



ĀMAN  
LE MÉLÉZIN

Spa & Wellness Menu

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## Aman Le Mélézin

Enhance your stay in the Alps with Aman Spa's restorative touch. Using Aman's all-natural products, our treatments draw on inspiration from around the world and provide a warm, healing touch to nourish body and mind after a day on the slopes.

Aman Spa at Aman Le Mélézin features five treatment suites and a generous wellness area spread across two floors of the property. Two double treatment suites, two single treatment suites (one with a steam shower) and a Thai massage suite are accompanied by a state-of-the-art Technogym-equipped fitness room and a yoga studio. A subterranean pool with Jacuzzi, cold plunge pool, experience showers, a traditional wooden sauna and stone hammam complete our comprehensive wellness facilities.

We welcome you to visit us and book a complimentary consultation with our Spa manager to discuss and create your personalised experience, where harmony and tranquillity gently restore body, mind and soul.

### Our Philosophy

Wellness is a dynamic process of change and growth – a state of complete physical, mental and social wellbeing that is more than simply staying free from illness. Treating the whole – the mind, body and spirit – Aman strives to provide guidance, support and knowledge.

### A New Spa Language

Healing has fascinated and compelled humankind since ancient times. Today, we have access to a treasure trove of traditional healing systems, as well as cutting-edge discoveries in modern medicine. It is intriguing that science can now prove the efficacy of certain ancient practices, while others, practiced today as they have been for millennia, offer benefits that are without scientific explanation.

Many of the world's ancient healing systems, such as Ayurveda and Traditional Chinese Medicine, are based on complex theories of the workings of the human body and mind.

### Understanding Energy

The idea of a life force, or life energy, is shared among many traditional healing systems. In Traditional Chinese Medicine this is known as *qi*, while in Ayurveda and Yoga *prana* is the Sanskrit word used to describe this potent vital energy. A principle in many healing modalities is that any blockage to the flow of life force within a body can cause imbalances. Blockages can be physical, mental or emotional, and their removal to restore balance and energy flow is the main goal of many traditional healing practices.







## Earth's Apothecary

Aman's line of all-natural skincare products draws on the knowledge and wisdom of ancient wellness traditions while harnessing the power of nature. Rare and precious ingredients used include pearls, homeopathic metals, healing tree oils, amethyst, jade, frankincense and palo santo, as well as alkalizing, oxygen-rich spring water, wild-harvested Amazon butters and rainforest muds.

Consisting of smoked body balms, fragrant dew mists, liquid body oils, invigorating body polishes, anti-ageing serums and more, the range is made from organic ingredients sourced from around the world for their purity and potency, and their link to Aman destinations.

Working holistically to nurture and enhance overall wellbeing, each product penetrates deep into the skin to nourish and rejuvenate, but also works on a deeper level, meeting emotional as well as physical need states.

Grouped into three unique formations that reflect three healing pathways - Grounding, Purifying and Nourishing -, the products contain ingredients with a molecular vibrational energy that work in sequence with the human body to promote change and return equilibrium. The physical benefits of each product are completely aligned with its ability to address emotional imbalance, together offering a holistic fine-tuning with tangible, long-lasting results.



## Aman Signature Rituals

Aman's Grounding, Purifying and Nourishing Signature Rituals are carefully curated using the finest organic and natural ingredients. Inspired by Aman's destinations and local healing philosophies, the three-part Signature Menu offers tangible benefits and long-lasting results.



## Grounding

Grounding Rituals focus on key ingredients: amber oil, rose quartz crystals, sandalwood, Peruvian black and purple mud, wild harvested butter and tuberose. The Grounding formation works as a balm for the restlessness created by the frenetic pace of modern life. It imparts a feeling of safety, offering reassurance and reconnection. Focal techniques include Tibetan Ku Nye massage, meridian and acupressure work, cupping and kneading.

