




Ô DES CÎMES
SPAS D'ALTITUDE
L'EXPERIENCE SENSORIELLE DES MONTAGNES

You deserve to be pampered

Our selected *Ô des Cîmes* spa centres allow you to unwind after a hard day on the slopes.



Go on, spoil yourself, get some quality 'me-time' and indulge in pure bliss.



We are delighted to be associated with our partner in the Alps – *Ô des Cîmes, Spas d'Altitude* – who in conjunction with the world-renowned beauty care brands of *Codage* and *Sothys*, have developed spa treatments with a personal approach and attention to detail. *Ô des Cîmes* will create your own personal alchemy with a treatment adapted to your specific needs and mood, and in harmony with your alpine setting and environment. All five senses are stimulated to reconcile body and mind, a perfect complement to your holiday.

Our selected spa centres allow those in your party who may not want to ski every day, or even at all, the opportunity to make the most of the spa in your residence. Many people have come to believe that spa treatments are an essential part of their holiday. Taking care of yourself becomes a moment of pure pleasure at one of our *Ô des Cîmes* residences.


peak retreats
the french alps specialist





We have carefully selected some of the most popular treatments available for you to pre-book, confident that these all offer excellent value and allow you to benefit from some of the very best treatments available in the Alps.

Indulge yourself with a delectable massage or facial



* Available at all our residences *

Escapade packages:

The choice is yours: schedule different treatments during the course of your stay.

Scrub followed by 90 minute massage: 2 hours £140

Face treatment followed by body scrub and made to measure body treatment: 3 hours 30 mins £212

For sharing: The packages below may be shared among different members of your party (excluding Hanakasumi and specific facial treatments).

5/8 hours £324/£504



Body

Foot and/or leg massage: 30 minutes £60

Allows the organism to re-establish its balance and to remedy the various dysfunctions we don't always think of.

The Marvel: 60/90 minutes £90/£104

Free massage as you like it. A tailor-made interlude in tune with your body. Our relaxing **Marvel** massage may be fulfilled in 90 minutes, by adding a face and scalp massage for an exceptionally relaxing result.

Back Relief: 30 minutes £60

Just to relax you, take time to eliminate tensions with our Back Relief (adapted to your needs and according to your expectations).

Sportsman's Treatment: 30 minutes £64

Wind down with the massage that will allow your muscles better recovery after your day's skiing.

Children's body treatment: 30 minutes £54

For 6 to 12 year olds with a parent present, using Bio Ecocert's Toofruit natural products, a specially adapted introduction to well-being.

Children's face and body treatment: 60 minutes £70

Just like a grown-up's body massage, including face and scalp.





Using the world renowned Sothys beauty products, treatments are available at the following residences (please see page 4 for those available at other residences):

** Napoléon, Village de Lessy, Cîmes Blanches, Le Ruitor, Grange aux Fées, Kalinda, Chalets de Layssia, Chalets de Jouvence and Orée des Cîmes and Lodge des Neiges. **

Intensive rehydrating treatment: **75 minutes** **£91**

In a perfect alliance of technical advancement and sensory pleasure, this treatment combines ultra comfortable textures with high performance active ingredients to bathe the skin with well being, and provide it with a feeling of absolute hydration.

Soothing professional treatment: **60 minutes** **£73**

Hypoallergenic, fragrance free. Discover the ultra gentle textures of this soothing treatment with Spa Thermal Water and rediscover comfort and serenity in one cabin treatment!

Body: made-to-measure modelling for men: 60 minutes **£67**

Relaxation and well-being guaranteed during a treatment with fresh, woody notes. 3 modelling products to choose from: nourishing oil, melting wax or soft cream.

Customised scrub, modelling and wrap: **30/60/90 minutes** **£50/£90/£104**

Three modelling products, one scrub and one wrap with unique textures combined with an aroma of your choice. For a personalised sensorial escape with a guaranteed change of scene!

Hanakasumi: **60 minutes** **£80**

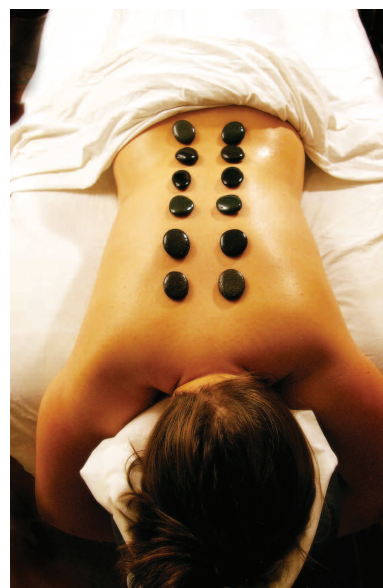
A unique formula of Japanese inspiration: glove scrub, modelling the entire body and modelling the feet in a reinvigorating and nourishing delicately perfumed ritual.

Basic/introductory treatment: **50 minutes** **£63**

Gentle make-up removal followed by a deep biological skin peeling to prepare the skin for the application of a prescribed mask and modelling essence adapted to each zone of the face.

Basic treatment for men: **60 minutes** **£69**

An essential facial treatment to boost and detoxify men's skin. High precision cleanser, customised mask, relaxing modelling movements and a specific age-defying face serum for a more resilient skin.





CODAGE

PARIS

Using the world renowned Codage beauty products, treatments are available at the following residences (please see page 3 for those available at other residences):

** Coeur d'Or, Chalets d'Angèle, Hameau de Pierre Blanche, Chalets des Dolines, Lodge Hemera, Fermes de Ste Foy, Hameau du Beaufortain, Reine des Prés, Chalets de Flambeau and Alpagnes de Champagne **

Relaxing body Treatment **60 minutes** **£90**
A true source of relaxation, this massage envelops, calms and relaxes for a result of pure well-being.



Body muscle relaxing treatment **60 minutes** **£90**
This massage is a deep treatment of all the body's tensions. Ideal for post-sport recovery.



Anti-ageing body treatment **60 minutes** **£94**
A treatment specially adapted to mature skin: smoothes and firms your skin.

Haute Couture body treatment **105 minutes** **£121**
This personalised treatment starts with a complete diagnostic of your skin, followed by an expert treatment of your face, neck and chest, hands and scalp.

No.1 Hydrating face treatment **60 minutes** **£90**
Especially for dry skin, based on vegetable oils and waxes, encouraging regeneration.



Body scrub **30 minutes** **£63**
This specially adapted scrub awakens the epidermis: ideal for either before or after sun. May be used to prepare the skin for other treatments.



Please note a booking fee of £9 (per holiday, not per treatment or per person) will be charged in addition to the above prices. To avoid disappointment, we strongly recommend that you pre-book your preferred times with us, especially on peak dates. The prices shown in £s are only available for bookings made in advance with Peak Retreats. Bookings must be made at least 14 days before departure.

Please call us on

023 9283 6580

or email us on

reservations@peakretreats.co.uk
to add spa treatments to your booking.


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