

# i Rituali segreti delle Alpi

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It is true, people come to the mountains to find peace that daily rhythms often deny. We come to breathe deeply, to open your eyes to the majesty of the landscape, to enjoy the "dolce far niente". We come to let out the accumulated tensions, ski or walk far and wide in this land kissed by Mont Blanc. We also come to find the quiet we dearly need, to enjoy the warmth when it's cold outside, to enjoy the cold when the water that embraces us is hot, to finally let ourselves go between a massage, a ritual and a swim. La Maison de l'eau is our Spa, a refuge of water, beauty and well-being, a corner of peace in which soul and body can be reconciled by finding the perfect harmony with nature.

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Not only because of its heated indoor and outdoor swimming pool, closest to Mont Blanc, with mountain waterfall, whirlpool and chromotherapy, but also because the skilled hands of our therapists offer special rituals and treatments based on alpine products. There is no shortage of sauna and steam baths, to purify and regenerate in the warm comfort of 90°C and 45°C. Then there is the refuge in the refuge: the Refuge du Mont Blanc, which houses a small private Spa that can be booked at the reception for very special occasions, complete with hay bio-sauna and mountain herbs at a gentle temperature, a vintage wooden hot tub and two hay beds with energizing and purifying effects on which it is possible to receive listed treatments, have food and wine tastings and take a sweet break.

> To access the wellness of Maison de l'eau, use your room key by going to the -1 floor.

#### We can't wait to take care of you.

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Opening hours

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Pool, relaxation area, massages, wellness treatments • 10 am - 8 pm Children under 14 years of age can access the pool from 10 am to 5 pm accompanied by an adult.

#### Sauna and steam bath • 3.30 pm - 8 pm

Children under 16 years of age are not allowed inside the wellness area.

For information and bookings, contact the Maison de l'eau at no. 553, or Reception at no. 9, directly from your room. Or call + 39 0165 869811.

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## Dress code

In the Spa we invite you to wear the bathrobe and slippers that you will find in your room. The use of bathing suits is mandatory in the sauna. The use of a cap is preferable in water.



#### Shower

A hot shower is the first gesture of well-being to eliminate the fatigue of the day and prepare the body for the Spa journey.

## Children



Children under 14 can access the swimming pool from 10 am to 5 pm accompanied by an adult. In the water, the use of special diaper is appreciated for younger children. We ask parents to look after their children while respecting the well-being of other Guests.

### Silence

Silence is a precious resource. It regenerates, helps to find harmony and promotes the recovery of physical and mental balance. Cultivate silence by contributing to your well-being and that of those around you.



## Entry into the water

In respect of everyone's well-being, diving into the pool is not allowed. Please use the designated stairs, both for access and for exit.

## Glass and food



It is not allowed to bring glasses and glass bottles throughout the pool area or eat food in the Spa.

## Health and pregnancy



In case of allergies or particular health conditions, we invite you to notify us at the time of booking in order to receive the most appropriate treatments. Pregnant women are requested to inform us and book upon consultation with their doctor.

## Punctuality and cancellation



In order to avoid unpleasant mishaps, we ask you to respect the opening and closing times of the wellness center, treatments, rituals and massages. Our cancellation policy provides for a free cancellation only within 24 hours prior to the booking time.



body Massages

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The essential. In the mountains it is easier to find.

#### **Relaxing massage** (50' - 80' • 90 - 140 euros)

A relaxing massage performed with gentle and enveloping maneuvers that induce a deep sense of well-being. It relaxes the muscles, stimulates circulation, and helps find inner calm.

#### **Decontracting massage** (50' - 80' • 100 - 150 euros)

A massage that acts intensely on the muscles, releasing tension and relaxing the muscles.

#### **Sport massage** (50' - 80' • 100 - 150 euros)

A massage aimed at relieving muscle fatigue after sports activity.

#### Draining massage (50' - 80' • 100 - 150 euros)

A massage aimed at reducing water retention and improving blood circulation.

#### Lymphatic drainage (50' - 80' • 100 - 150 euros)

A treatment without the use of oils, based on slow and gentle manual techniques that act on the lymphatic system. It helps eliminate toxins by stimulating lymph flow.

#### Chandelier massage (50' • 90 euros)

A warm relaxation: massage with candles made from vegetable butters that, when melted, release a precious scented oil excellent for massaging, nourishing, and moisturizing the skin.

