

# TREATMENT MENU

WINTER 2024-2025

★★★★★  
**L'ALPAGA**  
MEGÈVE



At Beaumier, your wellbeing is our priority.  
Put your trust in the attentive hands of our  
specialist therapist.

Indulge in 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 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**

## OUR MASSAGE THERAPIST



**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.

## SIGNATURE MESSAGES

### **SPORT MESSAGE**

50 min - 140€

An intensely effective treatment designed to alleviate muscular stress and deep-seated tension. Perfect to warm up muscles prior to exercise or help prevent soreness after sport.

### **PERSONALISED MESSAGE**

50 min - 140€ / 75 min - 205€

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.

### **MANUAL DRAINAGE**

60 min - 160€

This massage therapy technique stimulates lymph circulation and thus boosts the immune system. Its benefits are numerous, as it can be used for both therapeutic and aesthetic purposes.

### **MATERNITY MESSAGE**

60 min - 170€ / 75 min - 205€

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 MESSAGE**

50 min - 140€

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**

15 min - 30€

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

Used in percussion, it focuses on specific areas of tension to relieve pain, refluidify tissue movement and help prevent aches and pains after sport or to warm up muscles.

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

**THE LITTLE EXTRAS**

In addition to a customised 50' massage  
30 min - 65€

**PALM, PLANTAR OR FACIAL REFLEXOLOGY**

OR

**FACE MASSAGE: ANTI-WRINKLE, DLM OR KOBIDO**

OR

**BELLY MASSAGE**

## 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.

**DEEP TISSUE PACKAGE** 380€ *(420€ full price)*

3 x Intense Massage (50 min)

**RELAXATION PACKAGE** 360€ *(390€ full price)*

3 x Personalised Massage (50 min)

**OPTIMAL WELL-BEING PACKAGE** 425€ *(475€ full price)*

Alpine Muscle Relaxation Remedy (75 min), Intense Massage (50 min)  
and Kobido Face Massage (60 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.  
Minimum age: 8 years old

### PERSONALISED MESSAGE

## 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:

### **RELAXING BREAKFAST & SPA - 165€ per person**

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

### **SPA DAY - AFTERNOON SNACK OFFER**

- 165€ per person

Enjoy a 50-minute personalised massage, a 2-hour access to the spa and an afternoon snack.

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

## 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.*

## 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.

## **L'ALPAGA**

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