



# SPA L'APOGÉE

by LA PRAIRIE  
SWITZERLAND





L'APOGÉE  
COURCHEVEL

OETKER HOTELS  
Masterpiece Collection

## SPA L'APOGÉE BY LA PRAIRIE

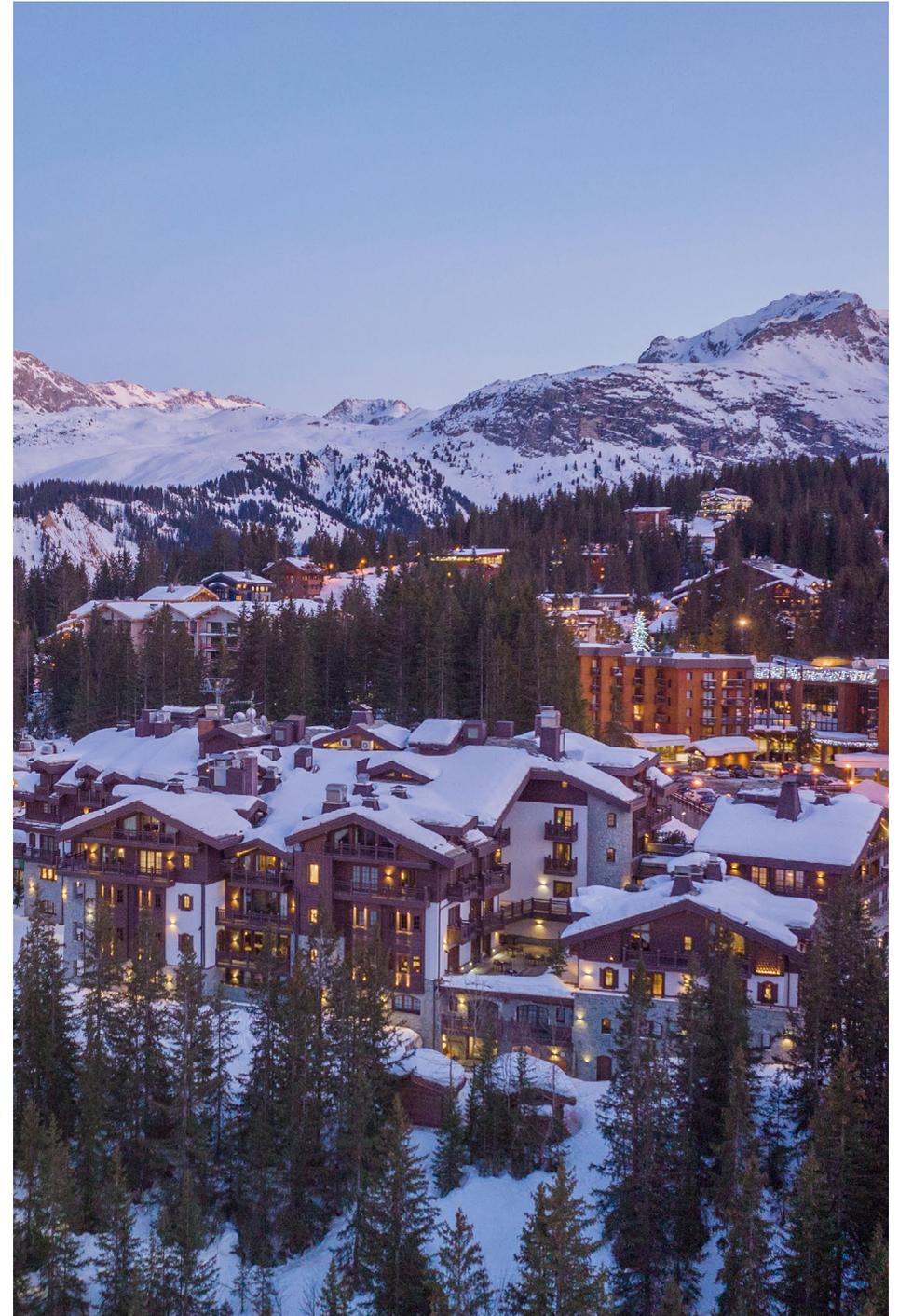
# Welcome

Welcome to the Spa L'Apogée by La Prairie, an oasis of well-being, serenity and exceptional service right in the heart of the Jardin Alpin.

The Spa L'Apogée by La Prairie offers five treatment rooms, including a Spa Suite Experience with a cold bath and banya, an ice room, and a sensory shower, as well as a beauty cabin and a hair salon. Enjoy the pool and warm up in the sauna and hammam of the Spa. In a soft and relaxing atmosphere, discover the expertise of La Prairie facial treatments and complementary care designed by our team of professionals.

Experience the luxurious world of La Prairie body treatments at Spa L'Apogée by La Prairie, where every treatment is crafted to revitalize and enhance your skin.

The Spa L'Apogée by La Prairie is a little part of paradise in one of the leading world ski destinations.





LA PRAIRIE

## « The Art of beauty »

**LA PRAIRIE**  
SWITZERLAND

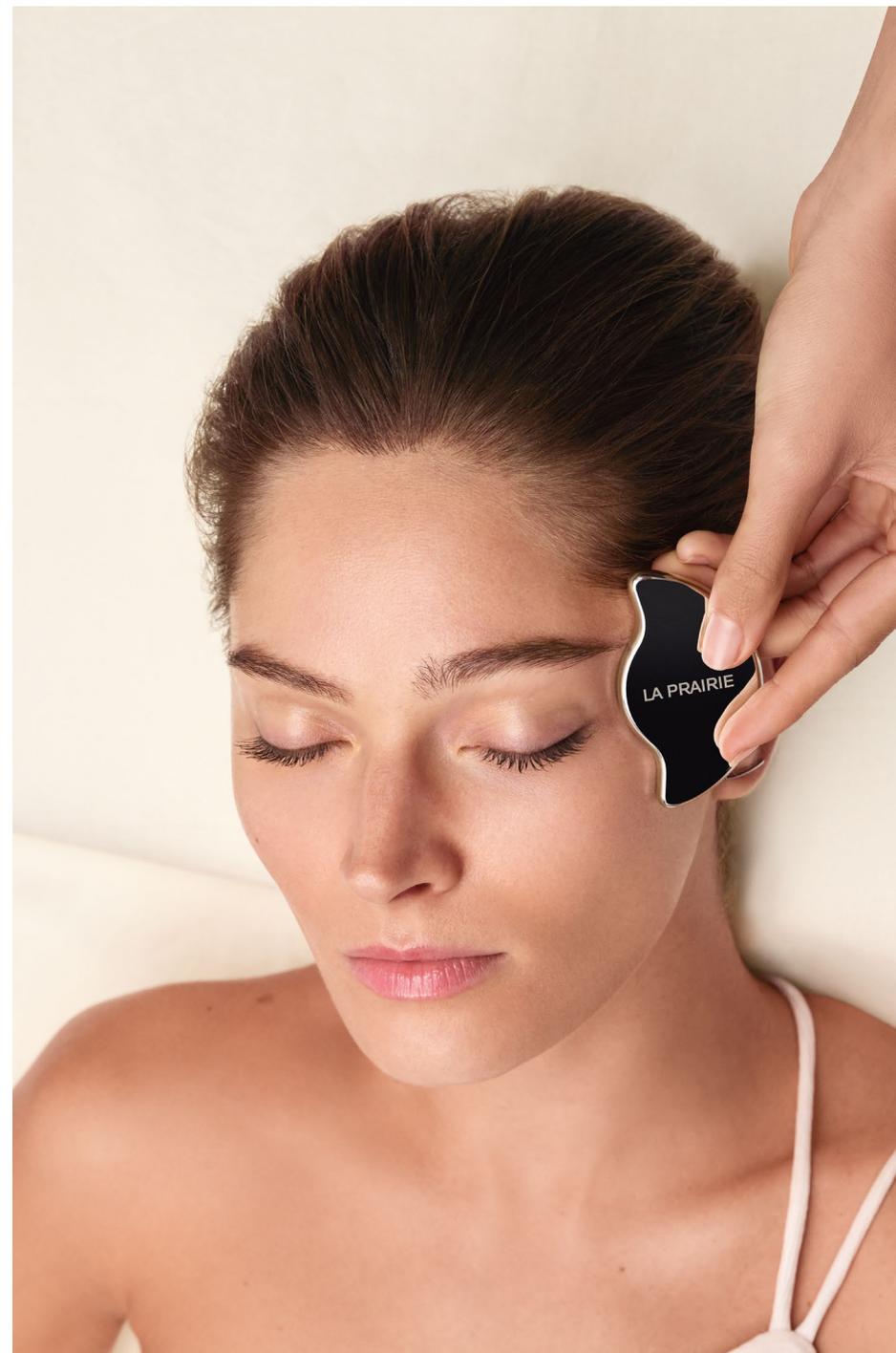
With the Art of Beauty, the House of La Prairie has conceived sensorial experiences as once indulgent and cutting-edge - singular, bespoke protocols enriched with potent molecules and precious ingredients captured in luxurious formulations.

