



Pure

Wellness



01

Pure Antarès

Antarès Experience	1
Philosophy	3
Facilities	5
Method	7

Pure Longevity Cure

Cure Overview	8-10
Phase 1	11
Phase 2	12-13
Phase 3	14-16
Accommodation	17-19
Clinic	20-23

02

03

Wellness Clinic

Day Experience & Mini Cures	24-33
Health Intelligence	35
Biohacking Treatments	36-40
Target Treatments	41
Signature Antarès	43-44
Biologique Recherche	45-48
High Tech	49-56
My First Spa	57
Natural Therapies	59-60
Pure Active	61-62
The Essentials	63
How to Spa	64



Antarès Experience

Within the invigorating air of the mountains, Pure Antarès offers an oasis to disconnect, recharge, and optimise your body's natural energy resources. Unlock the secrets to optimal well-being and rejuvenation through this extraordinary convergence, where ancient wisdom meets modern advancements for a holistic journey towards vitality and well-being.

The alpine scenery of Pure Antarès serves as a gentle reminder of nature's healing powers and offers the perfect environment to reshape your relationship with wellness.

At the foot of the slopes, Antarès is composed of seven main chalets named SIRIUS, NAOS, URSA, ORION, MIRA, STELLA and LUNA. Within each chalet, you'll find a number of beautiful, light-filled apartments available to rent (ranging from 120 to 500m²). These are private spaces that cultivate closeness and place the importance of family first.

With each apartment, you'll benefit from true ski-in/ski-out, outstanding views and unparalleled French Savoie architecture.







Our Philosophy

Experience the art of living through the path of healing. Embark on an elevated journey under the guidance of our experienced team, immersing yourself in a sanctuary of wellness where your body, mind, and soul find serenity and balance.

Pure Antarès introduces a hybrid wellness concept that seamlessly blends cutting-edge technology and non-invasive procedures with holistic treatments, providing a 360° approach to wellness.

At the core of our philosophy lies the belief in your innate power to optimise your life and well-being through conscious choices and intentional living. Our selection of holistic active ageing techniques has been scientifically researched and proven to enrich and optimise well-being throughout your lifetime. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.







Facilities

Pure Antarès is home to more than 800m² distributed across two levels entirely dedicated to well-being.

Fitted with state-of-the-art equipment, the 25-metre long swimming pool offers picturesque views of the mountains and surrounding ancient forests.



Swimming Pool (25m)



Multi Temp Pods



Salt Cave



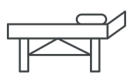
Hammam Sauna



Ice Fountain



Infrared Sauna



10 Cabins



Oxygen Therapy



Herbal Tea Lounge



Aesthetic Clinic



Double Suites (45m²)



Cryo Suite







Pure Method

We hold the firm belief that a healthy life is achieved through the art of balance. Embracing this philosophy, we have meticulously crafted a wellness offering and cure program that assists you in rediscovering and reclaiming this equilibrium. Our wellness menu offers treatments that can be enjoyed individually or, for better results, combined as part of our cure programs.

During your stay at Antares, you can take a thorough and comprehensive assessment of your present well-being. Your treatment choices can be selected from our latest biohacking longevity treatments and targeted, result-driven treatments to reflect your individual goals and objectives derived from our four treatment pillars:

Detox

Supporting the body's natural detoxification process

Destress

Restorative treatments to cultivate recovery and regeneration

Reform

Fortifying your physical, mental and spiritual health

Revive

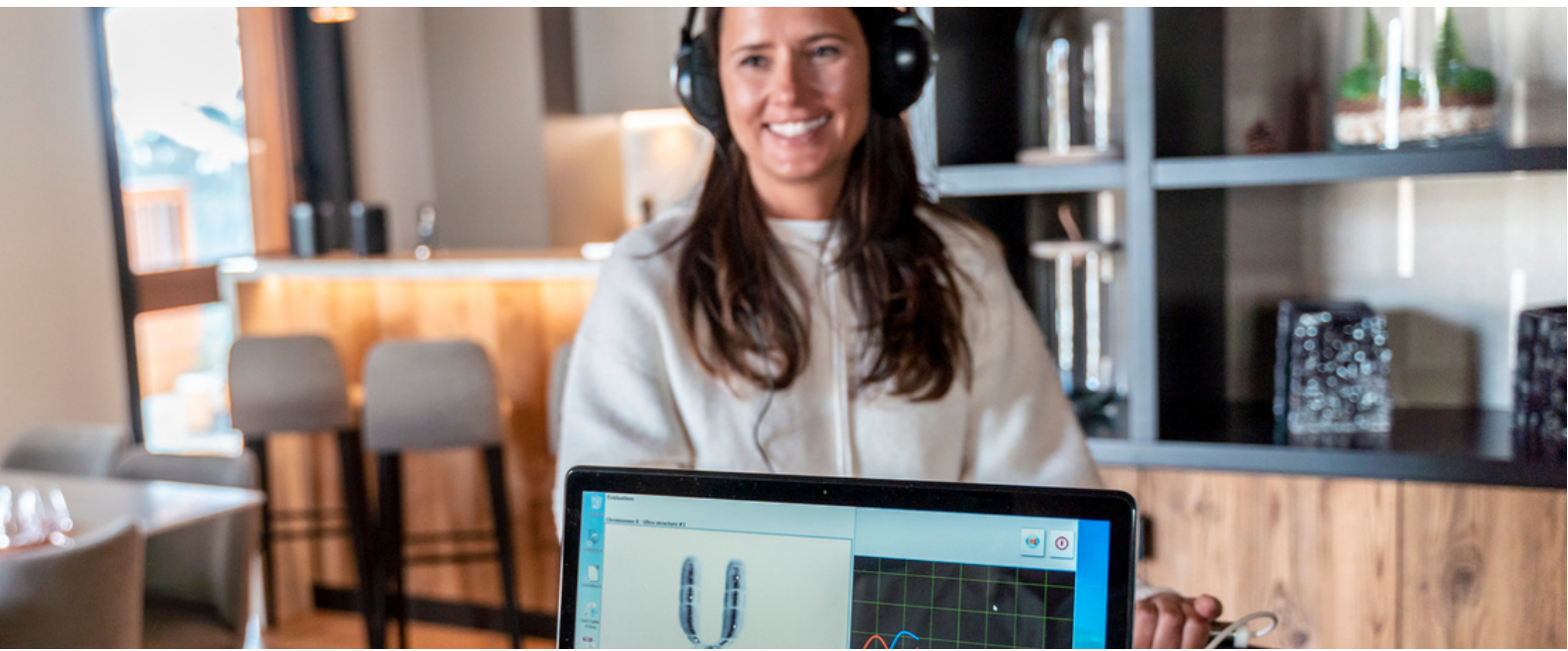
Boost your vitality and inner energy





Longevity
Cure
Elevated Wellness





Longevity Cure Overview

We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Our pure longevity programme consists of three distinct phases, using real data to create a program unique to you.

