



Longevity
Cure
Elevated Wellness

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Pure Antarès

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Antarès Experience

Within the invigorating air of the mountains, Pure Antarès offers an oasis to disconnect, recharge, and optimise your body's natural energy resources. Unlock the secrets to optimal well-being and rejuvenation through this extraordinary convergence, where ancient wisdom meets modern advancements for a holistic journey towards vitality and well-being.

The alpine scenery of Pure Antarès serves as a gentle reminder of nature's healing powers and offers the perfect environment to reshape your relationship with wellness.

At the foot of the slopes, Antarès is composed of seven main chalets named SIRIUS, NAOS, URSA, ORION, MIRA, STELLA and LUNA. Within each chalet, you'll find a number of beautiful, light-filled apartments available to rent (ranging from 120 to 500m²). These are private spaces that cultivate closeness and place the importance of family first.

With each apartment, you'll benefit from true ski-in/ski-out, outstanding views and unparalleled French Savoie architecture.





Our Philosophy

Experience the art of living through the path of healing. Embark on an elevated journey under the guidance of our experienced team, immersing yourself in a sanctuary of wellness where your body, mind, and soul find serenity and balance.

Pure Antarès introduces a hybrid wellness concept that seamlessly blends cutting-edge technology and non-invasive procedures with holistic treatments, providing a 360° approach to wellness.

At the core of our philosophy lies the belief in your innate power to optimise your life and well-being through conscious choices and intentional living. Our selection of holistic active ageing techniques has been scientifically researched and proven to enrich and optimise well-being throughout your lifetime. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.





Facilities

Pure Antarès is home to more than 800m2 distributed across two levels entirely dedicated to well-being.

Fitted with state-of-the-art equipment, the 25-metre long swimming pool offers picturesque views of the mountains and surrounding ancient forests.



Swimming
Pool (25m)



Multi Temp
Pods



Salt
Cave



Hamam
Sauna



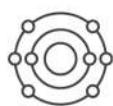
Ice
Fountain



Infrared
Sauna



10
Cabins



Oxygen
Therapy



Herbal Tea
Lounge



Aesthetic
Clinic



Double Suites
(45m2)



Cryo
Suite







Pure Method

We hold the firm belief that a healthy life is achieved through the art of balance. Embracing this philosophy, we have meticulously crafted a wellness offering and cure program that assists you in rediscovering and reclaiming this equilibrium. Our wellness menu offers treatments that can be enjoyed individually or, for better results, combined as part of our cure programs. During your stay at Antares, you can take a thorough and comprehensive assessment of your present well-being. Your treatment choices can be selected from our latest biohacking longevity treatments and targeted, result-driven treatments to reflect your individual goals and objectives derived from our four treatment pillars:

Detox

Supporting the body's natural detoxification process

Destress

Restorative treatments to cultivate recovery and regeneration

Reform

Fortifying your physical, mental and spiritual health

Revive

Boost your vitality and inner energy





Longevity Cure Overview

We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Our Pure Longevity programme consists of three distinct phases, using real data to create a program unique to you.

