

SPA MENU



LE MASSIF
COURMAYEUR

lemassifcourmayeur.com

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1. LA FILOSOFIA EQUILIBRIUM

Equilibrium è la filosofia del benessere delle spa di Italian Hospitality Collection. Viene da millenni di cultura termale italiana e considera insieme il benessere del corpo e dello spirito. Insegna a gestire lo stress e lo stile di vita, creando equilibrio e armonia. Offre molto più che un'esperienza di benessere: dona il beneficio delle cure e, insieme, le conoscenze per iniziare un nuovo stile di vita, più sano, sereno, consapevole. Equilibrium si propone di attenuare i meccanismi dello stress e dell'infiammazione non clinica, che sono alla base di numerose patologie.

Lo fa attraverso strumenti semplici e potenti:

1. la nutrizione: dieta Equilibrium (mediterranea e del microbiota): potete trovare una selezione di piatti presso il ristorante principale;
2. il controllo dello stress: rituali rilassanti e Forest Bathing;
3. l'esercizio fisico;
4. trattamenti lenitivi e antiinfiammatori a base di essenze di montagna a elevato potere antinfiammatorio;

I trattamenti della spa Le Massif sono ispirati a questi concetti e ne seguono le linee guida utilizzando le risorse che la natura ci mette a disposizione.

1. LA MONTAGNA E LA FORESTA CHE CURA

La montagna e il suo mistero, le vette maestose e i mille segreti dei boschi. Un'esperienza fuori dal tempo che rivive nella spa Le Massif. Qui le energie del bosco e le sue essenze danno vita a raffinati rituali, trattamenti e percorsi nei quali è possibile ritrovare le proprietà benefiche della natura.

È il luogo ideale per riscoprire il potere curativo della foresta, per rilassarsi e disintossicarsi.

Poi il Forest Bathing: la natura che cura. Camminare avvolti dai profumi, dai colori e dai rumori del bosco diventa una vera pratica terapeutica. È molto più che piacevole e rilassante: è un potente strumento che stimola il sistema immunitario e agisce sulla sfera emozionale riducendo gli effetti dello stress.

Sessione individuale
Sessione di gruppo

Ⓞ

€

120	90
120	60





3. SPA COSMETOLOGY

Looking after your skin and keeping it healthy is about so much more than aesthetics – it has benefits for your physical, psychological and emotional health. Years of research and experience have resulted in our treatments, and sister thermal spa resorts, being internationally recognized as places of excellence in the world of wellness. We use unique and natural raw materials, expertly combined with professional cosmetics rich in modern, effective and safe active principles. The professional staff at Le Massif make every treatment a unique experience that invokes feelings of emotional wellness.

FACE

	⊕	€
ETERIA RADIANCE – REGENERATING AND HYDRATING	50	110
Oxygenating treatment with natural enzymes and thermal oligo elements.		
HYDRATION RESTORATION WITH WILD BLUEBERRIES	50	100
Hydrating and soothing treatment with blueberry bioflavonoids.		
EXCLUSIVE LE MASSIF TREATMENT	50	140
Anti-aging treatments with vitamins and biotechnological hyaluronic acid.		
ANTI-OXIDANT TREATMENT WITH VITAMIN C	50	120
Lightening anti-aging treatment that stimulates micro-circulation with vascular protection.		
FONTEVERDE ANTI-AGING EXTREME	50	150
Lifting face, neck and chest treatment with hyaluronic acid and vitamins, activated through a personalized super booster.	80	195
SKIN REGIMEN	50	110
Anti-aging treatment that renews the skin.		



BODY

	⊖	€
VELVET ANTI-AGING TREATMENT	50	140
Treatment that stimulates elasticity and hydration with amino acids and hyaluronic acid.		
BAGNI DI PISA MUD TREATMENT – DRAINING	50	100
Localized treatment that combats the appearance of cellulite.		
GROTTA GIUSTI MUD TREATMENT – TONING	50	100
Detoxifying and soothing treatment.		
DRAINING TREATMENT WITH LAMINARIA ALGAE	80	155
Marine algae wrap with detoxifying, draining and reducing properties.		
SLIMMING WRAP	80	180
Exclusive mix of toning and lipolytic oils followed by a wrap.		

