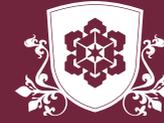




SPA **L'APOGÉE**
by **la prairie**
SWITZERLAND





L'APOGÉE
COURCHEVEL

OETKER COLLECTION
Masterpiece Hotels

SPA L'APOGÉE BY LA PRAIRIE

Welcome

Welcome to the Spa L'Apogée by La Prairie, an oasis of well-being, serenity and exceptional service right in the heart of the Jardin Alpin. The Spa L'Apogée by La Prairie offers five treatment rooms including one for couples dedicated to the traditional Russian Banya treatment with your own private cold bath as well as a beauty room and hair salon. Enjoy a dip in the pool or warm up in the Spa's sauna facilities.

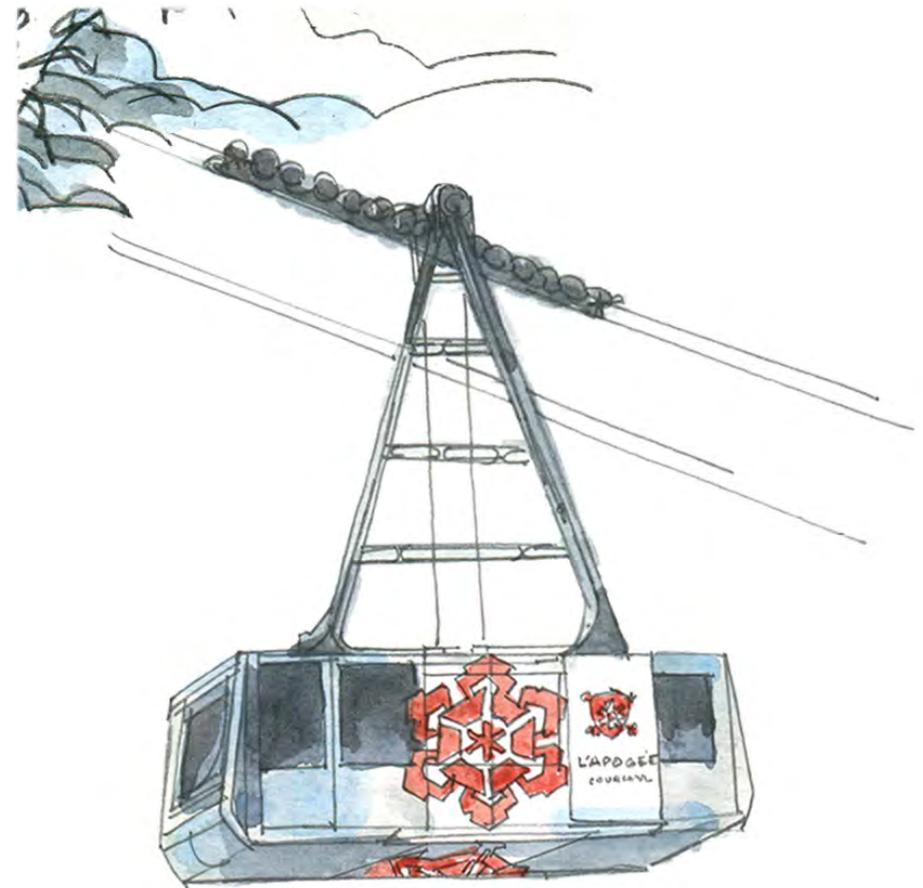
Discover La Prairie facials treatments in a wonderfully tranquil atmosphere as well as harmonizing treatments carried out by a team of beauty professionals. The Spa L'Apogée by La Prairie is a little part of paradise in one of the leading world ski destinations.



Security

Your well-being, your security and our quality of service are at the heart of our values and our philosophy. We wanted to inform you that as part of government measures related to the Covid-19 health crisis, exceptional provisions have been taken to ensure the continuity of the services offered and meet the requirements in force to welcome you in the best conditions. We have implemented the protocols and follow the good practices described in the AFNOR SPEC standard X50-231 «Beauty and wellness centers - requirements and recommendations for hygiene and the prevention of health risks» and CPPNI Esthétique. Access to the spa will be regulated by barrier gestures. Wearing a mask will be compulsory.

Appointment scheduling will be preferred by phone or email. The self-diagnosis must be respected before each visit. The scheduling of meetings will facilitate the regulation of the flow of customers within the spa. You will find hydro alcoholic gels which will be made available to you. Some facilities will be closed, some will be restricted and arranged for your safety. The Spa team remains at your disposal for any further information.



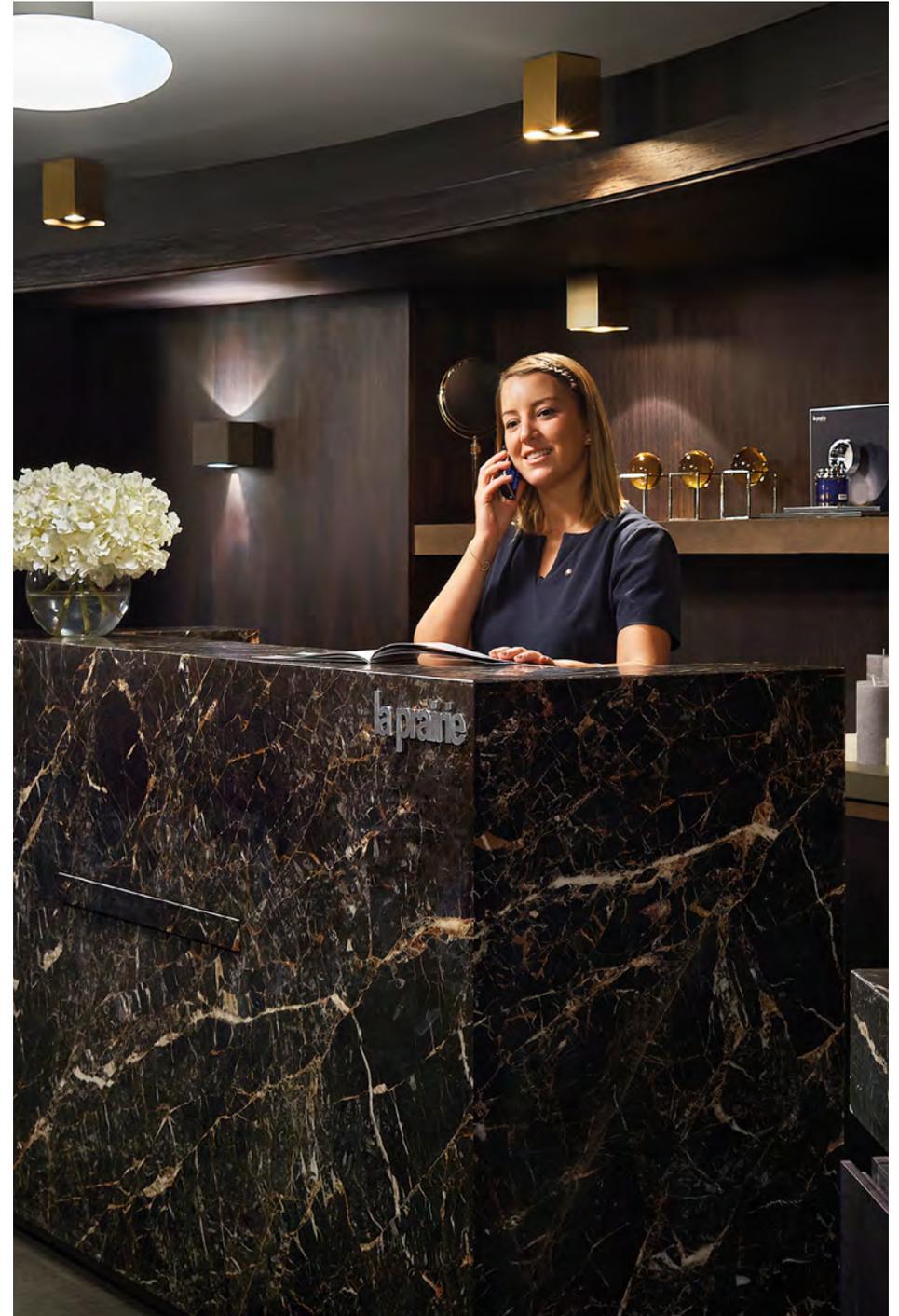


DESTINATION

« The Art of Beauty » by La Prairie

la prairie
SWITZERLAND

Abandon yourself to « The Art of Beauty » world by La Prairie, true fusion of our exclusive state-of-the-art skincare, our unique treatment methods and our tailored massage techniques. Imagine the world's most exclusive beauty treatments in the most pampering of environments, for an exquisite sensorial journey. Enjoy a welcoming, relaxing and rejuvenating atmosphere especially designed for your well-being and beauty at the Spa L'Apogée by La Prairie. Experience the promise of timeless beauty.



LA PRAIRIE TREATMENTS

The Platinum Rare Haute Rejuvenation Facial

A Moment of Perpetual Rejuvenation

The Platinum Rare Haute Rejuvenation Facial triggers a halo of benefits across all skin layers, to fight all signs of ageing. It helps to activate collagen production, strengthen the skins barrier, improve moisture balance and invigorate the skin's natural rejuvenating capacity, which diminishes as we age.



TEMPS

90 min.



