

The background is a deep teal color with a subtle, textured pattern of water ripples. A large, white, abstract shape, resembling a stylized letter 'C' or a curved line, is positioned on the right side of the page, extending from the top towards the bottom. The text is in a white, serif font.

ULTIMA  
HOTEL COURCHEVEL

Wellness





# Welcome to Ultima Hotel Courchevel's Spa, your dedicated space to elevated wellness.

Soak up pure Alpine air and mountain views as you immerse yourself in our two spas, complete with Finnish sauna and outdoor Jacuzzi. Revel in a state-of-the-art space offering unparalleled experiences crafted around you, from deeply rejuvenating treatments and personal fitness, to bespoke yoga classes or simply relaxing in the fragrant steam room, all there to create moments of joy for our guests.

Ease hard-working ski legs with invigorating massages, restore radiance with bespoke facials and rebalance your mind, body and spirit with wellness programmes including meditation and reiki.

Our dedicated team is on hand to assist you on your wellbeing journey, from organising one-on-one training sessions to crafting a series of treatments by Augustinus Bader or Seed to Skin Tuscany to complement your stay. As with everything we do, our spa is here for one thing: Mastering the art of you.

## OPENING HOURS AND CONTACT

Open daily from 9 am to 9 pm

For appointments or information please contact:

[spa@ultima-courchevel.com](mailto:spa@ultima-courchevel.com)  
or +33 4 57 63 50 50

# Spa facilities

- 2 saunas
- 2 hammams
- 1 indoor swimming pool
- 1 outdoor swimming pool
- 1 external jacuzzi
- 1 sensory shower
- 5 treatment rooms
- 2 Fitness gym





# Augustinus Bader

Inspired by over three decades of science and innovation, Augustinus Bader's award-winning approach to professional skincare is rooted in groundbreaking stem cell research and trusted by the world's most discerning experts. Professor Bader's clean, efficient formulas are powered by TFC8®, a proprietary cellular renewing technology clinically proven to help support the body's natural regenerative processes, to reveal the freshest version of yourself.

The Augustinus Bader Treatment Menu at Ultima Collection combines the science-backed power of TFC8® with world-class luxury and locally-sourced active ingredients, delivering exceptional benefits in an extraordinary environment. Bespoke treatments are rooted in The Method Augustinus Bader, which pairs TFC8® with customized fascia massage to help optimize cellular communication, promote circulation, and visibly firm, tone and rejuvenate. This highly sensorial, hands-on technique leverages Augustinus Bader's hero formulas to deliver the ultimate in indulgence while targeting specific concerns and addressing skin's unique needs at a deep level – for a one-of-a-kind experience with glowing, long-lasting results.

**AB**  
Augustinus Bader





# Augustinus Bader Treatments

FACIAL TREATMENTS



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## THE AUGUSTINUS BADER SUPERIOR FACIAL [90 min]

Experience a transformative journey with The Augustinus Bader Superior Facial, A bespoke treatment featuring Augustinus Bader's signature lifting massage technique. Designed to address your unique skin concerns, this facial enhances cellular productivity delivering remarkable results tailored just for you.



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## THE AUGUSTINUS BADER JET LAG GLOW FACIAL [60 min]

Revitalize the skin and melt away fatigue with The Augustinus Bader Jet Lag Glow Facial. This rejuvenating treatment is expertly designed to rescue tired skin, leaving it refreshed and radiant. A bespoke contouring fascia massage that activates tissue metabolism, a hydrating and activating mask ritual then works to de-puff the skin and restore its natural glow.

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## THE AUGUSTINUS BADER EYE TREATMENT [30 min]

Revitalize one of the most delicate areas of the skin with The Augustinus Bader Eye-Bright Treatment. This gentle, yet effective treatment combines Augustinus Bader's TFC8® technology with specialized techniques to refresh, de-puff, firm, and brighten the appearance of the eyes, leaving you looking more vibrant and youthful.

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## THE AUGUSTINUS BADER FULL BODY REGENERATION [90 min]

Experience the pinnacle of The Augustinus Bader Full Body treatment. Harnessing the transformative cell-renewing powers of Augustinus Bader's specialized formulas, this luxurious treatment is designed to cleanse, hydrate, firm, and renew your whole body from top to toe. Starting with a full-body exfoliation, followed by an invigorating massage to stimulate circulation and promote detoxification, this personalized experience harmonizes luxury and science, leaving you with a sense of renewed vitality and glowing skin.



