

Welcome to the Valmont Spa

The prestigious Valmont Spa offers an exceptional range of relaxing and revolutionary treatments, guaranteed to reconcile body and spirit. Each treatment is a timeless experience, an energetic rebirth. The Valmont Spa invites you to discover an unmatched sense of harmony and serenity. Welcome to a world of absolute well-being.

Rituals

Indulge yourself with one of our spa packages. A combination of your favourite treatments for an experience of profound relaxation from which you will feel totally transformed.

“Hors du Temps” Ritual

- Hydromassage bath or private hammam (30')
- Anti-Stress Massage (45') 75' / CHF 180.-

“Miel d'Ambre” Ritual

- « Miel d'Ambre » Scrub (30')
- Traditional Relaxing Massage (60') 90' / CHF 280.-

“Ecrin de Beauté” Ritual

- Traditional Relaxing Massage (60')
- Valmont Facial (60') 120' / CHF 340.-

“Detox” Ritual

- Detox Scrub (20')
- Rhassoul Body Wrap (30')
- « Detox » LPG face care (during wrapping) 90' / CHF 300

“4 mains” Ritual

- Hydromassage bath or private hammam (30')
- Traditional Relaxing Four-Handed Massage (60')

All our packages include access to our facilities (swimming pool, fitness, sauna & hammam).

Massages

The prestigious Valmont Spa offers a complete menu of massages created to provide a true source of unmatched wellbeing. Whichever your choice, you will be immersed into a state of exquisite relaxation.

Signature massage with a candle

- Evoke your senses with an enveloping Aromatic Massage 60' / CHF 220.-

Ceremonial marocMaroc® massage

- Foot Bath and Aromatic Scrub
- A Deep Massage combined with invigorating Stretching and comforting Hot towels 75' / 210.-

Traditional relaxing massage

- Personalized relaxing Massage 60' / CHF 200.- 90' / CHF 295.-

Deep Tissue massage

- Optional Private Hammam (30')
- Intense 60-minute Massage with firm pressure and slow movements to reach the deepest muscle layers. While recharging your energy, it contributes to maintaining your muscle tone, leads to a state of well-being and relieves tension. 90' / CHF 245.-

Ayurveda massage

- Indian massage with warmed aromatic oils used to rebalance the body energy flow and bring inner peace and tranquillity. 60' / CHF 205.-

Pregnancy massage (from 3 months of pregnancy)

- Prenatal massage for mother and baby adapted as needed 60' / CHF 200.-

Duo Massage

- Traditional relaxing massage in one of our luxurious double cabins 60' / CHF 400.- 90' / CHF 590.-

“Anti-Stress” massage

- Let yourself be enchanted with a relaxing inner journey to unravel and relieve tension with this personalized massage
- (back, neck and shoulders)

Localized relaxing massage

Rebalance your body energy flow and evoke inner peace and tranquillity with a massage of **the** area of your choice:

- Back
- Legs
- Face

Massage “Light legs”

- **Lymphatic Massage through** enveloping pressures performed with a toning cream **and cool** towels 30' / CHF 120.-

Lymphatic drainage

- Lightweight technique that reduces fluid retention and activates the body's healing **abilities. If you are suffering from heavy legs, this treatment insures a lasting sensation of lightness and freshness.** 60' /CHF 180.-

Foot reflexology

- An age-old manual therapy focusing on reflex points, this massage realigns energy flow, freeing tension and stress in the body by simply applying pressure to specific areas.

- Relieves stress and other emotions, digestive disorders and sleep disorders
- Stimulates toxin elimination, blood and lymphatic circulation
30' / CHF 110.- 60' / CHF 180.-

Massage subscription (Excluding Deep Tissue and Signature massage)

- 5h massage (valid 6 months) CHF 875.-
- 10h massage (valid 1 year) CHF 1'650.-
- 20h massage (valid 1 year) CHF 3'200.-

Experiences Hammam marocMaroc

Each product is inspired by a history, a ritual, an ingredient evoking a facet of Morocco. Preserving the origins of traditional Moroccan beauty, marocMaroc recalls and sublimes through its products the generous black soap, the purifying rhassoul, the sweet almond or the virtuous rose water.

