

# TREATMENT MENU

WINTER 2024-2025

*Beaumont*  
**LE FITZ ROY**  
Alt. 2.000 M VAL THORENS ALPES



At Beaumier, your wellbeing is our priority. We know guests are likely to be here for snow sports, après ski or both, therefore our menu is focussed on preparation and recovery to optimise wellness during your stay.

Place yourself in the caring hands of our specialist team who are skilled in advanced therapeutic techniques to ease muscular tension, soothe tired muscles, nourish the skin or to encourage a good night's sleep.

We have partnered with Therabody™, Kalmar and Holidermie to offer the very latest in equipment and products.

Indulge in nurturing treatments crafted using thoughtful touches such as gently warmed oils and heated treatment beds, perfect before or after a day's outdoor activity.

Feel the cares of the world drift away during an unforgettable spa & wellness experience.

**Holidermie**



## OUR WELLNESS PACKAGES

*(Packages available for our resident guests only)*

We have gathered a selection of our most popular treatments to offer these tempting packages which can be used at your leisure over the length of your stay. When purchased as a package, you will enjoy our promotional pricing.

*We recommend that you schedule your treatments with us as soon as you purchase your package.*

### **SPORTS REMEDY PACKAGE**

300€

1 x Therabody Sports Massage (50 min), 1 x Deep Tissue Massage - Back to Basics (50 min), 1 x Therabody Jetair Leg Recovery Compression (20 min)

### **OPTIMAL WELLNESS PACKAGE**

450€

1 x Body Contour Drainage & Gua Sha (75 min), 1 x Back, Neck, Shoulders & Scalp Massage (50 min), 1 x Holidermie Kobido Facial Treatment (60 min)

### **MOTHER-TO-BE PACKAGE**

350€

1 x Body Scrub (30 min), 1 x Maternity Massage (50 min), 1 x Holidermie Kobido Facial Treatment (60 min)



*Please note that the treatments included in the packages cannot be modified.*

## OUR SIGNATURE TREATMENTS

Founded by Xavier Desforges de Caulières, it is a family-owned estate of oil artisans for over 300 years, where craftsmanship is passed down from generation to generation.

Maison Caulières, located in Touraine in the heart of the Loire Valley Châteaux, creates exceptional treatments inspired by the elements of nature, expressed throughout the seasons.

### **GARDEN OF THE ALPS**

75 min - 205€

Close your eyes and let your breath guide you, listening to the voice that leads you towards mental serenity. The treatment uses the diffusion of mountain plants during a relaxing body massage with honeyed notes. Finally, the facial massage combines enveloping movements with Kobido techniques to reveal the radiance of the face. This unique ritual is designed to soothe the body and restore balance.

### **DEEPTISSUE - BACK TO BASICS**

50 min - 145€

75 min - 205€

This therapeutic massage is the result of the union between Swedish techniques and American deep tissue, designed to rebalance your body. Using the methods of the ancient art of deep tissue, this massage incorporates stretching techniques to reach the deep muscle layers, acting on the tendons, ligaments, and fascia. This massage relieves muscle tension and promotes deep relaxation, leading to immediate benefits for the nervous system, such as improved sleep quality and reduced anxiety.

### **THERABODY™ SPORTS TREATMENT**

50 min - 145€

An effective massage designed to relieve muscle stress and deeply rooted tension. Powerful, specialised techniques using the Theragun™ percussion massage focus on specific areas of tension to relieve discomfort and restore flexibility and movement. Perfect for warming up muscles before exercise or helping to prevent soreness after sports.

## MASSAGES

### **PERSONALISED MESSAGE**

50 min - 140€

75 min - 200€

Everyone is unique. Our body tells us what we need. Your therapist will curate a massage honoring your individual needs. This treatment blends holistic bodywork to remedy any areas of concern and rebalance body and mind.

### **MATERNITY MESSAGE**

50 min - 130€

A nurturing and comforting massage, adapted for this special time. Using gentle unscented oils, this treatment targets back ache, tension and heavy legs, providing a peaceful and relaxing experience.

### **BACK, NECK, SHOULDERS & SCALP MESSAGE**

50 min - 140€

A soothing massage targeting the most common areas of tension. Massage techniques are used to work deep into the muscle groups of the back and shoulders with special attention given to areas of concern.

### **BODY CONTOUR DRAINAGE & GUA SHA**

50 min - 150€

This treatment combines a variety of toning, slimming, and draining movements. Its effectiveness is based on the alternation of manual techniques with the use of the Rose Quartz Gua Sha for the body, paired with Firming Body Milk and Body Oil-Serum: a ritual focused 100% on areas to be reshaped.

### **TREATMENT BOOSTER**

7€

Add the Theragun Pro to either the Personalised Massage or Back, Neck, Shoulders & Scalp Massage.