SPA MOMENTS – FACE AND BODY

ICE MASK APRÈS SUN & SNOW	25	55
Hydrating and soothing treatment to restore skin balance following exposure to the sun and snow.		
TONING FACE MASSAGE	25	55
Treatment that hydrates and tones.		
BACK & NECK	25	55
Relaxing massage targeting the back and neck.		
FOOT MASSAGE	25	60
Treatment focused on stretching, relaxing and re-energizing the feet.		

4. ETERIA, THE EXCLUSIVE COSMETIC LINE

Eteria is our cosmetic line designed and developed with our practitioners so you can maintain the results you loved in the spa at home. Our formulas are based on high quality molecules and high concentrations of innovative active principles. Hyaluronic acid, collagen, elastin and a mix of vitamins and oligo elements visibly improve the appearance of imperfections from the very first use while stem cells with their anti-oxidant properties stabilize results, maintaining them over time.

€

ETERIA DIVINE

Skin Reveal Face Serum 30ml	115
Global Response Cream 50ml	260
All Night Cream 50ml	160
Eye and Lip Serum 30ml	110

ETERIA RADIANCE

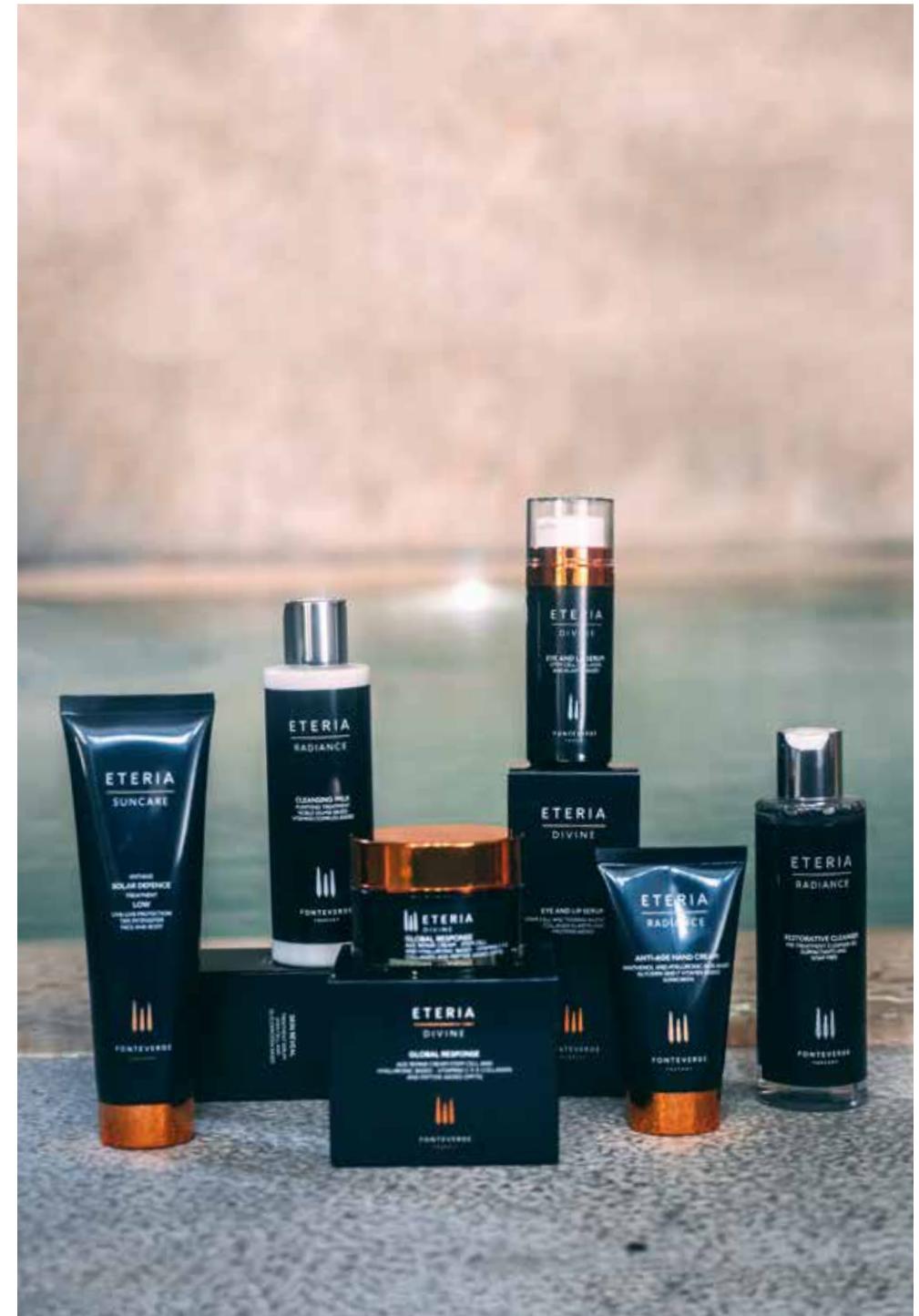
Restorative Cleanser 200ml	31
Hydra Source Age Prevention Cream 50ml	115
Age Prevention Acid Cream 50ml	115
Revealing Mask 50ml	95
Cleansing Milk 200ml	28
Beauty Lotion 200ml	28
Anti Age Hand Cream 75ml	34

