

Ferme de Montagne Spa



Beauty, Massage and
Therapeutic Treatments

Winter 2016-17

Spa Policies

Communication

Feel free to inform your Spa Therapist of any concerns or questions prior to your treatment; your Therapist aims to make you as comfortable as possible. Please provide feedback at any time.

Please inform any member of staff in advance if you wish to cancel your treatment.

Facilities

Located on the lower ground level of the Chalet, accessed via the Library; we have one treatment room, one sauna, showering facilities, and an outdoor Hot Tub on the terrace. Sauna and Hot Tub operate between the hours of 4pm and 11pm (unless otherwise requested).

Treatments and consultations are provided between the hours of 9am and 9pm - the treatment diary can book up fast, so please book early to avoid disappointment.

Safety & Hygiene

We recommend for your own safety and hygiene, showering before entering the Sauna, Hot Tub and Treatment room and limiting your sauna time to a maximum 15 minutes per session.

For your comfort we recommend you enter the Spa area in the fluffy robe and slippers provided in your bedrooms.

Spa Etiquette

Choose from our treatment menu or design your own 'a-la-carte' treatment. Simply book 'TIME' with your therapist and together you can customise the treatment to your individual needs. Also see our 'COMBINATIONS' for inspiration.

Private consultations can also be arranged between the hours of 8.30am - 10.00am and at other times by arrangement. Your in-house Spa Therapist will also visit the breakfast room each morning to answer your questions and arrange treatments.

All treatment times include consultation.

Arrive (preferably refreshed and in your fluffy robe) 5mins before your treatment to complete a brief consultation.

We recommend that taking 5 - 10 minutes in the Sauna prior to your treatment will enhance the effects of your treatment (excluding waxing treatments).



FAQ's

What are the [benefits](#) of Massage?

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced [sleep](#) quality.
- Greater [energy](#).
- Improved [concentration](#).
- Increased [circulation](#).
- Reduced fatigue.

My skin feels dry [after skiing](#), what should I do?

Dry skin is aggravated by dry atmospheric conditions, harsh weather, poor diet and harsh skin care routines. Our [Guinot Hydradermie facial](#) will help to restore your skin back to its natural balance; using micro current's to push hydrating ionized gels deep into the dermal layers. After, a Lavender and Calendula face mask is applied to soothe any redness caused by the harsh conditions of the mountain. Your Therapist will [advise](#) homecare products for you to maintain the effects of your facial long after you have left the Spa.

Classic Massage

A thorough consultation will help you and your Therapist devise the perfect massage treatment.

You can choose between the following:

Aromatherapy massage - Blended essential oils are used with pressure point massage to relax the body and mind.

Or

Après Ski massage - Pre-blended Arnica and Calendula oil is used to restore tired muscles. A variety of massage movements aim to encourage blood circulation and re-energize the body. Après Ski massage includes a range of flowing movements to soothe and relax muscles and can be adapted for different levels of pressure and rhythm.

30 min = £48

60 min = £90

90 min = £120

Hot Stone Massage

Smooth warm stones are used to relax the muscles allowing the heat to penetrate deeper than Swedish or Aromatherapy massage. Flowing massage movements and stretches help to relax the body whilst the placement of warm stones on specific points throughout the body encourages relaxation and the balancing of vital energy.

30 min =£48

60 min =£95

90 min =£120 (includes facial cleanse and massage)

Deep Tissue Massage

This deep massage targets sore muscle and enhances muscle recovery after exercise, sports activities or the tension and stresses of daily life. It combines deep work with stretching, rocking & circulation enhancing strokes to move lactic acid out of the system. Cold pressure is used which can give instant pain relief, and swelling reduction from most injuries, or soothing heat from ongoing nagging aches and pains. This will encourage quicker healing from sporting injuries. A mild soreness may result.

60 min = £90

90 min = £120

Indian Head Massage

Tension can be held in the muscles across the scalp and neck leading to headaches, migraines and aching neck and shoulders. This massage uses a variety of relaxing pressure points and stimulating movements to release tension in these areas.

45 min = £55

Thai Foot Reflexology

Reflexology is a deeply relaxing and energizing holistic therapy. There are reflex points in the feet which correspond to the body's organs and nervous system. Massage and pressure is applied to these reflex points which encourages the body to heal itself, restoring and maintaining energy levels, as well as promoting relaxation and a general sense of well being.

45 min = £50

Myofascial release with Bio Freeze

Myofascial release is a very effective, yet gentle, bodywork modality that is performed by many physical and massage therapists. It addresses the restrictions caused by trauma, inflammation and/or surgical procedures. This bodywork technique is often used when a person doesn't respond to traditional physical, occupational or massage therapy.

