

LE REFUGE DE SOLAISE

ALT.2551M — VAL D'ISÈRE

TREATMENT MENU

THE ART OF HIGH-PERFORMANCE
SKINCARE BY MYBLEND
WINTER 2026 - 2027

The Refuge Spa

Immerse yourself in the majestic setting of the Spa, perched at 2,551 metres above sea level, in the heart of the mountains. The Spa at Refuge de Solaise invites you to escape time and experience the ultimate sense of well-being within a breathtaking natural environment.
A true sanctuary to restore, reconnect and return to what truly matters.



The Art of High-Performance Skincare:

At the summit of Solaise, at 2,551 metres above sea level, the Spa at Refuge de Solaise becomes an exclusive setting for the myBlend expertise. Each treatment embodies the perfect alliance between skin science, cutting-edge non-invasive technologies and expert techniques inspired by neuroscience, delivering visible results from the very first session along with long-lasting benefits.

Our approach is built around the exclusive **DERMA + TECH + TOUCH** trilogy:

DERMA – Highly concentrated formulas enriched with biomimetic peptides, selected according to your skin's specific needs.

TECH – Advanced technologies (CellSynergy, myLEDmask, radiofrequency, cryo-thermo aesthetics, electrostimulation and electroporation) designed to stimulate the skin's natural cellular regeneration mechanisms.

TOUCH – Deep and precise massage techniques inspired by the latest discoveries in neuroscience, designed to work on the skin's tissues while strengthening the connection between skin and mind.

Each experience begins with a personalised mySkinDiag diagnosis to tailor the protocol, techniques and technologies to your skin, lifestyle and emotions.

Proven performance and sensory emotion come together in an exceptional alpine environment to reveal complete well-being and incomparable radiance.

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CellSynergy Non-Invasive Technologies:

NON-INVASIVE TECHNOLOGIES RECOGNISED FOR THEIR POWER AND EXCEPTIONAL EFFECTIVENESS.

As high-performing as they are sensory, these technologies act on your skin's youthful appearance while enhancing overall well-being.

RADIOFREQUENCY

Radiofrequency uses electromagnetic energy to generate heat within the deeper layers of the skin. This stimulation encourages fibroblasts to produce elastin and collagen, helping to improve the appearance of wrinkles and skin laxity.

CRYO-THERMO AESTHETICS

Cryo-thermo aesthetics combines the application of gentle heat or intense cold.
Heat boosts blood circulation within the skin, while intense cold constricts blood vessels.

ELECTROPORATION & ELECTROSTIMULATION

Electroporation creates impulses that increase the skin's permeability, allowing cosmetic products to penetrate more effectively.
Electrostimulation activates the facial muscles for a toned and sculpted appearance.

MYLEDMASK

The myBlend LED mask combines red light and pulsed near-infrared technology to stimulate fibroblasts and boost collagen and elastin production.

Facial Treatments

myBlend

Each facial treatment begins with a personalised mySkinDiag diagnosis and combines the DERMA + TECH + TOUCH trilogy: highly concentrated biomimetic peptide formulas, cutting-edge non-invasive technologies and expert techniques inspired by neuroscience.

The Expert — 80 min - 220 €

The complete myBlend protocol: comprehensive diagnosis, bespoke formulas, CellSynergy technologies, myLEDmask and a deep sculpting massage to regenerate, densify and illuminate the face, neck and décolleté.

The Essential — 50 min - 180 €

A complete treatment combining sculpting massage and CellSynergy technologies to lift, firm and redefine facial contours. Ideal for restoring energy and radiance to the skin within an optimised timeframe.

The Express — 25 min - 100 €

This treatment pairs a deep, precise muscular massage that revives the face's vitality with the myLEDmask or myDarkspotpen. Lifting movements redefine the contours, smooth wrinkles and restore balanced volumes.



myBlend Beauty Lab

NEW

myBlend

A natural extension of your treatment, the Beauty Lab is dedicated to analysing your skin and personalising your beauty routine. Our myBlend experts welcome you to uncover your skin's precise needs and, together with you, choose the steps and products that will extend the benefits of your treatment well beyond the spa.

mySkinDiag Discovery — 5 min - Complimentary

A complete mapping of your skin (hydration, elasticity, pigmentation, micro-relief) carried out by our experts, to fine-tune your treatment protocol and guide your daily routine.

mySkinDiag In-Depth — 20 min - 35 €

A full skin assessment with dedicated advice time, for those who would like a skin analysis without booking a facial. Complimentary with the purchase of any product.

myBlend LED Mask — 20 €

The power of red & infrared light to stimulate collagen, firm the skin and reveal its natural radiance.