ETERIA SUNCARE

Solar Defence Face & Body Low 150ml	28
Solar Defence Face & Body Medium 150ml	28

ETERIA SCULPTURE

Hydra tone 150ml	68
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5. PRIVATE SPA

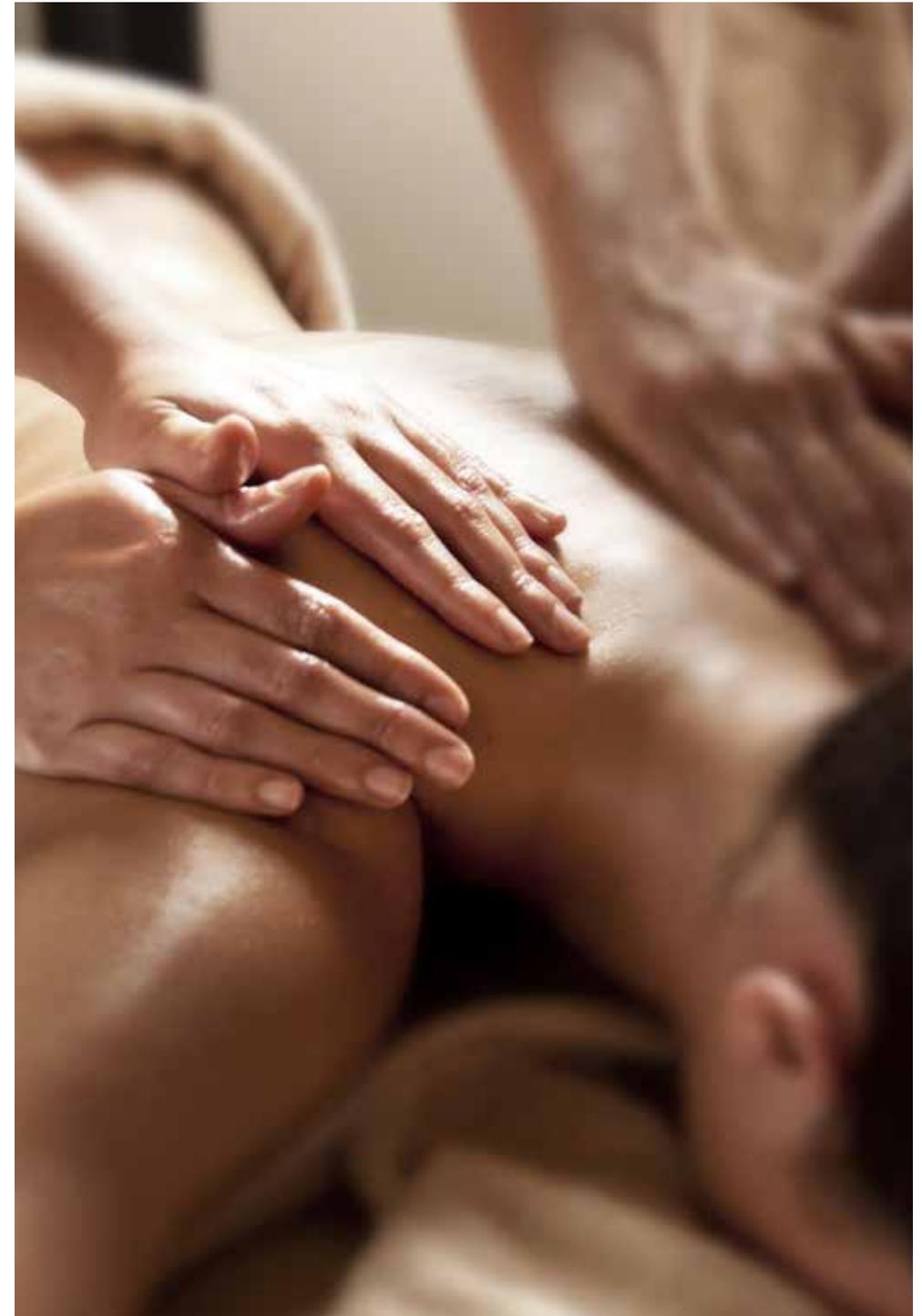
A spa within a spa: rituals and relaxation in an exclusive setting, just for you. Experience unique wellbeing, alone or with a partner. Silence, warmth, water and steam welcome you as you savour all the benefits of the "Secrets of the Forest". Enchanting itineraries, with treatments inspired by thousands of years of Alpine wisdom and therapeutic, precious products sourced from mountain meadows and woods. "Secrets of the Forest" brings you the cleansing, stress-beating action of Alpine essences, the anti-oxidant, revitalising effect of heather, and the soothing, relaxing power of calendula and Alpine lavender. Discover the scent of aromatic herbs, berries and fir, with the rhythms of nature and her seasons. This ancient knowledge will restore your true inner harmony.