Inspired by La Prairie's birthplace, the Art of Beauty is offered in an atmosphere that recalls the tranquil landscapes of the land of the House's origins.

Created by La Prairie as an expression of Swiss nature fused with 90 years of Swiss cellular science and discreet, elegant aesthetics, these experiences immerse you in a world of timeless beauty.

Each of the five exclusive Art of Beauty ceremonies pays tribute to one of La Prairie's precious ingredients: Swiss caviar, eternal platinum and radiant gold. A series of specially developed signature gestures that enhance the sublime textures complete the experience.

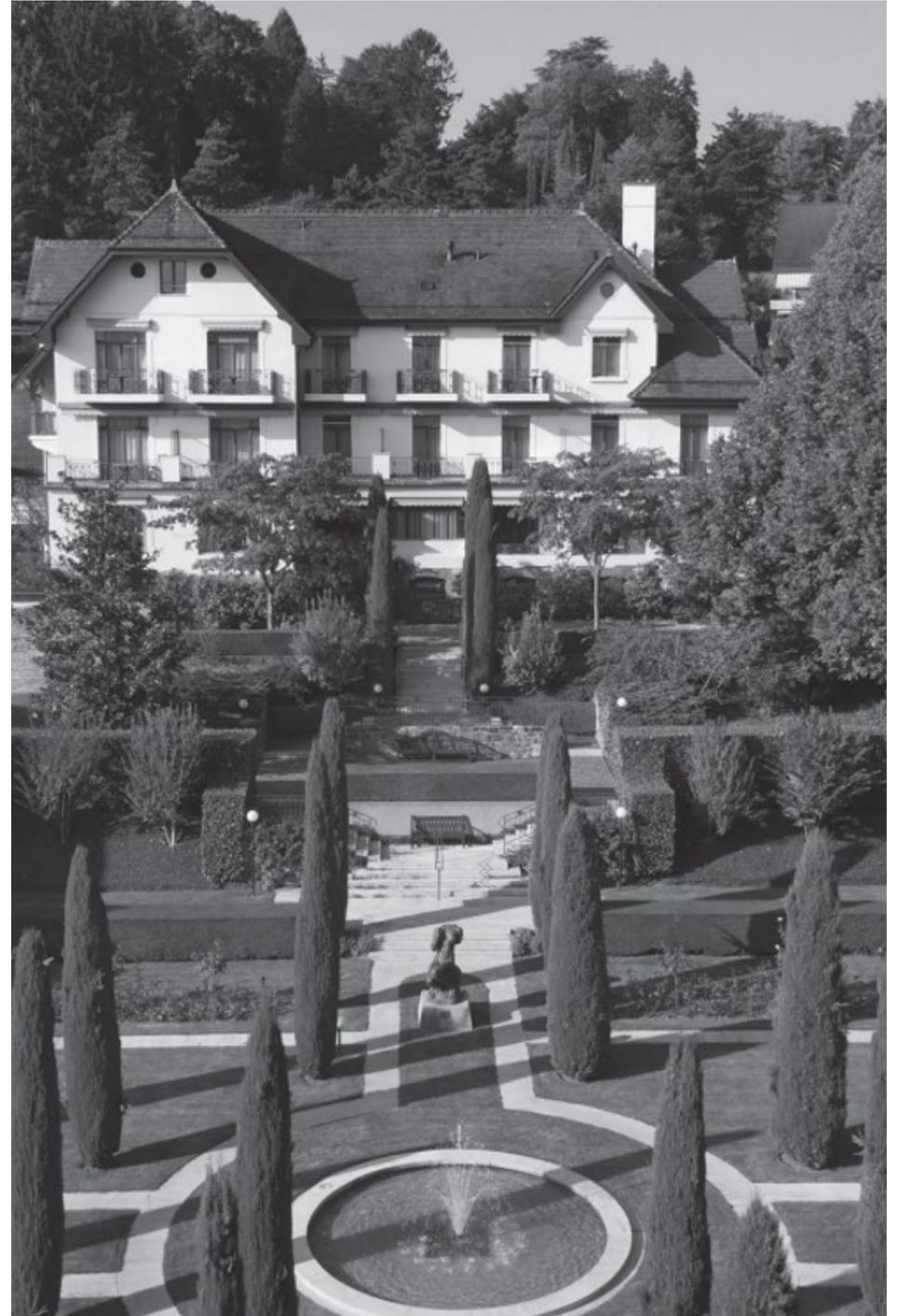
With La Prairie's Art of Beauty, emerge rejuvenated from a place where time stands still.



LA PRAIRIE

« The Art of beauty »

La Prairie's Art of Beauty experiences transport you to Switzerland, the land of our luxury house's origins - a world of timeless beauty.





LA PRAIRIE

## Facial treatments

SKIN CAVIAR

Uplifting contour and sculpt facial

Page 16

WHITE CAVIAR

Phenomenal glass skin facial

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PURE GOLD

Purest radiance enhancing facial

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LIFE MATRIX

Tailored cellular reset facial

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PLATINIUM RARE

Elevated rejuvenating facial

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PERFECTED EYE REVITALISATION

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LA PRAIRIE

## Body treatments

REJUVENATING BODY TREATMENT

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REFINING BODY EXFOLIATION

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COMPLETE BODY REJUVENATING PROGRAM

Page 36

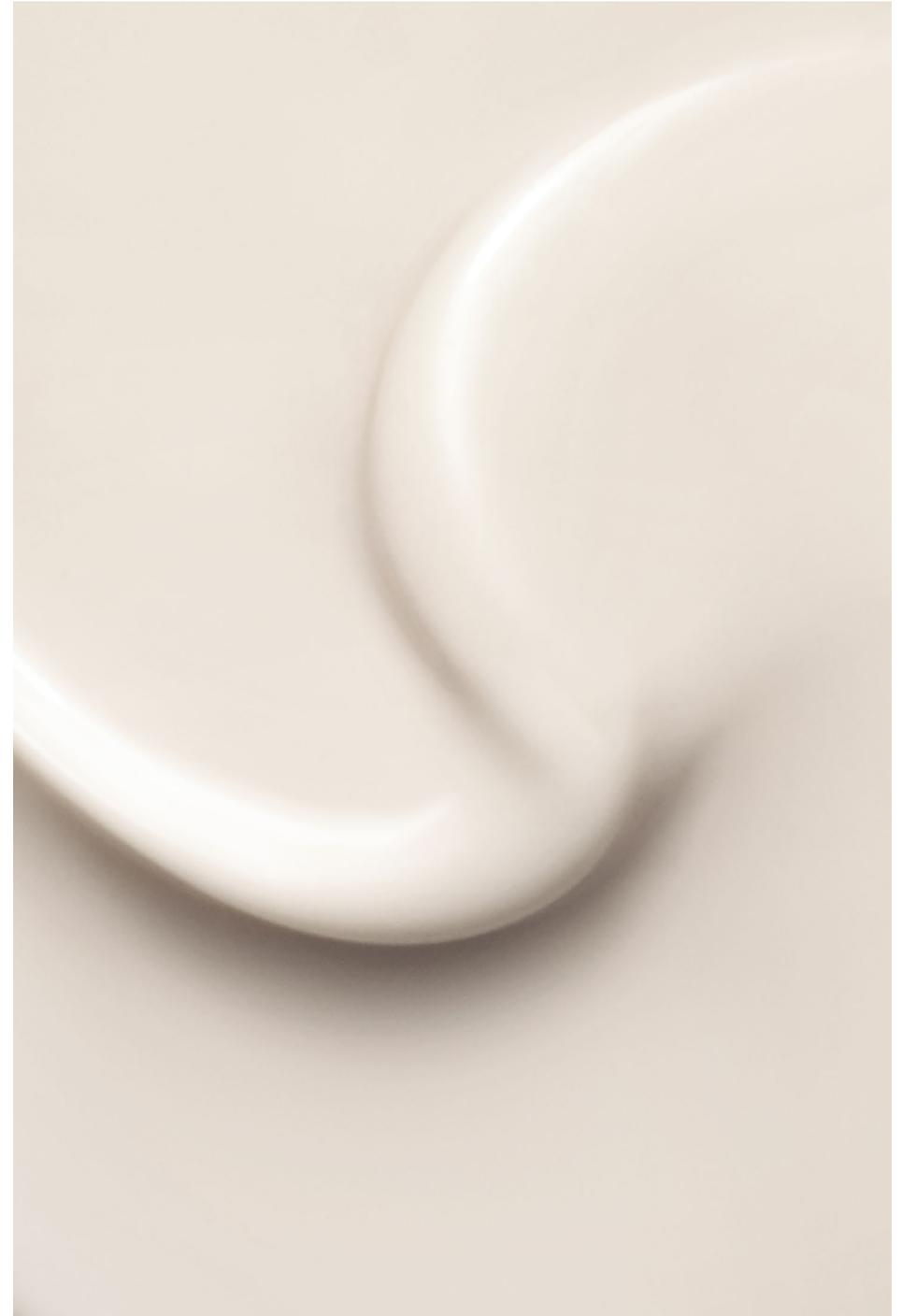
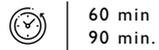
## LA PRAIRIE FACIAL TREATMENTS

