



CC  
ÔDESCIMES  
ALTITUDE SPAS

• ENGLISH •

BEAUTY AND CARE RITUALS  
IN OUR MOUNTAINS

CGH

HÔTELS • RÉSIDENCES • SPAS D'ALTITUDE

[www.cgh-residences.com](http://www.cgh-residences.com)

# ÔDESCIMES

## UNIQUE ALTITUDE SPAS

Authentic mountain culture, an expectation of quality, a sense of well-being and the thirst for innovation **are the key ingredients for an unforgettable experience**

### Timeless mountain values

**Authenticity:** Discover the deluxe spa concept rooted in local knowledge that awaits your arrival in unique, authentic locations. Quality treatments inspired by traditional customs with proven benefits, and advice from our expert practitioners will envelop you in well-being...

**Natural:** Enter a pure space where wood, stone and water are combined in perfect harmony. The style and ambience of an Ô Des Cimes Spa offers you the chance to recharge and get back to what matters most. Relax... and try our Treatments made from the gifts of our Mountains.

**Conviviality:** Ô Des Cimes places vast expanses of water at the centre of its spaces, providing a warm, relaxed, atmosphere. Treat yourself to superlative well-being in the skilled hands of our passionate Professionals.



The unique spirit  
of the Mountains,  
made available  
to all

**Ô Des Cimes makes you shine**

Mysteries and Alchemy, Starlight, or Alpine Balm... Discover the benefits of customised care that satisfies your needs and fulfils your expectations.

**Ô Des Cimes drapes your body  
in silky softness**

Renew your skin's softness with sugar, salt, or alpine plant based scrubs. Savour our honey, chocolate, or fango wraps and give in to massages that send you soaring above the highest peaks.

**Ô Des Cimes: the recipe for a dream holiday**

Choose your own Alchemy – choose your own treatment programme from our menu of Rituals, and share the well-being as a family or among friends. Succumb to our packages of three treatments: our Winter Strolls make the ideal gift for a loved one...

**Ô Des Cimes: something new, and youthful**

At the Kids Spa (ages 6 to 12), your children will discover an enchanted kingdom and receive an introduction to the secrets of natural well-being. Just like you, they will fall in love with the original, convivial atmosphere of this authentic space. Teenagers can enjoy the Crystal Shine treatment and individual makeup advice.



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## Treatments

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## Facials



**Starlight (Ô Des Cimes Ritual)** ..... **60 min / €85**

For a face as bright and pure as the snow: a facial treatment with tailor made products and a vitalising mask follow a back massage\* to relieve tension. The ideal package to prepare your skin for radiant makeup.

**Secret of the Peaks (Ô Des Cimes Ritual)** ..... **90 min / €120**

For firm, reshaped skin with redefined contours and a dazzling radiance, our experts reveal the secrets of their craft. Savour the welcome massage\* of carefully selected areas of the body, and your facial muscles will be relaxed before the toning mask is applied.

**Pearl and Silk (by After the rain)** ..... **45 min / €65**

Precious and effective: a gentle treatment using pearls and silk, noble ingredients that are known for their cosmetic properties.

**Mysteries and Alchemies (by After the rain)** ..... **60 min / €85**

A treatment that reverses cell aging: a hi-tech treatment that draws parallels with alchemy – turning base metals into gold.

**Dormancy (by After the rain)** ..... **60 min / €85**

To stimulate deep biological processes of vitality and cellular awakening: and anti-fatigue treatment that provides deep relaxation and complete responsiveness, similar to a state of hibernation.

**The Milky Way (by After the rain)** ..... **60 min / €85**

To fight the ravages of the sun, pollution, and irritations caused by stress: a moisturising, strengthening, and calming treatment that harnesses the exceptional properties of vegetable milks.

**The Botanical Garden (by After the rain)** ..... **60 min / €85**

For a balance and vitality: an experience from the heart of the plant world, where the plants used at each stage of the treatment work to purify your skin.

**The Sublime Treatment (by After the rain)** ..... **120 min / €150**

Discover infinite replenishment: a complete treatment that uses Silk and Pearls, ingredients with proven properties, and includes a back massage\*, a double scrub, a paraffin bath for the hands, and dyeing of the eyelashes and eyebrows.