	⌚	€
À LA CARTE PRIVATE SPA EXCLUSIVE USE	50	150
Exclusive use of the Private Spa room with wet area, emotional shower, whirlpool, infusions and fruits corner.		
Private spa with dedicated therapist for individual treatments	50	270
Private spa with two dedicated therapists for couple treatments	50	350
LE MASSIF RITUAL	110	490
Our multisensory treatment in which aromas, music and tactile sensations encourage deep relaxation thanks to Alpine lavender, achillea and camomile, together with an enveloping face and body massage. It kicks off with a relaxing steam bath, which is followed by a relaxing aromatic bath, sensory shower and hot and aromatic towel treatment. To finish, a massage combining western and eastern methods to accompany body and mind into a state of total relaxation.		
HEALING FOREST	80	380
A regenerating and detoxifying treatment with chestnut flour, Alpine root salts, redcurrants, gentian and horse chestnut. It begins with a detox steam bath, which is followed by an Alpine root scrub, a regenerating sensory shower and a rebalancing leontopodium and St. John's wort mask, with a wonderful massage to end.		
LE MASSIF ENERGY	80	380
An anti-fatigue and energising treatment based on precious mountain extracts, leontopodium and St. John's wort mask, blackcurrants and erica, which interact with an exclusive magnesium salt bath. It begins with a relaxing aromatic steam bath, which is followed by a sensory shower. A few minutes in the whirlpool and then a relaxing herbal tea or infusion. To finish, energising and toning face and body massages.		

6. MASSAGES

Massages are as old as time itself. A veritable art of procuring wellness through touch. A skilled and passionate practitioner can give massages that have a powerful impact on the health of the whole body. By stimulating superficial tissue, massage releases muscle tension, improves blood and lymphatic circulation, encourages relaxation and improves organ function. Combined with mountain essences its results are reinforced and stabilized, making a massage at Le Massif a truly unforgettable experience.

	⊙	€
ANTI-STRESS MASSAGE WITH PLANT-BASED MELATONIN	50	115
A massage combining warm and enveloping movements with the relaxing properties of plant-based melatonin oil.		
RE-ENERGIZING MASSAGE WITH ARNICA MONTANA AND GRAPPLE PLANT OIL	50	100
A massage designed to soothe tired and tight muscles.		
RELAXING SPORTS MASSAGE	50	105
Ideal after time on the slopes, this is an excellent massage to reduce pains in the muscles and bones.		
DRAINING MASSAGE	50	95
A gentle massage that encourages micro-circulation and detoxification.		





7. RITUALS

A journey into the world of aromas. Sequences of movements known to envelop and relax are combined with beautiful oils and essences. Each and every one of our rituals is an exploration of the senses designed to coax away the tensions and stresses of daily life. Spiriting you away from the restrictions of time.

	⊙	€
TRANQUILITY AROMATIC RITUAL	70	140
A wonderful combination of delicate aromatic notes and exclusive massage techniques.		
SLEEP RITUAL	70	150
A massage that enraptures all the senses leaving you feeling totally relaxed.		
VITALSTONE MASSAGE WITH ESSENCES FROM THE ALPS	70	135
Relaxing ritual using hot stones and oils.		

