



LE REFUGE DE SOLAISE

ALT. 2551M - VAL D'ISÈRE

TREATMENT MENU

THE ART OF HIGH-PERFORMANCE
SKINCARE BY MYBLEND
WINTER 2025-2026

The Refuge Spa

Immerse yourself in the majestic heaven of the Spa, nestled at 2,551 meters high in the heart of the mountains.
The Spa du Refuge invites you to a timeless interlude, offering an ultimate wellness experience within a breathtaking natural setting.
A true sanctuary to recharge and reconnect with what truly matters.



The Art of care high performance:

At the summit of Solaise, at 2,551 meters high, the Spa du Refuge becomes an exclusive setting for my Blend's expertise.

Each treatment embodies the perfect fusion of skin science, cutting-edge non-invasive technologies, and expert techniques inspired by neuroscience, delivering visible results from the very first session and long-lasting benefits.

Our approach is based on the exclusive **DERMA + TECH + TOUCH :**

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/electroporation) designed to activate natural cellular regeneration mechanisms.

TOUCH – Deep, precise massage techniques inspired by the latest discoveries in neuroscience, working on skin tissues while reinforcing the connection between skin and mind.

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

Proven effectiveness and sensory emotion unite in an exceptional Alpine environment, revealing global well-being and incomparable radiance.

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Technologies non-invasives cellsynergy:

NON-INVASIVE TECHNOLOGIES RECOGNIZED FOR THEIR POWER AND EXTREME EFFECTIVENESS.

As high-performing as they are sensorial, these technologies act on the youthfulness of your skin and contribute to your overall well-being.

RADIOFREQUENCY

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

CRYO-THERMO AESTHETICS

Cryo-thermo aesthetics alternate gentle warmth and intense cold. Heat boosts blood flow, while intense cold tightens blood vessels.

ELECTROPORATION & ELECTROSTIMULATION

Electroporation uses controlled impulses to temporarily increase skin permeability, allowing better absorption of cosmetic formulas.

Electrostimulation tones facial muscles, sculpting and revitalizing the features.

MYLEDMASK

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



Facial care

myBlend

Each facial begins with a personalized **mySkinDiag** diagnosis and combines the DERMA + TECH + TOUCH triad: highly concentrated biomimetic peptides, cutting-edge non-invasive technologies, and expert techniques inspired by neuroscience.

The Expert

80 min - 210 €

The full myBlend protocol: comprehensive diagnosis, customized formulas, CellSynergy technologies, myLEDmask, and deep sculpting massage to regenerate, firm, and illuminate the face, neck, and décolleté.

The Essential

50 min - 175 €

A complete treatment combining sculpting massage and CellSynergy technologies to lift, firm, and redefine the contours. Ideal for instantly energized, radiant skin.

