Well-being

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 IN BRIDES-LES-BAINS

THE GRAND SPA THERMAL OPENS ITS DOORS THIS WINTER

This winter, the Grand Spa Thermal in Brides-les-Bains invites guests to enjoy a true wellness escape, with: - thermal water pools, - massages, - body treatments, - and relaxing experiences. A wealth of opportunities to switch off and unwind in a modern, soothing setting. An iconic address that further establishes Brides-les-Bains as the wellness destination of Les 3 Vallées, combining the benefits of thermal waters with the restorative power of the mountains.

NEW IN COURCHEVEL: MAYA HOTEL UNVEILS A NEW WELLNESS SPACE

For winter 2026–2027, Maya Hotel will enhance its wellness offering with Maya Well, a completely redesigned space reflecting the hotel's refined and intimate atmosphere.

After a day on the slopes of the world's largest ski area, guests will be able to recharge with a range of new facilities:

- a sauna,
- a hammam,
- a sensory shower.

A peaceful retreat designed to slow down, unwind and reconnect with what truly matters.

NEW IN COURCHEVEL: AN EXCEPTIONAL NEW SPA AT LA SIVOLIÈRE HÔTEL & RÉSIDENCE

This winter, **La Sivolière Hôtel & Résidence will unveil a brand-new space entirely dedicated to well-being**, with the Alpine peaks as its backdrop.

At the heart of this serene retreat, guests will discover **Courchevel's longest swimming pool: a 25-metre pool offering spectacular mountain views**, a first for the resort.

The experience will also include **a sauna, hammam, fitness room and treatment rooms offering bespoke treatments**. An invitation to recharge in an exceptional setting in the heart of the French Alps.