



DO SOMETHING
TODAY THAT
YOUR FUTURE
SELF WILL
THANK YOU FOR.

*Our actions and decisions today will shape
the way we will be living in the future.*

La détente Alpine par excellence

Nestled in the heart of the Alps, This unique place will seduce you with its exceptional and authentic charms. Everything is in place at the Spa Alpage to offer you an unforgettable sensory journey.

HORMETA
Facials

Page 5

COMFORT ZONE
Sacred Nature facials
Massages

Page 9
Page 11

RITUALS

Page 13

SIGNATURE TREATMENTS

Page 15

SLIMMING TREATMENTS

Page 17

AESTHETICS TREATMENTS

Page 20

KIDS & TEEENARGERS

Page 22

SWIMMING POOL & WELLNESS

Page 25

Bienvenue à la maison

Welcome Home



Les laboratoires Hormeta

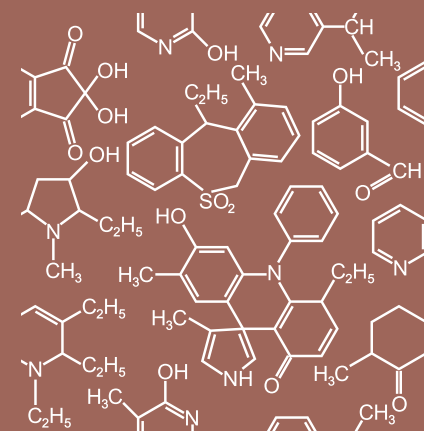
Créateurs d'Oligocosmetique depuis 1949

Hormeta laboratories have developed unique complexes combining the benefits of right concentrated specific trace elements with key active ingredients, in highly effective cares for a balanced and radiant skin.

In this quest of excellence, the first complete skincare range was created, combining trace elements and key active ingredients, perfectly adapted to the different skin needs and to prevent skin aging

*With its expertise and know-how, HORMETA has chosen to combine 5 trace elements and created **Oligocos-5**, a unique complex that restores and reinforces the main skin functions.*

- *Increase the moisturizing function*
- *Strengthening the epidermal barrier structure*
- *Anti-free radicals protection : improving the cells' resistance to oxidative stress*
- *Skin repair : stimulating the cutaneous healing process*



Tailor-made beauty by Hormeta

Sublime Instant

Instant beauty care, a real flash effect to smooth and brighten the skin, revive the complexion, smooth fine lines and fade out fatigue. For a beautiful skin that looks immediatly more radiant and luminous.

45 minutes 150.-

Velvet Sorbet

Softening beauty care, a real caress for sensitive skin to soothe feelings of discomfort, tightness, overheated skin and reduce rednesses. The skin is more comfortable and regains its uniformity.

45 minutes 150.-

Pure Serenity

Purifying beauty care to clean oily skin, hydrate, rebalance the epidermis and refine skin texture. The skin is visibly clearer, smoother and more beautiful. The skin is less shiny, complexion looks fresher, as detoxified.

45 minutes 150.-

Anti-aging excellence by Hormeta

Ingenuous Source COLLAGEN & MPC

Anti-aging beauty care with collagen to push further the limits of time thanks to powerfull and carefully selected actives ingredients. smooth wrinkles, fine lines and moisturise epidermis. The skin recovers its original beauty.

75 minutes 200.-

Ultimate Precision HIGH REDEFINITION

A precious care specifically developed to redefine and strengthen the skin architecture. A targeted treatment to fight tissue slackening and reduce the signs of aging due to hormonal changes. The skin recovers its density, and firmness.

75 minutes 200.-

Gold Précious NUTRI REGENERATION

Regenerating anti-aging skincare for mature and/or vry dry skin, to restor lipid deficits an redensify the skin. Reduce the volume loss and fight sagging skin. Zhe signs of aging are blurred out, The oval of the face apears ideally redesigned.

75 minutes 200.-



To complement your face care

Complementary care to realize after or simultaneously as the initial treatment.

Massage

For optimal relaxation, extend your neighborhood treatment with a back massage or a full body massage.