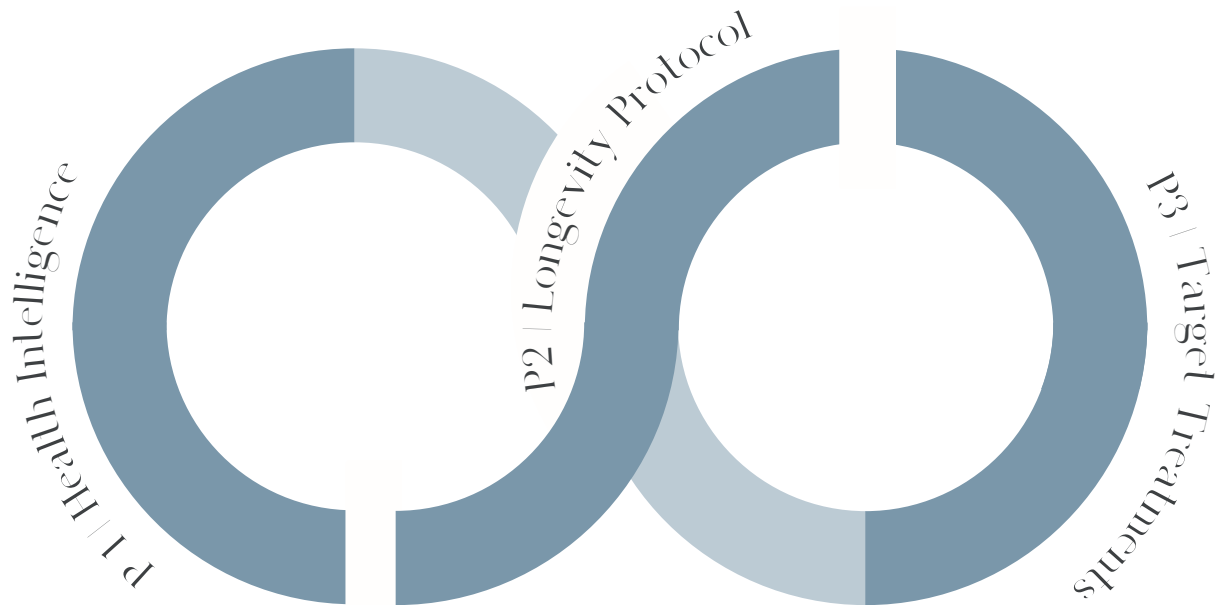
Through a comprehensive assessment of your present well-being, followed by our renewing longevity protocol, we will set the foundations for understanding and resetting the body.

We will then start targeted, result-driven treatments chosen to reflect your individual goals and objectives derived from our four treatment pillars.



Pure Longevity

Cure Phases



Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake to determine your specific wellness needs.

Phase 2 offers a combination of pioneering biohacking treatments designed to regenerate the body at a cellular level. This phase is the essence of the cure, aimed at healing and supercharging the body. Our academy helps you implement efficient daily rituals at home that lay the foundation for new long-lasting wellness habits.

Phase 3 is dedicated to tailoring your wellness goals to your specific needs. Choose from one of our four pillars and experience the transformative benefit of targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.



Phase 1

Health Intelligence

Your Health

Phase 1 of the Longevity Programme delves into a deeper understanding of your unique genetic composition and your current nutritional intake. You will receive a comprehensive digital snapshot of how your cells, mitochondria, and microbiome are functioning. This will help you better understand the effects of your diet and lifestyle on your immunity, mitochondrial and cellular health, internal biological age, and gut microbiome. We will also look at mobility, pain management, sleep and stress factors to give a full overview of your current wellbeing.

Nutrition

We work against the tide of fad diets that cause extreme weight loss and traumatise the body and mind. Our innovative functional approach takes into account your personal objectives, preferences, health requirements, and emotional well-being. With information collected from our health tests, we can then design tailored and achievable programs that work in harmony with your body, creating a profound effect on various diet-related issues while ensuring an enjoyable journey.

Our core aim is to re-educate you on how to eat in harmony with your body and create lasting improvements to your well-being that transcend your time with us.



Phase 2

Longevity Protocol

Overview

Our 'Pure Longevity Protocol' includes a selection of pioneering biohacking treatments combined into a specific protocol that are designed to regenerate the body at a cellular level. Based on the 3 elements that sustain life and make all living things thrive, the basis of life, Magnetism, oxygen and light.

Optimising these elements in the right order with using the most advanced technology have shown to slow the aging process, accelerate healing, increase cellular energy, and maintain alkalinity. It can reverse the buildup of oxidative stress and optimise ATP (energy) production.

During our longevity programme a personalised combination will be created for you adapted to your specific needs.

Longevity Academy

At Pure Antares, sustainable outcomes are just as important to us as immediate results. We understand that true transformation and lasting well-being go beyond a temporary escape. Our goal is to inspire and empower you with the tools and knowledge to integrate these habits effortlessly into your daily life.

Embarking on the Pure Longevity Cure is the beginning of your wellbeing journey. Keeping a consistent mindset is key, and through our wellness Academy workshops, we will help you lay the foundations for a healthier, more conscious life.

To facilitate long-lasting wellness habits, we have developed efficient daily rituals that can be easily added to your daily routine to extend your experience after you have returned home.



Cure Content

Phase 1 & 2

Longevity Cure

Our Pure Longevity cure is designed to be flexible to your needs whilst honoring the cornerstones of our longevity concept to ensure results. For this reason phase 1 and 2 are included in every cure. whilst phase 3s targeted treatments can be personalised to your specific needs.