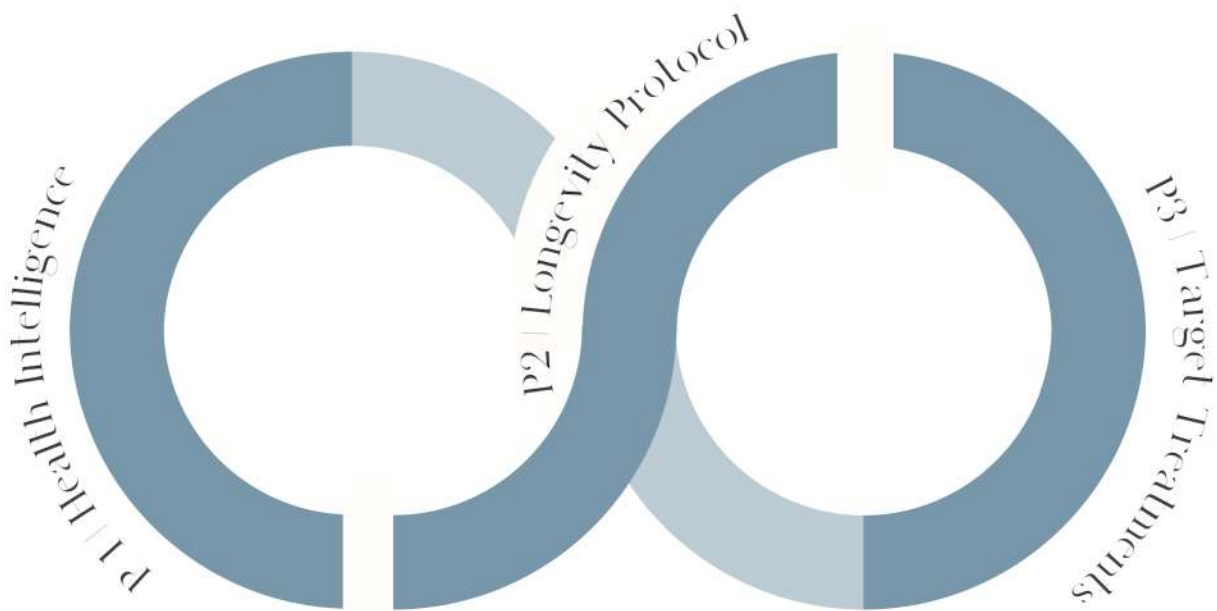
Through a comprehensive assessment of your present well-being, followed by our renewing longevity protocol, we will set the foundations for understanding and resetting the body.

We will then start targeted, result-driven treatments chosen to reflect your individual goals and objectives derived from our four treatment pillars.



Pure Longevity

Cure Phases



Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake to determine your specific wellness needs.

Phase 2 offers a combination of pioneering biohacking treatments designed to regenerate the body at a cellular level. This phase is the essence of the cure, aimed at healing and supercharging the body. Our academy helps you implement efficient daily rituals at home that lay the foundation for new long-lasting wellness habits.

Phase 3 is dedicated to tailoring your wellness goals to your specific needs. Choose from one of our four pillars and experience the transformative benefit of targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.

Phase 1

Health Intelligence

Your Health

Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake. You will receive a comprehensive digital snapshot of how your cells, mitochondria, and microbiome are functioning. This will help you better understand the effects of your diet and lifestyle on your immunity, mitochondrial and cellular health, internal biological age, and gut microbiome. We will also look at mobility, pain management, sleep and stress factors to give a full overview of your current wellbeing.

Nutrition

We work against the tide of fad diets that cause extreme weight loss and traumatise the body and mind. Our innovative functional approach takes into account your personal objectives, preferences, health requirements, and emotional well-being. With information collected from our health tests, we can then design tailored and achievable programs that work in harmony with your body, creating a profound effect on various diet-related issues while ensuring an enjoyable journey.

Our core aim is to re-educate you on how to eat in harmony with your body and create lasting improvements to your well-being that transcend your time with us.



P1 Health Intelligence

A Comprehensive Overview

With scientifically-backed results on what your body needs at the molecular level, our team will have the information needed to offer you a program truly tailored to your unique personality.

Our partners at Viome are pioneers in Health Intelligence™. Your genes are turned on or off by your gut bacteria, diet and environment. Once you know how your cells or mitochondria work, you can have specific nutritional actions to help and support them.

*Included in the Longevity program

So Check

45 MIN | 110 €

Real-time evaluation of a potential heavy metal excess, bioavailability of minerals, trace elements, vitamin and oxidative stress.

Cardi/check

45 MIN | 110 €

Assessment of acute and chronic stress through the vital balance by means of 5 indicators: the Cardiflex, the Cardistress, the ANS, the cardiac coherence and the RTI.

Osteopath Consultation

45 MIN | 180 €

Pure Active Assessment

45 MIN | 110 €

BMI Body Mass

15 MIN | 50 €

Nutritional Consultation

45 MIN | 110 €

Nutritional Consultation + Diet Plan

60 MIN | 200 €

Full Body Intelligence + Consultation

90 MIN | 480 €





Phase 2

Longevity Protocol

Overview

Our 'Pure Longevity Protocol' includes a selection of pioneering biohacking treatments combined into a specific protocol that are designed to regenerate the body at a cellular level. Based on the 3 elements that sustain life and make all living things thrive, the basis of life, Magnetism, oxygen and light.

