes Lift Treatment - 1h

Rich in peptides, keratin and vitamin B, the Nourishing Eyelashes Lift Treatment is the miracle cure to strengthen eyelashes, make them voluminous and lengthen them. Natural lashes appear longer and radiant with vitality. Their reshaped curve opens and enhances the eyes elegantly.

Beyond the Fir Trees - 50 min / 1h20

In honour of the majestic, snowy forests of the Alpine peaks, Guerlain has developed a new face and body ritual for Cheval Blanc Courchevel, Beyond the Fir Trees. A delicate wooden tool with soft curves has been designed for this treatment, to offer greater efficacy and precision. Slightly warmed, it provides enhanced comfort and wards off the chill of winter. Offering intense relaxation for the muscles and mind, this treatment is an efficient well-being boost. The gestures can be adapted to ensure each stage meets your needs and desires: gentler for a soothing escape, or firmer to energise and strengthen the muscles. A divine moment, for lasting harmony of body and mind.

Repairing Massage - 50 min / 1h20

This massage is an authentic repairing remedy that uses gentle techniques for a deep relaxation. Like the melody of the wind through the peaks, the body is handled with method and precision through fluid and dynamic movements. Muscles are relaxed, the blood flow is stimulated, digestive and lymphatic systems are rebalanced. This ritual, ideal for athletes, is enhanced by an express radiance facial treatment.

Accent Prime Face & Body Treatment - from 30 min to 1h20

Accent Prime is the latest generation of facial and body enhancement, equipped with the breakthrough technologies of radiofrequency as well as targeted cold ultrasounds. The new UltraSpeed applicator offers the most innovative and effective technique to correct age-related skin imperfections such as wrinkles, uneven skin tone and sagging skin. This technology corrects grease excess, firms the skin, reduces stretch marks and transforms the silhouette in record time.

Daydreaming Ritual - 30 min

Inspired by a traditional Indonesian method, this massage is a powerful soothing treatment for the scalp, an area directly connected to the sensation of well-being. Using slow, deep pressure, it gently eases tension in the body and mind. Blood circulation is stimulated to release revitalising energies and enhance hair beauty. Indulge in a delicious and instant sensation of calm and serenity. An exquisite ritual, an invitation to a gentle dream...

AFTER-SKI REJUVENATION

A Warming Winter Pause - 50 min / 1h20

Specially designed for Cheval Blanc Courchevel, this exclusive ritual takes you to a place of perfect balance and complete relaxation. With the healing powers of heat delivered by warm stones, paraffin pouches and other comforting surprises, muscular tensions are entirely soothed away. Facial and body massages work together in harmony to reinforce your entire body defence system.

After a sporty day out in the cold and snow, feel your tensions melt away with this deep and calming massage that leaves you feeling more supple and lighter. A true winter dream.

Extreme Altitude Treatment - 1h20

Specially designed for skiers, the Extreme Altitude Treatment is an intense and powerful ritual combining both treatment and massage. Facial muscles are reworked individually, giving the complexion full radiance. The skin appears miraculously younger and smoother. For the body, toning movements help strengthen muscles and release built-up tension. The use of hot stones and cold bubbles produces a relaxing and invigorating effect.

Specific Ski Massage - 50 min / 1h20

This massage helps prevent aching muscles and provides deep muscle relaxation. The technique uses the heels and wrists to ease away tension and eliminate toxins and lactic acid.

Muscular Ritual - 50 min / 1h20

Reshape and tone the body through deep relaxation. This is a powerful, sensory ritual where tired muscles are soothed by adopting the five most effective traditional methods in the world. Tension is released and muscles reinforced.

Osteo-thaï Massage - 50 min / 1h20 / 1h50

Carried out on the floor in the Athletic Boudoir, the Osteo-thaï Massage combines the extraordinary sensations of traditional Oriental techniques with the precision, rigour and softness of the osteopathic touch. Stretching, pressure, mobilisation, movement of surface and deeper tissues, this massage offers a new mobility and flexibility to the whole body.



ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

Black Orchidée Facial Treatment - 1h20 / 1h50

The high-tech nature of this treatment combines the efficiency of the Orchidée Impériale Black collection by Guerlain with the latest face contouring abilities by Accent Prime.

This revolutionary anti-ageing concept, coupled with Guerlain's Black Immune cellular immunity technology, maximises the skin's powers of self-defence. From the first session, wrinkles appear visibly reduced, the skin's texture smoother and facial contours redefined. The skin is firmer and incredibly radiant.

Skin Light Anti-ageing Face Treatment - 1h20

This unprecedented treatment reveals the natural light of the skin thanks to the exceptional power of the Black Orchid.