Phase 1 | Health intelligence

- 1x So Check
- 1x Cardicheck
- 1x Osteopath Consultation
- 1x Pure Active Assessment
- 1x BMI Body Mass
- 1x Skin Instant

Nutrition

- 1x Consultation Nutrition
- 1x Personalised Health Plan
- 1x Follow-up Consultation
- Plan 1/2 Board - Breakfast and Dinner

Phase 2 | Longevity Protocol

- Pemf
- Oxygen Therapy
- Infrared Sauna
- Cryosuite
- Vibro-acoustic therapy

Longevity Academy

- Sound Therapy
- Wim Hof Workshop
- Pure Longevity Home Protocol

Total Price 2.550 €

*Does not include target treatments in Phase 3 or accommodation



Phase 3

Targeted Treatments



Our Pure Longevity cure is designed to be flexible to your needs whilst honouring the cornerstones of our longevity concept to ensure results. For this reason Phase 1 and 2 are included in every cure, whilst Phase 3's targeted treatments can be personalised to your specific needs.

During Phase 3 you can choose from one of our four pillars and experience the transformative benefits of our targeted treatment plans. Alternatively you can add a 100% personalise package from our target treatment menu.

Our Pure Longevity cure programme includes a 20% discount on all treatments.



Phase 3

Targeted Treatments

Detox – Supporting the body’s natural detoxification process

Our Detox pillar focuses on optimising the function of your lymphatic system, by providing the necessary support to enhance its efficiency in eliminating accumulated toxins.

Signature Spa

2x Signature Massage - Detox

Biologique Recherche

1x Light Legs

1x Seaweed slimming treatment

Pure Active

1x Outdoor Explorer

1x Yin Yoga

High Tech

4 x Cryo 21

4 x X Wave

1 x Hydrafacial

Total Cure Phase 1 | 2 | 3
With Detox pillar 4.179C
(29 treatments)

*Does not include accommodation.

De stress – Restorative treatments to cultivate recovery and regeneration.

At Pure Antarès, we understand the need for a reset button, a way to disconnect from the chaos and reconnect with ourselves and nature. Our Destress pillar serves as that reset button.

Signature Spa

2x Signature Massage - Destress

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

Natural Therapies

1x Wim Hof Workshop & Sound Healing

Pure Active

1x Outdoor Explorer

2x Yin Yoga

Total Cure Phase 1 | 2 | 3
With Destress 3.756C
(27 treatments)

*Does not include accommodation.



Phase 3

Targeted Treatments

Reform Fortifying your physical, mental and spiritual health

Our Reform treatments are centred around the passion for enjoying outdoor sports, Using an array of high-tech and holistic therapies to help you kickstart your metabolism to feel lighter and better in your body.

Signature Spa

2x Signature Massage - Reform

Biologique Recherche

1x Signature Facial

1x Booster Mincer

Pure Active

3x Private Coaching

1x Outdoor Explorer

High Tech

2x Em Sculpt - Muscle Toning

2x X Wave - Cellulite Treatment

2x Radiofrequency & Ultrasound

Skin Tightening

2x Cryo 21 Sculpting

**Total Cure Phase 1 | 2 | 3
With Reform 4,575€**

*Does not include accommodation.

Revive Boost your vitality and inner energy

Treatments targeted towards those who often feel tired and like they're not living life to the fullest. Including active ageing treatments to help the body and mind to thrive.

Signature Spa

2x Signature Massage - Revive

1x Pure Alpine Balneo

1x Antares Quarts Experience

Biologique Recherche

1x Signature Facial

1x Lift Corps

Pure Active

1x Private Coaching - Mobility

1x Outdoor Explorer

High Tech

1x Cryo 21 - Drain

1x Hydra-Facial

4x Exilis Elite - Body / Face

2x Em Sculpt - Body Sculpt

**Total Cure Phase 1 | 2 | 3
With Revive pillar 4,770€
(32 treatments)**

*Does not include accommodation.





Accommodation

Our Cure Stays



Love the mountains but not the slopes? You can choose from any of the Antares apartments during your stay and enjoy family time. Whilst they ski, you can take time for yourself with a tailor-made wellness programme. The following apartments are specialised for those who come for our cure programme:

MIRA 001 (3 bedroom. Max 6 guests)

This apartment offers breathtaking views of the mountains, forest, and slopeside. Nestled in an elegant and cosy setting, the space has been meticulously crafted for comfort. Enjoy ensuite bedrooms and a stunning sunset-facing terrace that's perfect for winding down.

STELLA 001 (2 bedroom. Max 4 guests)

Situated on the ground floor, this apartment boasts panoramic vistas of the majestic mountains. For guests seeking the utmost privacy, this is an ideal choice. The apartment features a sleeping area with two bedrooms, one with a shower room and another with a bathroom. On the other side, an open-plan kitchen merges with the living area, leading out to a vast terrace.



Accommodation

Our Cure Stays



URSA 001 (2 bedroom & 2 cabins, Max 8 guests)

Tucked away in a serene spot overlooking the forest, this sophisticated apartment comfortably houses up to 8 guests. Each bedroom comes with an ensuite, and the combination of two double beds and two bunk beds makes it an excellent pick for families looking for both style and functionality.

URSA 401 (2 bedroom, Max 4 guests but can house up to 8)

This stunning apartment, suitable for up to 8 guests, provides an open-plan living area perfect for cherished family moments. The expansive sunny terrace offers picturesque views of the forest and surrounding nature. With three double rooms and a dedicated mountain corner, it stands out as an excellent choice for families.

NAOS 302 (2 bedroom & cabin, Max 6 guests)

Situated right on the slopes, this elegantly designed chalet oozes charm and luxury. Its open-plan living area, complete with a bar and fireplace, seamlessly opens up to a spacious terrace. The two ensuite bedrooms guarantee comfort for every guest. A mountain corner featuring bunk beds stands ready to delight children.





Longevity
Clinic
Expert Treatments



The Clinic

As an extension of our Pure Longevity concept the Pure Antarès Clinic team of renowned doctors is led by incredible plastic surgeon Dr Nicolas Georgieu. Dr Georgieu is respected in the industry for his natural, glowing results. His interventions perfectly balance achieving the desired outcome and beautifying the silhouette whilst complimenting the natural charm of the face and body.

We offer the most modern and effective techniques, including injectables, hyaluronic acid, micro needling, meso lift, thread lifts as well as the latest medical grade active -ageing equipment, EM sculpt for body sculpting, radio frequency and ultrasound for skin tightening and permanent laser hair removal.



Pure Clinic

Facial Treatments

Discover our non-invasive solutions that offer natural looking enhancements through various aesthetic medicine techniques. Our treatment selection are chosen to create a more youthful appearance, improving skin quality, texture and smoothness.

