



LE REFUGE DE SOLAISE

ALT. 2551M - VAL D'ISÈRE

TREATMENT MENU

THE ART OF HIGH-PERFORMANCE
SKINCARE BY MYBLEND
SUMMER 2026

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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Non-Invasive CellSynergy 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 - 210 €

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 - 175 €

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 Peel

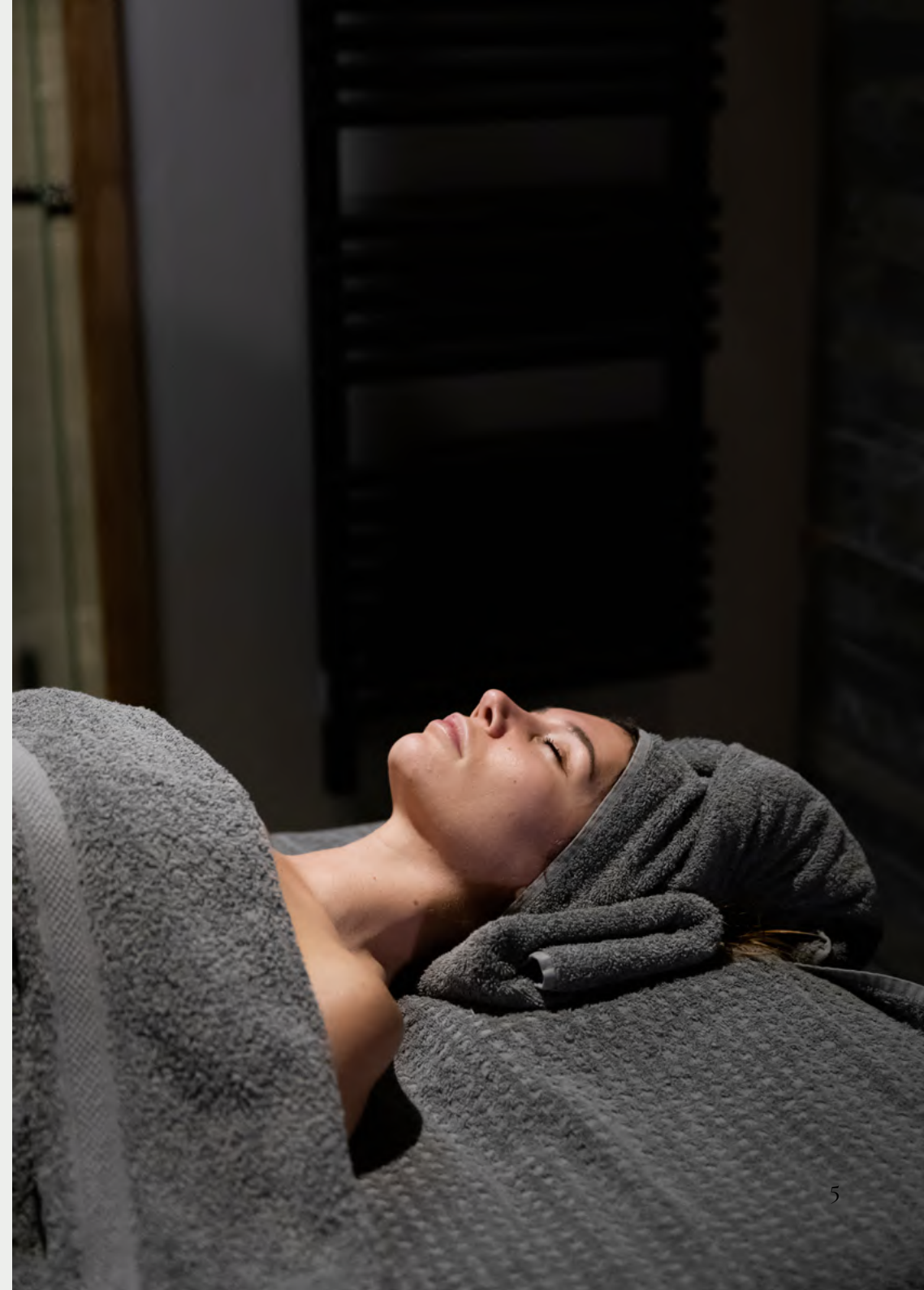
25 min - 90 €

A resurfacing treatment using fruit acids (AHA & BHA) to exfoliate, smooth and even out the complexion. Completed with the myLEDmask to optimise regeneration and reveal renewed skin.