A natural microdermabrasion, followed by a deep stimulation of the facial muscles, illuminates the complexion. A true light booster, combined with the Orchidée Impériale Radiance Mask, offers spectacular results: intensely nourished skin and a unified, radiant complexion.

Orchidée Impériale Prestige Treatment - 1h20 / 2h20

The remarkable power of the orchid's longevity has inspired Guerlain to create this exceptional facial treatment, the most comprehensive facial of all. The combination of the exclusive firming massage stemming from the aesthetic savoir-faire of Guerlain, with the efficiency of the products of the Orchidée Impériale range, offer absolute well-being and visibly transform the skin, revealing a rediscovered youth.

The Orchidée Impériale anti-ageing massage works on all the muscles of the face, neck, décolleté and upper back. Under the precise gestures of our Beauty Experts, the stimulated muscles are toned, the contour of the face redrawn. Nourished with different masks, the skin is immediately smoothed and retightened thanks to the synergistic effect of the Cream, the iconic product of the Orchidée Impériale collection, and the precision of the Longevity Concentrate. The skin texture becomes finer and more regular, regaining its qualities of perfection: soft, velvety, sublimated for the eyes and the touch.

Orchidée Impériale Ultime Face & Body Treatment - 1h50 / 2h50

This anti-ageing treatment combines an exclusive firming massage by Guerlain with the efficiency of the Orchidée Impériale collection. It is delivered with flawless expertise providing a feeling of complete well-being. Deep movements stimulate every muscle, whilst the energising massage ensures cellular renewal. The ritual visibly maintains the firmness and tone of the face and body, restores the skin's glow and leaves a radiant complexion.



ABEILLE ROYALE, LIFTING & FIRMING SIGNATURE FACIAL

Royal Repair Treatment - 1h20

Guerlain brings a new angle to this expert treatment designed with the Abeille Royale range to reap all the benefits offered by bee products. More advanced, more technical and even more sensorial, this avant-garde treatment combines precise and personalised movements with products containing particularly powerful active ingredients. The treatment starts off slowly with a microdermabrasion, followed by a purifying massage with warm plant infusions to perfectly stimulate the epidermis. Each wrinkle is targeted with a repairing concentrate composed of royal jelly and honey from the island of Ouessant, which acts on the key processes in skin reconstruction. Through this complex protocol tailored to the specific needs of your skin, the signs of ageing gradually fade away. The skin is firmer, and the face opens up and appears illuminated... Treat your skin to a fountain of youth.

THE PERSONALISED ESCAPE

Made-to-Measure Facial Treatment - 50 min / 1h20 / 1h50

Never has skin treatment taken an approach that is so comprehensive in precision, methods and results.

Amongst the wealth of rituals and methods that comprise the Guerlain made-to-measure treatments, discover unknown aesthetic massages, an audacious fusion of traditional techniques from the most reputed Asian and Western practitioners, married with the best of Guerlain science. Each one of these aesthetic massages can be combined with another according to your specific needs, a truly personal beauty journey where every single step is to be imagined. Your experience is entirely tailored from first greetings to closing rituals.

Unlocking built-up tension, relieving stress, reconnecting with yourself, recovering a blissful energy – no matter your needs or wishes – the experience will match your expectations.

Welcome to a world of complete well-being.





FACE BEAUTY RITUALS

Beauty Lift - 30 min / 50 min

This intense programme of stretching and dynamic muscle movements targets wrinkles and activates microcirculation. The transformation is real and immediate: a radiant complexion, smoothed features, plumped cheeks and lifted eyebrows.

Nourishing Eyelashes Lift Treatment - 1h

Rich in peptides, keratin and vitamin B, the Nourishing Eyelashes Lift Treatment is the miracle cure to strengthen eyelashes, make them voluminous and lengthen them. Natural lashes appear longer and radiant with vitality. Their reshaped curve opens and enhances the eyes elegantly.

HIGH-TECHNOLOGY TREATMENTS

Cheval Blanc Metamorphosis Treatment - 1h20 / 1h50

The Cheval Blanc Spa and Guerlain have created an anti-ageing and slimming treatment tailored around Cryo 21, Guerlain and Accent Prime techniques.

Once your individual needs and expectations are expressed and evaluated, your Beauty Expert designs your ideal metamorphosis for unique and transformative results.

Accent Prime Face & Body Treatment - from 30 min to 1h20

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Cryo 21 Face and/or Body Treatment - 30 min / 50 min / 1h20

New revolutionary cryotherapy treatments are unveiled with the Cryo 21 system: unique methods that eliminate toxins and localised cellulite whilst reshaping, slimming and firming the entire body.

This technology also holds exceptional anti-ageing abilities. Facial treatments firm tired tissues, reduce wrinkles, diminish dark circles and puffiness as well as visibly reduce the appearance of a double chin.

