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S P A

## Aman Spa at AMAN Le Mélézin

Enhance your stay in the Alps with the Aman Spa's restorative touch. Using Aman's own all-natural products, our treatments draw on inspiration from around the world and provide a warm healing touch to nourish body and mind after a day on the slopes.

The Aman Spa at Aman Le Mélézin features five treatment suites and a generous wellness area spread across two floors of the property. Two double treatment suites, two single treatment suites (one with a steam shower) and a Thai massage suite are accompanied by a state-of-the-art Technogym-equipped fitness room and a yoga studio. A subterranean pool with jacuzzi, cold plunge pool, sensory experience showers, a traditional wooden sauna and an authentic stone hammam complete our comprehensive wellness facilities.

We welcome you to visit us and book a complimentary consultation with our spa manager to discuss and create your personalised spa experience, where harmony and tranquility gently restore body, mind and soul.

## Our philosophy

Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness.

Treating the whole - the mind, body and spirit - Aman strives to provide guidance, support and knowledge for a journey that extends beyond the physical boundaries of the Aman Spas around the world.

## A new spa language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind.

## Understanding energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as Qi, while in Ayurveda and Yoga – prana is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.

# Wellness Specialists

## Visiting Practitioners

While the Aman Spa treatment menu is extensive, the team at Aman Le Mélézin is constantly seeking new ways to help guests improve their wellness journey. This season, the Aman Spa welcomes two visiting practitioners to help guests reset and rejuvenate both the mind and body. We also have two in-house practitioners, available throughout the winter season.

### Andreas Anell

18 December 2021 - 8 January 2022

Andreas Anell is a Physiotherapist from Sweden. With a career spanning over fifteen-years, Andreas is an ergonomics expert and will offer health coaching, as well as highly technical treatments to help resolve long-term sports injuries and alleviate muscular tension.

Having worked at some of the world's most renowned spas and hotels, he has turned the process of stress relief and relaxation into an art form.

Each session with Andreas will be personalised to suit the needs of each guest, using tailored sports and physiotherapy massage to foster a state of complete relaxation. His treatments also make use of essential oils for their natural aromatherapy benefits.

### Julian Sebastian

12 February - 12 March 2022

A renowned Massage Therapist from Spain, Julian will offer his expertise to guests of Aman Le Mélézin this coming season.

With a diploma in sports injury rehabilitation therapies and qualifications as a Kobido and Guasha practitioner, Julian will offer guests a variety of complex massages and treatments, using his unique and results-driven approach.

Treatments range from 60 to 90-minutes in length and aim to help muscle recovery - ideal after a long day on the slopes. Using a combination of ice and hot towels, combined with massage, lactic acid is released, and lymphatic cleansing leaves the body feeling revived. Guests can choose to focus on a particular area of the body, or a combination of the legs and back, finishing with a deep stretching session for maximum impact.

## In-house Practitioners

### Alexander Ivanov

December 2021 to April 2022

Originally from Bulgaria, Alex is a practitioner dedicated to creating authentic experiences and developing environments that encourage holistic wellbeing. The Spa and Wellness Manager here at Aman Le Mélézin, Alex has over 15 years of experience in the luxury hospitality and wellness industries, and recently was featured in Vanity Fair UK magazine as a part of their 'hospitality dream team'.

Alex offers a deep and powerful combination of Eastern and Western modalities, complemented by intuitive touch that helps to restore the internal energy flow of the body by releasing any blockages or stagnant energy stored within the fascia and the muscle tissues.

Every session is a bespoke experience, allowing the body to be truly nourished, and come back to wholeness structurally, physically, emotionally and mentally.

### Auriane Pellissier

December 2021 to April 2022

Sharing a life between France and India, Auriane Pellissier is a yoga teacher and spa therapist specialising in traditional Indian healing techniques. She discovered yoga on the top of the Himalayas in 2013, where she found a deep and effective relieve from the stress and pain caused by her career as a dancer.

Passionate about health and wellbeing, she since dedicated her time to studying yoga and Ayurveda in their birthplace. She recently graduated with a Post Degree diploma in Yoga Therapy from the Medical College of Pondicherry.