Derma Consultation

Our cosmetic surgeon welcomes you to the prestigious setting of Antares to ask questions and determine what treatments and procedures could be suitable for your specific needs and concerns.

Bolox

Fight the signs of time by preventing the appearance of "dynamic" expression wrinkles. This treatment creates a natural softening to lines and wrinkles, giving you a natural, fresh, and rejuvenated appearance.

Hyaluronic Acid

With age, the body's natural production of hyaluronic acid decreases, which results in the loss of volume and the accentuation of wrinkles. Fillers can lift and contour the face as well as create volume. They're used for both anti-ageing and beautification purposes.

Mesolift

Mesolift is a minimally invasive treatment where a single needle is used by the practitioner to inject a cocktail of vitamins, hyaluronic acid and growth factors into the skin, generally to hydrate the skin and increase cell regeneration. Used on the scalp, mesotherapy slows down hair loss and makes the hair denser thanks to its specific action.

Thread Lift

The technique of lifting without surgery using permanent tensor threads, also known as suspension threads, support threads or non-absorbable notched threads, is minimally invasive, reversible and does not require heavy anaesthesia.



Pure Clinic

Body Treatments

A selection of body treatments to firm and tone the body and skin for a greater sense of well-being.

Soprano Ice Laser Hair Removal

Hair removal is the most popular light-based aesthetic procedure in the world. For every unwanted hair, light or dark, we have a solution. The scanning method with the extra-large Quattro applicator and its contact cooling system allows for fast, painless and comfortable hair removal. The treatment is carried out in 6 to 12 sessions, depending on the area, at intervals of 4 to 8 weeks.

Elixis Elite TM

A non-invasive treatment that combines radiofrequency and ultrasound to painlessly tighten the skin. By stimulating collagen production, the texture and firmness of the skin is improved on the face and body. This treatment is used for wrinkles and fine lines, loose skin as well as wrinkled skin. It can also be used to eliminate a double chin and to sculpt and lift the face.

This technique also uses lipolysis which reduces small localised areas of fat on our hips, inner arms or thighs, or buttocks. It also smoothes the skin and reduces dimples helping to reduce the appearance of cellulite. This treatment is possible for all skin types.

EMSCULPT®

EMSCULPT® is the latest innovative step in non-invasive body shaping and it's the world's only non-invasive procedure for muscle building and fat burning. It improves the body contour, muscle density and muscle volume, and burns fat – all at the same time. EMSCULPT® is the only alternative to surgical buttock lifting that offers non-invasive buttock enhancement.





Wellness Clinic

Day Experience & Mini Cures





Detox

Day & Mini Packs

Detox | Day Experience

3H30 | 639 €

Infrared Sauna + Cryo Cabin + Pure Alpine Massage + Cryo Drainage + Hydrafacial (with Booster) + LED
Our Detox day experience is the perfect combination of high tech and manual therapies for the face and body and mind to stimulate the natural detoxification of the body, improves circulation, remove free oxygen radicals and help to control oxidative stress.

Mini Pack

Create your own combination or select our suggested combinations to fully experience the Antarès concept of enhancing manual treatments with high-tech efficiency. Our packages include a 5% discount for 1 session, 10% for 4 sessions and 15% for 6 sessions.

Pure Alpine Detox

2H

Infrared Sauna or Cryo Cabin + Seaweed Slimming Treatment + X Wave
Our pure alpine detox stimulates circulation and reduces the appearance of cellulite.

1 session | 370,50 €

4 sessions | 1,404 €

6 sessions | 1,989 €

Pure Alpine Draining

2H30

Infrared Sauna or Cryo Cabin + Massage Pure Alpine Booster + Light Leg + Localised Cryo
This treatment stimulates the natural detoxification of the body, improves circulation, reducing fluid retention.

1 session | 332,50 €

4 sessions | 1,260 €

6 sessions | 1,785 €

Pure Alpine Facial

1H15

Hydrafacial Signature + Facial Cryo Drainage + LED Problematic Skin | A deep cleansing treatment using cryo and LED to reduce inflammation and stimulate skin healing.

1 session | 285 €

4 sessions | 1,332 €

6 sessions | 1,887 €





Destress

Day & Mini Packs

Destress | Day Experience

3H | 468 €

Infrared Sauna + Cryo Cabin + Antarès Experience + Signature Facial Treatment + LED Stressed Skin
A day to disconnect from the world and reconnect with yourself. Relax and unwind in our cocoon of wellbeing and enjoy a range of nurturing treatments to relax the mind and body.

Mini Pack

Create your own combination or select our suggested combinations to fully experience the Antarès concept of enhancing manual treatments with high-tech efficiency. Our packages include a 5% discount for 1 session, 10% for 4 sessions and 15% for 6 sessions.

Antarès Deep Sleep

2H

Infrared Sauna or Cryo Cabin + Deep Sleep Massage + Vibro-Acoustic with Oxygen Therapy
A complete ritual to prepare the mind and body for quality sleep.

1 session | 361 €

4 sessions | 1,368 €

6 sessions | 1,938 €

Alchemist Experience

2H

Alchemist Mountain Bath + Antarès Experience + Natural Facial Care
Our alchemist experience takes you on a journey to the heart of the mountains with our deeply relaxing signature treatments.

1 session | 313,50 €

4 sessions | 1,188 €

6 sessions | 1,683 €

Destress Facial

2H

Signature Facial Treatment + Destress Massage Booster + Vibro-acoustic
A deep relaxation for the body and mind, reducing stress, improving mood and confidence.

1 session | 285 €

4 sessions | 1,080 €

6 sessions | 1,530 €





Reform

Day & Mini Packs

Reform | Day Experience

3H | 441 €

Infra Red Sauna + Cryo Suite + Massage After Sport + Signature Facial Treatment +LED Sports Recovery
Fully live the Antarès wellness experience with our day programme specifically orchestrated around recovery after a day exploring the mountains.

Mini Pack

Create your own combination or select our suggested combinations to fully experience the Antarès concept of enhancing manual treatments with high-tech efficiency. Our packages include a 5% discount for 1 session, 10% for 4 sessions and 15% for 6 sessions.

Rapid Cryo Recovery

1H30

Cryo Localised + Total Body Cryo Suite + Massage After Sport
The perfect combination to recover from muscular tension after sport.

