

# THE PROMISE OF WELL-BEING

## *Spa Menu*

*Spa d'altitude L'Ô des Cimes 1652 m.*

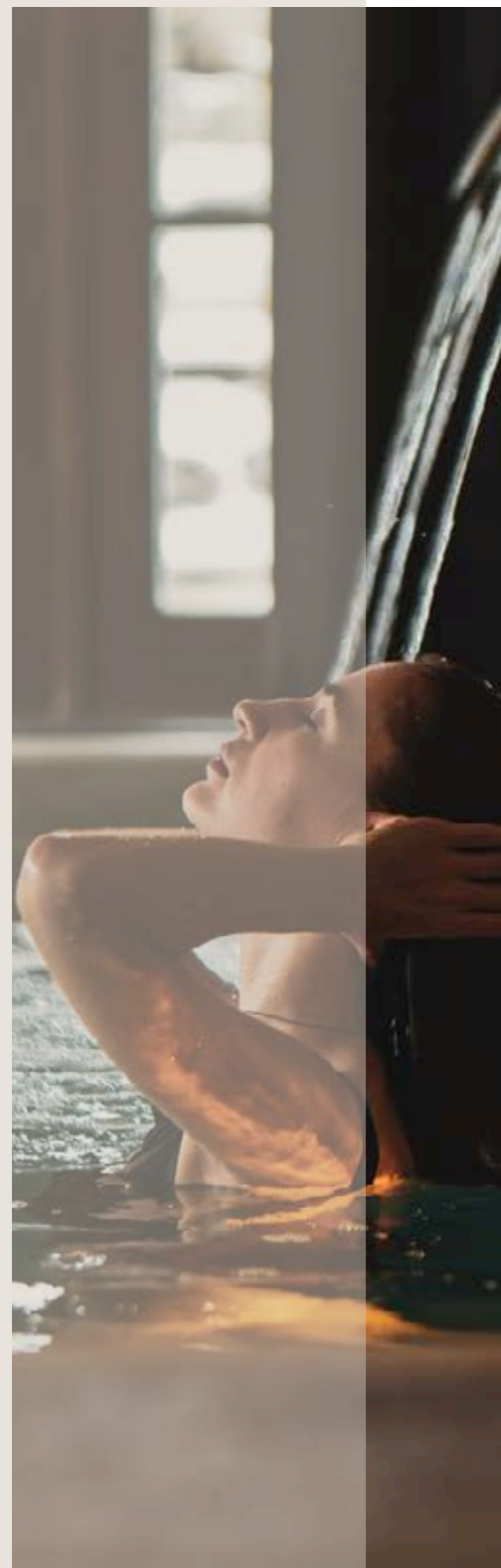


*Gd Hôtel Bella-Tola & St-Luc  
Val d'Anniviers  
3961 St-Luc*



# SPA MENU

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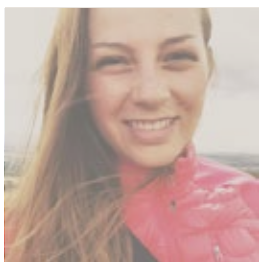
# ALPINE RETREAT

*Tucked away in this Alpine retreat, is “L’Ô des Cimes” our luxurious high altitude spa of 200m<sup>2</sup>, where the delights of nature are celebrated. In the choice of materials, noble and seductive, a juxtaposition of styles is on show :*

*dark and limpid, pebble rugs, dressed stone walls, animal skin cushions, hunting trophies, anything and everything to feed the soul.*

*Panoramic terraces facing the snow-capped, 4000m peaks extend the spa outside, for a total immersion in the natural surroundings.*

*Be inspired !*



Angélique Buchs



# MASSAGES

## RELAXING MASSAGE

*Annivièrs wood oil (pine pine and Spanish pine) or Special frisson oil (cedar - patchouli - clove - cinnamon)  
Enveloping massage custom pressure*

*Sfr. 140.- / 50 min.*

## TONIC MASSAGE

*Fitness Oil (Geranium - rosemary - rosewood)  
Strong massage  
Long muscle work  
Muscle relaxant, helps recovery after exercise*

