

CHEVAL BLANC
spa

CHEVAL BLANC COURCHEVEL

Le Jardin Alpin - 73120 Courchevel - France

Email: spa.courchevel@chevalblanc.com

Tel: +33 (0)4 79 23 14 08



THE SPA CHEVAL BLANC

Cheval Blanc and Guerlain were inspired by the needs of cold and altitude to develop a collection of treatments and massages, specifically designed for winter sports.

The Cheval Blanc Spa offers five cabins and an exclusive treatment room for two, the Salon Orchidée.

To enhance the delicious moments of relaxation offered by these signature treatments, a wonderful journey, sometimes relaxing, sometimes invigorating, invites a feeling of ultimate comfort.

The sparkling infinity pool, ice fountain, steam room and sauna, Jacuzzi, Russian Banya and outdoor whirlpool are the secret to a sparkling stay at Cheval Blanc Courchevel.

Thanks to state-of-the-art equipment and an exclusive coaching room, the fitness area proposes a sporty alternative to a day out on the slopes with privileged views of the Jardin Alpin. Innovative Technogym cardio-training exercises and private boxing, cross-training or aquabiking sessions offer a wealth of possibilities to restore suppleness and energy.

To complete this well-being interlude, Cheval Blanc Courchevel welcomes the famous Parisian hairdresser John Nollet. The quality of haircuts, hairstyles and services that have made him so successful in the capital are offered at Cheval Blanc in an exceptional salon or directly in the comfort of your room.

GUERLAIN

Enter the world of Guerlain skincare and enjoy an experience where innovation and efficiency go hand in hand with personalisation, emotion and sensoriality. As soon as you enter the Cheval Blanc Spa, be surprised by the sumptuous Guerlain perfume cellar, enhanced by the emblematic bee bottles and their exceptional fragrances. Your transformation begins here...

A Customised Experience

Every treatment is a completely personal moment, an instant created especially for you. This is the essence of the Guerlain experience, a perfect union of effective know-how and aesthetic expertise.

Our Beauty Experts begin each treatment with an in-depth analysis and precise skin diagnosis to reveal your specific beauty and well-being profile. With this intrinsic understanding of your essential concerns, they tailor a treatment to your needs and expectations.





THE ORCHIDÉE SALON

This prestigious treatment room for two is the perfect place to enjoy a Guerlain treatment with someone special. Each experience includes different layers and methods that ultimately create an unparalleled sensory journey.

A sensory prelude to any treatment in the Orchidée Salon, the Haute Altitude Ritual prepares you for an experience perfectly adapted to the needs of skiers.

The feet are kneaded, the toes are stretched, finger pressure is exerted on the lymphatic points and the sole is massaged energetically along its entire length. The arch of the foot is detoxified, the blood circulation and the gait are lightened. An extraordinary relaxation spreads throughout the body.

Any treatment can be done in the Salon Orchidée with a supplement of 50€. The duration of each treatment is extended by 10 minutes.

NEW EXPERIENCES

Rêve sous les Étoiles

1h20 - €380

This winter, Guerlain takes its inspiration from the stars, with a massage steeped in dreams and surprise. This deeply relaxing face and body experience combines Guerlain's Art of Touch with the benefits of rock crystal, refreshing the complexion and brightening the skin, whilst warm massage spheres soothe the body and leave the mind free to wander. This delicious infusion of warmth enhances the succession of invigorating movements. A sweet dream beneath the stars, created exclusively for Cheval Blanc Courchevel.

Massage Sur-mesure Cheval Blanc Courchevel

50min - €240

1h20 - €380

Entirely customisable according to your desires, habits or preferences, the Cheval Blanc Courchevel Tailor-Made Massage is a choreography that follows your needs.



ORCHIDÉE IMPÉRIALE, THE QUINTESSENCE OF GUERLAIN TREATMENTS

Soin Talisman de Beauté

50 min - €250
1h20 - €430

This exceptional new face treatment is a real technological marvel. The ritual begins with a purifying microdermabrasion, which prepares the skin to effectively absorb all the benefits of the Orchidée Impériale Black Symbioserum. The secret of this serum lies in its concentration of Black Immune™ technology, which contains a patented combination of cells that boosts the skin's immunity and protects it from external aggressions. The treatment concludes with LED light therapy to accelerate the cells' natural regenerating capacity and enhance the anti-ageing effect. Step out with invincible skin that glows with youth.

Soin Orchidée Impériale Ultime Visage & Corps

1h50 - €410
2h50 - €630

This treatment dedicated to the pleasure of the senses stimulates each of your muscles thanks to an energetic modelling. Your body is revitalised, your skin illuminated and your skin texture refined. An anti-ageing efficiency and an absolute well-being.