Back massage 20 minutes 70.- instead of 80.-

Relzxing massage 50 minutes 120.- instead of 140.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feets

Hands mask 10.-

Feet mask 10.-

Hans & feet mask 20.-

Body Scrub & Wrap

Make new skin from head to toe and enjoy a body scrub before your treatment and a wrap during the facial treatment

50 minutes 140.- instead of 160.-

Acting from the inside

Freshly squeezed Juice

In partnership with Romain, our bartenders offer you a selection of fresh juices that are as good as they are effective to boost the effects of your treatment and prolong your relaxation with a moment of indulgence and delight.

Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Le Booster Détox

Carrot / orange / Tumeric / pepper 18.-

Le Détox Vitamines

Tomato / Strawberry / Red Pepper / cucumber 18.-

Le Tonic Détox

Ginger / Lemon / Mapple syrup / Sparkling water 18.-





[Comfort Zone]

skin science soul

WELCOME TO [COMFORT ZONE]. THIS IS HOME.

[Home] is where we most belong, where we feel at ease and surround ourselves with the people and things we love.

But our bodies and souls also inhabit other homes given to us by our planet and our skin. We wish to protect them and make them healthy, vital and beautiful.

That is why our purpose is to create good life for all: skincare professionals, their clients and others whose worlds we share, however briefly.

Being a [B Corporation], we are committed to being the best for the world. In doing this, we envision a balanced approach to beauty, strive for sustainability and build relationships inspired by ethics.

As [skin experts], we help the skin's ecosystem reach its optimal balance and vitality in an ever-changing environment, what we call [the comfort zone of the skin].

Following more than 20 years of [constant research] our laboratory now takes inspiration also from our [Scientific Garden] and delivers high-end, clean, result-driven, sustainable skincare, combining the best of science and nature for truly enriching and [unique experiences].

Our products are manufactured in our [Davines Village] in Parma, Italy.

Our philosophy is [conscious skin science].

Welcome to [comfort zone].

This is home.

[Sacred Nature]

Bio-regenerative skincare for youthfull and resilient skin

REGENERATE YOUR SKIN. REGENERATE OUR PLANET.

A Cosmos™ certified organic skincare, eco-designed to preserve skin youth and contribute to biodiversity protection.

With bio-fermented antioxidants, studied in our Scientific Garden at the Davines Village, and grown in Italy according to regenerative agriculture, The Sacred Nature line is CO2 negative and therefore supports climate change mitigation

Biomimetic textures obtained with lecithin and shea butter offer ultimate skin comfort and silkiness to sensitive skin.

Clinically proven efficacy. Dermatologically tested.

face cares [Sacred Nature]

SACRED NATURE REGENERATIVE ELIXIR

This Pro-Youth Facial features our proprietary antioxidant Scientific Garden Extract™. We offer a personalized selection of a facial mask for a lifting effect, or to remove impurities and balance oil production. The exclusive Regener-Lift Massage completes and enhances the experience.

45 minutes 150.-

SACRED NATURE REGENERATIVE HYDRA

An express facial for instant hydration and radiance, using proprietary antioxidant Scientific Garden Extract™ and a unique 7-step Regeneration Technique for plump, dewy and beautiful skin.

20 minutes 100.-

Those treatments can also be purifying



To complement your face care

Complementary care to realize after or simultaneously as the initial treatment.

Massage

For optimal relaxation, extend your neighborhood treatment with a back massage or a full body massage.

Back massage 20 minutes 70.- instead of 80.-

Relaxing massage 50 minutes 120.- instead of 140.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feet

Hands mask 10.-

Feet mask 10.-

Hands & feet mask 20.-

Body Scrub & Wrap

Make new skin from head to toe and enjoy a body scrub before your treatment and a wrap during the facial treatment

50 minutes 140.- instead of 160.-

Acting from the inside

Freshly squeezed Juice

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Le Booster Détox

Carrot / orange / Turmeric / pepper 18.-

Le Détox Vitamines

Tomato / Strawberry / Red Pepper / cucumber 18.-

Le Tonic Détox

Ginger / Lemon / Maple syrup / Sparkling water 18.-



Massages

TRANQUILITY PRO SLEEP MASSAGE

Connectiv tissue's aromatherapy soft massage. It acts on muscle spasms, relieves tensions and improves sleep and psychophysics balance.

