



HÔTEL & SPA CHRISTIANIA



LE SPA DU CHRISTIANIA



Photograph: Jean-François Verganti Model: Olivia Drouot

SPA GUIDE

We welcome you to our Spa for a well-being experience!

The Spa opens every day from 9:30 am till 12:00 am and from 3:30 pm till 8:00 pm. Spa facilities such as sauna, steam room, and fitness are available to all guests **over the age of 15**. Children less than 15 have to be accompanied by an adult.

In order to ensure a peaceful atmosphere in the Spa, cellular phones and smoking are not allowed. We suggest you not to wear jewels or bring valuables while staying in the Spa. Anyhow, a safe deposit box is at your disposal at the reception desk.

As a courtesy to our clients and to ensure you enjoy the full benefit of your treatment, please be prompt to your appointment.

For hygiene and sanitary reasons, we respectfully advise you to put your shoes off before you enter the Spa. Please take a shower before entering the steam room, the sauna or the pool. Bathing suits are mandatory in the Spa.

Treatments are charged while reserved. If you need to cancel, please call us 24 hours prior to your scheduled appointment, otherwise we will have to charge you for the full amount of the treatments booked.

Our massages are non-therapeutic. These cares attempt to relax our guests or to enhance the general stage of wellbeing. The term massage can be also used for a physical modelling realized according to different and varied techniques by beauticians.

If you have any special requirement that we should take into account when you visit us (dermatology, allergies - iodine, sea- weeds, essential oil-, heart conditions, high/low pressure, circulatory disorders, epilepsy, arthritis/rheumatism, diabetes), or if you are pregnant, you should seek the advice of your doctor and inform our reception at the time you book.

We decline any responsibility if instructions mentioned above are not applied.

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FACE TREATMENTS

Oxygenating Seasonal Treatment ♀♂ (45')

85 €

Treatment with delicious notes of fruits: scrub, mask and relaxing modelling for revitalized, resplendent skin.



Cryo Eye Professional Treatment ♀♂ (45')

95 €

Treatment specifically designed for the eye area, immediately erases signs of fatigue and ageing, while Sothys exclusive Modelling porcelains provide a refreshing effect.

Soothing Professional Treatment with Spa™ Thermal Water ♀♂ (50')

105 €

The ultra-gentle textures of this treatment have been formulated to respect the sensibility of all skin. In 50 minutes, every sensitive skin recovers comfort and serenity!

Hydra3HA™ Intensive Treatment ♀♂ (75')

135 €

In a perfect alliance of technical advancement and sensory pleasure, this treatment combines ultra-comfortable textures with high-performance active ingredients to bathe the skin with wellbeing and provide it with a sensation of absolute hydration.

A treatment specially designed to meet all skin hydration needs, with a special six-phase protocol, exclusive Digi-Esthétique® modelling techniques and the latest generation of hydrating active ingredients.

Detox Energie™ Intensive Treatment ♀♂ (75')

135 €

A treatment lasting an hour and 15 minutes to treat your skin to a burst of energy and help it to defend itself in any situation against the harmful effects of environmental stress, which can accelerate skin ageing.

Youth Intensive treatment βP3. Tri-complex™ ♂♂ (75')