#### Aromatic massage with eye contour (50' • 90 euros)

An enveloping massage with oil flavored with essences chosen by the guest. It harmonizes body, mind, and spirit. A beneficial treatment for the eye area completes the relaxation.

#### Sweet expectation massage (50' • 90 euros)

Performed from the third to the eighth month of pregnancy with medical consent A gentle and delicate massage aimed at relieving tension, fatigue, and fluid accumulation in the body of the expectant mother.

#### Back, head, and neck massage (25' • 70 euros)

A relaxing massage that relieves stiffness in the back and neck area.

#### Light leg massage (25' • 70 euros)

A massage that reactivates circulation and gives lightness to the lower limbs.

#### Foot massage (25' • 70 euros)

A refreshing massage for the feet, reduces fatigue, and gives a feeling of lightness.

body Scrub

The mountains not only lift the mind, but also the spirit.



#### Sea salt and hay powder scrub (50' • 90 euros)

Aromatic scrub followed by a detox oil massage. It promotes the removal of dead cells, leaving the skin soft, velvety, regenerated, and detoxified.

#### Polenta scrub (50' • 90 euros)

A natural deep purification treatment of the epidermis carried out with stone-ground polenta mixed with flavored oils. A beauty treatment made with organic products strictly linked to the territory, a true Valdostan-style beauty care.

#### Alpine juniper wellness scrub (50' • 90 euros)

An aromatic scrub with juniper followed by a massage with essential oil, induces a deep sense of calm, providing well-being.

## the Rituals and body Massages HÖBE PERGH

The mountains don't ask questions, but they offer answers.

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#### Deep nourishing butter massage (50' • 100 euros)

A balancing massage with fluid and harmonious techniques performed on the face and body. Thanks to the precious properties of Höbe Pergh deep nourishing cream, the skin's natural elasticity is restored.

#### Warm hay treatment for back and neck (50' • 100 euros)

A specific treatment to release and relax the muscle tissues of the back and neck. It involves localized brushing, the application of a fatigue-reducing extract of alpine herbs, and a massage with destressing oil. A warm hay pillow on the back completes the beneficial effect of the treatment.

#### Ancient body ritual with "simple warmth" (50' • 120 euros)

A beneficial body brushing precedes a massage performed with warm bundles of hay and alpine herbs soaked in oil and herbal extracts. It promotes the elimination of toxins, relieves tension, and deeply relaxes body and mind.

#### Leg treatment with mud, hay, and clay (50' • 100 euros)

A specific treatment for swollen and tired legs. A relaxing and anti-stress brushing opens this targeted ritual. Exfoliation with herb-infused scrub is followed by a mud, hay, and clay wrap, known for its absorbent and anti-inflammatory properties. A final massage with herbal detox oil provides additional lightness.

the body Rituals of

## OFFICINA PROFUMO FARMACEUTICA SANTA MARIA NOVELLA

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In the cold embrace of the white peaks, find the warmth of your being.



#### Body ritual with arnica montana (50' • 90 euros)

A harmonious and relaxing massage performed with arnica montana cream and helichrysum and St. John's Wort oil. A blend of natural anti-inflammatory properties that bring wellness to body and mind.

#### Body ritual with rose (50' • 100 euros)

A gentle cleansing with rose water precedes a enveloping massage with cosmetic oil. At the end of the treatment, the application of rose fluid cream. The skin of the body is immediately revitalized, nourished, and fragrant.

#### Body ritual with pomegranate (80' • 150 euros)

A gentle aromatic cleansing precedes exfoliation with a blend of herbs including mint, sage, and helichrysum with refreshing nd purifying properties. A massage with pomegranate oil and fluid cream concludes the treatment aimed at purifying the skin and energizing the body.

facial Treatments

In the silence of the peaks, listen to the call of nature.



#### **Personalized facial treatment for women and men** (50' • 90 euros)

A dermo-purification treatment performed with cosmetic products selected based on skin type. This personalized treatment can be hydrating, purifying, calming for sensitive skin, or harmonizing depending on individual needs.

#### Höbe Pergh anti-aging facial ritual (50' • 100 euros)

A true beauty treatment for the face, neck, and décolleté, utilizing highly concentrated active ingredients of hyaluronic acid in three molecular weights and powerful cellular receptor stimulants that visibly reduce signs of skin aging. This treatment, performed with Höbe Pergh natural products, firms and deeply regenerates the skin, making it smoother, firmer, and more elastic.