# Seed to Skin Tuscany

Seed to Skin Tuscany is an innovative, vertical skincare line that meticulously oversees every facet of its production process in-house, ensuring integrity and quality at every stage, from nurturing soil health to developing intricate formulations. The brand sources its ingredients exclusively from its organically certified farm, where sustainable farming techniques are employed to promote biodiversity and environmental stewardship. Seed to Skin Tuscany prioritises purity, utilising ethical practices that honour both the planet and the people involved in its supply chain. By integrating cutting-edge green molecular science, the brand skillfully blends advanced technological methods with the fundamental essence of nature, enhancing the bio-availability of its active ingredients. This thoughtful approach results in outstanding and noticeable benefits, providing transformative experiences in both luxurious spa treatments and everyday skincare routines that elevate self-care to an art form.





# Seed to Skin Tuscany Treatments

## FACIAL TREATMENTS



### THE REVERSE SIGNATURE FACIAL [90 min]

The Age-Reversal Facial delivers instantly rejuvenated, visibly brighter skin. It features a high-performance Signature Myofascial & Gua Sha massage to sculpt, lift, and tighten. The experience is enhanced with a deeply hydrating double mask treatment, ensuring long-lasting moisture. The facial concludes with a Hydrating Complex and Cryotherapy to boost circulation and enhance skin brightness, leaving you with a youthful glow.

### DEEPLY HYDRATING FACIAL [60 min]

Customisable to suit all skin types, this facial targets your unique skin concerns. With a choice between a Sculpting or Lymphatic facial massage to enhance skin texture and boost hydration, leaving you with a healthier, more radiant complexion.

### THE EXPRESS GLOW FACIAL [30 min]

Express targeted anti-fatigue and glow facial designed to give the maximum hydrating results in minimal time with powered active ingredients and science-led formulas. Perfectly tailor-made for an instant refreshing moment.

## SIGNATURE BODY RITUAL

### THE MOUNTAIN COCOON [90 min]

This exceptional head to toe treatment delivers a multi-sensory experience. The journey starts with a gentle body brush exfoliation to stimulate the lymphatic system, complemented with our Signature Tuscan Candle Massage and restoring body wrap. Rich in argan oil, shea butter and pure extracts of vanilla rose to nourish the skin. The Facial Ritual stimulates cellular regeneration and provides a lasting sense of wellbeing.

### THE DETOX NATURE'S BOUNTY [90 min]

Designed to nourish and invigorate the skin, this treatment begins with a Sicilian sea salt full body exfoliation rich in minerals, shea butter and essential oils. Followed by a detoxifying lymphatic massage with a blend of healing herbs and oils. This ritual leaves the skin renewed and restored.

### THE UNWIND THERAPY [90 min]

An extraordinary ritual that delivers a balance to the mind and body. This ritual works to relieve tension and recharge the body with a self-heating mineral mud to the back. Followed by a luscious pouring of the bath therapy with a deeply relaxing massage for profound relaxation. Complemented with a balancing Jade Comb Scalp massage to restore and rebalance.

### THE BODY SCULPTOR ANTI-CELLULITE [90 min]

Anti-cellulite treatment begins with dry body brush body exfoliation to stimulate the lymphatic system. Followed by a targeted detoxifying mineral-rich thermal mud to increase lymphatic circulation and improve skin texture. To finish by slimming massage techniques to fully reshape the contour of the body.

### THE AWAKENING BODY SCRUB [40 min]

Skin renewing body exfoliation that harnesses the power of mineral-rich raw sea salt and an extraordinary blend of spirulina, shea butter and essential oils. Designed to stimulate circulation, detoxify and slough away dead skin cells.







# Massages

BODY TREATMENTS



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## CHAKRA BALANCING MASSAGE [75 | 90 min]

Holistic journey with semi-precious crystals for the harmony of mind, body and soul. Begins by foot soak bath therapy and scrub to purify the soul as in the ancestral asian culture.

This is accompanied by a selection of gemstones and essential oils cocktail in order to realign the chakras during this experience. Guided by a restorative chakra balancing playlist working with the hertz frequency to harmonise the spirit and improve sleep quality. Followed by a delightful relaxing and energetic massage with slow techniques to fully rebalance the body.