*Every massage is tailored to you and we will adapt to your time available, preferred pressure and desired outcome.*

## BODY TREATMENTS

### **THERABODY™ JETAIR COMPRESSION LEG RECOVERY**

20 min - 30€

Recharge your legs after a flight or physical exercise and relieve muscle fatigue, soreness, or swelling. The new Therabody RecoveryAir boots use a compression system that stimulates circulation and lymphatic drainage, both essential for health and quicker post-workout recovery.

### **BODY SCRUB**

30 min - 85€

Our 100% natural scrub with rapeseed seeds oxygenates your skin, while rapeseed oil provides hydration by strengthening the skin's barrier against the harsh elements of winter.

### **SOOTHING BELLY**

50 min - 130€

The belly, our second brain. A holistic ritual designed to promote well-being and eliminate stress. This treatment is ideal for combating bloating and improving digestion. At the heart of this treatment, a stimulation of energy points is combined with a hot stone massage.

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## CHILDREN & TEENS

We are pleased to offer a selection of treatments suitable for our younger guests\* and look forward to welcoming them when accompanied by an adult

### **NECK, SHOULDERS & SCALP MASSAGE**

30 min - 70€

### **HAND & FOOT MASSAGE**

30 min - 70€

### **FACIAL MASSAGE**

30 min - 70€

*\* treatments available for children aged 6 to 17 years*

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## FACIAL MASSAGES

Founded by Mélanie Huynh, former fashion editor at Vogue Paris, and her friend Jérôme Paris, a renowned plastic surgeon, Holidermie offers a holistic approach to beauty.

The brand combines skincare products with nutritional supplements and facial self-massage programmes to help you flourish fully. After each facial treatment, you can enjoy a Beauty Gummie, a Collagen Cocoa Cube, and a Skin Elixir Tea.

### **HOLIDERMIE SIGNATURE TREATMENT** 60 min - 150€

This is a comprehensive treatment that combines Kobido massage techniques with the benefits of drainage using a rose quartz Gua Sha. Your skin is gently exfoliated and then enveloped in our radiance mask, while the warmth enhances the absorption of active ingredients. Both your face and mind will feel soothed, facial features relaxed, your complexion fresh, and your skin plumped.

### **HOLIDERMIE DRAINING TREATMENT** 60 min - 150€

A soothing and revitalising experience specially designed for delicate skin. This unique treatment begins with gentle fascia manipulations using a brush, followed by dynamic manual drainage to gently stimulate circulation. Finally, a cold drainage session with our duo rollers will release toxins and restore your skin's natural radiance.

### **KOBIDO FLASH** 30 min - 85€

Reveal your skin's natural glow with this instant booster treatment. Combining Kobido techniques and rose quartz beauty tools, this facial massage delivers a radiant, healthy complexion along with a smooth and plumped skin texture.

### **LYMPHATIC DRAINAGE FACIAL** 30 min - 85€

Soothe and decongest your skin by releasing toxins with this gentle and relaxing massage. Your face is de-puffed, revitalised, and regains its radiance.



## WELLNESS MOMENT

### YOGA & MEDITATION

We are here to prepare you for the day ahead,  
to clear your mind, strengthen and tone, stretch out,  
ease muscular tension or help you sleep.

Yoga movement classes or personal instruction are regularly available  
with our compliments. For class schedule, location, pricing and  
timings, please enquire at the Wellness Spa or hotel reception

*Please reach out to the spa or hotel reception for more information.*



## OUR OFFERS

### SPA DAY BREAKFAST OFFER

160€ par personne

Enjoy a gourmet breakfast, a 50-minute personalised massage and a 2-hour access to the spa.

**A unique offer allowing non-residents access to our spa, including the pool and thermal areas.**

### PARENT-CHILD DUO OFFER

50 min - 150€

A special moment to share with your child during a 30-minute massage in a double cabin. A unique opportunity to enjoy quality time together as a family.

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## GIFT VOUCHERS

Give the gift of wellness to friends and family with our beautiful gift vouchers. These can be personalised so guests can choose their preferred treatments from our Wellness spa menu or Lifestyle Boutique.

*Please note that gift vouchers are non-refundable.*



## INFORMATION

### Arrival

Hotel guests are encouraged to shower and change into their robe before arriving at the Wellness Spa. Please arrive 15 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest.

### Cancellations

If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellations within 24 hours or for non-arrival, you will be charged for the full treatment.

### Age policy

Our treatments are specially tailored for adults of 18 years upwards. However, we have adapted a selection of treatments for our younger guests with parental consent and accompaniment.

### Care

Throughout the spa you will find hand washing facilities. Please wash and sanitize your hands regularly while with us.

### Health conditions

When making your booking, please advise us of any health conditions and any medication you are taking.

### Pregnancy

We can adapt certain therapies to be maternitysafe after the first 16 weeks of pregnancy and before last month of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

### Payment

Payments will be room charge or credit card only.

### Ambiance

To preserve a peaceful ambiance and respect other guests, please kindly avoid using electronic devices such as phones whilst in Beaumier Wellness.

*Rates for the season 2024-2025*

## LE FITZ ROY

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