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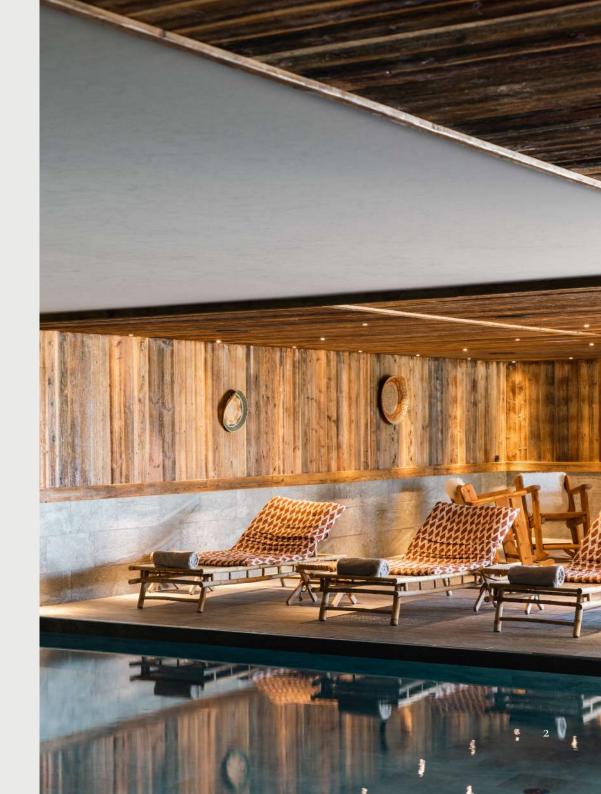
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# The SPA

Our experts offer a range of rituals specially designed to prepare you for a day on the slopes, to rejuvenate after skiing, or to experience unique outdoor-inspired treatments that help you reconnect with yourself and nature.

The Refuge Spa features a 25 meter swimming pool and two jacuzzis, from which you can admire the valley and snow capped peaks. This warm sanctuary includes two hammams, four treatment rooms including a private suite for couples, and a beauty salon.

This haven of warmth extends outdoors with a sauna, a hot bath, and an indoor cold plunge pool, all offering breathtaking views over the valley and allowing you to enjoy multisensory experiences in a stunning alpine setting.

# The Reconnection Ritual

This summer, Le Refuge de Solaise celebrates the connection to oneself and to nature by offering an exclusive wellness ritual. A summer program of «Reconnection» providing a holistic experience to revitalize both body and mind during the season.

The Reconnection Ritual is composed of four key stages:

RECHARGE, RECOVER, REGENERATE, REACTIVATE AND RECONNECT

#### **STEP 1: RECHARGE**

#### Polar Glow - Refreshing plunge in the ice bath, 15 minutes

Immerse yourself in the Polar Glow, a spa ritual where the ice bath, adorned with ice crystals, stimulates circulation and awakens the senses with invigorating essences. Guided by our expert practitioners, this toning experience revitalizes muscles, leaving the skin radiant and a feeling of intense freshness. A unique moment of well-being combining the therapeutic benefits of cold with deep relaxation.

#### STEP 2: RECOVER

#### Mountain Peak Massage - 50 minutes

A reconnection experience with a massage inspired by the surrounding nature. The soothing movements evoke the summer breeze and the mountain's energy, promoting profound harmony.

#### **STEP 3: REGENERATE**

#### Solar Reflexology - 25 min

Discover Solar Reflexology for hands and feet, a unique experience. Inspired by the beneficial energies of the summer sun, this gentle and calming therapy offers a holistic approach to reconnect your body with natural vitality.

#### **STEP 4: REACTIVATE**

### Tea Ceremony in the open air - 20 min

The Reconnection Ritual - 1 hour et 50 min: €245

It can be booked as a complete package or by individual steps.

### **STEP 5: RECONNECT**

## Prix à la carte

Wellness lunch at the Refuge restaurant – à la carte pricing

# Head Spa Treatments

When the sun gently kisses the peaks and the pure mountain air mingles with the scent of alpine herbs, treat yourself to a moment of lightness. Our summer Head Spa treatments are designed to refresh the scalp, revitalize the hair, and soothe the mind. Through a combination of cranial massage techniques and deep hair care treatments, experience an intense moment of well-being perfectly in tune with the gentle summer mountain atmosphere.