ADDICTIVE GUERLAIN RITUALS

Daydreaming Ritual - 30 min

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Sun Ritual - 30 min

This facial treatment prepares and soothes the skin before and after a sunny day out on the slopes. Gentle exfoliation and an enveloping massage are coupled with a customised mask tailored to each guest for a truly in-depth repair. Intensely nourished, hydrated and replenished, the skin regains its suppleness and brightness.

Glowing Gaze Ritual - 30 min

With a deep and effective massage, the delicate skin around the eyes finds a new youthful brightness. After an application of Ultra-Hydrating Guerlain eye pads, cool ice spheres soothe and decongest – an expert ritual for a radiant face.

Targeted Slimming Ritual - 30 min

This treatment releases the muscles in a targeted area (buttocks, hips, stomach, waist and arms), using a combination of international techniques: rocking back and forth, rolling, rhythmic kneading for an effective anti-water retention and anti-cellulite action. While toxins are drained, blood circulation improves and the figure is firmed.

Results are outstanding when this treatment complements a session of cryotherapy.

New Skin Ritual - 30 min

This body scrub is a moment of pure, indulgent happiness and softness for the skin.

The New Skin Ritual is the perfect prelude to a massage, optimising its invigorating, stimulating and refreshing effects.

Haute Altitude Ritual - 15 min

The Haute Altitude Ritual begins with a hand and foot massage using Guerlain's Super Aqua hydrating serum. This is followed by an application of hot paraffin compresses to warm the extremities. Soft, supple skin is unveiled.

This is also recommended as a complement to any face or body treatment.