### Skin Caviar

#### UPLIFTING CONTOUR AND SCULPT FACIAL

##### The experience

This exceptional ritual, enriched with the lifting, firming, and nourishing powers of incomparable Caviar, is designed to transform the skin of the face. It boosts the skin's continuous metabolism and intensifies the lifting efficacy, resulting in visible density and firmness. Lines and wrinkles fade, the face appears lifted and refined, and contours are sculpted with unmatched precision. The synergy of La Prairie's signature lifting massage techniques and re-sculpting stones helps redefine facial features, delivering a unique result and a visibly enhanced appearance.



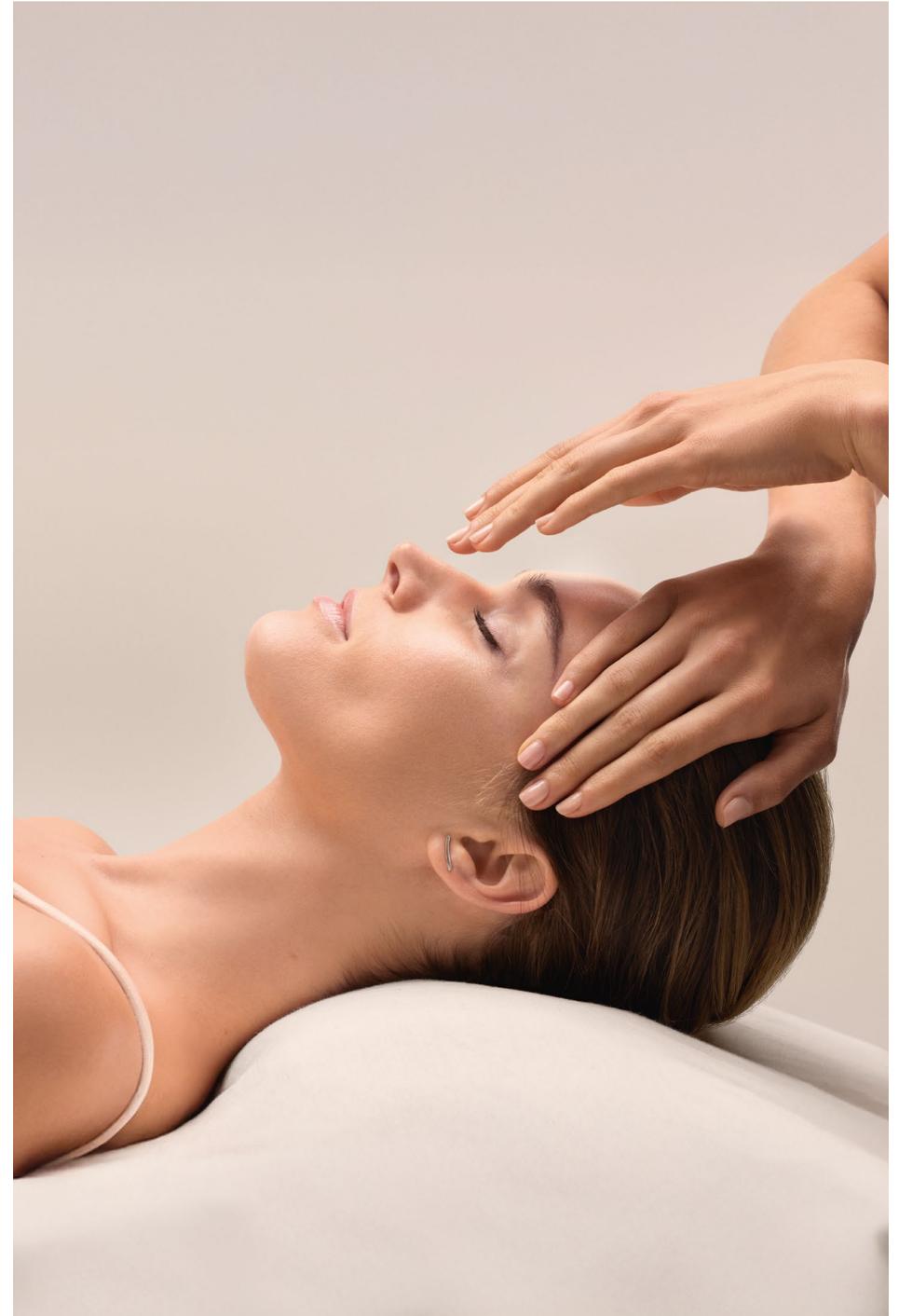
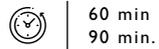
## LA PRAIRIE FACIAL TREATMENTS

### White Caviar

#### PHENOMENAL GLASS SKIN FACIAL

##### The experience

A treatment designed to reveal luminous skin and a perfectly harmonious complexion. Enriched with encapsulated Lumidose, the extraordinary illuminating molecule, White Caviar Essence Extraordinaire targets age spots and dullness. Infused with Swiss Caviar Extract, it helps firm and smooth the skin's surface. The skin appears deeply hydrated, plumped, and radiant.



LA PRAIRIE FACIAL TREATMENTS

## Pure Gold

PUREST RADIANCE ENHANCING FACIAL

The experience

This treatment reveals the skin's inner radiance.

Its singular benefits, discovered through La Prairie's scientific research, deposit pure gold particles onto the skin's surface for an immediate glow, enhanced absorption, and a progressive release of active ingredients.



60 min.  
90 min.



## LA PRAIRIE FACIAL TREATMENTS

# Life Matrix

### TAILORED CELLULAR RESET FACIAL

#### The experience

La Prairie masters the art of enhancing youth longevity by extending cellular lifespan. A personalized skin diagnosis opens the way to a tailored selection of products and expertise. Specially formulated products replenish the skin, increase collagen levels, and densify tissues. Firmness, elasticity, and skin volume are improved, creating a perceptible and measurable rejuvenating effect.

 | 90 min.



LA PRAIRIE FACIAL TREATMENTS

## Platinum Rare

ELEVATED REJUVENATING FACIAL

The experience

A global ritual designed to rejuvenate all cutaneous tissues and offer a true youth cure for the skin. Infused with this precious metal, the Platinum Rare facial treatments deliver ultimate regeneration, infusing their benefits through the skin's layers while addressing a multitude of interconnected rejuvenation processes.

 90 min  
120 min.



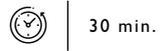
LA PRAIRIE FACIAL TREATMENTS

## Perfected eye revitalisation

LIFTS & NOURISHES

The experience

This targeted, customized ritual reduces wrinkles and fine lines around the eyes, while improving elasticity and tone. The skin in this delicate area is smoothed, lifted, deeply nourished, and illuminated, resulting in a refreshed and revitalized gaze.



## LA PRAIRIE BODY TREATMENTS

# Rejuvenating full body massage

### REGENERATES & TONES

#### The experience

The La Prairie Rejuvenating Full Body Massage (60 or 90 minutes) combines the slow, long strokes of Esalen technique, the gentle flow-enhancing benefits of lymphatic drainage, the transportive qualities of aromatherapy and relaxing deep tissue massage techniques. Warm compresses are applied to the feet and back to begin the muscle relaxation. The massage experience includes particular attention to the legs, back, arms, abdomen and décolleté areas to rejuvenate the body and the mind.

 | 60 min  
90 min.



