



AMAN SPA

Wellness is more than being free from illness, it is a dynamic process of change and growth, a state of complete physical, mental and social wellbeing. Aman's spa concept has been carefully curated with four pillars of wellness in mind – nutrition, movement, psychological health and bodywork with the singular goal of achieving this ideal balance of Integrated Holistic Wellness for every guest.

Treating the whole – mind, body and spirit – by integrating ancient healing modalities with the best of modern science, Aman strives to provide guidance, support and knowledge in a journey that extends beyond the physical boundaries of the globe's Aman Spas. Our aim is for guests to leave empowered and renewed, with the tools to continue their wellness journey, and the resilience and focus to put them into action.

Enhance your stay in the Alps with Aman Spa's restorative touch. Using all natural products, our treatments are drawn from around the world and provide heat and moisture to nourish body and mind after a long day on the slopes.



A NEW SPA LANGUAGE

Ancient healing arts such as Indian Ayurveda and Traditional Chinese Medicine are based on complex theories of the workings of the human body and mind. They incorporate aspects of health unexplored in allopathic medicine, so certain concepts can sound strange to the uninitiated. Talk of chakras and energy can be off-putting when taken out of context. Yet when understood as part of the philosophy behind a traditional healing system, they reveal an intriguing new language for explaining how our bodies work. While understanding these theories is not a prerequisite to enjoying their benefits, Aman Spa aims to demystify this language. Please ask us if you wish to know more about the ingredients or modalities used in any of our treatments.

UNDERSTANDING ENERGY

The idea of life force or life energy is very common in traditional healing systems. In Traditional Oriental Medicine theory, this is known as "qi" (chi), while in Hindu philosophy including yoga, Ayurveda and martial arts, "prana" is the Sanskrit word used to describe this potent vital energy. A shared principle in many healing modalities is that any blockage to the flow of life force in a body can cause imbalance and therefore ill health in some respect. 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 LE MÉLÉZIN

Aman Le Mélézin is set directly on the Bellecôte piste, perched 1,850 metres above sea level in Courchevel 1850, in the heart of Les Trois Vallées. Ski beneath snow-dusted fir trees and enjoy the village's convivial après-ski.

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 massa suite, and a scrub room are accompanied by a state-of-the-art fitness studio and yoga studio. A subterranean pool with Jacuzzis, a wood sauna and an authentic stone hammam complete Aman Le Mélézin's comprehensive wellness facility.

In preparation for the slopes, specific warmed-up stretches and exercises are provided, minimizing injury that so often occurs. After a day of skiing, when lactic acid sets in, warming and detoxifying treatments are ideal to aid the recovery and melt away the muscular tension. Ultimately unwind and relax, enjoying the hot and cold wellness area, the sauna, hammam, cold plunge, experience showers and relaxation zone. Taking care of your every pre and post ski requirement.



WELLNESS FACILITIES

The state of the art fitness studio designed to meet your winter sport and core training needs. Additionally, to cardiovascular and free weight equipment, the gym features leg stretching machinery as well as a kinesis full body system which is great for strength, balance and coordination. Personal training and sports massage can be arranged by appointment. TRX-equipment is available in the yoga studio.

On the Wellness Level (-1) a lap pool invites for swimming at you own pace, with adjoining sauna and Hammam, cold plunge pool, experience showers and a relaxation area



Specialised Sessions & Therapies

Le Melezin Signature 50/110 minutes EUR 160/280

This rejuvenating spa journey 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 getting oxygen back to the surface of your skin. A combination of hot stones and a hot oil massage is next, 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.

Tailored Holistic Massage 50/80 minutes EUR 160/210

Massages are tailored to address your specific tension areas. 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 EUR 210
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 extensions of the therapist's 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 EUR 160/210

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. This body work therapy is performed over loose comfortable clothing to allow movement. This treatment may be extended to 90 minutes to include Lu Pra Khob, a hot Thai herbal compress that is comprised of ginger, turmeric, kaffir lime, lemon grass and camphor. The heat infusion and anti-inflammatory benefits of the natural herbs stimulate circulation and soothe muscles.



SPA TO GO

Apres Ski Foot Massage 45 minutes EUR 140

Bring energy and mobility back to cold feet and heavy legs. Dry skin brushing improves circulation and helps clear lactic acid build up. 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.