LA PRAIRIE TREATMENTS

The White Caviar treatment

The White Caviar Brightening and Firming Facial

Elegance and efficacy combined, this facial promotes an even skin tone by helping to prevent discoloration and brightening the skin. With the added benefit of the Golden Caviar extracts the skin is firmer and more hydrated. Providing a more illuminated, smoother skin that enhances the complexion.



TEMPS

60 min.



LA PRAIRIE TREATMENTS

The Caviar treatment

The Caviar Lifting and Firming Facial

Pure luxury that instantly lifts and firms skin, giving it a more perfect tone and texture. Caviar pearls and a Caviar infused face and eye massage transform even the dullest complexions into radiant, luminous skin. A lifting and firming results driven treatment, for all skin types, providing moisture rich hydration, essential nutrients and nourishment, leaving the skin, firmed, toned and silky soft.



TEMPS

90 min.



LA PRAIRIE TREATMENTS

The Pure Gold treatment

The Pure Gold Radiance Facial

When Beauty is elevated to Grace. The Pure Gold Radiance Facial addresses the needs of devitalised skin, leaving skin revitalised, replenished, and enriched. It ignites the skin with the radiance of pure gold, returning a glow to the skin that time has extinguished.



TEMPS

90 min.



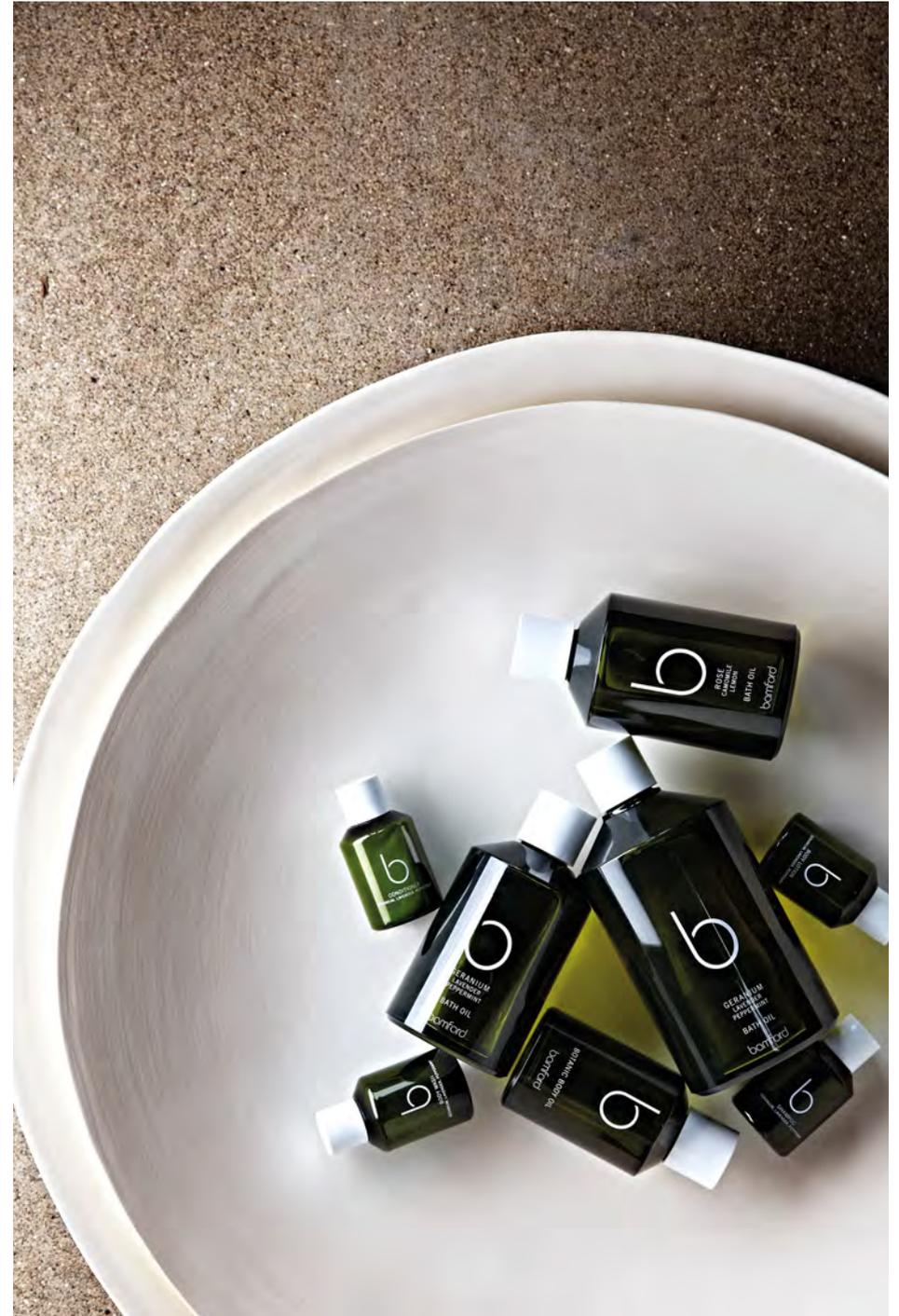
BAMFORD TREATMENTS

Bamford Philosophy

bamford

At Bamford we believe that the body's sense of well being on the outside is linked to well-being on the inside. Our individually crafted treatments use specifically formulated and certified organic products of the highest quality to cleanse, protect and rejuvenate.

Bamford treatments are inspired by a range of traditions including shiatsu, meridian massage, Swedish massage, reflexology, abdominal massage, Indian head massage, and yogic breathing. They are holistic treatments that work on both the physical body as well as the more subtle energetic layers of the body.



BAMFORD TREATMENTS

Bamford body cares

Bamford Signature Treatment

A specific massage designed to promote muscle recovery after a training session. Swedish massage and drainage techniques focus on improving circulation, flushing out toxins and relieving muscle fatigue. It helps to promote recovery by flushing the toxins up to the heart so that new oxygenated blood can circulate.



.30 min.

Bamford deep tissue massage

An excellent full body massage focusing on major muscle groups, working more deeply on areas of tensions to stimulate the sources of energy deep within the body. This massage incorporates the use of Bamford's 100% organic body oils.



60 min.

90 min.



SPA L'APOGÉE BY LA PRAIRIE

Exclusive treatments

Lymphatic drainage body treatment

The lymphatic drainage is a specific manual massage with a sense of well-being. This treatment provokes a regeneration of the lymphatic system and brings internal wellness thanks to the elimination of toxins. This treatment does not use oil.



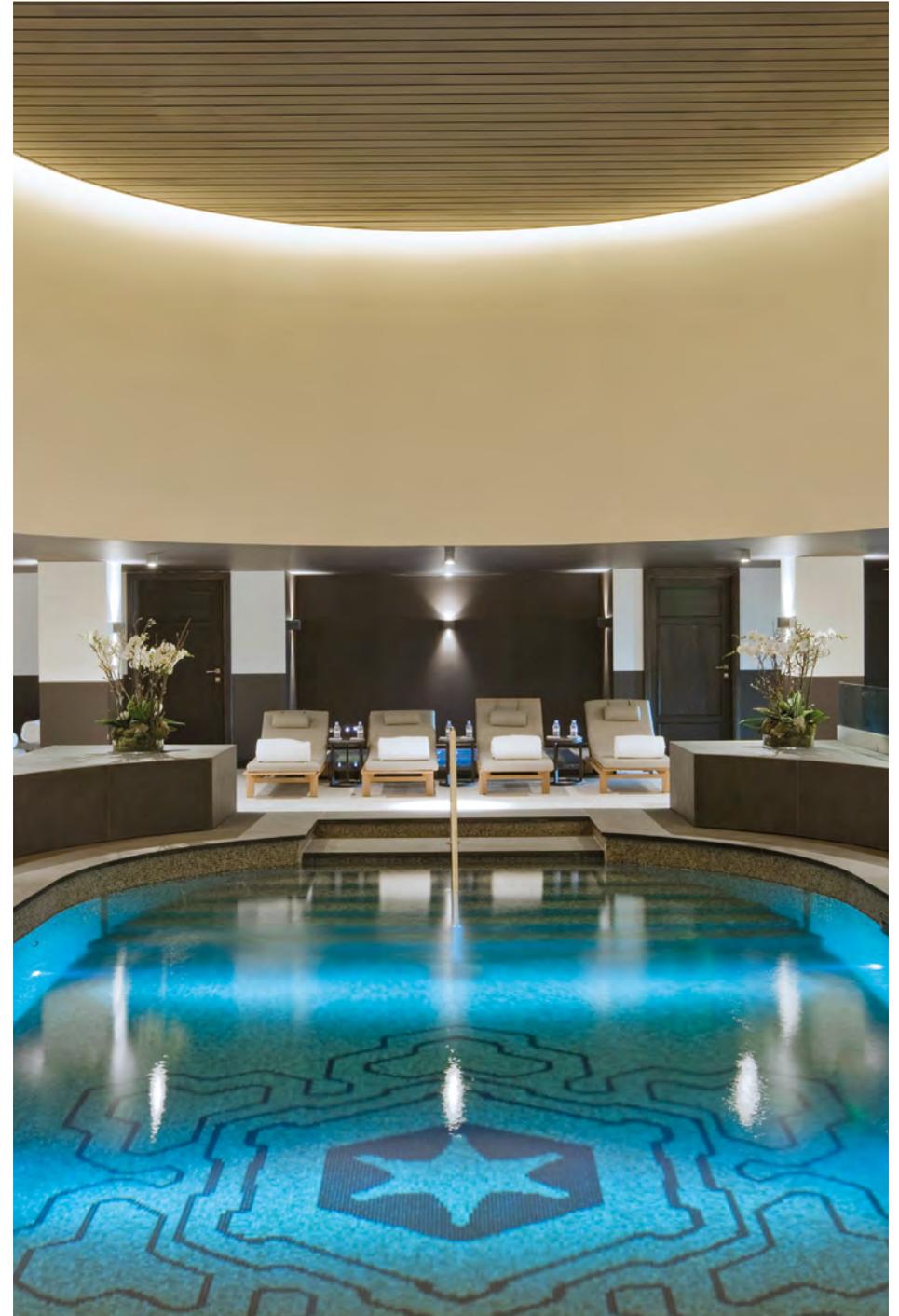
Pregnancy care

Pregnancy is a wonderful time as well as exhausting one for most women. This treatment is designed to pamper the pregnant women, soothing the skin with a specific full body and stomach massage. This treatment is carried out without essential oils.