Summer Breeze 25 min / €75

Perfect after a hike or a sunny day, this treatment soothes the overheated scalp and deeply relaxes with a cranial massage combined with refreshing and nourishing oils.

### **Botanical Awakening**

50 min / €130

Our signature treatment regenerates the scalp and hair through an extended cranial massage and an intensely hydrating hair treatment. It releases tension while restoring vitality and shine to your hair.

Alpine Glow 50 min / €180

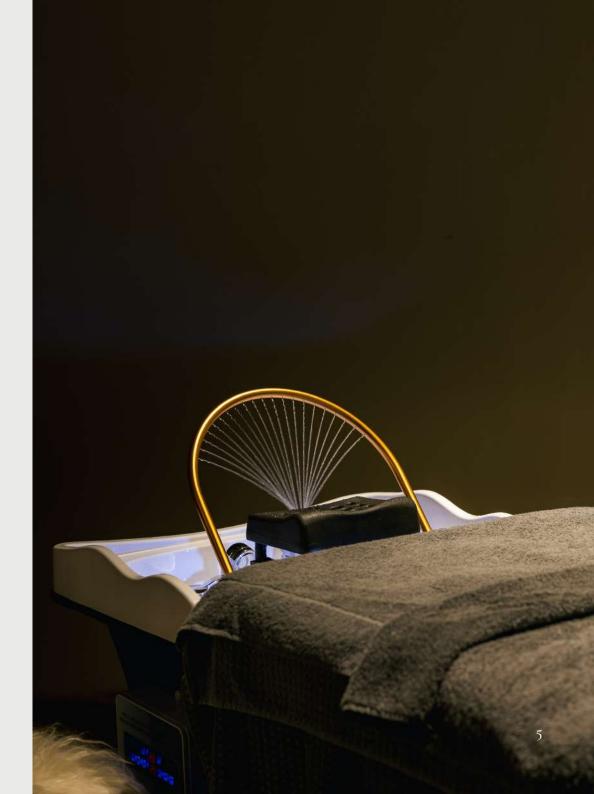
A complete sensory break combining 25 minutes of Head Spa with 25 minutes of refreshing facial care. The ideal experience to brighten your complexion and soothe your mind under the mountain sun.

Serenity Ritual 80 min / €250

This ritual begins with 25 minutes of Head Spa (cranial massage and nourishing hair treatment), followed by 55 minutes of facial care to deeply rehydrate and illuminate the skin after summer exposure.

Summer Escape 80 min / €230

A balanced treatment blending scalp wellness and full body relaxation. Enjoy 25 minutes of Head Spa massage paired with 55 minutes of body massage to release all tension and reconnect with yourself.





# Facial Treatments by Holidermie

Youth - Vitality Gua Sha or Kobido

25 min / €80

This 25-minute express treatment combines rose quartz Gua Sha drainage and facial muscle massage to bring glow and freshness to your skin quickly. It revives tired complexions and energizes the face.

Radiance - - Holidermie Signature Treatment

25 / 50 min - €80 / €160

This lifting and firming facial instantly smooths the skin and enhances radiance. Using the exclusive Holidermic protocol, skin is lifted, deeply hydrated, and nourished. Suitable for all skin types, it tones and firms while leaving skin soft and glowing.

## Kobido - Lifting Treatment

50 min / €180

Our signature treatment smooths and deeply relaxes the skin. After a purifying cleanse with an enzymatic exfoliant, a hydrating and plumping radiance mask is applied. A rose quartz eye mask provides relaxation along with a hand massage. The treatment ends with a Kobido massage for lifting and soothing. The face and mind relax, leaving skin radiant.

#### **Immersion -** TheraFace Technological Treatment

50 min / €180

The Theraface facial therapy deeply treats complexion and facial muscles. Personalized programs address facial/jaw pain, wrinkles, tension headaches, under-eye bags, and provide anti-aging, purifying, and draining effects. Suitable for all skin tones, this advanced technology combines percussion, microcurrent, and light therapy for a revitalized, soothed face.

# Additional Technological Treatments

Welcome to our space dedicated to personalization, where each facial or body treatment becomes a unique experience tailored entirely to your needs. Discover our exclusive treatment menu, specially designed to meet your specific goals and offer you a truly bespoke moment. Choose from our refined facial or body treatments, created for deep relaxation and renewed natural glow. For an even more unique experience, enhance your treatment with add-on options that elevate your spa moment into a true signature of well-being.