1 session | 256,50 €

4 sessions | 972 €

6 sessions | 1,377 €

Rapid Warm Up

2H

Infrared Sauna + Massage After sport + LED Sports Recovery
A deeply warming treatment to activate muscle recovery after sports.

1 session | 275,50 €

4 sessions | 1,044 €

6 sessions | 1,479 €

Reform Body

2H

Cryo Cabin + Detox Massage + EM Sculpt + Radio-Frequency
A combination of treatments focused on sculpting and toning the body with visible results after 4 sessions.

1 session | 570 €

4 sessions | 2,160 €

6 sessions | 3,060 €





Revive

Day & Mini Packs

Revive | Day Experience

3H30 | 531 €

Sauna Infrared + Timeless Massage + Radio-frequency + Signature Facial Treatment+ LED Collagen Boost
A day combining high tech and manual treatments for the face and body, dedicated to reducing the signs of ageing, boosting vitality, leaving you feeling revived and renewed.

Mini Pack

Create your own combination or select our suggested combinations to fully experience the Antarès concept of enhancing manual treatments with high-tech efficiency. Our packages include a 5% discount for 1 session, 10% for 4 sessions and 15% for 6 sessions.

Instant Rejuvenation

2H

Infrared Sauna - Energising and Rejuvenating + Timeless Massage + Vibro-acoustic
A combination of treatments to revive and nourish the body and mind.

1 session | 275,50 €

4 sessions | 1,044 €

6 sessions | 1,479 €

Lift and Tone

2H

Lift CVS Body + Radiofrequency + Ultrasound + LED - Collagen Boost
A perfect combination of manual and high-tech treatments to re-firm skin laxity and boost collagen.

1 session | 380 €

4 sessions | 1,440 €

6 sessions | 2,040 €

Revive Facial

2H

Biologique Recherche Lift CVs + Radiofrequency + Ultrasound + LED - Collagen Boost
An invigorating experience to lift and firm the skin.

1 session | 351,50 €

4 sessions | 1,332 €

6 sessions | 1,887 €







Wellness
Clinic
Treatment Menu



P1 Health Intelligence

A Comprehensive Overview

With scientifically backed results of what your body needs at a molecular level, our team will have the information needed to truly give you a programme tailored to your unique self.

Viome

Our partners at Viome are pioneers of the Health Intelligence™ service. Your genes get turned on or off by your gut bacteria, your nutrition, and your environment. Once you know how your cells or mitochondria are functioning, you can make specific nutrition interventions to help and support them.

Gut Microbiome 20 MIN | 250 €

Gut Microbiome + Human Cells 30 MIN | 320 €

Full Body Intelligence Gut Microbiome + Human Cells + Oral Health 40 MIN | 380 €

So Check 45 MIN | 110 €

Real-time evaluation of a potential heavy metal excess, bioavailability of minerals, trace elements, vitamin and oxidative stress.

Cardi/check 45 MIN | 110 €

Assessment of acute and chronic stress through the vital balance by means of 5 indicators: the Cardiflex, the Cardistress, the ANS, the cardiac coherence and the RTI.

Osteopath Consultation 45 MIN | 180 €

Pure Active Assessment 45 MIN | 110 €

BMI Body Mass 15 MIN | 50 €

Nutritional Consultation 45 MIN | 110 €

Nutritional Consultation + Diet Plan 60 MIN | 200 €

Full Body Intelligence + Consultation 90 MIN | 480 €



P2 Longevity Protocol

Biohacking Treatments



Vibro- Acoustic therapy

Vibroacoustic therapy has been clinically proven to have positive effects on mood states and behavioural changes in people recovering from stress, anxiety and sleeping disorders. In a perfect blend of ancient medicine and modern technology, specific sound frequencies projected throughout the body guide brainwave patterns to states of relaxation, meditation, sleep and optimum brain focus.

Session Breakdown

Individual sessions 22 MIN | 70 €

Package 3 sessions 22 MIN | 189 €

Package 6 sessions 42 MIN | 357 €

These sessions can be repeated as often as desired. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Pemf

Pulsed Electromagnetic Field (PEMF) technology mimics the healing vibrations of the Earth, enhancing the body's natural recovery process.

By stimulating the cells, Pemf also increases microcirculation and improves cell oxygenation and healing. Positive effects include reducing inflammation, increasing energy, relieving stress, and promoting deeper sleep.

Session Breakdown

Individual sessions 20 MIN | 50 €

Package 3 sessions 20 MIN | 135 €

Package 6 sessions 20 MIN | 255 €

These sessions can be repeated as often as desired and can be combined with oxygen therapy. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Oxygen Therapy

Interval hypoxia hyperoxia training (IHHT) is a gentle, non-invasive cell stimulation without side effects. We individually adapted the therapy to your current state of health, meaning it is suitable for all health conditions.

Among the many benefits of IHHT include strengthening your immune system, improving physical and cognitive performance and function. It has beneficial effect on metabolism, including reduction of body weight, cholesterol and blood sugar levels and offers a non pharmacological option for treating chronic fatigue and burnout.

Session Breakdown

Individual sessions 45 MIN | 180 €

Package 3 sessions 45 MIN | 486 €

Package 6 sessions 45 MIN | 918 €

2-3 sessions can be enjoyed per week. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Cryo- Therapy

Our cryotherapy treatment involves exposing the whole body in a cold room to -110°C in short-term exposure. It causes your body to move blood toward the core, protecting your organs. During this process, the body increases its oxygen levels and certain proteins that can act in an anti-inflammatory manner.

The strong analgesic effect breaks pain memory, which chronic pain can serve to over-activate -while also promoting its re-regulation. When you exit the Cryotherapy chamber and return to normal room temperature, this oxygen-rich blood moves back through the body, creating a euphoric effect that can be felt after just one treatment.

Session Breakdown

Individual sessions 3 MIN | 50 €

Package 3 sessions 3 MIN | 130 €

Package 6 sessions 3 MIN | 250 €

1-2 sessions can be done per day. Our packages include a 10% reduction for 3 sessions and 15% for 6 sessions.



P2 Longevity Protocol

Biohacking Treatments



Infrared therapy

The Gharieni "MLX i3Dome" triple detox therapy combines infrared technology, plasma and light therapy, offering three effective treatment methods in one.

Long Infrared Rays - gradually increases the body temperature, stimulate the metabolism, and detox process. They also help in reducing inflammation and muscle pain.

