



LE REFUGE DE SOLAISE

ALT. 2551M - VAL D'ISÈRE

SPA LE REFUGE DE SOLAISE TREATMENT MENU

WINTER 2024

Le Refuge SPA

Take refuge in the breathtaking setting of the Spa, nestled at an altitude of 2551 meters in the heart of a majestic mountain. The Spa du Refuge is the ideal place to experience a timeless moment, offering the ultimate escape in an exceptional natural setting.

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The SPA

Our experts unveil a range of rituals specially designed to prepare you for a day on the slopes, recharge your batteries on your return from the slopes, or enjoy unique outdoor experiences to reconnect with yourself and nature.

The Spa du Refuge boasts a 25-meter pool and two Jacuzzis from which to admire the valley and snow-capped peaks. This cosy cocoon includes two hammams, four treatment areas, including a private treatment suite for couples, and a beauty salon.

This haven of warmth extends outside with a sauna, hot tub, polar bath and private treatment bubble, offering breathtaking views over the valley and allowing you to enjoy multi-sensory experiences in sumptuous surroundings.

The Recharge Ritual:

This winter, the hotel is putting wellness and sports recovery at the heart of its activities, offering a unique outward-looking and inward-looking experience to re-energize during the winter season. Le Refuge offers a complete «recharging» ritual for body and mind, combining a comprehensive wellness offering with sports and holistic activities.

The Recharge Ritual consists of four key steps:

RESET, RECOVER, REGENERATION, REACTIVE & RECONNECT.

Each of these stages takes place in outdoor wellness facilities offering breathtaking views of the snow-covered valley, as well as in indoor facilities for a truly cocooning moment. The program includes alternating hot and polar baths, the use of a state-of-the-art pressotherapy device, personalized massages with Theragun and stretching, light therapy and Sound Healing. Beneficial «Elixirs» at each stage of the ritual care for the body inside and out.

The recharging ritual promotes letting go, disconnecting and soothing the body and mind. It ensures optimal physical recovery after sporting activity, reducing muscular inflammation, and easing aches and pains.

Rituel Recharge: 2 hours and 10 min: 245€

It can be booked as a complete package or by individual step.

STEP 1 : RESET

Hot bath - Polar bath

30 min / 50€

The warm Nordic bath invites you to relax and unwind. Immersed in warm water, the body warms up, muscles relax, joints ease and muscular tension evaporates, creating a sensation of well-being. The therapist then guides you through the cold bath process, a unique approach that accelerates physical recovery and strengthens psychological resilience.

STEP 2 : RECOVER

Recovery Air Compression

30 min / 55€

Air compression recovery boots are a state-of-the-art pressotherapy device. They accelerate recovery, improve blood circulation and lymphatic drainage, reduce muscle pain, and minimize swelling and stiffness.

ÉTAPE 3 : REGENERATION

Sportif: Theragun massage & stretching

50 min / 155€

Created for athletes, professional Theragun massage will increase oxygen levels in all organs, as well as improving the body's innate ability to repair and regenerate itself.

OR

Refuge - Massage with aromatic sachets

Discover a sensory experience with our aromatic pouch massage, a fusion of the ancient tradition of herbal therapy and soothing expert touch. This unique experience promotes blood circulation, rebalances the inner self and offers complete relaxation, encouraging everyone to rediscover inner tranquility and savor a moment of well-being.

STEP 4 : REACTIVE & RECONNECT

Led Therapy & Sound Healing

20 min / 45€

LED Therapy gives the skin the glow it deserves, stimulating collagen and elastin production, promoting cell renewal and skin radiance. Sound Healing, a powerful therapy, combines different healing sounds, music, and sound instruments, gently awakening all layers of the luminous energy field (body, mind, soul).

Extend this moment of well-being at Refuge de Solaise with Step 5:

STEP 5 : RESTORE

Price: Refer to restaurant menu

This winter, the Refuge's restaurant is serving up the essentials of Italian gastronomy, generous «gratinati» for lovers of alpine cheese, in the warm atmosphere of the indoor restaurant or on its vast terrace facing the mountains. The «recharge» experience continues with a menu featuring healthy, seasonal produce.

Expertises Technological Additional:

Welcome to our space of ultimate personalization, where each facial or body treatment is a canvas ready to be magnified according to your desires. Enjoy our exclusive treatment menu, designed to meet your specific needs, and provide you with an unforgettable bespoke experience. Choose from our exquisite facial or body treatments, each designed to bring you deep relaxation and reveal your natural radiance. But why stop there? Make your spa experience truly unique by adding extra options to enhance your chosen treatment.

Led Therapie - Luminotherapy

15 min / 35€

Give your skin the radiance it deserves with our LED Therapy, a journey towards luminous, radiant skin. The different wavelengths used target various skin problems, from acne to wrinkles to hyperpigmentation. This non-invasive treatment stimulates collagen and elastin production, promoting cell renewal and radiance. Reveal your natural beauty and revitalize your complexion with this relaxing and regenerating experience.