Based on the belief that stress is a key factor in disease, her approach is to focus on relaxation, to restore balance and reach a state of optimal health.

# Alpine Holistic Renewal

Designed to reset and promote change, our three-day spa journey offers a perfect reawakening of the physical body, guided through sensory details such as touch and feel, leading to stress elimination and tension release to enable one to build confidence and calm.

Drawing on the four elements of earth, wind, fire and water, the following wellness focused benefits ensure that one leaves feeling restored and rejuvenated with a journey that aims to rebalance and restore energy.

Our three-day wellness journey includes short consultation with the spa manager, one daily 110-minute treatment, a morning wellness session and use of our hydrothermal facilities before or after each treatment

## **Day 1 Release**

Dry massage using Thai stretching techniques to release tension, aid relaxation and open stiff joints and muscles.

## **Day 2 Rebalance**

Body wrap and lymphatic drainage massage for body and face to help detoxify by removing excess water and impurities.

## **Day 3 Restore**

A gentle dry body brush, uplifting back massage and a hydrating facial boost

## Earth's Apothecary

Aman's line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds.

Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states.

Grouped into three unique formations that reflect three healing pathways back to wellness – Grounding, Purifying and Nourishing – the products contain ingredients with a molecular vibrational energy that work in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.

# Aman Signature Rituals

Aman's Grounding, Purifying and Nourishing Signature Rituals are carefully curated using the finest organic and natural ingredients. Inspired by Aman's destinations and local healing philosophies, the three parts of the Signature Menu offer tangible benefits and long-lasting results.

## Nourishing

Focusing on the spiritual energy of love, the Nourishing Rituals draw inspiration from the hot and humid climates akin to rainforests and rice terraces. Ingredients such as jasmine stem cells, sandalwood and jade crystals have been chosen for their powerful regenerating abilities and are known to fuel recuperation.

The Nourishing Rituals incorporate a chakra balancing massage, mantra music, marma point therapy and the Light Technique. These rituals encourage the healing of emotional and mental wounds with a nurturing embrace and hold the spirit of adventure to inspire you to be your best self.

### Nourishing Massage

80 minutes

This treatment has an extraordinarily restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

The deeply relaxing experience includes chakra and sound healing - said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension, leaving the guest feeling completely restored.

### Nourishing Facial

80 minutes

Richly nourishing ingredients such as honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk are used in this deeply nourishing face ritual. It invites relaxation and rebalancing by focusing on facial marma points to remove any internal blockages and stimulate the flow of prana.

Radiance is addressed and achieved with the Light Technique, which is based on shamanistic principles stating that light is generated by three points on the face - the forehead, the septum and the throat. By encouraging this light generation through various massage techniques and gentle holds, the skin is imbued with luminosity.

## Nourishing Scrub & Wrap

80 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished. Jade powder is a key ingredient in both the scrub and the wrap. It is known to nourish, hydrate, tone and rejuvenate.

The Jade Mud Wrap combines the nourishing effects of Jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body in a warm embrace, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the experience culminates in the full-body application of Aman's Sacred Heart Balm.

## Nourishing Journey

180 minutes

There is infinitely more to nourishing a being than simply the food it consumes to thrive. Nourishment can come in many forms, and this journey serves to combine these in an immersive experience that touches every aspect of an individual. All three Nourishing rituals are incorporated beginning with the Body Polish & Wrap Ritual, followed by the Massage Ritual and rounded off with the Face Ritual. Each treatment builds on the benefits of the one before. The results are exponentially greater than the sum of their parts.

## Grounding

Drawing on the peaceful energy of the mountains and deserts, the Grounding Rituals focus on key ingredients with the foundational characteristics: amber oil, rose quartz crystals, sandalwood, Peruvian black and purple mud, wild harvested butter and tuberose. The Grounding formation works as a balm for the restlessness created by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Focal techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

## Grounding Massage

80 minutes

Informed by the Tibetan healing traditions this Ku Nye full body massage grounds the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energizes the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The experiences finishes with an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally.

## Grounding

80 minutes

## Facial

This therapeutic facial incorporates Tibetan massage techniques to encourage a gentle release of tension from the face. Rose Quartz crystals promote healing, frankincense aids rejuvenation, hyaluronic acid boosts hydration, and liquorice extract evens skin tone.

