



Warm feet

Valmorel is skiing, sport and magical moments with the family ... but also **well-being**, for both adults and children.

Bubbling baths, steam room and sauna, massages, treatments, can all be enjoyed without restraint !

5 spas ready to pamper holidaymakers and warm them up after a wonderful day in the snow.

Aim : leave in great form !

Ladies'week



In the residence «La Placette»: a whole programme organised just for women, with ladies only **ski lessons** in the morning and **well-being sessions** in the afternoon sessions with Ayurvedic massages. Fondue evening and raffle with wonderful prizes! From 21st to 28th March 2020.

Agence Sovalski :

04 79 55 78 95 - sarl-sovalski@wanadoo.fr

Thai Massage

Pascale, native of the village of Pré, just below Valmorel, has embarked on a new adventure: Thai massages.

«**Relaxing and revitalising**, Thai massages release blockages, sources of tension or pain,» says Pascale.

At the client's residence, on a futon and dressed «comfortably».

1h: 60 € - 1h30: 80 €

The Walking Elephant :

06 09 53 14 36 - www.walkingelephant.info



«Happy Ness»



In Autumn 2018, Arnaud and Jessica, from the Valmo'bourricot farm, launched their range of **donkey milk soaps** : natural, refreshing or exfoliating.

They are **entirely hand-crafted**, without palm oil and using the milk from their donkeys (25%), with restorative and highly moisturising qualities. On sale at the Refuge Gourmand in Doucy.

Valmo'bourricot :

06 81 17 11 51 - 06 77 61 49 65 - www.valmorel-ane.fr

Pure Altitude©

Inspired by the mountains, **Pure Altitude © products** were born in the heart of the Alps. Made only from **natural ingredients** harvested with respect for the environment, this range of products invites you to discover the benefits of plants.

Guaranteed relaxation at the Anitéa spa with these products and **the Himalayan salt wall**.

Spa Anitéa (In the course of classification*****) :

04 79 04 05 20 - www.mgm-hotels-residences.com



Warm feet

For women

The Ô Lauzes Spa is more than 1500m² of aqua-play and wellness areas powered by the **thermal water of La Léchère**.

Two formulae make their appearance this year to pamper the female guests:

* **The special woman** with 6 treatments over 2 days, adapted to menopause and endometriosis problems - 244 €.

* **Future Mum's** moment with 3 treatments in one afternoon, for pregnant women between the 4th and 8th months of pregnancy - 110 €.

Spa O des Lauzes :
04 79 22 44 16



Sports Massage

In the heart of the pedestrian street, the **Spa des Cimes** offers all the beauty treatments of an institute. After a good day's skiing, what better than a **sports massage**?

A combination of essential oils with a deep, dynamic massage to relax and relieve sore muscles.

55min: 89 €

Spa des Cimes :
04 79 09 33 03 - www.spavalmorel.com



Special children's massage

At La Grange aux fées ****, we take care of the little ones too!

The **duo face and body for children**, is a full hour of relaxation and a massage just like their parents, in a getaway decor, using **Bio and fruity products by the brandToofruit**.

Spa O des cîmes :
04 79 07 47 43 - www.odescimes.com



For men

The **Club Med's Men's getaway** lasts 2 to 3 days and allows 5 treatments: 2 energy massages, 1 facial and 2 relaxing back massages.

Spa Carita du Club Med de Valmorel :
04 79 41 61 00 - www.clubmed.fr/r/Valmorel/w