LA PRAIRIE BODY TREATMENTS

## Refining body exfoliation

### The experience

An exceptional exfoliating ritual with La Prairie's Marine Salt, leaving the skin visibly softer, smoother, and intensely hydrated.



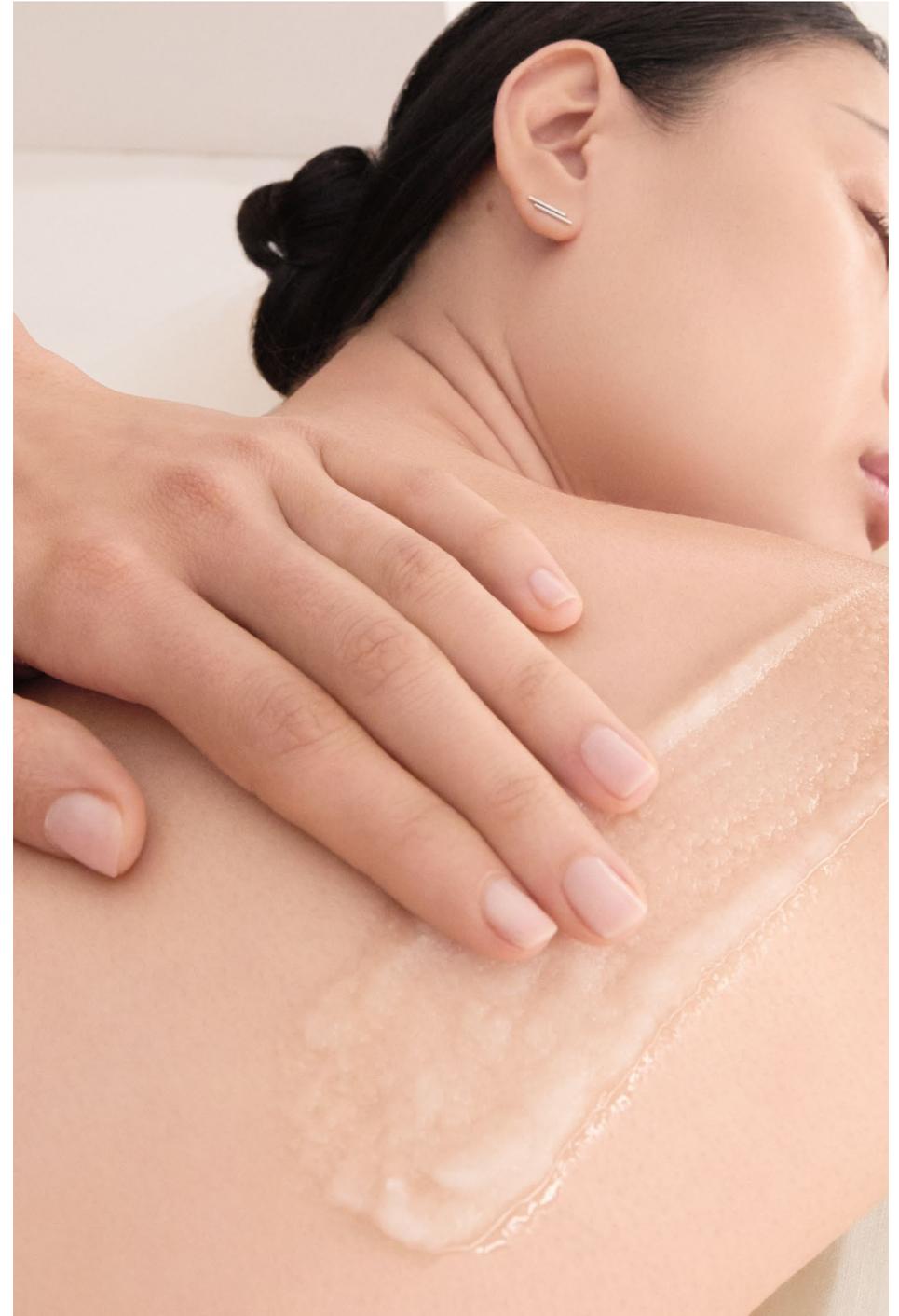
## LA PRAIRIE BODY TREATMENTS

### Complete body rejuvenating program

#### The experience

La Prairie offers a complete body rejuvenating program. Five weekly 90 and 60-minute Full Body Massages offer an exclusive combination of Esalen, lymphatic, aromatherapy and deep tissue techniques to enhance overall wellbeing, encourage relaxation, increase blood circulation, reduce stress, relieve muscle tension and rejuvenate the skin. The complete program for a rejuvenated body, skin and mind.

 3X90 min  
+2X60 min.



## LA PRAIRIE TREATMENTS

# The ultimate luxury in face and body care

### The Platinum Rare Experience

is two hours of total rejuvenation. The restoring and rejuvenating benefits of the 60-minute Platinum Rare Haute-Rejuvenation Facial Treatment is combined with the deep relaxation of the 60-minute Rejuvenating Body Treatment.



### The Skin Caviar Experience

offers two full hours of indulgence. The lifting and firming benefits of the 60-minute Caviar Indulgence Facial Treatment is combined with the deep relaxation of the 60-minute Rejuvenating Body Treatment.



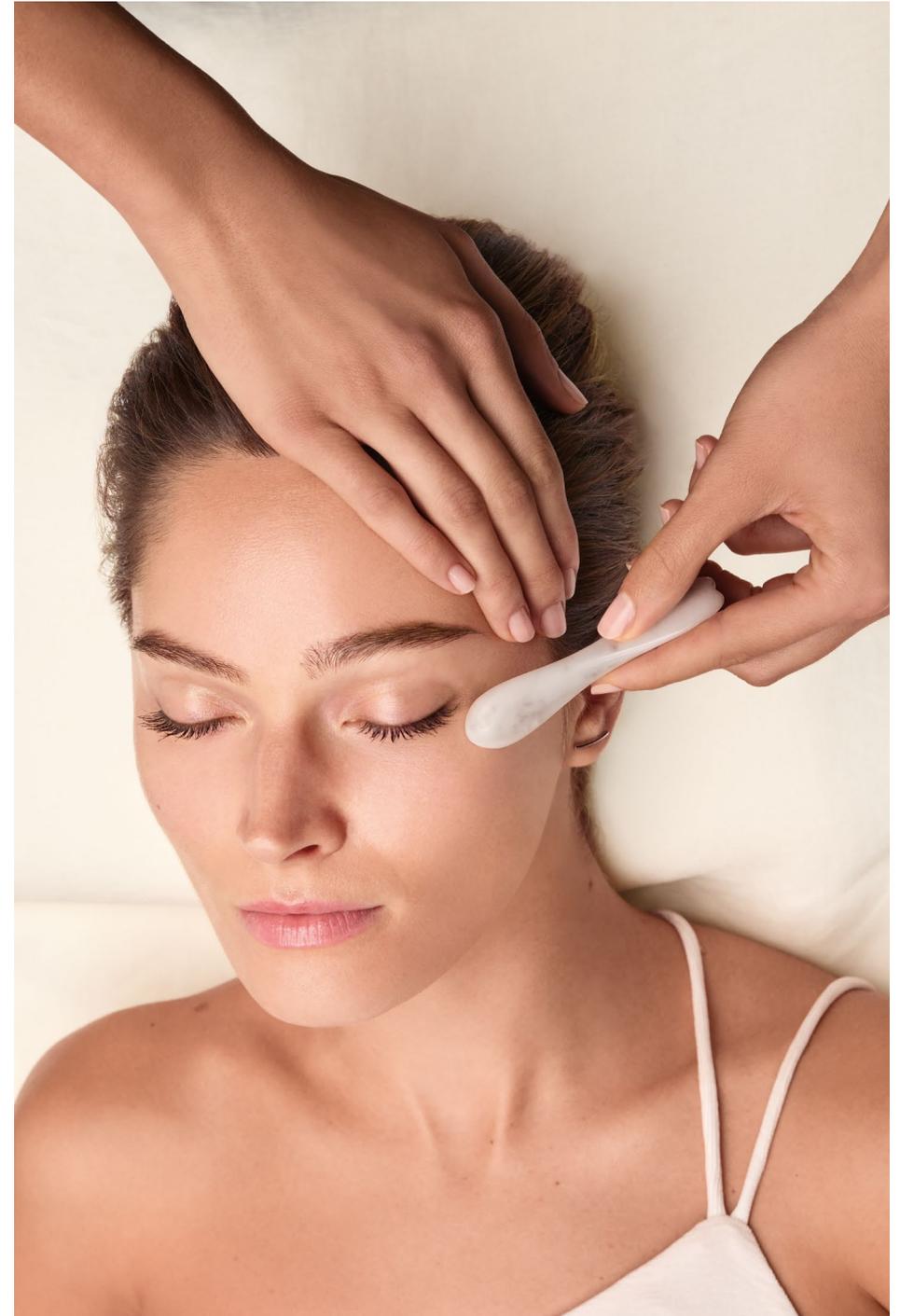
### The White Caviar Experience

is two illuminating hours for yourself. The illuminating and firming benefits of the 60-minute Caviar Illumination Facial Treatment are combined with the deep relaxation of the 60-minute Rejuvenating Body Treatment.



