



Chardon Spa

Welcome to Le Chardon Mountain Lodges.

We are here to ensure that you have a wonderful holiday and are delighted to be able to offer you a variety of relaxing and rejuvenating treatments with our Chardon Spa Service.

Our hand-picked therapists are here to offer you a range of treatments designed to complement and enhance your ski experience.

All of our treatments incorporate the Essential Beauty Oils range of products. This palm-free range is packed with plant essences and natural oils that nourish, revive and protect the skin.

To arrange a treatment, please ask a member of your chalet team or call our spa coordinator on +33 (0) 6 01 19 06 69.

Our treatments

De-Stress Holiday Prep!

45 min Massage: 90€

Focussing on the back neck and shoulders, this massage is designed to ease away everyday aches and pains and help you unwind into 'Holiday Mode!' Reserve for your first afternoon or evening!

Après Ski Massage

55 min Massage: 100€ • 85 min Massage: 140€

Our sports massage (based on Swedish massage techniques) is designed to help your body recover quickly from the stresses of skiing or boarding all day. Your therapist will work out your tight muscles and aid the elimination of lactic acid using a blend of circulation boosting plant essences, leaving you ready to take to the slopes for another day. The 85 min session includes a full scalp and face massage taking you to another dimension of relaxation!

Foot and Lower Leg Refresh

45 min Massage & Treatment: 90€

For feet that have been clamped into ski boots all day, there is no greater treat! Feet are 'deep cleaned' with an exfoliating, cooling foot polish then deeply moisturised with a foot masque and heated booties. A nail tidy will leave your feet 'Baby Soft'. Effleurage massage and pressure point techniques will stimulate circulation leaving legs light and revived.

Full Body Polish

45 min: 90€

A luxurious salt scrub with zesty lemon and ginger, followed by a gentle application of Essential Detox Body Oil, leaves skin silky smooth, purified and deeply moisturised.

Manicure or Pedicure (or both!)

Manicure (30 min): 60€ • Pedicure (30 min): 60€

Two things off the list for before you leave on holiday which can be enjoyed in the relaxing surroundings of Le Chardon Mountain Lodges! Refresh hands or feet with our masque treatments then tidy nails, cuticles, hard skin and general revamp. Varnish included if you wish, we have a small selection of colours, or bring your own favourite!

Hot Stone Massage

55 min Massage: 100€ • 85 min Massage: 140€

For a deeper and more intense massage, you will find our hot stone massage very hard to beat. The ultimate treatment to ease away niggling aches and pains. Muscle tensions melt away with this luxurious and effective treatment combining the use of heated stones with detoxifying oils, ensuring you leave the massage table a new person!

High Altitude Facial

55 min Facial & Facial Massage: 110€

Revive and rehydrate – a holiday combining sunshine, snow and altitude can really dehydrate your skin and leave it feeling dry and tight. This luxurious treatment uses the 'BabyFace' beauty bar packed with skin feeding nutrients and Cleopatra's favourite beauty secret...Asses' Milk! A deep cleanse with lavender steam towels is followed by a heavenly face massage using Essential Winter Facial Oil. Lymphatic drainage and plumping techniques leave your face visibly lifted, nourished and glowing. Includes head, neck and shoulder massage.

Contouring Detox Body Wrap

55 min: 110€

Warm French Green Clay blended with stimulating aromatic pure essential oils of geranium, marjoram and ylang-ylang is massaged over the skin to eliminate toxins, reduce water retention, boost circulation and lymphatic flow. The body is then wrapped in a thermal blanket to intensify the deep detoxifying effect. A drainage massage with Essential Detox Body Oil then ends your treatments leaving you feeling fresh, recharged and revitalised.

Indian Head Massage

30 min: 60€

A truly relaxing treatment based on the ancient art form of 'Champissage'. Practiced for centuries, your treatment includes massage of the shoulders, upper arms, neck, scalp, face and ears. This treatment has far reaching effects on every system of the body, including elimination of toxins, improved circulation and relief from stress. Deeply relaxing!