The Express

25 min - 90 €

This treatment combines a deep and precise muscular massage to awaken the face's vitality with the myLEDmask. The lifting techniques redefine contours, smooth wrinkles and restore facial harmony..



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 - 170 € / 80 min - 255 €

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 - 175 € / 80 min - 260 €

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.

myBlend Sports Recovery 50 min - 190 € / 80 min - 275 €

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

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

The myBlend Smoothing Body Exfoliant combines both mechanical and enzymatic exfoliation inspired by myBlend facial protocols to remove dead skin cells, refine skin texture and restore radiance.

REFUGE SIGNATURE MESSAGES

Aromatic Herbal Pouches 50 min - 190 € / 80 min - 275 €

A unique sensory ritual combining the warmth of herbal pouches with the benefits of medicinal herbs and spices. The aromas blend with the therapist's expert techniques to deeply relax muscles, release tension and stimulate circulation. A true sensory journey restoring inner balance and delivering total relaxation in the heart of the Alps.

Bespoke Physiotherapy Treatment 50 min - 190 € / 80 min - 280 €

A personalized expert treatment provided by our certified physiotherapist, adapting every movement to your specific needs. Through a targeted therapeutic approach, this massage supports rehabilitation, relieves muscular tension and restores the body's natural harmony.

Foot Reflexology 25 min - 90 €

A treatment inspired by traditional reflexology: stimulation of reflex points to release tension, improve circulation and restore inner harmony.

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.



myblend Signature Recharge Ritual

2h10 – 275 €

A complete protocol designed to restore energy, optimise physical recovery and stimulate cellular regeneration. Ideal after a day on the slopes or intense physical activity, this ritual combines advanced technologies, expert techniques and bespoke treatments for complete well-being of body and mind.

The experience includes:

Contrasting Thermal Immersion

30 min

A hot bath followed by a cold plunge to stimulate circulation, soothe muscular tension and boost vitality.

Jet Boots

25 min

High-precision pressotherapy to reactivate circulation, encourage drainage and accelerate muscular recovery.

Bespoke myBlend Massage

50 min

Harmonising or energising, inspired by neuroscience, to release deep tension, rebalance energy flows and restore physical harmony.

MyLedMask & Sculpting Facial Massage

25 min

A combination of red and pulsed infrared LED light with a deep facial massage to stimulate collagen production, improve firmness and illuminate the complexion.

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

Head spa

The Head Spa rituals combine a deep scalp massage with targeted scalp treatments and, depending on the chosen format, facial or body protocols. They use expert formulas and techniques inspired by neuroscience to encourage relaxation, stimulate microcirculation and revitalise the hair.

Summer Breeze

25 min - 80 €

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

Alpine Glow

50 min - 140 €

A deep scalp massage and hydrating hair treatment to regenerate the scalp and deeply revitalise the hair.

