



Wellness
Clinic
Treatment menu

01

Pure Antarès

Our Philosophy	1
Facilities	2
Our Method	4

Wellness Menu

Targeted Treatments	5
Signature Antarès	6 - 8
Biological Research	9 - 10
High Technology	11 - 17
Mon Premier Spa	18
Natural Therapies	19 - 21
Pure Active	22-23
Les Essentiels	24
Experience & Mini Cures	25 - 26
Terms & Conditions	27

02



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



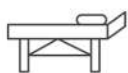
Hammam
Sauna



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



Target Treatments

Treatment List



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



Signature Antarès

Natural Care



Inspired by the Mountains

The local Alpine region is abundant in flora with rich medicinal properties that when collected and prepared correctly, help relax and detoxify our bodies. Leading this delicate dance with nature is Patricia Choffel, the Antarès in-house alchemist.

As an expert in ancient ethnobotany and classical European herbology, Patricia's knowledge and respect for nature brings back an ancient art that has been forgotten - and is now re-awoken.

For Antarès, Patricia has developed an entirely unique and special range of care oils using local Alpine ingredients like meadowsweet, arnica and St. John's wort. Each year during Spring, she travels the massifs of the Alps, focusing on the Vanoise and Méribel to collect the plants needed for the oils. Powerful and 100% natural, the Antarès oils are rich in healing properties and used in all of our Antarès signature spa treatments.





Signature Antarés

Massage Menu

Experience Massage

90 MIN | 220 €

Detox

A draining massage to refine the figure and improve the appearance of cellulite, with 30 minutes of localised cryotherapy to enhance your results.

Destress

We start this journey by calming the parasympathetic nervous system to prepare the body for a deeply relaxing full body massage. This treatment includes a 30-minute vibro-acoustic session.

Reform

For stiff, aching muscles. This treatment begins with a 30-minute infrared sauna to heat muscles and reduce inflammation, followed by a deep tissue massage to release tension through deep pressure, and relieve muscle pain by increasing blood circulation.

Revive

Indulge in the cocooning, recuperative sensation of a warm quartz bed, while a mountain herbal massage releases muscular tension. This treatment includes deeply soothing vibrational therapy using a Tibetan bowls.

Massage

60 MIN | 150 €

Detox - Drainage Lymphatic

Destress - Relaxation

Reform - After Ski

Revive - Energising

Family pack

10 x 60 MIN | 1300 €

Package of 10 treatments that can be used by all the family. (10% reduction)





Signature Antarès

Massage Menu



Expérience Antarès

Take in the mountain view with a deeply relaxing herbal bath infused with healing salts and mountain plants. This is followed by a recuperative mountain herbal massage to releases muscular tension with help from the warm and cocooning quartz bed. This treatment includes deeply soothing vibrational therapy using a Tibetan bowl to create a rebalancing and rejuvenating experience.

120 MIN | 290 €

Experience Alchemist

Facial and body treatment working the structure of the face and body for a relaxation and sculpting experience from head to toe.

90 MIN | 220 €





Signature Antarés

Facial Menu

Experience Facial

90 MIN | 300 €

Detox

The ultimate detox facial with Hydrafacial platinum treatment + booster acne is partnered with an inflammation reducing cryo drainage massage, and is finished with a red and blue LED.

Destress

A personalised Biologique Recherche facial treatment specially adapted to your needs and wishes based on your Skin Instants©. This treatment includes a 30-minute vibro-acoustic session and regeneration hand / foot massage.

Reform

A toning and invigorating facial treatment, ideal for relaxing facial muscles, toning, sculpting and smoothing the skin. This treatment includes a radiofrequency & ultrasound session and a Signature natural facial followed by an LED session.

Revive

A regenerating and firming facial treatment for the skin. This treatment includes a radiofrequency session followed by a Biologique Recherche C.V.S Lift facial.

Alchemist natural facial

60 MIN | 150 €

Manual facial massage with our deeply nourishing Alchemist facial oil, infused with hand-picked mountain plants. It combines perfectly with LED, radiofrequency or cryo drainage, depending on your needs.



Biologique Recherche



Facial treatments

We have chosen our partner brand because of their clinical approach to skin care, combining pure, concentrated, almost raw products with original, rigorous protocols. Offering effective treatments with visible results.