Reflexology

This treatment is performed over the entire surface of the foot. It acts on the blood, lymph and energy, thus releasing toxins in the body and promoting relaxation. Nice and sweet, it leads to release.



SPA L'APOGÉE BY LA PRAIRIE

Exclusive treatments

Body wrap

A rich, nourishing, invigorating wrap treatment for a draining, soothing effect. To perfect this treatment, we advise you to combine it with a scrub for a smooth and silky skin texture.



Body exfoliation

This treatment exfoliates the skin deliciously and gives energy and vitality. The subtle combination of fragrances leaves the skin feeling refreshing and harmonised.



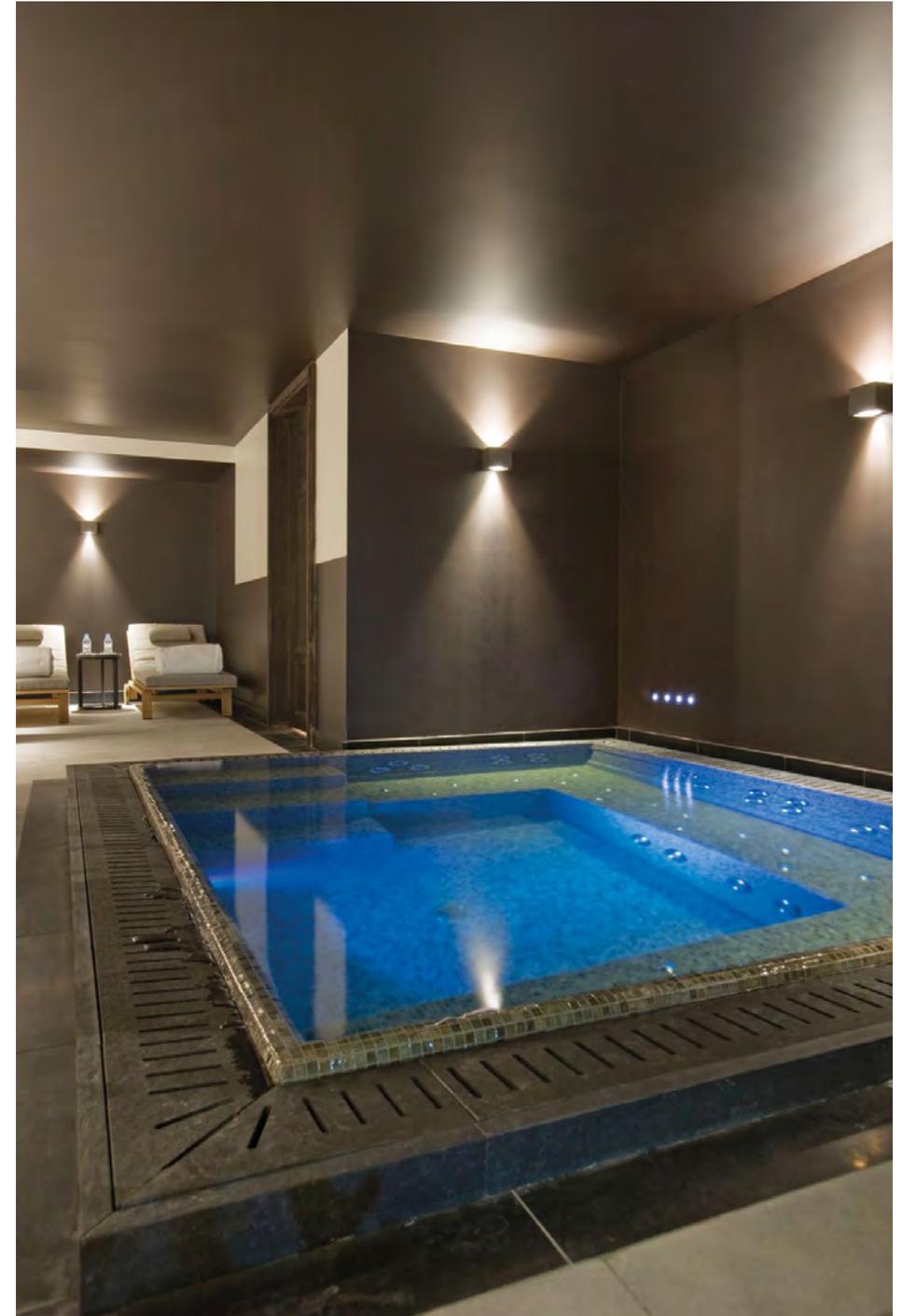
Tailor-made Massage

The massage adapted to your needs, your state of mind, your mood of the moment. Choose each zone of care as well as the duration, for a moment of absolute relaxation.



Additional touch

Collagen facial | Collagen eyes
Cream facial mask | Paraffin hands or feet



SPA & BANYA

The thermotherapy experience

Private banya and cold bath

Stimulate your metabolism, increase your resistance to stress, relieve muscle aches after a day of skiing or hiking, the Spa Suite provides you with a moment of pure relaxation in an exclusive private space.

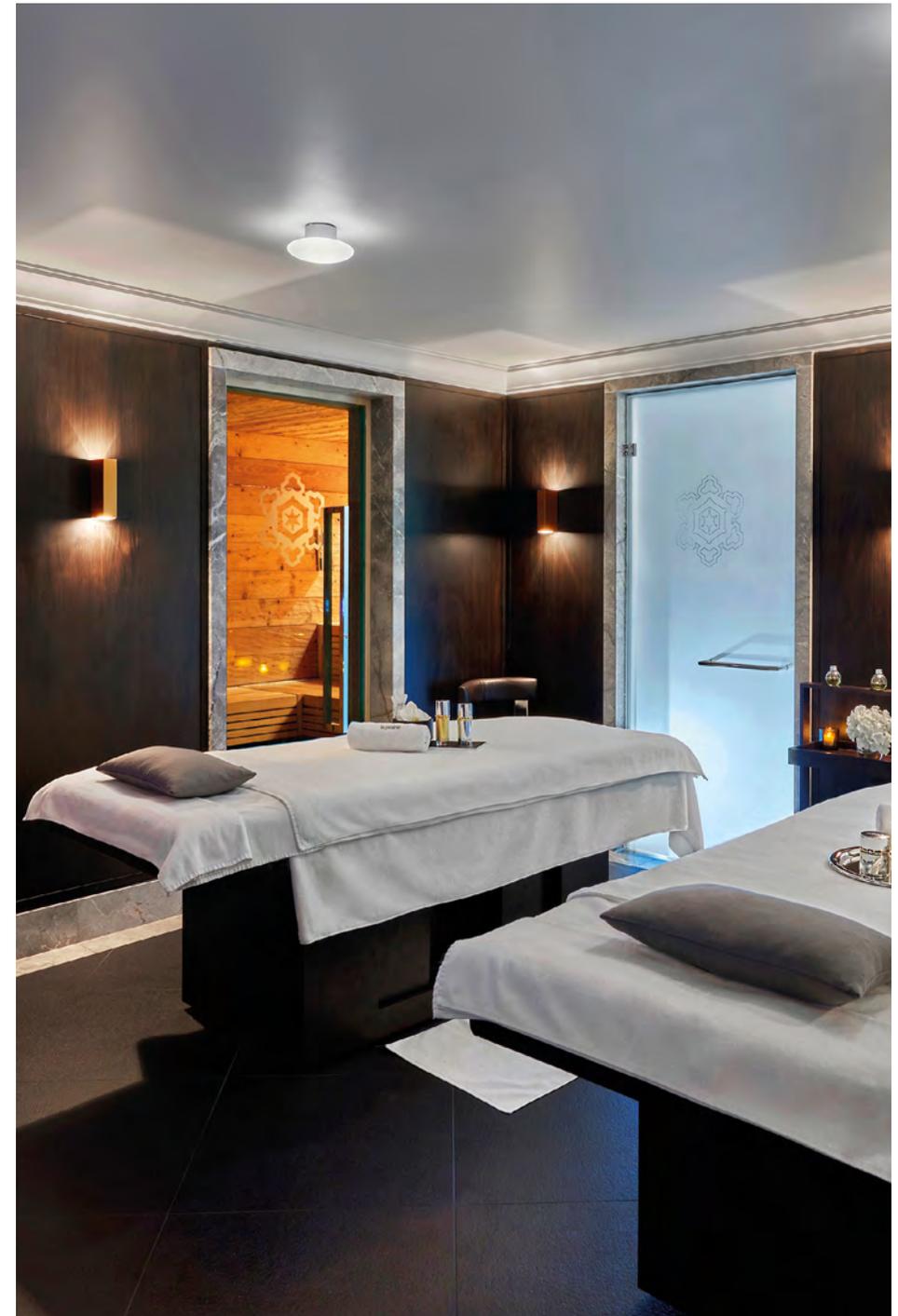
The alternation of hot / cold contrast gives the body visible positive effects. Muscle preparation or recovery, skin beauty and serenity ...