Hydragel Expert Hydration Face Mask — 30 €

A super-hydrating face mask with an immediate tightening effect, for skin that is instantly plumped, smoothed and glowing with health.

Nourishing Face Mask — 15 €

A lifting, plumping treatment with immediate effect. Skin looks smoother, more toned and intensely hydrated.

Resurfacing Face Mask — 15 €

A dual-action enzymatic radiance mask combining papaya enzyme, Radiance peptides and stabilised vitamin C to smooth and refine skin texture and instantly revive dull complexions.

New Skin Facial Peel — 20 €

The full power of AHAs/BHAs to exfoliate, smooth and renew the skin. The complexion is instantly more even and radiant.

Jet Boots — 20 €

Innovative pressotherapy to boost circulation, lighten the legs and speed up recovery.

THE MYBLEND SELECTION

A selection of myBlend serums, masks and balms is available at the Beauty Lab, to extend the results of your treatments between stays at Le Refuge.

Massages & Body Experiences

Each myBlend massage is designed to respond to the specific needs of both body and mind. Techniques inspired by neuroscience are combined with targeted formulas and, according to your preferences, non-invasive technologies to optimise results.

MYBLEND EXPERTISE

myBlend Harmonising — 50 min - 175 € / 80 min - 250 €

A deeply relaxing massage combining gentle stretches and enveloping movements to release tension, rebalance energy flows and soothe the mind. Ideal for complete relaxation and release.

myBlend Energising — 50 min - 180 € / 80 min - 255 €

A massage designed to ease muscular tension and deeply release contracted areas. Through firm and targeted pressure, this treatment delivers an immediate feeling of relief while promoting enhanced body recovery.

Sports recovery add-on for the Energising massage: Theragun + €10

myBlend Smoothing Body Scrub — 25 min - 100 € / 50 min - 170 €

A deep muscular treatment combining invigorating techniques with Theragun percussion therapy to optimise post-exercise recovery.

LE REFUGE SPECIALITY MASSAGES

Aromatic Herbal Poultices — 50 min - 190 € / 80 min - 270 €

A unique sensory ritual combining the warmth of herbal poultices with the benefits of medicinal herbs and spices. The aromas released blend with the therapist's expert movements to relax the muscles deeply, release tension and stimulate circulation.

Bespoke Physiotherapy Massage — 50 min - 195 € / 80 min - 275 €

An expert, personalised treatment by our qualified physiotherapist, who adapts every movement to your specific needs. This targeted therapeutic approach supports rehabilitation, relieves muscular tension and restores the body's natural balance.

Foot Reflexology — 25 min - 100 €

A treatment inspired by traditional reflexology: reflex points are stimulated to release tension, improve circulation and restore inner balance.

Mother-to-Be — 25 min - 90 € / 50 min - 170 €

Gentle techniques adapted for pregnancy (from the 4th month onward) to relieve tension, improve comfort and nourish the skin.

Massages & Body Experiences

NEW

MADEROTHERAPY · DRAINAGE & RECOVERY

PALMAROSA METHOD
Maderotherapy comes to Le Refuge: an innovative technique that sculpts, drains and relaxes using wooden tools, for a body that feels instantly lighter and more toned.

Light Legs — 25 min - 100 €

An express treatment focused on the thighs and legs, to stimulate drainage and bring an immediate feeling of lightness. Ideal after skiing or for tired, heavy legs.

Sculpted Abdomen — 25 min - 100 €

An express treatment focused on the abdomen, to stimulate drainage and bring an immediate feeling of lightness.

Drainage & Recovery — 50 min - 180 €

A treatment tailored to your needs: post-exercise muscle recovery, drainage of areas prone to swelling, or body contouring.

Full Body — 80 min - 250 €

A complete treatment combining wooden tools and draining movements over the whole body, to relax the muscles and restore lightness and tone.

Body Lymphatic Drainage — 50 min - 180 € / 80min - 250 €

A dynamic, rhythmic manual drainage that supports the body's natural circulation. Ideal for heavy legs, after travel, or alongside maderotherapy treatments.

myBlend Advanced Technologies & Add-Ons

myBlend

Add to any body treatment or facial to enhance its benefits.

FACE

Pro-Collagen Expert Lip Treatment 5 €

A targeted treatment boosted with Plumping Peptide and a Pro-Collagen, Pro-Hyaluronic Acid and Pro-Nutrition complex. It plumps, redefines and intensely hydrates the delicate lip contour..

myBlend LED Mask 20 €

The power of red & infrared light to stimulate collagen, firm the skin and reveal its natural radiance.