*Sfr. 140.- / 50 min.*

## FOR MUMS-TO-BE MASSAGE

*Organic sesame oil  
For pregnant women*

*Sfr. 140.- / 50 min.*

## SLIMMING MASSAGE

*Slimming oil  
(Juniper - sage - lavandin)  
sculpting massage, Draining and firming*

*Sfr. 140.- / 50 min.*

## AYUVERDA / ABHYANGA

*Organic sesame oil  
Indian traditional massage Relaxing effect  
and improves the elimination of toxins*

*Sfr. 240.- / 110 min.*

## HEAD MASSAGE HANDS + FEETS

*Organic sesame oil  
Stimulates energy points*

*Sfr. 140.- / 50 min.*

## PLANTA REFLEXOLOGY

*Organic sesame oil  
Acts on the different organs  
of the body in order to locate the  
tension and restore balance*

*Sfr. 140.- / 50 min.*

## WITH ALPINE FLOWER POUCHES

*Annivièrs wood oil  
Flowers of the Val d'Annivièrs - yarrow-  
lady's mantle - wild geranium - wild thought  
Regenerating and healing effect*

*Sfr. 170.- / 50 min.*

## HOT STONE THERAPY FROM THE RIVER

*Hot gneiss pebbles from the bed of the  
Navizence (Val d'Annivièrs)  
Revitalizing and relaxing effect*

*Sfr. 200.- / 80 min.*

## HOT STONE

*Hot Basalt Volcanic Stones  
Relaxing and energizing effect*

*Sfr. 200.- / 80 min.*

# FACIAL TREATMENTS

## "PRÉLUDE ALPIN" ALPEOR

*For all skin types. Mixed radiance discovery treatment for perfectly cleansed skin and a feeling of pure freshness - Ideal for discovering the benefits of active ingredients from Swiss alpine plants*

*Make-up removal - Deep Cleansing - Adapted Peeling - Purifying Rescue Mask OR Youth Mask depending on skin type - Alpeor Relaxing Massage - Final Hydration*

*Sfr. 170.- / 50 min.*

## GLACIAL CLAY ORGANIC FACIAL CARE

*For oily, acne-prone skin. Purifying treatment with a gentle exfoliation with mountain flowers and a detoxifying mask with 100% natural and organic glacier clay from the bowels of the Moiry glacier*

*Make-up removal - Flower scrub - Effleurages - Moiry glacier clay mask - Final hydration*

*Sfr. 170.- / 50 min.*

## VINOTHERAPY "VISAGE DIVIN" ORGANIC FACIAL CARE

*For all skin types, except sensitive skin 100% natural and organic treatment from the Sierre vineyard. Scrub with grape marc and mask with Pinot Noir lees. Care that prevents skin slackening, with antioxidant and anti-inflammatory properties*

*Make-up removal - Gentle exfoliation - Effleurages - Pinot Noir lees mask - Final hydration*

*Sfr. 170.- / 50 min.*

## NEW SKIN PEELING TREATMENT - ALPEOR

*For all skin types. Peeling care with fruit acids -AHA- which revives radiance, re-oxygenates the skin and smoothes the features - Evens the complexion, erases rough patches and signs of fatigue for a luminous complexion and transformed skin*

*Make-up removal - Deep cleansing - Peeling solution - Enzymatic peeling - Skin stimulation - Light & Radiance Membrane Mask - Aesthetic drainage - Final hydration*

*Sfr. 230.- / 50 min.*

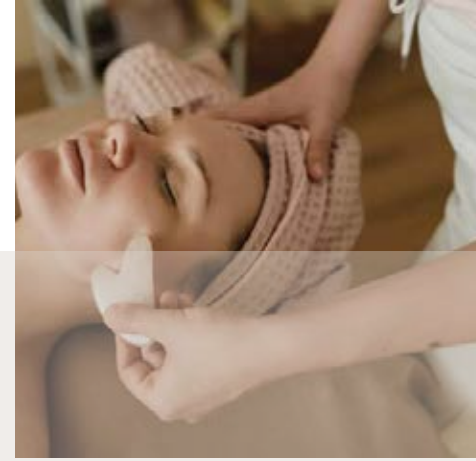
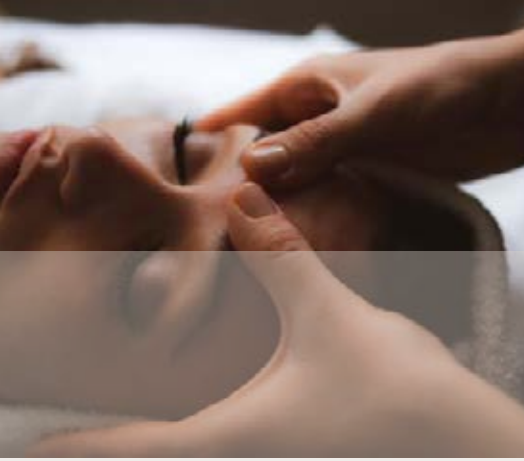
## PREMIUM ANTI-ÂGE "ULTICELL - ALPEOR"