Theraface - Microcurrent

10 min / 25€

Microcurrent is a cutting-edge technology that firms and revitalizes the skin by stimulating facial muscles. This non-invasive treatment improves tone, reduces the appearance of wrinkles and restores radiance to your complexion. A veritable rejuvenation cure for radiant, glowing skin.

Jetboots - Light legs

30 min / 55€

Treat your legs to a moment of lightness and well-being with our Jetboots treatment. These soothing wraps exert gentle, rhythmic pressure, stimulating blood and lymph circulation. Free yourself from the weight of tired legs and immediately regain a feeling of lightness.

Gua Sha - Remodeling Drainage

10 min / 25€

Experience deep relaxation with our Gua Sha Spa treatment. Inspired by ancient traditional Chinese medicine, Gua Sha is a massage technique that uses specially sculpted stones to stimulate circulation and release muscular tension.

Massages

SIGNATURE MESSAGES

Alpin - Sports leg massage **25 min / 70€**

The well-being of a personalized massage to meet all your expectations for a moment of total relaxation. The ideal opportunity after a day of sport, this restorative and relaxing massage with warm oil promotes muscle relaxation in targeted areas. The perfect way to boost energy and recuperate after a day on the slopes.

Softness - Soothing massage **50 min / 80 min - 145€ / 225€**

This massage aims to improve harmony between body and mind. A relaxing massage of the head, face and feet, to release toxins, relieve tension and awaken the skin's natural radiance. Combining traditional Indian techniques and massage tools, this holistic treatment restores and awakens the senses for a unique sensation of lightness, by stimulating the body's various energy points.

Energizing - Toning massage **50 min / 80 min - 145€ / 225€**

Toning massage is a draining massage that stimulates the body to accelerate its elimination processes. The metabolism is accelerated, thanks to a deep detoxification of the body, providing a genuine sensation of well-being. This treatment will also help your muscles recover after a day on the slopes.

Sportif - Theragun muscle massage & stretching **50 min / 80 min - 155€ / 235€**

Created for athletes, the Theragun professional massage will increase oxygen levels in all organs, as well as improving the body's innate ability to repair and regenerate itself.

SPECIFIC MESSAGES

Kinesithérapeute - Customized massage **50 min / 80 min - 180€ / 260€**

Experience the therapeutic power of a kinesitherapy massage designed to restore your body's natural harmony. Our certified kinesitherapist will tailor each session to your specific needs, using an expert approach focused on re-educating and relieving muscular tension.

Refuge - Aromatic Pouch Massage **50 min / 80 min - 145€ / 225€**

Immerse yourself in an enchanting sensory experience with our aromatic pouch massage, an exquisite fusion of the ancient tradition of herbal therapy and the gentleness of expert touch. The pouches, filled with a blend of medicinal herbs and spices, release soothing aromas while the therapist's precise movements, combined with the warmth of the pouches, deeply relax muscles and release tension. This unique experience stimulates blood circulation, restores inner balance, and offers total relaxation, inviting everyone to rediscover inner tranquility and indulge in a moment of well-being.

Bloom - Massage for expectant mothers **25 min / 50 min - 80€ / 145€**

The ideal moment of well-being for all expectant mothers. A soothing full-body massage using nourishing 100% natural ingredients, leaving your skin soft and smooth, and releasing all tension and feelings of heaviness. You'll enjoy this precious moment of calm and relaxation. Our therapist uses techniques specifically designed for pregnant women to relieve some of the physical discomforts associated with their condition, from 3 months onwards.

Poudreuse - Foot reflexology **25 min / 50 min - 80€ / 145€**

Derived from an ancestral therapy in Thai medicine, pressure points are exerted on the meridians to stimulate the elimination of toxins and restore your body's energy flow. This massage provides total relaxation for body and mind.

Recharge passes

WINTER RECHARGE PASS - Access between 10am and 4pm

Package 2h - 90€ / 1 guest

Package 2h - 170€ / 2 guests

1 access to the wellness area*

PASS RECHARGE HORS PISTES - Access between 9am and 12pm

½ day - 135€ / 1 guest

½ day - 250€ / 2 guests

1 breakfast

1 access to wellness area*

1 wellness session of your choice (yoga, meditation, reiki, stretching)

PASS RECHARGE REFUGE - Access between 9am and 12pm

½ day - 175€ / 1 guest

½ day - 330€ / 2 guests

1 breakfast

1 DOUCEUR or ENERGIZING massage 50 min

1 accès espace bien-être*

**access to the wellness area:*

- Two hammams

- Two jaccuzzis

- An outdoor sauna

- An outdoor hot tub

- A relaxation area

Wellness activities

To achieve total well-being, the physical experience is also encouraged through supervised sports activities organized every day, from morning to evening, accessible to all hotel guests and as a wellness pass for external guests.

Group class 45 min - 27€ / 60 min - 35€

Private lesson 45 min - 90€ / 60 min - 110€ (limited to 2 guests)

Yoga

Hatha, ashtanga, vinyasa, power, yin, pranayama

Our group yoga classes are designed to bring together many people around this holistic discipline. Discover or practice together these rhythmic sequences of postures in connection with the body and the breath, for a better physical and psychological balance. It's a delightful opportunity to let go and let physical and emotional tensions evaporate.