All treatments carried out in our hammam are carried out with the products of the brand marocMaroc.

Private Hammam (max. 5 people)

Our hammam consists of a room temperate space followed by a second warmer room in which you can enjoy tea and dried fruit then finished in the 45°C steam room which is scented with pine oil.

At your disposal: makeup remover, black soap and Kessa glove. *45' / CHF 60.*
- (per person)

“Evasion” Hammam

- Private hammam
- An application of black soap and a scrub with our Kessa glove
- Exfoliation with “Miel d’Ambre” grains *60' / CHF 150.-*

Hammam “Tekmida”

- Private hammam

- Exfoliation with “Miel d’Ambre” grains
- Body hydration with “Onguent d’Argan” balm
- Deep pressure massage with hot towels 90’ / CHF 220.-

Hamмам « Temps pour Soi »

- Private hammam
- An application of black soap and a scrub with our Kessa glove
- Exfoliation with “Miel d’Ambre” grains
- Shampoo and mask with scalp massage
- Moisturizing wrap with the “Rose de Sucre” 90’ / CHF 260.-

Hamмам « Lumière sur le corps »

- Private hammam
- An application of black soap and a scrub with our Kessa glove
- Exfoliation with “Miel d’Ambre” grains
- Shampoo and mask with scalp massage
- Ceremonial marocMaroc massage 120’ / CHF 320.-

The Duo Suite

Couples can find privacy in our “Fleur de Lotus” Suite. This private sanctuary has been designed for two people and includes a hydromassage bath, a hammam and two massage tables side by side for romantic treatments for two.

Rental Suite for 2 persons (1h)

- Private space for 2 people with hydromassage bath and private hammam
- Complimentary tea, fruit juice and pastries 60’ / CHF 240.-

Experience “Duo Suite” (2h30)

- Private space for 2 people with hydromassage bath and private hammam
- Complimentary tea, fruit juice and pastries
- Relaxing traditional massage (60’) 150’ / CHF 570.-

Experience “Richesse d’Arganier” (2h30)

- Private space for 2 people with hydromassage bath and private hammam
- Complimentary tea, fruit juice and pastries
- Facial “Firmness Ritual” marocMaroc (60’) 150’ / CHF 500.-

Experience “Signature Massage”

- Private space for 2 people with hydromassage bath and private hammam
- Complimentary tea, fruit juice and pastries
- Signature massage with a candle (60’) 150’ / CHF 600.-

The Duo Suite has a Minibar charged for consumption.

Face

Since its creation, Valmont has been deploying all of its know-how in the anti—aging field.

Valmont offers a wide range of professional skincare products, which combines expertise, product performance and the science of movement.

Through unique and exclusive treatment protocols, Valmont’s treatments are unmistakable, in particular with reference to the “Butterfly movement” a gesture which gives a certain rhythm to the treatment.

Each beauty ritual has its own emblematic treatment with a name inspired by the brands Swiss heritage.

Hydration « Source des Bisses »

A true hydration bath, the «Source des Bisses» moisturizes the driest of skins. The epidermis revives, smoothing the dehydration lines.

- Skin is durably hydrated, plumped and smoothed
- The lines are relaxed and the fatigue erased
- Application of a collagen mask which regenerates the face.

60' / CHF 230.- 90' / CHF 300.-

Energy « Vitalité des Glaciers »

The «Vitalité des Glaciers» treatment is an emblematic treatment of the brand, a true beauty booster that stimulates skin energy and cell renewal.

- Skin is regenerated, radiant and firmer
- An essential treatment for overworked and devitalized skin
- Application of a collagen mask which regenerates the face.

