

TREATMENT MENU

WINTER 2021-2022

Beaune
LES 3 VALLÉES
DE Tignes COURCHEVEL ALPES



At Beaumier, your wellbeing is our priority. Put yourself in the caring hands of our specialist team of therapists.

Indulge in nurturing treatments crafted using thoughtful touches such as warmed oils and thermal compresses, perfect before or after a day on the slopes. We are here to help ease muscular tension, nourish and protect the skin or to encourage a good nights sleep.

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

MASSAGES AT THE SPA

HIGH ALTITUDE SIGNATURE MASSAGE

75 min - 195€

Our signature treatment is designed to restore your natural equilibrium from signs of high altitude and to melt away tension. Starting with a scalp massage to clear the head, relax as the sensation of warm oil nourishes your body with a rhythmic, flowing full body massage. This soothing experience includes deep breathwork and gentle full body stretches, combined with the activation of foot reflex points, to relieve the feeling of muscle fatigue and promote general wellbeing.

PERSONALISED MASSAGE

50 min / 75 min - 130€/195€

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.

SNÖ SPORT PREP MASSAGE

50 min - 135€

Prepare muscles of the back and legs before exercise with a superpower blend of aromatic oils and Theragun™ massage to warm the body and boost vitality.

SNÖ APRES-SKI MASSAGE

50 min - 135€

Accelerate your muscle recovery after a day on the slopes. Strong bodywork and Theragun™ percussive massage targets the deeper layers of the muscle tissue with anti inflammatory oils to release tension and stress.

SNÖ FACIAL MASSAGE

50 min - 135€

A facial cleanse and gentle exfoliation is followed by a nourishing face, neck and shoulder massage, leaving the skin revitalised and radiant.

BACK, NECK, SHOULDERS & SCALP MASSAGE 50 min - 130€

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.

NOURISHING MATERNITY MASSAGE

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.

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

MASSAGES IN ROOM

We are delighted to offer a new way to relax and unwind in the comfort and privacy of your own room. Let our experienced and professional therapists help you to relax or invigorate your body and mind with a range of treatments tailored to meet your needs, using the highest quality natural products.

PERSONALISED MASSAGE 50 min / 75 min - 150€/215€

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.

SNÖ SPORT PREP MASSAGE 50 min - 155€

Prepare muscles of the back and legs before exercise with a superpower blend of aromatic oils and Theragun™ massage to warm the body and boost vitality.

SNÖ APRES-SKI MASSAGE 50 min - 155€

Accelerate your muscle recovery after a day on the slopes. Strong bodywork and Theragun™ percussive massage targets the deeper layers of the muscle tissue with anti inflammatory oils to release tension and stress.

SNÖ FACIAL MASSAGE 50 min - 155€

A facial cleanse and gentle exfoliation followed by a nourishing face, neck and shoulder massage, leaving the skin revitalised and radiant.

BACK, NECK, SHOULDERS & SCALP MASSAGE 50 min - 150€

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.

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 - 80€
HAND & FOOT MASSAGE	30 min - 80€
SNÖ & FACIAL MASSAGE	30 min - 80€

FOR YOUR SAFETY AND COMFORT EVERYTHING YOU NEED TO KNOW

- Please kindly complete our online consultation form before arrival.
- Payments will be room charge or credit card only.
In-room treatment: room charge only.
- Wearing of face masks is mandatory for all spa and in-room guests. For their safety and yours, our team will also be wearing face coverings and visors, in line with current French Government guidelines.
- Throughout the spa you will find sanitizer and hand washing facilities. Please wash and sanitize your hands regularly while with us.
- Prior to your treatment please shower thoroughly.
- Enhanced cleaning procedures have been implemented: treatment rooms will be well ventilated and fully sanitized between treatments.
In-room treatment: all equipment and products will be fully sanitized between treatments. Please ensure your hotel room has been well ventilated prior to the therapist's arrival.
- In line with government guidelines, please maintain distance from other guests and the therapist when possible.
- For our properties with pools, steam and sauna rooms, when open, these will be bookable experiences with limited availability. Bookings may be made at the wellness reception.
- We have ensured the highest level of Covid safety, therefore any guests experiencing any symptoms are advised to reschedule their treatment.
- Please note that all hotel guests are required to change into their robes in their guest rooms before arriving at the Spa or before the therapist's arrival in the hotel room.

INFORMATION

Arrival

Please arrive 5 minutes before your appointment. If you arrive late, your appointment may need to be shortened out of consideration for the next guest. For In-Room treatments, please be ready 5 minutes prior as well so the therapist can set up the treatment.

Cancellations

If you need to change or cancel an appointment, please let us know 24 hours in advance. For any cancellation 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.

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 maternity-safe after the first 16 weeks of pregnancy. Please let us know if you are expecting to allow us to tailor your experience.

Ambiance

To preserve a peaceful ambiance and respect other guests, please kindly avoid using electrical devices such as phones whilst in Beaumier Wellness or for In-Room treatments.

Rates for the season 2021-2022

LES 3 VALLÉES

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