



LES GRANDS BAINS
DU MONÉTIER

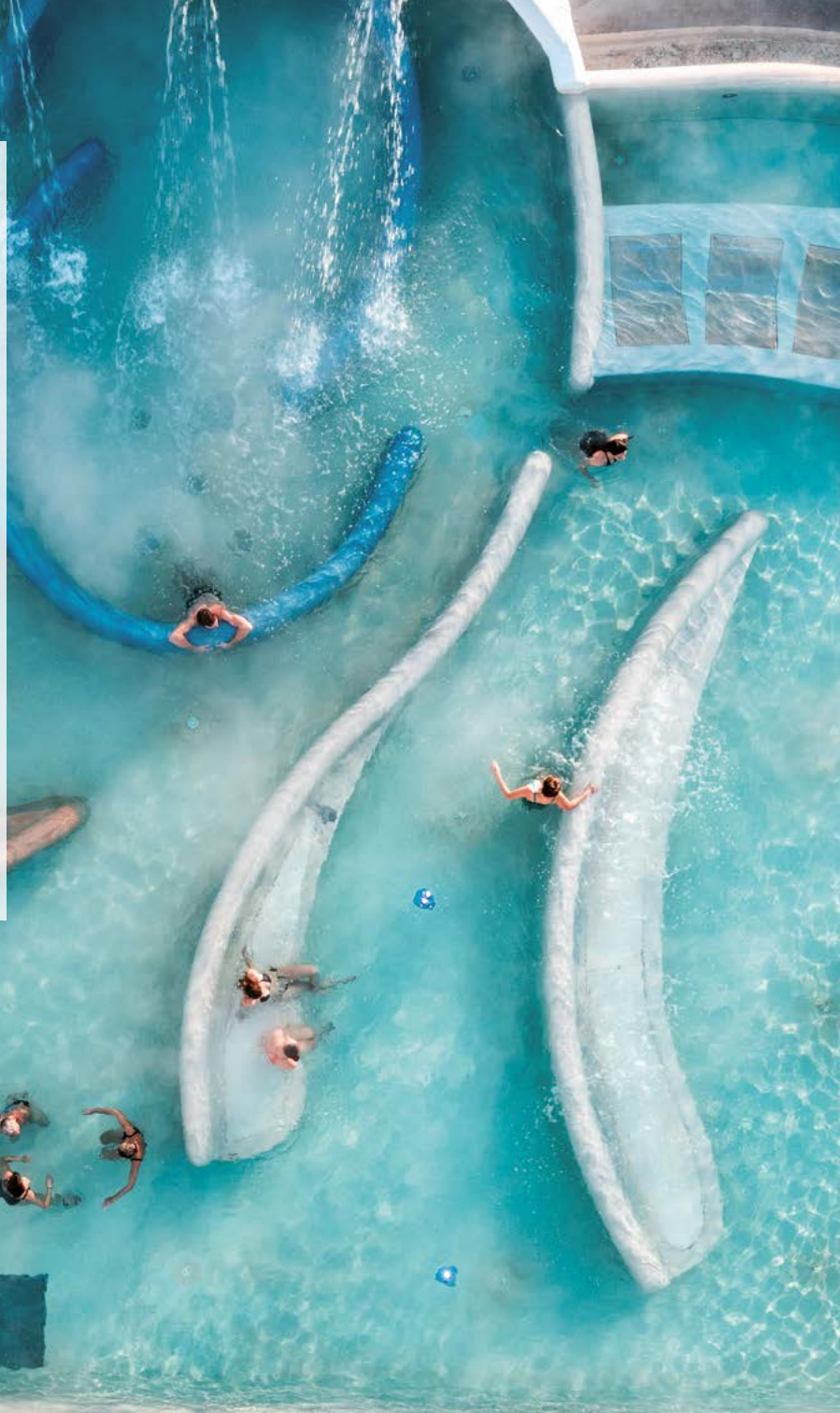
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SERRE CHEVALIER VALLÉE

TREATMENTS

2025

SINCE THE DAWN OF TIME,

the naturally hot waters of the **Grands Bains du Monétier** have been offering many benefits. Our water originates from surface infiltrations in the ground and is naturally heated when it comes into contact with underground magma, spurting out at the source at a temperature of 44°C. This water is unique thanks to its high mineral content, and it also naturally rich in calcium, magnesium and ferrous iron. It is therefore renowned for its many gastric, rheumatological, dermatological, and healing properties.



