

TREATMENT MENU

SUMMER 2023

★★★★★
L'ALPAGA
MEGÈVE



At Beaumier, your wellbeing is our priority. Put yourself in the caring hands of our specialist team of therapists.

Indulge in nurturing treatments crafted using thoughtful touches such as gently warmed oils and cooling compresses, perfect before or after a day's activity or relaxing outdoors.

We have partnered with Kalmar and Therabody to provide the latest products and techniques to ease muscular tension, nourish and protect the skin or to encourage a good night's sleep.

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

kalmar

 **Therabody**

OUR VISITING PRACTITIONERS



Anaïs

Anaïs is qualified in Lomi Lomi, Balinese and Thai Reflexology, also completing specialised courses in Prenatal, Lymphatic Drainage and Swedish Massage. Anaïs is a trained Nutrition Coach and has her own company advising on wellbeing. Her interests include yoga, sport and travelling.



Hélène

Hélène is a qualified Holistic Massage Therapist who completed 3 years of training. She also specialises in pregnancy and chair massage. She has run her own business and spent time volunteering in Africa. Hélène loves nature, fresh air and bike trekking and has a passion for both the environment and healthy eating.

MASSAGES AT THE WELLNESS SPA

«JARDIN D'HERBES» SIGNATURE MASSAGE

75 min - 195€

Our unique signature treatment is designed to soothe the body and bring serenity to the mind. Inspired by nature, we use a synergy of locally sourced herbs and Kalmar's natural oils during a calming body, face and scalp massage to melt away tension. Visualization and breathwork result in a deep feeling of relaxation and a renewed sense of wellbeing.

VITALITY MASSAGE

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 full body massage combined with gentle stretches, is perfect to relax tense muscles, leaving you with a feeling of vitality.

THERABODY DEEP TISSUE MASSAGE

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.

PERSONALISED MASSAGE

50 min - 130€ / 75 min - 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.

**THERABODY™ JETAIR COMPRESSION
LEG RECOVERY**

20 min - 30€

or 20€ when added to another treatment

Recharge your legs after air travel or exercise and relieve muscle fatigue, soreness or swelling. Therabody's new RecoveryAir boots use a clinically proven pneumatic compression system that boosts both circulation and lymphatic drainage, vital to overall health and faster post sports recovery.

MATERNITY MASSAGE

50 min - 130€ / 75 min - 195€

A nurturing and comforting massage, adapted for this special time. Using gentle, safe 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 BOOSTERS

5€

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

COUPLES SUITE

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.

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

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 through the duration 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)

RELAXATION PACKAGE 350€ *(380€ full price)*

3 x Personalised Massage (50 min)

TASTER PACKAGE 145€ *(160€ full price)*

Back, Neck, Shoulders & Scalp Massage (50 min)
& Therabody™ JetAir Compression Leg Recovery (20 min)

CHILDREN & TEENS

30 min - 80€

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

HAND & FOOT MASSAGE

FACIAL MASSAGE

WELLNESS MOVEMENT

YOGA

At Beaumier, your wellbeing is our priority. 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. For class schedule, location, pricing and timings, please enquire at the Wellbeing Spa or hotel's reception.



OUR WELLNESS OFFERS

(Offers available for non-resident guests)

Two unique packages allowing non-resident guests to access our spa facilities, including the outdoor sauna, hot pool, indoor vitality pool and fitness area:

RELAXING BREAKFAST & SPA - 160€ per person

Enjoy a gourmet breakfast in our restaurant, 2 hours access to the fitness area, pool, steam and sauna, plus a 50-minute Personalised Massage.

SPA DAY TEA-TIME OFFER

- 160€ par personne

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, from 2:30pm to 5pm, with 24 hour advance booking.

INFORMATION

Arrival

Hotel guests are encouraged to shower and change into their robes before arriving at the Wellness Spa. Please arrive 15 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 treatment.

Age policy

Our treatments are specially tailored for adults of 18 years upwards. However, our children's treatments are available from 8 years and upwards when accompanied by a parent.

Care

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

Payment

Payments will be room charge or credit card only.

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.

Ambiance

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

Rates for season 2023

L'ALPAGA

66 Allée des Marmousets, Route de Prarian 74120 Megève
Tél. +33 (0)4.50.91.48.70 | spa.alpaga@beaumier.com
www.beaumier.com