Lymphatic and muscular massage techniques aid product absorption and stimulate circulation to rejuvenate and raise the vibrational energy of the skin, while acupuncture with heated Himalayan Salt poultices and meridian stimulation with warm rose quartz crystals restore a glowing radiance to the skin. A Peruvian black mud and amethyst crystal mask along with a Tibetan head massage complete the treatment.

## Grounding Scrub & Wrap

80 minutes

This ritual helps the guest feel connected to the Earth and a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth. The body polish process employs rhythmic techniques that simultaneously relax and energise while on a physical level, the skin is left exfoliated, with tone brightened and texture improved. The body polish also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation – leaving you looking and feeling radiant.

Following the cleansing body polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to soak deeply into the skin. Once the wrap is concluded, a shower or bath will prepare you for the treatment's final touch: the application of Aman's silky-smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.

## Grounding Journey

180 minutes

As powerful as each Grounding treatment is in isolation, their effects are multiplied exponentially when experienced together. This journey is the ultimate Grounding experience, incorporating all three of the treatments above. It begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Each one builds on the treatment that came before, ensuring the guest feels connected and centred both internally and externally to reach a place of perfect contentment – grounded in every sense of the word.

## Purifying

The Purifying Rituals are informed by the powers of water, with its vitalising spiritual energy and cleansing ability. Incorporating ingredients such as juniper berry, rose geranium, raw honey and pearl, the treatments utilise their anti-ageing and nurturing characteristics. The Purifying healing techniques include manual lymphatic drainage, nerve point therapy and nerve stimulation while the Purifying Formation is a powerful spiritual cleanser than lends protection, clears stagnant prana or chi, stabilises the heart and mind and eases restless agitation. It helps guests let go of unhelpful energies and emotions, providing lightness of step and breathing space for the mind, body and soul.

### Purifying Massage

80 minutes

A relaxing and purifying therapeutic treatment that incorporates manual lymphatic drainage techniques and nerve point therapy on the back to stimulate vital organs and balance the nervous system.

The lymphatic massage is designed to manipulate lymph nodes and lymphatic vessels, with the goal of increasing their activity and promoting the flow of lymph, which carries waste products away from the tissues. Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

### Purifying Facial

80 minutes

Extremely beneficial for people living in cities exposed to pollution, this deeply relaxing, tension-releasing facial combines nerve point therapy and lymphatic drainage for a detoxifying release. The lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned and brighter skin. The firm pressure applied during nerve point therapy helps to calm the nervous system by smoothing out the ophthalmic nerves, releasing facial tension and stress.

Key ingredients used in this ritual include authentic pearl to brighten, colloidal copper for cell regeneration, and powerful marine extracts with trace elements and vitamins to strengthen collagen production and re-mineralisation.

## Purifying Scrub & Wrap

80 minutes

Designed to encourage the body to enter a phase of detoxification in which deep purification can take place, this Purifying Ritual leaves the guest feeling revived, toned and in a peaceful state of lightness and ease.

The two-phase process moves from the energetic and invigorating quartz body polish, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative marine flora mud wrap. This includes kaolin for deep cleansing, Argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells. After a shower or bath, the experience is complete with a full-body application of Aman's Palo Santo Salve.

## Purifying Journey

180 minutes

Purification is a process that can apply to every aspect of a being, from sustenance to thought processes. This journey approaches purification on every level, from clearing the skin and detoxifying the body's organs, to clearing negative energy and focusing the mind. Incorporating all three of the above treatments, the experience begins with the Body Polish & Wrap Ritual, followed by the Massage Ritual and is rounded off with the Face Ritual. Expect to feel clear-headed and at peace after completion.

# Decorté

Those looking to seek instantly visible benefits can enjoy a number of exclusive facial and body treatments created in collaboration with Japanese beauty brand, DECORTÉ. One of the most renowned skincare brands in Japan, the treatments are available in a just a handful of Aman Spa locations around the world, including Aman Le Melezin, Aman Tokyo and the Aman Spa at The Connaught, London.