8. THE BIOAQUAM® CIRCUIT

Discover the warm embrace of refined and comfortable surroundings and give yourself permission to truly unwind. After a day in the great outdoors, seek refuge in this cocoon cut off from the strings of time and succumb to tiredness in the steam room, the aromas of the sauna and as you bathe in the emotional showers, float weightlessly in the warm pool. Outside a hot tub awaits – the perfect reward for jumping into the winter snow after heating up in the outdoor sauna or a treat for those simmering summer nights.

complimentary

9. BEAUTY SERVICE

	⊙	€
MANICURE	25	40
PEDICURE	45	50
FULL-BODY WAXING	50	80
PART-BODY WAXING	25	40

10. KIDS TREATMENTS

Le Massif offers little ones a collection of fun treatments using the highest quality eatable ingredients. The spa is a place for pampering your children, looking after their delicate skin after days filled with exercise, wind and sun and allowing them to explore a world bursting with new things.

	⌚	€
FAIRY FACIAL Soothing face mask with fruits of the forest yoghurt.	20	50
ELF'S GOLD Nourishing face mask with mountain hone.	20	50
SNOW QUEEN Hydrating face mask with rice starch.	20	50
MONT BLANC A rich chocolate fondue.	20	50
MOUNTAIN CUDDLES Gentle massage with shea butter with rice oil with sweet almond oil.	20	50
FAIRY FINGERS Manicure with non-toxic nail polish.	25	30





11. MOVEMENT AREA

You are in the best of health when you move. As such, movement is one of the powerful tools comprising the Equilibrium philosophy.

Moving means becoming aware of your body, reducing tension and stress, stimulating positive emotions. The aim is not merely to improve your performance, but to learn how to enjoy it so you want to draw pleasure and benefits from it.

When moving involves walking through the woods, experiencing its essences, aromas and sounds, it becomes a real therapy. With a carefully designed route, Forest Bathing immerses you in the woodland. This seemingly simple practice actually has positive effects on both the immune and cardiovascular systems as well the emotions.

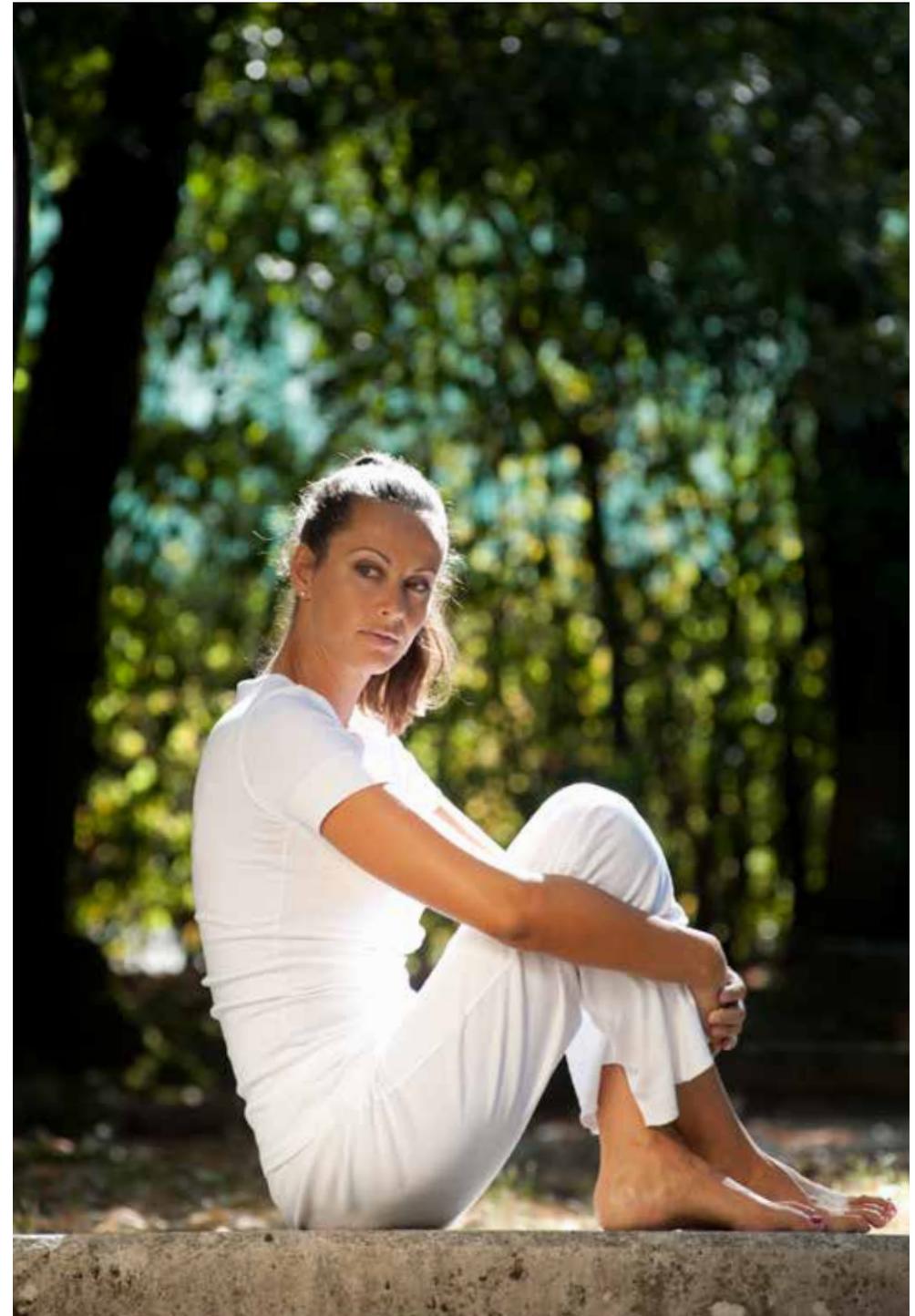
	⊙	€
FITNESS AREA WITH TECHNOGYM AEROBIC CIRCUIT		complimentary
ISOTONIC AREA WITH TECHNOGYM EQUIPMENT		complimentary
MORNING WALK *		complimentary
NORTH WALK*	90	
Individual session		80
Group session		40
FOREST BATHING*	120	
Individual session		90
Group session		60