# Massages

## BODY TREATMENTS

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### SIGNATURE [60 | 90 min]

This extraordinary tailor-made nourishing and relaxing massage from head to toe, with delightful techniques will restore the feeling of relief followed by a nice nourishing face mask and cream application to give back the perfect glow.

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### DEEP TISSUE [60 | 90 min]

After a long day of skiing, this massage will relieve and restore the muscles with strong and powerful techniques, followed by a stretching method for the neck and shoulders with a warm towel and delightful infusion of relaxing essential oils.

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### LOMI-LOMI [60 | 90 min]

Travel in the Hawaiian world with the traditional lomi-lomi techniques that deliver the power of the four elements with a relaxing and powerful wave all along the body. Perfect for a sensation of awakening and a restorative body.

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### MUM TO BE [60 min]

Brings the greatest comfort to you and your future baby with organic oils that will prepare and protect your skin during the pregnancy. Our team will dedicate their expertise for mum to be with gentle delicate movements that are specialized to accompany you during this journey of motherhood.

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### HEAD MASSAGE [30 min]

Relaxes and restores your mind with expert techniques such as shiatsu pressure points, scalp, neck and shoulders massage. Working on the trigger points with deep pressure and stretching methods with a warm towel and delightful infusion of relaxing essential oils.





# Holistic Experiences

The holistic approach consists of taking into account the person as a whole rather than considering them in a piecemeal manner. This vision considers all aspects of a person's physical, mental, emotional and spiritual sides, in order to find the perfect harmony. Those different techniques allow us to rebalance the whole dimensions of a person and to achieve the well-being sensation at the utmost to prevent and to improve the general health conditions.

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## FOOT REFLEXOLOGY [30 | 60 min]

This technique is a gentle practice consisting of massaging the feet in order to stimulate the reflex points corresponding to all the organs in our body and their functions. Regular foot reflexology practice helps the body to stay healthy. This will improve your blood, lymphatic and energy circulation and rebalance your body's self-healing capacities.

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## CHI NEI TSANG [upon request]

Chi (energy) Nei Tsang (viscera) - or energetic massage of the internal organs - is a profound therapeutic massage with its roots in traditional Chinese medicine. The practice focuses on the navel and abdominal region, where stress, tension and negative emotions accumulate over the years. The aim is to work on all blockages and tensions and release energy to restore physical, mental and psychological balance.

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## SOUND HEALING THERAPY [upon request]

Sound Healing is a powerful therapy that combines different healing sounds, music, and sound healing instruments to improve our multidimensional well-being by creating a beautiful experience where body, mind and soul are awakened gently and lovingly. It's highly effective at triggering our relaxation response, which counters the many symptoms caused by chronic stress, while helping to balance our whole being.

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## MADEROTHERAPY [60 min]

Maderotherapy, derived from the Latin word "Madero" meaning wood, is a holistic healing technique that draws its roots from ancient traditions. This involves the use of various utensils of wood of different sizes and shapes, and especially designed to adapt to different parts of the body with the combination of massage techniques. It stimulates and balances energy, reduces stress, and relieves muscular pain and joints. This therapy shows amazing results to reshape, firm and tone the body.

# Kid's Spa Kingdom

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## KID'S BEAUTY SKINCARE TREATMENT

Delicate facial treatment with delicious scents for the skin.

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## KID'S MANICURE OR PEDICURE

Fairy hands or funny toes with "Petite Manicurist" nails cosmetic brand.

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## KID'S PLAYFUL YOGA [upon request]

Awakening movements for the little ones.

\*Parental authorization is required. We recommend the presence of an adult during these treatments.

# Teenage Spa Experience

Children from 13 to 18-years-old, are welcome to enjoy a delightful moment of relaxation at the spa.

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## TEENAGE SIGNATURE FACIAL [45 min]

Customized delicate facial treatment with organic formulas that gently purify and hydrate the skin.

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## TEENAGE MANICURE OR PEDICURE [30 min]

Express manicure with organic nail polish from Manicurist nail cosmetic brand.

\*Parental authorization is required. We recommend the presence of an adult during these treatments.