50 minutes 140.-

AROMASOUL ELEMENTS MASSAGE

Each treatment begins with a personalized selection from our unique collection of aromatherapy oils based on the ancient cultures of the East Asia, West Asia, India or the Mediterranean.

50 minutes 140.-

HIMALAYA SALT STONE MASSAGE

Reservation at least 12 hours in advance

An exclusif detoxifying et revitalising treatment for body and mind associate to a spécial massage method with hot salt stones to improve efficacy and pleasur.

50 minutes 140.-

BODY ACTIVE BAMBOO MASSAGE

A deep massage combining the use of a bamboo roller with ancestral massage techniques. This massage is ideal for eliminating muscle tension after exertion

50 minutes 160.-

Tailor-made massages

RELAXING MASSAGE

Our therapists use their wonderful skills to offer you a tailor-made massage and provide you with all the relaxation you need

50 minutes / 80 minutes 140.- / 190.-

SPORTS MASSAGE

A unique custom-made massage just for you by our therapists in order to relax your muscles after physical exertion.

50 minutes/ 80 minutes 160.- / 210.-

ONE ZONE" MASSAGE

Relaxing massage for the zone you wanted : back / legs / shoulders neck and head / face and head, soft reflexologie.

20 minutes 80.-



To complement your treatment

Complementary care to realize after or simultaneously as the initial treatment.

Face care

For Holistic treatment, extend your massage with a facial treatment

20 minutes 80.- instead of 100.-

45 minutes 130.- instead of 150.-

75 minutes 180.- instead of 200.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feets

Hands mask 10.-

Feet mask 10.-

Hans & feet mask 20.-

Body Scrub & Wrap

Make new skin from head to toe and enjoy a body scrub before your treatment and a wrap during the facial treatment

50 minutes 140.- instead of 160.-

Acting from the inside

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Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Le Sweet Détox

Green appel / Pineapple / Kiwi / Nectarines 18.-

Le Red Basil Détox

Tomato / Basil / Red pepper / Lemon 18.-

Le Tonic Détox

Ginger / Lemon / Mapple syrup / Sparkling water 18.-



Rituals

TRANQUILITY PRO SLEEP RITUAL

The TRANQUILITY PRO SLEEP massage is enhanced with a deep moisturizing and re-mineralizing exfoliation thanks to the volcanic eart.

80 minutes 200.-

AROMASOUL ELEMENTS RITUAL

The TRANQUILITY PRO SLEEP massage is enhanced with a deep moisturizing and re-mineralizing exfoliation thanks to the volcanic eart.

80 minutes 200.-

HIMALAYA SALT STONES RITUAL

Reservation at least 12 hours in advance

AS EFFECTIVE AS A 3-DAY DETOX CURE, this treatment has an intense cleansing and detoxifying action, thanks to the use of Himalayan salt stones for massage and salt in its finest form for the wrap .

80 minutes 200.-

SPECIALIST HANDS AND FEET RITUAL

A ritual of hands and feet, which includes exfoliation, mask and massage poses actions, nourishing and protective, as well as the added benefit of hot stones that provide energy balancing action throughout the treatment.

80 minutes 200.-

Tailor-made Rituals

BODY SCRUB

Alps salt scrub, volcanic scrub, salt and marin seaweeds scrub

20 minutes 80.-

BODY WRAP

Alps salt wrap, self-heated mud, salt and marin seaweeds scrub, toning wrap with Brazilian yellow clay.

20 minutes 80.-

GOMMAGE & MASSAGE

Create your own ritual by choosing your scrub and duration of massage.

Scrub and 50 minutes massage	1h20	200.-
Scrub and 80 minutes massage	1h50	250.-

GOMMAGE, ENVELOPPEMENT & MASSAGE

Create your own ritual by choosing your scrub, wrap your and duration of massage.

Scrub, wrap and 50 minutes massage	1h50	270.-
Scrub, wrap and 80 minutes massage	2h20	320.-

Supplement of 20.- for sports massage

To complement your treatment

Complementary care to realize after or simultaneously as the initial treatment.