A man is relaxing in a hot water pool at the Grands Bains du Monétier spa resort. The pool is filled with bubbling water, and the man is lying on his back, looking up. In the background, other people are also relaxing in the pool. The pool is located inside a large building with large windows that offer a view of the snowy mountains outside. The building has a modern design with white columns and a wooden ceiling.

IN THE CENTRE OF

Serre Chevalier ski resort in the southern Alps, the Grands Bains du Monétier spa resort boasts **Naturally Hot Water**. We provide access to a wide range of aquatic modules that will each help awaken your senses and have been designed with your **relaxation** and **wellness** in mind. At the Grands Bains du Monétier, there is a **pool complex** open to everyone, a **spa treatment** and **massages** institute, a **restaurant** and a **shop**.

OUR FACIALS

GRANDS BAINS FACIAL

Purifying and detoxifying facial, made from goat's milk products. Natural black charcoal mask, scrub, massage and goat's milk day cream.

30 min.

60€

PURE ALTITUDE FACIALS

French cosmetics from our mountains. Plants such as edelweiss and arnica leave the skin feeling comforted, soft and glowing.

FROSTY GLOW FACIAL

Facial to comfort and refresh the skin. For an instant glow.

30 min.

60€

PURE FACIAL FOR MEN AND WOMEN

Purifying and moisturising facial for combination to oily skin.

50 min.

90€

OXYGENATING FACIAL

Traditional relaxing facial that leaves the skin glowing, with facial reflexology massage.

50 min.

90€

ESSENCE OF LIFE FACIAL

Leaves the skin smooth, glowing and activates cell regeneration.

80 min.

113€

'LIFTALPES' FACIAL

Lifting and firming massage using effleurage, pinching and smoothing techniques to redefine the face and smooth out wrinkles.

80 min.

113€



pure
ALTITUDE
soins aux plantes de montagne



A LA CARTE TREATMENTS

MOISTURISING BODY SCRUB

Exfoliates, smooths and nourishes your skin. Moisturising scrub for the whole body.

30 min.

60€

SOFT BODY WRAP

A feel-good, beauty session that deeply nourishes and moisturises the skin.

30 min.

50€

CLAY BODY WRAP

The ultimate relaxing treatment to purify the skin and ease any muscle and joint pain. Clay is blended with natural Monétier water.

30 min.

52€

PRESSOTHERAPY SESSION

Mechanical pressotherapy technique combined with the action of a cold-effect gel for top-quality lymphatic drainage.

40 min.

58€

Package of 3 sessions (*valid for 1 year, from the date of purchase*)

150€



100% LOCAL BEAUTY

The **goat's milk** cosmetics from **Maillet farm** (15 km from Grands Bains) are renowned for their incredible moisturising properties. These products are ideal for fragile and allergy-prone skin.

OUR WELLNESS MASSAGES

RELAXING MASSAGE

Massage to ease tension in two parts of the body (of choice).

30 min.

62€

RELAXING MASSAGE

To ease tension from head to toe, this massage can be adapted to your specific needs.

50 min.

95€

PURE ALTITUDE BODY MASSAGE

Soothing and revitalising massage using hot towels soaked in stimulating essential oils.

50 min.

97€

MOUNTAIN BALM MASSAGE

Nourish and repair massage using regenerative essential oils and hot towels.
Perfect after exploring the mountains.

50 min.

101€



TREASURED MOUNTAIN SPA TREATMENTS

When Jocelyne Sibuet created an Alpine garden in Megève, she discovered the cosmetic properties of edelweiss. This is where her idea to create a range of mountain beauty cosmetics came from. Her resulting product range reflects her values:

- . **Rarity** of plants and unique ingredients
- . **Technical** formulations and specific treatment protocol to follow
- . **Pleasure** of deliciously soft textures and divine scents that reflect the mountains.

SWEDISH MASSAGE (INVIGORATING)

Swedish massages are relaxing and they also help increase the level of oxygen in the blood, eliminate muscular toxins and improve circulation and flexibility, while easing tension.

40 min.

95 €

ENERGISING ALPINE MASSAGE

Stimulating and relaxing massage using manual techniques and the application of mountain salts and plants.

This massage helps eliminate toxins and will leave you feeling energised.

80 min.

130 €

HOT STONES MASSAGE

Basalt stones are heated beforehand to absorb tensions and leave you feeling relaxed. The hot stones will boost the flow of energy and guide you into a state of complete and utter relaxation.

60 min.

107 €

♡ CANDLELIT MASSAGE

Give in to the bewitching, calming scents from the Grands Bains candles (fragrance varies depending on the season).

A candlelit massage is a unique, **extremely relaxing** experience.