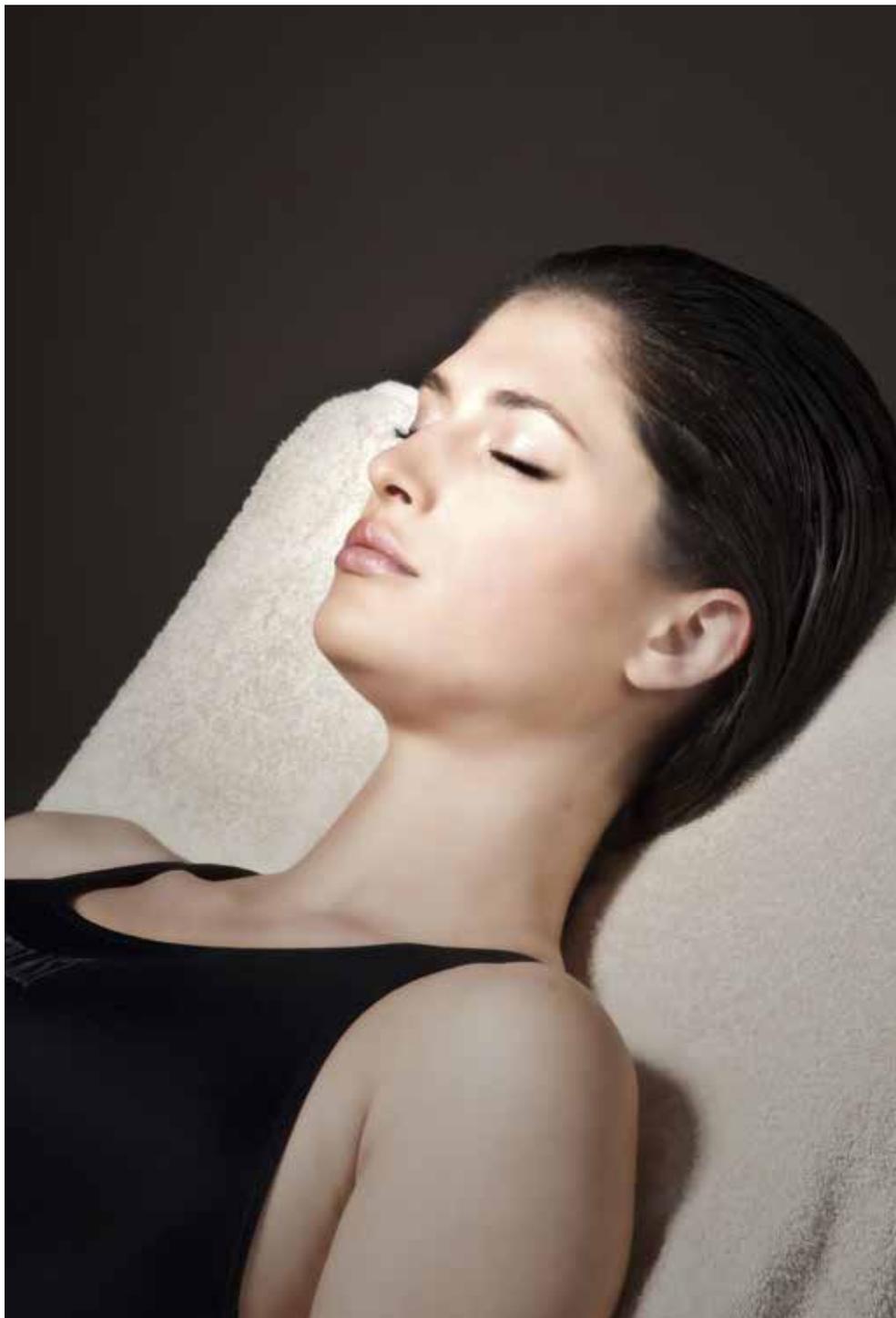
* These activities are available during Summer time only.

