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S P A

# AMAN SPA

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.

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 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 & coordination. Personal training 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

## OUR PHILOSOPHY

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.

## A NEW SPA LANGUAGE

Ancient healing arts such as 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.

## EARTH'S APOTHECARY

Aman's new line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds. Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states. Grouped into three unique formations that reflect three healing pathways back to wellness - Grounding, Purifying and Nourishing - the products contain ingredients with a molecular vibrational energy that works in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long lasting results.

## UNDERSTANDING ENERGY

The idea of life force or life energy is very common in traditional healing systems. In TCM 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 in 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 SIGNATURE TREATMENTS

The Aman Spa Signature Menu, available at every Aman Spa destination around the world, reflects the Grounding, Purifying and Nourishing formations of the Aman Spa product range. There are four treatments available within each formation: Massage, Body Polish & Wrap, Face Ritual, and the Journey – encompassing all three treatments to greatly amplify their effects. Each treatment is tailored to the individual to target specific concerns and help attain personal wellness goals.

# 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 foot ritual, 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 Body Polish & Wrap 80 minutes

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 Massage 80 minutes

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 Face Ritual 80 minutes

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 170 minutes

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.

# PURIFYING

*For those seeking lightness, breathing space and a fresh start*

A powerful detoxifier and metaphysical cleanser, this formation holds the spiritual energy of vitality, stabilising the heart and mind, easing restlessness and energising the body. Negative thought patterns are purged, while physical benefits include cleansing and brightening, giving skin a new lease on life. Key ingredients include palo santo, sandalwood, juniper berry, rose geranium, raw honey, pearl, quartz, and argan stem cells - chosen for their anti-ageing and purifying characteristics. Techniques include a foot ritual, lymphatic drainage, nerve point therapy, and nerve stimulation.

Recommended for treating bloating, low energy levels, dull skin, thyroid problems, post-illness exhaustion, headaches and migraines, as well as feelings of stagnation, heaviness and confusion.

## Purifying Body Polish & Wrap

80 minutes

Reviving spirits, toning the skin and inducing a state of peace, this ritual incorporates quartz known as a master healer for its amplification of energy levels. Seaweed fucus oil, raw honey and essential oils are also applied, stimulating circulation and lymphatic drainage. The meditative marine flora mud wrap includes deep-cleansing kaolin, mineral-rich sole, and sea lavender and seaweed for boosting collagen levels. The treatment ends with the full-body application of Palo Santo Salve.

### Benefits

- Detoxifies the lymphatic system and boosts immunity
- Reduces swelling and improves skin tone and texture
- Increases energy levels and mental clarity

## Purifying Massage

80 minutes

This deeply relaxing yet revitalizing treatment incorporates manual lymphatic drainage techniques and nerve point therapy on the back to balance the nervous system and promote the flow of waste products away from the tissues. The pressure applied is significantly lower than in conventional massages - but powerful in its effects. The use of arnica, palo santo and seaweed oils stimulates circulation and encourages the release of negative energy and toxins.

### Benefits

- Removes toxins and regenerates tissue
- Aids lymphatic drainage, reducing swelling and cellulite
- Increases immunity and eases muscle spasms

## Purifying Face Ritual

80 minutes

This tension-releasing treatment is extremely beneficial for those exposed to urban pollution, combining nerve point therapy and lymphatic drainage to provide a detoxifying release. Lymphatic massage stimulates the glands on the chest, neck and face, resulting in glowing, toned skin, while key ingredients include brightening pearl, regenerative homeopathic copper, and powerful marine extracts that strengthen collagen production.

### Benefits

- Hydrates, brightens and firms skin
- Drains the lymph and releases tension
- Detoxifies to reduce the effects of pollution

## Purifying Journey

170 minutes

This Journey targets purification on every level, from clearing the skin and detoxifying the body's organs, to removing negative energy and focusing the mind. All three Purifying treatments are applied, beginning with the Body Polish & Wrap, followed by the Massage, and ending with the Face Ritual - leaving guests clear-headed and at peace.

# NOURISHING

*For those seeking regeneration, recuperation and healing*

Holding the spiritual energy of love, this powerful formation encourages reconnection with the self through the healing of emotional and mental wounds. It leads one towards self-acceptance, enabling individuals to be their most real and best selves, while simultaneously restoring and rejuvenating the body on a physical level. Key ingredients include Jasmine stem cells, sandalwood, vitamin B12, fresh royal jelly, jade crystals, silk and gold. They have all been chosen for their powerful regenerative abilities, fostering a meditative state and feelings of joy. The techniques used in this Formation are geared towards healing. They include a foot ritual, a chakra-balancing massage, mantra music, marma point therapy, and the Light Technique - based on the shamanistic principle that luminosity is generated from three points on the face.

Recommended for treating lackluster skin, the signs of ageing, anxiety, chronic fatigue and emotional stress, as well as feelings of disconnection, grief and discontent.