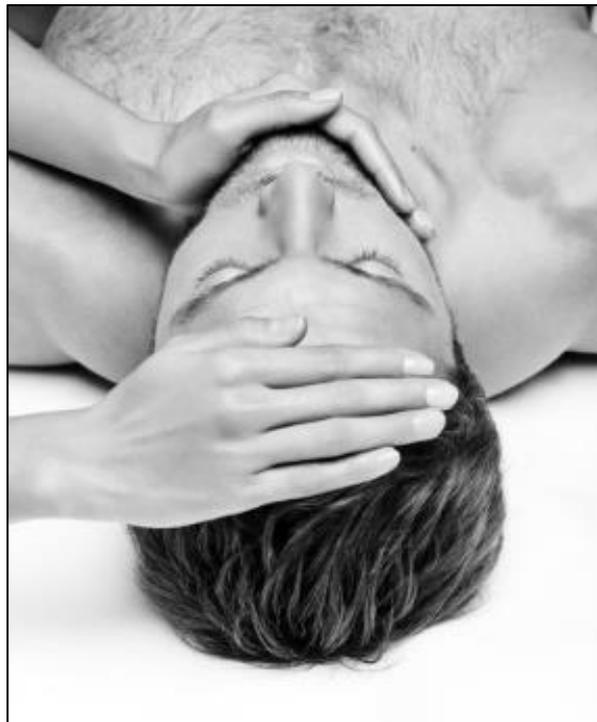
135 €

Through five steps, and no fewer than eight specific formulas, experience Sothys youth effectiveness, as well as 1 hour 15 minutes of relaxation and expert treatment, for visibly younger skin.

Fundamental Treatment for Men ♂ (50')

95 €

An essential facial treatment combining relaxation and efficiency to boost and detoxify men's skin.



*Photograph: Jean-François Verganti
Model: Vincent Clerc*

SOINS EXCELLENCE SECRETS DE SOTHYS®

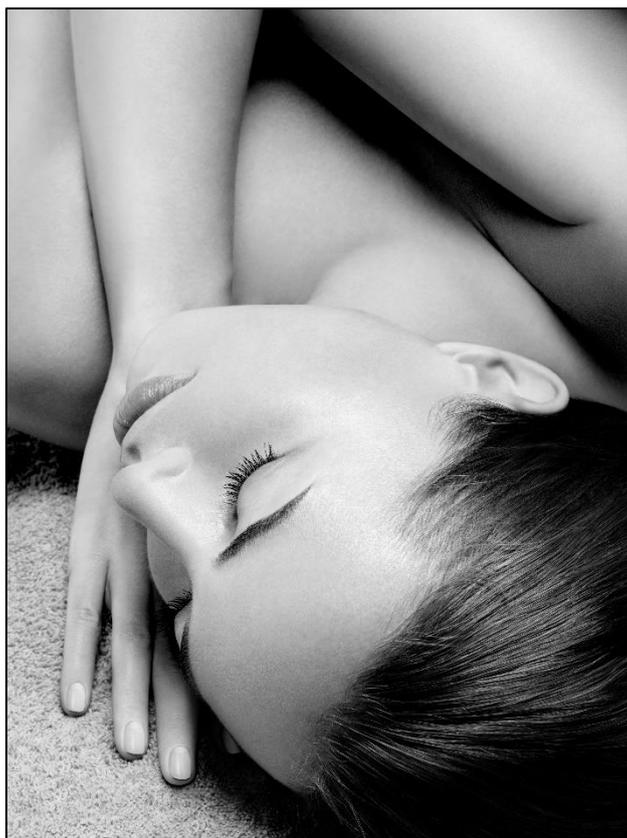
The Soin Excellence Secrets de Sothys elegantly and stylishly combines the ingredients for the ultimate unique treatment, an unforgettable well-being experience.

Eleven unique galenic formulas concentrated in active ingredients used in the 11 steps in the face and body treatment that are as sensorial as they are efficient.

Secrets Face Treatments® ♀♂ (90') **230 €**

Secrets Body Treatments® ♀♂ (60') **160 €**

Secret Face & Body Treatments® ♀♂ (150') **360 €**



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SIGNATURE BODY TREATMENTS

Hanakasumi™ ♀♂ (75')

150 €

A unique protocol of Japanese inspiration: peeling with exfoliating gloves, relaxing massage of the entire body and specific reinvigorating massage of the feet in this nourishing and delicately perfumed ritual.

Sensations Orientales ♀♂ (75')

150 €

An exceptional spa treatment protocol inspired by ancestral Oriental rites: an unctuous enzymatic gel prepares the body for exfoliation, then an exclusive Sothys modelling with a scrubbing terracotta stone inspired from traditional oriental techniques.

A unique escaping moment with aromatic notes of myrrh and amber, which leaves an unforgettable memory as you take the exfoliating stone home with you.