### Grounding Massage Ritual

80 minutes

Informed by Tibetan healing traditions, this Ku Nye full body massage grounds the body and mind. Traditional techniques are used to stimulate the muscular system, while a subtler massage energises the meridian system. The massage incorporates cupping along meridian lines, acupressure, kneading, deep-tissue techniques, warmed rose quartz crystals and hot Himalayan salt poultices. The experience finishes with an invigorating Tibetan head massage that induces an even deeper level of relaxation both physically and mentally.

### Grounding Body Polish & Wrap Ritual

80 minutes

This ritual helps the guest feel connected to the Earth, offering a renewed sense of self. The key ingredient is amethyst powder, known for its gently sedative energy that promotes peacefulness, happiness and emotional stability. It is also said to restore the nervous system and boost cell growth. The body polish process employs rhythmic techniques that simultaneously relax and energise while on a physical level, the skin is left exfoliated, with tone brightened and texture improved. The body polish also stimulates the lymphatic system, aiding the rapid elimination of toxins from the cells and increasing circulation – leaving you looking and feeling radiant.

Following the cleansing body polish, the Amethyst Wrap initiates a period of stillness and calm, cocooning the body in warmth and allowing the nurturing ingredients to soak deeply into the skin. Once the wrap is concluded, a shower or bath will prepare you for the treatment's final touch: the application of Aman's silky-smooth Smoked Body Butter, which impresses the benefits of the ritual into your skin.



## Purifying

Purifying Rituals are informed by the powers of water, with its vitalising energy and cleansing ability. Incorporating ingredients such as juniper berry, rose geranium, raw honey and pearl, the treatments utilise their anti-ageing and nurturing characteristics. Purifying healing techniques include manual lymphatic drainage, nerve point therapy and nerve stimulation, while the Purifying Formation is a powerful spiritual cleanser that lends protection, clears stagnant *prana* or *chi*, stabilises the heart and mind and eases restlessness. Releasing unhelpful energies and emotions, the treatment provides lightness of step and breathing space for the mind, body and soul.

### Purifying Massage Ritual

80 minutes

A relaxing and purifying therapeutic treatment that incorporates manual lymphatic drainage techniques and nerve point therapy to stimulate vital organs and balance the nervous system.

Designed to manipulate lymph nodes and lymphatic vessels, the goal of this massage is to increase activity and promote lymph flow. Compared to traditional massages, the pressure applied with manual lymphatic drainage is much lower in intensity but powerful in its effects.

### Purifying Body Polish & Wrap Ritual

80 minutes

Designed to encourage the body to enter a phase of detoxification, this Purifying Ritual results in a revived feeling, toned and in a peaceful state of lightness and ease.

The two-phase process moves from the energetic and invigorating quartz body polish, during which circulation is stimulated and lymphatic drainage promoted, to the more meditative marine flora mud wrap. This includes kaolin for deep cleansing, Argan oil for nourishment, sea lettuce for detoxifying and eliminating pollutants, omega plankton for improving skin hydration, and sea lavender and seaweed for boosting collagen and increasing the metabolic function of skin cells.

## Nourishing

Focusing on the spiritual energy of love, Nourishing Rituals draw inspiration from hot and humid climates. Ingredients such as jasmine, sandalwood and jade crystals have been chosen for their powerful regenerating abilities and are known to fuel recuperation. The Nourishing Rituals incorporate a chakra balancing massage, mantra music, marma point therapy and the Light Technique. These rituals encourage the healing of emotional and mental wounds with a nurturing embrace, inspiring you to be your best self.

### Nourishing Massage Ritual

80 minutes

This treatment has a restorative effect on the sympathetic and parasympathetic nervous systems, helping to recharge and refuel the body and mind.

The deeply relaxing experience includes chakra and sound healing - said to activate and channel the Kundalini (dormant energy stored at the base of the spine). Marma point therapy balances the energy body, releasing negativity and bringing the body back to a state of awareness and balance. On a physical level, the rhythmic massage dissipates muscular tension.