Revitalizing Back Treatment 45 minutes EUR 140

For those with less time, re-energise the whole body by stimulating the central nervous system along the spine. The treatment begins with a Himalayan Salt scrub and the application of hot towels infused with essential oils to boost circulation. This is followed by a tension-relieving hot oil massage.

Alpine Facial Boost 25 minutes EUR 90

An express treatment to give your skin a refreshing hydration boost, this facial helps protect against the Alpine elements. Leaves your face feeling nourished and revitalised.



AMAN SIGNATURE TREATMENTS

Aman Spas around the world offer therapies and treatments inspired by their destinations and local healing philosophies. Every Aman Spa also provides the global Aman Signature Treatment Menu. Carefully curated to Ground, Purify and Nourish using the finest organic and natural ingredients known for their healing powers, the three distinct parts of the Signature Menu are personalised to the individual to target general concerns and specific conditions. Employing ground crystal powders, healing tree oils, homeopathic facial mists, wild-harvested Amazon butters and other exceptional ingredients of natural origin including pearls and plant stem cells, these treatments offer palpable benefits and long-lasting results.

SINGING BOWL CEREMONY

The Singing Bowls of Tibet have been, and still are surrounded with an aura of mystery and secrecy. Their vibrational healing powers have become widely accepted and are known to be excellent meditation tools. Each of Aman's Signature treatments begins with a short and gentle ritual that calms and centres a guest in preparation for the treatment to come. They bring inner peace, open the mind to new ideas and concepts, promote physical relaxation and stress relief.



FOOT RITUAL

Another prelude to each signature treatment is a soothing foot ritual that involves a mineral rich foot soak. A literal cleansing to compliment the spiritual cleansing of the singing bowl ceremony, the foot ritual is deeply relaxing but is also richly symbolic. It is an act of service and care at its most humble, and invites the surrender of personal will in trust and safety to fully benefit from the treatment to follow.



GROUNDING

For those seeking reconnection, stillness and perspective

Developed to promote inner peace and return body and mind to a state of harmony, this formation works as a balm for restlessness brought on by the frenetic pace of modern life. It imbues a sense of reassurance and reconnection, while hydrating, healing, refining and strengthening on a physical level.

The use of amber oil relaxes brainwaves, helping to ease anxiety and stress. Sandalwood calms the nervous system its earthy aroma inducing a meditative frame of mind. Other key ingredients include rose quartz crystals, jasmine, rare black Peruvian and purple muds, wild harvested butters, and silver.

Techniques include a black amber smoking ceremony, a Tibetan Ku Nye massage, meridian and acupressure work, cupping, and kneading.

Recommended for treating stress, exhaustion, anxiety, jet lag, dry skin and hair, insomnia, tension in the lower spine and adrenal fatigue, as well as feelings of insecurity, rootlessness and the inability to switch off.



Grounding Massage Ritual

80 minutes EUR 210

A Ku Nye full-body massage honours ancient Tibetan healing traditions to stimulate muscles, while a subtler massage energises the meridian system. This treatment incorporates cupping along meridian lines, acupressure, kneading, and deep-tissue techniques. The body massage is followed by a Tibetan head massage that induces an even deeper level of stillness.

BENEFITS

- *Moisturises dry skin, breaks up scar tissue and eases muscular tension
- * Reduces chronic pain and improves athletic performance
- * Dispels anxiety and balances the energy body

Grounding Body Polish & Wrap

80 minutes EUR 210

A key ingredient in this ritual is amethyst powder, known for its gently sedative energy that promotes peacefulness and emotional stability. The full-body polish gently exfoliates the skin, brightening tone and improving texture, while the cocooning wrap initiates a period of stillness, leaving skin radiant. The final touch is the application of silky smooth Smoked Body Butter.



BENEFITS

- *Restores the nervous system, stimulates circulation and regenerates skin cells
- *Boosts the lymphatic system and strengthens the immune system
- * Reduces stress levels and promotes mental clarity

Grounding Face Ritual

80 minutes EUR 210

This facial incorporates rose quartz crystals to promote healing, frankincense to aid rejuvenation, and hyaluronic acid to boost hydration. Lymphatic and muscular massage techniques stimulate circulation and raise vibrational energy, while acupressure using heated Himalayan salt poultices leaves skin radiant. The treatment ends with a Peruvian black mud and amethyst crystal mask and Tibetan head massage.