Indonésie Ancestrale™ ♀♂ (60')

140 €

An original treatment protocol inspired by ancestral Indonesian beauty rituals to bring about powerful wellbeing for the body and mind by rebalancing their energies.

An exotic treatment combining global body massage and letting go.



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Mannequin : Olivia Drouot*

TREATMENT PACKAGES

Escape Treatment Package ♀♂ (2h30 - 2H45)

260 €

Choose between one of the Signature Body Treatments: Hanakasumi™, Indonésie Ancestrale, Sensations Orientales.

Then, entrust your face for an appropriate treatment that you can choose: Hydra3HA™ Intensive Treatment, Detox Energie™ Intensive Treatment or Youth Intensive treatment BP3.

The exclusive Sothys Digi-Esthétique® massage method optimizes the efficiency and procures a unique moment of well-being and relaxation.

Relaxation Treatment Package ♀♂ (2h15)

220 €

Relaxing body massage (50 min).

Oxygenating Seasonal Face Treatment (45 min).

Manicure (40 min).

Treatment Package Sothys for Men ♂ (2h15)

220 €

Relaxing made to measure body massage (50 min).

Fundamental Treatment for Men (50 min).

Soft hands Treatment (35 min).

Your Treatment Package starts with a made to measure massage: choose between 4 products with unique textures and 5 fragrances.

Then, entrust your face for a Sothys Face Treatment exclusively for men.

A hand treatment will close this moment of wellbeing and relaxation!

MADE TO MEASURE BODY ESCAPES

Four massage products and one body-exfoliating product with unique textures combined with the fragrance of your choice:

- Lemon & Petitgrain Extract, fresh and tonic
- Ginger & Cinnamon, aromatic amber
- Orange Blossom & Cedar, musky and woody
- Frangipani Flower & Plum, floral and tropical
- Man escape : woody, aromatic and musky
- Ginger & Grenade, gourmet and fruity

Made-to-Measure Massage (choose your product):

- Nourishing Oil
- Soft Unctuous Cream
- Melting Wax
- Shea Butter

Sugar & Salt Exfoliation

Made to Measure Exfoliation (25')	65 €
Gommage et massage relaxant (50')	117 €
Gommage et massage relaxant (75')	150 €



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M A S S A G E S

Massages 25'

Relaxing Massage

Deep Tissue Massage

Morning

48 €

52 €

Afternoon

60 €

65 €

Massage 50'

Relaxing Massage

Deep Tissue Massage

Morning

84 €

94 €

Afternoon

105 €

117 €

Massage 75'

Relaxing Massage

Expectant Mother (from 4 months)

Morning

112 €

112 €

Afternoon

140 €

140 €

After skiing Athletics Care ♀♂

A nourishing and soothing care, inspired by deep tissue, with arnica and camphor, specially designed for absolute comfort and relaxation. Recommended with a warming and relaxing wrap the following day, for an optimal result.

Deep Tissue Athletics Massage (75')

150 €

Athletics Wraps (45')

85 €



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MANICURE

Simple Manicure	(40')	45 €
Manicure + semi-permanent varnish Shellac	(60')	60 €
Pedicure	(60')	50 €
Pedicure + semi-permanent varnish Shellac	(70')	65 €
Shellac Polish Remover	(30')	20 €

WAXING

Eyebrow (Line Creation)	(20')	20 €
Eyebrow (Maintenance)	(10')	15 €
Under Arms	(15')	20 €
Half Legs	(20')	30 €
Legs	(45')	40 €
Half Legs + Under Arms	(35')	40 €
Legs + Under Arms	(60')	50 €
Simple Bikini Line	(20')	30 €
Bikini ½ Integral	(30')	40 €

The times mentioned for manicures and waxing are only provided for information and could vary according to the cases.

HC
HÔTEL & SPA CHRISTIANIA
★★★★★



I N F O R M A T I O N

We welcome you every day

From 9.30am to 12.00 and from 3.30pm to 8.00pm

For your comfort, we recommend you to book your treatments in advance with the Spa

from your room: 2631

from outside: + 33 479 06 02 90

Le Spa du Christiania

BP 48

73 152 Val d'Isère Cedex