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# Bella Tola

GD HÔTEL BELLA TOLA & ST-LUC

DEPUIS 1859

High up at an altitude of 1,652 meters you will find our mountain spa " L'Eau des Cimes". Nothing is too fine for our guests: water, fire, ice, stone and wood merge with the magnificence of the scenery.

- World of water
- World of wellness
  - Massages
  - Body treatments
  - Man's world
- Packages

*L'eau  
des Cimes*

SPA D'ALTITUDE - 1652 M

## World of water

- Indoor swimmingpool of 36 sqm (6x6m) - 29°
- Whirlpool in the pool
- Open fire and laying chairs
- Outside terraces with fantastic view on the mountains and laying chairs

## World of wellness

For adults only as from 18 years old

- Sauna
- Steambath
- Ice fountain for tonic refreshment
- Relax area with laying chairs
- Outside terrace with laying chairs
- Fountain with fresh water from the mountain
- 2 showers

## Entry for non residents

### Morning: 09h00 – 14h00

( Pool and whirlpool only)

|               | Adult      | Children<br>(6 to 16 years) |
|---------------|------------|-----------------------------|
| 1 entry:      | sfr. 25.-  | sfr. 15.-                   |
| 5 entries *:  | sfr. 110.- | sfr. 65.-                   |
| 10 entries *: | sfr. 210.- | sfr. 125.-                  |

### Afternoon:

### 14h00-16h00 + 19h00-21h00 (Summer : 14h00-21h00)

(Pool, whirlpool, sauna, steambath and ice fountain)

|               | Adult      | Children<br>(6 to 16 years) |
|---------------|------------|-----------------------------|
| 1 entry:      | sfr. 35.-  | not allowed                 |
| 5 entries *:  | sfr. 155.- |                             |
| 10 entries *: | sfr. 300.- |                             |
| bathrobe      | sfr. 12.-  |                             |

\* Pass valid 1 season, 4 months

## The massages

- Relaxing massage (50 min.) sfr. 120.-
  - "Mountain" massage with essential Swiss pine and silver fir oils
  - "Extreme relaxing" with essential marjoram, lavender & sweet orange oils
  - "Special bliss" with essential cedar, clove, bergamot and patchouli oils.
- Athletic massage with essential geranium, rosemary and rosewood oils (50 min.) sfr. 120.-
- Slimming massage with essential juniper, sage and lavender oils (50 min.) sfr. 120.-
- Relaxing «Délicatesse» massage with essential rosewood and tangerine oils, special for mums-to-be (50 min.) sfr. 120.-
- lymphatic drainage (50 min.) sfr. 120.-
- Hot Stone therapy (75 min.) Sfrs. 180.-

## Body treatments

- Glacial mud and masterwort body wrap, followed by an effleurage (stroking) with a range of essential oils. Soothes muscular pain (110 min.) Sfrs. 220.- including the scrub
- Scrub and alp salt body wrap (50 min.) sfr. 155.-
- Grape pip « fructum Vitis » body wrap with scrub (50 min.) sfr. 155.-

**Free use of the SPA with bathrobe and slippers included.**

**Hotel guests: 10% reduction.**

## Man's World

- «Abdo-Sculpt» *massage (50 min.) sfr. 120.-*  
*Slimming work on the abdomen and muscular relaxation*
- *Muscular massage (50 min.) sfr. 120.-*  
*Work on the long muscles*
- 'Nature' complex (80 min.) *sfr. 180.-*  
*«Abdo-Sculpt» massage, scrub and alp salt body wrap*

## Packages

### « Sensual Gentleness » Sfrs. 424.-

*This weekly offer includes :*

- 1 x *plantar reflexology treatment (50 min.)*
- 1 x *relaxing massage with essential oils (50 min.)*
- 1 x *glacier mud body wrap, enriched with floral water (110 min.)*
- 1 x *wellness gift*
- *Your relaxation basket with bathrobe and slippers*

### « Nature Attitude » Sfrs. 694.-

*This weekly offer includes :*

- 1 x *relaxing massage relaxant (50 min.)*
- 1 x *plantar reflexology treatment (50 min.)*
- 1 x *slimming massage (50 min.)*
- 1 x *Hot Stone therapy (80 min.)*
- 1 x *glacial clay body wrap (110 min.)*
- 1 x *wellness gift*
- *Your relaxation basket with bathrobe and slippers*

### "Wellness" break: sfr. 179.-

*A whole day just pampering yourself in a relaxing, serene environment. Including:*

- *Welcome and presentation of your relaxation basket containing bathrobe, towel, shower gel and slippers*
- *Coffee and croissant*
- *A walk along the « bisse » path*
- *A light lunch in the Veranda restaurant, (choice of vegetarian menus) including mineral water and coffee*
- *A 50-minute relaxing massage*
- *Afternoon tea with a choice of plant teas and warm Tarte Tatin*
- *A wellness gift*

### « Wellness and Flavours » Sfrs. 76.-

*For our non-resident guests, the perfect solution for a relaxing evening.*

- *Free admission to the spa area with sauna, steam bath, ice fountain, Jacuzzi and pool from 6 pm*
- *Presentation of your relaxation basket with towel*
- *Samovar and a choice of herbal teas to quench your thirst*
- *3-course dinner at our restaurant « Chez Ida »*  
*(bathrobe on request Sfrs. 12.-)*

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