Haven of Snow

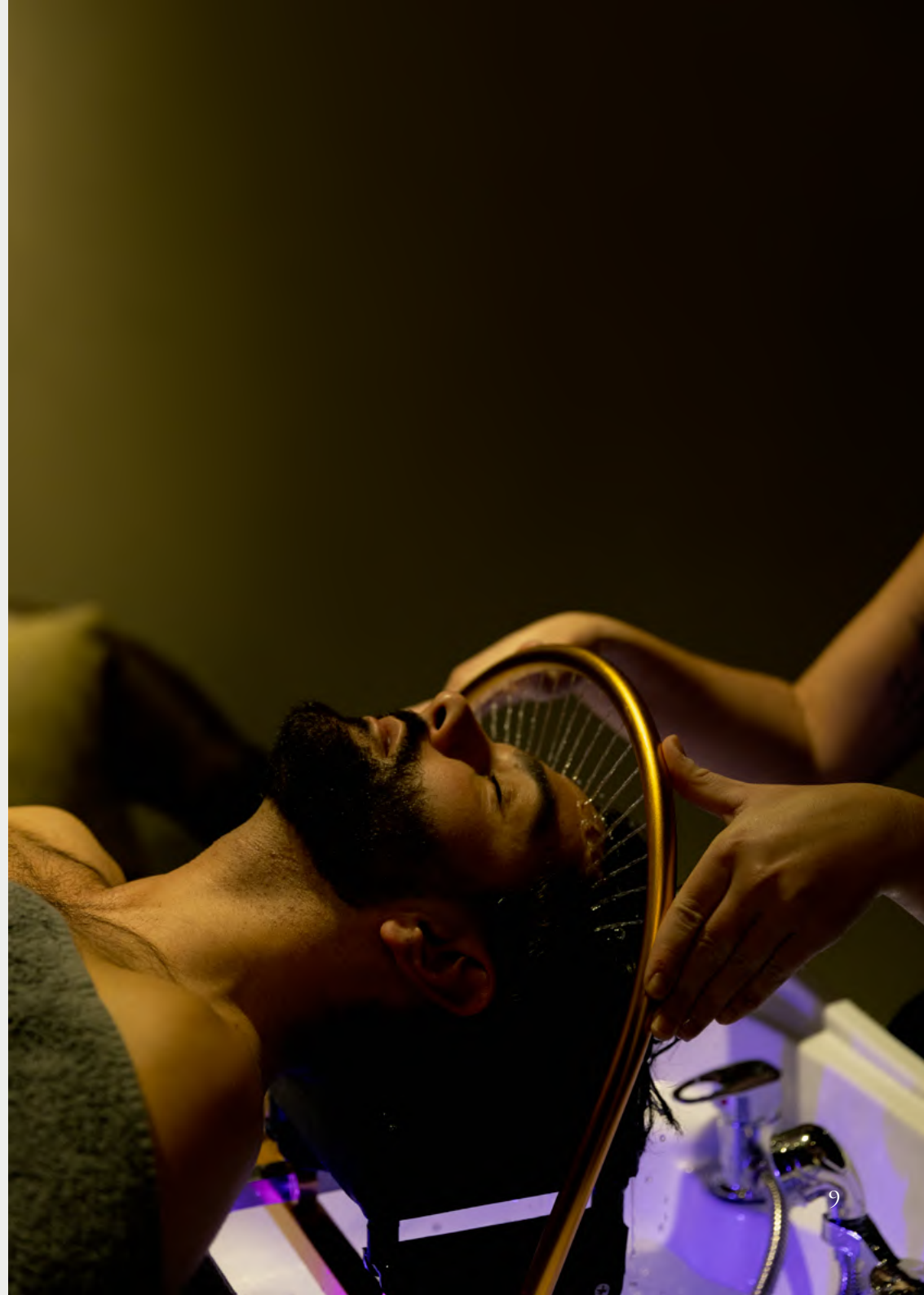
60 min - 190 €

A Head Spa combined with a targeted facial treatment to relax the mind and restore the skin's radiance.

Summer Escape

80 min - 240 €

A Head Spa combined with a harmonising or energising body massage to release all tension..





Wellness Passes & Combined Escapes

Exclusive packages combining access to the facilities and bespoke treatments to extend the benefits of the spa experience while fully enjoying the exceptional setting of Refuge de Solaise.

Reconnection Pass

2h — €100 / 1 person

2h — €190 / 2 people

Access between 10:00 am and 8:00 pm

Includes :

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

Recharge Pass

Half-day — €190 / 1 person

Half-day — €360 / 2 people

Access between 9:00 am and 12:00 pm

Includes:

- Gourmet breakfast (7:30 am – 10:30 am)

- Harmonising or Energising myBlend Massage — 50 min

- Access to the wellness area

Reset Pass

Half-day — €140 / 1 person

Half-day — €270 / 2 people

Includes :

- Pilates class (8:00 am – 9:00 am)

- Gourmet breakfast (9:00 am – 10:30 am)

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

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.





Pilates & Yoga Sessions

1h — €35 / 1 person

5 sessions — €150

10 sessions — €265

Discover upcoming sessions in our wellness schedule and reserve your class.

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

A selection of myBlend products as well as a range of wellness accessories are available for purchase 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.



PEACEFUL ENVIRONMENT

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

Keep your phone on silent mode

Speak softly

Respect the peace and privacy of other guests

DRESS CODE

Bathrobes, slippers and towels are provided.

Disposable underwear is available for body treatments. A shower is recommended before any treatment or use of the facilities.

VALUABLES

We recommend leaving valuables in your room or in the hotel safe.

The spa declines all responsibility in the event of 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 modification made less than 24 hours before the scheduled appointment time will result in full charge of the reserved treatment. In the event of a no-show, the treatment will also be charged in full.



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Sommet de Solaise, 2551 mètres, 73150 Val D'Isère, France

+33 4 58 83 00 90 | info@lerefuge-valdisere.com
www.lerefuge-valdisere.com