Plasma (Negative Ions) - relieves stress and stimulates energy throughout the body, reduces anxiety levels, acts on hypertension, asthma, allergic rhinitis.

Light Therapy - Visible rejuvenation of the skin after only a few sessions.

Session Breakdown

Individual sessions 20 MIN | 70 €

Package 3 sessions 20 MIN | 189 €

Package 6 sessions 20 MIN | 357 €



P3 Target Treatments

Treatment List

Phase 3 offers targeted treatments from our wellness menu, specific to your personal needs and objectives.



Signature Antarés

Created with our alchemist to harness the energy of nature



Biologique Recherche

A result driven clinical approach to skin care



High Tech

Add high-tech boosters to optimised results



Natural Therapies

A holistic approach to wellness



Active Life Plan

Movement of the body to nourish the spirit







Signature Antarès

Natural Treatments

Inspired by the Mountains

The local Alpine region is abundant in flora with rich medicinal properties that when collected and prepared correctly, help relax and detoxify our bodies. Leading this delicate dance with nature is Patricia Choffel, the Antarès in-house alchemist.

As an expert in ancient ethnobotany and classical European herbology, Patricia's knowledge and respect for nature brings back an ancient art that has been forgotten - and is now re-awoken.

For Antarès, Patricia has developed an entirely unique and special range of care oils using local Alpine ingredients like meadowsweet, arnica and St. John's wort. Each year during Spring, she travels the massifs of the Alps, focusing on the Vanoise and Méribel to collect the plants needed for the oils. Powerful and 100% natural, the Antarès oils are rich in healing properties and used in all of our Antarès signature spa treatments.





Signature Antarés

Massage Menu

Natural Facial Care

30 MIN | 80 €

A lifting and toning facial massage with our deeply nourishing facial oil, infused with hand-picked mountain plants.

Antarés Experience

60 MIN | 180 €

90 MIN | 240 €

Let the cocooning and healing sensation of the warm quartz bed soothe you while a massage with mountain herbs releases muscle tension. A chakra balancing and rejuvenating experience is included using a deeply calming vibration therapy with Tibetan bowls.

Detox

30 MIN | 80 €

60 MIN | 150 €

90 MIN | 220 €

A draining treatment that helps to shape the body and improves the appearance of cellulite.

Destress

30 MIN | 80 €

60 MIN | 150 €

90 MIN | 220 €

A restorative full-body massage to calm the sympathetic nervous system, preparing the body for deep relaxation.

Reform

30 MIN | 80 €

60 MIN | 150 €

90 MIN | 220 €

For stiff aching muscles. Ideal for anyone needing a strong release of physical tension from the body.

Revive

30 MIN | 80 €

60 MIN | 150 €

90 MIN | 220 €

This is the perfect therapy to raise both physical and emotional energy levels including gentle stretches to aide joint mobility and ease muscle tension.

Alchemist Mountain Bath

30 MIN | 70 €

Take in the mountain view with a deeply relaxing herbal bath infused with healing salts and mountain plants.





LOTION P50W

PHASE D'INITIALISATION

Lotion douce exfoliante et
purifiante pour le visage
Gentle exfoliating and
lotion for

LAIT U

PHASE D'INITIALISATION

All ingredients vegetal
Gentle exfoliating with
No alcohol/fragrance/paraben

PRODUIT PROFESSIONNEL

SOIN
RESTRUCTURANT
ET LISSANT N°1

PHASE D'INITIALISATION

PRODUIT PROFESSIONNEL
SOIN RESTRUCTURANT ET LISSANT N°1
PHASE D'INITIALISATION

BIOLOGIQUE
RECHERCHE

PRODUIT

M

PH

Neuro

Disper

250 ml

Biologique Recherche



Facial treatments

We have chosen our partner brand because of their clinical approach to skin care, combining pure, concentrated, almost raw products with original, rigorous protocols. Offering effective treatments with visible results.

1.

Evaluation Phase

Analysis of the specific needs of the skin

2.

Initialisation Phase

Preparation and search for balance of the epidermis

3.

Treatment Phase

Targeting and in-depth treatment of each problem

Skin Instant Lab

30 MIN | 50 €

This is the first stage of the Biologique Recherche Methodology, using patented technology, our beauty coaches carry out a precise, in-depth analysis of your skins needs.

Signature Facial Treatment

60 MIN | 150 €

90 MIN | 220 €

A personalised treatment specially adapted to your needs and wishes based on your Skin Instants©.

Smoothing Treatment

60 MIN | 150 €

A protective and reconditioning treatment for the epidermis with an immediate re-plumping effect designed for all Skin Instants©. This treatment works in harmony with the lymphatic and circulatory system, leaving your skin feeling smooth and toned.

Lift C.V.S

60 MIN | 150 €

An exfoliating and lifting treatment combined with shaping techniques designed for mature Skin Instants©.



Biologique Recherche

Facial treatments



Alpine Hydréclat

60 MIN | 150 €

A hydrating and complexion-enhancing treatment that works on all Skin Instants©. This signature treatment includes a preformed mask (Biologique Féérie, Biovecteur Marin or Collagène Caviar).

Second Skin Ceremony

60 MIN | 300 €

This regenerating and lifting treatment is created using an electrospun mask with 80% pharmaceutical grade hyaluronic acid and is designed for mature Skin Instants© damaged by the signs of ageing.

Anti Pollution Oxygenating Treatment

60 MIN | 220 €

A treatment that detoxifies and stimulates the epidermis to re-oxygenate the skin tissue suffocated by urban pollution. This results in skin that is luminous and full of radiance.

Toleskin Treatment

60 MIN | 180 €

Specifically developed for skin that can no longer tolerate classic cosmetic products, or skin that is in need of soothing and reconstruction (like atopic dermatitis, medical and aesthetic treatments, cancer).

Co Facteur Biologique Recherche

30 MIN | 70 €

For even more visible results, enhance your treatment by applying a preformed mask:
Biologique Féérie | Toning + Revitalising + Moisturising
Pigm 400 | Brightening + Anti-Pigmentation + Antioxidant
Collagène Caviar | Rejuvenating + Smoothing + Toning

Care Supplement

15 MIN | 30 €

LiftKiss | Lip mask to promote skin regeneration, intensely repair lips, and add volume.

15 MIN | 40 €

Platysma | Chin Mask designed to lift, firm and tone facial contours along the jawline.