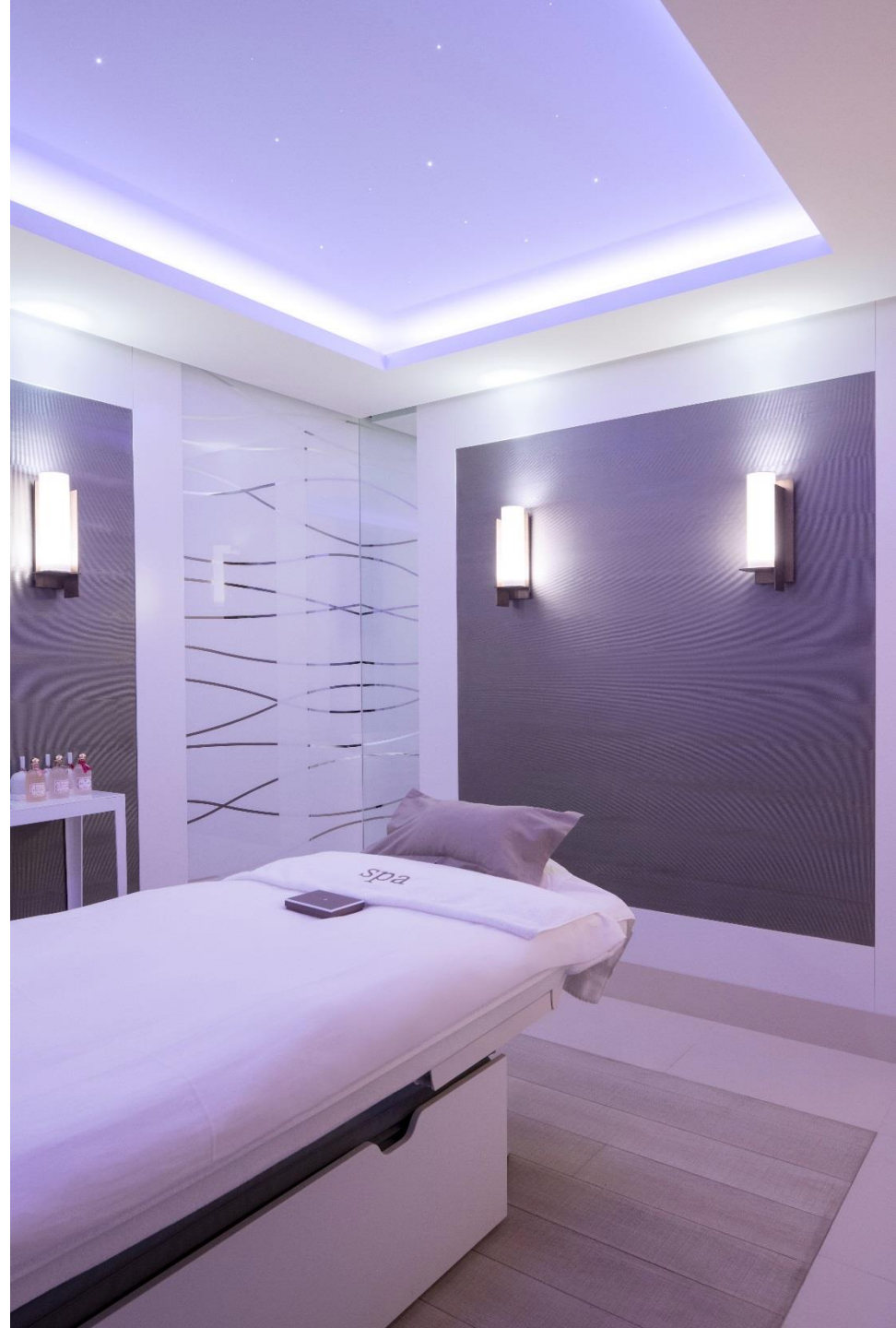
BODY SUBLIMATION

Body Polish - 50 min

An invigorating massage and rejuvenating body polish transport you to a total state of relaxation. Coupled with a hydrating treatment, this therapy leaves your skin healthy, refined and as soft as silk.

Slim and Firm Silhouette - 50 min / 1h20 / 1h50

Orchestrated around a body scrub, a body wrap and a **specific** manual sculpting technique, this slimming treatment begins by desensitising the painful areas. Your body is ready to receive expert care and enjoy the benefits of an exclusive draining and firming concentrate. An incredible feeling of lightness invades you, your skin is toned and your silhouette redesigned.



HARMONISING MESSAGES

Beyond the Fir Trees - 50 min / 1h20

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Osteo-thaï Massage - 50 min / 1h20 / 1h50

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Imperial Relaxing Massage - 50 min / 1h20

This massage pays homage to the Eau de Cologne Impériale. Wrapped in an anti-stress cocoon, this multisensory experience leaves you completely relaxed and invigorated. The Imperial Relaxing Massage facilitates oxygenation, stimulates circulation and evokes a profound sense of serenity.

Four-Hand Imperial Relaxing Massage - 50 min / 1h20

Modelled on the signature Imperial Relaxing Massage, this masterful ballet of massage by expert hands offers a unique and absolutely sensorial experience. From the first moment, you surrender to tranquility, abandoning yourself to the rich sensation of lightness and well-being.

Mountain Chic Massage - 50 min / 1h20

The Mountain Chic Massage combines drainage and enveloping movements to help stimulate the body's circulation and generate « lighter-than-air » sensation. The muscles, stretched and kneaded in a unique way, transform this massage in a lighter journey.

HARMONISING MESSAGES

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Muscular Ritual - 50 min / 1h20

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Specific Ski Massage - 50 min / 1h20

This massage helps prevent aching muscles and provides deep muscle relaxation. The technique uses the heels and wrists to ease away tension and eliminate toxins and lactic acid.

Body Lift Massage - 50 min / 1h20

This energetic body massage relies on softening and kneading the muscles in order to regain tone and definition. At the heart of the ritual lies an intense stimulation of the cellular renewal process for the strengthening of muscles and the skin.

Pre/Post-Natal Massage - 50 min / 1h20

Available from the second trimestre, or after-birth, this massage eases the aches and pains caused by pregnancy and relieves the back from tension. It also improves the elasticity of the skin and stimulates circulation.

Winter Foot Ritual - 30 min / 50 min

After a full day of skiing, this ritual speeds recovery by improving venous and lymphatic circulation, stimulating the elimination of built-up toxins associated with muscle exertion. It brings a sensation of lightness to the legs and feet while considerably reducing the heaviness of muscles. The massage is followed by an invigorating exfoliation with a relaxing effect.

The proposed massages are for the purpose of stress reduction, well-being and beauty. We recommend that you consult a healthcare professional for any medical examinations or diagnosis.

OSTEOPATHIC TREATMENTS

Tune-up - 50 min / 1h20

Over time, the body accumulates tension, discomfort and fatigue through regular wear and tear as well as old or recent injuries. This personalised treatment will set you off on the right foot.

Care - 50 min / 1h20

Aches, pains, a bad fall or a specific concern: the expertise of a healthcare professional will help you take full advantage of your stay.

Our osteopathic treatments address cardiac, cranial, visceral and musculoskeletal issues.

PHYSIOTHERAPY

Personalised Session - 50 min / 1h20

Functional re-education, post-traumatic treatment or breathing physiotherapy, take advantage of the expertise of a qualified professional to ensure a safe journey of recovery.

MEN'S TREATMENTS

Energising Facial - 50 min

Give your skin a boost! Uncover a fresh complexion through deep cleansing. Exfoliation, massage and mask, coupled with a complimentary eye treatment, create a more radiant, smooth and luminous skin.

Skin-Saver Facial - 1h20

Following an invigorating exfoliation, your skin is strengthened and revived with Guerlain's exclusive facial massage and specialty mask. An unprecedented eye treatment relieves congestion to reveal youthfulness and clarity.