1.

Evaluation Phase

Analysis of the specific needs of the skin

2.

Initialisation Phase

Preparation and search for balance of the epidermis

3.

Treatment Phase

Targeting and in-depth treatment of each problem

Skin Instant Lab

30 MIN | 50 €

This is the first stage of the Biologique Recherche Methodology, using patented technology, our beauty coaches carry out a precise, in-depth analysis of your skins needs.

Signature Facial Treatment

60 MIN | 150 €

90 MIN | 220 €

A personalised treatment specially adapted to your needs and wishes based on your Skin Instants©.

Restructurant lissant

Lift CVS

Anti-Pollution Oxygenating Treatment

Second Skin Ceremony

60 MIN | 300 €

This regenerating and lifting treatment is created using an electrosun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants© damaged by ageing.



Biologique Recherche

Body Treatments



Anti C Slimming Programme

60 MIN | 160 €

90 MIN | 220 €

A draining treatment that produces a slimmer shape and improves the appearance of cellulite.

Light Legs

60 MIN | 150 €

A treatment with a draining and decongesting action. It stimulates circulation and helps the legs feel lighter.

Lift CVS

60 MIN | 180 €

A firming and toning treatment that leaves you with a refined skin texture and a re-sculpted body.

Seaweed Slimming Treatment

90 MIN | 220 €

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation.







High Tech

Hydrafacial

Hydrafacial is an advanced, medical-grade skincare treatment that delivers proven, immediate results without the use of harsh chemicals or lasers. It uses hydra-dermabrasion technology to achieve instant hydration and lasting results, with no discomfort or downtime. It targets fine lines and wrinkles, hyperpigmentation and congested oily and acne-prone skin, whilst softening the appearance of large pores, improving skin texture and tone, and helping repair sun damage.

1.

Cleansing & Exfoliation

2.

Extraction & Hydration

3.

Fusion & Protection

Signature Hydrafacial

30 MIN | 180 €

HydraFacial Signature is a treatment that uses patented technology to cleanse, eliminate and moisturise.

Delux Hydrafacial LED®

45 MIN | 250 €

Hydrafacial is a much gentler form of a microdermabrasion facial. We simultaneously bathe newly cleaned skin with specialised serums that include antioxidants and rejuvenating peptides.

Platinum (Drainage LED)®

60 MIN | 300 €

The Platinum treatment starts with a drainage massage followed by our Deluxe treatment and ends with a red and blue LED.

Detox | Booster Acne

45 MIN | 250 €

60 MIN | 300 €

Destress | Booster Sensible

45 MIN | 250 €

60 MIN | 300 €

Reform | Booster Hyperpigmentat

45 MIN | 250 €

60 MIN | 300 €

Revive | Booster Active Age

45 MIN | 250 €

60 MIN | 300 €





High Tech

Radio-Frequency & Ultra-Sound



A non-invasive treatment that combines radio-frequency and ultrasound to painlessly eliminates excess fat and tightens loose skin. By stimulating collagen production, the texture and firmness of the skin are improved on the face and body. This treatment is used for loose skin, wrinkles and fine lines. It can also be used to eliminate a double chin and to sculpt and lift the face.

This technique also uses lipolysis, which reduces small localised areas of fat on the hips, inner arms or thighs, or buttocks. It also smoothes the skin and reduces dimples, helping to reduce the appearance of cellulite.

Session Breakdown

Per Treatment 30 MIN	Zone Small 100 €	Zone Medium 150 €	Zone Large 200 €
Course of 4	Zone Small 360 €	Zone Medium 540 €	Zone Large 720 €
Course of 6	Zone Small 510 €	Zone Medium 765 €	Zone Large 1020 €

1-3 sessions can be performed per week until the course is finished.

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

Emsculpt

EMSCULPT® is the latest innovative step in non-invasive body shaping. The world's only non-invasive procedure for muscle building and fat burning. It improves the body contour, muscle density and muscle volume, and burns fat – all at the same time. EMSCULPT® is the only alternative to surgical buttock lifting and offers non-invasive buttock enhancement.

For the best possible effects, four applications per selected zone should be performed.

