



Reconnect. Awaken your senses.



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At St-Alban Hotel & Spa\*\*\*\*, dive into an intimate, welcoming world midway between light and shadow. Immerse yourself in a world of exceptional treatments and letting go. Push open the doors to the Spa and let your senses be your guide. Follow the captivating scent of Huile Prodigieuse®, which promises a sensory journey and an exceptional experience. Discover wonderful treatments and deeply effective techniques: feel your senses take over and re-connect with your innermost self.

### NUXE SPA ST-ALBAN HOTEL & SPA\*\*\*\*

195, route de la Piscine - 74220 La Clusaz  
Tél. : +33 (0) 4 58 10 51 70  
spa@saint-alban.com

Every day from 10am to 1pm and from 3pm to 8pm.  
- Spa is open to outside guests -

[HTTPS://FR.NUXE.COM/SOINS-SPA.LIST](https://fr.nuxe.com/soins-spa.list) - [WWW.HOTEL-ST-ALBAN.COM](http://www.hotel-st-alban.com)

· ST-ALBAN ·  
LA CLUSAZ

30-MINUTE TREATMENTS ..... €70

**Foot Relaxation Nuxe Massage**

Massage focused on the soles of your feet, the key to your balance and comfort.

**Charismatic® Head Nuxe Massage**

The guarantee to switch-off, thanks to this head massage designed to relax your whole body.

**Prodigieux® Back Nuxe Massage**

A relaxing massage targeting the shoulders, back and nape of the neck, for a well-being sensation.

**Instant Radiance Face Treatment**

This express treatment is the fast track to a healthy complexion, combining an exfoliation and mask.

**NUXE BIO Energising Body Scrub**

The re-energising feel of a dry scrub treatment. This technique uses a natural fibre brush, followed by the soothing luxuriousness of NUXE BIO Body Oil.

**NIRVANESQUES® ESCAPES**

1 HOUR 30 ..... €175

**Prodigieuse® Escape**

CHOOSE 2 TREATMENTS<sup>(1)</sup>  
LASTING 45 MINUTES EACH  
from the range of Nuxe Massages,  
Face Treatments or Body Treatments.

2 HOURS ..... €200

**Gentleness Escape**

CHOOSE 1 TREATMENT  
LASTING 45 MINUTES  
from the range of Nuxe Massages,  
Face Treatments or Body Treatments  
+ 1 TREATMENT  
LASTING 1 HOUR 15 MINUTES  
from the range of Nuxe Massages,  
Face Treatments or Body Treatments.

**DUO GETAWAYS**

45-MINUTE DUO ..... €180

**Cocooning Getaway**

CHOOSE 1 TREATMENT PER PERSON  
LASTING 45 MINUTES  
from the range of Nuxe Massages,  
Face Treatments or Body Treatments.

1 HOUR 15 DUO ..... €280

**Partners Getaway**

CHOOSE 1 TREATMENT PER PERSON  
LASTING 1 HOUR 15  
from the range of Nuxe Massages,  
Face Treatments or Body Treatments.

**EXCLUSIVITY ST-ALBAN NUXE MASSAGE**

1 HOUR 15 ..... €145

This face and body massage, exclusive to St-Alban, slowly releases skin tensions and provides total relaxation with the help of strong maneuvers, personalized according to your needs.

2 HOURS ..... €245

**St-Alban Escape**

1 Exclusive St. Alban massage of 1 hour  
+ 1 Holistic Youthful Radiance treatment le 32 Montorgueil® of 1 hour.

45-MINUTE TREATMENTS ..... €95

**Relaxing Nuxe Massage**

A moment of pure relaxation thanks to the gentle, encircling massage technique.

**Deep Tissue Nuxe Massage**

Intense, relaxing motions that skilfully address any areas of tension.

**Detox Nuxe Massage**

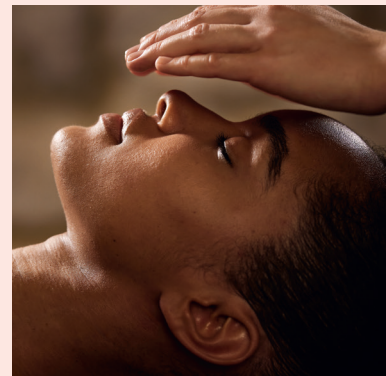
Massage targeting the legs and stomach to promote a unique sensation of lightness.