Peel Express

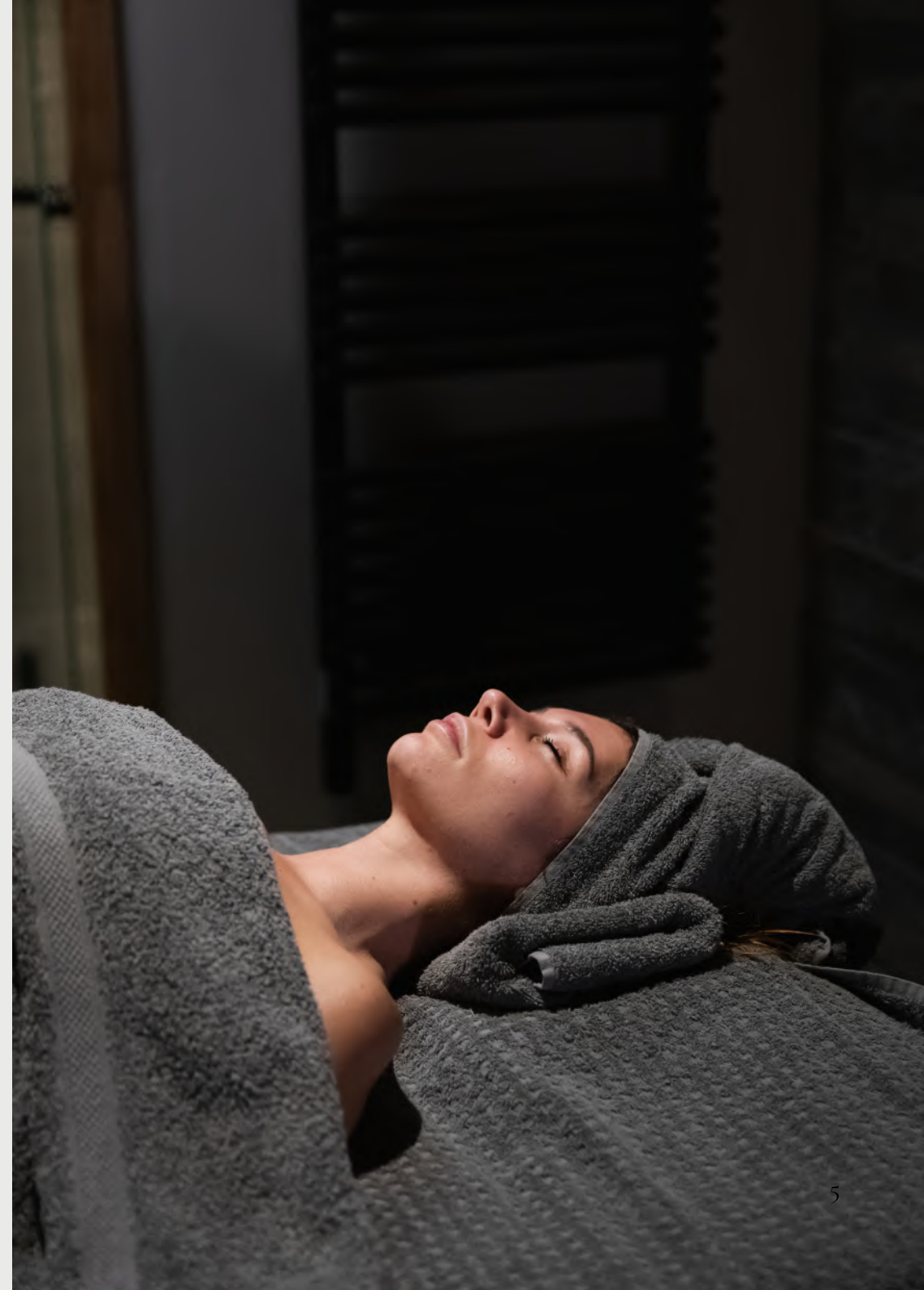
25 min - 90 €

A resurfacing treatment with fruit acids (AHA & BHA) to exfoliate, smooth, and even the complexion. Enhanced with the myLEDmask for optimal regeneration and a renewed, radiant skin.

The Express

25 min - 90 €

A deep and precise muscular massage combined with the myLEDmask to awaken vitality. Lifting gestures reshape contours, smooth wrinkles, and restore natural harmony.



Body massages & experiences

Each myBlend massage is designed to meet the specific needs of your body and mind. Techniques inspired by neuroscience combine with targeted formulas and, if desired, non-invasive technologies for optimal results.

MYBLEND EXPERTISE

myBlend Harmonizing 50 min - 170 € / 80 min - 255 €

A deeply relaxing massage with gentle stretches and enveloping gestures to release tension, rebalance energy flow, and calm the mind. Ideal for full relaxation.

myBlend Energizing 50 min - 175 € / 80 min - 260 €

A massage that soothes muscular tension and deeply releases contracted zones. With firm, targeted pressure, it delivers immediate relief and supports enhanced recovery.

myBlend Targeted Sports Massage 50 min - 190 € / 80 min - 275 €

Deep muscular work combining tonic gestures and the power of the Theragun percussion therapy to optimize post-exercise recovery.

Smoothing Body Peel 25 min - 90 € / 50 min - 170 €

A mechanical and enzymatic exfoliation inspired by myBlend facial protocols, eliminating dead cells, smoothing texture, and restoring radiance.

REFUGE SPECIFIC MESSAGES

Herbal Pouch Ritual 50 min - 190 € / 80 min - 275 €

A unique sensorial ritual combining the warmth of herbal pouches with the benefits of medicinal plants and spices. Aromas blend with expert gestures to deeply relax muscles, release tensions, and stimulate circulation. A true sensory journey for total relaxation.

Tailor-Made Physiotherapy Massage 50 min - 190 € / 80 min - 280 €

A personalized therapeutic massage performed by our certified physiotherapist. Adapted to your needs, this treatment supports re-education, relieves muscular tension, and restores natural body harmony.

Foot Reflexology 25 min - 90 €

Inspired by traditional reflexology: stimulation of reflex points to release tensions, improve circulation, and restore inner balance.

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

Gentle, pregnancy-safe (from the 4th month) techniques to relieve tensions, enhance comfort, and nourish the skin.