60' / CHF 230. 90' / CHF 300.-

Radiance « Éclat des Glaces »

This is an Original Valmont creation, the «Éclat des Glaces» treatment helps restore the complexion to its pure and youthful freshness.

- The complexion is even, radiant and refreshed
- The pigment spots are blurred and the skin texture is refined
- Application of a collagen mask which regenerates the skin.

60' / CHF 230. 90' / CHF 300.-

Lines & Volumes “Sommet du Cervin”

With this resolutely lifting and sculpting treatment, Valmont deploys all its technical know-how in 5 stages, a tribute to the 5th highest summit in the Swiss Alps.

- Skin is lifted and smoothed
- The volumes are sculpted
- Application of a Face Regenerating Collagen Mask *60' / CHF 230.-*

90' / CHF 300.-

Eyes « Reflet sur un Lac Glacé »

This treatment consists of a very effective lymphatic drainage to fight against the pockets and dark under eye circles. Followed by a treatment to target crow feet wrinkles by stimulating the synthesis of collagen which visibly rejuvenates the gaze.

- A complete and targeted treatment to erase fine lines, pockets, dark circles and swelling

- The gaze regains brilliance and youth
- Application of a mask to regenerating collagen for the eyes
60' / CHF 155.-

Majestic Care « Elixir des Glaciers »

This complete and totally relaxing treatment targets the face and cleavage. Combining three different massage protocols, which offer your skin the very best of technical expertise.

- Nourishing, sculpting and rejuvenating treatment with the most precious ingredients from the hive: honey, propolis and royal jelly
- Application of a regenerating collagen mask to the face and neckline
90' / CHF 430.-

marocMaroc

Facial “Firmness Ritual”

For all nature lovers, evoke your senses with aromas of orange blossom, almond and rose

- *Rhassoul purifies the skin, tightens the pores and brightens the complexion*
- *A precise and effective facial modelling «the 20 manoeuvres» to combat the aging of the skin 60 min / CHF 165.-*

HydraFacial MD®

This treatment guarantees the smoothest of skin using a system to cleanse, exfoliate and extract impurities while bringing to the skin exclusive serums to moisturize and protect it over the long term. Hydrafacial uses patented technology with nutrients to instantly get spectacular skin brightness.

« Signature HydraFacial *by Valmont* »

- Booster Hydrafacial (30')
- Massage plump face (15')
- Valmont Face Regenerating Collagen Mask (30') *75' / CHF 320.-*

Booster HydraFacial MD®

- Gentle facial cleansing with glucosamine
- Gentle glycolic acid peeling
- Painless extraction of blackheads with salicylic acid
- In-depth hydration with hyaluronic acid 30' / CHF 180.-

HydraFacial MD®

- Gentle facial cleansing with glucosamine
- Gentle glycolic acid peeling
- Painless extraction of blackheads with salicylic acid
- In-depth hydration with hyaluronic acid Light treatment LED 60' / CHF 295.-

Deluxe HydraFacial MD®

- Lymphatic drainage of the face
- Gentle cleaning of the cleavage
- Gentle cleansing of the face with glucosamine
- Mild peeling based on glycolic acid
- Painless extraction of blackheads with salicylic acid
- Anti-wrinkle treatment with Dermabuilder
- Deep hydration with hyaluronic acid
- LED light processing
- Applying a Collagen Moisturizer 90' / CHF 375.-

LPG Face Endermologie®

LPG® endermology offers a 100% natural alternative: relaunch dormant cell activity in the heart of our skin to combat any unsightly manifestations. The mechanical stimulation of the cells is painless.