**Ultimate Face Treatment**

The secret to fresh, luminous skin: scrub, mask and finally sculpting with Super Sérum 10.

**Prodigieux® Radiance Booster Body Treatment**

Concentrated radiance and softness, thanks to the expert application of a unique, aromatic scrub.



**HOLISTIC ANTI-AGEING FACE TREATMENTS  
LE 32 MONTORGUEIL®**

Balanced skin, balanced mind.  
Envisioned as a truly sensory journey, these original experiences are punctuated by sensory stimuli that guide the mind towards equilibrium. Alive with radiance, the skin appears younger and more luminous, reflecting gorgeously balanced beauty.

1 HOUR ..... €160

**Holistic Youthful Radiance Treatment**

Initiate yourself to a unique balance universe with this global anti-ageing face treatment which leaves your skin looking gorgeously beautiful and glowingly youthful.

Your mind will feel equally harmonised, thanks to the soothing vibrations of the crystal singing bowl, and breathing exercises inspired by the Sophrology.

1 HOUR 30 ..... €235

**Holistic Youth-Enhancing Treatment**

This expert face treatment invites you to let go by combining breathing exercises inspired by Sophrology and soothing vibrations of a crystal singing bowl.

After a full-face treatment, your NUXE Spa expert will use her fingers to choreograph a "lifting" effect, sculpting volume and smoothing your features to leave your complexion glowing and serene.

(1) POSSIBLE COMBINATIONS:  
- 1 Face Treatment + 1 Body Treatment per person  
- 1 Face Treatment + 1 Nuxe Massage per person  
- 1 Body Treatment + 1 Nuxe Massage per person  
Out of Le 32 Montorgueil® brand and Exclusivities.

1 HOUR 15 TREATMENTS ..... €145

**Californian Nuxe Massage**

A choreography of fluid, sweeping movements: the ultimate in relaxation.

**Deep Tissue Nuxe Massage**

Supportive massage techniques and hot herbal compresses, the perfect after sport relaxing massage.

**NUXE BIO Revitalising Nuxe Massage**

This massage will surround you with a wave of energy, reactivating circulation flows and relaxing your whole body.

**Ayurvedic Nuxe Massage**

Tonifying movements and foot reflexology using a Kansu bowl to encourage energy to circulate.

**Exceptionnal Face Treatment**

The tailor-made protocol to make your skin glow.

**NUXE BIO Detoxifying Face Treatment**

This comprehensive treatment revitalises your skin by combining the power of NUXE BIO skincare with a relaxing manual shaping technique.

**Rêve de Miel® Body Treatment**

The ultimate in cocooning to soothe dry skin.

**SPA ETIQUETTE**

**BOOKING**

Any cancellation must be made at least 24 hours before the scheduled time. In the event of late cancellation or no-show, your treatment will be billed at 100%. The time indicated is the actual duration of the treatment.

At time of booking, please mention any health problems as some treatments could be not indicated to you. If you are pregnant, please provide a medical clearance form.

**ARRIVAL**

Please arrive at least 10 minutes before your scheduled appointment in order to respect the timeliness of your treatment schedule. Any delay, will reduce the length of your treatment by the equivalent time (the whole sum remaining due). Towels are provided.

**ACCESS TO THE SPA**

If you want to enjoy the facilities please don't forget to bring your swim suit. If needed, men's, women's and children's swimming costumes can be purchased.

The SPA is a place for relaxation and tranquility, please remain silent. The hotel declines all responsibility in the event of theft or loss of personal belongings.

**WELLNESS AREA**

Equipped with a heated indoor pool, a sauna, a kneipp course, a sensory shower, a salt wall and an ice cave, the St-Alban Hotel & Spa\*\*\*\* Wellness Area is the perfect place for a complete well-being experience. To perfect this moment, you will enjoy the tea lounge.

**ACCESS**

- The Wellness Area welcomes you 7 days a week from 10am to 1pm and from 3pm to 8pm.

- Access from 6pm to 8pm is reserved to 16 years and over.

- For outside guests, and subject to attendance, one hour access to the wellness area is offered with the purchase of a minimum 45-minute treatment.

- Access conditions can be modified without prior notice according to the health situation and government regulation.