Soin Orchidée Impériale Prestige

1h20 - €290

Guerlain was inspired by the prodigious longevity of the orchid to create the most complete of its exceptional skin care products. The combination of aesthetic know-how and the effectiveness of the products in the Orchidée range offer a new youthfulness to the skin. Stimulated muscles are toned and the facial contour is redefined. All the signs of ageing are corrected, the skin texture becomes finer and more regular. The skin looks and feels soft, velvety and sublimated.



ABEILLE ROYALE, LIFTING & FIRMING SIGNATURE FACIAL

Soin Réparation Royale

1h20 - €290

Guerlain brings a new angle to its expert treatment designed with the Abeille Royale range to reap all the benefits offered by bee products. It starts off with a microdermabrasion to perfectly smooth the skin texture, followed by a purifying massage with warm plant infusions to perfectly stimulate the epidermis. Each wrinkle is the focus of attention using the Abeille Royale products, and Guerlain Beauty experts gestures. The skin is firmer, and the face opens up and appears illuminated.

Soin Cuir Chevelu & Cheveux
Réparation Royale

30min - €140

50min - €240

This holistic massage deeply soothes the scalp, eases muscle tension and invites you to let go. After a precise hair diagnosis, Abeille Royale Scalp and Hair Youth Oil-in-Serum are applied to protect, repair and enhance the hair. A ritual filled with serenity, for silky softness and infinite shine.

PERSONALISED ESCAPE

Le Soin Visage Sur-mesure

50min - €210

1h20 - €310

1h50 - €410

Infinite personalisation, an extraordinary, highly specialised experience: fine combinations of Guerlain products, innovative gestures, the products are adapted or modified to your needs and desires. The Guerlain Expert designs perfect pairings for the face to meet specific needs rather than simply performing pre-established protocols.





FACE BEAUTY RITUALS

Soin Sculpteur Visage Impérial

50min - €240

This treatment brings you all of Guerlain's facial expertise. This cutting-edge aesthetic sculpting massage restores firmness, glow and youth to your skin. With its deep muscular action, it shapes the facial contours, emphasises the cheekbones, opens up the eyes and erases wrinkles. Facial foundations are deeply reinforced and natural glow is instantly restored. A revolutionary lifting effect to look younger for longer.

Soin Lift Nourrissant des Cils

1h - €240

Rich in peptides, keratin and vitamin B, the treatment is the miracle cure to strengthen eyelashes, make them voluminous and lengthen them. Natural lashes will appear longer and radiant with vitality. Their reshaped curve opens and enhances the eyes elegantly.

HIGH-TECH CARE

Traitement Corps I-Sculpt

30min - €160

1h - €310

A new resculpting technology, this treatment makes it possible to simultaneously eliminate fats and tone the body. The high-intensity electromagnetic pulses produced by the I- Sculpt, causing 20,000 muscular contractions in just 30 minutes, promise to sculpt and slim the figure in record time.

Soin Micro Peel Expert

30min - €150

50min - €250

This treatment uses the exfoliating and healing action of microdermabrasion to leave skin with a gorgeous glow. The Micro Peel Expert Treatment improves skin texture and radiance, while helping regenerate its elasticity by stimulating collagen and elastin production. A revolution in skin rejuvenation.

Soin LED Visage et/ou Corps

15min - €70

30min - €130

45min - €190

The cutting-edge treatment emits monochromatic light which acts on the skin healing process. It activates natural production of collagen and elastin and inhibits the enzymes responsible for breaking down hyaluronic acid. Fully customisable, LED sessions can be used on all areas of the body. The programmes are targeted-anti-ageing, purifying, draining and adapt to all prototypes to fulfil all needs.

BODY EXALT

Soin Sculpteur Corps Impérial

50min - €205

1h20 - €290

This treatment is at the cutting edge of massage. You will instantly feel the effects of this powerful treatment, which sculpts your body and decongests your adipocytes. Working deeply and intensely, it warms the hypodermis and stimulates lipolysis to accelerate the fat-burning process. The expert techniques, combined with Guerlain's miraculous body care products, will sculpt and slim the waist, legs and hips. They naturally refine the curves of the body, for a harmonious silhouette. For even more visible results, the treatment can be combined with a relaxing exfoliation, or with a I-Sculpt ritual to firm or slim as desired.