# Care Rituals for Him

We recommend that you shave before the facial, and you are advised against using the hammam following waxing.

## Scented Waterfall

(Ô Des Cimes Ritual) ..... 30 min / €45

For skin as smooth and clear as crystal: a cleansing and purifying facial based on mountain plants. Works in less than one hour.

**Alpine Balm (Ô Des Cimes Ritual) ..... 45 min / €65**

Repairs, nourishes, and calms skin irritated by daily shaves and cold weather: a calming facial, a relaxing face massage\*, hand massage\*: a moment of genuine well-being after a day in the mountains.

**Summit Sun (Ô Des Cimes Ritual) ..... 45min / €65**

For firm features and smooth skin: a dynamic facial that provides rapid firming to reduce wrinkles and slackness.

**Hand Comfort (Ô Des Cimes Ritual) ..... 30 min / €30**

To repair dry hands after a day in the mountains: a treatment for men that includes exfoliation, massage, and a manicure.

## Masculine Waxing

Back ..... €35

Torso ..... €35

Shoulders..... €18



\* Our massages are not therapeutic.

# In the words of a Champion

Gold Medallist in Men's Downhill at the Turin Winter Olympics in 2006, Antoine Dénériaz is Ô Des Cimes' new ambassador. As an elite sportsman and diligent mountain man, Antoine knows the importance of relaxation after an intense day at altitude better than anyone. Here he shares his experience with you...

## Skin Protection and Repair

« Take precautions against reflected UV rays: they are stronger than those reflected by the sea. Use high protection sunscreen such as SPF 50 and reapply it regularly. Come the evening, nothing is better than a hydrating and nourishing Alpine Balm facial to repair tight skin ».

## Form and Tone

« Exposure, cold and physical effort entail different and greater nutritional needs. This is not an invitation to gorge yourself on fondue or other fatty foods. If you can't resist the culinary specialities of the Savoy, then a Fango wrap is perfect for you. Fango is a detoxifying mud that keeps you in form and helps you to stay light on the slopes ».

## Relaxed Muscles

« To tone your muscles and avoid aches and pains, discover the Ô Des Cimes Altitude Spas. Massage experts provide custom body care. My secret for staying at the top: a toning and relaxing massage\* every other day.

To optimise your recovery, reserve your Champion Treatment for Sunday, Tuesday and Thursday, for example ».



# Care Rituals for a Champion

## Antoine Dénériaz Champion Treatment

(*Ô Des Cimes Rituel*) ..... 60 min / €90

To relax all of your muscles and be ready to hit the slopes: a treatment designed by Antoine Dénériaz that includes stretching and a toning full-body massage that uses a warm elixir based on ginger.



## The feet in the clouds

(by After the rain) ..... 30 ou 60 min / 60 or €90

To stimulate circulation in the legs: a draining massage\* followed by a cooling gel spread from your plantar arch to the hip.

## Relaxing in the high pasture

(by After the rain) ..... 30 ou 60 min / 60 or €90

To soothe the back: an anti-pain massage\* especially for the back, accompanied by a scrub and foaming mud applied to the spine.

## The Champion's Energy Package: 3 Treatments by Antoine Dénériaz ..... €220 (instead of €270)

To optimise your recovery and stay in Olympic condition for the duration of your holiday: 3 « *Champion treatments* », spread across 3 evenings after a day spent on the pistes. For example, treatments on Sunday, Tuesday, and Thursday will let you make the most of your physical potential. It is best to book as soon as you arrive.

\* Our massages are not therapeutic.

# Care Rituals for the Body

Delicious Massages\* : 30, 60 or 90 min

## Introduction to massage ..... 30 min / €60

Discover the benefits of massage: a quick anti-stress ritual with scented massage oils, targeting areas of the body you choose yourself: face/neck/chest, feet and calves, scalp and neck... the choice is yours.

## Enchanted Flame

(Ô Des Cimes Ritual) ..... 60 ou 90 min / 90 or €120

A candle massage with restorative properties and delicious aromas. The massage is performed by candlelight in a magical atmosphere (natural wax with a low melting point: no risk to your skin).

**Source de Névé** (by After the rain).... 60 ou 90 min / 90 or €120

A foaming mud treatment that removes toxins all the way along the spine and a warming balm and Fango wrap is followed by a detoxifying massage\* with essential oils.