Hydragel Expert Hydration Face Mask 30 €

A super-hydrating face mask with an immediate tightening effect, for skin that is instantly plumped, smoothed and glowing with health.

Nourishing Face Mask 15 €

A lifting, plumping treatment with immediate effect. Skin looks smoother, more toned and intensely hydrated.

Resurfacing Face Mask 15 €

A dual-action enzymatic radiance mask combining papaya enzyme, Radiance peptides and stabilised vitamin C to smooth and refine skin texture and instantly revive dull complexions.

New Skin Facial Peel 20 €

The full power of AHAs/BHAs to exfoliate, smooth and renew the skin. The complexion is instantly more even and radiant.

BODY

Nourishing Body Balm 15 €

A rich treatment that intensely nourishes, soothes dry areas and leaves the skin soft and silky.

Nourishing Hand & Foot Balm 15 €

A rich treatment that intensely nourishes, soothes dry areas and leaves the skin soft and silky.

Jet Boots 20 €

Innovative pressotherapy to stimulate circulation, relieve heavy legs and accelerate recovery.



Signature Rituals

myBlend recharge Ritual — 2h10 – 290 €

A complete protocol designed to restore energy, optimise physical recovery and stimulate cellular regeneration. Ideal after a day on the slopes or intense exercise, this ritual combines cutting-edge technologies, expert techniques and bespoke care for complete wellbeing of body and mind.

THE JOURNEY INCLUDES

Contrast Thermal Immersion — 30 min

A hot bath followed by an ice bath, to stimulate circulation, ease muscle tension and boost vitality.

Jet Boots — 25 min

High-precision pressotherapy to boost circulation, encourage drainage and speed up muscle recovery.

Bespoke myBlend Massage — 50 min

Harmonising or energising, inspired by neuroscience, to release deep-seated tension, rebalance energy flows and restore the body's harmony.

myLEDmask & Sculpting Massage — 25 min

Pulsed red and infrared LED light combined with a deep facial massage, to stimulate collagen production, improve firmness and illuminate the complexion.

The result: an immediate energy boost, a feeling of lightness and visible radiance.

NEW · GROUP SESSION

POLAR RESET · CONTRAST THERAPY

A guided group experience for up to 6 people: sauna and ice bath in succession for an invigorating thermal contrast, combining conviviality, vitality and mindful presence.

Polar Reset Ritual — 60 min - 45 €

Two sauna sessions and two ice-bath immersions, guided by a specialist therapist: heat releases, cold awakens. A shared pause to let go of tension and recharge after exertion.

Sauna and ice bath reserved exclusively for your group *(6 people maximum) · Booking required.*

Times: *three après-ski sessions daily, starting at 5pm, 6pm or 7pm*

Head Spa Rituals

Head Spa rituals combine a deep scalp massage with targeted scalp treatments and, depending on the format chosen, myBlend facial or body protocols. Every step uses our signature haircare range, formulated with high-mountain actives — edelweiss, wild blueberry, sea buckthorn oil — to nourish, strengthen and enhance the hair fibre while deeply soothing the scalp.

Après-Ski Serenity — 25 min - 90 €

A nourishing pre-shampoo oil, a slow, unhurried scalp massage, then a gentle purifying shampoo. Accumulated tension melts away as hair regains suppleness and lightness.

Polar Comfort — 50 min - 140 €

A deep scalp massage combined with a targeted hair mask — hydrating, nourishing or strengthening, as needed — and a revitalising scalp serum, for deep regeneration of scalp and hair.

