



SPA DES ALPES

ALPINTHÉRAPIE®



myBlend

A background image of a topographic map with contour lines, rendered in a light beige color, covering the left half of the page.

ALPINOOTHÉRAPIE®

Alpinothérapie®, a unique experience of well-being that only the mountains can provide

A unique concept developed and practised exclusively by Grandes Rousses Hotel & Spa in Alpe d'Huez, Alpinothérapie® invites you to enjoy an exclusive wellness experience, discovering the virtues of the mountains.

Alpinothérapie® was conceived at an altitude of 1 830 meters, in the heart of Alpe d'Huez. An exclusive concept inspired by the well-known practices of thalassotherapy at sea, applied to the mountains. It capitalises on five fundamental elements: altitude, cold, light, minerals and plants. Alpinothérapie® draws on the natural resources of the Oisans region to offer you a unique wellness experience. Combined with physical and spiritual activities in the Alpe d'Huez mountain pastures to reconnect you with nature, and body therapies including massage, lithotherapy, light therapy and cryotherapy, these resources multiply the benefits of a stay in the mountains.

MINERALS & PLANTS

An ancient practice, lithotherapy draws on the physical and psychic virtues of crystals and minerals to stimulate or balance the vital functions of the human body.

ALPINTHÉRAPIE® DISCOVERY

90 min. — € 145

Relaxation in the aqua-sensory area
Tasting of snow water
Intuitive massage with Alpinothérapie® oil
Sensory discovery of mountain elements

ALPINTHÉRAPIE® INTUITION

90 min. — € 145

Relaxation in the aqua-sensory area
Intuitive massage with Alpinothérapie® oil, localised according to the practitioner's senses
Sound massage to balance the energy of the corresponding chakra

ALPINTHÉRAPIE® SOUND BUBBLE

90 min — € 145

Relaxation in the aqua-sensory area
Inner massage using the vibrations of a harmony of quartz singing bowls
Place the bowls on the chakras to balance the energy

ALPINTHÉRAPIE® JOURNEY

180 min. — € 335

Relaxation in the aqua-sensory area
Tasting of snow water
Intuitive massage with Alpinothérapie® oil
Sensory discovery of the mountain elements
Guided meditation
Bath in copper tub with mountain honey and spruce essential oil

ALPINTHÉRAPIE® BATH

30 min. — € 60

Bath in copper tub with mountain honey and spruce essential oil
Tasting of fir tree water and Alpinothérapie® herbal tea
Plate of Alpine-flavored mignardises



OUR UNIQUE ALPINTHÉRAPIE® EXPERIENCES

THESE EXPERIENCES CAN BE ENJOYED ALONE OR IN DUO.

ALTITUDE

The benefits of altitude for the body and mind: the production of red blood cells is accelerated by physical activity, while the contemplation of breathtaking panoramas in the wilderness adds another dimension to meditation.

ALPINTHÉRAPIE® WALK

150 min. — € 185

Gentle walk and semi-guided meditation in the heart of the mountains

Gather elements from nature to create a personalised elixir

Accessible on foot or snowshoes, no physical pre-requisites required

ALPINE MEDITATION

60 min. — € 55 in a group | € 105 individually

Mountain Meditation

Guidance to the sound of Tibetan bowls

Outdoors or indoors, depending on weather conditions

ALPINE YOGA

60 min. — € 55 in a group | € 105 individually

Personalised practice inspired by different styles of yoga:

the slowness of yin, the gentleness of hatha and the dynamism of vinyasa.

Outdoors or indoors, depending on weather conditions



COLD & LIGHT

As well as lifting your mood and awakening your joy in a matter of minutes, exposure to the cold acts internally. It induces an immediate secretion of endorphins, which relaxes the body, reduces stress levels, soothes pain and boosts the immune system. Light therapy, also known as photobiomodulation, is based on the use of red and near-infrared LEDs: the best of light without the harmful effects of UV. Just as photosynthesis induces the production of chlorophyll, vital for plants, photodiode modulation induces the production of ATP (Adenosine Triphosphate), the energy of our cells. Its positive impact on cell repair processes and the acceleration of healing processes, as well as its analgesic and anti-inflammatory effects, are used in hospitals.

FULL BODY CRYOTHERAPY

3 min. — € 65

LOCALISED BODY CRYOTHERAPY

20 min. — € 55

Cryotherapy has anti-inflammatory and analgesic properties, obtained in the shortest possible time.

It is designed for athletes to improve their resistance to physical exertion and recovery after physical exercise.

It is also for anyone who needs to relieve stress and regain physical energy.