*For devitalised, dull and tired skin. Premium anti-aging treatment for lifted and plumped skin - Boosts cell regeneration for a global anti-wrinkle, radiance and firmness action*

*Make-up removal - Deep cleansing - Adapted peeling - Youth mask - Alpeor Anti-Aging Premium Massage - Ulticell Firming and Plumping Mask - Final Hydration*

*Sfr. 270.- / 80 min.*

*\* An extraction can be performed as needed and/or on request in all the facial treatments offered.*



# KOBIDO & GUA SHA

*Facial sculpting massages  
which visibly reduce the signs of time.*

## KOBIDO LIFTING MASSAGE

*Ancestral Japanese art provided through different pressures and gestures. This results in multiple benefits. True natural lifting, the features are smoothed, the complexion radiant.*

*The Kobido helps to revive the micro circulation of the face, to give radiance to the skin, to promote the production of natural collagen, to reduce wrinkles and fine lines, to plump the skin and to eliminate toxins.*

*During a Kobido session, the face is cleansed, hydrated and energized thanks to the stimulation of the meridians.*

*Practiced regularly, Kobido helps fight facial aging by reducing the effects of fatigue and stress on expression lines and by fighting against sagging skin.*

*Sfr. 220.- / 50 min.*

## GUASHA GEMSTONE FACIAL

*The Gua Sha is a very glorious natural stone tool in traditional Chinese medicine: it aspires to harmonize the energies of body and mind for an absolute release.*

*It brings radiance to the complexion, detoxifies, sculpts and lifts facial features.*

*The gua sha acts on the deep tissues, it makes it possible to catch the muscle fiber in depth and thus offers a more advanced sculpting and lifting action. The shape of the gua sha stone makes it possible to precisely work the contours of the face.*

*Sfr. 220.- / 50 min.*



# ALPEOR

*Advocating “the beauty cure made in Switzerland”, Alpeor continues a local and family tradition, which began in the 1950s, within the Clinique du bien-être Mirabeau in Montreux.*

*The brand now offers effective skincare from this tradition combined with modern scientific excellence, with an expert line that durably repairs damage linked to skin aging or caused by the stress of urban life. All the rigor and charm of Switzerland are concentrated in these treatments which combine avant-garde ingredients, exclusive active complexes derived from plants from the region and pure water from the Alps.*

*Pierce the intimate mechanisms of life, borrow the power of plants, reproduce their incredible virtues to transmit them to your skin. Alpeor research uses no less than three scientific disciplines (phytotherapy, phytochemistry and dermatology) to create technological and innovative treatments inspired by the genius of nature. This multidisciplinary approach allows our scientific experts to master the origins of aging and to bring out the anti-aging solutions of tomorrow from plants.*





# BODY TREATMENTS

## BODY SCRUB WITH SWISS ORGANIC ALPINE SALT

*Exfoliation followed by hydration of the body with massages with Bois d'Anniviers oil. This salt extracted from the heart of the Swiss Alps helps healing, it is antiseptic, astringent, activates cell regeneration. It is a salt rich in mineral salts and trace elements. Mixed with "Bois d'Anniviers" oil (pine pine and pectinate pine)*

*Sfr. 170.- / 50 min.*

## TONIC NATURE COMPLEX

*Exfoliation with salt from the Swiss Alps followed by an invigorating massage with essential oils of geranium and rosemary "Get back in shape"*

*Sfr. 200.- / 80 min.*

## "SLIMMING MEADOWS COMPLEX" BY ALPEOR

*Slimming heating wrap followed by a slimming massage with Alpeor jelly and essential oils. The heating effect activates microcirculation. The "orange peel" effect is reduced and fatty dimples are reduced*