Ultimate Experience - 2h20

Guerlain addresses every need with an Energising Facial, body massage, a manicure and pedicure. Emerge replenished in a state of complete serenity – a whole new you.

Our other treatments are also available for men.

HAND AND FOOT THERAPIES

Complete Hand Treatment- 50 min

Get perfectly manicured hands thanks to this treatment that beautifies your nails and skin. It includes a repairing treatment for the cuticles, a ritual to revive the natural shine of the nail and an application of organically-sourced nail polish.

Complete Foot Treatment - 50 min

Get delicately enhanced feet thanks to this treatment that beautifies your nails and skin. It includes a gentle scrub, a repairing cuticle treatment, a moisturising foot massage, a ritual to revive the nail's natural shine and an application of organically-sourced nail polish.

Application of Semi-Permanent Nail Polish - 30 min

This beauty ritual invites you to choose from an extraordinary selection of nail polish colours. Your nails are redesigned and sparkle with a new glow.

Manicure for Men - 40 min

This moment dedicated to the beauty of your hands gives a new look to your nails and skin.

Beauty of the Feet for Men - 40 min

An interlude of softness and beauty offered to your feet, after a long day out on the slopes of the Trois Vallées.



MAKE-UP ARTISTRY

The magic of Guerlain cosmetics enhances the natural beauty in every woman. With a delicate fragrance and texture, they blend effortlessly into the skin evoking warmth and elegance, and creating a world in which every woman glows. Whether seeking a natural or sophisticated effect, the artistry of the Guerlain make-up range helps you achieve the look you desire.

Make-up Application - 50 min

Let expert hands help you achieve the look you seek for any occasion.

Make-up Lesson - 1h20

Discover the ideal make-up application to enhance your natural and individual beauty.

MY FIRST BEAUTY EXPERIENCES

Sweet Secrets of the Bee - 20 min

A symbol of Guerlain, the bee invites children to explore its kingdom. Soft massages for the scalp, hands and feet... A discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

Mademoiselle Guerlain - 20 min

Be as beautiful as Mum, experiment with colours, put on pretty make-up and learn about the Guerlain Art of Perfume... the perfect opportunity to play princess in front of the sparkling mirror.

New-found Togetherness - 20 min

Share a special experience with Mum or Dad, or between brothers and sisters. Choose your massage like a grown-up and enjoy it as a family, carefully apply some pretty coloured nail polish, or fall for a lovely tattoo. Moments and memories to treasure!

Discover The Five Senses - 50 min

See, smell, touch, taste and even create... Guerlain shares the secrets of five ingredients, sources of inspiration for its scents, taking children on a journey through the world of fragrance, for a perfumed adventure. A chance to awaken the senses in the heart of the Alpine Garden.

MY FIRST WELL-BEING EXPERIENCES

Introduction to Relaxation - 20 min

Breathe in, breathe out... A workshop full of wisdom that teaches techniques for improving concentration, managing emotions and strengthening self-confidence. It even offers gentle tips on drifting off to sleep.

Mini Yogi - 30 min

A moment specially designed for the youngest, punctuated by games that enhance the senses, tales, asanas and initiation to relaxation and meditation. During these sessions, imagination and play smoothly guide the children who are taught how to refocus, calm and relax. They are learning to listen to their bodies and control their feelings, gain confidence and have fun in the meantime.

Family Yoga - 45 min

A privileged moment of play, relaxation and complicity. In these precious instants, it is the perfect time to create bonds, memories of joy and shared happiness. An unforgettable experience that appeals to both children and parents to raise body awareness, peace for the mind and awakening of creativity. A perfect moment to bring lightness and smiles to the whole family.

TRANSFORMING ESCAPES AT THE CHEVAL BLANC SPA

Escape by choosing the ideal programme for your needs. We are delighted to offer you a complimentary access to the pool for half a day.

Repairing Transforming Escape - 1h20

Repairing Massage (50 min) & Day Dreaming Ritual (30 min)

Sport Transforming Escape - 1h40

Personnalised Coaching (50 min) & Muscular Ritual (50 min)

Beauty Transforming Escape - 2h20

Orchidée Impériale Ultime Face & Body Treatment (1h50) & Accent Prime Face & Body Treatment (30 min)

Revitalising Transforming Escape - 2h20

Awakening Yoga (1h), Osteo-thai Massage (50 min) & Glowing Gaze Ritual (30 min)

Sublime Transforming Escape - 2h50

Made-to-Measure Facial Treatment (50 min), Nourishing Eyelashes Lift Treatment (1h) & Blow-dry (1h)

Please note that the Transforming Escapes are only available in the morning and that the last treatment must be completed before 3 pm. Fall for two Transforming Escapes per person and your treatments will take place in the Orchidée Salon for an enhanced wellness experience.