### The Pure Gold Experience

is a two-hour radiance-enhancing session that combines the revitalising and replenishing benefits of the 60-minute Gold Radiance Facial Treatment with the deep relaxation of the 60-minute Rejuvenating Body Treatment.



## Exclusive massages & treatments

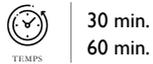
### Facial massage « Ko Bi Do »

A Japanese facial massage with a deep action on wrinkles, firmness and radiance, focusing on the eye contour, mouth, décolleté and arms. This treatment stimulates the skin's tissues, giving a lifting effect while releasing facial muscle tension.



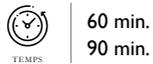
### Reflexology

This treatment is applied to the entire surface of the foot. It acts on blood, lymph and energy circulation, helping to evacuate toxins from the body and promote relaxation. Pleasant and deep, it leads to relaxation.



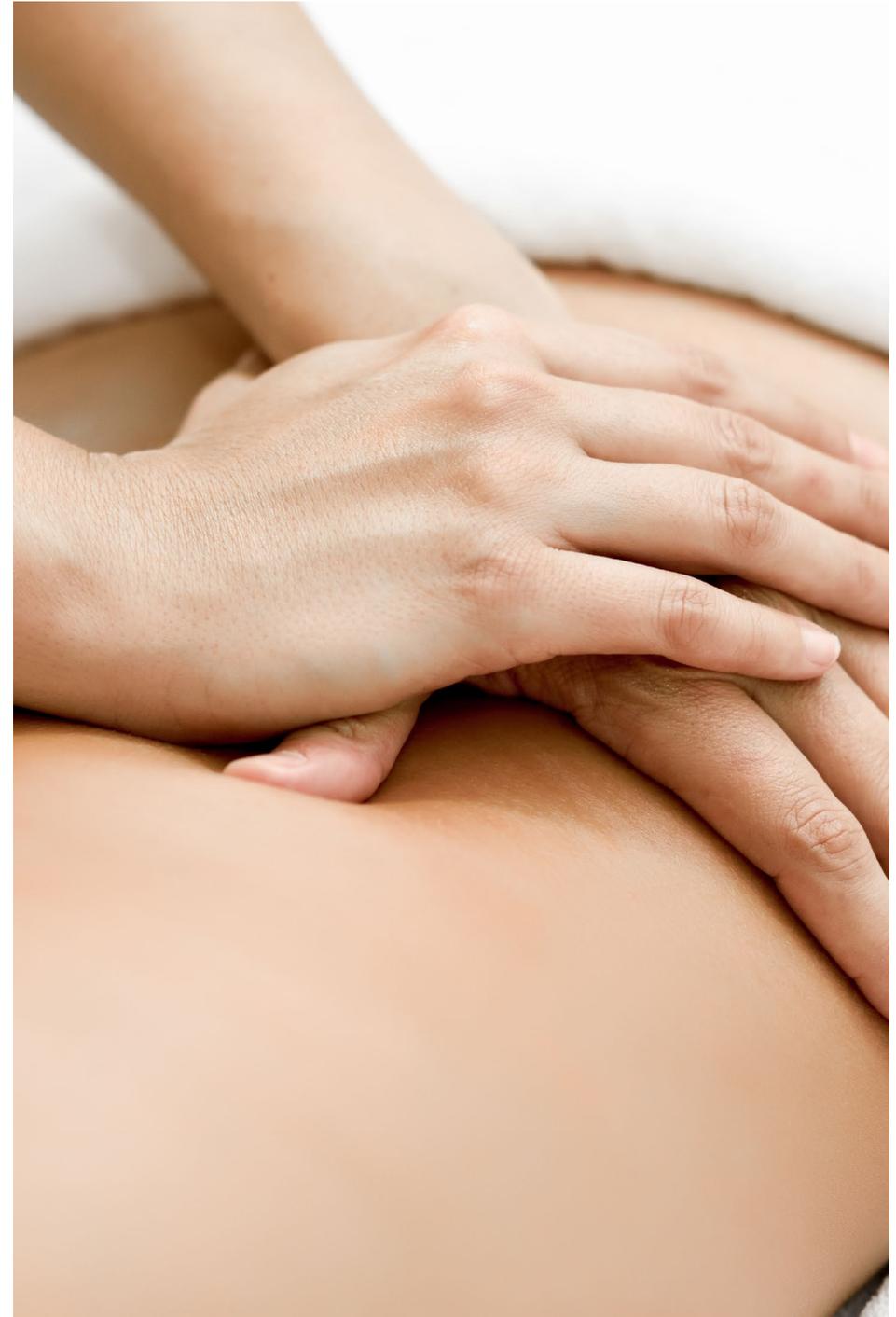
### Thaï massage

This technique, using passive stretching and pressure along the body's energy lines, increases flexibility, relieves muscular and joint tension and balances the body's energy systems. It is both deeply relaxing and energising. Thai massage can be performed on a futon on the floor, wearing loose-fitting clothing, or with oil on a massage table.



### Body wrap

Stimulating and regenerating, this rich treatment will rehydrate the skin for an intensely nourishing effect. To complete this treatment, we recommend combining it with a scrub for silky-smooth skin.



## MASSAGES

### Exclusive massages & treatments

#### Lymphatic drainage body treatment

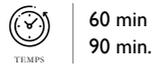
The lymphatic drainage is a specific manual massage to restore healthy, younger and more radiant skin, with a range of specialized, gentle rhythmic pumping techniques to encourage lymphatic flow.



#### Maderotherapy

Of Colombian origin, maderotherapy consists of performing an intense massage using various wooden tools. Each of them has a specific purpose to sculpt every area of the body.

Unique protocol. Painless. Visible results from the very first sessions. Benefits: reduction of cellulite, elimination of toxins, improvement of blood circulation, draining action, toning and firming effect.