Meditation

Our group yoga classes are designed to bring together many people around this holistic discipline. Discover or practice together these rhythmic sequences of postures in connection with the body and the breath, for a better physical and psychological balance. It's a delightful opportunity to let go and let physical and emotional tensions evaporate.

Pilates

Pilates is a training method inspired by yoga, dance, and gymnastics. It aims to develop deep muscles, improve posture and muscular balance. The principles of this discipline: concentration, control, center of gravity, breathing, fluidity and precision.

Aquayoga

A transposition of yoga to the aquatic environment. It consists of a series of postures designed to relax, control breathing, balance, and body alignment, as well as working the muscles in depth. In the medium term, the practice relieves tension, eliminates toxins, improves sleep quality and stamina, and enhances a general sense of well-being.

HOW TO ENJOY THE SPA DU REFUGE

Welcome to Le Refuge de Solaise spa, where our team of experts welcomes you for your treatments every day from 10am to 8pm. For Refuge guests, the swimming pool and two jacuzzis are open 24 hours a day. The outdoor sauna and two hammams are open daily from 10am to 8pm.

RESERVATIONS

The Spa reception welcomes you every day from 10am to 8pm. To best meet your appointment requirements, we recommend that you schedule your treatments in advance. Our reservation agents will help you book your treatments as soon as you request a reservation at the hotel.

You will receive written confirmation of your appointment at the time of booking, and a reminder e-mail 48 hours before your appointment.

For all treatment reservation requests, use the spa button in your room for direct access, or use the tablet available in your room to contact our spa team.

Phone : +33 4 58 83 00 94

E-mail : spa@lerefuge-valdisere.com

ARRIVAL TO SPA

To make the most of your experience, we recommend that you arrive 15 minutes before your appointment time. This will allow you to change in peace (bathrobes and slippers are provided) and enjoy the Spa facilities before your treatment. Clients not staying at the Refuge are invited to arrive 1.5 hours before their treatment time to take advantage of the facilities.

HEALTH CONDITIONS

Please let us know if you have any medical conditions, allergies, or injuries at the time of booking. A health questionnaire will be given to you before any treatment. This procedure enables us to provide you with a service tailored to your needs. Before your treatment, we invite you to check with your doctor that using the hammam presents no danger to your health. People with high blood pressure, circulation problems, asthma or breathing difficulties are strongly advised not to use the heat.

PREGNANCY

We offer special treatments for expectant mothers. Our Spa experts are here to guide you and help you choose the treatments best suited to this special time of life. Treatments can be booked as early as the second trimester of pregnancy.

ESTHETIC MASSAGES

The massages we offer are non-therapeutic beauty and aesthetic well-being massages. For therapeutic massages, we recommend that you consult a physician for advice.

THE POOL

Le Refuge swimming pool is a 25-meter indoor pool on the same level as the spa. Children under 16 must be accompanied by their parents or a responsible adult. Bathrobes, towels, and slippers are available.

HAIRDRESSING SERVICE

Our expert hairdresser is at your disposal from 9am to 8pm. To best meet your appointment requirements, please let us know 24 hours in advance.

TREATMENTS OUTSIDE OPENING HOURS

For all requests for treatments outside Spa opening hours, we inform you that a supplement of 50% of the value of the treatment will be applied.

MOMENT OF TRANQUILITY

The Spa is a place of calm and relaxation. To respect everyone's peace and quiet, we kindly ask you to switch off your cell phones and other electronic devices. If you are waiting for a message, please let our receptionists know, and they will be happy to help you.

DRESS

For your comfort, we invite our guests to come to the Spa in bathrobes. Disposable underwear is available for treatments. Should you forget your swimsuit, please note that swimsuits are available for sale in the boutique. In your fitness area, for reasons of hygiene and safety, sports shoes must be worn.

VALUABLES

We accept no responsibility for the loss or damage of personal belongings. We recommend that you keep your valuables either in the lockers provided in the changing rooms, or in the safe in your room if you are staying at the Refuge.

FITNESS

To help you get back into shape, Le Refuge offers a fitness area with state-of-the-art equipment. State-of-the-art Technogym cardio and strengthening machines give you the perfect start to an exhilarating new day. Open 24/7, the fitness area is reserved for guests staying at Le Refuge.

GIFT CARDS

A moment of absolute relaxation at the Spa du Refuge is the ideal gift for any occasion! All our personalized invitations are valid for 1 year and are on sale at the Spa reception desk. Offer or treat yourself to an exclusive private moment or an afternoon with a friend, and our team will make your dreams come true.

THE SPA BOUTIQUE

To prolong your experience, the Spa du Refuge offers a boutique area at the Spa reception desk. Here you'll find the products used during your treatments.

HYGIENE RULES

To guarantee the health and safety of our customers and teams, all our equipment is cleaned and sterilized after each treatment and after each use by the customer.

CANCELLATION POLICY

If you are unable to attend, we would appreciate it if you would cancel your appointment at least 24 hours in advance. If you fail to do so, we will be obliged to bill you in full for your treatment.

In the event of a delay, we will do our best to offer you the same service if our schedule allows. Otherwise, we will be obliged to shorten your treatment.





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