Face care

For Holistic treatment, extend your massage with a facial treatment

20 minutes	80.- instead of 100.-
45 minutes	130.- instead of 150.-
75 minutes	180.- instead of 200.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feets

Hands mask	10.-
Feet mask	10.-
Hans & feet mask	20.-

Acting from the inside

Freshly squeezed Juice

In partnership with Romain, our bartenders offer you a selection of fresh juices that are as good as they are effective to boost the effects of your treatment and prolong your relaxation with a moment of indulgence and delight.

Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Le Sweet Détox

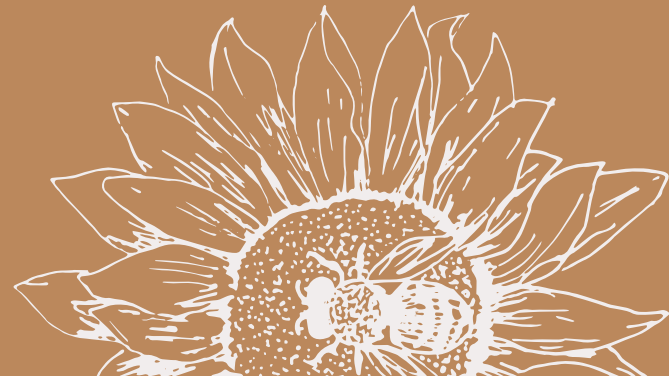
Green appel / Pineapple / Kiwi / Nectarines	18.-
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Le Red Basil Détox

Tomato / Basil / Red pepper / Lemon	18.-
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Le Tonic Détox

Ginger / Lemon / Mapple syrup / Sparkling water	18.-
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The Spa l'Alpage SIGNATURE treatment

Let yourself be carried away by the exclusive ritual of Spa l'Alpage, specially created to pamper you from head to toe. Gourmet ingredients and expert movements for a perfect relaxing moment. Give yourself a luxurious break out of the ordinary.

SCRUB

This ritual begins with an exfoliation with salt from the Alps and Salicornia oil. This Land-Sea mixture eliminates dead cells, detoxifies and softens the skin.

BODY WRAP

The ritual continues with a comforting self-heating mud wrap. This wrap will bring you softness, warmth and comfort.

MASSAGE

To finish this ritual, let yourself be transported by the captivating scent of mountain honey with our signature ultra cocooning massage.

This treatment can be broken down in two ways:

Scrub, wrap and 50 minutes massage	1h50	270.-
Scrub, wrap and 80 minutes massage	2h20	320.-



To complement your treatment

Complementary care to realize after or simultaneously as the initial treatment.

Face care

For Holistic treatment, extend your massage with a facial treatment

20 minutes	80.- instead of 100.-
45 minutes	130.- instead of 150.-
75 minutes	180.- instead of 200.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feet

Hands mask	10.-
Feet mask	10.-
Hands & feet mask	20.-

Acting from the inside

Freshly squeezed Juice

In partnership with Romain, our bartenders offer you a selection of fresh juices that are as good as they are effective to boost the effects of your treatment and prolong your relaxation with a moment of indulgence and delight.

Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Le Sweet Détox

Green apple / Pineapple / Kiwi / Nectarines	18.-
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Le Red Basil Détox

Tomato / Basil / Red pepper / Lemon	18.-
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Le Tonic Détox

Ginger / Lemon / Mapple syrup / Sparkling water	18.-
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Body strategist

Professional cellulite and remodelling solutions

TARGETED REMODELING

By combining science, nature, and technology, we've created a sustainable and effective way to reduce the visible signs of cellulite and firm up the skin.

Body Strategist renews, reshapes, and tones from head to toe with highly concentrated formulas designed by skin care professionals.

les soins Body Strategist

DEEP BODY RENEWAL

A smoothing, nourishing treatment with Tamanu Oil restores tone and hydration. Recommended for skin that needs moisture and elasticity and to combat stretch marks

50 minutes 150.-

MONTALCINO THERMAL MUD TREATMENT

An intensive treatment with thermal waters from Tuscany, algae and essential oils. Recommended for those looking to detox and redefine skin texture.

50 minutes 150.-

3 IN 1 HOT COLD TREATMENT

Combines thermogenic action and high concentrations of Caffeine with vigorous massage and toning. Recommended in presence of cellulite

80 minutes 200.-

BODY ACTIVE MASSAGE

Try this sculpting treatment to boost the effects of your workout and restore hydration. Vitamins, mineral salts and Brazilian Yellow Clay refresh the skin.