TRANSFORMING ESCAPES IN THE ORCHIDÉE SALON

Escape for a complete metamorphosis. We are delighted to offer you a complimentary access to the pool for half a day.

Repairing Transforming Experience - 1h30

Repairing Massage (1h) & Daydreaming Ritual (30 min)

Sublime Transforming Escape - 3h

Made-to-Measure Facial Treatment (1h), Nourishing Eyelashes Lift Treatment (1h) & Blow-dry at the Hair Room Service by John Nollet (1h)

Please note that the Transforming Escapes are only available in the morning and that the last treatment must be completed before 3 pm. Indulge in two Transforming Escapes in the Orchidée Salon during the week and the Hair Room Service by John Nollet will offer you a complimentary blow-dry experience.



COACHING

Pilates

Deep muscle strengthening techniques using slow movements based on thoracic breathing. It will result in improved posture, increased suppleness in joints, physical and mental well-being.

After-Ski Stretching

A stretching session with specially adapted movements is as important as sport, reducing muscle soreness and preventing the risk of injury. Feel supple and light on the slopes.

In & Outdoor Training

Enjoy the great outdoors during an unprecedented sealskin ski or snowshoeing adventure, followed by a privately-coached stretching session whilst sipping a delicious, fresh detox fruit and vegetable juice.

Cross-Training

Cross-Training develops a complete physical ability and a functional muscle structure. Sessions may come one after another every day with different exercise programmes from gymnastics, bodybuilding or fitness, to improve cardiovascular and breathing endurance, muscle development, strength, suppleness, agility and balance.

Boxing

Discipline of cardio-training and muscular reinforcement, uppercuts, hooks and pendulums knock the stress and the winter slackness out. One of the best sports activities to learn to surpass yourself while sculpting your body.

YOGA

Awakening Yoga - 1h / 1h30

To optimise the physical and mental benefits of yoga, a session at sunrise contemplating the snow-covered peaks is particularly propitious for channelling energies. Awakening Yoga takes place as a series of dynamic postures and breathing exercises that stimulate your body with a new energy.

Vinyasa Yoga - 1h / 1h30

Inspired from Ashtanga Yoga, Vinyasa Yoga explores the intimate connection between breathing and movement. This dynamic type of yoga is characterised by connected postures, rhythmised with breathing. It allows you to work on flexibility and stability while providing a feeling of lightness and body harmony.

Après-ski Yoga - 1h / 1h30

A gentle and meditative practice to unwind after a long day out on the slopes. Slow, targeted stretching will help you relax and recover in depth... A comforting session that allows you to set off the next morning, to discover the snow-covered slopes of the Trois Vallées.

Mini Yogi - 30 min

A moment specially designed for the youngest, punctuated by games that enhance the senses, tales, asanas and initiation to relaxation and meditation. During these sessions, imagination and play smoothly guide the children who are taught how to refocus, calm and relax. They are learning to listen to their bodies and control their feelings, gain confidence and have fun in the meantime.

Family Yoga - 45 min

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WATER ACTIVITIES

Aquabiking

Gentle on the joints and tough on cellulite, aquabiking sculpts the body in record time. This exercise improves blood circulation and boosts venous return to reduce swelling in the legs whilst the massaging action of the water smoothens the skin.

Aquaslimming

This complete slimming and toning exercise may be combined with the Slim and Firm Silhouette Treatment.

Aquaboxing

This discipline uses feet and fist techniques inspired by martial arts and boxing.

Aquafitness

These cardiovascular exercises help slim the figure.

HAIR ROOM SERVICE BY JOHN NOLLET

Hair Room Service by John Nollet

The exceptional quality haircuts, styles and service which have made John Nollet such a success in Paris may be enjoyed in this exclusive salon.

Renaissance Hair Care - 1h

Performed in the precious salon of the Hair Room Service, the Renaissance Hair Care offers a new life to hair damaged by the winter cold thanks to the Nathalie Tuil collection of natural treatments with clays and essential oils.

Imagined as a powerful treatment sublimated in a moment of absolute relaxation, a long scalp massage optimises the effects of this unprecedented treatment. Your hair regains strength, softness and shine.

A selection of Guerlain products is available for purchase at the Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of products available at the Cheval Blanc Spa.

The Exclusive Collections

Lovers of beauty will appreciate Guerlain's timeless and elegant fragrances, each with its own individual character and exquisitely designed bottle - l'Art et la Matière, les Elixirs Charnels, les Voyages Olfactifs. With their use of precious materials and absolute refinement, the Exclusive Collections encapsulate the Guerlain spirit.

The Art of Skincare

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products which blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

The Magic of Make-up

Shimmering powders and extraordinary lipsticks, an exclusive selection has been chosen for Cheval Blanc Courchevel for an illuminating effect.



