



GRAND SPA THERMAL
BRIDES-LES-BAINS - 3 VALLÉES

WINTER SEASON 2024

December 26th • March 23th



SPA ENTRY

€35

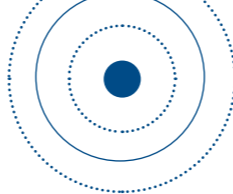
The largest thermal Spa in the Alps: 2700m² for a relaxing getaway

- Hammam, sauna and steam rooms
- Jacuzzis, bubble benches, experimental showers, Ice fountain...
- Pool with aquatic course, massage jets, swimming corridor, and more...
- Herbal tea



- **Spa Entry • €35/pers.** (except late night openings)
- **Group of 5 people • €155** (except late night openings)
- **Late night opening Entry • €60** (4pm to 10pm)
including an Aperò box and a bath kit
- **Bath kit • €10**
including a bathrobe, a towel and a pair of flip-flops

(Dates and times on the back)



3-DAY SKI SPA STAY • €180

- 2 après-ski sports massages (30 min)
- 1 self-heating Chili-Cocoa Wrap (20 min)
- Access to the Spa during the stay
- Bath kit

À LA CARTE CARE

À la carte care include access to the Spa and bath kit.

• Chili-Cocoa Wrap • 20 min • €60

Self-heating powder which provides muscle relaxation and relaxation while cocoa helps to restore suppleness and softness to the skin.

• World Massages* • 50 min • €112

Chinese Massage

Pressure points and deep massages on every meridian of the body to harmonise vital energy

Lomi-Lomi Massage

Hawaiian massage using elbows, arms and hands imitating the movements of the waves and inducing deep relaxation

Ayurvedic Massage

Holistic Indian massage to release tension and wrapping techniques to improve sleep

Californian Massage

Long, fluid massaging movements to induce relaxation

**World Massages are performed by physiotherapists.*

• Other massages • 30 min • €75

After-ski sports massage

Tonic and relaxing massage customizable on demand by a masseuse or physiotherapist
Available in 50 min • €112

Relaxation Massage

Deep strokes and glides performed by a masseuse on the whole body for a moment of absolute relaxation

USEFUL INFORMATION

**Open from 26.12.2023 to 23.03.2024
on reservation** (except 01.01.2024)

- Monday to Saturday
3pm to 8pm
- Late night opening :
Thursdays February 15, 22 & 29
and March 7 • 4pm to 10pm

Cancellation free of charge up to 3 days
before the start of the treatment.

Access to the Grand Spa Thermal
from 16 y.o.

Opening hours after 23.03.2024, please
refer to « Saison thermale 2024 » brochure.



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