50 minutes 140.-

To complement your treatment

Complementary care to realize after or simultaneously as the initial treatment.

Face care

For Holistic treatment, extend your massage with a facial treatment

20 minutes 80.- instead of 100.-

45 minutes 130.- instead of 150.-

75 minutes 180.- instead of 200.-

Hands & Feet mask

Take advantage of your treatment to nourish and hydrate your hands and / or feet

Hands mask 10.-

Feet mask 10.-

Hans & feet mask 20.-

Acting from the inside

Freshly squeezed Juice

In partnership with Romain, our bartenders offer you a selection of fresh juices that are as good as they are effective to boost the effects of your treatment and prolong your relaxation with a moment of indulgence and delight.

Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Le Green Détox

Green apple / Celery / Lemon / Ginger / Tumeric 18.-

Le Water Détox

Water melon / lime / cucumber / mint / Sparkling Water 18.-

Le Tonic Détox

Ginger / Lemon / Mapple syrup / Sparkling water 18.-





Hands & feet treatments

SPECIALIST HANDS CARE

Revitalising and regenerating hand treatment for beautifull and soft hands	35 min 70.-
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With nail & cuticules cares and classic O.P.I. nail polish	50 min 100.-
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SPECIALIST SOIN DES PIEDS

Smoothing and nourrishing care for perfectly soft feet	45 min 80.-
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With nails & cuticules care and classic O.P.I. nail polish	75 min 140.-
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EXPRESS MANICURE

Nail & cuticules cares with classic O.P.I. nail polish	40min 80.-
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Nail & cuticules cares with O.P.I Gel Color	50 min 110.-
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EXPRESS PEDICURE

Nail & cuticules cares with classic O.P.I. nail polish	40 min 90.-
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Nail & cuticules cares with O.P.I Gel Color	50 min 120.-
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POLISH APPLICATION & REMOVAL

O.P.I classic nail polish	30.-
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O.P.I Gel Color	60.-
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Gel Color removal	30.-
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Waxing

Eyebrow, upper lip or chin	15.-
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Half legs	55.-
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Full legs	75.-
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Classic bikini	35.-
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Brasilian bikini	50.-
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Full bikini	60.-
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Armpits	30.-
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Forearms / arms	30.- / 50.-
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Back & shoulders	60.-
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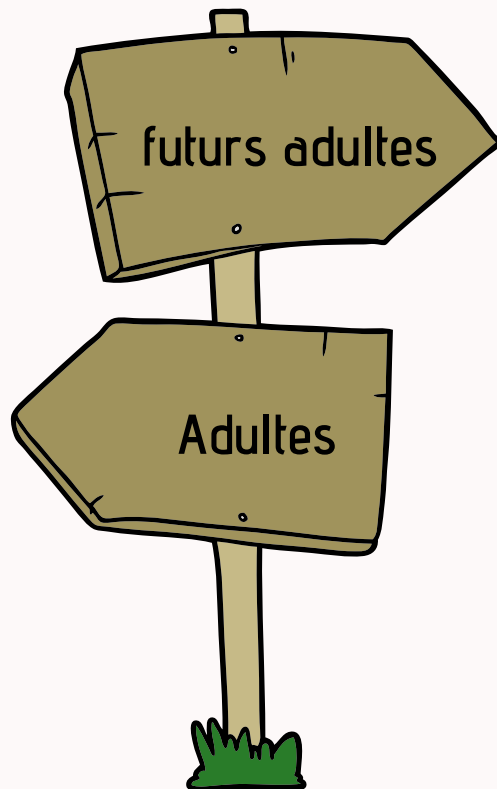
Package : half legs, classic bikini & armpits	110.-
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Package : full legs, classic bikini & armpits	130.-
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Extra brasilian bikini / full bikini	10.- / 20.-
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Attention

*The following pages are stricly forbidden
to grown-ups !*



Children & Teenager's Spa



For the 3 to 9 years old treatments

GOURMET FACE CARE

Facial cleansing with CHANTIMOUSSE cotton candy, Application of a nourishing CHOCODELICE mask followed by a facial massage with SENSIDOUCE cream scented with vanilla and strawberry.