The first of their kind and exclusive to Aman Le Melezin, two new facial treatments stimulate the senses with DECORTÉ AQ Meliority products working in harmony with the body's natural biorhythms, with a belief that when one is relaxed, more effective results are obtained.

## **DECORTÉ AQ Meliority Brightening & Firming Facial**

60 minutes

Reawaken your skin's natural glow with this richly moisturising treatment, using the jewel in Decorté's crown: the luxurious AQ Meliority range. Featuring a sublime facial treatment with face, neck, décolleté, hand and scalp massage, this treatment will leave you looking (and feeling) luminous, rejuvenated and revitalised.

## **DECORTÉ AQ Meliority Advanced Firming & Lifting Facial**

90 minutes

Savour the finer things: a facial treatment combined with a back and shoulder massage – all featuring the pinnacle of Decorté's craft: AQ Meliority. The deeply relaxing back massage warms the body and improves flexibility, while the rejuvenating facial leaves skin revitalised, bright, firm and lifted.

*For improved effectiveness, a choice of two anti-aging masks is applied during the treatment to reinforce the expertise and enhance the Decorté experience.*

# Le Melezin Treatments

## Le Melezin Signature

110 minutes

This rejuvenating treatment is a welcome recovery after a day on the slopes. It begins with dry skin brushing which gives your whole body a circulatory boost, aiding blood flow and encouraging oxygen back to the skin's surface. A combination of hot stones and a hot oil massage follows, releasing muscular tension and eliminating lactic acid build-up. Finally, rehydrate and nourish your skin with a facial boost the ideal antidote to the drying effects of the Alpine elements.

## Holistic Massage

50 / 80 minutes

Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to address each individual's specific tension areas with a unique blend of warm oils and long, slow strokes. We encourage you to communicate your needs and preferences so that your therapist may determine the best course of treatment.

## Hot Stone Massage

80 minutes

The combination of deeply warming stones and massage is ideal to soothe and relax tender muscles. Hot basalt stones are placed on and under the body and are also used as extension of the therapist hands, gliding over the body to generate heat. This ensures the benefits of the massage are felt at the deepest level possible.

## Traditional Thai Massage

50 / 80 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. Performed over loose comfortable clothing to allow movement, the treatment is uniquely relaxing yet energising and is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

## Après Ski Foot Massage

50 minutes

Bring energy and mobility back to cold feet and heavy legs. Dry skin brushing improves circulation and helps clear build-up of lactic acid. Hot compresses warm and soften tight muscles, in preparation for a stimulating hot oil sports massage on the legs to loosen up the muscles and prevent stiffness.

## Add-Ons

30 minutes

We recommend adding one of the following to your choice of massage:

**Body Scrub** - great before your massage for stimulating circulation, exfoliating dead skin cells and to prepare the skin for the nourishing qualities of our massage oils.

**Thai Herbal Compress (Lu Pra Khob)** - a warm Thai herbal compress, comprised of ginger, turmeric, kaffir lime, lemon grass and camphor. The heat infusion and anti-inflammatory benefits of the natural herbs stimulate circulation, soothes muscles and relieves tension.

**Head Massage** - helps to improve circulation of blood to the head and the face while offering feelings of deep relaxation.

**Foot Massage** - foot acupressure for energy and rejuvenation

Finishing Touches

AMAN  
LE MÉLÉZIN

## Hands & Feet

Our feet absorb a great deal of stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often extremely dry and tight due to being used in almost every daily action that we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

Aman Manicure

Aman Pedicure

Colour Change

## Waxing

Face

Back/Shoulders/Chest

Legs

Half Legs

Bikini Wax

Brazilian Wax

# Wellness & Movement

## Yoga

Yoga is a traditional system of physical and mental practices that originated in India more than three thousand years ago. Its purpose is to help us achieve our highest potential and to experience enduring health, happiness and wellness. With regular practice it is believed one can extend their years far beyond the norm and improve quality of life and overall physical condition.

**Hatha Yoga** - includes mix of asanas (poses), pranayama (breathing exercises), and meditation in order to find the balance between strength and flexibility, physical and mental energy, the breath and the body.