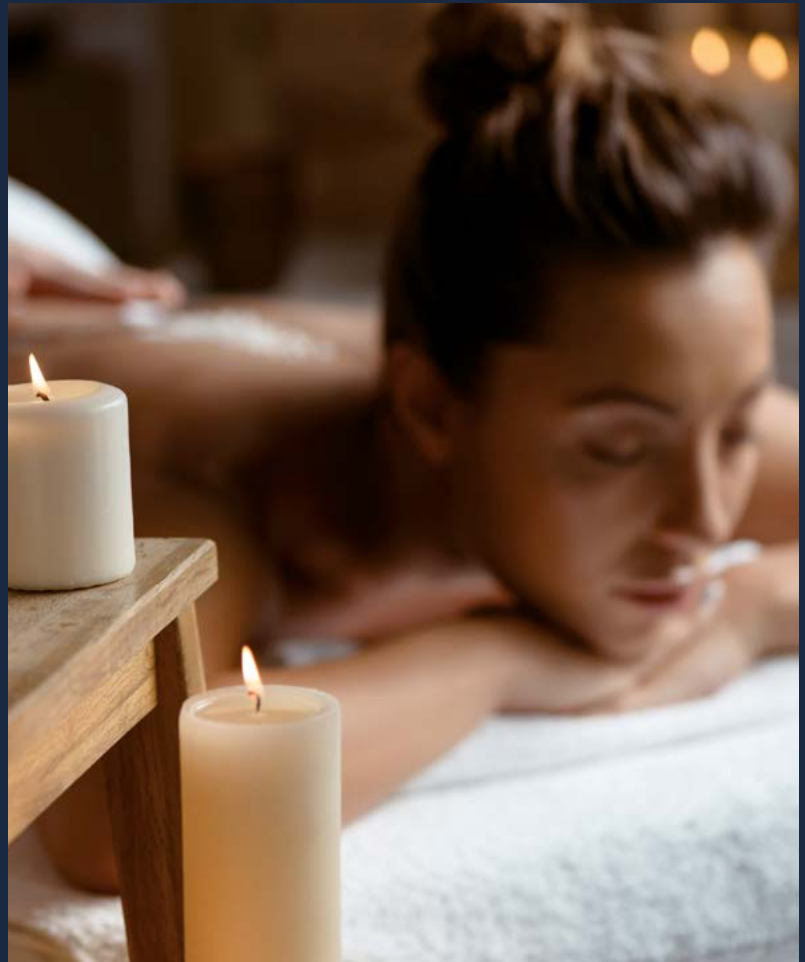
The lush oil created when the wax melts **deeply nourishes the skin**.

The heat from the oil is soothing while the massage allows you to feel

calmed and just **let go**.

The perfect session after your outings in the great outdoors.

50 min. 101 €



OUR RELAXING TREATMENTS

SHIATSU

Based on the concept of energy flow, using acupressure, stretching, and joint manipulation along the Chinese and Japanese pathways of the body, known as meridians.

60 min.

75€

WATSU AQUATIC TREATMENT

The body is cradled by the movements of warm water which eases tension and the stretches and pressure applied by the practitioner calm the mind.

60 min.

75€

OUR BEAUTY TREATMENTS

HANDS AND FEET SESSION

Your hands and feet are very important in the mountains. Look after them thanks to nail filing, scrubs, wraps, massages, and application of a clear base coat varnish.

50 min.

71€

HAIR REMOVAL

Eyebrows or upper lip	14€	Brazilian	35€
Underarms or bikini line	21€	Half legs	28€
Extended bikini line	21€	Full legs	35€

OUR WATER-BASED TREATMENTS

MINERAL MASSAGE BATH

Relax in a bathtub and embrace the properties of Monétier-les-Bains water. You can choose to add a stimulating elixir (offered at the beginning of the session).

20 min.

30€

THERMAL WATER SCRUB FOR DEEP CLEANSING

Individual steam room session using black soap followed by a kessa exfoliating glove. Thermal shower rinse with hydration and massage under water.

50 min.

95€

THERMAL WATER MASSAGE

Enjoy a relaxing 20-minute massage under a light shower of thermal water.

20 min.

52€



♥ THERMAL SHOWER

Thanks to the light thermal shower on your skin during the treatments, the thermal water plunges both body and mind into a comforting state of relaxation.

The water dilates the pores meaning the products penetrate deep into the skin, for intense moisturising. The thermal water session is adapted to each person!

THE RITUALS

GRAND BRIANÇONNAIS RITUAL

Body and face scrub, body moisturising and face massage.

50 min.