This ritual can be accompanied by an additional a la carte service: tailor-made exfoliation / wrap / massage according to your desires.



TEMPS

60 min.
90 min.
120 min.



TREATMENTS

Around the world

Abhyanga

Abhy, all, Anga, body limbs.

Abhyanga is an effective tonic treatment with sesame oil, it helps to fight against stress and regain balance and a total harmony between body and mind.



Aromatherapy / Lithotherapy

Massage using oils and stones chosen according to your specific needs.



Facial Massage « Ko Bi Do »

Japanese facial massage, which acts in depth on wrinkles, firmness and radiance, while insisting on the eye contour, mouth. This treatment stimulates the skin tissues, gives a lifting effect while releasing the muscular tensions of the face.



TREATMENTS

Around the world

Hot stones

The application of heated stones releases a healthy warmth that, in conjunction with a massage using rosemary essential oil, relieves muscle tension and provides a deep sense of tranquillity.



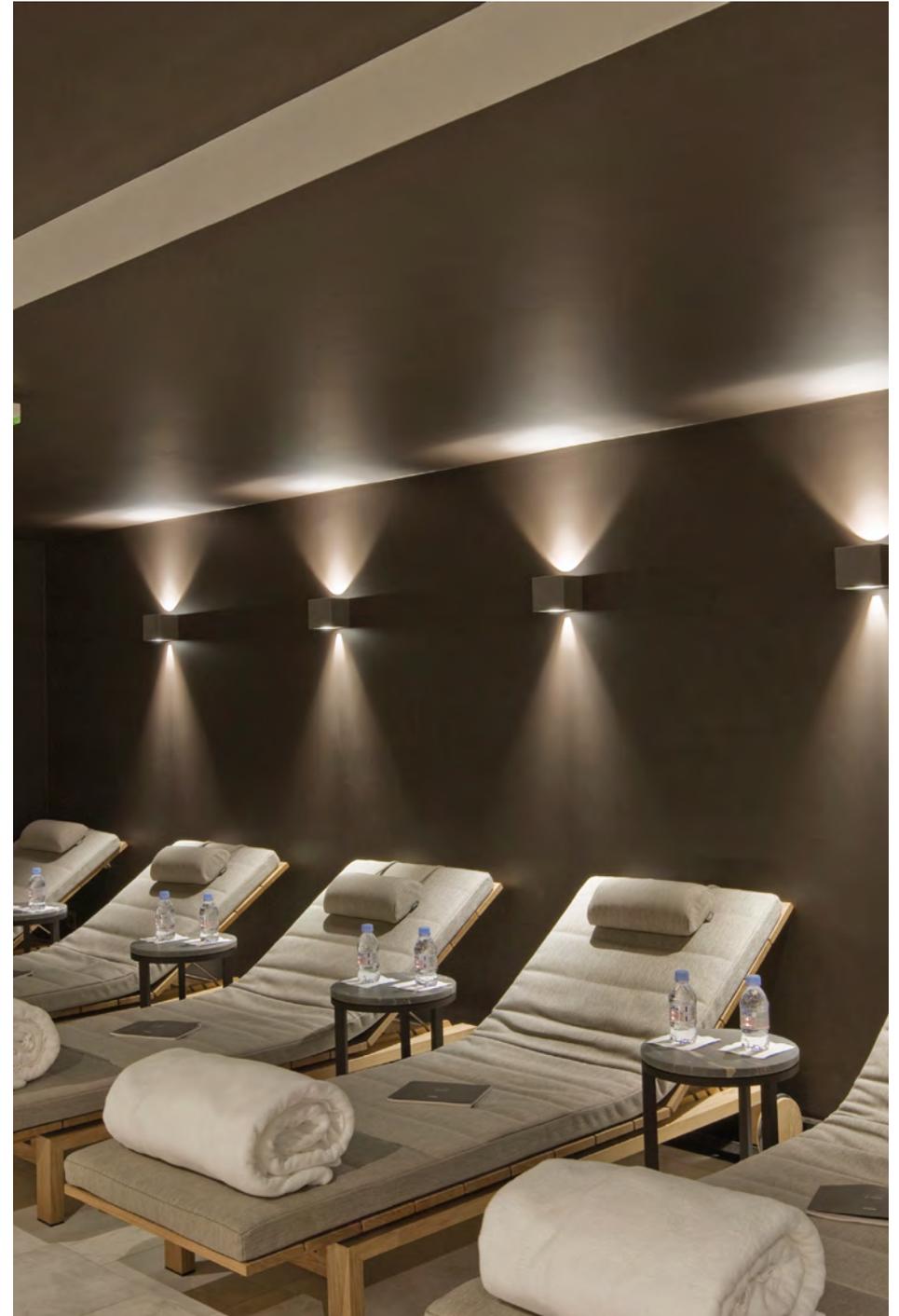
90 min.

Thaï

This technique uses passive stretching and gentle pressure along the body's energy lines to increase flexibility, relieve muscle and joint tension and balance the body's energy systems. It is both deeply relaxing and energizing. This massage takes place on a Thaï mat and you may wear loose fitting clothing.



60 min.
90 min.



MASSAGES

Men's only

Head massage

The head massage has the power to act on the whole body. It allows to, stimulate blood circulation and helps in blood oxygenation. Promote the body's balance. Relax all the muscles by stimulating the nerves located in the cranial parts. Encourage glands to release hormones acting on stress.



30 min.

TEMPS

The purifying care personalized sweetness

Benefit from an exfoliating massage of the back, in order to purify and soften your skin, the treatment ends with a customized massage adapted to your needs.



80 min.

TEMPS

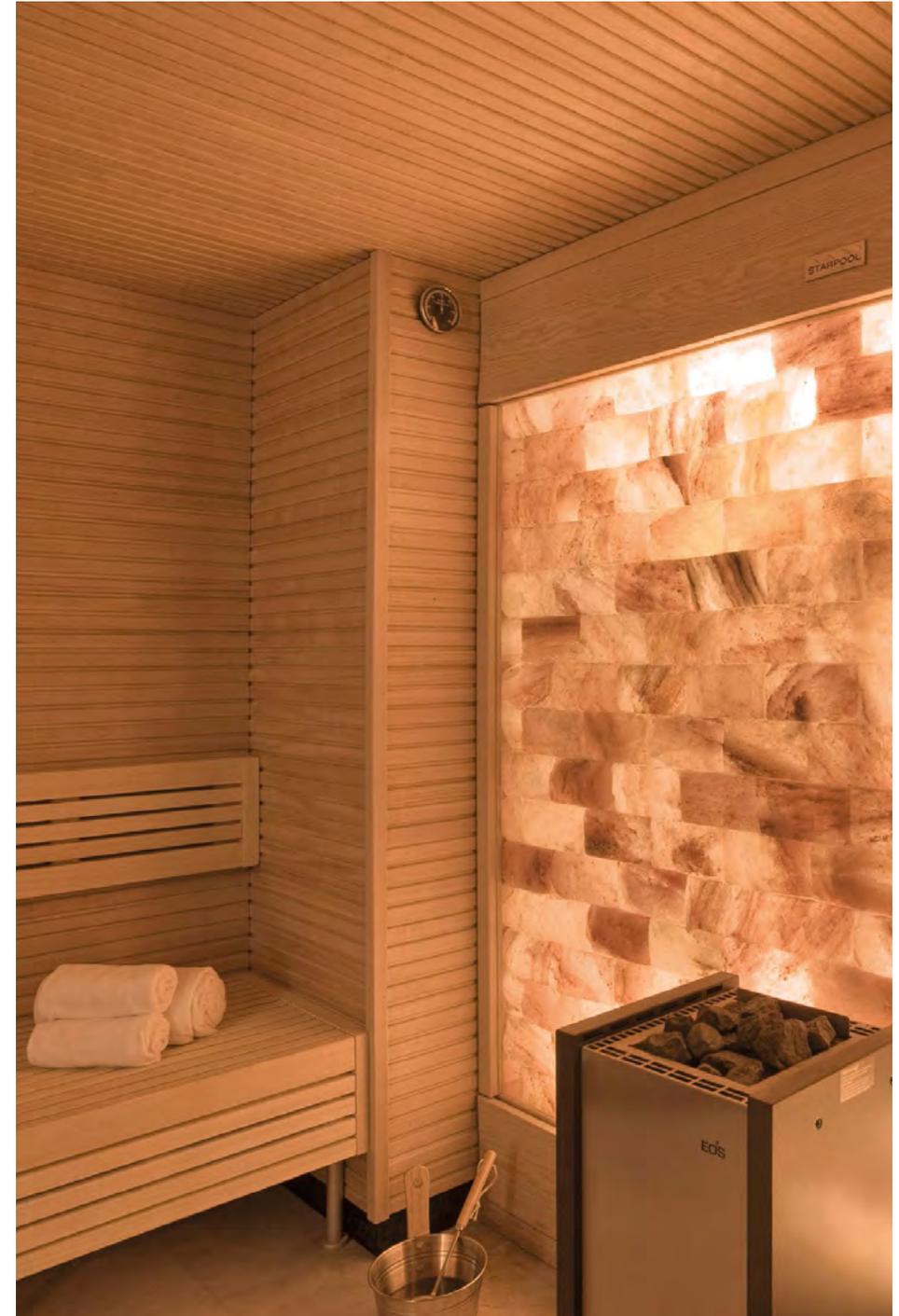
Soothing for men

Instant Lifting Facial Treatment, reflexology, neck, back & shoulder massage, a pure moment of relaxation.



