



SIX SENSES SPA

COURCHEVEL

WELLNESS AND SPA MENU

Six Senses Spa offers a layered approach that unites a pioneering spirit with treatments that go beyond ordinary. At Six Senses, you will find an intuitive mix of science and human awareness, where our high-tech and high-touch approach defines a service that is crafted around the individual.

Delivered through our locations and specialist skills, we will take you as deep as you would like to go, from core beauty that changes the way you look to specialist treatments that can change your life.



ENJOY AS PART OF YOUR STAY OR BEFORE YOUR TREATMENT

The many healing benefits of water and heat therapies have been practiced for centuries to reduce muscle tension, relieve pain and stress, boost the immune system and encourage detoxification.

Fast forward to today's Six Senses hydrotherapy experiences, which provide an alternative yet therapeutic way to ease muscle aches and boost overall well-being, using the physical properties of water in several different forms. What's more, the muscles will be relaxed and the mind calmer, creating optimum conditions for achieving the best results.



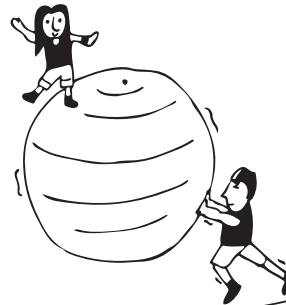
Six Senses Hydrotherapy Walk

The high temperatures in the sauna help release endorphins, the body's natural painkillers, which aid in relieving muscle soreness and pain. Sweating also opens the skin's pores to flush the body's impurities in a natural way. Follow with experience showers to cool down, exercise the blood vessels and to wash away the toxins.

The Kneipp Therapy Foot Bath consists of walking in cold and hot water in short intervals to widen the arteries, stimulate blood flow and metabolism, and boost the immune system.

The idea behind this therapy is that the anatomical structure of one's body can be reflected in the shape, structure and energy zones of the feet. The Kneipp therapy has been used to treat a variety of health issues since the 1800's when Kneipp's entire system of healing rested on the power of hydrotherapy.

A session in the steam room helps release muscle tension, aches and exhaustion. It also assists in opening up airways that improves breathing, throat irritations and alleviates congestion.



LOCALLY INSPIRED SIGNATURE TREATMENTS





THE ALCHEMIST'S TREATMENT

You will be guided by our expert Alchemist who will share their extensive knowledge of the abundant, local herbs and produce. Immerse yourself in the varied textures, extraordinary aromas and create your unique natural products that will be used in your treatment afterwards.

Choose from:

Warm Arnica and Ginger Herbal Poultice Massage, 60 minutes, + 30 minutes potions preparation

workshop - this relaxing treatment instantly relieves aching muscles with a hot oil pouch massage.

Utilizing therapeutic organic herbs and oils, it targets muscle pain, joints, and sports injuries, and assists in improving circulation. Soothe mind and body as this nurturing treatment is a journey to deep relaxation.

Personalized Body Scrub, 45 minutes, + 15 minutes interactive Alchemy experience - feel the textures and inhale the aromas as the bespoke scrub revitalizes and renews skin.





ALPINE THERAPEUTIC MASSAGE & STRETCHING, 60/90 MINUTES

Feel at ease in the trusted hands of our expert therapists. This massage is indicated for those with existing conditions that may require additional attention. Using a variety of advanced modalities including advanced stretching techniques that will enhance your performance on the slopes. Allow the alpine scents to linger long after this specialized session. *Using Subtle Energies.*



MASSAGES








SIX SENSES SIGNATURE MASSAGES:


Deep Tissue, 60/90 minutes - release stress, ease muscle tension and improve mobility. Trigger points, hot stones or warm compresses may be used to enhance this treatment.


Detox, 60/90 minutes - focused on the upper legs, glutes, lower back, hips, and abdomen. We use dry brushing, a bamboo hitter and silicone cups to stimulate, improve skin tone and reduce the appearance of cellulite.

Holistic, 60/90 minutes - combining flowing, soothing, rhythmical, and medium pressure movements on specified areas of concern to bring about a balance.

Movement Restoration, 90 minutes - improve mobility and flexibility with a full body massage combining pressure point techniques with gentle stretching to increase the range of motion and allow the body to release built-up tension.

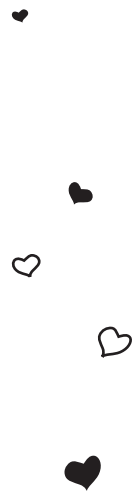
Tension Soother, 30/60 minutes - a reviving back, neck and shoulder massage using acupressure techniques to relieve muscle tension and restore mobility. 