Sessions can be performed every other day or per week for each zone until the treatment course is finished.

This is perfectly combined with a slimming and sculpting massage of the area.



Session Breakdown

Per Treatment 45 MIN	Zone Small 200 €	Zone Medium 250€	Zone Large 300 €
Course of 4	Zone Small 720 €	Zone Medium 900€	Zone Large 1080 €
Course of 6	Zone Small 1020 €	Zone Medium 1275€	Zone Large 1530 €

1-4 sessions can be performed per week until the course is finished.

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.



High Tech

Cryo 21



Cryo 21 offers a localised cryo treatment that can be used on the face and body to obtain the results below:

DETOX - CRYO DRAIN

Stimulating lymph and blood flow, Improving circulation and drainage in the lower limbs and face.

DESTRESS - CRYO RECOVERY

Reduce pain and inflammation in muscles and joints, Increase sports performance and reduce recovery time.

REFORM - CRYO SCULPT

Facilitating weight loss by freezing fat cells and improving body composition. Burn up to 600Kcal per session and accelerate basal metabolism.

REVIVE - CRYO FIRM

Rejuvenating the appearance of the skin through increased collagen production.

Session Breakdown

Per Treatment Body | 70 €
Course of 4 | 252 €
Course of 6 | 357 €

Per Treatment Face | 50 €
Course of 4 | 180 €
Course of 6 | 255 €

For the best possible effects, 4 to 6 applications per selected zone should be performed. Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

X Wave

Through the power of targeted vibrations, X-WAVE helps to eliminate the main factors that cause uneven skin texture and leads to a considerable improvement in the skin's appearance.

Four applications per selected zone should be performed for the best possible effects.

Sessions can be performed every other day or per week for each zone until the treatment course is finished.



Session Breakdown

Per Treatment | 120 €
Course of 4 | 432 €
Course of 6 | 612 €

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.



High Tech

LED



Multi-Award winning Dermalux® LED Phototherapy is a non-invasive treatment that triggers your body's natural cell processes to accelerate rejuvenation and repair of the skin. One treatment instantly energises skin cells to revitalise your complexion and can be used to obtain different targeted results.

DETOX - PROBLEMATIC SKIN
Specific for acne-prone skin or related issues. Aids the control of bacterial proliferation and excessive sebum production.

DESTRESS - STRESSED SKIN
Reduces redness and restores softness and elasticity. Helps with skin recovery from skin problems such as eczema.

REFORM - SPORTS RECOVERY
Aids muscle relaxation and recovery.

REVIVE - COLLAGEN BOOST
Stimulating collagen and elastin, to improve skin tone.

Session Breakdown

Per Treatment | 30 MIN | 70 €

Course of 4 | 252 €

Course of 6 | 357 €

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.



My First Spa

Discovery Treatments

Discovery Massage

30 MIN | 80 €
60 MIN | 130 €

Customised, gentle and soothing massage adapted to each child to calm, relax and improve sleep quality.

Discovery Facial

30 MIN | 80 €
60 MIN | 130 €

A relaxing facial massage using our deeply nourishing organic facial oil, infused with mountain herbs.

Shape and Paint

30 MIN | 40 €

Simple manicure treatment and simple pedicure treatment.

Inhale

20 MIN | 60 €

A breathing workshop to help little minds relax, concentrate, manage emotions and build confidence.

Mini Yogi

30 MIN | 80 €

An introduction to the asanas for relaxation and meditation using games that enhance the senses and encourage body awareness.

Yoga Family

60 MIN | 130 €

Come and share a privileged moment with your child to accompany them in the discovery of the movement of their body and understanding their breath patterns.

You Ski We Spa

60 MIN | 250 €

Parent and child duo treatment, massage or facial with our deeply nourishing organic oil, infused with hand-picked mountain plants.







Natural Therapies

A Holistic Approach

In harmony with our holistic approach to wellness, we offer you the most effective natural therapies that aim to enhance the functioning of your body, these therapies provide us with the tools and knowledge necessary to transform us into managers of our own health.

Osteopathy 45 MIN | 180 €

Osteopathy will carefully realign your posture for optimal comfort.

Reiki 60 MIN | 180 €
75 MIN | 220 €

Reiki re-activates the body's natural energy system, bringing you back into balance on every level.

