



In-Chalet Beauty Treatments

For treatments, beauty and massage at Pollen Brooks we merge different techniques from around the world to help you experience complete self escape and relaxation in the comfort of your chalet.

Massages	
<p>SWEDISH Full Body (1hr) - 100€ Back, Neck & Shoulders (30mins) – 75€</p>	<p>Designed to promote wellness of mind, body and spirit. This classic technique of muscle manipulation eases aches and tension and greatly improves blood circulation. The result is a sensation of enhanced relaxation and overall sense of well-being.</p>
<p>AROMATHERAPY Full Body (1 hr) – 100€ Back, Neck & Shoulders (30mins) - 75€</p>	<p>Aromatherapy massage works on all the pressure points using pure essential oils. Choose from a full range of oils to suit your mood.</p>
<p>DEEP TISSUE & SPORTS INJURY 1 hr – 110€ 30mins – 80€</p>	<p>A boon for the sports enthusiast, this therapeutic massage uses deep pressure on trigger points to relieve soreness and various stretching techniques to relieve muscle fatigue and induce flexibility. An ideal treatment after a day of vigorous activity.</p>
<p>SKIERS & HIKERS RECOVERY Full Body (1hr) – 100€ Feet & Legs (30mins)– 70€</p>	<p>A deep tissue massage focusing on the areas most used in your days adventures. Using slow movements it soothes away aches and pains enabling you to relax and face tomorrow revitalised.</p>
<p>RELAXING HEAD OR FOOT 30mins – 65 Euros</p>	<p>A gentle massage leaving you floating.</p>
<p>REFLEXOLOGY 90mins – 135€ 1 hour – 100€ 30mins – 65€</p>	<p>This revered ancient oriental treatment focuses on stimulating the reflex points of the feet. Reflexology is designed to relieve stress and release the flow of energy through out the body re-energising all of the body's vital functions.</p>
<p>EASTERN & WESTERN 1 hour – 100€ 90mins – 135€</p>	<p>A shiatsu based massage, incorporating acupuncture and trigger point manipulation. A total ambience approach to feeling great.</p>
<p>INDIAN HEAD MASSAGE 45mins – 80€</p>	<p>An ancient form of healing and relaxation which incorporates massage of the head, neck, shoulders, scalp and face, upper back and arms. Nourishes the hair and rebalances the skin. Good for the treatment of stress, shoulder and neck pain or spasm</p>
<p>THAI TRADITIONAL 75mins – 125€ 90mins – 145€</p>	<p>An ancient massage technique that works on the body's energy lines with the practitioner using their hands, elbows, feet and knees and includes passive yoga poses and breathing. Thai massage practitioners move their client into various poses and massage specific points within the body (acupoints) to release blockages in the body's energy lines and stimulate the energy flow, increasing flexibility, aiding muscle recovery and releasing stress and tension.</p>



More Massages...

<p>THAI FUSION MASSAGE Classic Thai Fusion (1hr) - 95€ Deluxe Thai Fusion (1hr 30mins) – 140€ Super Deluxe Thai Fusion (2hrs) – 180€</p>	<p>Thai fusion is a full body work out releasing tense, overworked muscles, increasing flexibility, inducing deep relaxation and re-balancing the whole body's energy flow. Traditionally Thai bodywork is performed fully clothed on a mat or futon on the floor. Thai Fusion is an adaption using a massage table and a blend of exotic oils to refresh and re-energise using a Swedish style massage.</p>
<p>BALINESE MASSAGE 30mins – 45€ 1 hr - 90€</p>	<p>This massage works deeply to soothe damaged tissue and relieve strained muscles and joint pains. The boost to your circulation will help reduce stress and rebalance your body. Because it works very deeply into the tissue, as well as boosting circulation and harnessing acupressure and reflexology techniques, Balinese massage is a highly effective treatment for sports injuries.</p>
<p>HOT STONE MASSAGE 1 hr – 110€</p>	<p>A truly relaxing treatment using hot stones of varying sizes on parts of the body – from the forehead to between the toes - giving a deep massage and creating a sensation of warmth and comfort. The heat from the stones feels great and is also wholly therapeutic - helping detox the body and relaxing the nervous system.</p>
<p>BODY REBALANCE Indian Head Massage and Reiki 1hr – 87 Euros</p>	<p>Relax and restore your body with this stress free treatment combining soothing Indian Head Massage to invigorate your senses completed with a peaceful Reiki treatment, promoting your healing potential and rebalancing your mind, body and spirit. Treat yourself this holiday as you will not have experienced anything like it!</p>
<p>MINI PAMPERING (for under 16) Parental agreement required - 75 €</p>	<p>A chance for the younger members of your family to enjoy some pampering! Experiencing soft relaxing treatments such as a half hour mini facial, a soothing half hour back, neck and shoulder massage followed by nails and toes painting from our range of fun colours.</p>