Head Massage, 30/60 minutes - a deeply relaxing oil-based massage of head, neck and shoulders using cranio sacral techniques to ease tension and induce a deep sense of calm. 

Relaxed Feet, 30/60 minutes - restore the body's balance and release aches and pains with a fusion of massage techniques on the meridian lines of the legs and reflex zones of the feet. 



FACIALS BODY TREATMENTS





Six Senses has partnered with Subtle Energies to deliver personalized face and body treatments. Backed by over 25 years of clinical research, Subtle Energies creates results based aromatherapy and wellness solutions founded on authentic Ayurvedic principles.



ADVANCED HOLISTIC BIOTECH FACIAL, 90 MINUTES

Transform your skin with deep hydration, enhanced cellular renewal, and a plump, youthful appearance. Elevate your skincare experience with the latest in bio tech natural actives, a fusion of holistic skin science, vegan collagen, and next-generation hyaluronic acid. Witness a remarkable rejuvenation and embrace a youthful, lifted complexion.

VEGAN COLLAGEN FACIAL, 60/90 MINUTES

Experience the healing power of vegan collagen, meticulously designed to mimic human collagen, providing deep hydration and acting as a natural filler solution to restore youthful elasticity and plumpness. Unlock a radiant, age-defying complexion by harnessing the latest in bio technology with vitamin-rich actives such as Ashwagandha known to restore and strengthen skin integrity.

ANTIOXIDANT RECOVERY FACIAL, 30/60/90 MINUTES

This après ski facial is designed to recover and rejuvenate parched winter skin, defending and strengthening the skin's natural moisture barrier providing essential hydration and protection. Delivering an exceptional nutrient-rich elixir that fights free radical damage leaving vitamin-enriched skin that is deeply hydrated.

GENTLEMAN'S FACIAL, 30/60/90 MINUTES

This deeply hydrating and nourishing facial restores natural vitality to the skin. Ideal for most skin types, it combines the nature's best actives with carrot seed oil, which is known for its firming properties. A great option for men, leaving skin more revitalized, supple and resistant to the effects of active and urban living.





RASAYANA DETOX BODY WRAP - 75 MINUTES

Revitalize, tone and purify as this active body therapy begins with a zesty exfoliation of essential oils, including cinnamon powder and walnut shells. Relax in mineral rich clay infused with Spiked Ginger Lily, Spirulina and Green Tea envelop your body providing the ultimate detox.

SOOTHE AND REPLENISH FACE AND BODY RESCUE - 75 MINUTES

Nourish and repair face and body with this deeply cooling, hydrating treatment that your skin will love. Ideal for dry, sun exposed or damaged skin, this calming face and body therapy includes a full facial and localized application of aloe vera to reduce redness and help fight free radical damage. The treatment ends with an intensive serum and butter application that will restore skin cells.





FITNESS AND WELLNESS ACTIVITIES



PERSONAL TRAINING INDOORS, 60 MINUTES

PRIVATE WELLNESS CLASS, 60 MINUTES

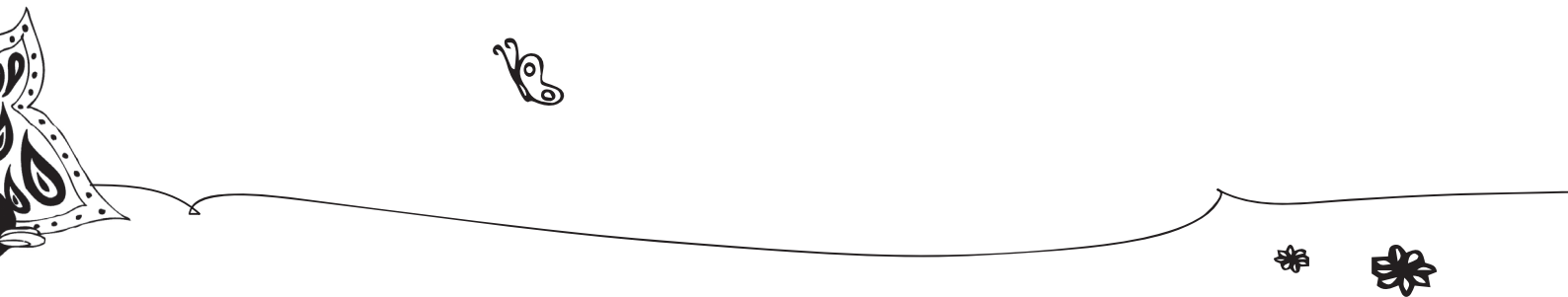


BEAUTY



MANICURE, 60 MINUTES

PEDICURE, 60 MINUTES



SPA TO SPAAHH

Make the most of your spa time





SPA OPENING HOURS

Daily 10:00 am to 9:00 pm

SPA RESERVATIONS

For spa enquiries or reservations, please contact the spa reception directly. Advance bookings are recommended to secure your preferred treatment time.