FACIAL CRYOTHERAPY

20 min. — € 55

Cryotherapy for the face combines relaxing properties with immediate benefits and long-term results: it soothes the mind as the cold immediately calms the nerves.

A single session for an immediate healthy glow, just like when you return from a walk in the mountains.

A course of treatment with its anti-inflammatory properties works on problem skin, acne and scar reduction. It evens out the complexion and restores its radiance. It improves skin elasticity and reduces the signs of ageing by promoting collagen production.

3 sessions (€ 150) — 6 sessions (€ 280) — 12 sessions (€ 530)



COLD & LIGHT

FACIAL PHOTOBIOMODULATION: LED GENERATION EXPERIENCE

15 min. — € 40

Deep relaxation in our massage cocoon with relaxing music or guided meditation.

The ultimate cosmetic beauty experience made possible by the power of light with the LED face and neck mask.

A single session to relax the features and get an immediate healthy glow.

As a treatment to encourage the activity of fibroblasts, the precursors to the production of elastin and collagen: combat the effects of ageing, reduce wrinkles, densify and moisturise.

3 sessions (€ 110) — 6 sessions (€ 200) — 12 sessions (€ 380)

Retail price myBlend LED mask: € 1,200



COLD & LIGHT

BODY PHOTOBIOIMODULATION

25 min. — € 65

Immerse yourself in a cocoon of softness for a holistic and immersive treatment experience with a 3D guided relaxation mask.

A single session for immediate well-being: soothe the mind, relax muscles and joints, reduce aches and pains and improve blood circulation.

A course of treatment: improve daily well-being, replenish vital energy, relieve persistent or recurring aches and pains. For sports enthusiasts, a course of treatment stimulates rapid physical recovery during periods of intense activity.

3 sessions (€ 175) — 6 sessions (€ 330) — 12 sessions (€ 620)

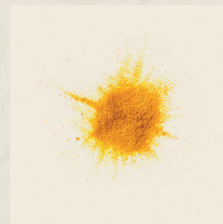
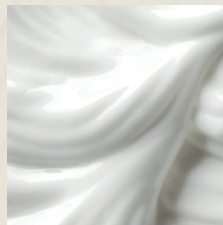
SCALP PHOTOBIOIMODULATION

25 min. — € 40

The IR and red light boosts the energy supplied to your hair bulbs to combat hair loss, stimulate regrowth and accelerate growth.

3 sessions (€ 110) — 6 sessions (€ 200) — 12 sessions (€ 380)

Retail price Nooance laser and LED helmet: € 1,090



OUR TAILOR-MADE MESSAGES

Because you are unique and your needs differ according to the time of day, your mood and your environment, all our treatments are personalised.

This experience of letting go will promote total relaxation of body and mind.

ENERGISING

45 min. — € 115 | 60 min. — € 145 | 90 min. — € 215

Our deep-tissue energising massage works on muscle tension to loosen the body and prepare it for physical activity.

HARMONISING

45 min. — € 115 | 60 min. — € 145 | 90 min. — € 215

An invitation to release tension, our harmonising massage offers deep relaxation, from body to mind.

TO RELAX DEEPLY

FULL BODY CRYOTHERAPY

3 min. — € 55

LOCALISED BODY CRYOTHERAPY

20 min. — € 45

FOOT OR HAND MASK

€ 25

ALL OF THESE TREATMENTS CAN BE ENJOYED ALONE OR IN DUO.



OUR FACIAL TREATMENTS

myBlend

THE EXPRESS

30 min. — € 90

Minimum time for maximum efficacy

Tailor-made, 30-minute treatment for everyone who wants visible results in as little time as possible. Each experience focuses exclusively on technology or expert manual techniques boosted by the power of our LED mask. Your treatment will be tailored to your skin's condition and emotion.

THE ESSENTIAL

60 min. — € 180

Well-being and efficiency

The Essential facial deeply activates your skin by combining highly concentrated formulas with deep face remodelling and cutting-edge technologies selected especially for you. An hour of ultimate well-being combined with targeted effectiveness on your personal concerns for an immediate and visible transformation of your skin.

THE EXPERT

90 min. — € 220

The ultimate face experience

The Expert Treatment is the quintessence of the myBlend philosophy, the promise of spectacular skin results and renewed harmony of body and mind. This luxurious face treatment centres on an ultimate experience of well-being combining a session with our LED mask, to steep your skin in the regenerating power of light, with a gentle re-balancing belly massage to promote relaxation and help you release tension. And to deeply target your specific skin concerns, the formulas, modelling and technology are selected specifically for you.