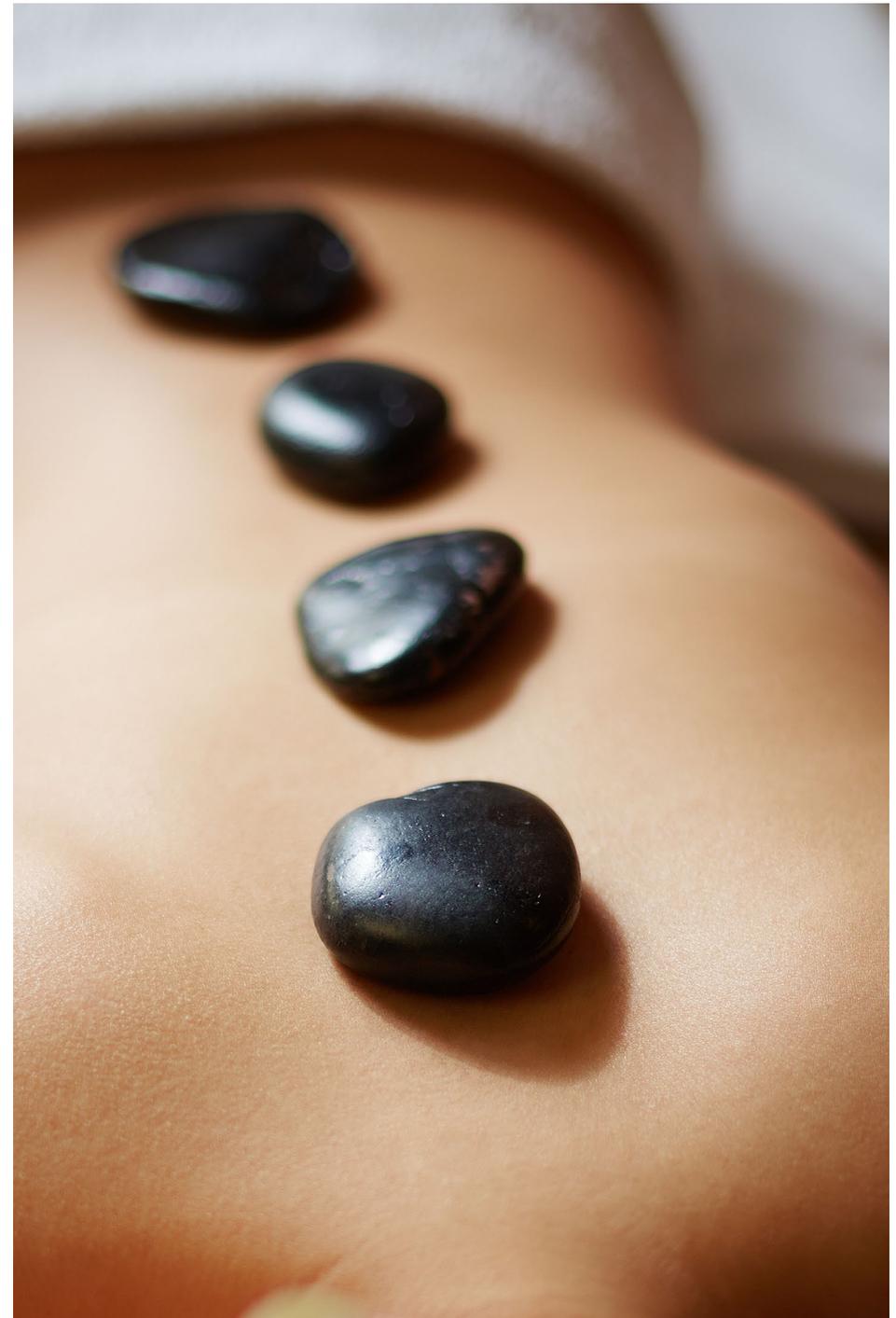
#### Head massage

The head massage has the virtue of acting on the entire body. It stimulates blood circulation, contributes to oxygenation, and promotes overall body balance. It relaxes all muscles by stimulating the nerves located in the cranial areas, and encourages the glands to release hormones that help reduce stress.



#### Hot stone massage

A massage using volcanic stones. It soothes muscle tension through the combined effect of the heat from the stones and deep, enveloping techniques.



## MASSAGES

### Exclusive massages & treatments

#### Muscle recovery massage

After an intense day on the slopes, treat yourself to a well-deserved moment of relaxation with this treatment designed to soothe your tired leg muscles. The Après-Ski Massage combines specific drainage and stretching techniques, alternating with gentle yet dynamic pressure to relieve the sensation of heavy legs. The application of a refreshing gel completes the experience, providing an invigorating effect and leaving your legs feeling light and rested despite your day's efforts.



30 min.

Enhance your treatment experience by choosing from our add-ons, which can be added to any of our services:

Anti-ageing LED mask

Hydrating mask

Youthful look mask

Hand mask

Foot mask

Face cream mask

Hot stones on the back

Add-on «LYMA Laser» as an addition to La Prairie treatments

\*Treatment time includes time for guests to get ready.



## SPA FOR WOMEN

### The Mother's beauty appointments

#### The pregnant woman experience

Pregnancy is a wonderful time as well as an exhausting one for most women. This treatment is designed to pamper the pregnant woman. A facial and specific body massage adapted to the needs of the mother to be (recommended after 12 weeks of pregnancy).



#### The ultimate nourishing after baby care

An exfoliating body treatment combined with a nourishing massage restoring the smoothness and the elasticity of the skin.



#### Pregnancy care

A gentle body and belly massage achieved without essential oils. Lying down an adapted position for your well-being. Recommended after 12 weeks of pregnancy.



#### Additional touch

Hydrating mask | Rejuvenating eye patches | Face cream mask

\*Treatment time includes time for guests to get ready



## CORINNE'S HAND

### The treatments

More than a massage! Genuinely personalised holistic treatments that make you feel unique. With a long background in the Vedic sciences and experience as a globe-trotting skincare expert, Corinne's ultimate sense of touch will take you on a journey into the depths of your physiology and your whole being. Rooted in Ayurvedic medicine, her rituals merge with the world's ancestral medicines, dance, musical vibration and yoga to touch and balance all aspects of the senses, physiology and emotions.

We're proud to work with Corinne's enchanting creativity to offer a rare, holistic, personalised experience. A massage therapist who listens subtly to our guests' needs, she will guide you through her creative palette of rituals where nothing is left to chance...'

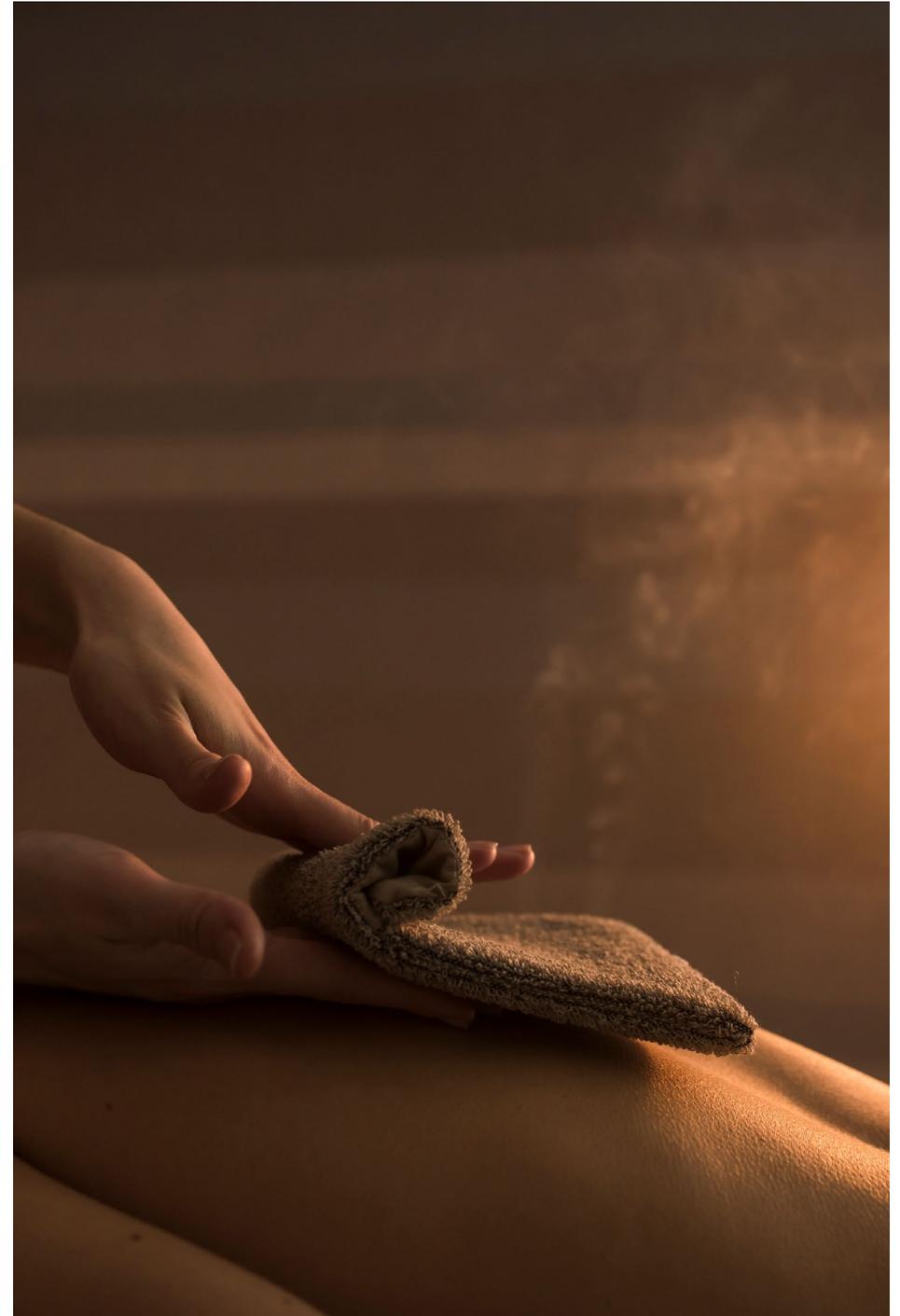
#### «Healing Stretch Massage» ritual

A fusion of Ayurvedic, Thai and Vietnamese treatments, this Indo-Asian journey gently and fluidly sets your body in motion. The hands surround you in a continuous flow, subtly moving your limbs and following the energy networks of the vital points. The body is gently stretched and passively moved into simple yoga poses to increase flexibility and release blocked energy from the organs. A variety of effleurage, pressure, pinching and tapping techniques add colour to the experience.