# Spa Informations

## SPA OPENING HOURS

Daily from 9:00 am to 9:00 pm for the facilities  
Daily from 10:00 am to 8:00 pm for treatments

## SPA ACCESS

Access to the spa is complimentary for all guests staying at Ultima Hotel Courchevel. The required minimum age for spa access is 16 years old. However, children may use the indoor swimming pool under the supervision of an adult.

## LIABILITY

The management of Ultima Hotel Courchevel waives all liability in the event of an accident, damage or theft that may occur in the spa.

## PRIOR TO ARRIVAL

We recommend leaving all jewellery and valuables in your room before coming to the spa. Male guests are advised to shave before a facial treatment to ensure that maximum results are achieved.

## ARRIVAL

Please arrive 15 minutes before the treatment to complete your health questionnaire and take the time to enjoy the spa area.

## LATE ARRIVAL

Out of respect for other guests' reservations, please be aware that we are unable to extend your treatments in case of late arrivals.

## CANCELLATION

To change or cancel a reservation, please allow a 24-hour notice. Last-minute cancellations are charged at 100% of the price.

## DURING YOUR STAY

For the serenity of the spa area, noise, smoking and active mobile phones are not permitted.

## IN-ROOM SERVICE

For in-room service requests, an extra charge of 50% is applied.

## HEALTH CONDITIONS

Please let us know if you suffer from a health condition or if you are pregnant, before making a reservation.

# Contact

[spa@ultima-courchevel.com](mailto:spa@ultima-courchevel.com)  
or +33 4 57 63 50 50

ULTIMA  
HOTEL COURCHEVEL





# Price List

PRICE €uro

## AUGUSTINUS BADER

THE SUPERIOR FACIAL [90min]	420
THE JET LAG GLOW FACIAL [60min]	290
THE EYE TREATMENT FACIAL [30min]	180
THE FULL BODY REGENERATION [90min]	390

## SEED TO SKIN TUSCANY

### FACIALS

THE REVERSE SIGNATURE FACIAL [90min]	420
DEEPLY HYDRATING FACIAL [60min]	290
THE EXPRESS GLOW FACIAL [30min]	180

### BODY RITUALS

THE COCOON RITUAL [90min]	350
THE DETOX NATURE'S BOUNTY [90min]	350
THE UNWIND THERAPY [90min]	350
THE BODY SCULPTOR ANTI CELLULITE [90min]	350
THE AWAKENING BODY SCRUB [40min]	180

## MASSAGES

CHAKRA BALANCING MASSAGE [75 90min]	240   310
SIGNATURE MASSAGE [60 90min]	230   290
DEEP TISSUE MASSAGE [60 90min]	230   290
LOMI-LOMI MASSAGE [60 90min]	230   290
HOT STONE MASSAGE [60 90min]	240   310
MUM TO BE MASSAGE [60min]	230
HEAD MASSAGE [30min]	150

HOLISTIC EXPERIENCES [upon request]

FOOT REFLEXOLOGY MASSAGE [30 60min]	150   240
MADEROTHERAPY [60min]	230
CHI NEI TSANG MASSAGE [upon request]	
SOUND HEALING THERAPY [upon request]	

PRICE €uro

## KID'S SPA KINGDOM

KID'S BEAUTY SKINCARE TREATMENT [30min]	90
KID'S MANICURE OR PEDICURE	50
KID'S PLAYFUL YOGA [upon request]	

## TEENAGE SPA EXPERIENCE

TEENAGE SIGNATURE FACIAL [45min]	140
TEENAGE MANICURE OR PEDICURE	90

## BEAUTY AND HAIR SALON

EXPRESS MANICURE OR PEDICURE [30min]	90
EXPRESS MANICURE, REMOVAL & SEMI-PERMANENT	130
EXPRESS PEDICURE, REMOVAL & SEMI-PERMANENT	130
EXPRESS MANICURE OR PEDICURE & CLASSIC NAIL POLISH	110
CALLUS PEELING TREATMENT [45min]	90
LASH BOTOX	170
WAXING [upon request]	
MAKE UP [upon request]	
HAIR BLOW-DRY [upon request]	

## FITNESS & WELLBEING

PERSONAL TRAINING [upon request]	
PRIVATE YOGA CLASS [upon request]	
PRIVATE PILATES CLASS [upon request]	
SWIMMING PRIVATE LESSON [upon request]	