PHYSIOTHERAPY - is a hands' on medically trained treatment therapy, including:

Assessment - This is to find out what the problem is, how the condition arose, if it has happened before, type of pain, any previous treatments or conditions, etc. It also determines the type of movement available within the joint(s), muscles, ligaments and nerves of the damaged and surrounding areas.

Treatment - Joint mobilisation and/or manipulation, nerve and muscle stretches, muscle strengthening exercises, taping techniques for protection of the damaged area, a variety of massage techniques, plus education and advice.

Management - A carefully designed programme of progressive treatment techniques to aid maximum recovery to suit your individual requirements.

Full Assessment & Treatment session – 90mins – 155 Euros

Treatment session - 1 hour – 125 Euros



Facial Pampering Treatments

LUXURY GUINOT FACIAL 1 hour – 90€	Under the expert touch of the beauty therapist your face relaxes, your skin is rested and rejuvenated. This facial stimulates new blood circulation, oxygenating the skin making it more radiant. The Guinot products are designed to address your skin's diverse needs.
LIFTOSOME FACIAL 1 hour – 100€	The “Lifting” Effect. For instant lifting & firming. Liftosome was developed specifically to treat the problems associated with mature skin. During the time that the thermal mask is left on, it shapes the facial features and diffuses energising concentrates of orange (vitamin C) and ginseng. These active ingredients combined with the warming effect, fill the skin with new energy, restore its elasticity and regenerate new cells. You will notice your skin is softer & tired lines have disappeared.
DELUXE FACIAL 1 hour – 100€	Your therapist will tailor make your facial to your skin type making you look and feel fresher and invigorated.
CHOCOLATE AND BLUEBERRY FACIAL 1 hour – 100€	This decadent facial combines oxygenation & antioxidants to protect the skin from free radicals and the harsh effects of the environment.

Body Care

GUINOT'S SELF TAN 75€	After exfoliating the skin, Guinot's self tan is massaged in to give a great holiday tan.
BODY CONDITIONING WITH AROMA OILS 1 hour – 100€	After exfoliating the skin pure essential oils are mixed into a base cream and massaged into the skin. This treatment improves circulation, is ideal for stretch marks, cellulite and skin that has lost its elasticity. Relieves tired muscles. Pure relaxation for body & mind.
EXOTOC SALT BRUSHING GLOW 1 hour – 100€	Containing pure Dead Sea Salts, Salt Brushing is a treatment and retail product to exfoliate and nourish your skin naturally. This is an invigorating treatment to stimulate, relieve fluid retention, firm and rejuvenate the skin and will help the breakdown of fatty deposits. Contains Vit E, an anti-oxidant and coconut oil which helps repair delicate skin.
DSD BODY INCHWRAP 100€	The Dead Sea Inchwrap treatment will detoxify the body, emulsify fat, reduce cellulite and improve skin tone. There is also the added benefit of inch loss. This treatment is the perfect choice for those wanting to enhance the effects of a diet or detoxification program.



