



## An avalanche of well-being ...

**Hammam** → 30 min / 1 to 4 pers 7 €  
 50 min / 1 to 4 pers 10 €  
 Steam room ≈ 45° . Fresh towels



**Sauna** → 30 min / 1 to 4 pers 7 €  
 50 min / 1 to 4 pers 10 €  
 A scandinavian heating room. ≈ 85° . Fresh towels



### Massages with essential oils

- "Détente" back and legs 30 min 35 €
- "Special Back" back, neck and scalp 30 min 35 €
- "Montagne" A complete body massage 50 min 60 €
- "Montagne and Face sensation" 60 min 65 €
- "Pierres Chaudes" 50 min 75 €  
 Performed with heated stones ( 50° )  
 to release the accumulated tension and restore the body's energy .
- "Reflexology" 50 min 55 €  
 Foot massage = Activate the acupressure points  
 on the sole of your feet to restore the balance of your body.



### Beauty care

- **Body Scrub** 30 min 35 €
- **Wrap Minéral** with " Dead Sea Mud " 50 min 45 €
- **Face care "Coup d'éclat"** 40 min 45 €
- **Face care** 60 min 60 €
- **Face care "anti-aging"** 70 min 85 €
- **Face care "Kobido"** 60 min 75 €  
 Originally from Japan ... deep relaxation.  
 Acupuncture Points, Smoothing and Lymphatic Drainage Activate  
 Micro circulation, favor the production of collagen.

At the 2 pools =  
 Children must be accompanied of an adult and are under  
 their responsibility. Loan of buoy for your stay

# Spa Détente



## "Montagne Douce"

*une avalanche de douceur*

### Massages

Réflexologie

Soins Beauté

Acupuncture

Hammam

Sauna

Piscine

extérieure

Piscine intérieure

Jacuzzi

Aquabike



*Tous nos soins sont effectués  
avec des produits à base d'actifs naturels*

**La renardière \*\*\*** Chalet résidence de tourisme

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