Face 45' / CHF 120.-

10 faces session cure CHF 1'000.-

20 faces session cure CHF 1'850.-

Face session «Fermeté by Valmont»

- Anti-aging program (30')

- Application of a collagen mask which regenerates the face.
75' / CHF 170. -

10 ace session «Fermeté by Valmont» cure CHF 1'300.-

20 Face session «Fermeté by Valmont» cure CHF 2'450.-

«Contour Yeux by Valmont» session

- Eye Contour Program (30 min)
- Application of a collagen eye mask which regenerates the gaze.
- 75' / CHF 140. -

Martine de Richeville

Face

This revolutionary treatment is entirely manual, performed with precision combining pressure and firm movements on the entire face, including the eyelids and neck. The technician proceeds by using a palpating and rolling massage followed by lymphatic drainage. The face visibly relaxes and the weakened skin regains its fullness.

The skin will regain its plumpness and its ability to defend itself against external aggressions.

Face session

40' / CHF 150.-

10 faces sessions cure

CHF 1'300.-

Body

Hydromassage bath

- Ideal before receiving body treatments
- Improves circulation by activating venous return 30' / CHF 60. -

Detoxifying body scrub

- Eliminates dead cells to find soft, silky skin
- Application of a moisturizing cream (with 45' care)
30' / CHF 85. - (in complementary) 45' / CHF 130.-

Wrapping with the rhassoul

- Detoxifies and softens the skin
- Application of moisturizing cream (with 45' care)
30' / CHF 60. - (in complementary) 45' / CHF 90.-

VALMONT

Body treatment « Sommet de la Minceur »

- Reshaping treatment of the silhouette
- Spectacular results seen as early as from the first session *60' / CHF 220.-*

Cure 12 bodys sessions « Sommet de la Minceur » CHF 2200.-

LPG Body lipomassage

LPG is a device based on the mechanical palpating-rolling technique that, used to reshape the silhouette, reduce cellulite and improve skin tone.

Body session*

45' / CHF 120.-

Cure 10 body's session*

CHF 1'000.-

Cure 20 body's session*

CHF 1'850.-

Firmness by Valmont Body Session*

- *Slimming Program (45')*
- *Application of serum and Valmont slimming cream 60' / CHF 160. -*

Cure 10 body's sessions "Firmness *by Valmont*"* CHF 1'400.-

Cure 20 body's sessions "Firmness *by Valmont*" CHF 2'650.-

*We remind you that it is mandatory to wear ENDERMOWEAR LPG® for each session.

This one is on sale at the spa reception for CHF 25. -

Martine de Richeville

Body

A spectacular treatment that contours and refines the silhouette, but also illuminates body toxins. The manual action of the practitioners helps to boost circulation and oxygenate the skin. Extremely effective, the results can be seen instantly.

Body session 50' / CHF 180.-

10 body's session cure CHF 1'600.-

Package face and body 90' / CHF 239.-

Beauty

Hair removal

	<i>Half legs</i>	CHF 60.-	
	<i>Whole legs</i>		CHF
90.-			
	<i>Armpits</i>	CHF 30.-	
	<i>Arms</i>	CHF 45.-	
	<i>Back</i>	CHF 90.-	
	<i>Classical bikini</i>	CHF 55.-	
	<i>Brazilian bikini</i>	CHF 70.-	
	<i>Integral bikini</i>	CHF 90.-	
	<i>Eyebrows</i>	CHF 25.-	
	<i>Lips</i>	CHF 20.-	
	<i>Face</i>	CHF 50.-	

Tinctures

	<i>Eyelashes</i>	CHF 50.-
	<i>Eyebrows</i>	CHF 45.-

Beauty of hands & feet

Manicure Spa

- Nail cutting, filling and cleaning
- Nourishing mask and hand massage
- Nail polish 60' / CHF 120.-

Express manicure (without nail polish)

- Nail cutting, filling and cleaning
- Nourishing mask and hand massage 45' / CHF 80.-

Pedicure Spa

- Foot bath with exfoliation
- Nail cutting, filing and cleaning
- Nourishing mask and foot massage
- Nail polish 75' / CHF 135.-

Express pedicure (without nail polish)

- Foot bath with exfoliation
- Nail cutting, filing and cleaning
- Nourishing mask and foot massage 45' / CHF 90.-

Filling & nail polish (only) 30' / CHF 55.-

Add-on gel nail polish manicure or pedicure CHF 20.-

MEN

Facial « Source des Bisses Express » *by Valmont* *

A true hydration bath, the «Source des Bisses» moisturizes the driest of skin. The epidermis revives, smoothing the dehydration lines.