30 min = £40

60 min = £95

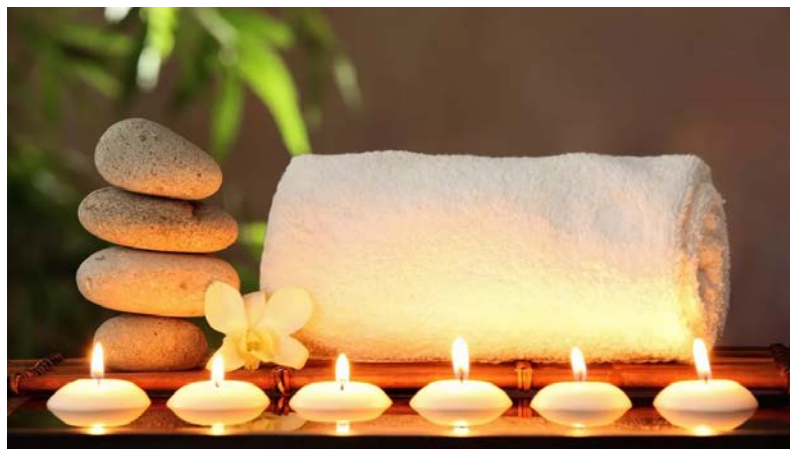
Relaxing Candle Massage

When lit, the massage candle melts into a warm sumptuous massage oil. This warm oil of natural butters can then be drizzled over the skin for a wonderful massage treatment to melt away tension and delicately nourish skin.

The massage will leave you feeling Relaxed - Rejuvenated and Renewed.

30 min = £75

60 min = £95



Guinot Facials

Alpine Hydralift Facial

Experience Guinot's world famous **anti-ageing** facial specifically for mature skin. This wonderful facial is for ultimate skin **radiance and rejuvenation**. Targeting areas where lines are most evident around the; eyes, mouth, nose and across the forehead for an immediate skin **smoothing & lifting** effect.

90 min = £125

Very Manly - Gentlemen's facial

The machine-based treatment uses galvanic and high frequency electrotherapy to **deep-cleanse re-hydrate** and rebalance the skin. Specifically for men is the Energising Galvanic Gel containing burdock to **regulate** sebaceous secretions and allantoin to **soothe**.

Includes a neck and shoulder **massage** to loosen tired sore muscles.

80 min = £90

Kobido Muscle Restoration

A non-invasive **anti-ageing** treatment for the face and eyes.

A Japanese influenced facial massage which helps to **firm, tighten, smooth and enhance the skins radiance** around the mouth and eyes, widening the eye contour and reducing puffiness and under-eye shadows.

60 min = £95

90 min = £125 (with paraffin wax mask)

Mountain Slalom Aromatic Facial

This holistic **aromatherapy** treatment uses natural plant extracts and essential oils to balance the skin, soften fine lines and restore radiance.

The hands-on facial is **customised** to suit each individual skin type and combines digital pressure and relaxing **massage** routines to instill a feeling of total wellbeing.

60 min = £65



Natural Nails

Palm Ritual Manicure

A total pampering treatment to **nourish** hands and nails. The treatment includes a full classic manicure plus hand exfoliation and **warming** treatment mask. The result is **silky** smooth hands polished to perfection.

60 min = £70

Cloud Walking Pedicure

A decadent treat for worn out feet, incorporating the full classic pedicure and polish with a conditioning foot mask and heated booties, to relax the muscles and soften hard skin.

60 min = £70

Classic Manicure

To improve the appearance of your hands and nails, your Therapist will; **shape** and **buff** the nails; **tidy** the cuticles apply a rich **moisturiser** and finish the treatment with the **polish** of your choice.

45 min = £70

Classic Pedicure

Our classic pedicure includes nail cutting/shaping/buffing, cuticle work followed by an invigorating foot scrub to soften hard skin; a foot and leg massage to soothe tired limbs after a long day with the application of the polish of your choice to finish.

45 min = £70

Mini Mani

20 min = £40

Mini Pedi

30 min = £45

SAY HELLO TO SHELLAC™

Say Hello to the future! Shellac is the breakthrough, patent-pending UV³ technology that combines the ease of polish with the permanence of gels. A true innovation in chip-free, extended-wear color.

Shellac applies like polish—no pots—just a bottle and brush.

And **removal is just 10 minutes!** No filing. No drills.

The results? **14-day, glorious, high-gloss shine that's truly addictive!**

Shellac Palm Ritual Manicure

The palm ritual manicure treatment to nourish hands and nails. The use of Shellac CND colours for lasting two weeks of colour.

60min = £70

Shellac Cloud Walking Pedicure

The decadent treatment for worn out and tired feet, incorporating the Shellac colours for long lasting colour effect.

60min = £80

Shellac Re-Polish

A shape and neatening of the nails before applying the Shellac colour of your choice.

35 min = £40



Inspiration! Packages

Ferme de Montagne signature treatment - an exclusive back, scalp a& face treatment!

This totally embracing treatment starts with a deep, cleansing back exfoliation, followed by a tension releasing back massage. Your face is then treated to a rejuvenating facial, finishing with a luxury scalp massage that helps to release unwanted stress and tension. The whole of the treatment aids relaxation to the whole mind & body.

1hour 40min = £100

The Ultimate

90 minute Hot Stone Massage & Alpine Hydralift

3hours = £180

Youthful

Alpine Hydralift Facial, Kobido Face & Eye Restoration & Thermal Manicure

2hours 30min = £170

On Piste

Very Manly - Gentleman's Facial & 60 minute Hot Stone Massage

2 hours 30min = £150

Melt Away

60 minute Hot Stone Massage & Aromatic Facial

2hours = £130