*Contains snow algae which promotes the production of collagen. Defibrosis of cellulite and activates cell longevity factors*

*Sfr. 230.- / 80 min.*

# MAN'S WORLD

## TONIC MASSAGE

*Strong massage*

*Long muscle work*

*Specific geranium - rosemary - rosewood oil*

*Sfr. 140.- / 50 min.*

## TONIC NATURE COMPLEX

*Exfoliation with salt from the Swiss Alps followed by an invigorating massage with essential oils of geranium and rosemary "Get back in shape"*

*Sfr. 200.- / 80 min.*

## MASSAGE "THE MOUNTAINEER"

*Organic sesame oil*

*Massage of the back and trapezius followed by a scalp massage*

*Sfr. 140.- / 50 min.*

## MASCULINE ALPINE PRELUDE ALPEOR

*Facial treatment for all skin types. Discovery unisex radiance treatment for perfectly cleansed skin and a feeling of pure freshness.*

*Ideal for discovering the benefits of active ingredients from Swiss alpine plants*

*Purifying Cleansing - Adapted Peeling - Purifying Rescue Mask OR Youth Mask depending on skin type - Alpeor Relaxing Massage*

*Sfr. 170.- / 50 min.*

# FOOT AND HAND CARE

## ALPINE FOOT CARE

*Alpine salt foot bath and treatment (nails, cuticles, calluses) (50 min.)* 140.-

## ALPINE HAND CARE

*Hand bath with Alpine salt and treatment (nails, cuticles) (50 min.)* 140.-

# WAXING & COLORING

## WAXING

<i>Armpits (15 min.)</i>	40.-
<i>Classic swimsuit (15 min.)</i>	45.-
<i>Full swimsuit (45 min.)</i>	75.-
<i>Half-legs (30 min.)</i>	75.-
<i>Arms (30 mins.)</i>	75.-
<i>Half legs, armpits, bikini (50 min.) / full (60 min.)</i>	120.- / 155.-
<i>Legs, armpits, bikini (80 min.) / full body (90 min.)</i>	155.- / 185.-
<i>Upper lip with warm wax (15 min.)</i>	40.-
<i>Eyebrows with wax or tweezers (15 min.)</i>	40.-
<i>Whole legs (45 min.)</i>	105.-

## COLORING

<i>Eyelash tinting (30 min.)</i>	45.-
<i>Eyebrow tinting including waxing (30 min.)</i>	55.-
<i>Eyelash and eyebrow tinting (40 min.)</i>	75.-

# CURES & PACKAGES

## BODY AND FACE SOFTNESS

*This weekly cure includes:*

*- 1 relaxing massage with essential oils of stone pine and pectinate pine or cedar, cinnamon and patchouli*

*- 1 Alpine Prelude facial treatment  
For all skin types.*

*Make-up removal - Deep Cleansing -  
Adapted Peeling - Purifying Rescue Mask  
OR Youth mask according to skin type -  
Alpeor relaxing massage -  
Final Hydration*

*+ 1 wellness gift*

*Sfr. 273.- / 110 min.*

## CURE "VELVET MOUNTAIN"

*This weekly cure includes:*

*- 1 relaxing massage with essential oils of stone pine and pectinate pine or cedar, cinnamon and patchouli / 50 min.*

*- 1 head massage + hands-feet with organic sesame oil / 50 min.*

*- 1 Anniviers Ritual with a gentle yarrow exfoliation, ice cream clay wrap and flower pouch massage / 110 min.*

*+ 1 wellness gift*

*Sfr. 416.-*

## FACIALIST

*This weekly cure includes:*

*- 3 facial treatments of your choice / 50 min.*

*Kobido or Gua Sha*

*For more information,  
refer to page 3*

*+ 1 wellness gift*

*Sfr. 580.- / 3 x 50 min.*

## DELICATESS

*For mums-to-be*

*This weekly package includes:*

*- 1 relaxing massage with organic sesame oil / 50 min.*

*- 1 "Prelude Alpin - Alpeor" facial treatment  
/ 50 mins.*

*+ 1 wellness gift*

*Sfr. 248.-*

## SLIMMING CURE WITH SNOW ALGAE

*This weekly cure includes:*

- 2 slimming massages with essential oils of juniper, sage and lavandin / 50 min.
- 1 "Slimming of the Prairies" complex (Alpeor) with heating slimming wrap followed by a slimming massage with Alpeor massage gel. Contains snow algae which promotes collagen production. / 80 mins.
- 1 Detox menu