### LED Therapy - Luminothérapie

€35

Offrez à votre peau l'éclat qu'elle mérite avec notre LED Thérapie, une véritable invitation à retrouver une peau lumineuse et radieuse. Les différentes longueurs d'ondes utilisées ciblent des problèmes cutanés variés, allant de l'acné aux rides, en passant par l'hyperpigmentation. Ce soin non invasif stimule la production de collagène et d'élastine, encourageant ainsi le renouvellement cellulaire et l'éclat naturel de votre peau. Vivez une expérience relaxant et régénérante, et redonnez vie à votre teint en révélant votre beauté naturelle.

#### TheraFace - Microcourant

€25

Le microcourant est une technologie avancée qui raffermit et revitalise la peau en stimulant les muscles faciaux. Ce traitement non invasif améliore la tonicité, réduit l'apparence des rides et redonne éclat et vitalité à votre teint. Une véritable cure de jouvence pour une peau rayonnante et resplendissante.

#### **JetBoots** - Jambes légères

€55

Accordez à vos jambes une pause de légèreté et de bien-être avec notre soin par bottes de compression. Ces enveloppes apaisantes exercent une pression douce et rythmée, stimulant la circulation sanguine et lymphatique. Dites adieu aux jambes lourdes et fatiguées, et retrouvez instantanément une sensation de légèreté et de confort.

#### Gua Sha - Drainage remodelant

€25

Enjoy a sculpting drainage massage using the ancient Gua Sha technique, which boosts circulation, relieves tension, and redefines facial contours for a more radiant and revitalized complexion.

# Massages

#### SIGNATURE MASSAGES

#### Alpine - Sport Leg Massage

25 min / €75

 $\Lambda$  targeted and personalized massage designed to promote deep relaxation and muscular recovery. Ideal after an active day outdoors, this soothing treatment uses warm oil to ease tension in tired legs and reenergize the body.

#### Softness - Relaxing Massage

50 min / 80 min - €150 / €230

A moment of serenity in the heart of the mountains. This gentle, enveloping massage soothes tension and brings deep relaxation. Tailored to your needs, it is performed with delicately scented warm oil to create a unique and peaceful experience. Perfect to restore harmony and lightness after time spent outdoors.

#### **Energizing** - Toning Massage

50 min / 80 min - €155 / €240

This dynamic massage stimulates circulation and supports the body's natural detox processes. With firm, draining strokes, it boosts metabolism and encourages muscular recovery, leaving you with a deep sense of vitality and well-being.

#### **SPECIALIZED MASSAGES**

Refuge - Massage aux pochons aromatiques

50 min / 80 min - €160 / €245

Immerse yourself in a captivating sensory experience with this herbal compress massage, blending ancient herbal therapy with expert touch. The warm compresses, filled with medicinal herbs and spices, release soothing aromas while the therapise's precise movements relieve deep muscle tension. This unique ritual stimulates circulation, restores internal balance, and offers total relaxation—an invitation to rediscover inner peace and well-being.

### Bloom - Prenatal Massage

25 min / 50 min - €85 / €155

A nurturing moment for future mothers. This gentle full-body massage uses 100% natural nourishing oils to soften the skin and relieve heaviness and tension. Specifically designed for pregnant women from the fourth month onwards, it offers deep relaxation and helps ease common pregnancy-related discomforts.

# Solar - Foot Reflexology

25 min / 50 min - €85 / €155

Inspired by traditional Thai medicine, this reflexology massage applies pressure to key points along the meridians to stimulate detoxification and restore the body's energy flow. A deeply relaxing treatment that harmonizes both body and mind.

Sport - Massage musculaire Théragun & stretching 50 min / 80 min - €180 / €260

Designed for athletes, this advanced massage combines deep muscle work with Theragun percussion therapy and guided stretching. It enhances oxygen delivery, supports recovery, and boosts the body's natural regeneration process, helping you perform and feel your best.

# Body exfoliations

### Douceur de Solaise

25 min / 50 min - 70€ / 130€

This revitalizing scrub with sweet orange notes is applied using circular movements to remove dead skin cells and stimulate blood circulation. It restores softness, suppleness, and radiance to your skin. Followed by a personalized rehydration ritual, this treatment detoxifies both body and mind, releasing tension and rebalancing your energy. It ends with the application of a nourishing oil for complete hydration and silky-smooth skin.

