



TREATMENT MENU

Summer 2017

BIOLOGIQUE RECHERCHE

Facials

Body Treatments & Add-ons

VIE COLLECTION

Facials

PHYTOMER

Facials

Bath Rituals / Scrub

Wraps

Body Treatments

Well-Being Treatments

NOUGATINE

Facial and Body Treatments

LES SOURCES DES ALPES

Body Treatments

Massages

Massages on request

Spa Deals

Nail Lounge & Beauty for Him & Her

Waxing

PRACTICAL INFORMATION

THE SPA of the hotel is located on the 1st floor.

RESERVATIONS

Treatments can be booked at the Front Desk of the hotel or via our website.

HOURS

Beauty and Treatments available every day from 9 am until 7 pm.

The indoor and outdoor pool, sauna, hammam and fitness room are at your disposal from 7 am until 8 pm.

DRESS CODE

If you are a resident of Hotel Les Sources des Alpes we suggest to use the bathrobes and slippers provided in the rooms. If you are a non-resident we provide you a bathrobe and slippers as well as towels. A wardrobe is available in the spa area.

ENVIRONMENT

The Spa is a place of peace, regeneration and relaxation. Please respect the need of privacy and peace of the other clients. Therefore, we ask you to leave your cell phone and cameras in your room. The indoor and outdoor spa area is a non-smoking area.

AGE REQUIREMENT

Guests need to be 18 years or older to reserve a spa treatment. Otherwise the treatment needs to be accompanied by an adult.

SPA POLICY

We strive to give you our very best in order to enhance your spa experience with us. We adhere to certain policies to benefit you, and create a harmonious environment where our therapists can focus on your needs. We know you will have a pleasant experience with us as we strive to exceed your expectations!

BEFORE YOUR TREATMENT

Arrive 10 minutes prior to your treatment to allow ample time to check in and prepare for your treatment. We recommend to make a Hammam session before your treatment to prepare your skin.

Arriving late will simply limit the time for your treatment, reducing its effectiveness and your pleasure. Your treatment will end on time so that the next guest is not delayed.

LATE POLICY

If your arrival is delayed, we will make every effort to accommodate your full appointment, this is not always possible. Service time may be abbreviated to avoid delays for other guests' treatments and are charged at full value.

CANCELLATION AND NO-SHOW POLICY

Bookings cancelled less than 24 hours in advance, will be fully charged. In case of No-Show the booking will be fully charged.

Your bookings at Les Sources des Alpes Spa

Name :

Room :



Biologist, Physiotherapist, Doctor: Yvan, Josette and Philippe Allouche combined their know-how and passion to write a unique and visionary page in the history of skin care. When the company was first founded 40 years ago, it functioned as a research and development laboratory creating products for professionals dissatisfied with existing solutions. Today, Biologique Recherche Methodology has earned a reputation for outstanding effectiveness based on its clinical approach to beauty care using pure, concentrated, raw ingredients, as well as innovative and meticulous procedures. The overall approach to skin care, which sees the skin as being directly linked to all other organs in the body and Doctor Philippe Allouche's expertise, has created innovative new techniques exclusive to the brand. This internationally recognised brand can be found in over 70 countries.



FACIAL TREATMENTS BIOLOGIQUE RECHERCHE

SOIN OXYGENANT VIP O2

45min Chf 120

A regenerating and revitalizing treatment for the epidermis that works on all Skin Instants©. It restores the natural balance of your skin, leaving your face, neck and chest smooth and glowing.

SOIN RÉGÉNÉRANT VERNIX

60min Chf 195

A reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants©. It has a draining action on your skin, and boost the repair capacity of damaged skin, leaving your face, neck and chest smooth and toned. The treatment is structured around three movements: smoothing, sculpting and pulsing. We recommend 3 sessions during three weeks and then renew every three months.

SOIN CRYO 3R

75MIN CHF 250

A combination treatment using Cryo sticks with a decongesting and regenerating action for mature and devitalized Skin Instants©. Ideal for eye bags, it leaves the skin on your face, neck and chest re-plumped, brightened and drained. Super regeneration and reconditioning booster treatment.

BODY TREATMENT BIOLOGIQUE RECHERCHE

CURE MINCEUR OXYGÉNANT AU GANT

90MIN CHF 175

A draining treatment that produces a slimmer shape and improves the appearance of cellulite. We recommend a cure of 6 sessions during 2 months.

TO COMBINE WITH YOUR FACE OR BODY TREATMENT

LIP OR EYE PLUMPING

CHF 30

Collagen is an excellent firming agent. It tightens the skin's pores and improves the oval of the face. It is recommended for all skin types and is ideal for dehydrated, less toned skins or for thick skins with dilated pores.