2019-2020 PRICE LIST

NEW EXCLUSIVE TREATMENTS

Nourishing Eyelashes Lift Treatment	1h	240€
Through the Peak of Fir Trees	50 min / 1h20	205 / 290€
Repairing Massage	50 min / 1h20	205 / 290€
Accent Prime Face & Body Treatment	from 30 min to 1h20	from 350 to 980€
Daydreaming Ritual	30 min	140€

AFTER-SKI REJUVENATION

A Warming Winter Pause	50 min / 1h20	205 / 290€
Extreme Altitude Treatment	1h20	280€
Specific Ski Massage	50 min / 1h20	195 / 280€
Muscular Ritual	50 min / 1h20	195 / 280€
Osteo-thaï Massage	50 min / 1h20 / 1h50	195 / 280 / 340€

GUERLAIN SIGNATURE TREATMENTS

Black Orchidée Face Treatment	1h20 / 1h50	420 / 520€
Skin Light Anti-ageing Face Treatment	1h20	360€
Orchidée Impériale Prestige Treatment	1h20 / 2h20	290 / 480€
Orchidée Impériale Ultime Face & Body	1h50 / 2h50	390 / 580€
Royal Repair Treatment	1h20	290€
Made-to-Measure Facial Treatment	50 min / 1h20 / 1h50	195 / 310 / 410€

FACE BEAUTY RITUALS

Beauty Lift	30 min / 50 min	130 / 210€
Nourishing Eyelashes Lift Treatment	1h	240€

HIGH-TECHNOLOGY TREATMENTS

Cheval Blanc Metamorphosis Treatment	1h20 / 1h50	380 / 490€
Accent Prime Face & Body Treatment	from 30 min to 1h20	from 350 to 980€
Cryo 21 Face and/or Body Treatment	30 min / 50 min / 1h20	150 / 240 / 360€

ADDICTIVE GUERLAIN RITUALS

Daydreaming Ritual	30 min	140€
Sun Ritual	30 min	140€
Glowing Gaze Ritual	30 min	140€

Targeted Slimming Ritual	30 min	140€
New Skin Ritual	30 min	140€
Haute Altitude Ritual	15 min	90€

BODY SUBLIMATION

Body Polish	50 min	195€
Slim and Firm Silhouette	50 min / 1h20 / 1h50	195 / 280 / 360€

HARMONISING MESSAGES

Through the Peak of Fir Trees	50 min / 1h20	205 / 290€
Osteo-thaï Massage	50 min/1h20/1h50	195 / 280/ 340€
Imperial Relaxing Massage	50 min / 1h20	195 / 280€
Four-Hand Imperial Relaxing Massage	50 min / 1h20	390 / 490€
Mountain Chic Massage	50 min / 1h20	195 / 280€
Repairing Massage	50 min / 1h20	205 / 290€
Muscular Ritual	50 min / 1h20	195 / 280€
Specific Ski Massage	50 min / 1h20	195 / 280€
Body Lift Massage	50 min / 1h20	195 / 280€
Pre/Post-Natal Massage	50 min / 1h20	195 / 280€
Winter Foot Ritual	30 min / 50 min	130 / 195€

THERAPEUTIC TREATMENTS

Osteopathic Treatment	50 min / 1h20	220 / 290€
Physiotherapy	50 min / 1h20	220 / 290€

MEN'S TREATMENTS

Energising Facial	50 min	195€
Skin-Saver Facial	1h20	255€
Ultimate Experience	2h20	420€

2019-2020 PRICE LIST

HAND AND FOOT THERAPY

Complete Hand Treatment	50 min	130€
Complete Foot Treatment	50 min	130€
Application of Semi-Permanent Nail Polish	30 min	75€
Manicure for Men	40 min	110€
Beauty of the Feet for Men	40 min	110€

THE ART OF MAKE-UP

Make-up	50 min	140€
Make-up Lesson	1h20	190€

FOR THE LITTLE ONES

Sweet Secrets of the Bee	20 min	90€
Mademoiselle Guerlain	20 min	90€
New-found Togetherness	20 min	180€
Discover The Five Senses	50 min	160€
Introduction to Relaxation	20 min	90€
Mini Yogi	30 min	80€
Family Yoga	45 min	90€

TRANSFORMING ESCAPES

Repairing Transforming Escape	1h20	270€
Sport Transforming Escape	1h40	345€
Beauty Transforming Escape	2h20	425€
Revitalising Transforming Escape	2h20	425€
Sublime Transforming Escape	2h50	580€

COACHING AND WATER ACTIVITIES

Personalised Session	35 min / 45 min / 1h	120 / 150 / 190€
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YOGA

