



OUR CARE SIGNATURE

- Inspired by our region -



THE RITUAL FROM ANNIVIERS

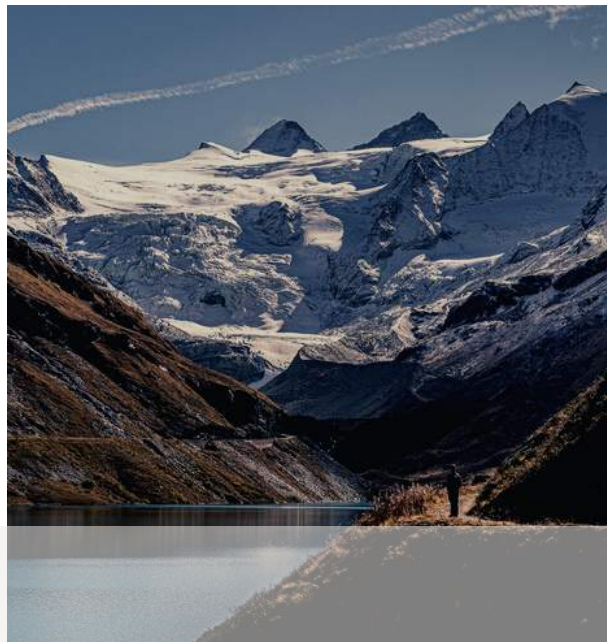
The idea of offering you the “Rituel d’Anniviers” came to me quite naturally. By dint of walking in the mountain pastures in the company of Rose, my favorite herbalist, I understood that we could not remain indifferent to the richness of the surrounding nature.

So many treasures hidden here and there, on the edges of the paths or in the flowery meadows. In particular, yarrow won us over with its sanitizing and astringent properties. It is picked from the first days of summer in large decorative bouquets. Once the flowers have faded, we dry them upside down and keep them carefully in our attic away from light and humidity. This is where our reserves are to supply our spa until the next season. During the exfoliation with yarrow, our therapists only use the tops with small seeds that roll gently under the hand for a very gentle exfoliation. It is said that bouquets of yarrow hanging above the bed bring happiness to couples for 7 years!

Then, the clay of the Moiry glacier is so beneficial for the joints. When I was a child, we brought it to my grandfather to make poultices to soothe the pain in his knees. The water flowing under the glacier is rich in mineral particles, which are naturally deposited in a small lake formed at the foot of the glacier. When autumn comes, equipped with small shovels, barefoot, we fill our buckets to build up our reserves for the winter. We take advantage of the gentle rays of the sun to dry this precious glacial clay in thin layers, which will then be hydrated again and used for the wrap during the Ritual of Anniviers.

The last phase of this ritual gives pride of place to the alpine flora. Who would have thought that nature is so generous and that we can find everything our skin needs there? Rosehip petals, wild pansies, vulnerary anthyllides and plantain are picked in the summer by our little hands and delicately dried on large sheets in the attic. In the off-season, we take the opportunity to make small flower purses that will be soaked in hot grapeseed oil to release their amazing virtues during a gentle massage.

Anne-Françoise Buchs, creator of natural treatments



THE RITUAL FROM ANNIVIERS

*A moment of relaxation to recover from
muscle and joint tension*

10'

Steam bath with pine scents to relax your skin

25'

Yarrow scrub

25'

Wrapping in the glacial land of Moiry.
Soothes muscle pain

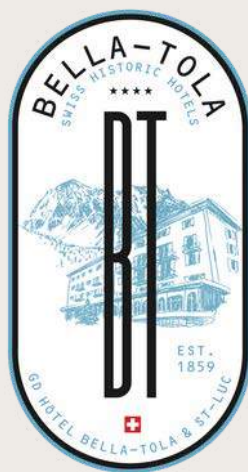
50'

Relaxing massage with Anniviers flower
pouches, a mixture of aromatic flowers
from Anniviers

&

An infusion of fresh thyme from our garden, with
antiseptic properties, ideal to help heal lung disease

Sfr. 250.- / 110 minutes



Val d'Anniviers
CH – 3961 St-Luc
www.bellatola.ch
bellatola@bluewin.ch
027 475 14 44

L'Ô DES CIMES – SPA D'ALTITUDE – 1652 MÈTRES