Signature recharge ritual myblend

2h10 – 275 €

A complete protocol designed to restore energy, optimize physical recovery, and stimulate cellular regeneration. Ideal after a day on the slopes or intense effort, this ritual combines advanced technologies, expert techniques, and personalized care for holistic well-being.

The course includes:

Thermal Contrast Immersion

30 min

Hot bath followed by polar bath to stimulate circulation, soothe muscular tension, and boost vitality.

Jet Boots

25 min

High-precision pressotherapy to encourage drainage, relieve legs, and accelerate muscle recovery.

myBlend Tailor-Made Massage

50 min

Harmonizing or Energizing, inspired by neuroscience, to release deep tension, rebalance energy flow, and restore body harmony.

myLEDMask & Sculpting Facial Massage

25 min

Red and near-infrared pulsed LED light combined with a deep facial massage to stimulate collagen, improve firmness, and illuminate the complexion.

Result: immediate renewed energy, lightness, and visible radiance.

Head spa

Head Spa rituals combine deep cranial massage with targeted scalp care and, depending on the format, facial or body protocols. Expert formulas and gestures inspired by neuroscience promote relaxation, stimulate microcirculation, and revitalize hair.

Après-Ski Serenity

25 min - 80 €

A nourishing cranial massage to soothe the scalp, release accumulated tensions, and restore vitality to the hair.

Polar Comfort

50 min - 140 €

A deep cranial massage and hydrating hair treatment to regenerate the scalp and revitalize hair.

