



ESPACE
SPA
 LES CIMES

The SPA area of Hotel-Chalet les Cimes welcomes you to an exceptional setting, blending a stylish and cozy atmosphere for a well-being experience. A selection of organic products will be used during your treatment.



INFOS

• HOURS •

Open daily by appointment

Access to treatment area: 10 AM - 7 PM

Access to relaxation area: 9H30 AM - 16H30 PM

- › Reservations can be made by phone, on site, or through the hotel's website.
- › Any service canceled within 24 hours of the appointment will be fully charged.
- › We recommend arriving 10 minutes before your appointment time.
- › In case of late arrival, the treatment duration will be shortened.
- › The SPA is accessible to guests aged 16 and over.
- › Swimwear is mandatory.

CONTACT

LA MAISON HUDRY

HOTEL CHALET LES CIMES - ESPACE SPA

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HOTEL CHALET
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 — ★ ★ ★ ★ —

«Enjoy a moment of well-being»

SOINS

WELL-BEING TREATMENTS

Bio Clairjoie Cosmetics for the respect of your skin and of the environment

FOOT REFLEXOLOGY 95€

• 55mn*

Specific pressure on precise areas of the feet. Rebalances the body's energies, relieves stress and promotes general well-being..

DEEP TISSUE MASSAGE 120€

• 55mn*

Particularly beneficial for people suffering from chronic pain, muscle stiffness, or tension linked to poor posture or sports injuries..

PRENATAL MASSAGE • 55mn* 120€

A gentle massage tailored to the needs of pregnant women. It relieves the physical discomforts associated with pregnancy by offering a moment of relaxation and connection with the baby.

WORLD'S MESSAGES

Oil of your choice based on the benefits of Essential oils

TRADITIONAL THAI MASSAGE 120€

• 55mn*

The Practitioner uses her hands, also the elbows, knees and feet to apply deep pressure promoting relaxation while energising the body and mind.

RELAXING MASSAGE (SWEDISH) • 55mn* 120€

The movements are adapted according to the desired intensity to promote optimal physical recovery.

AYURVEDIC MASSAGE • 55mn* 120€

This massage helps to balance vital energies, reduce stress, improve vitality and promote deep relaxation.

MASSAGE INDIEN DE LA TETE 95€

• 55mn

Concentrated on the scalp, face, neck and shoulders, this massage aims to relax and revitalise. It is also reputed to promote healthy hair and scalp.

SPECIALS

Come and experience an original moment in our wellness area

HOT STONE MASSAGE • 1h30 170€

(A deep relaxation technique that uses heated stone volcanic. It reduces stress and promotes an overall sense of well-being by revitalising the body and mind.

CUPPING THERAPY • 1h30 170€

Involves using suction cups to create a suction effect on the skin. Improves blood and lymph circulation, release muscular tension and drain toxins.

INSTANT PRIVILEGE • 2h30 195€

(Price per person)

Privatisation of Spa, Sauna, Hammam, Balneotherapy, and 1 massage of 1 hour of your choice

(Min 2 pers – Max 4 pers)

**Some massages can have a different duration according to wishes : 1h30 = 170€ or 2h00 = 220€
Please specify your massage when booking*