Sound Healing 60 MIN | 180 €
Group Price | 220 €

The singing bowls have a profound effect on mental peace, relaxation and healing.

Chakra Balance 60 MIN | 180 €
75 MIN | 220 €

Chakra balancing can be deeply relaxing and helpful for modern-day issues.

Yin Yoga, Singing Bowl Therapy & Reiki Drumming 60 MIN | 180 €
90 MIN | 250 €

This treatment focuses on organ health and the energetic body.

Respiratory Therapy 30 MIN | 110 €

Explore different breathing techniques to help with stress, anxiety, relaxation, digestive problems.

Ceremonial Cacao 75 MIN | 250 €

Ceremonial Grade Cacao has many benefits like inspiring creative flow and opening your mind and heart.





Wim Hof

Every Wednesday at Antarès

Under the guidance of our certified Wim Hof Method (WHM) instructors, you'll embark on a journey that challenges the boundaries of what you believe is possible. Discover the profound impact that breath work and controlled exposure to cold can have on your well-being, empowering you to achieve the extraordinary

9:30 - 11:30 am
150 € per
person

WIMHOF Wednesdays

The WHM is a powerful therapy that encompasses both physical and mental benefits. Built upon three fundamental pillars:

1. Breathing Techniques
2. Cold Exposure
3. Commitment

The WHM empowers you to tap into your untapped potential. Through safe and supervised exercises, your cardiovascular system will be stimulated, dormant strengths awakened, energy levels boosted, and concentration enhanced.



YIN

Yin breathing techniques, singing bowl therapy and reiki drumming, focusing on organ health and energising the body for profound mental, relaxation & healing



WIM

Safe and supervised breathing exercises, awaken your untapped powers, boost your energy and improve your concentration.



SWIM

Guided by our Wim Hof method certified instructor, you will realise you are capable of the impossible. A powerful therapy both mentally and physically.







Pure Active

Embracing mobility

The movement of the body feeds the spirit. At Antarès, we create tailor-made active experiences, indoors and outdoors, to take advantage of all the benefits the mountains and forest have to offer. We also offer group sessions as we believe that group dynamics can add to the energy and positive outcomes of the session.

Personal Training 60 MIN | 130 €

One to one training sessions guide you through a result-driven training programme to balance the body.

Pilates 60 MIN | 130 €

Pilates pushes your body to create a long and lean physique.

Yin Yoga 60 MIN | 130 €

A restorative class to encourage deep relaxation.

Yoga Vinyasa 60 MIN | 130 €

An energetic class based on the continuous flow of movement.

Mountain Explorer 180 MIN | 200 €

A guided mountain experience. Reconnect with nature in the deep forests and mountain peaks of the Alps.

Group Fitness 60 MIN | 20 €

Intense or relaxing group fitness classes, depending on your mood.

Watsu 60 MIN | 130 €

Watsu is a form of aquatic bodywork used for deep relaxation and passive aquatic therapy.



The Essentials

Manicure / Pedicure

Manicure Express	50 €
Summit Manicure	120 €
Express Pedicure	80 €
Summit Pedicure	120 €
Nail Polish	30 €
Semi-Permanent Nail Polish Application	45 €
Semi-Permanent Nail Polish Removal	25 €

Hair Colour

Highlight Colour	180 - 250 €
Patine	150 - 200 €
Semi-Permanent Colour	180 - 250 €