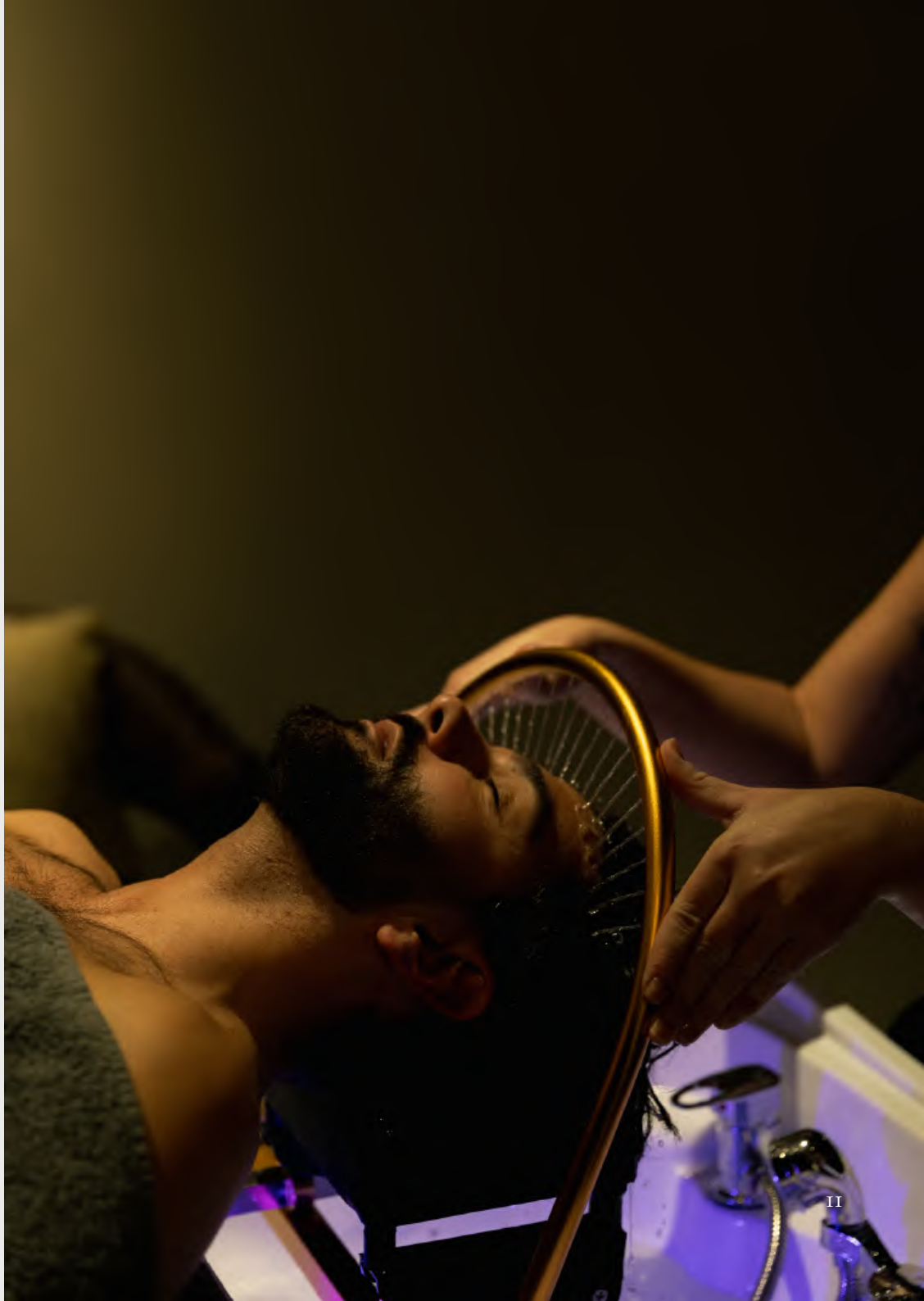
Snow Haven — 50 min - 190 €

Head Spa with pre-shampoo oil and targeted mask, followed by a targeted myBlend facial, to relax the mind and restore the skin's radiance.

Winter Journey — 80 min - 240 €

Head Spa with the complete hair ritual (oil, mask, scalp serum), followed by a harmonising or energising body massage, to release every last bit of tension.

Our signature haircare range is available at the Beauty Lab, so you can extend the benefits of your Head Spa ritual at home.





Kid's Treatments

Designed for children aged 6 to 12, these treatments have been specially created using gentle products and adapted techniques for a safe introduction to the spa experience in the presence of a parent.

Discovery Massage — 25 min - 70 €

A relaxing and cocooning massage adapted for children from 6 years old, designed to soothe and gently relax. Performed with a neutral and hypoallergenic oil.

Softness facial — 25 min - 75 €

A delicate cleanse, massage and application of a hydrating mask adapted for young skin, for a relaxing and discovery-focused experience.

Young Spa Ritual — 50 min - 135 €

A combined massage and adapted facial treatment for a complete spa introduction within a reassuring environment.

Wellbeing Passes & Combined Escapes

Exclusive packages combining access to the facilities with bespoke treatments, to extend the benefits of the spa experience and make the most of the exceptional setting of Le Refuge de Solaise.

Winter Recharge pass
2hrs - 125 € / 1 person
2hrs - 240 € / 2 people
Acces between 10am and 4pm

Includes: access to the wellness area (hot tubs, hammams, outdoor sauna, hot bath, relaxation area).