COLLAGÈNE MASK WITH CAVIAR

30MIN CHF 30

Like a second skin Masque Collagène Caviar is composed of a biomatrix made of pure and high-quality collagen fibers. Chic and glamorous, this luxury treatment is for demanding skins.

COLD MASK

30MIN CHF 30

Cold Mask is a soothing and purifying peel-off mask. It is rich in Micronized Laminaria and Diatom Algae. It is recommended for seborrheic skin. Leaves the complexion radiant and fresh. Great for after-sun and redness.



Directly inspired by esthetical medicine, VIE Collection anti-aging solutions are marked by the influence of cosmeceuticals.

VIE Collection treatment protocols and retail skin care products replace or supplement esthetical medicine treatments. They echo the latest trends in the most commonly practiced dermatological rejuvenation and cosmetic procedures.

VIE Collection is not limited to just one star ingredient. The LABORATORY selects and combines all of the most powerful benchmark ingredients. Used in optimal concentrations, they are combined with molecules at the forefront of anti-aging research to visibly correct skin aging.

VIE Collection conducts advanced tests on its ingredients and formulas to clinically measure their effectiveness. In addition to the professional opinion of the brand's consulting esthetical doctor, all products and treatments are subjected to in vitro and in vivo studies conducted by independent laboratories.



FACIAL TREATMENTS VIE COLLECTION

3D WRINKLE SMOOTHING DENSIFYING TREATMENT

60MIN CHF 220

Medical esthetical inspiration: hyaluronic acid, botox® and growth factor injections to smooth lines and wrinkles. Expression lines get smoothed and deep wrinkles are less pronounced. (no needles!)

MÉSOFORCE

60MIN CHF 230

Esthetical medicine inspiration: Mesotherapy to instantly revitalize and plump the skin. The skin is rehydrated and revitalized.

PHYTOMER

PHYTOMER is one of the only skincare companies in the world that has mastered marine biotechnologies, which is the use of marine micro-organisms to produce new, totally unprecedented, natural active ingredients.

This new high-tech biochemistry, derived from the medical and pharmaceutical industries, paves the way for increasingly effective and sensorial formulas with a reduced impact on the environment.

Backed by unique biotechnological know-how, PHYTOMER's Advanced Research team has created a new generation of active ingredients: EPS, unique and inimitable natural sugars. They include XMF, which smooths wrinkles in 1 hour and the remarkable VMR, which has powerful retexturing properties for a perfect skin texture.



FACIAL TREATMENTS PHYTOMER

WHITE LUMINATION

75MIN CHF 165

This very complete treatment offers skin cleansing and chemical exfoliation in order to encourage a “new skin” effect.

Results: reduced intensity and diminished size of dark spots. Skin is more luminous and more transparent with an immediate burst of radiance.

DOUCEUR MARINE

75MIN CHF 165

This cocoon treatment softens the skin and improves its defence for a soothed and ideally hydrated epidermis, producing a radiant complexion.

Results: treats the sensations of tight or irritated skin or redness, the epidermis is soothed and complexion is even.

CITY LIFE

60MIN CHF 145

A fresh breeze blows through the spa, depolluting the skin of city-dwelling women with the effect of a vacation by the sea.

The skin is intensely hydrated, signs of fatigue are erased, the complexion is more even and the skin regains its freshness.

Skin Escape for Men

75MIN CHF 185

Cleansing and facial treatment creams in the PHYTOMER HOMME product range are used to deliver a more specifically adapted solution for the treatment of the male epidermis.

BODY TREATMENTS PHYTOMER

BATH RITUALS

OLIGOMER PURE

75MIN CHF 165

The art of modern thalassotherapy in a Jacuzzi filled with marine ingredients, followed by a complete massage to re-mineralize the body. Immersed in a tub rich in marine ingredients, you can lie back and let them go to work on re-mineralizing your body. The hydro-massage jets will ensure even more effective results. A complete body massage gently concludes this enjoyable aquatic experience.

OLIGOMER SILHOUETTE

75MIN CHF 185

An alternative to the localized action of the Essential Sculpting Care Treatment, it delivers its contouring, firming and smoothing benefits to the entire body. This treatment redefines the figure in just 5 treatments.

SCRUB

SATIN SHIMMER

45MIN CHF 85

Exfoliation with salt crystals combined with a moisturizing massage for an express beautifying treatment that leaves the skin soft and silky. Results: Luminous, moisturized and relaxed skin.

BODY WRAPS

MARINE BODY WRAP

90MIN CHF 185

A choice of 3 high-performance marine body wraps combined with a complete body massage to help eliminate toxins, break down fat or re-invigorate skin tissues.