95€

BLAST OF PURE AIR RITUAL

Massage bath (20 min.) + Massage (50 min.)

70 min.

128€

'COMME LA NEIGE' PURE ALTITUDE RITUAL

A nourishing and relaxing action. Perfect for tight-feeling skin.

'Crystaux de Neige' scrub (20 min.) + 'Comme la Neige' cream wrap (30 min.)

50 min.

101€

'LIFTALPES' PURE ALTITUDE RITUAL

Which leaves the skin feeling smooth and taut.

'Crystaux de Neige' scrub (20 min.) + 'blackcurrant-cranberry' wrap (30 min.)

50 min.

101€

RECOVERY VIA WATER RITUAL

Massage bath (20 min.) + Thermal water massage (20 min.)

40 min.

101€



ADMISSION TO THE BAINS INCLUDED

With every ritual, you'll have a 2-hour admission to the Grands Bains area.

MUM-TO-BE RITUAL

Session especially adapted for mums-to-be (from 3 months' pregnant) for a moment of total and utter relaxation.

Special facial massage (30 min.) + relaxing body massage (20 min.)

50 min.

125 €

REVITALISING RITUAL

Massage bath (20 min.) + Clay body wrap with natural Monétier water (30 min.) + Massage (30 min.)

80 min.

146 €

COCOON RITUAL

Scrub (30 min.) + Soft body wrap (30 min.) + Massage (30 min.)

90 min.

164 €

Scrub (30 min.) + Soft body wrap (30 min.) + Massage (50 min.)

110 min.

195 €

'GRANDS BAINS' SIGNATURE SESSION ♡

Our signature session is a moment to completely relax and unwind.

Just let go and embrace this ritual, designed just for you.

Massage bath (20 min.) + soft body wrap (30 min.) + candlelit massage (50 min.) + goat's milk facial (30 min.)

130 min.

230 €



WELLNESS FOR TWO



ADMISSION TO THE BAINS INCLUDED

With every duo spa treatment, you'll have a 2-hour admission to the Grands Bains area.

BATH FOR TWO

Massage bath for two	15 min.	95 €
Herbal tea and cake	15 min.	

RITUAL FOR TWO

Scrub or body wrap	30 min.	252 €
Relaxing massage	30 min.	
Herbal tea and cake	15 min.	

OR

Scrub or body wrap	30 min.	314 €
Relaxing massage	50 min.	
Herbal tea and cake	15 min.	

A GETAWAY FOR TWO

Massage bath for two	15 min.	212 €
Herbal tea and cake	15 min.	
Relaxing massage	30 min.	

OR

Massage bath for two	15 min.	274 €
Herbal tea and cake	15 min.	
Relaxing massage	50 min.	

PARENT-CHILD (for children aged 10 and over)

Goat's milk facial	20 min.	200 €
Star massage (head, hands and feet)	20 min.	
Herbal tea and cake	15 min.	



ADMISSION TO THE BAINS INCLUDED

With every package deals, you'll have a 2-hour admission to the Grands Bains area.

PACKAGE DEALS

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ASCENSION

3 days of pampering, listening to your body and reconnecting with yourself

DAY 1 'Comme la Neige' ritual	50 min.	
DAY 2 Massage bath 20' + Thermal water massage	40 min.	308€
DAY 3 Hot stones massage	60 min.	

DAYS

GETAWAY

3 days to escape, breathe in pure air and recharge the batteries thanks to our water that provides a feeling of total relaxation.

DAY 1 Massage bath 20' + 'LiftAlpes' Ritual 50'	70 min.	
DAY 2 Massage bath 20' + Clay body wrap 30' + Relaxing massage 50'	100 min.	504€
DAY 3 Massage bath 20' + Oxygenating facial 50' + Hands & feet session 50'	120 min.	

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RETURN TO THE MONÉTIER SOURCES

5 days to leave the stress behind you, listen to your body, re-energise and find a sense of calm, serenity and harmony.

DAY 1 Massage bath 20' + Goat's milk scrub 40'	60 min.	
DAY 2 Massage bath 20' + Goat's milk scrub 30' + Star massage 20'	70 min.	
DAY 3 Massage bath 20' + Pure Altitude body massage 50'	70 min.	710€
DAY 4 Foot treatment 50' + Legs & feet massage 30'	80 min.	
DAY 5 Signature Ritual	130 min.	

DAYS

COMING TO THE GRANDS BAINS

You will be reminded of these rules when you purchase your tickets.

ACCESS TO THE BAINS

reservation required to guarantee an access to the baths (all year round).