Nourishing Body Polish & Wrap

80 minutes

Encouraging the body to enter a phase of deep rest, this nutrient-rich ritual includes Jade powder known to hydrate, tone and rejuvenate - in both the polish and wrap. The polish also contains healing calendula oil, restorative amethyst powder, essential oils and Himalayan salts that soften the skin. The mud wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. The treatment ends with the full-body application of Sacred Heart Balm.

Benefits

- Boosts the lymphatic system and restores the nervous system
- Feeds skin while improving tone and texture
- Imparts a sense of being nurtured and held

## Nourishing Massage

80 minutes

This blissful, nurturing treatment is ideal for physically or emotionally exhausted souls. The use of marma point therapy brings the body back to a state of heightened awareness and balance, while rhythmic massage techniques ease muscular tension, imbuing a sense of complete restoration. The use of sound healing activates the kundalini - dormant energy stored at the base of the spine.

### Benefits

- Relieves exhaustion, stress and chronic fatigue
- Reduces anxiety and deeply relaxes
- Balances the energy body and emotions

## Nourishing Face Ritual

80 minutes

This brightening, moisturising treatment calms and rejuvenates through the use of honey, rosehip, wheat germ, cactus oil, jasmine stem cells and silk. Combined, they work to soothe and brighten dull or irritated skin. This facial also invites relaxation by stimulating the flow of prana - described as the universal life force that enters the body via easy breathing. Skin is left looking truly radiant through the application of the Light Technique, focusing on the forehead, septum and throat.

### Benefits

- Hydrates, soothes and feeds the skin
- Treats rosacea and dermatitis
- Improves the look of scarring and pigmentation

## Nourishing Journey

170 minutes

This Journey serves to combine the many forms of nourishment into an immersive experience that touches every aspect of the individual - beginning with the Body Polish & Wrap, followed by the Massage, and completed with the Face Ritual. Each treatment builds on the one before, leaving the guest feeling reconnected and rejuvenated.

## LE MELEZIN TREATMENTS

### Le Melezin Signature

110 minutes

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

Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to address your 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.

### Deep Tissue Massage

50/80 minutes

Deep tissue massage uses firm pressure and slow strokes to reach deeper layers of muscle, fascia (the connective tissue surrounding muscles) and tendons. As well as relieving chronic aches and pains and contracted areas such as the back, neck, shoulders and legs, it also increases circulation and helps to detox the body and balance the mind

## 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 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

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. Uniquely relaxing yet energizing, it is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

## Thai Herbal Compress

50/80 minutes

This treatment includes Lu Pra Khob, 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 while the tailored massage techniques with warm oil will soothes muscles and relieves tension.

## 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 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.

We recommend adding one of the following treatments to your choice of massage:

- 30 minutes scalp massage as it helps to improve circulation of blood to the head & face
- 30 minutes relaxing foot massage with acupressure for energy and rejuvenation.
- 30 minutes hydrating facial

### Alpine Facial Boost

50 minutes

A treatment to give your skin a refreshing hydration boost, this facial helps protect against the Alpine elements. This pampering holistic facial includes a relaxing massage of the face, shoulders and neck. This beautiful anti-ageing and lifting facial will leave you and your skin feeling refreshed, calm and rejuvenated.

# FINISHING TOUCHES

## Aman Manicure

Release tension from the hands and restore a noticeably younger, smoother appearance with this blissful combination of scrub, balm and relaxing hand massage. Treatment ritual: exfoliation and soak, massage, balm application, manicure and optional your choice of nail polish.

## Aman Pedicure

A relaxing treat for tired feet, comprising an energizing and detoxifying scrub and soak. Gentle foot massage follows to stimulate the vital energy and to soften the skin. Treatment ritual: exfoliation and soak, massage, cream application, pedicure and optional your choice of nail polish.

## Nail Polish Change

Time is depending upon the condition of the nails

## Waxing

- Lip/ Chin/ Underarm
- Bikini
- Brazilian/ Hollywood
- Half Leg/ Full Leg
- Half Arm/ Full Arm
- Men Back/ Men Chest

## PHYSICAL AND MENTAL WELLBEING

Yoga Session

60/90 minutes

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*

Personal Training

Can be arranged by appointment. Please inform the spa reception.

# REMINDERS

## Operating Hours

The Spa operates from 9am to 9pm daily. Sauna and hammam are open from 11am to 9pm and swimming pool is open from 9am to 9pm daily. Children must be supervised by parents at all times. The Fitness Centre is open 24 hours, Sports shoes are required in the gym.

## Appointments

We highly recommend booking your treatment in advance to ensure that your preferred time and service is available. Non-residents are welcome for spa treatments between 10am-3pm upon reservation only and 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.

## 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.

## 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.

## 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.

## 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.

## 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.

## 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 Aman 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. For the ages of 13-18 a parent or guardian must accompany the child in the treatment room for the entire treatment and a waiver must be signed.

## Pricing

All prices are nets and include taxes and service. 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.

Prices are subject to change without prior notice.