### Nourishing Body Polish & Wrap Ritual

80 minutes

For those feeling tired and depleted, this treatment encourages the body to enter a phase of deep rest in which it can be physically and emotionally nourished.

The Jade Mud Wrap combines the nourishing effects of jade powder with mineral-rich Italian clay, rose hydrolat and argan oil. Hugging the body, the wrap imparts the benefits of its ingredients while also stilling the mind. After a shower or bath, the experience culminates in the full-body application of Aman's Sacred Heart Balm.

# Aman Le Mélézin Treatments

## Aman Le Mélézin Signature

110 minutes

This rejuvenating treatment is a welcome recovery after a day on the slopes. It begins with dry skin brushing which gives your whole body a circulatory boost, aiding blood flow and encouraging oxygen back to the skin's surface. A combination of hot stones and a hot oil massage follows, releasing muscular tension and eliminating lactic acid build-up. Finally, rehydrate and nourish your skin with a facial boost, the ideal antidote to the drying effects of the Alpine elements.

## Holistic Massage

50 / 80 minutes

Using their intuition and a range of diverse techniques, our spa therapists will tailor this therapeutic massage to address each individual's specific tension areas with a unique blend of warm oils and long, slow strokes. We encourage you to communicate your needs and preferences so that your therapist may determine the best course of treatment.

## Hot Stone Massage

80 minutes

The combination of warming stones and massage soothes and relaxes tender muscles. Hot basalt stones are placed on and under the body, gliding over the body to generate heat. This ensures the benefits of the massage are felt at the deepest level possible.

## Traditional Thai Massage

50 / 80 minutes

Restore movement and flexibility through manipulative stretches and acupressure massage, releasing muscular tension. Performed over loose, comfortable clothing to allow movement, the treatment is uniquely relaxing yet energising and is known for clearing energy pathways while improving postural alignment and eliminating muscle pain.

## Après-ski Foot Massage

50 minutes

This 50-minute foot and leg massage begins with vigorous dry brushing to stimulate circulation and clear lactic acid build-up. Incorporating deep tissue massaging techniques and application of cold stones, this treatment works to reduce pain and discomfort linked to inflammation while promoting relaxation. Gentle stretching concludes the treatment.



## Add-ons

30 minutes

We recommend adding one of the following to your choice of massage:

### Body Scrub

Great before your massage for stimulating circulation, exfoliating dead skin cells and to prepare the skin for the nourishing qualities of our massage oils.

### Head Massage

Helps to improve circulation of blood to the head and the face while offering feelings of deep relaxation.

### Foot Massage

Foot acupressure for energy and rejuvenation.

### Hand Mask

Deeply nourishes hands for softer, more hydrated skin.

### Foot mask

A rejuvenating, hydrating mask for dry and tired feet.

### Nourishing Gold Algae Face Mask

### Aman Nourishing Gold Algae Eye Mask





## Aman Advanced Facial

60 / 80 minutes

A wholly rejuvenating experience incorporating Aman's newest skincare collection, Essential Skin, the exclusive Aman Advanced Facial combines effective formulas made in Japan with exfoliation and manual lifting techniques to stimulate facial muscles, welcoming tighter, brighter skin.

The treatment begins with ultrasonic scrubbing to loosen and remove oil, dirt and cellular debris from the pores, supported by the use of microcurrent stimulation and massage to firm, and cryo bulbs to eliminate puffiness and promote a gentle glow. The use of red and blue light therapy follows - a safe natural way to provide multiple benefits to your skin before the treatment concludes with the application of the Aman Nourishing Gold Algae Face Mask to achieve and exceptional glow.

The facial can be extended to 90 minutes in length, incorporating a longer scalp massage for relaxation, alongside a facial massage and hydra-active Mineral Mask to boost hydration.

### Aman Express Facial

40 minutes

Using the Aman Essential product range, this condensed version of the Aman Advanced Facial is best suited to those seeking a fast and effective way to refresh their skin and achieve a radiant complexion.



