

# The Spa Ferme de Montagne



Beauty, Massage and Therapeutic  
Treatments

Spa Etiquette

Choose from our treatment menu or design your own 'a-la-carte' treatment. Simply book 'TIME' with your therapist and together you can customise the treatment to your individual needs. Also see our 'COMBINATIONS' for inspiration.

Private consultations can also be arranged between the hours of 8.30am - 10.00am and at other times by arrangement. Your in-house Spa Therapist will also visit the breakfast room each morning to answer your questions and arrange treatments.

All treatment times include [consultation](#).

Arrive (preferably [refreshed](#) and in your fluffy robe) 5mins before your treatment to complete a brief consultation.

We recommend taking 5 - 10 minutes in the Sauna prior to your treatment will enhance the effects of your treatment (excluding waxing treatments).



## FAQ's

*What are the [benefits](#) of Massage?*

Experts estimate that upwards of ninety percent of disease is stress related. And perhaps nothing ages us faster, internally and externally, than high stress. While eliminating anxiety and pressure altogether in this fast-paced world may be idealistic, massage can, without a doubt, help manage stress. This translates into:

- Decreased anxiety.
- Enhanced [sleep](#) quality.
- Greater [energy](#).
- Improved [concentration](#).
- Increased [circulation](#).
- Reduced fatigue.

*My skin feels dry [after skiing](#), what should I do?*

Dry skin is aggravated by dry atmospheric conditions, harsh weather, poor diet and harsh skin care routines. Our [Guinot Hydradermie facial](#) will help to restore your skin back to its natural balance; using micro current's to push hydrating ionized gels deep into the dermal layers. After, a Lavender and Calendula face mask is applied to soothe any redness caused by the harsh conditions of the mountain. Your therapist will [advise](#) homecare products for you to maintain the effects of your facial long after you have left the Spa.

## Classic Massage

A thorough consultation will help you and your therapist devise the perfect massage treatment.

You can choose between the following:

[Aromatherapy massage](#) - Blended essential oils are used with pressure point massage to relax the body and mind.

Or

[Après Ski massage](#) - Pre-blended Arnica and Calendula oil is used to restore tired muscles. A variety of massage movements aim to encourage blood circulation and re-energize the body. Après Ski massage includes a range of flowing movements to soothe and relax muscles and can be adapted for different levels of pressure and rhythm.

60 min = £65

30 min = £35

### [Jet-Lag Reviver Massage](#)

Using essential oils selected to regulate sleep, hydrate skin, relieve tension headaches & restore energy depleted through travel; this medium pressure massage focuses on all the areas affected by frequent travel- legs, neck, back, shoulders and feet.

60min= £65

### [Lymphatic Drainage Massage](#)

This healing technique blends soothing, rhythmical massage strokes to accelerate the flow of lymphatic fluid in the body, which helps to reduce the build up of toxins and fluid retention in the body, and improves the overall function of the lymphatic system.

60min= £65

### [Hot Stone Massage](#)

Smooth warm stones are used to relax the muscles allowing the heat to penetrate deeper than Swedish or Aromatherapy massage. Flowing massage movements and stretches help to relax the body whilst the placement of warm stones on specific points throughout the body encourages relaxation and the balancing of vital energy.

90 min =£90

60 min =£70

30 min =£38

### Sports Massage

This deep massage targets sore muscle and enhance muscle recovery after exercise, sports activities or the tension and stresses of daily life. It combines deep work with stretching, rocking & circulation enhancing strokes to move lactic acid out of the system. Cold pressure is used which can give instant pain relief, and swelling reduction from most injuries, or soothing heat from ongoing nagging aches and pains. This will encourage quicker healing from sporting injuries. A mild soreness may result.

60min= £65

### Indian Head Massage

Tension can be held in the muscles across the scalp and neck leading to headaches, migraines and aching neck and shoulders. This massage uses a variety of relaxing pressure points and stimulating movements to release tension in these areas.

