



# 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 partnered physiotherapists are here to offer you a range of treatments designed to compliment and enhance your ski experience.

All of our treatments incorporate carefully selected products which are 100% organic and natural which have properties that will nourish, moisturise, and protect the skin.

To arrange a treatment, please ask a member of your chalet team.

# Our treatments

## De-Stress Holiday Prep/ Relaxation Massage

**55 min Massage: 110€**

Focusing on de-stressing and relaxing. This massage is designed to ease away everyday aches and pains and help you unwind into "Holiday Mode!" Reserve for your first afternoon and or evening.

## Après Ski Sports Massage

**55 min Massage: 110€ • 90 min Massage: 165€**

Our sports massage is designed to help your body recover quickly from the stresses of skiing or boarding all day. Your therapist will work on your tight muscles and aid the elimination of lactic acid using a range of techniques leaving you ready to take to the slopes for another day. The 90 minutes sessions means you can spend longer on any muscles that you feel need a bit more work.

## Full Body Polish – Aroma Sugar & Salt

**55 min: 110€**

A detoxifying exfoliation treatment to uncover newer toned skin. It leaves your skin feeling 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: 120€**

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!

## Physiotherapy

**55 min: 130€**

If you have a skiing injury, we can help diagnose it and try to get you back on the slopes. We can also treat those niggling pains that you may have had for a while. Treatment includes taping, graded mobilization techniques, massage, stretches, strengthening and advice on how best to treat your injury.

## Pregnancy Massage

**55 min: 110€**

Back ache, joint pain, leg ache, exhaustion and discomfort. Just a few of the things that the joys of pregnancy brings. A pregnancy massage can really help with the above by relaxing your body and mind.

## Facial – Essential Vitality

**55 min: 110€**

Revive and rehydrate – a holiday combining sunshine, snow and altitude can really dehydrate your skin leaving it feeling dry and tight. A regenerating treatment to firm, moisturise and soothe the skin, oxygenate the tissue and give you a good sense of well-being.

## Pilates

**55 min: 110€**

Core strength and flexibility is key to enjoying long days on the mountain. Enjoy a personal pilates session in the comfort of your own chalet.

## Yoga

**55 min: 110€**

No need to take a break from your normal yoga regime whilst away in the mountains. Continue your physical, mental and spiritual training within your chalet with a dedicated yoga teacher.