## Finishing Touches

### Hands & Feet

Our feet absorb a great deal of stress that can result in poor circulation and swelling. Similarly, our hands are exposed to the elements and are often dry and tight due to being used in almost every daily action that we undertake. Our hand and foot treatments have been developed with this in mind and are suitable for men and women alike.

**Aman Manicure**

**Aman Pedicure**

**Colour Change**

### Waxing

**Face**

**Back/Shoulders/Chest**

**Legs**

**Half Leg**

**Bikini Wax**

**Brazilian Wax**







## Movement

Private sessions with a maximum of six guests.  
60 minutes | €160  
€50 per additional person

### Hatha Yoga

Includes mix of *asanas* (poses), *pranayama* (breathing exercises) and meditation in order to find the balance between strength and flexibility, physical and mental energy, the breath and the body.

### Ashtanga Yoga

Consists of a sequence of specific poses, transitioning from one to another with fluidity and synchronisation of the breath, providing flexibility and muscle building. Intense and fast, it appeals to people in good physical condition.

### Yin Yoga

This form of yoga refers to a sequence of specific postures, held passively for several minutes to offer increased flexibility and recovery. It goes deeper to stretch the connective tissue of the joints, in order to relieve tension, blockages and pain.

### Vinyasa Yoga

Offers a gentle flow for exploring the body and mind connection, while moving in harmony. Suitable for all fitness levels, Vinyasa encourages improvements in flexibility and stability as well as harmony between body and mind.

### Meditation

Meditation is a mental practice that guides us to inner peace through the appeasement of the mind. Practiced in various ways, it helps to pacify one's emotions and increase one's ability to concentrate, offering increased alertness and better memory.

### Pranayama (Breathwork)

Pranayama includes various techniques for controlling and developing the body's vital energy, mainly through breathing. Through the practice of Pranayama, the mind becomes clearer, emotions are channelled and concentration and memory abilities are increased.

## Wellness & Recovery

### THERABODY

Aman Le Mélézin, in partnership with Therabody, offers sessions and treatments to elevate your performance on the slopes and maximise your recovery.

#### Theragun Deep Tissue/Sports Massage

50 / 80 minutes

A deep muscle treatment, to melt away tension and release soreness empowering you to care for your body daily. This treatment targets key trigger points to help decrease tension or soreness, increase flexibility and improve range of motion, while putting the body into a state of relaxation.

#### Theragun Add-on

20 minutes

Enhance your massage by adding a deeper muscle treatment with the Theragun percussive therapy. This method will assist with further relaxation and greater body awareness, bringing about a more complete massage experience and improve overall well-being.

#### Recovery Air Session

30 minutes

Bring a new level of revival and recovery to your facial or massage treatment. Therabody RecoveryAir pneumatic compression supports blood and lymphatic circulation, relieving muscle fatigue and reducing muscle soreness.







## Wellness & Recovery

### IYASHI DÔME

Inspired by a traditional Japanese practice known as Suna Ryoho, where people would bury themselves in the sand to eliminate impurities, the Iyashi Dôme is a device which uses unique technology to rejuvenate the skin, reduce muscular and joint pain, help with recovery and body toning.

30 minutes

Packages available on request

#### Rejuvenate

As the Iyashi Dôme emits infrared rays, which penetrate the body up to 40mm deep, it encourages you to sweat out impurities created from pollution, stress, certain foods and lifestyle choices.

#### Feel Healthier

The patented Black Carbon technology stimulates the body with long-wave infrared rays. These targeted rays stimulate your metabolism while inside the dome.

#### Reduce Pain

The Iyashi Dôme is great for muscle- and joint-pain relief and sports recovery. A 30-minute session after exercise will aid muscle recovery, offering reduced soreness the following day.