*Sfr. 434.-*

## DIVINE VINEYARDS

*This weekly package includes:*

- 1 "Divine Face" facial treatment (organic Vinotherapy program) / 50 min.
- 1 energizing hot stone massage with Navizence river stones / 80 min.
- 1 full body Bacchus Ritual with a peeling of Cornalin grapes' pipe - body wrap with Pinot noir lees and massage with organic grape stems oil. / 110 mins.

*+ 1 wellness present*

*Sfr. 488.-*

## FROM THE VINEYARDS TO THE GLACIER

*This weekly package includes:*

- 1 exfoliation with Bois d'Anniviers salt followed by hydration of the body / 50 min.
- 1 energizing massage with hot river stones / 80 min.
- 1 "Slimming of the Prairies" complex (Alpeor) with heating slimming wrap followed by a slimming massage with Alpeor massage gel. Contains snow algae / 80 min.
- 1 "Divine Face" facial treatment, 100% organic Vinotherapie Program / 50 min.
- 1 Rituel d'Anniviers (100% natural and organic signature treatment from our experience and the benefits of the surrounding nature, with exfoliation with yarrow, wrap in pure clay from the Moiry glacier, massage with pouches of alpine flowers in the Val d'Anniviers / 110 min.

*+ 1 wellness gift*

*Sfr. 784.-*



OUR CARE  
SIGNATURE

- *Inspired by our region* -



# THE RITUAL FROM ANNIVIERS

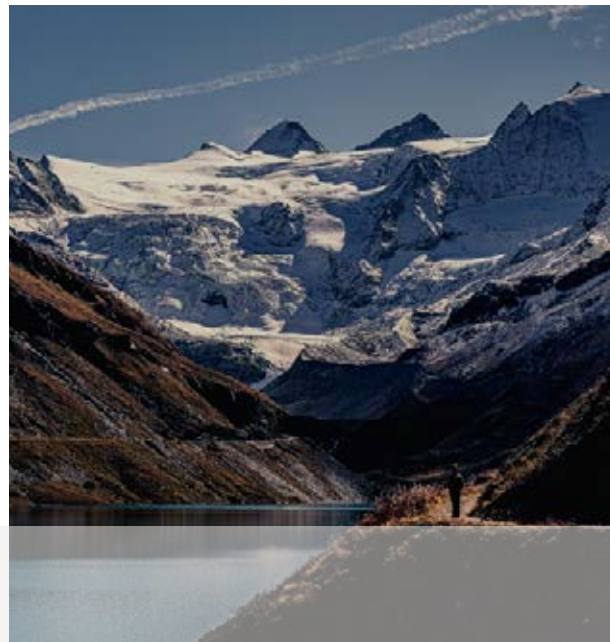
*The idea of offering you the “Rituel d’Anniviers” came to me quite naturally. By dint of walking in the mountain pastures in the company of Rose, my favorite herbalist, I understood that we could not remain indifferent to the richness of the surrounding nature.*

*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

12





THE RICH  
PROMISE OF  
VINOTHERAPY

- *All in grapes* -

# BACK TO THE SOURCE

*It is in my childhood memories that I drew the necessary inspiration for this new project. The time spent in the family vineyards where the daily work of the greats and respect for nature mingled gave rise to this sublime ritual.*

*Rich in smells and sensations, the vine brings many benefits. I remember the sap running down our fingers during spring pruning, the smell of the vine blossom in May, the taste of the tendrils we crunched on absentmindedly, the smell of foliage crumpled in our hands, the scent of bindweed flowers and amaranth strewing the freshly plowed earth, the harvest under the Valais sun and the buzzing of bees on the ripe fruit! So many stimulating emotions to bring this project to the doors of our spa.*

*In collaboration with Sierre cellar-master Maurice Zufferey and my brother Christian, we eventually settled on Cornalin pomace and lees from the last harvest. Once the pinot noir wine was racked off, the lees were sun-dried in St-Luc at an altitude of 1652m. Here, the fresh air and the sunlight worked to naturally purify these lees.*