60 min.

TEMPS



BEAUTY

Beauty room

Beauty treatments for him

Men's manicure | Men's pedicure
Back or chest waxing | Ears or nose waxing

Beauty treatments for her

Hands and feet

Cocooning hands or feet
treatment including scrub, mask
and nail polish

Cocooning hands or feet
treatment including scrub and
mask

Brazilian manicure (including
nail polish). A complete treatment
combining hydration, cuticle
care and nail strengthening and
protection

Brazilian manicure
(without nail polish)

Application of nail polish

Application of semi-permanent
polish

Removal semi-permanent polish

Package removal and application
semi-permanent nail polish

Waxing

Bikini
Brazilian bikini
Under arms
Half legs or thighs
Full legs
Arms
Eyebrows or upper lip

Make-Up

Make-Up flash	30 min.
Day make-up	45 min.
Evening make-up	60 min.
Bridal make-up	on request
Eyebrows & eyelashes colour	25 min.
Eyelashes dye	25 min.
Eyebrows dye	20 min.
Brow line definition	20 min.
Eyelashes extension	on request



SALON

Hair

GOLD

PROFESSIONAL HAIRCARE

Gold products and colors are born from the passion and love of hairdressing, associated with a chemists and hairdressers' team from Scandinavia, who all share the same vision: futuristic hair products. Gold Premium Hair colors are nourishing colors enriched with pure organic oils from argan seeds and vegetal moss.

They are completely free of PPD, ammonia and resorcinol. Environmentally friendly products that give strength and durability. The hair care line was created according to a personal philosophy: «We challenge fashion to create the future».

We inspired ourselves by the best natural scents, all our products are exclusively made from renewable and sustainable materials: pure essential oils, plant extracts and natural antioxidants. The Metamorphic Salon System range increases hair shine, hydrates damaged hair, improves elasticity while giving it strength.



HAIR SALON

Treatment experiences

Gold healing bond

Advanced technology to reinforce hair. Strengthens the internal structure of damaged keratin and makes hair easier to comb. Protects your hair by giving it strength, elasticity and shine. Ideal for extending the duration of your colour. Healing Bond can also be used alone or in combination with Vitamin Mi-racle, which is a deep and intensive rejuvenation treatment.



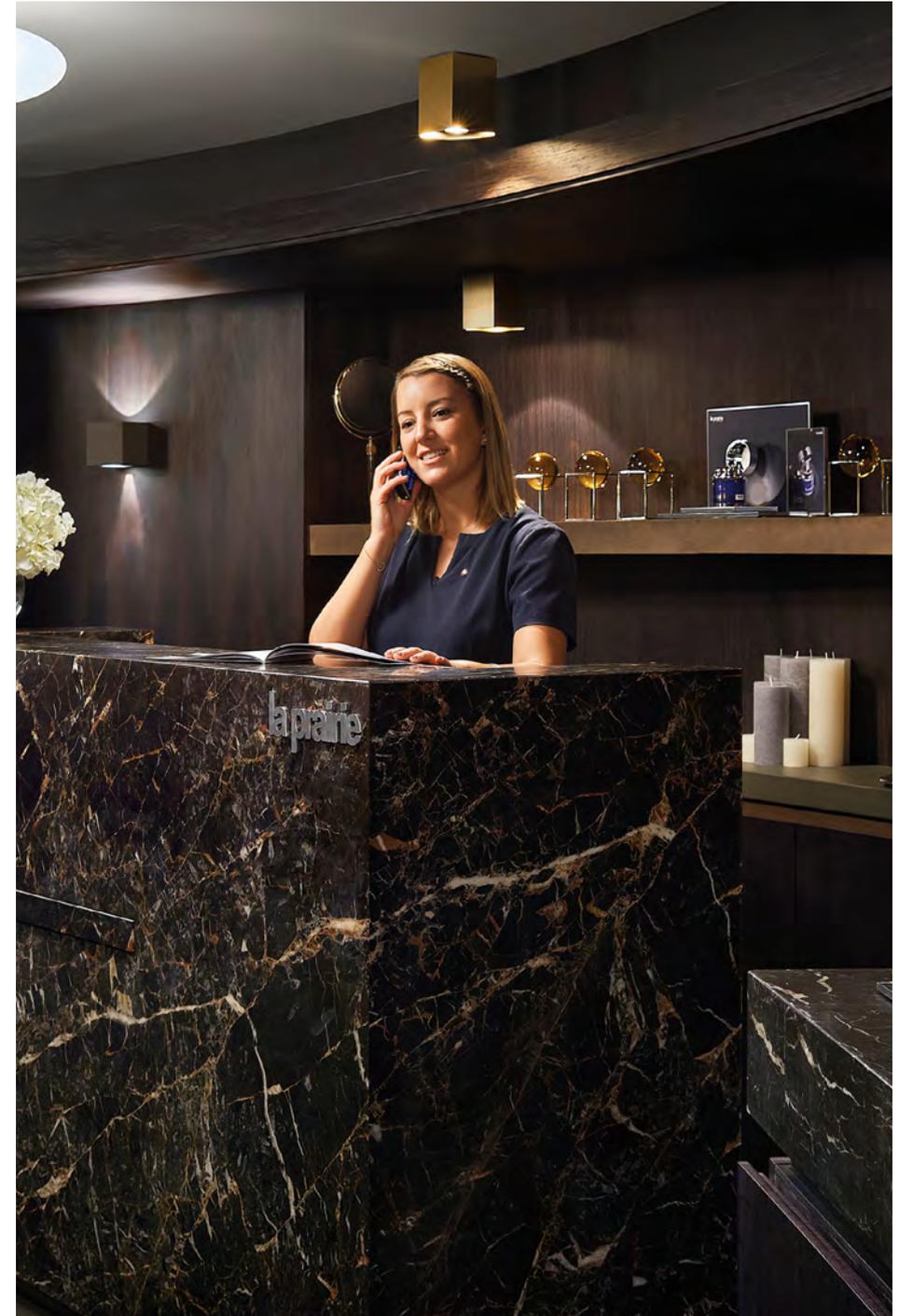
Gold vitamin miracle

A Miracle after dyeing or bleaching. Vitamin Miracle hydrates, gives more shine and makes soft hair. This is the ultimate treatment for its hydrating and restorative properties.



Jet Peel

Targeted anti-pigmentation | Hands | Scalp
Anti JetLag Body | Body Sculpt 1 zone | Body Sculpt 2 zones



HAIR SALON

Treatment experiences

Combing | Hair cut | Sophisticated hairstyle or bun

Shampoo and blow-dry hair conditioner

Short hair | Medium hair | Long hair | Very long hair
Hair mask | Shampoo, conditioner and simple dry