ADDICTIVE GUERLAIN RITUALS

Rituel Soleil d'Hiver

30min - €140

This facial prepares your skin for tanning or repairs it after a sunny day on the slopes. Gentle exfoliation and modelling with a specific mask follow each other for a deep repair. Intensely nourished, moisturised and replenished, the skin regains all its softness and luminosity.

Rituel Regard Éclatant

30min - €140

With a deep and effective massage, the delicate skin around the eyes finds a new youthful brightness. After an application of Ultra-Hydrating Guerlain eye pads, cool ice soothe and decongest the area around your eyes an expert ritual for a radiant face.

Rituel Peau Neuve

30min - €140

This body scrub is a moment of pure, indulgent happiness and softness for the skin. This treatment is the perfect prelude to a massage, optimising its invigorating, stimulating and refreshing effects.

Rituel Haute Altitude

To be added to any other treatment - €80

This restorative treatment begins with a hand or foot massage using Guerlain's Super Aqua moisturising serum. It is followed by an application of warm paraffin pockets that finish warming the extremities and bring an incomparable softness to the skin. This treatment is particularly recommended as a complement to a facial, a modelling or a complete hand treatment.

HARMONY TREATMENTS

Modelage Relaxant Impérial 50 min - €205
1h20 - €290

This massage pays homage to the Eau de Cologne Impériale. Wrapped in an anti-stress cocoon, this multisensory experience leaves you completely relaxed and invigorated. This Massage facilitates oxygenation, stimulates circulation and evokes a profound sense of serenity.

Les Secrets de l'Inde 1h - €240

The Shalimar Legend is the inspiration of this unique massage to dive you in the heart of India. During this journey, the hands of the Guerlain Expert are intensively guided by the rhythm of music, especially developed for this experience. This artistic and musical composition is divided in four emotions: meditation, sensuality, joy, and the apogee of this adventure, energy. Secrets of India is the promise of a new aura, a rebirth of the body and the mind.

Modelage du Skieur 50min - €220
1h20 - €290

This massage helps prevent aching muscles and provides deep muscle relaxation. The technique uses heels and wrists to ease away tension and eliminate toxins and lactic acid.

Rituel Hivernal Pieds 30min - €140
50min - €195

After a day of skiing, this treatment aids recovery by stimulating blood flow and lymphatic circulation, and helping to eliminate the toxins generated by those hard-working muscles. It will ease cramps, relieve aches, and leave your legs and feet feeling blissfully light. The massage is accompanied by an invigorating scrub to help you relax and unwind.

Modelage de Maman 50min - €195
1h20 - €280

A moment of happiness before the happy event or a moment to yourself after giving birth, this modelling is a real comfort for the body and the skin. The muscles are relaxed, the circulation is revived and the elasticity of the skin is improved.

*The massages we provide are aesthetic, non-therapeutic wellness massages.
We recommend that you consult a doctor for any medical advice or diagnosis.*

OSTEOPATHIC TREATMENTS BY MATHIEU ZELECHOWSKI

Osthéopathie Alpine

50min - €220

1h20 - €290

Benefit from the expertise of osteopathy and physiotherapy in a single treatment. Thanks to the hands of a professional, the body is freed from all the tensions and blockages accumulated during the year.

Soin Performance Alpine

50min - €220

1h20 - €290

In preparation for or following an intense day of skiing, this treatment restores the body's capacity and performance. Draining and relaxing thanks to precise gestures, the muscles are ready to hit the Three Vallées Domain.

Our osteopathic treatments cover the visceral, cardiac, cranial and musculoskeletal areas.

HOLISTIC INTERLUDES

BY LAURI CANEPA

Chi Nei Tsang

50min - €240

Chi Nei Tsang is an astonishing Chinese technique recommended for people prone to stress, digestive problems and low back pain. This ritual is focused on the abdomen and the internal organs. Specific pressure, massage and detoxification techniques are applied around the navel area, restoring harmony to the body and removing emotional blockages.

Massage Thaï

1h30 - €320

2h - €430

Rocking movements, fluid stretching and gentle pressure are the distinctive features of the Dynamic Thai Massage. Its dynamic techniques help restore balance to the energy flow, mobilise joints and gently calm the nervous system, which makes the massage especially suitable for those who are sensitive to pain.

Massage Ayurvédique

50min - €240

1h20 - €340

This traditional Indian massage helps switch off the mind and reconnect with the body through its long, coordinated and fluid massage strokes. By stimulating the energy points called 'Marma' in the Ayurvedic system, the body is rejuvenated. A moment of ultimate relaxation enhanced by the enveloping goodness of Guerlain hot oils.