- Skin is durably hydrated, plumped and smoothed
- Lines are smoothed and tiredness erased

45' / CHF 180.-

60' / CHF 230. - (with application of a regenerating collagen face mask Valmont)

Booster HydraFacial MD®

- Gentle facial cleansing with glucosamine
- Gentle glycolic acid peeling
- Painless extraction of blackheads with salicylic acid
- In-depth hydration with hyaluronic acid 30' / CHF 180.-

Regenerating collagen mask Valmont*

- Intensely hydrates the skin, real rejuvenating facelift
- Soothes redness, smoothed wrinkles and deeply relaxes tired features
30' / CHF 100.-

Back Waxing

45' / CHF 90.-

Face Waxing (depends of the parts)

15' (per part) / CHF 20.-

Express manicure

- Nail cutting, filling and cleaning
- Nourishing mask and hand massage 45' / CHF 80.-

Express pedicure

- Foot bath with exfoliation
- Nail cutting, filing and cleaning
- Nourishing mask and foot massage 45' / CHF 90

* Shaving: We do not recommend shaving before exfoliating or waxing. However, it is recommended to shave two to three hours before a facial treatment.

FITNESS

In the center of Geneva, located in the prestigious Fairmont Grand Hotel, 250m2 of luxurious space is dedicated to sport and wellness: Technogym machines, group classes, private coaching, indoor swimming pool, sauna and hammam.

The fitness of the Grand Hotel offers a qualified team led by the internationally renowned coach, Cédric GRAND. We are here to meet your expectations and needs in a personalized way. For private or collective courses with free access to the facilities.

Technogym at the Grand Hotel has 26 machines with a TGS key system just waiting for you. Personalized and reviewed programs are adapted to your needs to achieve your fitness goals. Here, anything is possible.

We are very proud to offer you Geneva's largest private indoor pool... You can go for a quiet swim, an aqua bike course, an aqua gym class or simply just a relaxing moment in one of our large hammocks after a treatment, this magnificent indoor pool will bring you complete relaxation.

Be privileged... Be part of the club!

Discover our subscription program:

- **GOLD : CHF 2'400.-(6 MONTH) OR CHF 4'200.-(12 MONTH)**

Pool & Fitness

Access from 5:00 to midnight

Access to group classes

Free laundry service (48h)

2 hours of parking

*3 invitations 5 invitations
1 massage of 60' 2 massages of
60'*

20% discounts on Spa treatments

5% discount on Spa products

*3 coaching..... 5 coaching (valid 2
month)*

1 physical fitness check-up + dietary assessment

1 Valmont Facial Treatment 30'

- **GOLD COUPLE : CHF 7'560.-(12 MOIS)**

Pool & Fitness

Access from 5:00 to midnight

Access to group classes

Free laundry service (48h)

*2 hours of parking
5 invitations per person
2 massage of 60' per person*

*20% discounts on Spa treatments
5% discount on Spa products
5 coaching per person (valid 2 month)
1 physical fitness check-up + dietary assessment per person
1 Valmont Facial Treatment 30' per person*

- ***GOLD : CHF 550.-(1 MOIS)***

Pool & Fitness

*Access from 5:00 to midnight
Access to group classes
Free laundry service (48h)
2 hours of parking
3 invitations
1 massage of 30'*

*10% discounts on Spa treatments
5% discount on Spa products*

- ***SILVER : CHF 3'000.-(12 MOIS)***

Pool OR Fitness

*Access from 5:00 to midnight
Access to group classes
Free laundry service (48h)
2 hours of parking
3 invitations
1 massage of 30'*

*10% discounts on Spa treatments
3 coaching (valid 2 month)
1 physical fitness check-up*

- **BRONZE : CHF 2'700.-(12 MOIS)**

Pool & Fitness

Access from 5:00 to midnight

Without any advantages

PERSONAL TRAINING

Only VALMONT SPA Members and FAIRMONT Hotel guests have access to this service.