Color, shampoo, conditioner & blow dry

Short hair | Medium hair | Long hair | Colour supplement



Highlights , shampoo, conditioner & blow dry

Short hair | Medium hair | Long hair | Toner



Children's Hair

Shampoo conditioner, cut & styling or blow-dry

Shampoo, cut & styling

Braid

Bun



BARBER

Experiences barber

Haircut for man at the mower

Classic beard trim, cabbage trim and beard oil treatment

Mustache prune with scissors

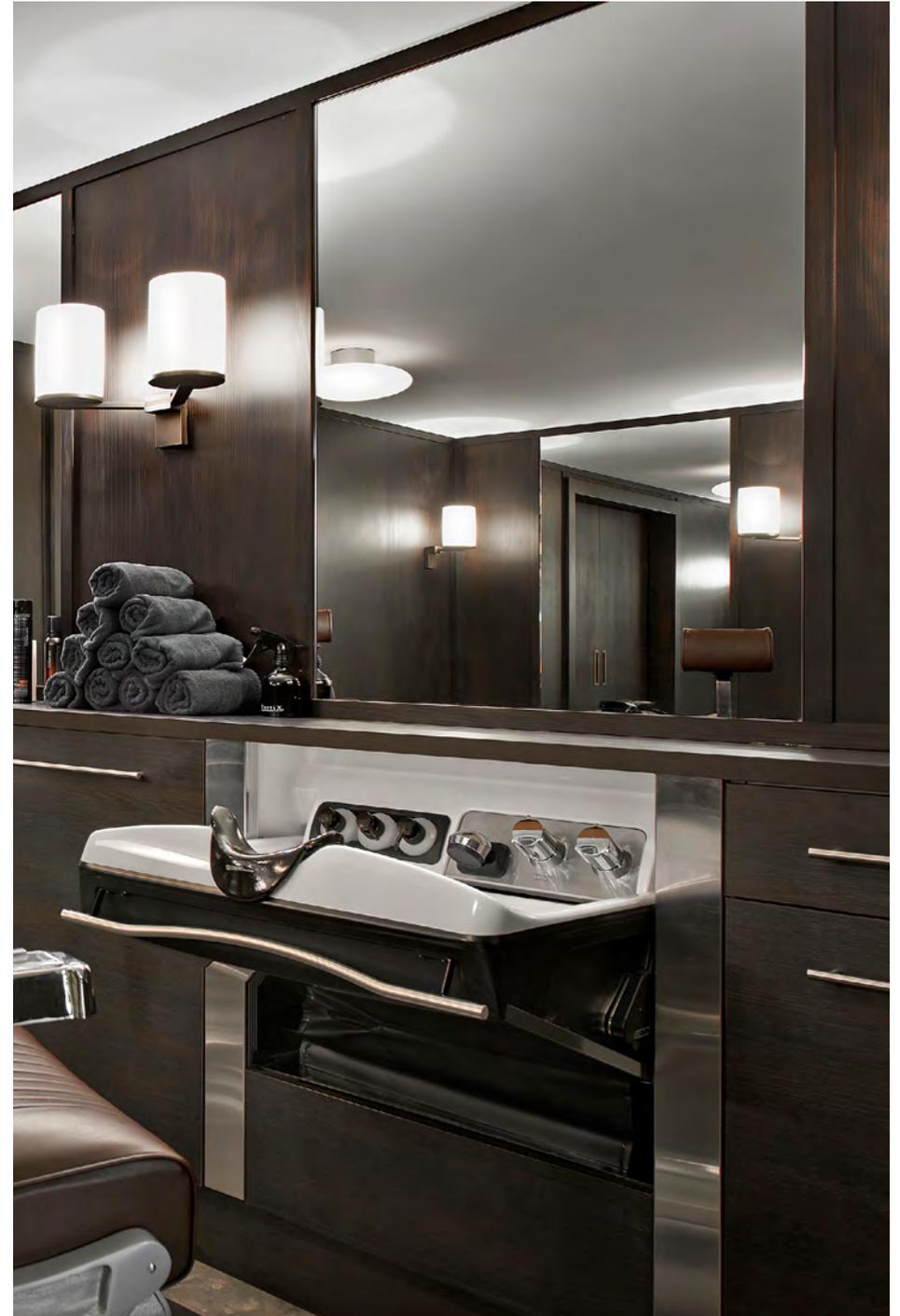
Shampoo haircut and styling

(According to the cut mowing service on the sides and scissor
or fully scissors)

Shaving of the skull on one hoof

Shaving skull cut cabbage with traditional razor, hot towel

Colour



KIDS SPA

Kids, Children & Spa

KIDS (BETWEEN 4 AND 14 YEARS OLD)

Fairy fingers

Decorative nail polish for little princesses.



20 min.

My first care

Discover relaxation.



30 min.

TEENAGERS (BETWEEN 15 AND 18 YEARS OLD)

Teenagers (between 12 and 18 years old)

Back scrub, relaxation for the back, shoulders and head skin cleansing.



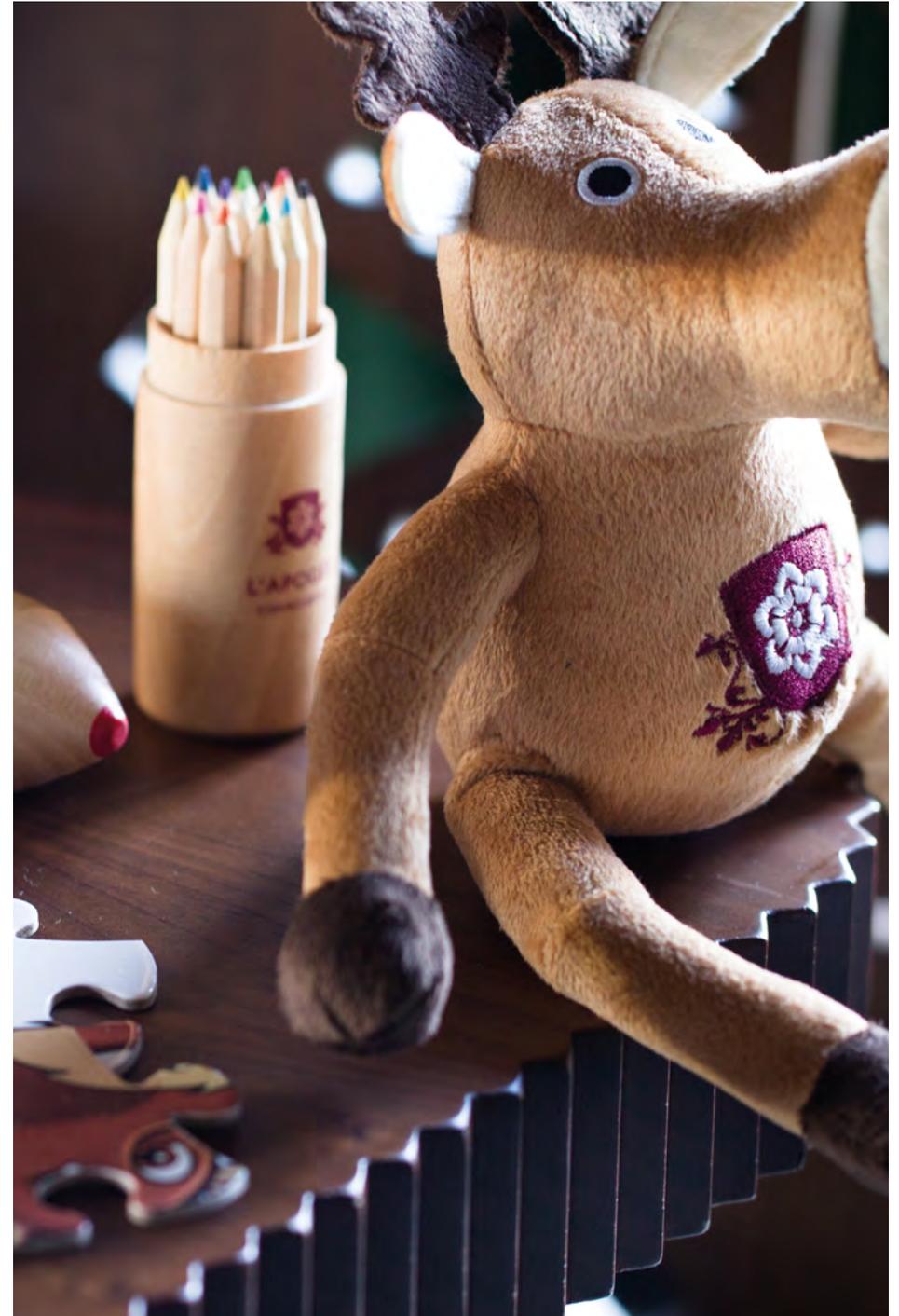
60 min.

Spa & break

After skiing, relax the back/neck/arms/legs to feel ready to devour the snack of the skier.



45 min.



FITNESS AREA

Fitness & Coaching

Coaching

On request, upon reservation 24h in advance



Pilates Method

You strengthen the deep postural muscles. Rebalance the exercises different muscle groups, realign your posture and help you mobilize more natural, balanced and efficient.

Pilates for Pregnant Woman

A Pilates session made on the expectations and possibilities of the mother.

Aquatic Personal Training

You practice gymnastics. The water pressure reduces shock and minimizes the risk of soreness. These disciplines combine a cardiovascular work to mobilize or strengthen different muscle groups: abdominals, buttocks, thighs, arms and shoulders. Ideal for losing weight and sculpt a perfect body.



