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## 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. Double treatment suites, a Thai massage suite, and a scrub room are accompanied by a state-of-the-art fitness room and a yoga studio. A subterranean pool with Jacuzzis, a wood sauna and an authentic stone hammam completes our comprehensive wellness facilities.

We welcome you to visit us for a complimentary consultation to create your personalized spa experience, where harmony and tranquility gently restores the 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.

# 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**

90 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 an 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 experience finishes with an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally.

## Grounding Facial

80 minutes

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 acupressure 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 that 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.

# Le Mélézin Treatments

## **Le Mélézin 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 Basalt 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.

## **Alpine Facial Boost**

50 minutes

A treatment to give your skin a refreshing hydration boost, this facial helps protect against the Alpine elements. Anti-aging and lifting in its effects, the holistic facial includes a relaxing massage of the face, shoulders and neck leaving you and your skin feeling refreshed, calm and rejuvenated.

## **Add-Ons**

30 minutes

We recommend adding one of the following treatments 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

## Hands & Feet

Aman Manicure

Aman Pedicure

Colour Change

## Waxing

Face

Back/Shoulders/Chest

Legs

Half Legs

Bikini Wax

Brazilian Wax

# Movement Sessions

## 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.

## Personal Training

Is available by appointment only. Please inquire at the Spa Reception.

## Private Sessions

60 / 90 minutes

# 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.

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