15 MIN | 30 €

Anti-Fatigue Patches | An eye mask that treats the signs of fatigue and reduces puffiness in the eye contour area.



Biologique Recherche

Body Treatments



Anti C Slimming Programme

60 MIN | 160 €

A draining treatment that produces a slimmer shape and improves the appearance of cellulite.

90 MIN | 220 €

Light Legs

60 MIN | 150 €

A treatment with a draining and decongesting action. It stimulates circulation and helps the legs feel lighter.

Lift CVS

60 MIN | 180 €

A firming and toning treatment that leaves you with a refined skin texture and a re-sculpted body.

Seaweed Slimming Treatment

90 MIN | 220 €

A purifying and detoxifying treatment. It helps eliminate toxins and improves micro-circulation.





High Tech

Hydrafacial

Hydrafacial is an advanced, medical-grade skincare treatment that delivers proven, immediate results without the use of harsh chemicals or lasers. It uses hydra-dermabrasion technology to achieve instant hydration and lasting results, with no discomfort or downtime. It targets fine lines and wrinkles, hyperpigmentation and congested oily and acne-prone skin, whilst softening the appearance of large pores, improving skin texture and tone, and helping repair sun damage.

1.

Cleansing & Exfoliation

2.

Extraction & Hydration

3.

Fusion & Protection

Signature Hydrafacial

30 MIN | 180 €

HydraFacial Signature is a treatment that uses patented technology to cleanse, eliminate and moisturise.

Delux Hydrafacial LED®

45 MIN | 250 €

Hydrafacial is a much gentler form of a microdermabrasion facial. We simultaneously bathe newly cleaned skin with specialised serums that include antioxidants and rejuvenating peptides.

Platinum (Drainage LED)®

60 MIN | 300 €

The Platinum treatment starts with a drainage massage followed by our Deluxe treatment and ends with a red and blue LED.

Delox | Booster Acne

45 MIN | 250 €

60 MIN | 300 €

Destress | Booster Sensible

45 MIN | 250 €

60 MIN | 300 €

Reform | Booster Hyperpigmental

45 MIN | 250 €

60 MIN | 300 €

Revive | Booster Active Age

45 MIN | 250 €

60 MIN | 300 €







High Tech

Radio Frequency & Ultra Sound



A non-invasive treatment that combines radio-frequency and ultrasound to painlessly eliminates excess fat and tightens loose skin. By stimulating collagen production, the texture and firmness of the skin are improved on the face and body. This treatment is used for loose skin, wrinkles and fine lines. It can also be used to eliminate a double chin and to sculpt and lift the face.

This technique also uses lipolysis, which reduces small localised areas of fat on the hips, inner arms or thighs, or buttocks. It also smoothes the skin and reduces dimples, helping to reduce the appearance of cellulite.

Session Breakdown

Per Treatment 30 MIN	Zone Small 100 €	Zone Medium 150 €	Zone Large 200 €
Course of 4	Zone Small 360 €	Zone Medium 540 €	Zone Large 720 €
Course of 6	Zone Small 510 €	Zone Medium 765 €	Zone Large 1020 €

1-3 sessions can be performed per week until the course is finished.

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

Emsculpt

EMSCULPT® is the latest innovative step in non-invasive body shaping. The world's only non-invasive procedure for muscle building and fat burning. It improves the body contour, muscle density and muscle volume, and burns fat – all at the same time. EMSCULPT® is the only alternative to surgical buttock lifting and offers non-invasive buttock enhancement.

For the best possible effects, four applications per selected zone should be performed.

20% reduction on 4 session course. Sessions can be performed every other day or per week for each zone until the treatment course is finished.



EMSCULPT® Abdomen	30 MIN 250 €
EMSCULPT® Buttocks	30 MIN 250 €
EMSCULPT® Thighs Outside	20 MIN 200 €
EMSCULPT® Thighs Inside	20 MIN 200 €
EMSCULPT® Calves	20 MIN 200 €
EMSCULPT® Upper Arms Biceps and Triceps	40 MIN 300 €





High Tech

Cryo 21



Cryo 21 offers a localised cryo treatment that can be used on the face and body to obtain the results below:

DETOX - CRYO DRAIN

Stimulating lymph and blood flow, Improving circulation and drainage in the lower limbs and face.

DESTRESS - CRYO RECOVERY

Reduce pain and inflammation in muscles and joints, Increase sports performance and reduce recovery time.

REFORM - CRYO SCULPT

Facilitating weight loss by freezing fat cells and improving body composition. Burn up to 600Kcal per session and accelerate basal metabolism.

REVIVE - CRYO FIRM

Rejuvenating the appearance of the skin through increased collagen production.

Session Breakdown

Per Treatment Body | 70 €

Course of 4 | 252 €

Course of 6 | 357 €

Per Treatment Face | 50 €

Course of 4 | 180 €

Course of 6 | 255 €

For the best possible effects, 4 to 6 applications per selected zone should be performed.

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

X Wave

Through the power of targeted vibrations, X-WAVE helps to eliminate the main factors that cause uneven skin texture and leads to a considerable improvement in the skin's appearance.

Four applications per selected zone should be performed for the best possible effects.

Sessions can be performed every other day or per week for each zone until the treatment course is finished.



Session Breakdown

Per Treatment | 120 €

Course of 4 | 432 €

Course of 6 | 612 €

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

LED



Multi-Award winning Dermalux® LED Phototherapy is a non-invasive treatment that triggers your body's natural cell processes to accelerate rejuvenation and repair of the skin. One treatment instantly energises skin cells to revitalise your complexion and can be used to obtain different targeted results.

DETOX - PROBLEMATIC SKIN

Specific for acne-prone skin or related issues. Aids the control of bacterial proliferation and excessive sebum production.

DESTRESS - STRESSED SKIN

Reduces redness and restores softness and elasticity. Helps with skin recovery from skin problems such as eczema.

REFORM - SPORTS RECOVERY

Aids muscle relaxation and recovery.

REVIVE - COLLAGEN BOOST

Stimulating collagen and elastin, to improve skin tone.

Session Breakdown

Per Treatment | 30 MIN | 70 €

Course of 4 | 252 €

Course of 6 | 357 €

Our courses include a 10% reduction for 4 sessions and 15% for 6 sessions.





High Tech

Lyma

Leading the charge of the active-ageing revolution, the LYMA Laser is uniquely designed to painlessly transform the skin, eradicating fine lines and wrinkles, fading scars and pigmentation, and improving skin elasticity.