Hatha-Vinyasa Yoga

1h - €200

With a prelude of breathing « Pranayama » to centre and balance your body, the sequence of fully personalised Hatha-Vinyasa Yoga postures creates a continuous flow between breath and movement. Each session ends with a moment of meditation dedicated to enhance the purity of your emotions and the freedom of your feelings.

The massages we provide are aesthetic, non-therapeutic wellness massages. We recommend that you consult a doctor for any medical advice or diagnosis.

MEN'S TREATMENTS

Soin du Visage Revitalisant

50min - €210
1h20 - €310

Give your skin a boost! Uncover a fresh complexion through deep cleansing. Exfoliation, massage and mask, coupled with a complimentary eye treatment, create a more radiant, smooth and luminous skin.

Expérience Ultime

2h20 - €420

This complete programme includes a body sculpting, a manicure or a pedicure. Rejuvenated, you feel like a new man.

MY FIRST BEAUTY EXPERIENCES

Douceurs de l'Abeille

20min - €90

A symbol of Guerlain, the bee invites children to explore its kingdom. Soft massages for the scalp, hands and feet... A discovery of the benefits of honey and its role in nature, the Sweet Secrets of the Bee treatment promises gentle pampering and an indulgent, fun experience.

Moment Complice

20min - €180

Share a special experience with Mum and Dad, or with your brothers and sisters. Choose your massage like a grown-up and enjoy the experience as a family to make unforgettable memories!

Our other treatments are also available for men.

HAND AND FOOT THERAPIES

Soin Pure Douceur des Mains

50min - €160

This treatment is solely dedicated to the hands. Bask in the comfort and softness that only our exfoliating treatment, massage, and mask can deliver.

Soin des Ongles*

30min - €110

This moment dedicated to the beauty of your hands offers a new look to your nails.

Soin Complet des Mains ou des Pieds

50min - €160

Gentle exfoliation, cuticle repair, moisturising hand or foot massage, paraffin bath... This treatment will satisfy all those who want to be absolutely perfect right down to the tips of their nails.

Application de vernis classique ou semi-permanent**

30min - €90

45min - €140

This beauty ritual invites you to choose from a palette of nail polish colours. Your nails are redesigned and shine with a new radiance.

**Nail polish not included
Our experts do not practice Russian manicure or false nail work.
** Removal of semi-permanent varnish: €75*



MAKE UP ARTISTRY

The magic of Guerlain cosmetics enhances the natural beauty in every woman. With a delicate fragrance and texture, they blend effortlessly into the skin evoking warmth and elegance, and creating a world in which every woman glows. Whether seeking a natural or sophisticated effect, the artistry of the Guerlain make-up range helps you achieve the look you desire.

Maquillage

50min - €160

Let expert hands help you achieve the look you seek for any occasion.

La Leçon de Maquillage

1h20 - €220

Discover the ideal make-up application to enhance your natural and individual beauty.



PRIVATE COACHING BY ANTONIN GUILLAUME

In the Salon d'Entraînement or in the fresh air of Courchevel, Cheval Blanc offers an idyllic setting for training in complete tranquillity. Antonin, a certified sports coach and lifeguard, will guide and advise you according to your needs and wishes : aquabiking, swimming, baby swimming, muscle strengthening, warming up before skiing or even hiking in the Jardin Alpin.

Personal coaching 30 min - €120

45 min - €150

1h - €200

Group coaching - *from 3 people* 45 min - €90

1h - €140

Outdoor coaching* 45 min - €200

1h - €250

2h - €350

*Additional person: €100 per person





HAIR ROOM SERVICE BY JOHN NOLLET

The quality of the haircuts, hairstyles and services that have led to John Nollet's success in Paris is highlighted in this customised cabin.

Rituel Cheveux d'Hiver

50 min - €180

1h15 - €280*

Like the promise of a suspended moment, Flora has dreamt up for Cheval Blanc Courchevel a treatment that subtly combines the power of a treatment with a moment of absolute relaxation. Performed in the precious setting of the Hair Room Service, this treatment is a real hydration booster. Indulge in a massage while your hair and scalp are soaked in moisture. Specially designed for hair that has been damaged by the cold of Courchevel, you will find your hair deeply nourished, moisturised and enhanced by the power of vitamins and hyaluronic acid.