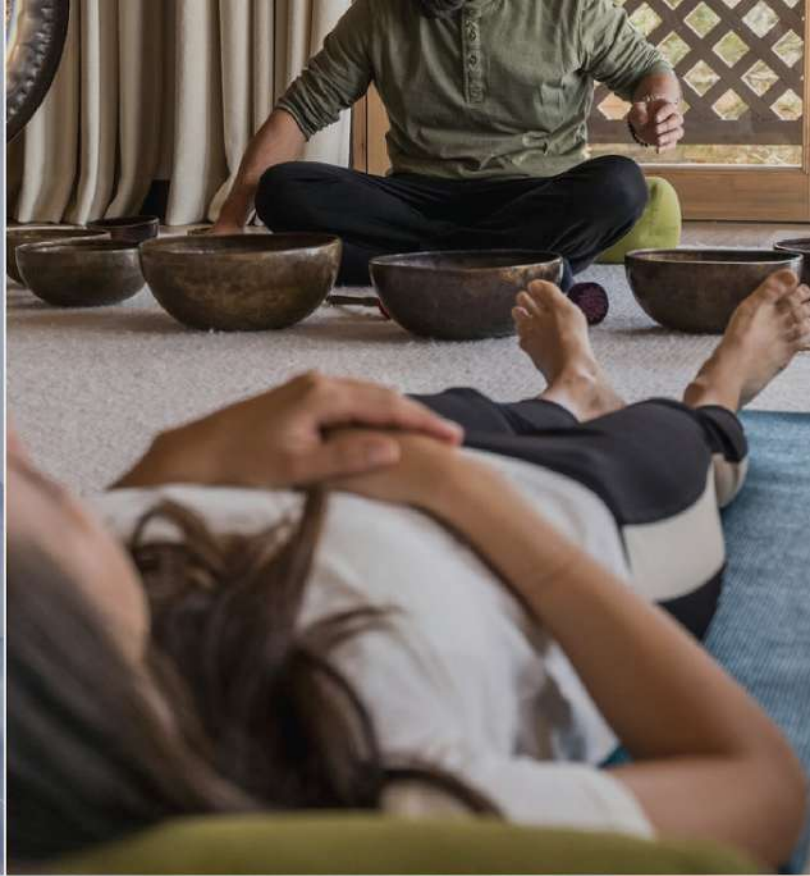
Female

Shampoo	20 €
Hair Treatment / gloss	50 €- 70 €
Cut	80 €
Short Hair Blow Dry Long Hair Blow Dry	90 € 150 €

Male

Shampoo, Haircut and Styling	80 €
Colour	100 €
Beard Clipper and Treatment	50 €
Hairloss Prevention	50 €





Wellness
Clinic
Day spa

Day spa

Live the Antarès experience

Detox | Day Experience

3H30 | 531 €

Infrared Sauna + Pure Alpine Massage + Cryo Drainage + Hydrafacial (with Booster) + LED

Our Detox day experience is the perfect combination of high tech and manual therapies for the face and body and mind to stimulate the natural detoxification of the body, improves circulation, remove free oxygen radicals and help to control oxidative stress.

Destress | Day Experience

3H | 396 €

Destress massage + Vibro acoustic + Signature Facial Treatment + LED Stressed Skin

A day to disconnect from the world and reconnect with yourself. Relax and unwind in our cocoon of wellbeing and enjoy a range of nurturing treatments to relax the mind and body.

Reform | Day Experience

3H | 396 €

Infra Red Sauna + Reform massage + Signature Facial Treatment + LED Sports Recovery

Fully live the Antarès wellness experience with our day programme specifically orchestrated around recovery after a day exploring the mountains.

Revive | Day Experience

3H30 | 468 €

Revive Massage experience + Radio-frequency + Signature Facial Treatment+ LED Collagen Boost

A day combining high tech and manual treatments for the face and body, dedicated to reducing the signs of ageing, boosting vitality, leaving you feeling revived and renewed.



How to Spa

Schedule an Appointment

To schedule an appointment for your perfect treatment, please contact our spa reservations team who will be able to guide you to the right choice. The spa is open every day from 10am to 8pm. You can also book online at your convenience.

Arrival Time

We kindly ask that you arrive at the Spa reception 15 minutes before your appointment in order to get the most from your experience. If you arrive late to an appointment, we will endeavour to offer you the same treatment if our schedule permits. If that is not possible, we may shorten your treatment appropriately.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests right to privacy and serenity. In light of this, the spa is for adults only and it is a mobile phone, camera, alcohol and smoke-free zone.

Cancellation Policy

Please inform the Spa of any cancellations as soon as possible. Any cancellation or modification of the treatment must be made at least 24 hours in advance, otherwise the total amount of the treatment will be charged.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Stolen or Lost Items

We recommend that you keep all valuables locked away. The management may not be held responsible in the event of theft, loss or damage to belongings in the spa.





Pure
Wellness

www.antaes-meribel.com

+33 (0) 9 75 12 54 56 //
antaes@pure-wellness.com