**Fireside** ..... 60 min / €90

True physical and emotional balance: a relaxing massage\* that harnesses the energy of volcanic rocks.

**Renaissance** (by After the rain)..... 90 min / €120

Melts tension away: a massage\* with essential oils and pouches of herbs with beneficial properties, followed by pressure applied to your chakras.

**Edelweiss** (by After the rain) ..... 90 min / €120

Total body treatment: a scrub and massage with regenerative and moisturising qualities (new treatment and protocol from After the Rain).



## Indulgent Scrubs

(by After the rain)

A scrub is an ancient treatment that leaves the skin as smooth and soft as satin. Made as needed from fresh ingredients, these scrubs satisfy your senses with opulent sensations.

**Pure Delight** ..... 45 min / €55

Purifying (brown sugar and grape seed oil)

**Cocoa** ..... 45 min / €55

Indulgent (brown sugar, cocoa bean crumbs, and vegetable oil)

**Alpine** ..... 45 min / €55

Elimination (Bex salt, alpine plants)



## Warm wraps

(by After the rain)

After the Rain offers a choice of 3 treatments with different scents and textures, that will envelop body and mind in a cocoon of soothing warmth: the promise of complete relaxed muscles.

**Honey** ..... 45 min / €55

Regenerative and nourishing

**Cocoa** ..... 45 min / €55

An indulgent pleasure

**Fango** ..... 45 min / €55

Detoxifying



\* Our massages are not therapeutic.

# Packages for Body & Mind

## Alchemies

Compiled by you from our menu of Care Rituals, Alchemy is a well-being package to be shared with family or friends (max. 4 people aged 18+).

Relaxation Bubble .....	4H00 / €320
Snowball fight .....	6H00 / €420
Family cocoon .....	8H00 / €520

## Winter Strolls


A Winter Stroll is a combination of 3 treatments tailor made for one person, to be enjoyed in a single afternoon or over 2 or 3 days: €210 (instead of €230 menu price).

**Alpine Clover** is the winning combination of restorative treatments to leave you with baby-soft skin:

- « *Mystery and Alchemy* » facial 60 min
- + « *Pure Delight* » body scrub 45 min
- + « *Edelweiss* » nourishing body massage 60 min

\* Our massages are not therapeutic.





**Crystal Zephyr** is a package for vitality. These treatments fill you with all the energy and vivacity you could ever need:



« *Botanical Garden* » facial 60 min

+ « *Alpine* » body scrub 45 min

+ Energising « *Champion Treatment* » 60 min

**Candlelight** will lull you with soft light and the captivating warmth of massage candles, with your skin in perfectly safe hands:

« *Starlight* » facial 60 min

+ « *Pure Delight* » sugar scrub 45 min

+ « *Enchanted Flame* » body treatment 60 min

**Soft Cocoon** caters for mothers-to-be or young mothers, its custom treatments leading to slow relaxation:

« *Milky Way* » facial 60 min

+ « *Cocoa* » wrap 45 min

+ « *Renaissance* » treatment 60 min

# Beauty Treatments

## Waxing

Half legs or arms.....	€25
Full legs .....	€ 40
Standard Armpit or Bikini Line .....	€18
High-cut bikini line.....	€30
Lips or eyebrows.....	€15
Full Face (lips and eyebrows).....	€25
Full body (full legs, bikini line, armpits) .....	€65



## Hands and Feet

Soft Hands or Feet.....	60 min / €55
A comforting ritual that includes exfoliation, a full massage, and a generous mask that repairs your skin.	
Reflexology of Hands or Feet.....	30 min / €40
Light, but deep pressure is applied and the variety of different sensations soothe your hands and feet (treatment intended for relaxation purposes only).	
French manicure or nail polish.....	20 min / €20



## The secret to an intense gaze even in the snow

Eyelash or eyebrow colouring.....	€18
Eyelash and eyebrow colouring .....	€30



## Radiant Makeup

Natural beauty makeup .....	20 min / €20
Professional makeup for the stylish lady.....	45 min / €45
A Woman's Secrets (custom makeup class).....	60 min / €55



# Unique Care Rituals in unique places

Combine your treatment with the benefits of one of our equipment that can be used to slim your figure or to simply get away from it all...