FITNESS AREA

Fitness & Coaching

Around the training

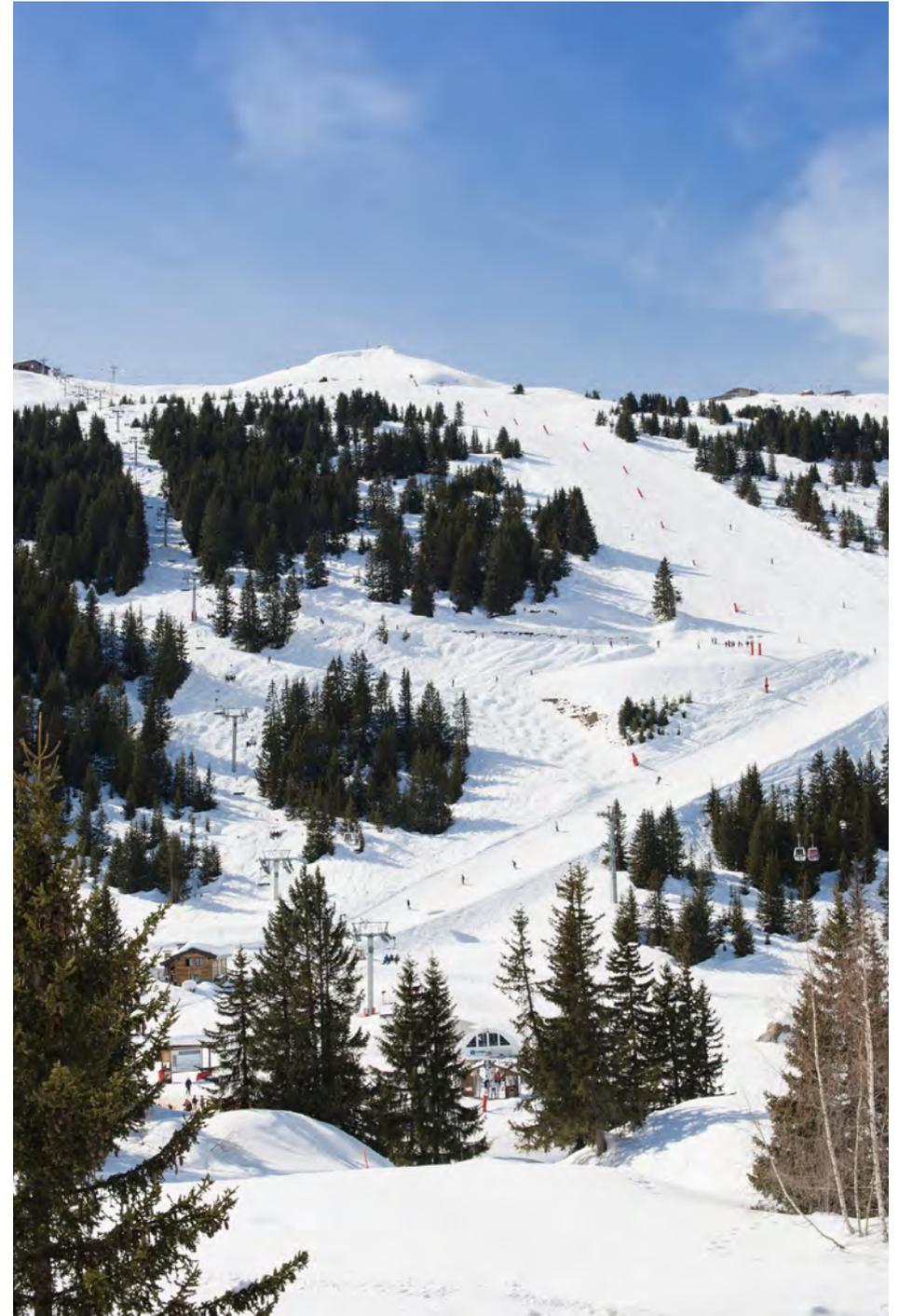
Signature Apogée training: a tailored session according to your level and your expectations by combining cardio-vascular work and strengthening. The white walk: a walk on the trails combined with a mix of yoga to relax.

Around the recovery

Oxygen: a session which combines a mix of yoga, Pilates, stretches and strengthening on the music's rhythm.

Around the ski

Body's warm up: warm up your body to avoid any injuries (before ski).
Stretching: stretches and relaxation to evacuate all your tensions (after ski).



FITNESS AREA

Fitness & Coaching

Yoga

The practice of yoga will strengthen and relax your body. Yoga also improves the function of your respiratory, circulatory, digestive and hormonal system. Yoga will add emotional stability and mental clarity.

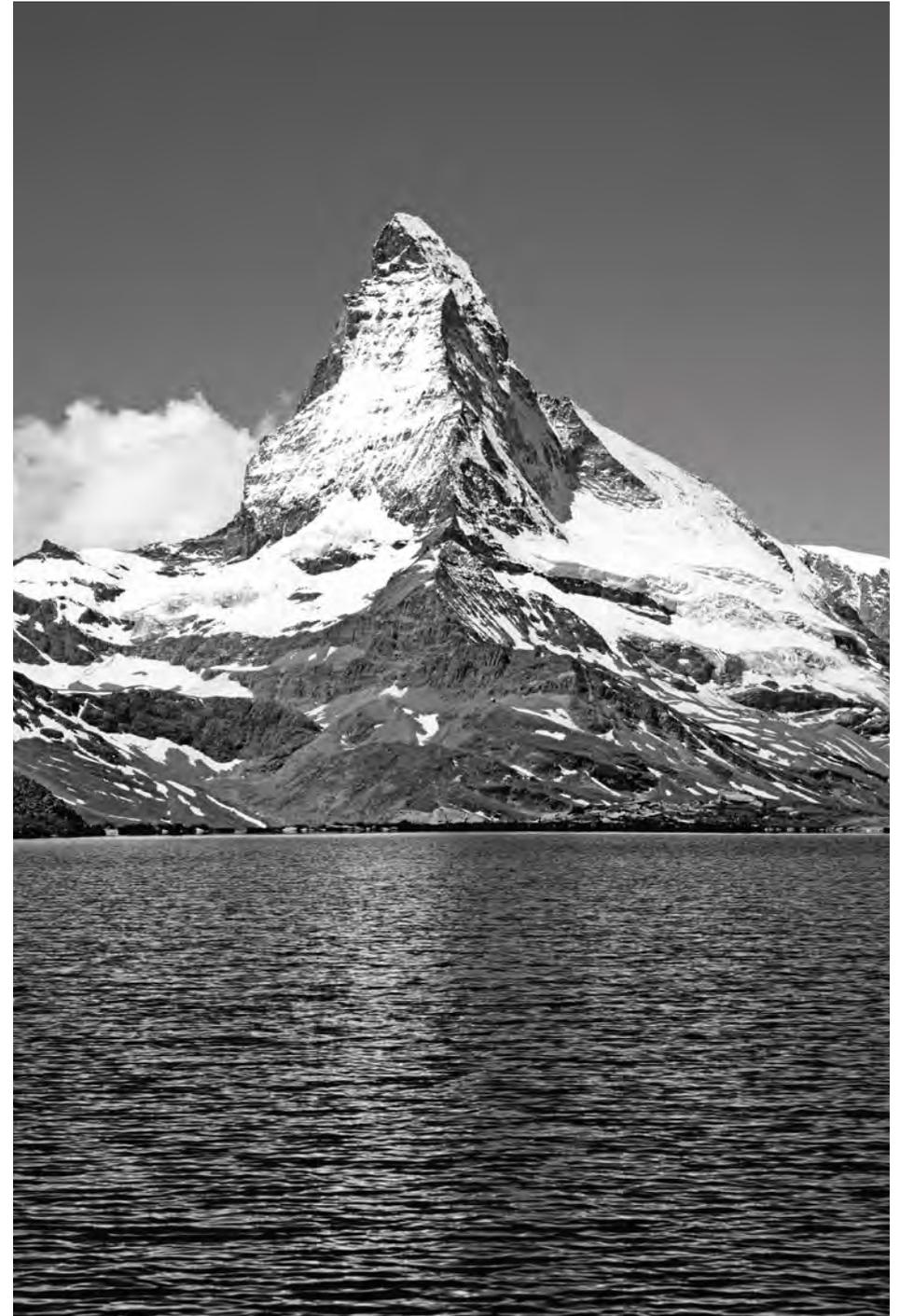
Pranayama

Learn different types of breathing exercises to stimulate and improve lungs use and capacity, promote relaxation, temperature control and mind balancing.



TEMPS

30 min.



FITNESS

Physiotherapy & Osteopathy

Osteopathy treatment

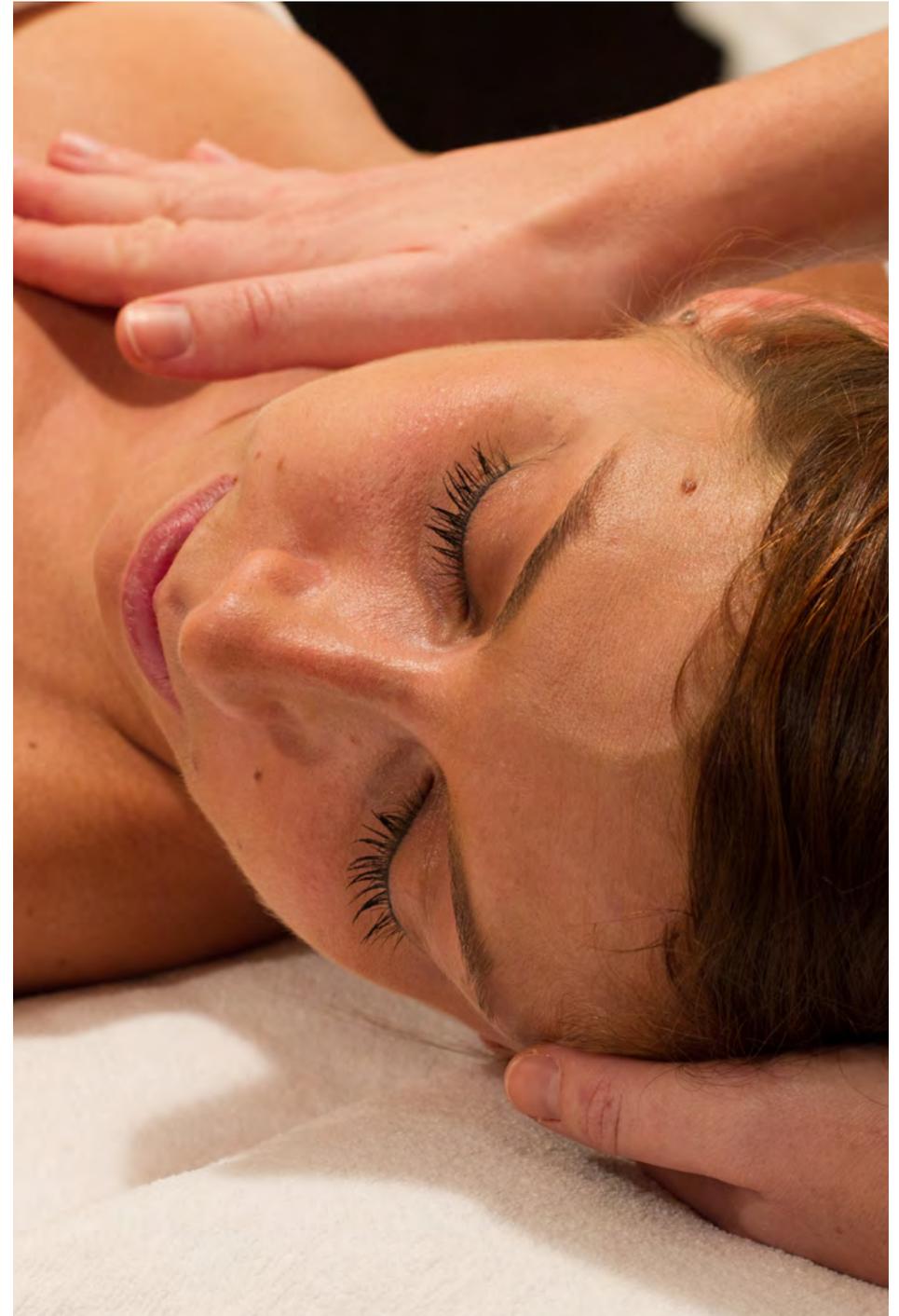
Traditional or with the use of Diapasons.

