



MASSAGE AND WELLNESS

MASSAGE TO RENEW YOUR BODY AND SOUL

Prices are per person with a minimum of 1hr booking:

1 hour treatments are €110 per hour unless otherwise stated

All massages will be tailored to your needs. Choose one of the treatment below or simply let us know your request and we will book a therapist best suited to your needs.

Upper or Lower Body Restore Massage

Deep Tissue Massage & Sports Injury for the Upper Back, Shoulders and Neck or Legs and Gluteus.

Relaxing Holistic/Swedish Full Body Massage

A soothing full body massage focusing on your well being – mind, body and spirit. This treatment will improve your circulation and relax tight muscles. You will feel a deep sense of relaxation aiding your body's own natural healing potential.

Technical Sports & Remedial Massage

Includes myofascial release, soft tissue release, neuromuscular massage techniques. Enhances your unique body structure & movement patterns as relevant to your lifestyle and sports. Improves posture, alleviates muscle and fascia restrictions and tensions, and helps prevent injury while reduces muscle fatigue.

Relax & Rebalance Massage

A restorative massage that relaxes and invigorates the body and mind. Relieves aches & pains and reduces stress. Combines and includes soothing Swedish or regenerative Thai massage techniques.

Geothermal Energy & Hot Stones Massage - €150 for 90 minutes (min 2 people)

Geothermal Energy Massage (using heated basalt & chilled marble) and classic Hot Stones Massage offers ultimate relaxation and rejuvenation for body and spirit. Your senses will be mesmerised while your aches eased.

Indian Head Massage

Clothed and seated massage for shoulders, neck, head & face. A gentle but powerful treatment that is relaxing, de-stressing & relieves tension across the entire body.

Craniosacral Therapy

Offer your body a chance to facilitate its own self healing system. The body is capable of a lot more than you realise. Ideal for trauma, injury, anxiety, stress, depression, body relaxation and more. It is like no other treatment you have ever experienced. Tuning in to the core rhythms of your body with the lightest of touch you will sense a deep relaxation to say the least.

Pregnancy Massage

Full body massage to aid circulation, mobility & relaxation. Gentle energy techniques to help mother & baby relax & connect. Dedicated pregnancy massage is available during all three trimesters.

Physiotherapy Injury assessment and initial treatment

Injury Treatment:

Strapping to protect injured tissues and minimise further damage, reduce pain and improve range of movement. Manipulation and soft tissue release to improve mobility and reduce pain. Advice on severity of injuries and recommended recovery times. Dry needling and ultrasound.

Injury Prevention:

A personal programme of warm-up and warm-down exercises. Strapping to protect injured and vulnerable tissues. Pre and post sports massage to mobilise joints and release soft tissue.

BEAUTY TREATMENTS

Facial Treatment - 60 minutes €100

Treat yourself to this truly indulgent and luxurious facial. A deep cleansing treatment with exfoliation leaving your skin rejuvenated and refreshed. At the heart of the treatment the therapist will apply a face mask followed by a scalp, arm, neck and shoulder massage. The Chamonix luxury facial is customised to suit all skin types, intensely brightening dull uneven skin tones, revealing a luminous clear and pure complexion. A customized facial for all your skin concerns or needs. The therapist will discuss the best course of action to address all your needs.

Anti-Ageing Facial

An intense treatment to nourish and re-hydrate tired skin with Lodesse organic cosmetics. Following with a kobido massage (Japanese style). Using some accu lifting needles on your face, to drain the skin of toxins, after this treatment your skin will feel rejuvenated and vibrant.

Accupuncture

Treatment for stress and pain to reach your requirements.

Foot Reflexology

To balance your bodies energy flow

Lotus Massage

A head, face and good for your soul, massage to help release the stress. We will choose the appropriate essential oil for you at the start of the treatment.



YOGA, PILATES AND PERSONAL TRAINING SESSIONS

We can arrange private or group yoga, pilates, and personal training sessions at the chalet for you with one of our trusted fitness professionals. Every class and personalized training session that they teach will be carefully selected and tailored to your requirements.

Prices on application.

We are also able to provide the following pregnancy and post natal yoga sessions.

Pregnancy Yoga

Pregnancy Yoga provides women the opportunity to connect with their body and adapt to the changes that they are experiencing. The principles of yoga include balance, awareness and respect. The yoga postures and movements will help create more space for the baby and may help to alleviate many pregnancy discomforts. Women are empowered to feel confident in their ability to give birth. Each class ends with a guided relaxation helping to release tension throughout the body and allowing the mind to become still. Both mother and baby are nourished and energy is renewed.

Postnatal Yoga

Postnatal Yoga gives new Mums the opportunity to do something for themselves. The class focuses on Mums reconnecting with their body after pregnancy and birth whilst babies watch, sleep, feed or even get involved. There is an emphasis on strengthening the pelvic floor and abdominals along with specific stretches to release tension in the neck, shoulders and back due to carrying and feeding babies. Exercises for spinal and pelvic alignment will encourage better posture and may relieve common aches and pains of new mums. Mini relaxation practices will help Mums to feel refreshed and energised. Postnatal yoga needs to be flexible and adaptable so that both Mums and babies needs are met during the class. Suitable from birth until baby is mobile.