30 min = £35

## Guinot Facials

*All full facials include a relaxing Indian scalp massage and a de-stressing foot and ankle treatment commencing with cleansing of the feet.*

### Alpine Hydralift Facial

Experience Guinot's world famous **anti-ageing** facial specifically for mature skin. This wonderful facial combines the Beaute Neuve (see below) facial and the Lifting Hydradermie for ultimate skin **radiance and rejuvenation**. Targeting areas where lines are most evident around the; eyes, mouth, nose and across the forehead for an immediate skin **smoothing & lifting** effect.

Duration: 90 min

£95

### Hydradermie Facial

The most advanced salon-exclusive facial for maintaining a **healthy complexion**. Hydradermie deep cleanses, re-hydrates and regenerates the skin using mild galvanic and high frequency electrotherapy. A qualified Guinot therapist diagnoses the galvanic gels best suited to each individual skin type making Hydradermie a truly **customized** treatment.

Duration: 80 min

£90

### Very manly - Gentlemen's facial

The machine-based treatment uses galvanic and high frequency electrotherapy to **deep-cleanse re-hydrate** and rebalance the skin. Specifically for men is the Energising Galvanic Gel containing burdock to **regulate** sebaceous secretions and allantoin to **soothe**. Includes a neck and shoulder **massage** to loosen tired sore muscles.

Duration: 80 min

£80

### Mountain Liftosome Facial

This **anti-ageing** facial helps to firm, tone and brighten mature skin. Extracts of orange and ginseng strengthen collagen and elastin fibres and reduce fine lines. The unique **vitamin C** thermal treatment mask solidifies and moulds to the contours of the face, relaxing the muscles and penetrating the epidermis to revitalise the complexion. To complete the salon experience, the treatment concludes with a relaxing **eye-contour massage**.

Duration: 60 min

£75

### Beaute Neuve Revival Facial

This gentle **peeling facial** uses the powerful natural exfoliating properties of fruit **AHA's**, combined with pure vitamin C and anti-ageing ingredients to boost **radiance**, **reduce pigmentation**, re-hydrates and regenerates the skin.

A unique double-peeling system controls the level of exfoliation, **protecting** and maintaining the skin's natural pH. Skin is nourished and soothed with an anti-ageing regenerating serum, and pigmentation is reduced by a melanin-inhibiting vitamin C mask.

Duration: 60 min

£65

### Mountain Slalom Aromatic Facial

This holistic **aromatherapy** treatment uses natural plant extracts and essential oils to balance the skin, soften fine lines and restore radiance.

The hands-on facial is **customised** to suit each individual skin type and combines digital pressure and relaxing **massage** routines to instill a feeling of total wellbeing.

Duration: 60 min

£55

### Piste Sun Eye Restoration

A non-invasive **anti-ageing** treatment for the eyes.

'Hydradermie Lift Yeux' uses the latest salon technology to **tighten tone and smooth** the skin around the eyes, widening the eye contour and reducing puffiness and under-eye shadows.

Duration of treatment: 60 min

£55

### Après Ski Taster

A combination of a mini facial and a back, neck and shoulder massage. Leaving the skin cleansed, youthful, and the body distressed and relaxed. A fabulous introduction to the wonderful world of the spa.

Duration of treatment: 60min

£55

## Natural Nails

### Palm Ritual Manicure

A total pampering treatment to **nourish** hands and nails. The treatment includes a full classic manicure plus hand exfoliation and **warming** treatment mask. The result is **silky** smooth hands polished to perfection.

Duration: 60 min

£45

### Cloud Walking Pedicure

A decadent treat for worn out feet, incorporating the full classic pedicure and polish with a conditioning foot mask and heated booties, to relax the muscles and soften hard skin.

Duration: 60 min

£55

### Classic Manicure

To improve the appearance of your hands and nails, your therapist will; **shape** and **buff** the nails; **tidy** the cuticles apply a rich **moisturiser** and finish the treatment with the **polish** of your choice.

Duration: 45 min

£35

### Classic Pedicure

Our classic pedicure includes nail cutting/shaping/buffing, cuticle work followed by an invigorating foot scrub to soften hard skin; a foot and leg massage to soothe tired limbs after a long day with the application of the polish of your choice to finish.