\*We recommend starting your session with a visit to the hammam to prepare your skin.

### Dry Brush Exfoliation

25 min / 50 min - €70 / €130

This natural exfoliation uses a dry brush to deeply cleanse, boost circulation, and activate the lymphatic system, promoting toxin elimination. The exfoliating action of the brush helps your skin breathe better and effectively removes dead cells. This treatment improves oxygen flow to the tissues, reduces muscle tension, and brings a true sense of lightness and clarity.

\*We recommend starting your session with a visit to the sauna to prepare your skin.





# Kids' treatments

# Marmot - Soothing Massage

25 min / €65

Share a relaxing and comforting moment with your child. This gentle body treatment includes a back, neck, arm, and leg massage that provides softness and comfort while protecting the skin from dryness. A head-to-toe calming experience for both children and parents. (For children aged 3 to 12 years.)

### Chamois - Gentle Facial Treatment

25 min / €65

This facial and scalp massage offers your child a soothing escape while restoring a radiant, fresh, and glowing complexion. A final touch of hydration leaves their little face softer and fresher than ever. (For children aged 3 to 12 years.)

### Golden Eagle - Massage & visage

50 min / €120

A full escape combining the Marmot body massage and the Chamois facial, for a deeply relaxing and delightful experience. Comfort and gentleness are the key elements of this unforgettable moment for your child.

# Reconnection Passes

# REFUGE RECONNECTION PASS - Access between 10:00 AM and 6:00 PM

-Access to the wellness area\*

2-hour package – €95 / 1 person

2-hour package - €170 / 2 people

# WELLNESS RECONNECTION PASS - Access between 10:00 AM and 6:00 PM

- 1-hour yoga class
- Access to the wellness area\*

3-hour package – €125 / 1 person

3-hour package – €240 / 2 people

#### PEAKS RECONNECTION PASS - Access between 8:30 AM and 12:00 PM

- Breakfast (8:30 AM 10:00 AM)
- 50-minute Peaks Massage
- Access to the wellness area\*

Half-day package – €175 / 1 person

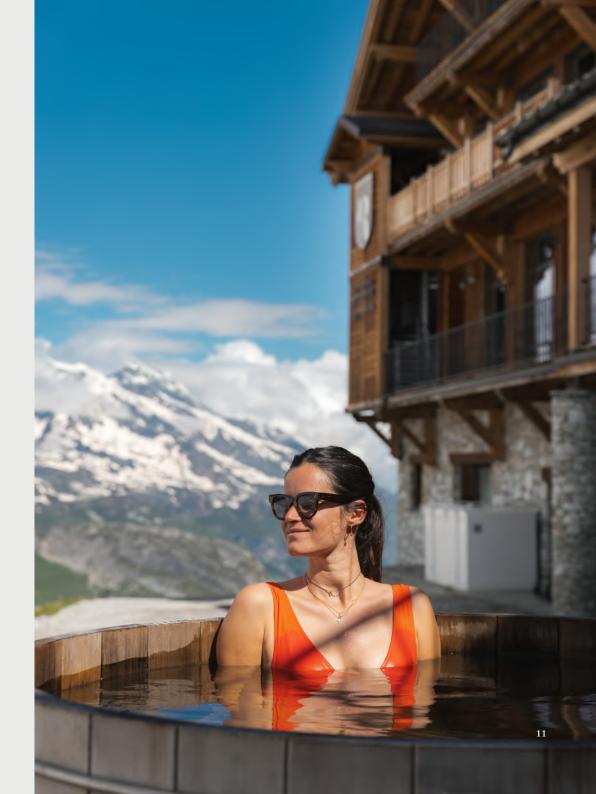
Half-day package – €330 / 2 people

- \*The wellness area includes:
- Two steam rooms
- Two jacuzzis
- An outdoor sauna
- An outdoor hot bath
- A relaxation area

### YOGA CLASSES

1 hour / €35

5-class pass / €150



# SPA Etiquette

Welcome to the Spa at Refuge de Solaise. Our team of experts is here to welcome you for treatments every day from 10:00 AM to 8:00 PM. For Refuge de Solaise guests, the pool, two jacuzzis, and the fitness room are accessible daily from 6:00 AM to midnight. The outdoor sauna, hot bath, and two steam rooms are available daily from 10:00 AM to 8:00 PM.