*It became clear what I needed to do, and fast - I had to dig deep into the nearby land and share the benefits of the vine... and at the same time breathe new life into some of my cherished childhood memories.*

*Get inspired!*



Anne-Françoise Buchs



# VINOTHERAPY

*The use of grapes in cosmetology dates back to the 17th century, at the court of Louis XIV, where it was fashionable to apply aged wine to the face to give the complexion a glow.*

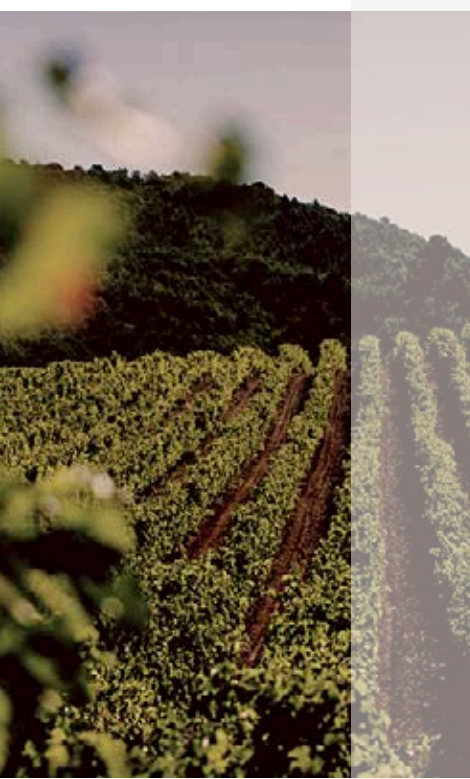
*In fact, red wine owes its protective properties to its great richness in natural antioxidants: Tannins, flavonoids.*

*They protect the walls of blood vessels and through their antioxidant effect have a favorable effect on cholesterol levels.*

*Grape seed also has many virtues thanks to polyphenols rich in vitamin E, which have the power to reinforce the natural protection of the epidermis and to fight effectively against free radicals, responsible for 80% of skin ageing.*

*Wine yeast is both soothing and healing, it strengthens our skin's defences.*

*Grapes are rich in directly assimilable sugars as well as in vitamins, mineral salts, acids and trace elements. This richness makes it an excellent energy food.*



# THE BACCHUS RITUAL

*For those who trust nature*

10'

Steam bath with pine scents to relax your skin

25'

Grape marc exfoliation

*This marc de Cornalin was selected for us by the winemaker. Exempt from the stalks, the grape pulp dehydrated in the press is dried in the Annivières sun. The seeds are also used in this mixture to increase the exfoliating effects.*

25'

Body wrap with pinot noir lees

*Pinot noir yeast from artisanal cellars - pure water from the Alps and tears of pinot noir  
Soothing - healing - antioxidant - regenerating - and strengthens our skin's defenses*

50'

Massage with ultra-fine organic grapeseed oil

*Organic grapeseed oil is known for its nourishing and softening properties. Natural fragrance embellished with a homemade oily maceration of fig tree leaves from the banks of the Rhône  
Virtues: reinforce the natural protection - preserves the hydration of the epidermis - promotes blood circulation*