100x more powerful than LED, the low level infrared laser light penetrates down to the deepest layers of the dermis and beyond, boosting mitochondrial activity and triggering collagen production.

We have include the world's most powerful 'at-home' beauty device, as a booster to all treatments as it delivers unparalleled results.

If you like what you try and purchase a device for home use your LYMA booster will be free of charge.



Session Breakdown

Per Treatment 20 MIN | 70 €
Course of 4 | 252 €
Course of 6 | 357 €



My First Spa

Discovery Treatments

Discovery Massage

Customised, gentle and soothing massage adapted to each child to calm, relax and improve sleep quality.

30 MIN | 80 €
60 MIN | 130 €

Discovery Facial

A relaxing facial massage using our deeply nourishing organic facial oil, infused with mountain herbs.

30 MIN | 80 €
60 MIN | 130 €

Shape and Paint

Simple manicure treatment and simple pedicure treatment.

30 MIN | 40 €

Inhale

A breathing workshop to help little minds relax, concentrate, manage emotions and build confidence.

20 MIN | 60 €

Mini Yogi

An introduction to the asanas for relaxation and meditation using games that enhance the senses and encourage body awareness.

30 MIN | 80 €

Yoga Family

Come and share a privileged moment with your child to accompany them in the discovery of the movement of their body and understanding their breath patterns.

60 MIN | 130 €

You Ski We Spa

Parent and child duo treatment, massage or facial with our deeply nourishing organic oil, infused with hand-picked mountain plants.

60 MIN | 250 €







Natural Therapies

A Holistic Approach

In harmony with our holistic approach to wellness, we offer you the most effective natural therapies that aim to enhance the functioning of your body, these therapies provide us with the tools and knowledge necessary to transform us into managers of our own health.

Osteopathy

45 MIN | 180 €

Osteopathy will carefully realign your posture for optimal comfort.

Reiki

60 MIN | 180 €

75 MIN | 220 €

Reiki re-activates the body's natural energy system, bringing you back into balance on every level.

Sound Healing

60 MIN | 180 €

Group Price | 220 €

The singing bowls have a profound effect on mental peace, relaxation and healing.

Chakra Balance

60 MIN | 180 €

75 MIN | 220 €

Chakra balancing can be deeply relaxing and helpful for modern-day issues.

Yin Yoga, Singing Bowl Therapy & Reiki Drumming

60 MIN | 180 €

90 MIN | 250 €

This treatment focuses on organ health and the energetic body.

Respiratory Therapy

30 MIN | 110 €

Explore different breathing techniques to help with stress, anxiety, relaxation, digestive problems.

Ceremonial Cacao

75 MIN | 250 €

Ceremonial Grade Cacao has many benefits like inspiring creative flow and opening your mind and heart.





Wim Hof

Fundamental Course



Experience the power of cold and change your mindset.

Guided by our WHM certified instructor, you will realise that you are capable of doing the impossible. A powerful therapy, both physically and mentally.

The Wim Hoff Method is based on three pillars: breathing techniques, exposure to cold and commitment.

Safe and supervised exercises stimulate your cardiovascular system, awaken your untapped powers, boost your energy and improve your concentration.

Price

4 H | 250 € per person
(minimum 4 people per group)







Pure Active

Embracing mobility

The movement of the body feeds the spirit. At Antarès, we create tailor-made active experiences, indoors and outdoors, to take advantage of all the benefits the mountains and forest have to offer. We also offer group sessions as we believe that group dynamics can add to the energy and positive outcomes of the session.

Personal Training 60 MIN | 130 €

One to one training sessions guide you through a result-driven training programme to balance the body.

Pilates 60 MIN | 130 €

Pilates pushes your body to create a long and lean physique.

Yin Yoga 60 MIN | 130 €

A restorative class to encourage deep relaxation.

Yoga Vinyasa 60 MIN | 130 €

An energetic class based on the continuous flow of movement.

Mountain Explorer 180 MIN | 200 €

A guided mountain experience. Reconnect with nature in the deep forests and mountain peaks of the Alps.

Group Fitness 60 MIN | 20 €

Intense or relaxing group fitness classes, depending on your mood.

Watsu 60 MIN | 130 €

Watsu is a form of aquatic bodywork used for deep relaxation and passive aquatic therapy.



The Essentials

Manicure / Pedicure

Manicure Express	50 €
Summit Manicure	120 €
Express Pedicure	80 €
Summit Pedicure	120 €
Nail Polish	30 €
Semi-Permanent Nail Polish Application	45 €
Semi-Permanent Nail Polish Removal	25 €

Hair Colour

Highlight Colour	180 - 250 €
Patine	150 - 200 €
Semi-Permanent Colour	180 - 250 €

Female

Shampoo	20 €
Hair Treatment / gloss	50 €- 70 €
Cut	80 €
Short Hair Blow Dry Long Hair Blow Dry	90 € 150 €

Male

Shampoo, Haircut and Styling	80 €
Colour	100 €
Beard Clipper and Treatment	50 €
Hairloss Prevention	50 €



How to Spa

Schedule an Appointment

To schedule an appointment for your perfect treatment, please contact our spa reservations team who will be able to guide you to the right choice. The spa is open every day from 10am to 8pm. You can also book online at your convenience.

Arrival Time

We kindly ask that you arrive at the Spa reception 15 minutes before your appointment in order to get the most from your experience. If you arrive late to an appointment, we will endeavour to offer you the same treatment if our schedule permits. If that is not possible, we may shorten your treatment appropriately.

Spa Etiquette

Our spa environment is one of relaxation and tranquillity. Please respect all spa guests right to privacy and serenity. In light of this, the spa is for adults only and it is a mobile phone, camera, alcohol and smoke-free zone.

Cancellation Policy

Please inform the Spa of any cancellations as soon as possible. Any cancellation or modification of the treatment must be made at least 24 hours in advance, otherwise the total amount of the treatment will be charged.

Health Conditions

Kindly advise us of any health conditions, allergies or injuries which could affect your choice of treatment when making your spa reservation.

Stolen or Lost Items

We recommend that you keep all valuables locked away. The management may not be held responsible in the event of theft, loss or damage to belongings in the spa.





Pure

W e l l n e s s

www.atares-meribel.com

+33 (0) 9 75 12 54 56 // atares@pure-wellness.com