TEMPS

90 min.  
120 min.



## SPA BEAUTY ROOM

### The cabin

#### Beauty treatments for him

Men's manicure | Men's pedicure  
Back or chest waxing | Ears or nose waxing

#### Beauty treatments for her

##### June Jacobs

Natural hand ritual with polish application  
Brazilian hand beauty without nail polish  
Natural foot ritual with nail polish  
Brazilian foot beauty without nail polish

#### Nail polish application

Classic nail polish application  
Semi-permanent nail application  
Removal semi-permanent nail polish  
Package removal and application semi-permanent nail polish

#### Nail extensions

American Gel X application  
Gel application on natural nails

#### Eyelash enhancement with or without tinting

#### Make-up

Sophisticated make-up | Day make-up  
Evening make-up | Beauty after-care

#### Waxing

Bikini | Brazilian bikini | Full bikini | Under arms  
Half legs or thighs | Full legs | Eyebrows or upper lip  
Arms | Waxing package (bikini - half legs - under arms)

\*Treatment time includes time for guests to get ready.



HAIR SPA

## Oribe Professional Haircare

# ORIBE

### Customized treatment experience

A revolutionary treatment experience. These customized antidotes are designed to help restore the holistic health of the hair, perfecting and protecting it from the root to the tip. The hair is transformed into lustrous, polished perfection with movement and reflective shine for transcendent results.

Short Hair | Long Hair | Voluminous Hair



30 min.

*All Oribe products are formulated with safe, high quality and innovative ingredients. Dermatologically tested, colour and keratin treatment safe, vegan, gluten-free, proudly approved by PETA.*



## HAIR SPA

### Hairstyle experience

#### Blow-dry

Short hair (chin, neck) | Long hair | Very long hair  
Sophisticated blow-dry (curly) | Hair extensions supplement  
*Shampoo & conditioner included*

#### Cut

Split hair cut | Layered hair cut

#### Highlights

Short hair | Long hair | Very Long hair

#### Colour

Short hair | Long hair | Very Long hair

#### Special request

Buns, fancy hairstyles

#### For Children

Boy haircut | Girl haircut and blowdry | Princess haircut

#### Beard

Beard maintenance with clippers  
\*no full shave



HAIR SPA

Philip B

Protocol Russian Amber  
(ultra-nourishing)  
Long hair | Very long hair

Treatment designed to improve hair density. Green tea and various amino acids such as keratin stimulate hair growth and regeneration.



Royal Color and Shine Enhancing Treatment  
Long hair | Very long hair

Revives the color and provides lasting shine and hydration. Custom treatment that revitalizes the scalp for a vibrant color.



PHILIP B

## HAIR SPA

# Nooance

### Scalp Booster Treatment

This protocol, combined with the NOOANCE helmet, maximizes the effectiveness of hair regrowth thanks to a combination of LED Technology and LLLT Lasers (Low Level Laser Therapy).

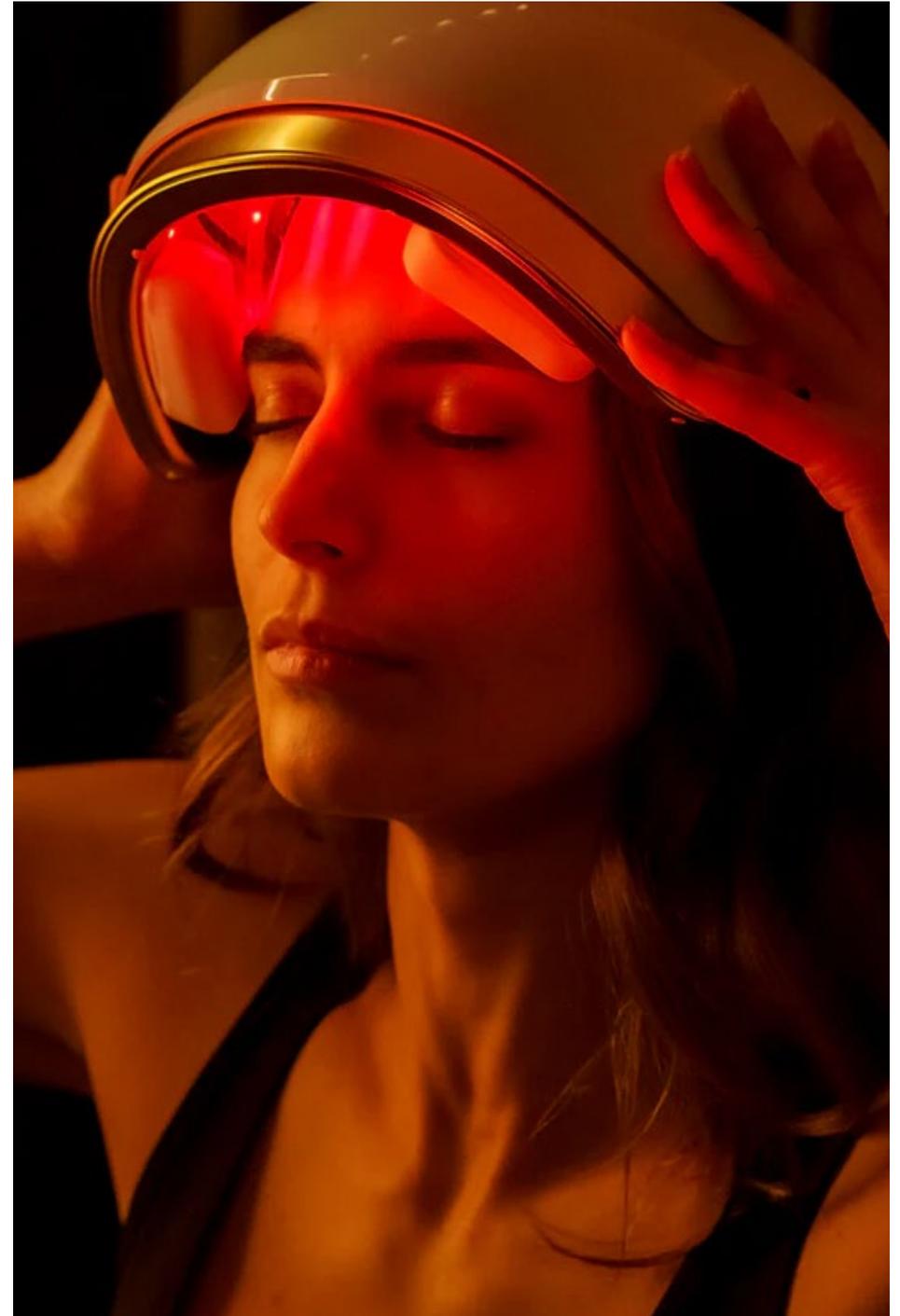
This non-invasive treatment is designed for hair suffering from loss of density and delivers incredible results:

Stimulates hair growth

Improves overall hair health

Significantly reduces daily hair loss

Visibly increases hair strength



## KIDS SPA

### Kids, Children & Spa

#### KIDS (BETWEEN 4 AND 14 YEARS OLD)

Fairy fingers

Decorative nail polish for little princesses.



20 min.

My first care

Discover relaxation.



30 min.

#### TEENAGERS (BETWEEN 15 AND 18 YEARS OLD)

Back scrub, relaxation for the back, shoulders and head skin cleansing.



60 min.

*Children under the age of 18 must be accompanied by a parent. Treatments are given in duo with a parent who has booked a treatment of the same duration.*

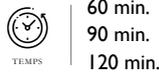


## FITNESS AREA

# Fitness & Coaching

### Coaching

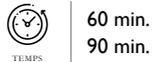
On request, upon reservation 24h in advance



### Yoga

The practice of yoga will strengthen and relax your body. Yoga also improves the function of your respiratory, circulatory, digestive and hormonal system. Yoga will add emotional stability and mental clarity.

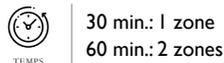
Different types of yoga are offered (water yoga, gentle yoga, dynamic yoga)



### Suprasculpt treatment

Muscle up effortlessly and painlessly. A programme tailored to your needs and objectives. Comfortably lying down, we then place the Pads on the part of the body and they do the work.

Session or package of 4 to 8 sessions.



### Advanced boxing session or an introductory class

Suitable for beginners as well as experienced practitioners, with all equipment provided (focus pads, mitts), to learn proper techniques or maintain a regular training routine.