This treatment is based on the renowned esthetical technique of heat wrapping. Gentle exfoliation using a marine sponge at the start of the treatment stimulates the epidermis. The selected marine wrap is then applied to the whole body and is activated by a gentle warmth diffused by a heated blanket. A total body massage at the end of the "cocoon" treatment leaves you beautifully relaxed and rehydrated.

LEG REVIVAL

45MIN CHF 85

A targeted treatment to comfort and relieve tired legs, as well as help restore their appearance.

Following exfoliation, this treatment is based on a technique of wrapping the legs in a refreshing gel which stimulates elimination before carrying out a draining massage to bring a sensation of lightness and relief.

BODY TREATMENTS

SCULPT ZONE

60MIN CHF 145

An intensive localized treatment on the abdomen, buttocks and thighs to beat excess fat and cellulite in record time.

With either an express treatment or intensive program, you get radical slimming results: trimmer curves, reduced cellulite, loss of inches: More than 1 cm less in waist circumference in only 4 treatments.

MORPHO DESIGNER

60MIN CHF 145

This innovative body treatment offers an integral beauty experience by combining three major esthetical actions in a single protocol: contouring, firmness and skin quality.

After a smoothing multi-exfoliation, a reshaping and refining massage sculpts “dream contours” for perfect-looking skin.

DETOX BACK MASSAGE

45MIN CHF 95

The back can become knotted with tension. In order to unpick these knots, this treatment combines deep cleansing using detoxifying marine products with a super-relaxing back, scalp massage.

WELL-BEING TREATMENTS

OLIGOMER SPA

90MIN CHF 185

Deeply relaxing and re-energizing, this new body treatment offers a unique multisensorial experience based on OLIGOMER®, PHYTOMER'S mythic active ingredient with re-mineralizing and fortifying benefits.

Its specific massage produces a fully encompassing holistic approach from the tips of the toes to the ends of the hair. It provides perfect balance between light strokes and presses and between deep tissue massage and a gentle hand massage for an instant rejuvenating effect and incomparable relaxation.

SEA HOLISTIC

75MIN CHF 175

A combination of light strokes, pressure and stretching, this very original body massage using Thai-inspired sea boluses eliminates tension knots one by one and restores balance to the body. Exfoliation using sea salt crystals and a radiance-boosting facial treatment restore all the skin's natural luminosity and softness. The ultimate in letting go...



Candy because....

Your daughter prefers playing with dolls? Your son with toy cars? It is true that taking care of your skin when we are children is not really a priority. The time has come for your little poppets to take care of their skin, and to like it!

NOUGATINE Paris has succeeded in combining CARE and ENTERTAINMENT.

We understood well, at NOUGATINE Paris, how important it is to take care of our skin from childhood. Thanks to a range of candy products, this learning phase can be from now on done with pleasure. No constraints, by using Chocodélice or Sensidouce, your child will ally softness of the skin and the pleasure of sweet candy fragrances. They can "treat themselves" from now on with vanilla, caramel, strawberry fragrances - all these flavours which they love so much!

We adapted our care products so that they are for their tastes and their desires and so that they take pleasure in taking care of their skin.

TREATMENTS SPECIALLY DESIGNED FOR KIDS FROM 6 UNTIL 12 YEARS OLD

YUMMY FACE TREATMENT	45MIN CHF 95
Facial cleansing with cotton candy taste CHANTIMOUSSE, nourishing chocolate cream mask. Followed by a soft massage with the vanilla-strawberry flavoured SENSIDOUCE cream and lip hydration with the caramel lipstick Bisous.	
RECOVERY FOR PRINCE AND PRINCESS	30MIN CHF 75
Soothing back, neck, arms and legs massage with the massage cream RÊVE D'ANGE flavoured with honey and vanilla.	
SOFT DREAMS	30MIN CHF 55
Soothing scalp, neck and shoulder massage with the massage cream RÊVE D'ANGE flavoured with honey and vanilla.	



In this haven of well-being, stay away from your everyday life and come to revitalize at a high altitude. Massages with hot stones, fango, scrubs and wraps complete a wide range of treatments. In addition, slimming and detox cures are offered custom-made.

The jewel of the hotel, the outdoor thermal pool invites you to relax and admire the impressive cliffs that serve as a backdrop. Both, outdoor and indoor, swimming pools are flowed in by its own thermal spring, which gives a 36 ° water all year round. With 900 m², the Spa with its Beauty Centre covers ten treatment rooms, a Hammam & Sauna chalet and a bright, sunny fitness room.