&

A fresh organic grape juice from Valais



# FORMULAS WELL-BEING

*- A day and an evening  
just for yourself -*

# WELL-BEING & GASTRONOMY

Sfr. 99.- pp

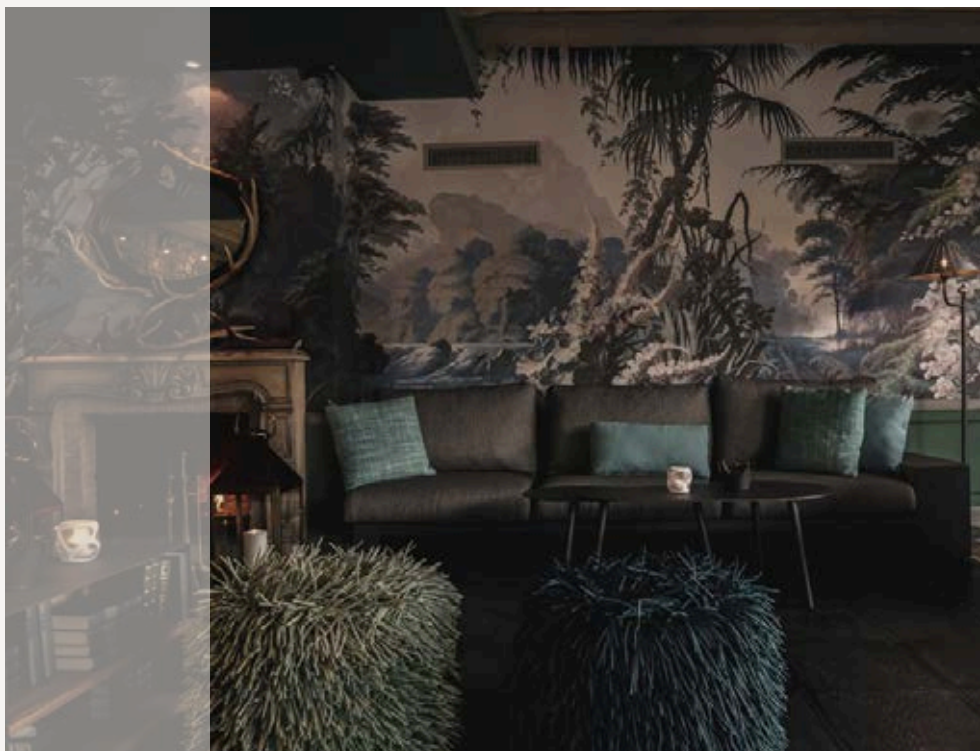
1.

Access to the SPA from 6 p.m. Delivery of your relaxation basket with bath towel, bathrobe and slippers



2.

3-course dinner in our restaurant



# MASSAGE & GASTRONOMY

Sfr. 179.- pp

1.

Access to the SPA from 6 p.m. Delivery of your relaxation basket with bath towel, bathrobe and slippers

2.

50 minute relaxing massage

3.

