

# TREATMENT MENU

WINTER 2023-2024

*Beaumont*  
**L'ALPAGA**  
ALPES MEGÈVE 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 THERAPISTS



**Marvin**

Marvin is an experienced massage therapist who incorporates breathing techniques and trigger point therapy into his treatments to reach an ultimate state of relaxation as well as unwinding areas of tension. He is passionate about his work and is also qualified in deep tissue, aromatherapy and maternity massage. He believes in a state of balance and personally practises both meditation and yoga.



**Nathalie**

Nathalie is a professional masseuse with solid experience forged in establishments such as Relais & Châteaux Spa. A specialist in massages and therapeutic treatments, Nathalie offers excellent made-to-measure care. Trained in hydrotherapy, aromatherapy and bio-nutrition, and attentive to people's well-being, Nathalie will guide you towards a state of absolute relaxation, rebalancing and strengthening your mental and physical health.

## 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** 380€ *(420€ full price)*  
3 x Therabody Deep Tissue Massage (50 min)

**OPTIMAL WELLNESS PACKAGE** 425€ *(475€ full price)*  
Alpine Muscle Ease Remedy (75 min), Therabody Deep Tissue Massage (50 min) & Holidermie Kobido Face Massage (60 min)

**TASTER PACKAGE** 190€ *(215€ full price)*  
Back, Neck & Shoulders & Scalp Massage (50 min) & Instant Glow Face Massage (30 min)



## SIGNATURE TREATMENTS

### **COUPLES SUITE**

(no additional charge)

Experience any treatment with a friend or partner in our delightful couples room. Start with a warm, natural wheat pack placed on your shoulders to melt away tension and finish enjoying a beautiful herbal tea, in your own privacy. The perfect way to unwind and relax together.

### **ALPINE MUSCLE EASE REMEDY**

75 min - 195€

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 FOR PRE-OR POST SKI**

50 min - 140€

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.

### **THERABODY™ JETAIR COMPRESSION LEG RECOVERY**

20 min - 30€

*If added to another treatment 20€*

Drain your legs and relieve muscle fatigue, soreness and swelling. Dr Emil Vodder's DLM use a clinically proven pneumatic compression system that boosts both circulation and lymphatic drainage, vital to overall health and faster post ski recovery.

### **VITALITY**

50 min - 130€

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 - 130€/195€

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** 75 min - 205€

A nurturing and comforting massage, adapted for this special time. Using gentle oils and no essential oils, this treatment targets back ache, tension and heavy legs, providing a peaceful and relaxing experience.

**BACK, NECK, SHOULDERS & SCALP MASSAGE** 50 min - 130€

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.

**TREATMENT BOOSTER** 15 min - 25€

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 - 140€

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.

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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 - 80€

**HAND & FOOT MASSAGE** 30 min - 80€

**FACIAL MASSAGE** 30 min - 80€

\* minimum age: 8 years old

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## WELLNESS MOVEMENT

### 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 OFFERS

*(Offers available for non-resident guests)*

Three unique packages allowing non-resident guests to access our spa facilities, including the leisure bath and thermal areas:

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

Enjoy a gourmet breakfast, a 50-minute personalised massage and a 2-hour access to the spa.

### **SPA DAY LUNCH OFFER** - 165€ per person

Enjoy a 50-minute personalised massage, a 2-hour access to the spa and a choice of either a lunch in our restaurant «Le Bistrot de l'Alpaga» or a Tea-time by our pastry chef.

### **SPA DAY TEA TIME OFFER** - 165€ per person

Enjoy a 50-minute personalised massage, a 2-hour access to the spa and a Tea-time by our pastry chef.

*From Wednesday to Sunday with 24 hour advance booking.*

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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.*



## FOR YOUR COMFORT EVERYTHING YOU NEED TO KNOW

- Please kindly complete our online consultation form before arrival.
- Payments will be room charge or credit card (at reception) only.  
In-room treatment: room charge only.
- Throughout the spa you will find hand washing facilities. Please wash and sanitize your hands regularly while with us.
- Prior to your treatment please shower thoroughly.
- Enhanced cleaning procedures have been implemented: treatment rooms will be well ventilated and fully sanitized between treatments.  
In-room treatment: all equipment and products will be fully sanitized between treatments. Please ensure your hotel room has been well ventilated prior to the therapist's arrival.
- Please note that all hotel guests are required to change into their robes in their guest rooms before arriving at the Wellness Spa.
- Please note that all outside guests must leave the spa by 4PM.
- Outside guests coming only for a massage do not receive access to the facilities.
- The Spa Day Lunch offer with the Tea-Time option is available from Wednesday to Sunday. The Tea-Time is served between 2:30PM and 5:30PM.

## 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.

### **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. 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*

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