Waxing / Depilation		Hands & Feet	
Full Leg Wax	50€	Manicure (45mins)	65€
¾ Leg Wax	45€	Pedicure (45mins)	65€
½ Leg Wax	35€	French Manicure (1hr)	100€
Bikini Wax	25€		
Brazilian Wax	70€	Eye Care	
Under Arm Wax	25€	Eyelash Tinting	25€
Full Arm Wax	35€	Eyebrow Shaping	20€
Forearm Wax	25€		
Back & Shoulders Wax	40€	Make-Up	
Chest Wax	35€	Adult make-up	50€
Lip / Chin Wax	15€	Child (up to 12yrs)	25€
Eyebrows Wax	20€		
Full Face Wax	35€		

SPA TIPS

It is recommended that you arrive 10 minutes prior to your appointment in your robe and slippers. To fully enjoy a peaceful and tranquil environment mobile phones should be switched off. It is advisable to drink a glass of water after all body treatments.

Additional Information

- Treatments are available between 8am and 9pm.
- Should you need to cancel or reschedule your appointment, please notify us at least 48 hours in advance.
- Unfortunately, we must charge the full price of the treatment if you cancel within 48 hours of the appointment time.
- Children under the age of 12yrs must have their parents consent prior to any treatments.
- All treatments are carried out under the therapist's discretion.
- Please inform the therapist prior to the treatment if you are pregnant, have any medical conditions, allergies or are taking medication.
- Please shower before using the Jacuzzi, especially after massage

THE SPA PRODUCTS

Take the restorative atmosphere of Chamonix home with you. A selection of premium body, facial and nail products are all available – please ask your therapist to show you. Retail: Guniot, DSD Dead Sea Minerals and more.



GYM

Chamonix offers a small private gym for personal assessments and fitness training. The gym boasts state of the art cardiovascular equipment, such as power plates. - Further information available on request.

Various prices available (on request)

Yoga

The perfect compliment to your ski holiday!

Whether you desire a vigorous and challenging workout to replace or compliment a day of skiing, a restorative class to ensure that you wake up morning after morning ready for more powder, or a partner yoga class to connect deeply to a loved one in a whole new way; our Yoga Alliance certified Ashtanga, Acroyoga, Pilates and power yoga teacher can cater to your every need. Some of the options we offer are:

ASHTANGA

Ashtanga is a physically demanding, movement-oriented practice that flows with deep oujii breathing into a meditative state. The balance of strength and relaxation, concentration and letting go, discipline and surrender will leave you physically tested but mentally and energetically refreshed.

POWER YOGA

Power Yoga is an intense and physically challenging system which merges Eastern and Western philosophies to form a practice that has its roots in ancient traditions, yet incorporates modern knowledge of human kinetics to optimize the physical benefits of yoga. It demands not only strength, endurance and balance but extreme focus and concentration; and is sure to challenge both experienced yogis and fitness buffs.

RESTORATIVE YOGA

Gentle stretching, assisted stretching, and Thai Massage - Wake up ready for another full day of steep, deep delicious powder!

PARTNER YOGA

Explore an entirely different way to practice, to communicate, to connect. Partner Flow is a creative sequence of mutually beneficial partner asanas and stretches that can be adapted to any level of fitness and flexibility. Discover innovative ways to challenge, support, work and play with your partner, friend, child or loved one. When two become one, we become breath in motion together.

PILATES AND CORE STRENGTH

Pilates is an extremely efficient core-strengthening system originally created to maintain fitness and increase lean muscle mass during recovery from back injury. For the more athletic, PBL also offers a patented core-strengthening class which fuses Pilates with Yogic and Martial Arts to provide a safe yet highly challenging workout that will isolate the body's weakest links - and strengthen them.

Yoga Prices:

1 hour – 95€
90min – 120€

- Each additional person charged at 15€ per person
- For partner classes an additional 20€ is added
- Classes can be carried out in the chalet or at the instructors classroom