PRIOR TO ARRIVAL

We recommend that you leave all jewelry and valuables in your chalet/apartment before coming to the spa. Male guests are advised to shave prior to all facial treatments to ensure that maximum results are achieved.

We recommend using the sauna and steam, prior to any treatment. This will stimulate your blood and lymphatic systems and enhance the benefits of your spa treatment.

ARRIVAL

Please arrive 15 minutes prior to your treatment in order to complete your lifestyle consultation form and take time to relax in the tranquil surroundings of our spa before your treatment.

CONSULTATION

Personal consultations are offered to determine your specific needs and to allow us to design your treatment experience or a more comprehensive spa schedule.

LATE ARRIVALS

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatment time in case of late arrivals.



CANCELLATIONS

Please allow five hours' notice on individual treatments and 24 hours' notice on spa packages; otherwise, 50 percent of the treatment price will be charged. Failure to keep your appointment will result in a 100 percent treatment charge.

DURING YOUR STAY

In consideration of other guests, smoking of any kind including electronic devices, and active mobile phones are not permitted in the spa. Six Senses Spa is a sanctuary of peace and harmony, so please be aware of the volume of your voice so as not to disturb other guests.

AFTER YOUR TREATMENT

To extend your spa experience at home, a variety of spa products are available for purchase at the Spa Gallery.

PAYMENT

All major debit and credit cards are accepted at the spa reception.

CHILDREN

We love children; however, we recommend that you avoid bringing children younger than 12 years of age to the spa. Young guests, 12 to 15 years old, are welcome to enjoy a selection of treatments under the supervision of a guardian.

GYM POLICIES

For your personal safety, we ask that you wear sports shoes. Children under 17 years must be accompanied by an adult when using gym equipment.



SIX SENSES SPA COURCHEVEL

T +33 9 78 06 37 53 E reservations-courchevel-spa@sixsenses.com

Rue des Tovets, 73120 Courchevel, France





SIX SENSES SPA

COURCHEVEL

WELLNESS AND SPA MENU PRICELIST



WELLNESS PROGRAMS

SLEEP

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Wellness Screening	1	1	1
Sleep tracking each night	3	5	7
Sleep tracking review	3	5	7
Six Senses Signature Massage (60 mins)	2	3	5
Private activity: Yoga or Meditation	3	5	7
Head Massage (30 mins)	1	2	2
Welcome bag with sleep amenities	1	1	1
Daily use of sauna, steam room and Kneipp Path	3	5	7
Program wrap-up	1	1	1
Price per person	EUR 1,200	EUR 1,820	EUR 2,450

DETOX

Wellness Screening	1	1	1
Private activity: Yoga or Meditation	3	5	7
Detox Massage (60 mins)	2	3	4
Detox body scrub & wrap (90 mins)	1	2	3
Biohacking session	3	5	7
Daily use of sauna, steam bath & Kneipp Path	3	5	7
Program wrap-up	1	1	1
Price per person	EUR 1,040	EUR 1,680	EUR 2,300

**Prices are quoted in Euro (EUR) and include 20 percent tax. Excluding accommodation.*

WELLNESS PROGRAMS

YOGA

	3 NIGHTS	5 NIGHTS	7 NIGHTS
Yoga consultation	1	1	1
Personalized Yoga (60 mins)	2	4	6
Pranayama (60 mins)	1	1	1
Guided Meditation (60 mins)	1	1	1
Biohacking session	3	5	7
Detox Massage (60 mins)	1	2	2
Movement Restoration (90 mins)	-	1	1
Warm Arnica and Ginger Herbal Poultice Massage (90 mins)	-		1
Program wrap-up	1	1	1
Price per person	EUR 840	EUR 1,650	EUR 2,250

**Prices are quoted in Euro (EUR) and include 20 percent tax. Excluding accommodation.*





TREATMENTS

DURATION/MINUTES

PRICE/EUR

MASSAGES

The Alchemist's Treatment	60/90	280/395
Alpine Therapeutic Massage and Stretching	60/90	280/395

MASSAGES

Six Senses Signature Massages:

<i>Movement Restoration</i>	90	395
<i>Deep Tissue/Holistic</i>	60/90	280/395
<i>Detox</i>	60	280
<i>Tension Soother/Head Massage/Relaxed Feet</i>	30/60	150/280

Add-ons

CBD Balm	-	25
CBD Oil	-	25
Percussion Massage Gun	-	40

FACIALS

Advanced Holistic Biotech Facial	90	450
Vegan Collagen Facial	60/90	390/450
Antioxidant Recovery Facial	30/60/90	150/390/450
Gentleman's Facial	30/60/90	150/390/450

All prices include 20 percent tax.