12. SPECIAL PROGRAMS

Le Massif spa offers collections of treatments carefully designed to target specific areas. The perfect complement to your vacation in the mountains, whatever the season, they can be added to any stay package.

	⊙	€
LE MASSIF SOLEIL (PRE AND APRÈS SUN)		189
1 Eteria Radiance - regenerating	50	
1 Hydration restoration with wild blueberries	50	
LE MASSIF RELAX		239
1 Anti-stress massage with plant-based melatonin	50	
1 Sleep ritual	70	
LE MASSIF EXTREME (FACE CARE)		460
1 Eteria Radiance – regenerating	50	
1 Exclusive Le Massif treatment	50	
1 Anti-aging extreme	50	
1 Anti-oxidant treatment with vitamin C	50	
1 Toning face massage	25	
LE MASSIF RECOVERY TOUCH (AFTER SKY & WALK)		340
2 Re-energizing massage with arnica montana and grape plant oil	50	
1 Relaxing sport massage	50	
2 Foot massage	25	
LE MASSIF BODY STRATEGIST (SLIMMING AND ANTI-CELLULITE)		588
2 Bagni di Pisa Mud treatments	50	
2 Grotta Giusti Mud treatments	50	
1 Slimming wrap	80	
1 Draining massage with laminaria algae	80	
LE MASSIF ABSOLUTE (TOTAL EXPERIENCE)		596
1 Healing forest	50	
1 Le Massif ritual	80	
1 Eteria Radiance - regenerating	50	
1 Exclusive Le Massif treatment	50	
1 Anti-stress massage with plant-based melatonin	50	
1 Vitalstone massage with essences from the Alps	70	





13. GIFT VOUCHERS

The most beautiful gifts are made up of happiness, splendour and relaxation.

HOLIDAY GIFT VOUCHER

Give the gift of a holiday in search of the most prestigious wellness.

CUSTOM GIFT VOUCHER

Choose the value of your gift voucher and give the present of cherished relaxation and pampering.

SPA GIFT VOUCHER

A relaxing day at the natural spa.

14. SPA ETIQUETTE

PACKAGE FORMS

Treatment package forms are at your disposal. Please ask our reception desk for further information.

MOBILE PHONE USAGE

Please avoid the use of mobile phones in the spa areas.

DRESS CODE

When booking a treatment you can get your robe directly at the spa.

THERAPIST

Kindly inform our therapist of any possible problems which could interfere with the treatment or its intended results.

SPA BOUTIQUE

You can purchase any of our exclusive range of Eteria products directly from our Spa Boutique.

CANCELLATIONS

We require 24 hours notice for all cancellations. Bookings cancelled less than 24 hours before the appointment may be subject to charges.