#### Ancient facial ritual with Höbe Pergh "simple warmth" (50' • 100 euros)

A gentle brushing precedes this set of manual techniques aimed at toning the face, neck, and décolleté. The specific maneuvers follow the skin's tension lines, softening the signs of aging. The treatment concludes with a massage using warm pouches of hay and alpine herbs soaked in oil and Höbe Pergh herbal extracts. It tones, oxygenates, and revitalizes the skin.

#### Santa Maria Novella hydrating facial ritual (50' • 100 euros)

A refreshing, toning, and hydrating treatment for dull and lackluster facial skin, performed mainly with the Idralia line from Officina Profumo Farmaceutica Santa Maria Novella. A fresh cleansing precedes gentle exfoliation. This is followed by a deeply hydrating mask that gives the skin an immediate plumped and hydrated appearance. The process of cellular regeneration is completed with a rose cream.

#### Santa Maria Novella purifying facial ritual (50' • 100 euros)

A treatment that helps prevent skin imperfections. An astringent cleansing prepares the skin for a massage with a balancing serum, followed by the application of a purifying mask that leaves the skin smooth and radiant. The ritual concludes with a rose cream that harmonizes the skin's various tones.

Refuge <sub>du</sub> Mont Blanc

## Among the rocks and the sky, find your way.

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A refuge of wellness, available for exclusive use, where you can enjoy a true alpine relaxation experience.

Hay bath, hay and mountain herb biosauna at gentle temperature, wooden hot tub, hay bed with recharging and purifying effects. A private Spa to celebrate special occasions or indulge in unforgettable moments.

#### The exclusive use of Refuge du Mont Blanc can be enriched with treatments à la carte or tailor-made rituals:

#### Shepherd's ritual (80' • 160 euros - 320 euros for couples)

Alpine bath with herbs and flowers infusion, essence of goat milk (20'), followed by the ancient body ritual with simple warmth (60').

#### Loving hands ritual (80' • 160 euros - 320 for couples)

Alpine bath with herbs and flowers infusion (20'), followed by a massage with St. John's Wort oil, also known as hypericum oil (60'). A delightful ritual for body and soul, enriched with a foot treat featuring hypericum ointment and warm towel.

Additionally, you can enhance the experience with rituals of taste and pleasure:

#### Nostalgic tea ritual (60' • 120 euros - 240 euros for couples)

Gentle temperature hay biosauna, alpine bath with mountain herbs infusion, relaxation on hay beds. Selection of Prestige leaf tea, homemade treats.

#### Mont Blanc ritual (60' • 130 euros - 260 euros for couples)

Gentle temperature hay biosauna, alpine bath with mountain herbs infusion, relaxation on hay beds. Laurent Perrier Brut Champagne (0.375 l) with petit matzon (delicacies from Aosta Valley).

#### Refuge snacking ritual (60' • 130 euros - 260 euros for couples)

Gentle temperature hay biosauna, alpine bath with mountain herbs infusion, relaxation on hay beds. Selection of Fratelli Laurent herbal teas, apple juice from Aosta Valley, forest fruits, and chestnuts with whipped cream.

the Beauty

In comparison with the alpine nature, the purest essence emerges.



#### Spa manicure (50' • 50 euros)

A treat for the hands: a soak in salts from the Officina Profumo Farmaceutica Santa Maria Novella, followed by a special emollient and nourishing wrap using Santa Maria Novella almond paste, nail care, and a gentle final massage to restore softness and hydration to the skin of the hands.

#### Spa pedicure (50' • 50 euros)

A treat for the feet: a soak in foot bath salts from the Officina Profumo Farmaceutica Santa Maria Novella, followed by a peeling and a special nourishing and regenerating wrap. Nail care and, finally, a refreshing and toning massage with Santa Maria Novella foot cream provide relief for tired feet.

#### Wax hair removal

Complete legs and bikini area • 60 euros Partial leg • 48 euros Bikini • 24 euros Underarms • 24 euros Arms • 48 euros Eyebrows • 18 euros Upper lip • 18 euros



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Gift

Gift the magic of wellness at the foot of Mont Blanc: the Maison de l'eau, the alpine refuge of water and rituals, offers the opportunity to give those you love moments of appeasement and quiet in the form of personalized gift vouchers, bookable at our Reception.

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