Optimising these elements in the right order with using the most advanced technology have shown to slow the aging process, accelerate healing, increase cellular energy, and maintain alkalinity. It can reverse the buildup of oxidative stress and optimise ATP (energy) production.

During our longevity programme a personalised combination will be created for you adapted to your specific needs.

Longevity Academy

At Pure Antares, sustainable outcomes are just as important to us as immediate results. We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Embarking on the Pure Longevity Cure is the beginning of your wellbeing journey. Keeping a consistent mindset is key, and through our wellness Academy workshops, we will help you lay the foundations for a healthier, more conscious life.

To facilitate long-lasting wellness habits, we have developed efficient daily rituals that can be easily added to your daily routine to extend your experience after you have returned home.



P2 Longevity Protocol

Biohacking Treatments



Vibro- Acoustic therapy

Vibroacoustic therapy has been clinically proven to have positive effects on mood states and behavioural changes in people recovering from stress, anxiety and sleeping disorders. In a perfect blend of ancient medicine and modern technology, specific sound frequencies projected throughout the body guide brainwave patterns to states of relaxation, meditation, sleep and optimum brain focus.

Session Breakdown

Individual sessions 22 MIN | 70 €

Package 3 sessions 22 MIN | 189 €

Package 6 sessions 42 MIN | 357 €

These sessions can be repeated as often as desired. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Cryo- Therapy

Our cryotherapy treatment involves exposing the whole body in a cold room to -110°C in short-term exposure. It causes your body to move blood toward the core, protecting your organs. During this process, the body increases its oxygen levels and certain proteins that can act in an anti-inflammatory manner.

The strong analgesic effect breaks pain memory, which chronic pain can serve to over-activate -while also promoting its re-regulation. When you exit the Cryotherapy chamber and return to normal room temperature, this oxygen-rich blood moves back through the body, creating a euphoric effect that can be felt after just one treatment.

Session Breakdown

Individual sessions 3 MIN | 50 €

Package 3 sessions 3 MIN | 130 €

Package 6 sessions 3 MIN | 250 €

1–2 sessions can be done per day. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Cryo- Therapy

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Session Breakdown

Individual sessions 3 MIN | 50 €

Package 3 sessions 3 MIN | 130 €

Package 6 sessions 3 MIN | 250 €

1–2 sessions can be done per day. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Infrared Therapy

The Gharieni "MLX i3Dome" triple detox therapy combines infrared technology, plasma and light therapy, offering three effective treatment methods in one.

Long Infrared Rays - gradually increases the body temperature, stimulate the metabolism, and detox process. They also help in reducing inflammation and muscle pain.

Plasma (Negative Ions) - relieves stress and stimulates energy throughout the body, reduces anxiety levels, acts on hypertension, asthma, allergic rhinitis.

Light Therapy - Visible rejuvenation of the skin after only a few sessions.

Session Breakdown

Individual sessions 20 MIN | 70 €

Package 3 sessions 20 MIN | 189 €

Package 6 sessions 20 MIN | 357 €





Cure Content

Phase 1 & 2

Longevity Cure

Our Pure Longevity cure is designed to be flexible to your needs whilst honoring the cornerstones of our longevity concept to ensure results. For this reason phase 1 and 2 are included in every cure. whilst phase 3s targeted treatments can be personalised to your specific needs.

Phase 1 | Health intelligence

- 1x So Check
- 1x Cardicheck
- 1x Osteopath Consultation
- 1x Pure Active Assessment
- 1x BMI Body Mass
- 1x Skin Instant

Nutrition

- 1x Consultation Nutrition
- 1x Personalised Health Plan
- 1x Follow-up Consultation
- Plan 1/2 Board - Breakfast and Dinner

Phase 2 | Longevity Protocol

- Pemf
- Oxygen Therapy
- Infrared Sauna
- Cryosuite
- Vibro-acoustic therapy

Longevity Academy

- Sound Therapy
- Wim Hof Workshop
- Pure Longevity Home Protocol

Total Price 2,550 €

*Does not include target treatments in Phase 3
or accommodation



Phase 3

Targeted Treatments



Our Pure Longevity cure is designed to be flexible to your needs whilst honouring the cornerstones of our longevity concept to ensure results. For this reason Phase 1 and 2 are included in every cure, whilst Phase 3's targeted treatments can be personalised to your specific needs.

