

# Béla Vya

## Moutain Spa

Dear clients, Rachel proposes the following massages (it is better to book in advance)

We are opened from 3.00pm to 8.00pm with free access to the sauna and bathtub.

### Marie's bath

Moutain milk and honey bath.

Milk is the ideal ingredient to soften skin, moistening it thanks to the vitamins and mineral salts it contains. It is the noblest product that the mountain has to offer, source of well-being and gives the skin a special shine.

As for honey, this natural product has been used in beauty products since Pharaonic times.

It is ideal for moisturising and toning skin.

Twenty minutes of pleasure and we suggest you to extend by relaxing for ten minutes on a soft grass bed.

For 1 person: €70

For 2 people: €120

**(We offer you a glass of champagne during the treatment fully appreciate this moment)**

### Hay solant

Steam bath pf hay cut above 1400m height in our valley this summer. Strong Alpine fragrances. Hay treatments are very popular and synonymous to being closer to nature.

Length 30 min

Price: €45

### **After the effort... Relaxation**

Legs and feet massages. Thanks to gentle and enveloping movements accompanied by a subtle mixture of essential oils, rediscover the pleasure of relaxed legs.

Length 30 min

Price €65

### **Relaxing cocktail**

Leg massage, alternating deep tonic and kneading movements, allowing muscle relaxation and elimination of toxins. To regenerate and relax your muscles.

Length 30 min

Price: €65

### **Secrets of the mountain**

After a hike, or simply for pleasure, foot reflexology will help you rediscover serenity and well-being. With gentle and nourishing gestures on the reflex zones of the feet, relaxing effects are felt all your body.

Length 30 min

Price: €65

### **Your own cocoon**

Allow yourself to be enveloped by the gentleness and fluidity of this massage. Smell the delicate perfume of the essential oils. Indulge in your relaxation. Rediscover the road to well-being.

Length 30 min

Price €65

Length 50 min

Price €110

### **The Bèla Vya**

Relaxing and enveloping massage, gentle and tonic, adjusted to your needs at the moment.

All of our techniques necessary for your relaxation are called on with a selection of essential oils.

Length 30 min

Price €65

Length 50 min

Price €110

### **Well-being right now**

Gentle and energetic massage of the back and face, including the upper bust, the neck and the head, which help liberate tensions.

Rhythmic repetition of light pressure and stretching increases energy circulation and brings physical and mental well-being.

Length 55 min

Price €115

### **Remote escape**

A Tibetan tradition, the Kun Yé, takes you on a road to relaxation. The body is massaged all over with ancestral oils. Muscles are kneaded, mobilised and deeply relaxed

To gently finish this journey to the land of relaxation, a gentle flour exfoliation.

Length 75 min

Price €140