<i>1 session of 60'</i>	<i>120 CHF</i>
<i>10 sessions of 60'</i>	<i>1000 CHF</i>
<i>20 sessions of 60'</i>	<i>1500 CHF</i>
<i>30 sessions of 60'</i>	<i>2000 CHF</i>

DAY PASS

Daily access to swimming pool, fitness, sauna and hammam from 10:00 to 19:00, every day.

<i>1 pass</i>	<i>100 CHF</i>
<i>1 pass with treatment on the same day</i>	<i>50 CHF</i>
<i>11 passes, valid 1 year</i>	<i>1000 CHF</i>

Further information

Book an appointment

We recommend that you reserve treatments and rituals in advance to avoid disappointment. If you are staying at the hotel, dial Spa (or 9444) from your room. From outside the hotel, dial +41 (0) 22 908 94 44.

Arrival

To take full advantage of your experience, we invite you to come to the spa 15 minutes before your appointment time to complete our health questionnaire and change.

Delay

We draw your attention to the fact that delays will result in a reduction time for the expected treatment duration in order to ensure our punctuality for our next client.

Booking and cancellation policy

All appointments are recorded with your credit card number. If you wish to reschedule or cancel your appointment, please contact us 24 hours in advance to avoid a 50% cancellation fee. Unknown absences will result in the billing of 100% of the planned services (cures and coaching sessions included).

Health considerations

When booking, please indicate whether you are pregnant or suffering from hypertension, allergies or any other pathology that could affect the smooth running of your experience. This information should also be written on your health questionnaire upon arrival; it will help us to suggest the most appropriate treatment for you.

Mobile phones

In order to maintain a calm and relaxing environment and respect the privacy of all guests, please turn off all your mobile devices during your visit.

Personal and valuables

We decline any responsibility for any loss, theft or damage caused to your personal belongings during your visit. Please keep them in a closed locker (your shoes too).

Age and Dress Requirements

Treatments

Facial, massages and body treatments are open to clients aged 16 years (with parental permission) and older. Manicure and pedicure services are open at any age. For your comfort, we provide you bathrobe and slippers. Your therapist will also provide you with disposable underwear before the treatment begins. All our therapists are qualified professionals, which guarantees you maximum service quality and integrity. However, our massages are non-therapeutic and are not like any medical or paramedical practice.

Gym and relaxation area

A minimum age of 14 is required for access to the gym, sauna and hammam. Children under 16 years of age must be accompanied by an adult. The use of shoes and a fitness suit for exercise are mandatory in our gym.

Swimming-pool

Our swimming pool is not supervised by a lifeguard, swimming is entirely your responsibility. Children of all ages are welcome from 10:00 to 18:00. However, we ask children under the age of 16 to be accompanied by an adult. After 18:00 the pool is reserved only for guests over 16 years of age. For hygiene reasons, we ask all our guests to take a shower before entering the pool. Please note that our relaxation area (swimming pool–hammam–sauna) is a mixed area.

OPENING HOURS

Treatments: 10:00-21:00 (20:00 on weekends)

Swimming-pool and fitness:

05:00-00:00 (for fitness members and hotel guests)

10:00-19:00 (for outside guests)

Sauna and hammam:

07:30-21:30 (for fitness members and hotel guests)

10:00-19:00 (for outside guests)

To contact us:

Dial Spa (or 9444) directly from your room

Phone number: +41 22 908 94 44

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