**Ashtanga Yoga** - consists of a sequence of specific poses, transitioning from one to another with fluidity and synchronisation of the breath, providing flexibility and muscle building. Intense and fast, it appeals to people in good physical condition.

**Vinyasa Yoga** - offers a nice flow for exploring the body and mind connection, while moving in harmony. Suitable for all fitness levels, Vinyasa encourages improvements in flexibility and stability as well as in the harmony between body and mind.

**Yin Yoga** - This form of yoga refers to a sequence of specific postures, held passively for several minutes to offer intense flexibility and recovery. It goes deeper to stretch the connective tissue (ligaments, tendons) of the joints, in order to relieve tension, blockages and pain.

## Meditation

Meditation is a mental practice that guides us to inner peace through the appeasement of the mind. Practiced in various ways, it helps to pacify one's emotions and increase one's ability to concentrate, offering more alertness and better memory.

## Pranayama (Breathwork)

Pranayama includes various techniques for controlling and developing the body's vital energy, mainly through breathing. Through the practice of Pranayama, the mind becomes clearer, emotions are channeled, and concentration and memory abilities are increased.

## Sound Bath

The sound bath consists of a relaxing immersion in music and sounds. During this journey participants let themselves be crossed by sound vibrations and to be transported to unique soundscapes. This auditory and sensitive experience allows access to a regenerating state of rest as well as to rebalance energy paths and achieve instant feelings of wellbeing.

## Private Sessions

60 minutes

*Group rates available on request*

# Spa Reminders

## Operating hours

### Spa

Daily from 9am to 9pm (last treatment 8pm)

### Fitness Centre

Open 24 hrs

### Swimming Pool

Daily from 9am to 9pm

### Sauna and Hammam

Daily from 11am to 9pm

## Appointments

We strongly recommend that you book your treatment in advance to ensure that your preferred time and service are available. Non-residents are welcome for spa treatments between 10am - 3pm upon reservation only.

## Arrival

Please arrive in your bathrobe at the spa reception at least 15 minutes prior to your scheduled treatment. This will allow you to enjoy the relaxing environment and allow us to have a brief discussion with you about your treatment expectations. Treatments begin and end on time in order not to inconvenience the next guest. Robes and slippers are provided for use during your visit. It is advisable to wear undergarments beneath your bathrobe. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.

## Spa Environment

Please refrain from smoking and use of your mobile phone in the treatment area or reception. We opt for a quiet setting when in or around the spa to respect others. We aim to provide a peaceful setting for all guests, so ask you to keep your mobile devices quiet. Alcohol and smoking are not allowed. The Spa team reserves the right to deny access to anyone whose clothing or behaviour may disturb other Spa clients.

## Etiquette

It is customary for guests to remove their shoes before entering and to shower before using the hot and cold wet facilities. Slippers are provided for locker and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and the hammam.

### **In-Room Treatments**

In-room treatments are available at an additional charge of EUR55. Any appointment outside the spa opening hours can be arranged and will incur an extra charge of EUR55.

### **Cancellation Policy**

We understand that schedules change and will do our best to meet your needs. Since your spa time is reserved specially for you, we kindly ask you to give a cancellation notice of at least 24 hours in advance so that someone else can enjoy this time. Cancellations made within 24 hours will incur 50% charge. Cancellations within 12 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

### **Special Considerations**

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the spa with any queries and inform staff of any medical or health concerns.

### **Hydrothermal Facilities**

Please stay hydrated by drinking plenty of water when using the thermal facilities and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel and use your bathrobe in the other areas of the Aman Spa.

### **Valuables**

We advise you not to bring or carry valuables when using our spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items.

### **Age Policy**

All persons under the age of 18 who wish to receive a spa treatment or use the facilities are considered minors and must be accompanied by a parent or legal guardian. The minimum age for taking a spa treatment or using the gym is 13 years old. Guests under the age of 18 must have a parental agreement before the reservation is accepted.

### **Pricing**

All prices are net and include taxes and service. We accept all major credit cards, or you can charge your treatment to your room. Prices are subject to change without prior notice.

Ā M Ā N  
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310 Rue de Bellecôte  
73120 Courchevel 1850  
France  
[www.amanlemelezin.com](http://www.amanlemelezin.com)

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