

WELLBEING

INVITATIONS TO UNWIND

Here, winter is the perfect season for renewal, and all the resorts offer moments of pure disconnection. After a day on the slopes or a contemplative walk through the snowy forest, the mountain spas invite guests to regenerate: Nordic baths with views of the peaks, signature massages and treatments, thermal waters, and other relaxing experiences are available within the resorts' dedicated spaces or in private establishments.

In Val Thorens, the spa of the Koh-I Nor hotel and the wellness areas of the Pashmina hotel combine refinement and relaxation in a cocooning atmosphere.

In Méribel, the bespoke massages at Hotel Le Coucou by Tata Harper extend the gentle pleasure of skiing.

From hydromassages beneath the dome of Aquamotion in Courchevel to the sensory showers of the Grand Spa Thermal in Brides-les-Bains, each valley nurtures its own approach to wellbeing, blending comfort, serenity and snowy panoramas.

Good to know: The aquatic leisure centres are easily accessible and offer families the opportunity to enjoy moments of genuine wellbeing.

NEW: Saint-Martin-de-Belleville now offers its own aquatic and wellbeing centre!

Since last winter, the resort of the Belleville Valley has been home to a new wellbeing venue designed for all après-ski moments.

Gracefully nestled above the village, La Belle Vie offers panoramic views from its pool, spa, treatment rooms and lounge, while embracing a sustainable approach.

The centre is heated 80 per cent by biomass and features a heat recovery system from wastewater to limit its environmental impact.

- **Aquatic leisure area:** indoor and outdoor Nordic pool heated to 33°C, and an indoor leisure pool with massage jets.
- **Spa circuit:** hammam, saunas (Finnish, herbal and salt), cold pool and relaxation area.
- **Range of personalised treatments and massages** (spa access included).
- **Bar:** drinks and light snacks in a warm and cosy setting.
- **Address :** La Belle Vie, 107 rue des Ravines Saint-Martin-de-Belleville.