Our Iyashi Dôme is the most premium model with an oxygen-enriched air diffusion system combined with organic essential oils, boosting relaxation and cellular oxygenation levels in order to accelerate the cleansing process.

## Aman Juniors Experience

Aman Spa junior treatments are available daily from 10am to 3pm. Children from six to 14 years of age are welcome under adult supervision.

### Aman Junior Massage

30 minutes / 50 minutes

This gentle massage invites relaxation and rejuvenation and is available in 30 or 50 minutes durations.

### Face Time

30 minutes / 50 minutes

Developed especially for our junior guests, this soothing facial begins with a relaxing massage of the face, shoulders and neck.

### Introduction to Yoga

8 - 14 years

30 minutes

Yoga is a great way for children to increase awareness of themselves, others and the world around them, while also having fun. Yoga instils confidence while improving strength and balance, engaging a child's natural, boundless energy and conveying valuable lessons in positive thinking and self-acceptance.





# Spa Reminders

## Operating Hours

### Spa

DAILY FROM 10AM TO 9PM  
LAST TREATMENT AT 8PM

### Fitness Centre

OPEN 24 HOURS

### Swimming Pool

DAILY FROM 9AM TO 9PM

### Sauna & Hammam

DAILY FROM 11AM TO 9PM



## Appointments

We strongly recommend that you book your treatment in advance to ensure that your preferred time and service are available. Nonresidents are welcome for spa treatments between 10am – 3pm upon reservation only.

## Arrival

Please arrive in your bathrobe at the Spa reception at least 15 minutes prior to your scheduled treatment. This will allow you to enjoy the relaxing environment and have a brief discussion about your treatment expectations. Treatments begin and end on time in order to not inconvenience the next guest. Robes and slippers are provided for use during your visit. It is advisable to wear undergarments beneath your bathrobe. Our therapists are trained in professional draping to cover you appropriately during treatments to maintain your privacy.

## Spa Environment

Please refrain from smoking and using your mobile phone in the treatment area or reception. We opt for a quiet setting when in or around the Spa to respect others. We aim to provide a peaceful setting for all guests, so ask you to keep your mobile devices quiet. Alcohol and smoking are not allowed. The Spa team reserves the right to deny access to anyone whose clothing or behavior may disturb other Spa clients.

## Etiquette

It is customary for guests to remove their shoes before entering and to shower before using the hot and cold wet facilities. Slippers are provided for locker and outdoor areas. For comfort and hygiene, guests are required to sit on a towel in the sauna and the hammam.

## In-room Treatments

In-room treatments are available at an additional charge of €55. Any appointment outside the Spa opening hours can be arranged and will incur an extra charge of €55.

## Cancellation Policy

We understand that schedules change and will do our best to meet your needs. As your spa time is reserved specially for you, we kindly ask you to give cancellation notice at least 24 hours in advance. Cancellations made within 24 hours will incur 50% charge. Cancellations within 12 hours (as well as no-shows) will be subject to the full charge of the booked treatment.

## Special Considerations

Most treatments can be adapted to accommodate pregnancy or injury. Please contact the Spa team with any queries and inform staff of any medical or health concerns.

## Age Policy

All persons under the age of 18 who wish to receive a Spa treatment or use the facilities are considered minors and must be accompanied by a parent or legal guardian. The minimum age for taking a Spa treatment or using the gym is 13 years old. Guests under the age of 18 must have a parental agreement before the reservation is accepted.

## Pricing

All prices are net and include taxes and service. We accept all major credit cards, or you can charge your treatment to your room. Prices are subject to change without prior notice.

## Hydrothermal Facilities

Please stay hydrated by drinking plenty of water when using the thermal facilities and pay attention to certain health precautions. Out of respect for all our guests, we ask you to keep your modesty covered with a towel and use your bathrobe in the other areas of the Spa.

## Valuables

We advise you not to bring or carry valuables when using our Spa facilities. Although we strive to take care of your property, we assume no responsibility for any loss or damage to personal items.



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