During Phase 3 you can choose from one of our four pillars and experience the transformative benefits of our targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.

Our Pure Longevity cure programme includes a 20% discount on all treatments.



P3 Target Treatments

Treatment List

Phase 3 offers targeted treatments from our wellness menu, specific to your personal needs and objectives.



Signature Antarès

Created with our alchemist to harness the energy of nature



Biologique Recherche

A result driven clinical approach to skin care



High Tech

Add high-tech boosters to optimised results



Natural Therapies

A holistic approach to wellness



Active Life Plan

Movement of the body to nourish the spirit



Phase 3

Targeted Treatments

Detox - Supporting the body's natural detoxification process

Our Detox pillar focuses on optimising the function of your lymphatic system, by providing the necessary support to enhance its efficiency in eliminating accumulated toxins.

Signature Spa

2x Signature Massage - Detox

Biologique Recherche

1x Light Legs

1x Seaweed slimming treatment

Pure Active

1x Outdoor Explorer

1x Yin Yoga

High Tech

4 x Cryo 21

4 x X Wave

1 x Hydrafacial

Total Cure Phase 1 | 2 | 3
With Detox pillar 4.179€
(29 treatments)

*Does not include accommodation.

De-stress - Restorative treatments to cultivate recovery and regeneration.

At Pure Antarès, we understand the need for a reset button, a way to disconnect from the chaos and reconnect with ourselves and nature. Our Destress pillar serves as that reset button.

Signature Spa

2x Signature Massage - Destress

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

Natural Therapies

1x Wim Hof Workshop & Sound Healing

Pure Active

1x Outdoor Explorer

2x Yin Yoga

Total Cure Phase 1 | 2 | 3
With Destress 3.756€
(27 treatments)



Phase 3

Targeted Treatments

Reform - Fortifying your physical, mental and spiritual health

Our Reform treatments are centred around the passion for enjoying outdoor sports, Using an array of high-tech and holistic therapies to help you kickstart your metabolism to feel lighter and better in your body.

Signature Spa

2x Signature Massage - Reform

Biologique Recherche

1x Signature Facial

1x Booster Mincer

Pure Active

3x Private Coaching

1x Outdoor Explorer

High Tech

2x Em Sculpt - Muscle Toning

2x X Wave - Cellulite Treatment

2x Radiofrequency & Ultrasound

Skin Tightening

2x Cryo 21 Sculpting

**Total Cure Phase 1 | 2 | 3
With Reform 4.575€**

*Does not include accommodation.

Revive - Boost your vitality and inner energy

Treatments targeted towards those who often feel tired and like they're not living life to the fullest. Including active ageing treatments to help the body and mind to thrive.

Signature Spa

2x Signature Massage - Revive

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

1x Lift Corps

Pure Active

1x Private Coaching - Mobility

1x Outdoor Explorer

High Tech

1x Cryo 21 - Drain

1x Hydra-Facial

4x Exilis Elite - Body / Face

2x Em Sculpt - Body Sculpt

**Total Cure Phase 1 | 2 | 3
With Revive pillar 4.770€
(32 treatments)**

*Does not include accommodation.





Our Stays

Cure Specific Accommodation



Do you love the mountains but not the slopes? You can choose one of the Antarès apartments during your stay and enjoy family time together. While they're skiing, you can take time out for yourself with a tailor-made wellness program. You can enjoy a spa treatment from any Antares apartment, whether you're on your own or traveling in a group.

Appartement, Duplex & Chalet

Our 55 apartments, duplexes and chalets, with their uncluttered mountain style, offer a bright, comfortable atmosphere conducive to relaxation.

Conceived as true cocoons, each apartment offers a unique universe expressed through a decor designed with attention to detail to provide an intimate atmosphere and an exclusive experience.



Pure
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