



LE REFUGE DE SOLAISE

ALT. 2551M ■ VAL D'ISÈRE

SPA LE REFUGE DE SOLAISE

TREATMENT MENU

SUMMER 2025

The Refuge Spa

Find sanctuary in the breathtaking setting of our spa, perched at 2,551 meters above sea level in the heart of the majestic mountains. The Refuge Spa is a place suspended in time, the perfect retreat for deep relaxation and reconnection.

Our expert therapists offer a curated selection of rituals designed to help you reconnect with yourself and with nature, through unique and immersive experiences inspired by the elements.

The Refuge Spa features a 25-meter swimming pool, two jacuzzis, two hammams, four treatment rooms including a private suite for couples' rituals, and a beauty salon. This warm and inviting haven extends outdoors with a sauna, hot bath, and indoor cold plunge, offering spectacular views over the valley and the opportunity to enjoy multisensory wellness in an extraordinary alpine setting.

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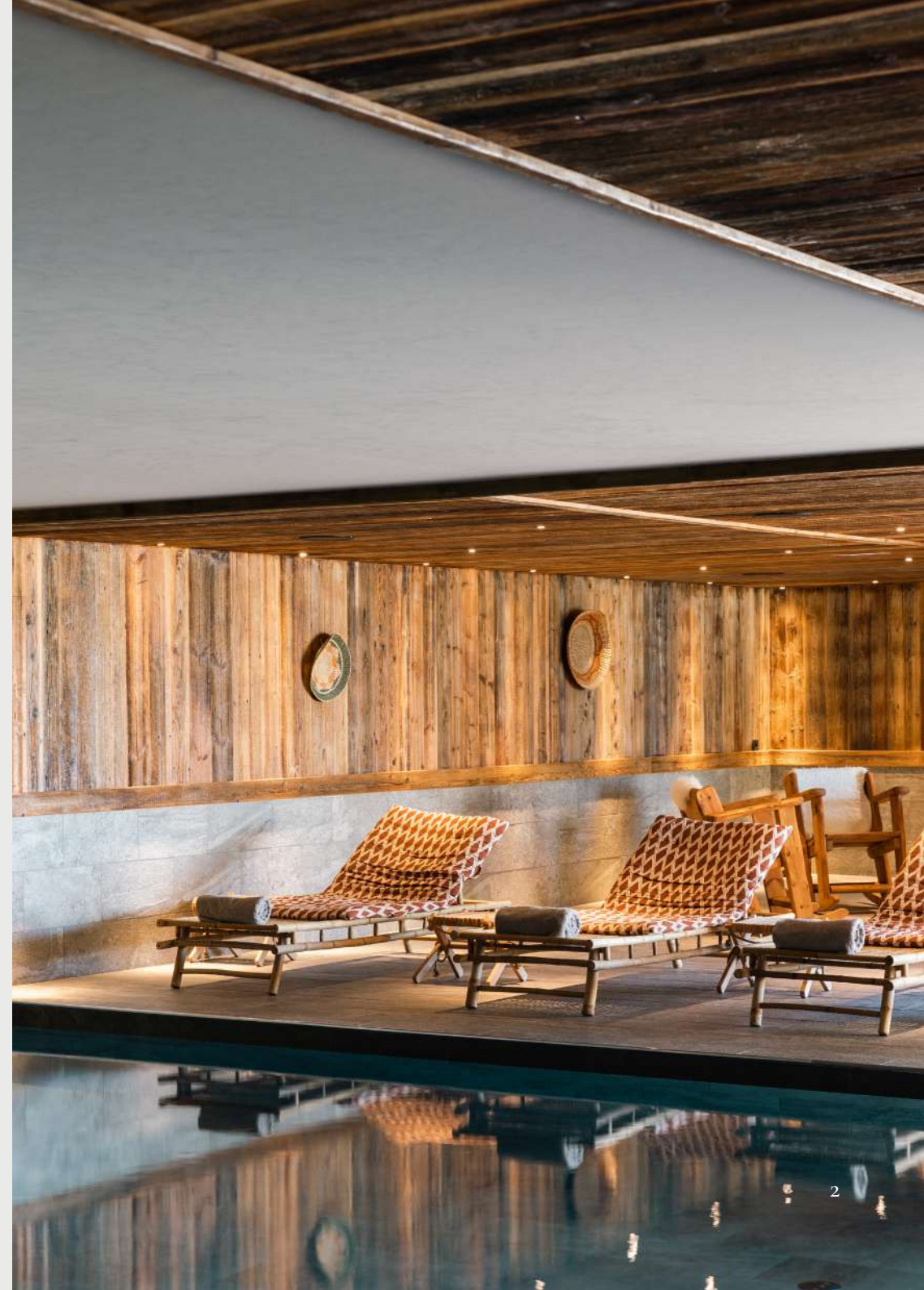
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The SPA

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 Holidermie 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.

Massages

SIGNATURE MASSAGES

Alpine - Sport Leg Massage 25 min / €75

A 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 therapist'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





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