### Muscle strengthening

Designed to maintain good physical condition through exercises accessible to everyone, with or without equipment.

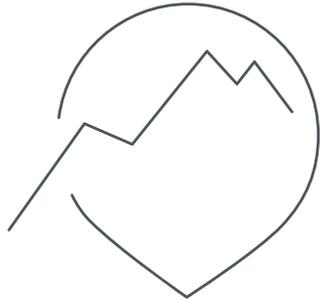


### Heavyweight training

For more advanced participants, aimed at pushing limits according to individual goals, primarily using bodyweight exercises.



## Spa Terms and Conditions



### Facilities

Five treatment rooms, including a duo room with Russian Banya facilities, an ice room (10°C) with an ice shower and ice wall, an experiential shower, a beauty room for manicures, pedicures, waxing and make-up, an ORIBE signature hairdressing salon, jacuzzi and heated indoor pool. Indoor relaxation area. Fitness equipment by Technogym.

### Booking

Treatment time includes time for guests to get ready. If you need to reschedule or cancel your appointment, please advise us 24 hours prior to your scheduled appointment to avoid being charged for the full treatment. To book from your room, please dial 3112.

### Opening hours

Last appointment is at 7:30 pm. A 20% surcharge will be applied for all treatments performed before 10am and after 8:30pm. A 25% surcharge will be applied for all treatments performed in the room.

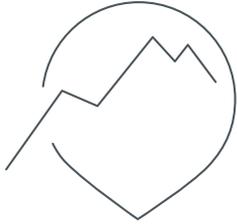
### Outside customers

The spa is open to non-residents every day from 10 am to 3 pm (except swimming pool and facilities). Reservation at least 24 hours in advance with full payment of the service at the time of booking. For seasonal rates for treatments and hairdressers, call the spa reception. All treatments performed in outside chalets will be increased by 50%.

### Gifts

Give friends and family a unique well-being experience at the spa. Gift vouchers are personalised so guests can choose their preferred treatments from our Spa menu. Please note that gift vouchers are non refundable.

## Before coming



### Take your time

We recommend that you arrive at least 30 minutes prior to your scheduled treatment to give you time to check in and slip into your robe and slippers, then relax in our sauna and swimming pool. Steam is recommended prior to your spa treatment as it will relax your body and make the experience more enjoyable.

### What to wear

Your comfort and well-being are of the utmost priority to us when you are at our Spa: there is no need to bring or wear any special clothing, everything you need will be provided in your treatment room. We will provide disposable underwear for all treatments and massages. We invite you to come directly in your bathrobe from your room.

### Valuables

We advise you not to bring valuables with you. The management declines all responsibility for the loss of objects and jewellery. We advise you to check that you have not forgotten anything in the pockets of your bathrobe before leaving the spa.

### Environment

To preserve the sense of harmony in the Spa we kindly request that mobile phones are switched off. May we also remind you that the wearing of swimsuits is compulsory in the wet zone. Please note that smoking or drinking alcoholic beverages is not allowed on the spa premises.

### Home Spa

Most of the body and skin products that we use for our treatments are available for purchase. We encourage you to ask your therapist how to use these products so that you can continue your spa experience at home.

### Health condition and mums-to-be

Please inform us of any health conditions when booking your appointment (eg. high blood pressure, any heart conditions and allergies). You will also be required to sign a form related to using our Spa facilities prior to your treatment.

### Age requirements

We offer a selection of wellness treatments for our younger guests as well as a range of appropriate wellness treatments for children. They have to be accompanied by an adult. Access to our Sauna facilities is not permitted. All guests under the age of 18 must be in possession of a parental consent form signed by a parent or legal guardian.

### Late check in

Please inform us as soon as you can if you are late. Duly notice of a late arrival will reduce treatment time. Your treatment will end on time in order not to delay the next guest. Should this happen the full value of your treatment will be charged.

## THE SPA L'APOGÉE BY LA PRAIRIE

### Treatment menu

#### Exclusive 5-star facial treatments by La Prairie

Platinum Rare	90/120 min. 550/700€
Life Matrix	90 min. 600€
Pure Gold	60/ 90 min. 450/550€
White Caviar	60/90 min. 350/400€
Skin Caviar	60/90 min. 250/300€
Perfected eye revitalisation	60 min. 150€

#### Exclusive La Prairie body care products

Rejuvenating full body massage	60/90 min. 250/300€
Refining body exfoliation	45 min. 150€
Complete body rejuvenating program	3x90 + 2x60 min. 1200€

#### The ultimate luxury in face and body care

The platinum rare experience	120 min. 750€
The skin caviar experience	120 min. 450€
The white caviar experience	120 min. 550€
The pure gold experience	120 min. 650€

#### Wellness by Corinne

«Healing Stretch Massage» ritual	90/120 min. 357/435 €
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#### Exclusive massages

« Ko Bi Do » massage	30/60 min. 120/225€
Reflexology	30/60 min. 105/195€
Thai massage	60/90 min. 240€/330€
Body wrap	30 min. 120€
Lymphatic drainage body treatment	75 min. 275€
Maderotherapy	60/90 min. 240/330€
Head massage	30 min. 95€
Hot stone massage	60/90 min. 240/330€
Muscle recovery massage	30 min. 130€

#### Additional touch

Hyaluronic acid sheet	60€
Collagen eye sheet	45€
Facial cream mask	45€
Hot stones on the back	45€
Anti-ageing LED mask	85€
Hand mask	40€
Foot mask	40€
Add-on «LYMA Laser»	85€

#### The Mother's beauty appointments

The pregnant woman experience	80 min. 295€
The ultimate nourishing after baby-care	80 min. 295€
Pregnancy care	50 min. 215€

#### The cabin

Waxing	
Bikini	50€
Brazilian bikini	60€
Under arms	40€
Half legs or thighs	70€
Full legs	115€
Arms	60€
Eyebrows or upper lip	30€

#### Hand and feet

Complete natural ritual manicure	115€
Brazilian manicure (without nail polish)	80€
Complete natural ritual pedicure	125€
Brazilian pedicure (without nail polish)	90€
Application of nail polish	30€
Application of semi-permanent polish	65€
Removal semi-permanent polish	40€
Duo offer removal and nail polish	100€

**Make-up**

Quick make-up touch	30 min. 75€
Day make-up	45 min. 105€
Evening make-up	60 min. 160€
Bridal make-up	on request

**Beauty treatments for him**

Men's manicure	75€
Men's pedicure	95€
Back or torso waxing	65€
Ears or nose waxing	25€
Beard trim	70€

**Hair Style experience**

Combing	60€
Hair cut	50/90€
Sophisticated hairstyle or bun	180€

**Blow-dry with shampoo and conditioner**

Short hair	105€
Medium hair	135€
Long hair	150€
Very long hair or sophisticated brushing	180€
Hair mask supplement	15€
Hair extension supplement	30€
Shampoo, conditioner and simple dry	70€

**Colour, shampoo, conditioner & blow dry**

Short hair	180€
Medium hair	230€
Long hair	280€
Colour supplement	50€

**Highlights , shampoo, conditioner & blow dry**

Short hair	2h30 min 280€
Medium hair	330€
Long hair	380€
Toner	50€

**Children's Hair**

Shampoo conditioner, cut & styling or blow-dry	60/80€
Shampoo, cut & styling	50€
Braid	40€
Bun	80€

**Customized treatment experience****Oribe**

Short hair	30 min. 90€
Long hair	30 min. 120€
Very long hair	30 min. 180€

**Philip B**

Protocole Russian Amber	
Long hair	60 min. 120€
Very long hair	60 min. 180€
Royal Color and Shine Enhancing Treatment	
Long hair	130€
Very long hair	180€

**Nooance**

Scalp Booster Treatment	30 min. 90€
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**Children's Spa**

Fairy fingers	20 min. 20€
My first care	30 min. 85€
Teenagers	60 min. 175€

**Fitness**

Coaching	60/90/120 min. 220/270/315€
Dual coaching	60 min. 260€
Yoga	60/90 min. 220/280€
Yoga duo	60/90 min. 260/320€
Suprasculpt	30/60min. 210/360€ 4/8 sessions. 800/1 520€
Boxing	60 min. 320€
Muscle strengthening	60 min. 220€
Heavyweight training	60 min. 220€

## CONTACT

Spa L'Apogée by LaPrairie  
Jardin Alpin, 73120 Courchevel, France  
[lespa.apg@oetkerhotels.com](mailto:lespa.apg@oetkerhotels.com)  
+33 (0)4 79 04 01 12

PALACE