Gourmet Recharge pass
2hrs - 125 € / 1 person
2hrs - 240 € / 2 people
Acces between 10am and noon

IIncludes: gourmet breakfast (9–10am), access to the wellness area (hot tubs, hammams, outdoor sauna, hot bath, relaxation area).

Refuge Recharge Pass
2hrs - 200 € / 1 person
2hrs - 380 € / 2 people
Acces between 9am and 1pm

Includes: gourmet breakfast (9–10am), myBlend Harmonising massage (50 min) or myBlend Essential facial (50 min), access to the wellness area (hot tubs, hammams, outdoor sauna, hot bath, relaxation area).

NEW · GROUP SESSION
POLAR RESET · CONTRAST THERAPY

A guided group experience for up to 6 people: sauna and ice bath in succession for an invigorating thermal contrast, combining conviviality, vitality and mindful presence.

Two sauna sessions and two ice-bath immersions, guided by a specialist therapist: heat releases, cold awakens. A shared pause to let go of tension and recharge after exertion.

2hrs - 135 € / 1 personne
2hrs - 260 € / 2 personnes
Accès entre 17h00 et 20h00

Includes: Refuge afternoon tea + access to the wellness area (hot tubs, hammams, outdoor sauna, hot bath, relaxation area)

Sauna and ice bath reserved exclusively for your group *(6 people maximum) · Booking required.*
Session times: *three sessions, starting at 5pm, 6pm or 7pm, on Le Refuge de Solaise late-opening evenings*



Spa Information & Etiquette

Welcome to the Spa at Refuge de Solaise x myBlend, located at 2,551 metres above sea level. To ensure every guest enjoys a unique moment of well-being and serenity, we invite you to review the following recommendations..

BOOKINGS & OPENING HOURS

We recommend booking your treatments in advance to guarantee availability. Reservations can be made:

- At the spa reception
- By phone: +33 4 58 83 00 94
- By email: spa@lerefuge-valdisere.com

ARRIVAL AT THE SPA

We kindly invite you to arrive at least 15 minutes before your treatment begins in order to prepare and fully enjoy your experience. Any delay will result in a reduction of treatment time out of respect for subsequent appointments.

HEALTH CONDITIONS & PREGNANCY

Please inform us at the time of booking of any medical condition, allergy, injury or pregnancy. Certain treatments or facilities may be contraindicated. Our therapists will gladly guide you towards the most suitable treatments.

AESTHETIC MASSAGES

Our massages are exclusively non-therapeutic and do not replace medical treatment under any circumstances. In the event of a medical condition or treatment, please inform us when booking.

HAIR SERVICES & IN-ROOM TREATMENTS

Hair services and the possibility of enjoying certain treatments directly in your room are available upon request and subject to availability.

OUT-OF-HOURS TREATMENTS

Treatments outside standard opening hours may be arranged upon request and are subject to an additional charge.

SPA BOUTIQUE & BEAUTY LAB

A selection of myBlend products and our signature haircare range, along with a range of wellness accessories, is available for purchase at the Beauty Lab and at the spa reception.

POOL & FACILITIES

Access to the swimming pool is reserved for hotel guests, while the thermal facilities (jacuzzis, hammams, outdoor sauna, hot bath and relaxation area) are reserved for hotel guests or guests holding a Wellness Pass or a spa treatment booking. Children must be accompanied by an adult.

NON-RESIDENT GUESTS

Non-resident guests require a Spa Pass to access the Spa, including the sauna, hammam, hot tub and outdoor Nordic bath. The pool is reserved for hotel guests.



PEACE & QUIET

To preserve the serenity of the spa, we kindly ask you to switch your phone to silent, speak softly and respect other guests' tranquillity.

SPA ATTIRE

Bathrobes, slippers and towels are provided. Disposable underwear is provided for body treatments. We recommend showering before any treatment or use of the facilities.

VALUABLES

We recommend leaving valuables in your room or in the hotel safe. The spa accepts no liability for loss, theft or damage.

FITNESS AREA

A fitness area is accessible to hotel guests and Wellness Pass holders according to the displayed opening hours.

GIFT VOUCHERS

Personalized gift cards are available to offer the spa experience to your loved ones.

HYGIENE

For the comfort and safety of all guests, swimwear is mandatory in all aquatic areas. Respect for hygiene rules is required throughout the facilities.

CANCELLATION POLICY

Any cancellation or change made less than 24 hours before your appointment will be charged in full. No-shows will also be charged at 100% of the treatment price.

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