## Cellu M6\*

The lipomassage choice of professionals...

1 session :	€40
5 sessions :	€180
10 sessions :	€350

## Slimming package

Any scrub

- + Cellu M6 session
- + « Feet in the clouds » 30 min.



## Jet Spa \*\*

Warming cocoon ..... €25 per session

## Energising package

Jet Spa

- + Any scrub
- + « Source de Névé » 60 min



## Spa Bath\*\*\*

Custom Bath Ritual ..... €25 per session

## Replenishing package

Choice of body scrub

- + Bath (custom bath with essential oils)
- + « Fireside » massage 60 min



\* Service available at the following spas:  
Bourg Saint Maurice

\*\* Service available in following spas: La Rosière,  
Ecrin di Val Claret in Tignes, Saint Martin de Belleville

\*\*\* Service available in the following station: Sainte Foy



# Well-being Rituals for Two\*

With friends, family, or as a couple:  
take a break to savour our massages.

**Tandem « Enchanted Flame »  
(Ô Des Cimes Ritual)..... 1hour 15min  
/ €105 per person.**

For a feeling of well-being and deep muscular relaxation: a massage with natural wax candles nourishes and softens your skin (wax with low melting point is safe for skin).



**« Under the Covers » Tandem  
(by After the rain)..... 1hour 15 min / €105 per person.**  
Share a moment of soft, calming break after a day spent in the snow: a massage with warm sweet almond oil.

**« Tell me a story » Tandem**  
Parent/Child Duo Massage  
Child..... **45 min / €60 per person.**  
Parent ..... **45 min / €85 per person.**

For the child, a « *Sandman* » massage  
(by After the Rain) with sweet almond oil.  
For the parent: a full-body massage

**Original : Raindrop massage with 4 hands...**  
Exclusive After The Rain massage  
(by After the rain)..... **60 min / €160**  
Available only in the Nevada\*\*\*\* Suites in Tignes.



\* Services available in our spas in Tignes, Les Ménuires,  
Le Grand Bornand.

# Well-being Rituals for under 18s

**Teenager Exclusive** (13 to 18 years)  
(Ô Des Cimes Ritual)

## **Chrystal Shine facial**

Detoxifying and purifying treatment based on alpine plants..... **45 min / €45**

## **Makeup Secrets**

Custom tips with natural makeup ..... **45 min / €35**



## **The Kids Spa** (ages 6 to 12)

(by After the rain)

More than feeling magical, these treatments will make your children aware of their bodies and teach them how to take care of themselves. The treatments are shortened. During massages, the pressure applied and products used are adapted to their skin.

**Sandman** ..... **30 min / €40**

Massage with sweet almond oil

**Twinkling Star** ..... **30 min / €40**

Introduction to facials

**123 Sun** ..... **45 min / €50**

Mother/Daughter manicure

**Softly Softly** ..... **30 min / €30**

Soft sugar scrub

**Chocolate wrap** ..... **30 min / €40**

A chocolate body wrap



\* Our massages are not therapeutic.

# Peaceful & Calming Rituals

Our massages are for well-being and relaxation purposes only and are not medical treatments.

## Time to take your time...

To get the schedules that suit you best, we advise you to make your reservations upon arrival. Please arrive 15 minutes before your apartment is available. We also advise you to leave your jewellery and mobile phone in your apartment.

## Reservations, Cancellations, and Delays

Please cancel bookings 48 hours in advance to avoid being billed. If you are late, your appointment will be shortened so that it does not cause delays to the whole schedule. Bathrobes and bath sheets given to you are for use only in Ô Des Cimes spas.

## Let us know!

Don't hesitate to share your wishes, needs, and appreciation with us. Dialogue with our beauty therapists will help us adapt our treatments to meet your expectations. Send any suggestions or comments to [info@odescimes.com](mailto:info@odescimes.com)

Find the details of our Ô Des Cimes Spas at: [www.cgh-residences.com](http://www.cgh-residences.com)

**Come and discover our gift cards.** Treat your loved ones by offering them an **unique sensory experience.** Our gift cards are available at the Spa reception and are valid in any Ô Des Cimes centers.