3-course dinner in our restaurant



# DAY-LONG "PETITE FUGUE" WELLNESS

*A day just for yourself, gently in a relaxing environment*

Sfr. 199.- pp



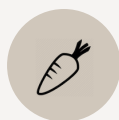
Welcome coffee and croissant



Delivery of your relaxation basket with bath towel, bathrobe and slippers



Free access to the SPA for the whole day



Light lunch on the veranda including mineral water and coffee



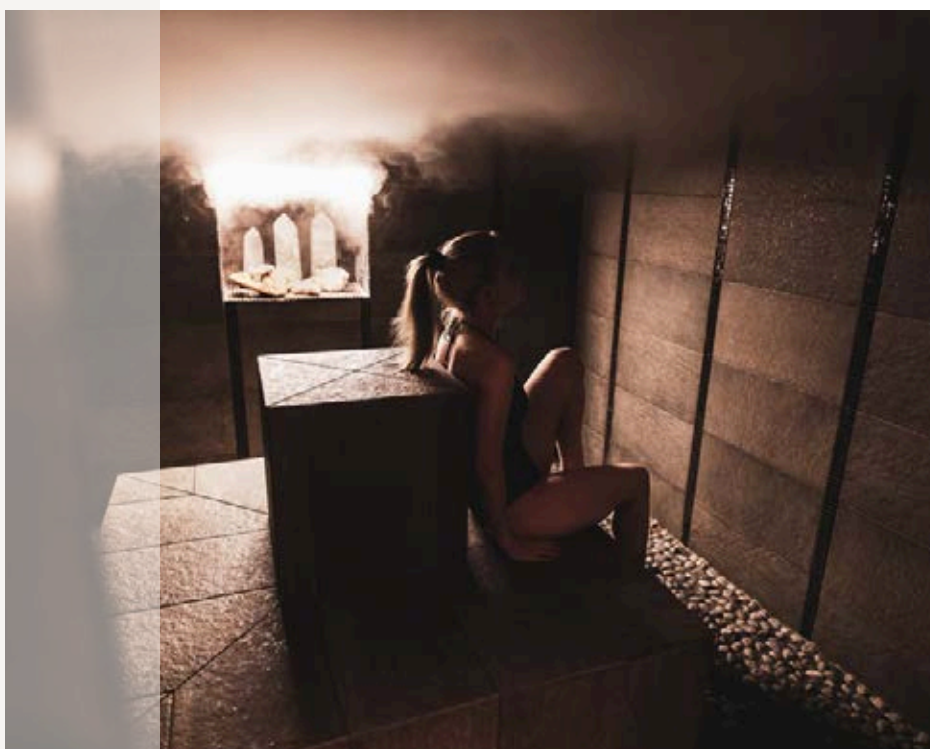
50 minute relaxing massage



Afternoon tea with a choice of herbal infusions and tarte tatin



Wellness gift



# SCHEDULES AND PRICES

## *For non residents*

*Pool, Jacuzzi, Sauna and Hammam\**

*10 am - 4 pm*

*6.30 pm - 8 pm*

*\*Sauna and Hammam as from 1.30 pm*

## ADULTS

*1 entry*

*Sfr. 60.-*

*5 entries*

*Sfr. 270.-\**

*10 entries*

*Sfr. 510.-\**

## CHILDREN

*Pool and Jacuzzi*

*Sfr. 25.-*

*Access Only from 10 a.m. - 1 p.m.*

*\* Subscription valid for one season, i.e. 4 months  
Towels, bathrobe and flip flops included*

*\* Resident children access until 5:30 p.m.*

## TERMS AND CONDITIONS

Access to the swimming pool and the SPA included in the above prices with bathrobe, linen and flip flops. Hotel residents 10% discount on above prices except package offers. Non-cumulative discounts.

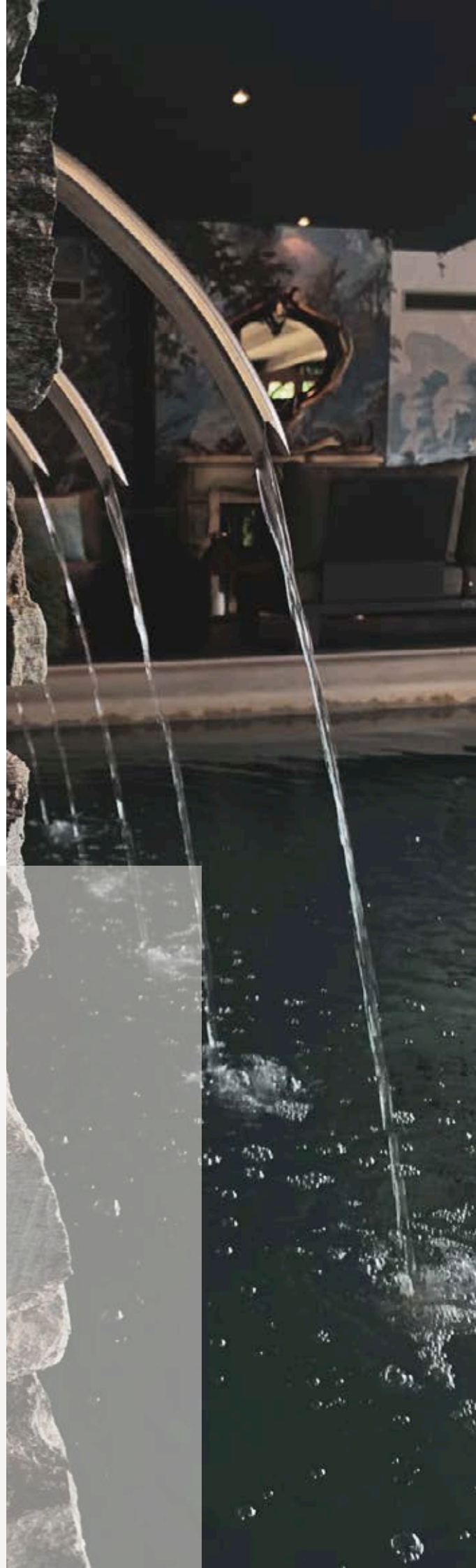
Supplement of 45.- for access to the swimming pool and the spa with bathrobe, bath towel and slippers for treatments with a value of less than 90.- including.

Access to the swimming pool and the SPA included with the welcome bag (bathrobe, bath towel and slippers) for treatments worth more than 90.-

All reservations must be guaranteed with a credit card number (Visa or Mastercard).

Any cancellation must be made 24 hours in advance. In the event of a breach, the treatment will be fully invoiced.

In case of late arrival, the duration of your massage will be shortened accordingly.







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