**Brushing included.*



2022-2023 JOHN NOLLET PRICE LIST

WOMEN

Lady Stanhope €320
Haircut, hairstyle

Léonie d'Aunet €360
Colour, hairstyle

Alexandra David-Néel €380
Highlights, hairstyle

Ella Maillart €450
Colour, haircut, hairstyle

Amelia Earhart €460
Highlights, haircut, hairstyle

Isabelle de Mandena €480
Colour, highlights, hairstyle

Jeanne Barret €540
Colour, highlights, haircut, hairstyle

JOHN CONFIDENTIEL

John Confidential - haircut €700
John Confidential - haircut and colour €1 000

These experiences are executed by John Nollet himself.

All our services include shampoo, massage and care.

MEN

Haircut, hairstyle €110
Pigmentation enhancement, hairstyle €220
Pigmentation enhancement, haircut, hairstyle €350

BRUSHING

Blow-dry €160
For a cocktail €180
For a festive evening €250
For a wedding On demand

TREATMENTS

Rituel Cheveux d'Hiver 50min - €180
Brushing included 1h15 - €280
Rituel sur-Mesure Flora 15 à 50min - €160
Rituel Express Flora 10min - €80
Tokio Inkarami 50min - €160

PRICE LIST FOR OTHER SERVICES

WAXING

Upper Lip / Under Arms / Bikini	€40
Lower Arms / Eyebrows / Wide Bikini	€65
Half-Legs / Complete Arms / Full Bikini	€90
Chest / Back	€90
Complete Legs	€120

MAKE-UP

Beauty after treatment	€90
------------------------	-----

OTHERS

<i>In-room Supplement</i>	€100
<i>Out-of-hours Supplement</i>	€100
<i>Home Care Supplement</i>	€150

GUERLAIN

A selection of Guerlain products is available for purchase at the Spa boutique. Indulge in Guerlain's realm of exceptional fragrances, the sensuality of their luxurious textures and let yourself be seduced by the extraordinary range of products available at the Cheval Blanc Spa.

Parfumerie d'Art

Lovers of beauty will appreciate the fragrances of Guerlain's Haute Parfumerie, each with its own individual character and exquisitely designed bottle. With their use of precious materials and absolute refinement, the collection L'Art & La Matière and the exceptional pieces encapsulate the Guerlain spirit.

L'Art du Soin

Guerlain's research has always focused on the quest for perfect skin by creating outstanding skincare products which blend active, natural and rare ingredients. Like precious jewels, every beautifully crafted jar encases an efficient and refined product that has been carefully formulated and delicately perfumed, to ensure each use is a truly sensory experience.

La Magie du Maquillage

Shimmering powders and extraordinary lipsticks, an exclusive selection has been chosen for Cheval Blanc Courchevel for an illuminating effect.



GENERAL TERMS AND CONDITIONS

Due to the current sanitary situation, all our gestures, procedures and welcome rituals have been completely adapted this season with the desire to go ever further in the pursuit of excellence of our Guerlain treatments. In the boutique as well as in the intimacy of your treatment room, each attention is orchestrated with extremely precise and studied know-how to guarantee the requirements of hygiene and safety. The treatment rooms are meticulously sanitised before each beauty experience, for a moment of well-being in complete serenity.

Treatment Duration

The times indicated correspond to your treatment time at the Spa. In order for you to fully enjoy your experience, we welcome you 10 minutes before your treatment time.

A Moment of Tranquillity

Our Spa is a place of relaxation. We kindly ask you to turn off your mobile phones in order to fully enjoy your experience and to respect the tranquillity of our guests.

Reservation and Cancellation Policy

In order for us to be able to guarantee you the time of your choice, we advise you to make your appointment as early as possible. If you are unable to attend, we would appreciate it if you would cancel your appointment 24 hours in advance. Otherwise, we will be obliged to charge you for your treatment.

Late Arrival

In the event of a delay, we will do our best to offer you the same service if our schedule allows. However, if this is not the case, we will shorten your treatment accordingly.

Special Consideration

If you suffer from high blood pressure or heart problems, we recommend that you seek your doctor's advice before booking any of our treatments, and please inform our Beauty Experts. Pregnant women are also advised to seek the advice of their doctor.

Smoking and Alcohol

No smoking or alcohol consumption is tolerated in the Spa.

Valuables

Valuables can be deposited in the boxes provided in the treatment rooms. We advise you not to wear any jewellery while visiting the Spa. The management and the Cheval Blanc Spa Ambassadors cannot be held responsible for any lost, stolen or damaged valuables or money.

Opening Hours

The Spa is open daily from 10am to 8pm.
The Hair Room Service by John Nollet is open daily from 11am to 8pm.

CHEVAL BLANC COURCHEVEL

Le Jardin Alpin - 73120 Courchevel - France

Email: spa.courchevel@chevalblanc.com

Tel: +33 (0)4 79 23 14 08