Snow Haven

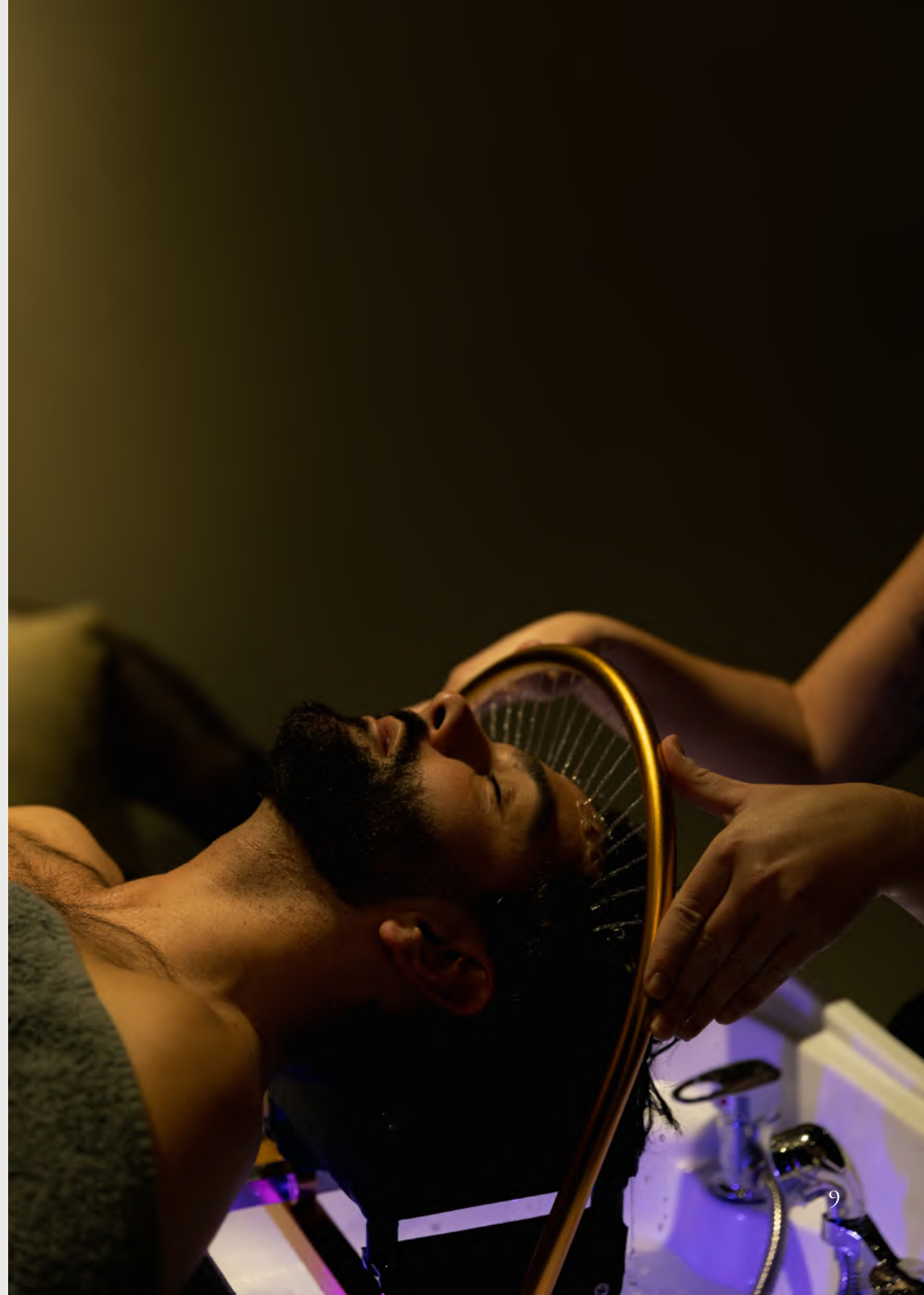
60 min - 190 €

35 minutes of Head Spa followed by a 25-minute targeted facial treatment to relax the mind and restore skin radiance.

Winter Journey

90 min - 240 €

40 minutes of Head Spa followed by a 50-minute Harmonizing or Energizing body massage for complete tension release.





Well-Being passes & combined escapes

Exclusive formulas combining access to the facilities with personalized treatments, allowing you to extend your spa experience and fully enjoy the exceptional setting of the Refuge de Solaise.

Winter Recharge Pass

2h - 100 € / 1 person

2h - 190 € / 2 people

Access between 10:00 and 16:00

Includes:

- Access to the wellness area (jacuzzis, steam rooms, outdoor sauna, hot bath, relaxation area).

Refuge Recharge Pass

Half-day — €190 / 1 person

Half-day — €360 / 2 people

Access between 09:00 and 12:00

Includes:

- Gourmet breakfast (9:00–10:00)

- myBlend Harmonizing or Energizing Massage — 50 min

- Access to the wellness area.

Kids' treatments

For children aged 6 to 12, specially designed with gentle products and adapted gestures. Treatments are performed in the presence of a parent.

Discovery Massage

25 min - 70 €

A relaxing, enveloping massage suitable for children aged 6+. Performed with a neutral, hypoallergenic oil.

Softness Facial

25 min - 75 €

Gentle cleansing, light massage, and a hydrating mask adapted to young skin.

Young Spa Ritual

50 min - 135 €

A combined massage + facial protocol for a complete and reassuring spa introduction.



Spa information & etiquette

Welcome to the Refuge de Solaise x myBlend Spa, located at an altitude of 2,551 meters. To ensure that everyone enjoys a unique moment of well-being and serenity, we invite you to read the following recommendations.

RESERVATIONS & OPENING HOURS

We recommend booking your treatments in advance to ensure the availability of your preferred time slots. 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

Please arrive at least 15 minutes before your treatment to prepare calmly and fully enjoy your experience. Late arrivals will reduce the duration of your treatment to ensure punctuality for subsequent appointments.

HEALTH & PREGNANCY

Please inform us of any medical condition, allergy, injury, or pregnancy at the time of booking. Some treatments or facilities may be contraindicated.

ESTHETIC MASSAGES

Our massages are non-therapeutic and do not replace medical treatments.

HAIR SERVICES & IN-ROOM TREATMENTS

Hair services and certain spa treatments can be offered in your room upon request and subject to availability.

TREATMENTS OUTSIDE OPENING HOURS

Possible upon request, with an additional fee.

SPA BOUTIQUE

A selection of myBlend products and wellness accessories is available for purchase at the spa reception.

POOL & FACILITIES

Pool access is reserved for hotel guests. Thermal facilities (jacuzzis, steam rooms, outdoor sauna, hot bath, relaxation area) are accessible to hotel guests or guests with a Well-Being Pass or a spa treatment. Children must be accompanied by an adult.



TRANQUILITY OF THE PLACE

To preserve the serenity of the spa, we kindly ask you to:

- Keep your phone on silent mode
- Speak softly
- Respect the peace of other guests

ATTIRE

Bathrobes, slippers, and towels are provided. Disposable underwear is supplied for body treatments.

A shower is mandatory before treatments and facility use.

VALUABLES

Please leave valuables in your room safe. The spa declines all responsibility in case of loss, theft, or damage.

FITNESS AREA

Accessible to hotel guests and holders of a Well-Being Pass during designated hours.

GIFT CARDS

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

HYGIENE

Swimwear is mandatory in aquatic areas. Please respect hygiene rules throughout the facilities.

CANCELLATION POLICY

Any cancellation or modification made less than 24 hours before the appointment will be charged in full.

No-shows will also be charged 100%.



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