

# OUR MESSAGES

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## THE COUCOU SIGNATURE MASSAGE\*

A relaxing massage\* designed by our team to release any tension you may have acquired by stretching your body in aim to reduce stress and increase relaxation. A moment of pure escape to improve your well-being where the body regenerates. This massage\* allows you to detach from the struggles of daily life and fall into a state of deep relaxation.

60 mins 195€ 90 mins 290€

## THE CUSTOM-MADE

Custom-Made massages\* are intended to help overworked bodies and souls, it allows you to let go completely and release accumulated tensions to finally find a deep sense of relaxation. A treatment tailored to the needs of each individual and found to improve circulation, energy and alertness.

30 mins 100€ 60 mins 195€ 90 mins 290€

## THE ALPINE

A nod to the skiers and hikers who confront the great slopes of the Trois Vallées ski area, this massage\* is specially designed to provide targeted comfort to the most stressed areas. By draining and reoxygenating the tissues after the effort, it encourages the muscular recovery and allows good stretching.

60 mins 195€ 90 mins 290€

## THE DEEP TISSUE

This deep massage\* prepares the body for the effort in flexibility to optimize the muscular response and promote performance. After the effort, it dissipates tensions and contractures for a better recovery.

60 mins 195€ 90 mins 290€

## THE RESCULPTING

Abandon yourself to expert hands for a targeted massage\*, combining different techniques in synergy to tone and smooth the skin. This massage disinfiltrates, drains the tissues, sculpts and reshape the body contours.

60 mins 195€

## "TRIPLE EXFOLIATING" X TATA HARPER MASSAGE\*

Triple exfoliating massage effectively removes dead skin cells and promotes cellular turnover thanks to body peeling which also while activates microcirculation to support healthy looking skin.

60 mins 195€ 90 mins 290€

## "BODY ELIXIR" X AIME DRAINING MASSAGE

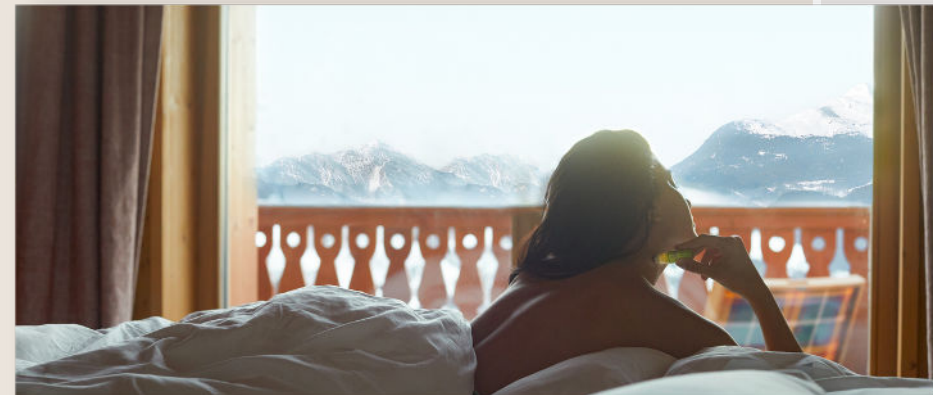
In partnership with the French brand AIME, this body treatment helps to drain and improve the blood, lymphatic and venous circulation. An hour in the hands of our experts will give you a feeling of lightness throughout your body. The dynamic manipulations sculpt the waistline and help reduce the cellulite.

60 mins 195€ 90 mins 290€

## "GUA SHA" X TATA HARPER MASSAGE\*

A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

60 mins 195€ 90 mins 290€



# MUM TO BE ...

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## THE MOTHER-TO-BE MASSAGE\*

Gentle, without any essential oils and with slow, enveloping movements, this massage is targeted for each mum-to-be's personal concerns, with the aim of relieving points of tension and bringing a feeling of new-found light.

60 mins 195€    90 mins 290€

## SOOTH & REST

This facial starts with a SuperKind 3 step cleansing, followed by a soft and gentle mask. A Gua Sha massage brightens the complexion and lifts the skin. Fortifying and soothing formulas associated with a décolleté massage release the tensions and leave the mother-to-be radiant.

60 mins 205€    90 mins 285€

## "BODY ELIXIR" X AIME DRAINING MASSAGE

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60 mins 195€

