



Contact & Reservation

Phone: +41 (0)21 925 06 30
Email: spa@ghdl.ch

Opening hours Treatments & Massages

Mondays and Tuesdays from 15:00 to 18:00
Wednesdays to Sundays from 10:00 to 19:00

Please contact us for availabilities and appointments
Other appointments on request and according to availability

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www.ghdl.ch



SPA MENU

Beauty and Well-being



Welcome !

The Grand Hôtel du Lac unveils its precious jewel to unwind, bathed in soft natural light, where you will enjoy an unforgettable moment of relaxation for your body and mind.

A true haven of peace, on the shores of Lake Geneva, at the gateway to Lavaux and its Unesco World Heritage vineyards, and the renowned town of Montreux.

To treat yourself to a beauty or well-being moment at the Valmont SPA is to be certain of experiencing a moment of voluptuousness in a luxurious and refined space with the opportunity to benefit from the care and advice of our practitioners.

The spa features a refined welcome suite to introduce clients in the magic of Valmont universe, three treatment cabins, a hamman, a sauna and rest areas.



Facial Treatments

Moisturising Ritual« Source des Bisses »

It's the perfect treatment for all skin types, all ages, women and men! Thanks to key ingredients including Triple DNA, a super moisturizer that retains 10,000 times its weight in water, this treatment brings a unique feeling of comfort and suppleness to your deeply hydrated skin.

Duration 60 min. CHF 230

The Energy Ritual« Vitalité des Glaciers »

Designed to fight dullness of the complexion, this treatment revitalizes the skin by stimulating cellular oxygenation and reducing signs of fatigue, leaving a luminous and radiant complexion!

Duration 60 min. CHF 230

The Lines & Volumes Ritual« Sommet du Cervin »

Thanks to a cocktail of peptides to stimulate collagen production, a density and elasticity complex for rebound and emblematic anti-ageing DNA and RNA molecules, you will find your skin smoothed, plumped and firmed with a visible reduction in fine lines and wrinkles.

Duration 60 min. CHF 230

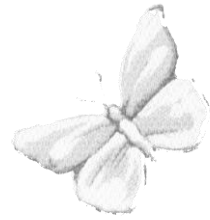
The Majestic Care« L'Elixir des Glaciers »

Intended for mature skin marked by the effects of time, this exceptional sensory treatment allows you to regain a firmer, smoother, resculpted and rejuvenated skin thanks to glacier water and Swiss plant extracts combined with Triple DNA and nourishing ingredients from the beehive: honey, propolis and royal jelly, or thanks to precious sturgeon DNA combined with a powerful cocktail of minerals to regenerate and brighten your complexion and diminish wrinkles and fine lines.

Duration 90 min. CHF 430



Le Papillon sur le Lac



**Facial care created by La Maison Valmont
exclusively for the Grand Hôtel du Lac**
Duration 90 min. CHF 380



A unique and majestic treatment, the quintessence and absolute fullness with immediate and visible results for women and men, for all skin types.

This treatment, lulled by specific gestures and movements to fight against the signs of time, is an opportunity for you to enter the epicenter of the Valmont universe.

Professional relaxation techniques combined with the precious active ingredients of Valmont cellular cosmetics allow you to regain a smooth, plump and firm skin and a general well-being during this treatment.

Massages

« Signature » Massage

This relaxing massage is tailor-made to your expectations according to a diagnosis defined between you and the therapist. This exclusive treatment, with oil extracts delicately scented according to your sensitivity, allows a remarkable absolute relaxation..

30 min. CHF 100 / 50 min. CHF 165 / 90 min. CHF 250

« Energie » Massage

This Indian-inspired massage uses specific techniques to boost the metabolism, strengthen the immune system and restore general balance to the physical, emotional and subtle body.

50 min. CHF 180 / 90 min. CHF 270

« Serenity » Massage

Inspired by the islands of Bora Bora, this massage with tiare flower oil extracts brings you a feeling of total tranquility thanks to slow, intense and rhythmic gestures on the gentle movement of the waves..

50 min. CHF 165 / 90 min. CHF 250

« Strength » Massage

This deep massage, reserved for initiates who like intense pressure, aims to deeply relax muscles, knots and tensions in order to regain a general feeling of well-being..

50 min. CHF 180 / 90 min. CHF 270

« Mum Relax » Massage

From the 4th month of pregnancy, while awaiting ababy, this gentle and enveloping massage provides an instant sensation of well-being.

50 min. CHF 165

«Getting back in shape» Massage

This remodeling massage firms up the tissues thanks to specific kneading and smoothing techniques. It removes toxins and gives an immediate feeling of light legs!

30 min. CHF 100

My First Child Massage

From 4 to 12 years old accompanied by a parent.
Relaxing discovery massage with apricot oil extract.

30 min. CHF 90

Body Beauty

Sweet or Salty body scrub

There is nothing better after a sauna or hammam session than a body scrub followed by the application of a nourishing and repairing body cream to recover a soft, silky and satiny skin.

45 min. CHF 145

Body Scrub & Relaxing Massage

Exfoliating scrub followed by a massage with apricot oil extracts that protect, soften and nourish the skin, restoring its elasticity and softness.

85 min. CHF 240

Full hand or foot treatments on request



VALMONT Products

Valmont is a legendary Swiss cosmetics brand and a global pioneer of the cellular skincare industry.

The pure and preserved environment of Switzerland is the cradle of Valmont skincare products, whose exceptional quality is the result of a subtle alliance between alpine ingredients and cutting-edge scientific expertise.

Valmont's high-performance treatments are amplified by a special manual movement called "butterfly movement", an enveloping and sensorial technique used to apply all Valmont products.

Relax, take a break, and pamper yourself with the exclusive menu of bespoke Valmont skincare where natural ingredients, Swissness and science come together.



General Terms

RESERVATIONS :

Please call the SPA directly or the Hotel Reception, or send an email. All reservations are firm with the acceptance of our general conditions. A deposit or full payment for the treatment may be requested at the time of booking.

PRICES :

Prices shown in Swiss Francs including all taxes

DURATION OF TREATMENTS AND ACCESS TO FACILITIES :

The duration of the treatment includes the installation in the cabin, the diagnosis and the advice; we invite you to arrive 10 minutes before the treatment for a good accompaniment.

Access to the sauna, hammam and relaxation room with complimentary tea is available during one hour for all external guests who have booked a treatment and we offer free access to our hotel residents.

Minors must be accompanied by an adult and remain under their responsibility. Access to the steam room and sauna is not permitted for children under the age of 14.

FACILITIES :

The SPA provides bathrobes, towels, slippers and compulsory disposable underwear. Lockers are available in the changing rooms. We decline all responsibility for the loss or theft of personal belongings.



MEDICAL AND SANITARY PROVISIONS :

The SPA declines all responsibility for the health of its clients. Medical conditions or contraindications must be declared when booking the treatment and/or before the treatment in order to avoid any ambiguity.

CANCELLATION POLICY :

In case of cancellation less than 48 hours in advance or in case of no-show, the service initially booked will be entirely invoiced. The cancellation of a treatment as part of a package stay cannot give rise to a refund or compensation.

GIFT CARD

The gift card is nominative and must be entirely paid at the time of booking. Under no circumstances the gift card can be refunded. The card is valid for 12 months from the date of purchase.



My notes