20 minutes 60.-

REST OF THE PRINCES AND PRINCESSES

Soothing massage of the back, neck, arms and legs with NUTRIMIEL balm with a delicious scent of honey and vanilla.

20 minutes 60.-

SWEET DREAMS

Gentle massage of the scalp, neck and shoulders with NUTRIMIEL balm with a delicious scent of honey and vanilla.

20 minutes 60.-

FAIRY HANDS or HAPPY FEET

Hand or foot care with nail filing, massages and nail polish application Maman Va Être Jalouse (can be removed with soap and water). The varnish is offered at the end of the treatment

20 minutes 50.-

Les soins de 10 à 16 ans

EXPRESS FACIAL TREATMENT by Hormeta

A hydrating, soothing or purifying facial treatment personalized and adapted to the skin of young adults

20 minutes 90.-

FACIAL TREATMENT by Hormeta

A hydrating, soothing or purifying facial treatment personalized and adapted to the skin of young adults. (with extraction of comedones if necessary)

45 minutes 130.-

ONE ZONE" MASSAGE

Relaxing massage for the zone you wanted : back / legs / shoulders neck and head / face and head

20 minutes 70.-

RELAXING MASSAGE

Our therapists use their wonderful skills to offer you a tailor-made massage specially made for young adults

50 minutes 120.-

to have more fun

Freshly squeezed juice

In partnership with Romain our barman, we offer you a selection of fresh juices that are as good as they are fun to delight the delicate taste buds of your children. Gluttony and pleasure are waiting for you.

Below is an overview of the juices offered. More choices are available at the bar depending on Romain's Mood and the seasons.

Wonder kid

Orange/ Grenadine 15.-

Crazy Unicorn

Orange / Sparkling water / grenadine / Natural blue dye 15.-

Da'ikidy

Apple / limonade / grenadine/ Basil 15.-

Pina Pirata

Pineapple / Coconut milk / sugar 15.-

A "Grown Up" Cocktail Please!

Sparkling water / Mint / Lime / sugar 15.-

Lovely Apple

Cranberry / "parkling Apple" / grenadine 15.-



Swimming pool & Wellness Area

Access without any treatment

Access to the swimming pool and wellness area is strictly and exclusively reserved for customers of the Hostellerie du Pas de l'Ours and the Hôtel de l'Etrier. It is also possible to access it by booking a treatment of at least 50 minutes (or 140.-)

Access with a treatment of a duration from 50 to 80 minutes

The swimming pool and wellness area are accessible with the reservation of a treatment lasting between 50 and 80 minutes (between 140.- and 190.-); However, you will have to pay a supplement.

Access with a treatment lasting more than 80 minutes 45 min 130.-

With the reservation of a treatment of 80 minutes or more (190.- or more), access to the pool area is offered.

Depending on the number of guests to our establishments, we reserve the right to refuse you access to the pool area despite the reservation of one or more treatment (s)

Rules, hygiene & safety

- Any service not cancelled 24 hours in advance will be fully invoiced.
- Please arrive 10 minutes prior to scheduled treatment.
- In the event of delay on your part, and for the sake of the following appointments, your treatment could be cut short and will be fully invoiced
- **Inappropriate behavior will lead to an immediate cancellation of treatment and full price will be charged.**
- Thank you to respect the silence and tranquility of the Spa area.
- The use of cellphone or any other device that may cause discomfort is prohibited.
- Leave your shoes at the entrance of the pool and wellness area.
- It is mandatory to shower before using the jacuzzi, pool, sauna and Turkish bath.
- Children under the age of 16 are not allowed in the sauna and Turkish bath.
- The use of swimming suit is mandatory in the sauna and Turkish bath as well as a towel to sit on.
- We decline all responsibility in the event of an accident or theft
- The **Bodypass** card is not accepted on weekends, public holidays and during school holidays. Outside of these periods, we reserve the right to refuse the **Bodypass** card during large crowds in our establishments.

Contact

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Direct line from the room
N° 337

Hôtel de l'Etrier
hotel.etrier@bluewin.ch
T. 027 485 44 00
Direct line from the room
N° 117

Le Spa l'Alpage
spa-lalpage@bluewin.ch

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3963 Crans-Montana
Suisse

