



AVENUE LODGE

HOTEL ***** RESTAURANT & SPA

FACE TREATMENTS BY INSTITUT ESTHERDERM PARIS

OSMOCLEAN DISCOVERY TREATMENT	25 MIN	58 EUROS
AVENUE LODGE INTENSE HYDRATION SIGNATURE TREATMENT	45 MIN	80 EUROS
YOUTH EXCELLENCE		
ACTIVE REPAIR TREATMENT <i>Anti-wrinkle, radiance & detox treatment – Great recovery of tired skin</i>	90 MIN	115 EUROS
ESTHELIFT TREATMENT <i>Firms skin, smooths out wrinkles, helps to tone and redefine the contour of the face</i>	90 MIN	125 EUROS
TOTAL YOUTH TREATMENT <i>Regenerating, comforting, redensifying treatment Restores firmness for visible results right from the 1st treatment</i>	90 MIN	135 EUROS
INTENSIVE HYALURONIC TREATMENT Wrinkle treatment + Intensive hydration	90 MIN	115 EUROS
INTENSIVE SPIRULINE TREATMENT <i>Revitalization for tired skin</i>	90 MIN	115 EUROS
YOUTH SECRET 3-DAY TREATMENT <i>1st day: Intense rehydration 2nd and 3rd days: Youth treatment adapted to skin after diagnostic each day</i>		300 EUROS
FACE MODELING MASSAGE <i>For her or him</i>	25 MIN	58 EUROS
FOR HIM <i>Treatment adapted to skin type + massage</i>	50 MIN	90 EUROS

RELAXING BREAKS

APRES-SKI <i>Eases muscle tension, relaxes, ideal after a day's skiing</i>	25 MIN	58 EUROS
	50 MIN	98 EUROS
AYURVEDIC MODELING MASSAGE <i>Thousand year-old massage with warm oil</i>	50 MIN	98 EUROS
PLANTAR REFLEXOLOGY	50 MIN	98 EUROS
COMBINED PLANTAR REFLEXOLOGY / AYURVEDIC	80 MIN	130 EUROS
LYMPHATIC DRAINAGE	50 MIN	98 EUROS
SLIMMING TREATMENT	25 MIN	58 EUROS
	50 MIN	98 EUROS
CALIFORNIAN MODELING MASSAGE <i>Very relaxing, harmonizes body and spirit using gentle movements on the scalp and foot arch</i>	25 MIN	58 EUROS
	50 MIN	98 EUROS
MODELING MASSAGE WITH WARM STONES <i>Complete modeling optimized by the application of warm basalt stones</i>	50 MIN	98 EUROS
CANDLE WAX MODELING MASSAGE– very relaxing		
ABSOLUTE MODELING MASSAGE <i>The body modeling of your choice plus face and scalp modeling massage</i>	50 MIN	98 EUROS
	90 MIN	145 EUROS

*All massages and wraps can be offered for two people (pre-booking recommended).
Non-therapeutic or medical massages.
Cancellation with less than 24 hours' notice will be charged.*

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MASSAGES BY OUR CERTIFIED GRADUATE PHYSIOTHERAPIST AND OSTEOPATH

4PM TO 8PM DAILY

For the ideal recuperation

SWEDISH MASSAGE

30 MIN 68 EUROS
60 MIN 118 EUROS

DEEP TISSUES

30 MIN 68 EUROS
60 MIN 118 EUROS

SPORTS MASSAGE

30 MIN 68 EUROS
60 MIN 118 EUROS

OSTEOPATHY SESSION ON REQUEST

30 MIN 68 EUROS
60 MIN 118 EUROS

WRAPS

OUR WRAPS ARE DONE ON A WARM MATTRESS BED AND ACTIVATED BY THE ACTION OF A HEATED BLANKET
A TRULY RELAXING MOMENT AFTER A DAY SKIING

3-SEAWEED OR GREEN TEA WRAP

The benefits of the ocean in the mountains

20 MIN 49 EUROS

EXFOLIATING HONEY TREATMENT

25 MIN 58 EUROS

EXFOLIATING TREATMENT & WRAP

50 MIN 90 EUROS

TREATMENT PROGRAMS

TO MAXIMIZE THE BENEFITS OF YOUR STAY IN VAL D'ISERE,
WE OFFER A WELLNESS PROGRAM FOR TOTAL RELAXATION

MINI WEEKEND-COURSE 3 DAYS COCOONING

1 DISCOVERY FACE TREATMENT

3 PERSONALIZED WRAPS

3 WELLNESS MASSAGES, 25 MINUTES EACH

3 DAYS 330 EUROS

5-DAY FITNESS RITUEL

1 DISCOVERY FACE TREATMENT

5 PERSONALIZED WRAPS

5 WELLNESS MASSAGES, 25 MINUTES EACH

5 DAYS 480 EUROS

THE GRAND SLIMMING RITUEL

1 EXFOLIATING HONEY TREATMENT

5 GREEN TEA WRAPS

5 SLIMMING MASSAGES, 25 MINUTES EACH

5 DAYS 480 EUROS

EXPERT SLIMMING AND RESSTRUCTURING BODY TREATMENT

5-SESSION PACKAGE

5 x 55 MIN 500 EUROS

WAXING

ON REQUEST

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RITUALS OMNISENS

A LARGE CHOICE OF TREATMENTS AND MASSAGES OFFERING YOU TO RELAX, RELIEVE TENSIONS OR TO ENERGIZE AND TONE YOUR BODY

<p>MASSAGE GOURMAND <i>Soothing full body massage combining massage oils with deep movements to awaken your senses for a unique moment of well-being</i></p>	50 MIN	98 EUROS
<p>BALADE GOURMANDE <i>Delightful body scrub with deliciously sweet aromas, followed by the « Grand Massage Gourmand»</i></p>	90 MIN	135 EUROS
<p>ESCAPADE TONIQUE <i>An effective treatment to relieve your back: Enjoy a gentle and invigorating exfoliation, a long-lasting aromatic back massage and a plantar reflexology or a cranial massage</i></p>	90 MIN	135 EUROS
<p>GOLF / SKI STYLE SPORTS MASSAGE <i>A sporty, stimulating, rhythmical massage combining deep manual movements and a golf ball to target strategic zones. To be enjoyed before or after exercise.</i></p>	50 MIN	98 EUROS
<p>MASSAGE DETOX <i>Invigorating and nourishing scrub with body wrap followed by a complete body moisturizing massage with fresh citrus fruit oil</i></p>	80 MIN	135 EUROS
<p>MASSAGE DOUCE FRAICHEUR (MOTHER-TO-BE) <i>A very comforting massage with natural vegetal oils, releasing muscles tensions with gentleness</i></p>	50 MIN	98 EUROS

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