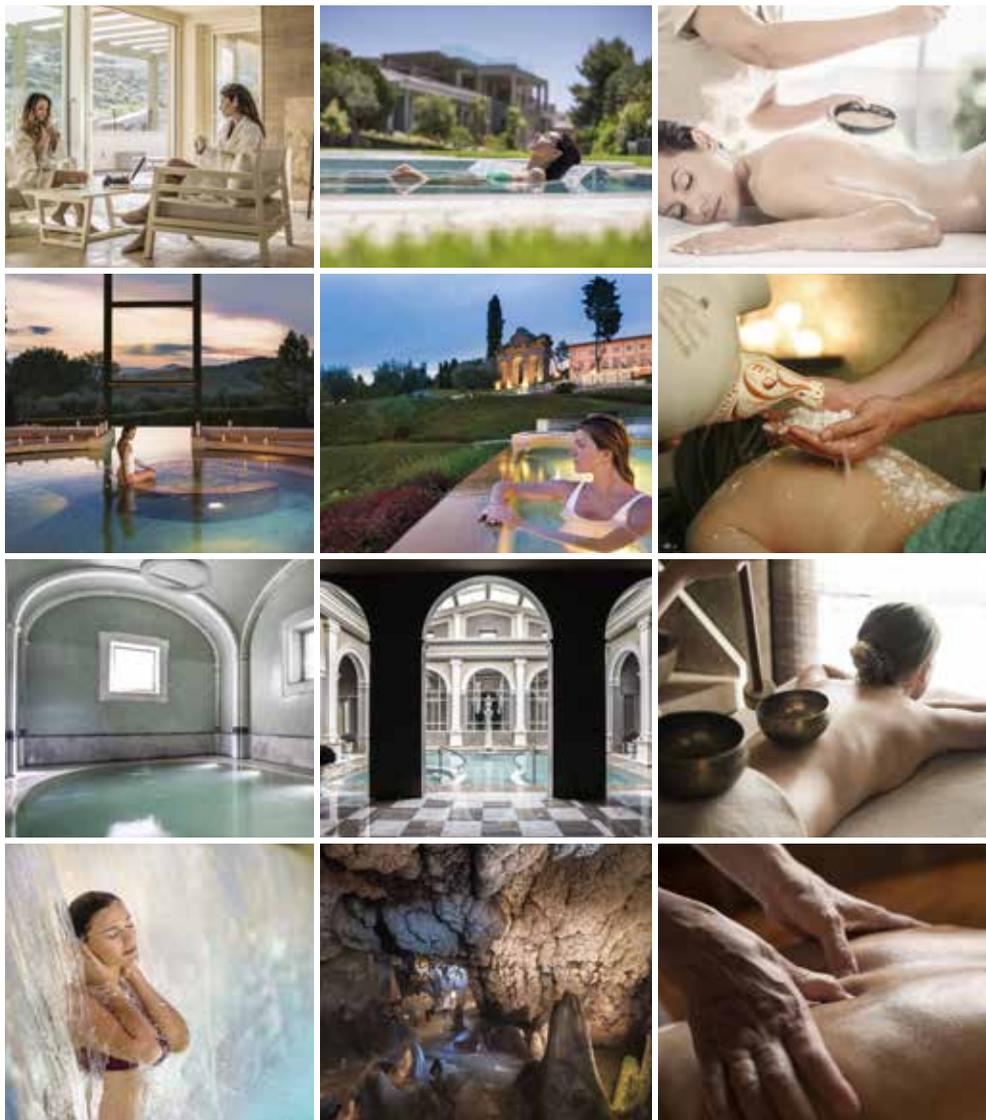
KIDS AT THE SPA

Kids up to 12 years are allowed at the spa until 4.00 pm with the kids club.

From 4.00 pm they can access the spa when accompanied by an adult.

Kids from 12 to 17 years are allowed at the spa during the regular opening time accompanied by an adult.

Sauna and Turkish bath: access is allowed from 18 years.



All of our natural spas enable you to enjoy invigorating natural energy in Sardinia or the benefits of centuries-old, natural, thermal waters in Tuscany. The hot spring pools at Fonteverde with spectacular views of the Orcia valley; the ancient thermal baths of the Grand Duke of Tuscany at Bagni di Pisa and the naturally formed thermal caves at Grotta Giusti.