#### RESERVATIONS

The Spa reception is open daily from 9:00 AM to 8:00 PM. To best accommodate your appointment preferences, we recommend booking your treatments in advance. Our hosts will be happy to assist you with booking your treatments as soon as you request your stay at the hotel.

A written confirmation of your appointment will be sent at the time of booking, and a reminder email will be sent 48 hours before your treatment.

For any booking requests, you can contact our spa team directly from your room by pressing the dedicated spa button or using the tablet provided.

Phone: +33 4 58 83 00 94

Email: spa@lerefuge-valdisere.com

#### SPA ARRIVAL

To fully enjoy your experience, we recommend arriving 15 minutes prior to your scheduled appointment. This allows you to change at your leisure – robes and slippers are provided – and enjoy the spa facilities before your treatment.

Guests not staying at Refuge de Solaise are kindly asked to arrive 90 minutes before their treatment to access the facilities.

#### **HEALTH CONDITIONS**

Please inform us of any relevant health conditions, allergies, or injuries at the time of booking. A health questionnaire will also be provided before your treatment to ensure it is tailored to your needs. We recommend consulting your doctor before using the steam room to ensure it poses no health risks. Heat exposure is not advised for individuals with high blood pressure, circulatory issues, asthma, or respiratory difficulties.

#### **PREGNANCY**

We offer specific treatments for expectant mothers. Our spa experts are here to guide you and help select the most suitable treatments for this special time. Treatments are available starting from the second trimester.

#### AESTHETIC MASSAGE

Our massages are non-therapeutic beauty and wellness treatments. For therapeutic massage, we recommend booking with our licensed physiotherapist or consulting a doctor for additional advice.

# IN-ROOM SERVICE

On request, we offer in-room compression boot service, ideal for optimal recovery in the comfort of your private space.

#### TREATMENTS OUTSIDE SPA HOURS

For any treatments requested outside regular spa opening hours, please note that a 50% surcharge will be applied.

### SPA BOUTIQUE

To extend your experience, the Refuge Spa offers a boutique area at the spa reception. You'll find a selection of skincare and wellness products, as well as swimsuits available for purchase.

#### THE POOL

The Refuge indoor pool, a 25-meter swimming lane, is located on the same level as the spa. Children under the age of 16 must be accompanied by a parent or responsible adult. Robes, towels, and slippers are provided for your comfort.

#### A MOMENT OF TRANOUILITY

The spa is a space dedicated to calm and relaxation. To respect everyone's peace, we kindly ask that all mobile phones and electronic devices be set to silent mode. If you're expecting an important message, please inform our spa reception team, who will be happy to assist you.

#### DRESS CODE

For optimal comfort, we invite hotel guests to arrive at the spa in their bathrobe. Disposable underwear is provided for treatments. If you forget your swimsuit, please note that swimsuits are available for purchase at the boutique.

In the fitness area, for hygiene and safety reasons, wearing sports shoes is mandatory.

### PERSONAL BELONGINGS

We decline any responsibility for loss or damage to personal items. We recommend storing your valuables either in the secure lockers provided in the changing rooms or in your room safe if you are staying at the Refuge.

#### FITNESS

To help you stay in shape, the Refuge offers a state-of-the-art fitness area equipped with the latest Technogym cardio and strength machines, the perfect way to start an invigorating day. The fitness area is reserved for guests staying at the Refuge.

#### GIFT VOUCHERS

A moment of total relaxation at the Refuge Spa makes the perfect gift for any occasion!

All our personalized gift vouchers are valid for one year and can be purchased at the spa reception or on our website.

Treat yourself or a loved one to an exclusive moment of wellness or a relaxing afternoon with friends, our team is here to help you bring your dream experience to life.

#### HYGIENE POLICY

To ensure the highest standards of hygiene, safety, and cleanliness for our guests and staff, all equipment is thoroughly cleaned and sanitized after each treatment and after every use.

#### **CANCELLATION POLICY**

If you need to cancel your appointment, please let us know at least 24 hours in advance. Otherwise, the full appount of the treatment will be charged

In case of late arrival, we will do our best to provide the full treatment, depending on our schedule. If not possible, the treatment duration may be reduced accordingly.



# LE REFUGE DE SOLAISE

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