Aquatic Care

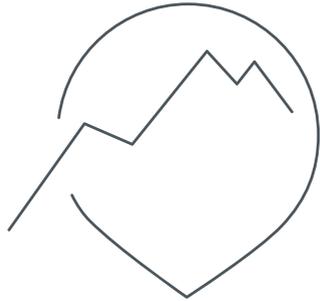
While immersed in water, enjoy a deep release taken thanks to the state of weightlessness while discovering the benefits of fasciatherapy.

Physiotherapy

Paramedical discipline using passive and active techniques for preventive or therapeutic purposes (rehabilitation).



How to enjoy



Facilities

Five treatment rooms including duo treatment room with Banya, one beauty room with manicure, pedicure, waxing and make-up, one hairdresser facilities by Gold, on reservation, salt sauna on reservation, whirlpool bath and inside swimming pool. Relaxation area. Fitness equipment by Technogym.

Booking

Treatment time includes time for guests to get ready. If you need to reschedule or cancel your appointment, please advise us 24 hours prior to your scheduled appointment to avoid being charged for the full treatment. To book from your room, please dial 3112.

Opening hours

Daily from 10 a.m. to 9 p.m. Last appointment at 8 p.m. An extra charge of 20% will be added to all treatments dispensed before 10 a.m. and after 9 p.m. An extra charge of 25% will be added for all treatments in your room.

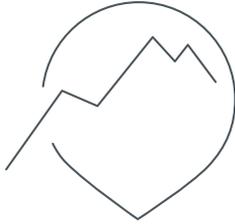
Outside customers

The spa is open to non-residents every day from 10 a.m. to 3 p.m. (except swimming pool and facilities). Reservation at least 24 hours in advance with prior deposit of 50% of the price of the service. 10% discount for seasonal. All treatments performed in outside chalets will be increased by 50%.

Gifts

Give friends and family a unique well-being experience at the spa. Gift vouchers are personalised so guests can choose their preferred treatments from our Spa menu. Please note that gift vouchers are non refundable.

Before coming



Take your time

We recommend that you arrive at least 30 minutes prior to your scheduled treatment to give you time to check in and slip into your robe and slippers, then relax in our sauna on reservation, steam room, swimming pool or salt sauna on reservation. Steam is recommended prior to your spa treatment as it will relax your body and make the experience more enjoyable.

What to wear

Your comfort and well-being are of the utmost priority to us when you are at our Spa: there is no need to bring or wear any special clothing, everything you need will be provided in your treatment room. We will provide disposable underwear for all treatments and massages.

Spa Etiquette

Smoking and alcoholic beverages are not allowed in the spa. Moreover, we are not responsible for any valuables brought into the Spa.

Environment

To preserve the sense of harmony in the Spa we kindly request that mobile phones are switched off. May we also remind you that the wearing of swimsuits is compulsory in the wet zone.

Home Spa

Most of the body and skin products that we use for our treatments are available for purchase. We encourage you to ask your therapist how to use these products so that you can continue your spa experience at home.

Health condition and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). You will also be required to sign a form relating to using our Spa facilities prior to your treatment.

Age requirements

We offer a selection of wellness treatments for our younger guests as well as a range of appropriate wellness treatments for children. They have to be accompanied by an adult. Access to our Sauna facilities is not permitted. All guests under the age of 18 must be in possession of a parental consent form signed by a parent or legal guardian.

Late check in

Please inform us as soon as you can if you are late, duly notice a late arrival will reduce treatment time. Your treatment will end on time in order not to delay the next guest. Should this happen the full value of your treatment will be charged.

CONTACT

Le Spa L'Apogée by La Prairie
Jardin Alpin, 73120 Courchevel, France
lespa.apg@oetkercollection.com
+33 (0)4 79 04 01 12

PALACE

OETKER COLLECTION
Masterpiece Hotels

www.oetkercollection.com

LE SPA L'APOGÉE BY LA PRAIRIE

Treatment menu

La Prairie five-star treatments

The Platinum Rare Haute Rejuvenation Facial	90 min. 320€
The White Caviar treatment	60 min. 215€
The Caviar Lifting and Firming Facial	90 min. 305€
The Pure Gold Radiance Facial	90 min. 305€

Bamford Body Cares

Bamford Signature Treatment	30 min. 110€
Bamford deep tissue massage	60/90 min. 215/295€

Spa L'Apogée by La Prairie exclusive treatments

Lymphatic drainage body treatment	60 min. 200€
Pregnancy care	60 min. 200€
Reflexology	30/60 min. 90/180€
Body wrap	30 min. 110€
Body exfoliation	30 min. 110€
Tailor-made Massage	30/60/90 min. 110/215/295€

Additional touch

Collagen facial	50€
Collagen eyes	35€
Cream facial mask	35€
Paraffin hands or feet	35€

Spa Experience & Banya

The Banya Experience	60/90/120 min. 250/380/540€
----------------------	-----------------------------

Treatments from around the world

Abhyanga	60/75 min. 200/250€
Facial massage « Ko Bi Do »	30 min. 110€
Aromatherapy/Lithotherapy	60 min. 215€

Hot stone treatment	60/90 min. 215/295€
Thai	60/90 min. 215/295€

Treatments for him

Head massage	30 min. 90€
The purifying care personalized sweetness	60 min 215€
Soothing for men	80 min 285€

Beauty treatments for her

Waxing	
Bikini	50€
Brazilian bikini	60€
Under arms	40€
Half legs or thighs	70€
Full legs	115€
Arms	60€
Eyebrows or upper lip	30€

Hands and feet

Cocooning hand or feet treatment	130€
Cocooning hands or feet care including scrub and mask	100€
Brazilian manicure	110€
Brazilian manicure (without nail polish)	80€
Application of nail polish	30€
Application of semi-permanent polish	65€
Removal semi-permanent polish	40€
Duo offer removal and nail polish	100€

Make-Up

Make-Up flash	30 min. 75€
Day make-up	45 min. 105€
Evening make-up	60 min. 160€
Bridal make-up	On request
Brow & eyelash colour	25 min. 65€
Eyelash dye	25 min. 40€
Eyebrow dye	20 min. 35€
Eyebrow definition	20 min. 30€
Eyelash extension	On request

Beauty treatments for him

Men's manicure	70€
Men's pedicure	90€
Back or torso waxing	65€
Ears or nose waxing	25€

Hair Style experience

Combing	50€
Hair cut	50/90€
Sophisticated hairstyle or bun	70/170€

Shampoo and blow-dry hair conditioner

Short hair	90€
Medium hair	110€
Long hair	130€
Very long hair	150€
Hair mask	15€
Shampoo, conditioner and simple dry	70€

Colour, shampoo, conditioner & blow dry

Short hair	180€
Medium hair	230€
Long hair	280€
Colour supplement	50€

Highlights , shampoo, conditioner & blow dry

Short hair	280€
Medium hair	330€
Long hair	380€
Toner	50€

Children's Hair

Shampoo conditioner, cut & styling or blow-dry	60/80€
Shampoo, cut & styling	50€
Braid	40€
Bun	60/80€

Treatment experiences

Gold healing bond	30 min. 90€
Gold vitamin miracle	30 min. 90€

JET PEEL

Targeted anti-pigmentation	80€
Hands	120€
Scalp	320€
Anti JetLag Body	270€
Body Sculpt 1 zone	380€
Body Sculpt 2 zones	440€

Barber Service

Man hair cut	70/90€
Beard prune	60/70€
Mustache prune	40€
Shampoo haircut et styling	70/90€
Shaving skull clipper	50€
Shaving skull cut cabbage	70€
Colour	40/70€

Children's Spa

Fairy fingers	20 min. 20€
My first care	30 min. 85€
Teenagers	60 min. 175€
Spa & break	45 min. 110€

Fitness

Coaching	60/120 min. 220/315€
Pilates method	On request
Pilates for pregnant women	On request
Aquatic Personal Training	On request
Pranayama	On request
Osteopathy treatment	200€
Aquatic osteopathy	270€
Physiotherapy	220€