TREATMENTS

DURATION/MINUTES

PRICE/EUR

BODY TREATMENTS

Rasayana Detox Body Wrap

75

350

Soothe and Replenish Body Rescue

75

350

RECONNECTION

Sound Journey

60

220

Meditation

45

150

Breathwork

45

150

BEAUTY

Pedicure

60

115

Manicure

60

115

FITNESS

Personal Training Indoors

60

195

Private Wellness Class

60

195

All prices include 20 percent tax.





BIOHACKING

Unleash your limitless potential for living a healthy, balanced life full of energy. Biohacking takes shortcuts to better wellness by hacking the body's natural recovery systems.





WELLNESS SCREENING, 45 MINUTES/EUR 130

Your data never lies, and the readings, along with a discussion about your lifestyle, are used to design a treatment or bespoke multi-day program personalized to you.

MUSCLE RELIEF THAT IS QUICK AND EASY WITH HYPERVOLT, 15 MINUTES/EUR 40

Increases circulation and reduces muscle soreness. This percussion massage device is a fantastic way to increase mobility, range of motion and flexibility.

FAST RECOVERY WITH COMPRESSION BOOTS, 30/45/60 MINUTES/EUR 50/65/80

This therapy takes compression to the next level. These leg boots deliver sequential and pulsating compression to a particular area, systematically enhancing blood flow and lymphatic fluid removal.

EASE LOWER BACK TENSION WITH VENOM BACK WRAP, 15 MINUTES/EUR 40

Soak up the soothing power of heat with compression and vibration to melt away stress and tension on your core and lower back.

All prices include 20 percent tax.





PHYSICAL THERAPY

PHYSIO CONSULTATION 30 MINUTES/EUR 150

MEDICAL TRAINING THERAPY 30/45 MINUTES/EUR 180/230

MTT focuses on the medical aspects of exercise, strengthens the musculoskeletal system, and increases overall stamina through a series of targeted exercises that improve mobility, balance, coordination, and cardiorespiratory capacity.

SNOW SPORTS PREPARATION COURSE, 60 MINUTES/EUR 320

Whether you ski or snowboard this course will help you correct your stance and get you down the slopes with optimized performance and reduced risk of injury. Whatever your goals are for this upcoming season staying injury free should be your top priority.

FUNCTIONAL REHABILITATION, 45/90 MINUTES/EUR 260/460

A restoration program that is designed to provide comprehensive treatment of an injury regardless of the level of your activity. Functional rehab combines various techniques to give you the physical acumen and confidence to return to optimal performance.

ADVANCED STRETCHING SESSION, 45 MINUTES/EUR 230

Stretching keeps muscles flexible, strong and healthy and we need that flexibility to maintain a full range of motion in the joints and to lower risk of injury during sports.

All prices include 20 percent tax.



KIDS' SPA MENU

Kids, it's your turn to spa-kle! As part of Grow With Six Senses we've created a selection of spa treatments especially for you. Take time out from the pool for some funky nail art, fun facials, or a relaxing massage.

Parents, help your child feel better, sleep soundly, and understand more about what's going on for them with our junior spa menu.

It's so much easier for you to relax when the kids are relaxed too.





JUNIOR BODY MASSAGE, 30/60 MINUTES/EUR 150/260

After a day on the slopes relax with this soothing full body massage using warm coconut oil. Prepared in fun and quirky shapes, you can pick one up at the spa reception and also choose a removable tattoo to complete your treatment.

BACK, NECK AND SHOULDERS MASSAGE, 30 MINUTES/EUR 150

Having fun at the pool or playing all day is exhausting, so why not unwind and release any tension with this reviving massage? It will leave you feeling supple and refreshed, and ready to go on new adventures.

FOOT MAPPING, 45 MINUTES/EUR 150

The various reflex areas on your feet form “maps” that correspond with different parts of your body. Learn all about these maps as the spa therapist massages your feet and restores your body’s balance to its optimum state.

PRETTY HANDS OR FEET, 30 MINUTES/EUR 100

Have your nails shaped, followed by a hand or foot scrub and nail polish application with some fun colors.

PARENT AND CHILD EXPERIENCES

MASSAGE AND NAILS, 75 MINUTES/EUR 275 per person

Spend some relaxing time together and indulge in a full body massage followed by nail painting.

TOP TO TOE MASSAGE, 75 MINUTES/EUR 310 per person

Unwind after an active day with a full body soothing massage followed by a scalp massage.