In order to maximally refine your silhouette, you can opt for the full board gastro-light cure combined with three slimming treatments per day.

BODY TREATMENTS

MUD APPLICATION

30MIN CHF 70

This treatment consists of volcanic mud application and provides an analgesic, decongestant and anti-inflammatory results. It is strongly recommended for muscle tensions, arterial problems and rheumatism.

ALP SALT SCRUB

30MIN CHF 75

Extracted from the glaciers in the Swiss Alps, our Salt Crystals are rich in therapeutical minerals perfect for a body detoxification. When combined with the Dr Burgener Sweet Almond Oil, this treatment will renew and help to regenerate the surface cells of the skin.

ALP SALT DETOX

60MIN CHF 135

Ideal treatment to release accumulated toxins and stress, it uses the benefits of the Swiss Alps Salts. These salts will purify your body by removing impurities and water excess with a scrub followed by a body wrap.

MASSAGES

CUSTOM MASSAGE

Vigorous, intense and invigorating, or gentle, harmonising and relaxing; back, legs, arms or whole body. Our therapists will make each massage a truly unique experience.

60MIN CHF 145 / 90MIN CHF 195

SPORTS MASSAGE

This classic massage includes stimulation of the muscle groups, effleurage, kneading and joint manipulation. It is the ideal treatment before and after sports activities.

30MIN CHF 85 / 60MIN CHF 160

REFLEXOLOGY

Reflexology or zone therapy improves organ and tissue function and revitalises the entire body. This treatment also restores balance and eliminates tension.

60MIN CHF 125

LYMPHATIC DRAINAGE MASSAGE

A specific light and flowing technique stimulates the lymphatic system to drain toxic waste fluids, boosting the body's self-healing powers and recharging the immune system. Excellent for sensitive skin.

60MIN CHF 120 / 90MIN CHF 155

MASSAGES ON REQUEST

HOT STONE

60MIN CHF 175

Let your mind and body be transported on a sensory voyage, as the heat from the lava stones loosens the muscles and you instantly enjoy a feeling of deep relaxation. The Hot Stone massage is ideal for treating muscle tension and back pain, after sport or exercise or for improving general well-being.

ABHYANGA MASSAGE

60MIN CHF 175

This massage is elaborated with warm sesame oil. The blood and lymph circulation are activated, which provides you with a profound sense of comfort and serenity. Ayurveda merges the body and mind, the emotional and the spiritual.

SPA DEALS

SPA DEAL GEMMI

Hydrotherapy with alp salt
Salt scrub
Custom massage

105MIN CHF 195

SPA DEAL MAJING

Detox hydrotherapy
Scrub
Reductor clay thermos wrap
Anti-cellulite massage

160MIN CHF 355

SPA DEAL DAUBENHORN

Hydrotherapy
Mud application
Back massage

105MIN CHF 185

SPA DEAL TORRENT

Classic Manicure or Pedicure
Hydra Blue or Douceur Marine
Eyebrow correction
Foot reflexology

180MIN CHF 290

NAIL LOUNGE & BEAUTY FOR HIM AND HER

QUICK MANICURE	30MIN	CHF 35
CLASSIC MANICURE	60MIN	CHF 75
SPA MANICURE	60MIN	CHF 95
DE LUXE MANICURE	90MIN	CHF 120
QUICK PEDICURE	30MIN	CHF 40
CLASSIC PEDICURE	60MIN	CHF 80
SPA PEDICURE	60MIN	CHF 95
DE LUXE PEDICURE	90MIN	CHF 120

IN COMBINATION WITH:

SHELLAC NAIL POLISH	CHF 35
NAIL POLISH	CHF 20
PARAFFIN BATH	CHF 40
FRENCH NAILS	CHF 15
MAKE-UP DAY	CHF 50
MAKE-UP NIGHT	CHF 80
EYELASH TINT	CHF 45
EYEBROW TINT	CHF 45
EYEBROW CORRECTION	CHF 30

FACE WAXING WITH DÉPILÈVE

UPPER LIP*	CHF 30
CHIN*	CHF 30
EYEBROWS	CHF 35
EARS/NOSE	CHF 30

BODY WAXING WITH DEPILÈVE

BRAZILIAN BIKINI*	CHF 70
CLASSIC BIKINI*	CHF 50
BIKINI TOTAL*	CHF 90
½ LEGS	CHF 80
WHOLE LEGS	CHF 110
½ ARM	CHF 50
WHOLE ARMS	CHF 70
ARMPIT	CHF 40
SHOULDER	CHF 40
CHEST OR BACK	CHF 80
*ONLY AVAILABLE FOR WOMEN	