THE SIGNATURE TREATMENT myBlend

It is a journey into mindfulness, harmonising body, mind and spirit, providing twofold effectiveness in both physical treatment and mental well-being.

AN EXCEPTIONAL FACE AND BODY TREATMENT

90 min. — € 260

The Signature Treatment concentrates all the myBlend expertise in an exceptional face and body treatment for a bespoke all-new beauty experience.

A truly special experience that begins with a 30-minute massage on your back to release tension, followed by a 1-hour facial that combines highly concentrated formulas with the power of our LED mask for immediate, lasting results and absolute relaxation.



OUR SIGNATURE DAYS

From 16 years old.

ACCESS TO THE SPA DES ALPES

hotel guests

45 min. — € 25

external guests

45 min. — € 55 | 105 min. — € 85

45-minute semi-private access to the Spa des Alpes (aqua-sensory area sensory pool, solid copper baths, experience showers, ice fountain, sauna, steam room, tea room)

GOURMET BREAKFAST AND ACCESS TO THE SPA DES ALPES

€ 160 for 2

A breakfast consisting of a hot drink and a buffet of carefully sourced sweet and savoury products and home-made hot and cold recipes

Semi-private access to the aqua-sensory area of the Spa des Alpes (45 min.)

A drink to enjoy at Aux Grands Rouges

LUNCH AT LA FERME D'HUBERT AND ACCESS TO THE SPA DES ALPES

€ 230 for 2

Semi-private access to the Spa des Alpes aqua-sensory area (45 min.)

A three-course lunch to discover the Alpine cuisine of La Ferme d'Hubert

A drink to enjoy at Aux Grands Rouges



21



SPA DES ALPES CHARTER

Reservations

Spa des Alpes invites you to book your treatments in advance to ensure maximum availability. Please respect our appointment times. You are asked to arrive 15 minutes before the start of your treatment. Any delay will have an impact on your treatment time, and the Spa des Alpes team cannot guarantee that your treatment will last as long as initially planned. The times indicated include installation in the cabin. Facial treatments include a skin diagnosis. Hotel guests are invited to come directly to the Spa in their bathrobe and slippers from their room. All our treatments, with the exception of myBlend treatments, can be performed as a duo.

Changes and cancellations

If you wish to change or cancel a treatment, please contact Le Spa des Alpes at least 24 hours before the treatment is due to start. After this time, any treatment cancelled will be invoiced in full. Similarly, you will be billed for any no-shows. Bookings made less than 24 hours in advance cannot be cancelled.

State of health

Spa treatments are reserved exclusively for people in good health. A compulsory questionnaire will be given to you before the treatment in order to personalise your experience as much as possible. Please inform us of any health problem, allergy or injury that could interfere with your well-being treatment or the use of the Spa's facilities. If in doubt, please consult your doctor before booking. The Spa is a non-medical environment and all the treatments it offers are aimed solely at your well-being. In order to protect expectant mothers and their babies, well-being massages may only be performed between the 3rd and 8th months of pregnancy.

Hygiene and safety

Swimwear must be worn at all our facilities. If you forget to wear one, swimwear is available for sale at the Spa Reception. Full swimming costumes are not permitted in the Spa. People with long hair are asked to tie it up before entering the pool. The pool deck can be slippery, so please be careful.

Respect for others

The Spa is a world of tranquillity, harmony and well-being. For this reason, the use of mobile phones is not permitted in the Spa. Children under the age of 16 are not permitted in the Spa. For reasons of hygiene, the Spa is a non-smoking area.

We recommend that you leave all valuables and jewellery in your room safe or locker. The management cannot be held responsible for lost, stolen, forgotten or damaged items within the Spa.

Spa access

Guests not staying at the hotel are entitled to 45 minutes' access to the spa before their treatment, for all well-being services from 60 minutes' except cryotherapy. The spa includes a sensory pool, sauna, steam room, experience showers, ice fountain and changing rooms.

OPENING HOURS

Open every day from 10am to 8pm*
Bookings can be made from your room by dialling 106 or on our website :

hotelgrandesrousses.com

THE ADDRESS

Grandes Rousses Hotel & Spa

Spa des Alpes
425, route du Signal
38750 Alpe d'Huez

Phone +33 4 58 19 20 02

E-mail spa@hotelgrandesrousses.com

To purchase a gift voucher, you can directly by e-mail, phone or visit our online shop at:
hotelgrandesrousses.com.

**Subject to change.*

Grandes Rousses Hotel & Spa des Alpes

425, route du Signal, 38750 Alpe d'Huez — France

+33 4 58 19 20 02 — spa@hotelgrandesrousses.com

hotelgrandesrousses.com



myBlend