Baby Yoga with parent or carer

Baby Yoga is all about practicing yoga with your baby. Babies bodies are flexible and unfolding and they have open hearts and minds. They develop through communication and interaction. Yoga provides the stimulation of touch, movement and rhythm whilst also enabling stillness and relaxation.

The loving handling of babies during a yoga session and the shared enjoyment of the experience for both the parent/carers and baby promotes early bonding and creates a secure and happy foundation of well-being. Suitable from 3 months-approx 1 year.

OUR THERAPISTS & YOGA INSTRUCTORS



Rosie Kelly

Rosie has enjoyed years of bodywork experience working with a wide variety of people. Having set up her business in Bristol in 2015 after gaining her level 5 diploma in Sports and Remedial Massage, her focus has been in treating musculoskeletal complaints. She also loves providing treatments to relieve the symptoms of stress, and aiding relaxation and tackling discomfort for those going through pregnancy. Rosie also teaches Vinyasa Hatha Yoga in a 1-2-1 or group setting. Her classes are suitable for all levels and can be focused towards specific areas of interest.

Remedial & Sports Massage
Über relaxing holistic massage
Pregnancy Massage
Vinyasa Hatha Yoga

Suze

Suze has over 1200 hours of intensive training in massage workshops across the world so she can use many techniques to design a massage specifically for you - anything from a performance enhancing sports massage to complete relaxation. Suze also has a clinic in Chamonix centre where she offers massage and a postural alignment therapy which specialises in connective tissue release.

Sports Massage



Hannah Fletcher

Hannah is a qualified massage therapist. In 2012 she set up her own business 'Progression Fit LTD' in Chamonix. She is a health and wellbeing coach delivering personal training, wellness programmes and sports therapy massage.

Sports/Deep tissue Massage therapy
Hot stone massage
Indian head massage
Facial treatments



Naama

Naama specialises in sports massage. She is a certified physiotherapist, and can provide treatments after injuries, sporting activities or just to relax.





Mike and Debbie

Mike and Debbie are British trained and qualified Chartered Physiotherapists each with over 15 years' experience gained in both teaching hospitals and private practice. They have worked with sports people of all levels, most recently with runners of the "Ultra-trail" 168km race around Mont Blanc, GB tri-athletes, local ski, snowboard and mountain guides. As qualified Chartered Physiotherapists they can assess and provide appropriate treatment for sports and other injuries. Having a wealth of experience in helping people recover from skiing and snowboarding injuries, helping you to get back on the slopes as quickly as possible.

Physiotherapy Injury assessment and initial treatment
Upper or Lower Body Restore Massage

Ruth Martin

TEC Level 5 Diploma in Sports & Remedial Massage as well as Deep Tissue Massage and Integrated Myofascial Therapy (Myofascial Release). She has a degree in Philosophy from Edinburgh University and studies fascia and integrative anatomy. For nearly a decade, Ruth has provided sports massage to an array of high performance athletes and amateurs from extreme skiers, ultra-runners and road cyclists in Chamonix to city-based-business-people to track athletes at the Commonwealth Games, not to mention professional musicians and performers.

Geothermal Energy & Hot Stones Massage
Relax & Rebalance Massage
Indian Head Massage
Technical Sports & Remedial Massage
Upper or Lower Body Restore Massage
Pregnancy Massage



Claire Janigo

Claire specialises in recovery treatments with the intention of restoring body alignment and relieving discomfort allowing you to fully enjoy your mountain experience. Through a combination of deep tissue massage, trigger point therapy and myofascial release she provides a unique and tailored treatment. While firm pressure is her strength, relaxation and muscular comfort are still the ideal goal.

Lisa

Lisa has been a yoga teacher for 12 years, she offers a dynamic Vinyasa yoga, Hot 26&2 sequence, or a gentle relaxation and meditation yoga practice. A yoga session with Alps Yoga is a great way to unwind the body after a day in the mountains. After a physical dynamic challenge you are going to love the benefits which are about to come. Regardless of your age or level of fitness, enjoy the journey to a healthier, more relaxed you with Alps Yoga during your vacation.

Yoga



Mariza Smith

Mariza has been teaching yoga since 2008. Her style reflects her experience - fundamentally a vinyasa flow practice which is adapted to suit each individual student. Since graduating as a gait therapist in 2012, she is passionate about advanced anatomy and uses her skills to identify misalignments and pain centres in the body, using simple yoga based exercises to help the body rebalance.

Yoga

Elin Price

Qualified pilates instructor and personal trainer. Elin has worked with a number of clients, from athletes to business professionals, to busy parents. If you are looking for a gentle exercise session, rehabilitation, specific sport event training program, she can assess your needs, any injuries and work with you to design the best program.

Pilates
Personal Training