BENEFITS

- * Brightens, firms and intensely hydrates
- * Promotes cell renewal and improves uneven skin tone
- * Encourages emotional stability and peace of mind



Grounding Journey

180 minutes EUR 350

Incorporating all three Grounding treatments, this journey encourages a deep connection to the earth and a renewed sense of self. It begins with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each builds on the treatment that came before and grounds in every sense of the word, ensuring a state of perfect contentment.



Finishing Touches

Aman Manicure

60 minutes EUR 75

Release tension and enjoy noticeably younger, smoother hands with this blissful combination of exfoliation and soak, massage, marma therapy, mask, grounding smoked body butter, full manicure and non-toxic polish.

Aman Pedicure

A relaxing treat for tired feet comprising an energising and detoxifying exfoliation and soak, a massage, marma therapy, mask to stimulate, grounding smoked body butter to soften, full pedicure and non-toxic polish.

HANDS & FEET

Soften and smooth dry hands and feet. This treatment begins with a soak, followed by a gentle exfoliation and intensely moisturising mask. A therapeutic massage with hydrating lotion follows that strengthens the skin's moisture barrier.

Nail Polish Change

15 minutes EUR 40

French Manicure

30 minutes EUR 50



WAXING

15 Minute Waxing – Lip / Eye Brow Shape	EUR 40
20 Minute Waxing – Under Arm / Half Leg / Arms	EUR 50
30 Minute Waxing – Full Leg / Bikini	EUR 60
40 Minute Waxing – Back / Brazilian	EUR 70



Physical and Mental Wellbeing

Yoga Session

60/90 minutes EUR 160/210

By combining postures (Asanas), breathing exercises (Pranayama), Yoga, a real art of living shows you the way to find and maintain, balance, harmony and well-being. By acting on the physical plane, Yoga solicits the muscles in depth, stretches them, brings a flexibility that is crucial to limit the risk of injury and prepare you for a beautiful day on the slopes. Yoga will teach you to develop your individual abilities while respecting your body.

"It's not the person who has to adapt to Yoga but Yoga that has to adapt to each person"Krishnamacharya

Reiki

50 minutes EUR 160

A simple, natural and safe method of spiritual healing and self-improvement



REMINDERS

Operating hours

The Spa operates from 9am to 9pm daily.

The Fitness Centre is open 24 hours, steam room are open from 11am to 9pm and swimming pool are open from 9am to 9pm daily.(Children from 9am to 6pm-must be supervised by parents at all times)

APPOINTMENTS

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Non-residents are welcome between 10am-3pm upon reservation only. For non-residents, a credit card will be required to confirm and secure your reservation.

CANCELLATION POLICY

Due to the busy nature of the spa, we require 24 hours' notice to change or cancel your reservation. Cancellation within 24 hours will incur a 50% charge. Cancellation within 12 hours will incur a 100% charge. Please contact the spa directly to change or cancel reservations.

ARRIVAL

Please arrive in your bathrobe at the spa reception at least 15 minutes prior to your scheduled appointment time. This will allow you to enjoy the spa's 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. We also provide disposable undergarments for both men and women should this be your preference. Sports shoes are required in the gym.

PRE-TREATMENT RECOMMENDATIONS

For best results, we recommend men shave on the day of a facial. For women we recommend not shaving or waxing on the day of any thermal or body treatment.

DURING YOUR VISIT

We aim to provide a peaceful setting for all guests, so ask you to please keep your mobile devices on silent. We thank you for respecting the tranquillity and privacy of other guests. Alcohol and smoking are not permitted. The spa team reserves the right to refuse access to anyone whose dress or behaviour may disturb or endanger other guests at the spa and surrounding areas.

SPECIAL REQUIREMENTS

Please inform us if you are pregnant or suffer from allergies, sensitivities, high blood pressure, diabetes, a heart condition or any other physical ailments or injuries at the time of your



reservation so that we may recommend appropriate treatments.

AFTER YOUR TREATMENT

It is very important to drink a lot of water before and after your treatment. Take time to relax immediately afterwards, as this will help ensure you experience the full benefits of your treatment.

Valuables

We advise you not to bring or wear valuables whilst using our spa facilities. While we endeavour to take care of your belongings we do not assume liability for any loss of or damage to personal articles. Aman Spa at Le Mélézin shall not be liable for any accident or injury suffered by any guest.

Age Policy

The minimum age requirement for access to the spa is 18 years.

Pricing

All prices are subject to a 10% service charge and 5% local tax. We accept all major credit cards or you can sign your treatment to your room. Various massages are available in the privacy of your suite at an extra charge of 50%.