Awakening Yoga	1h / 1h30	190 / 260€
Vinyasa Yoga	1h / 1h30	190 / 260€
Après-ski Yoga	1h/ 1h30	190 / 260€
Mini Yogi	30 min	80€
Family Yoga	45 min	90€
Group Lesson	1h	60€

HAIR ROOM SERVICE

Renaissance Hair Care - Short	1h	150€
Renaissance Hair Care - Long	1h	180€

WAXING

Upper Lip / Under Arms / Bikini	40€
Lower Arms / Eyebrows / Wide Bikini	65€
Half-Legs / Complete Arms / Full Bikini	90€
Chest / Back	90€
Complete Legs	120€

2019-2020 ORCHIDÉE SALON PRICE LIST

NEW EXCLUSIVE TREATMENTS

Through the Peak of Fir Trees	1h / 1h30	260 / 360€
Repairing Massage	1h / 1h30	260 / 360€

AFTER-SKI REJUVENATION

A Warming Winter Pause	1h / 1h30	260 / 360€
Extreme Altitude Treatment	1h30	360€
Specific Ski Massage	1h / 1h30	250 / 350€
Muscular Ritual	1h / 1h30	250 / 350€

GUERLAIN SIGNATURE TREATMENTS

Black Orchidée Face Treatment	1h30 / 2h	470 / 610€
Skin Light Anti-ageing Face Treatment	1h30	420€
Orchidée Impériale Prestige Treatment	1h30 / 2h30	370 / 560€
Orchidée Impériale Ultime Face & Body	2h / 3h	470 / 660€
Royal Repair Treatment	1h30	370€
Made-to-Measure Facial Treatment	1h / 1h30 / 2h	260 / 390 / 490€

FACE BEAUTY RITUALS

Beauty Lift	1h	270€
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HIGH-TECHNOLOGY TREATMENTS

Cheval Blanc Metamorphosis Treatment	1h30 / 1h50	430 / 560€
Accent Prime Face & Body Treatment	from 30 min to 1h20	from 350 to 980€
Cryo 21 Face and/or Body Treatment	1h / 1h30	310 / 460€

BODY SUBLIMATION

Body Polish	1h	260€
Slim and Firm Silhouette	1h / 1h30 / 2h	250 / 350 / 390€

HARMONISING MESSAGES

Through the Peak of Fir Trees	1h / 1h30	260 / 360€
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Imperial Relaxing Massage	1h / 1h30	250 / 350€
Four-Hand Imperial Relaxing Massage	1h / 1h30	490 / 670€
Mountain Chic Massage	1h / 1h30	250 / 350€
Repairing Massage	1h / 1h30	260 / 360€
Muscular Ritual	1h / 1h30	250 / 350€
Specific Ski Massage	1h / 1h30	250 / 350€
Body Lift Massage	1h / 1h30	250 / 350€
Pre/Post-Natal Massage	1h / 1h30	250 / 350€
Winter Foot Ritual	1h	250€

MEN'S TREATMENTS

Energising Facial	1h	260€
Skin-Saver Facial	1h30	320€
Ultimate Experience	2h30	500€

TRANSFORMING ESCAPES

Repairing Transforming Escape	1h30	315€
Sublime Transforming Escape	3h	515€

SENSORIAL ESCAPE

Repairing Prelude, Experiential Shower	30 min	150€
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GENERAL CONDITIONS

Treatment Duration

The treatment durations indicated correspond to the length of your experience at the Spa. We respectfully request that you arrive at least 10 minutes prior to your appointment so that you may fully enjoy the experience.

A Moment of Tranquillity

Our Spa is a haven of serenity. Please be sure to turn off your cell phone so that your relaxation and that of other guests is not disturbed.

Reservation and Cancellation Policy

In order to secure the most suitable schedule, we recommend that you carefully anticipate your reservation.

Should you need to cancel or reschedule your appointment, as a courtesy we ask that you provide 24 hours' notice to avoid incurring the full therapy fee. Cancellations in less than 24 hours will require a charge of 100% of the treatment price.

Late Arrival

Late arrivals may result in lost treatment time unless our schedule enables us to offer you the full service.

Special Consideration

Guests who have high blood pressure, heart conditions, any other medical complications or are pregnant, are advised to consult their doctor before signing up for any Spa services. Kindly inform your Beauty Expert of any existing medical conditions.

Smoking and Alcohol

Smoking and consumption of alcohol within the Spa is prohibited.

Valuables

A box for safekeeping of valuables is provided in the treatment room but we recommend that no jewellery is worn at the Spa. The Maison will not be held responsible for the loss of money or valuables of any kind brought into the Spa premises.

Opening Hours

The Spa is open every day from 9:00 am to 8:30 pm.

CHEVAL BLANC COURCHEVEL

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