ACCESS TO THE TREATMENTS

bookings are compulsory for spa treatments, by telephone on +33 (0)4 92 40 00 00 or email at lesgrandsbains@monetier.com

Bermuda shorts are not permitted. Only swimming costumes, trunks or Lycra shorts are authorised.



Robe, towel and slippers will be provided at the welcome desk.



TREATMENT AREA

The minimum age for spa treatments is 10 years old. Not all treatments are available for children. For 10 to 18 year-olds, a legal guardian will need to be present in the treatment room for the duration of the treatment.



TREATMENT AREA

Accepted methods of payment: cash, bank card or ANCV French holiday cheques (paper version). Bank cheques are not accepted.



The use of mobile telephones or any other connected device is forbidden in the spa area.



Come to the welcome desk at least 20 min before your treatment time. Late arrivals will only be authorised admission if this doesn't affect the rest of the treatment schedule. Depending on the arrival time, the treatment duration will be reduced.



TREATMENT AREA

To ensure everyone can make the most of their experience here, children are only permitted for certain time slots (variable depending on age) Find details about the time slots on our website:

lesgrandsbainsdumonetier.fr



The establishment is accessible for those with a disability.



Mothers-to-be are authorised but there are some spa treatments that are not recommended during pregnancy. Please tell the staff at the welcome desk and they'll advise which treatments are suitable.



TREATMENT AREA

GENERAL TERMS & CONDITIONS OF SALE FOR TREATMENTS

ARTICLE 8. THE BEAUTY TREATMENT AREA The treatments administered in the 'beauty treatment' area are subject to a specific schedule and reserved time slots. Bookings are only definitive when a deposit has been paid, and are subject to availabilities.

When bookings are made for spa treatments, you will not be informed of the gender of your practitioner as this will not affect the quality of the service. If the client does not feel comfortable with a male/female practitioner, they should inform the establishment when making the booking. No changes can be made or refunds issued if the client cancels their treatment on the day, using the practitioner's gender as a reason.

All the services, including massages, are provided for wellness and relaxation and are in no case provided for therapeutic, medical and/or sexual reasons.

The client must respect the following measures, to ensure the service goes ahead as it should:

Come to the welcome desk at least 20 min before your treatment time. Late arrivals will only be authorised admission if this doesn't affect the service offered. Depending on the arrival time, your treatment duration will be reduced.

In the event that there is a queue at the welcome desk, clients for the Spa can proceed directly to the treatment area to make sure they can begin their treatment on time.

Clients must respect quiet areas in the beauty treatment area (discretion). In the treatment room, clients will wear the garments adapted to their treatment, provided by our staff.

For hygiene reasons, we request that our clients take a shower just before any spa treatment.

Any garments provided must be handed in before leaving the establishment.

You should contact the establishment's welcome desk to inform us of any medical condition or relevant information about your health (fever, serious condition, pregnancy, etc.),

especially if this condition has evolved since you booked your treatment.

Mobile telephones are not permitted.

INFORMATION WITH REGARDS CHILDREN: Children cannot accompany parents into the treatment rooms or the waiting rooms. The Grands Bains staff cannot provide childcare services.

The minimum age for spa treatments is 10 years old. From 10 to 18 years old: A legal guardian will need to be present in the treatment room for the duration of the treatment. The staff and management reserve the right to refuse access to anyone who cannot justify their age.

Pregnant women: Mothers-to-be are authorised but there are some spa treatments that are not recommended during pregnancy. Please tell the staff at the welcome desk and they'll advise which treatments are suitable. Massages are only authorised between the 4th and 8th months of pregnancy (not authorised for the first 3 months or the 9th month).

INFORMATION REGARDING VALUABLES: The Grands Bains du Monétier shall not be held liable for any loss or theft of personal belongings on the premise. We recommend leaving any valuables in the lockers provided.

CANCELLATIONS BY GRANDS BAINS: If the Grands Bains is obliged to cancel any beauty treatment, they will inform the client and offer the same service at another date, subject to the client's acceptance. If the client refuses, they can request a refund in accordance with the terms of article 4.

If this cancellation is due to force majeure or fortuitous event, the client cannot request any refund of payments made.

Extract from the Grands Bains General Terms and Conditions of Sale.

*Treatment prices are subject to change at any moment.
Latest version and up-to-date information on our website.*

FIND OUT MORE +

Find all the information you need on [lesgrandsbainsdumonetier.fr](https://www.lesgrandsbainsdumonetier.fr)



LES GRANDS BAINS

DU MONÉTIER

SERRE CHEVALIER VALLÉE

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