Duration: 50 min

£40

### Mini Mani

Duration: 20 min

£20

### Mini Pedi

Duration: 30 min

£25

# SAY HELLO TO SHELLAC™

**Say Hello to the future!** Shellac is the breakthrough, patent-pending UV<sup>3</sup> technology that combines the ease of polish with the permanence of gels. A true innovation in chip-free, extended-wear color.

Shellac applies like polish—no pots—just a bottle and brush.  
And **removal is just 10 minutes!** No filing. No drills.

The results? **14-day, glorious, high-gloss shine that's truly addictive!**

## Shellac Palm Ritual Manicure

The palm ritual manicure treatment to nourish hands and nails. The use of Shellac CND colours for the lasting two week colour.

Duration: 60 min

£ 70

## Shellac Cloud Walking Pedicure

The decadent treatment for worn out and tired feet, incorporating the Shellac colours for the long lasting colour effect.

Duration: 60 min

£ 80

## Shellac Re-Polish

A shape and neatened of the nails before applying the Shellac colour of your choice.

Duration: 35 min

£40



## Inspiration! Packages

### Ferme de Montagne signature treatment- An exclusive back, scalp & face treatment

This totally embracing treatment starts with a deep cleansing back exfoliation, followed by a tension releasing back massage. Your face is then treated to a rejuvenating facial, finishing with a luxury scalp massage that helps to release any unwanted stress and tension. The whole of the treatment aids relaxation to the whole mind & body.

Duration time: 1hour 40min

£100

### The Ultimate

90 min Hot Stone Massage

Alpine Hydralift

Duration: 3hrs

£175

### Youthful

Mountain Liftosome Facial

Piste Sun Eye Restoration

Thermal Manicure

Duration: 2hrs 30mins

£165

### On Piste

Very Manly - Gentleman's Facial

60 min Hot Stone Mass

Duration: 2hrs 30mins

£140

### Melt Away

60 min Hot Stone Massage

Aromatic Facial

Duration: 2hrs

£120

## Grooming treatments

Using high quality [tea-tree](#) wax designed specifically to [prevent in-grown](#) hairs and provide a gentle yet thorough wax treatment; followed by Guinot's 'Epil Confort' aftercare cream with Arnica, [Aloe](#) and Chamomile to reduce irritation, [cool](#) the skin and slow the re-growth period.

Please [be advised](#) that all waxing and tinting is dependent on skin condition. If you have not had an eyelash or eyebrow tint within the last six months, we strongly recommend a [patch test](#) 24 hrs prior to treatment. We [recommend](#) that you [do not](#) use the [Hot Tub](#) or [Sauna](#) for [24 hours](#) after a waxing treatment to prevent skin irritation.

### [Our gift to you....](#)

Book 2 treatments from the waxing & tinting section and receive a 10% discount; 3+ treatments receive 15% discount.

Full leg	60 min	£40
Half leg	30 min	£25
Bikini	20 min	from £15
Underarm	15 min	£10
Lip / Chin	15 min	£8
Eyebrow Shape	15 min	£12
Back /Chest Wax	30 min	£30

### [Tinting](#)

Eyebrow Tint	10min	£10
Eye lash tint	20min	£15

## Spa Policies

### Communication

Feel free to inform your Spa Therapist of any concerns or questions prior to your treatment; your therapist aims to make you as comfortable as possible, please provide feedback at any time.

Please inform any member of staff in advance if you wish to cancel your treatment.

### Facilities

Located on the lower ground level of the Chalet, accessed via the Library; we have one treatment room, one sauna, showering facilities, and an outdoor Hot Tub on the terrace. Sauna and Hot Tub operate between the hours of 4pm and 11pm (unless otherwise requested).

Treatments and consultations are provided between the hours of 9am and 9pm - the treatment diary can book up fast, so please book early to avoid disappointment.

### Safety & Hygiene

We recommend for your own safety and hygiene, showering before entering the Sauna, Hot Tub and Treatment room and limiting your sauna time to a maximum 15 minutes per session.

For your comfort we recommend you enter the Spa area in the fluffy robe and slippers provided in your bedrooms.