



Le Coucou

MÉRIBEL

SPA

464 route du Belvédère, 75 550 LES ALLUES
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From your room, dial 46 for the Spa



A SANCTUARY OF SERENITY, SUSPENDED BETWEEN SKY AND SNOW



Nestled in the heart of the Alps, high above Méribel, the spa at Hôtel Le Coucou is a true haven of tranquility. Surrounded by majestic peaks and bathed in natural light, it offers a soothing escape where one can fully unwind, far from the bustle of everyday life.



The atmosphere is both refined and inviting: light wood, natural stone, and expansive picture windows open onto a breathtaking snowy panorama. Heated indoor and outdoor pools, a sauna, a hammam, and a fitness room make up this sanctuary designed for the harmony of body and mind.

SPA OPEN DAILY FROM 10 A.M. TO 8 P.M.

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SPA Access

The Spa at Le Coucou is a haven of well-being at altitude. Perfect after several days on the slopes or simply to indulge in a moment of relaxation, it features a heated indoor and outdoor pool, sauna, hammam, and jacuzzi — all set within a serene Alpine environment.

SPA ACCESS OPTIONS

With any treatment booking of at least one hour, unlimited access to the spa facilities is complimentary for external guests, from 10 a.m. to 4 p.m.

For access to the spa facilities without a treatment, the rate is €100 per person for unlimited use between 10 a.m. and 4 p.m.

Tata Harper

A pioneering brand in the world of natural beauty, it perfectly embodies the balance between efficacy, luxury, and purity.

Founded by Tata Harper herself, a visionary woman driven by a passion for health and well-being, this skincare line revitalizes and deeply nourishes the skin.

What sets it apart is its commitment to genuine, uncompromising beauty: no synthetic ingredients, no chemical preservatives, just the pure power of plants, expertly studied and bottled.

The textures, delicately natural fragrances, and visible results make each treatment a unique sensorial ritual. Respect for the skin and the environment come together to offer authentic and lasting beauty.





Body treatments



DEEP TISSUE

A massage technique designed to release deep-seated tension in the muscles. Using slow, targeted pressure, it enhances mobility and promotes recovery.



LYMPHATIC DRAINAGE

A massage that combines invigorating movements with targeted pressure. This treatment stimulates blood and lymphatic circulation, helping to reduce the appearance of cellulite and tone the tissues.



CUSTOM MASSAGE

A fully personalized treatment, tailored to the specific needs of each individual. We combine various massage techniques, adjusting pressure and focus areas according to your tension, discomfort, or personal preferences.

60 MIN - 205€
90 MIN - 295€

Body rituals

x TATA HARPER

REVITALIZING BODY EXFOLIATION

30 MIN - 130€

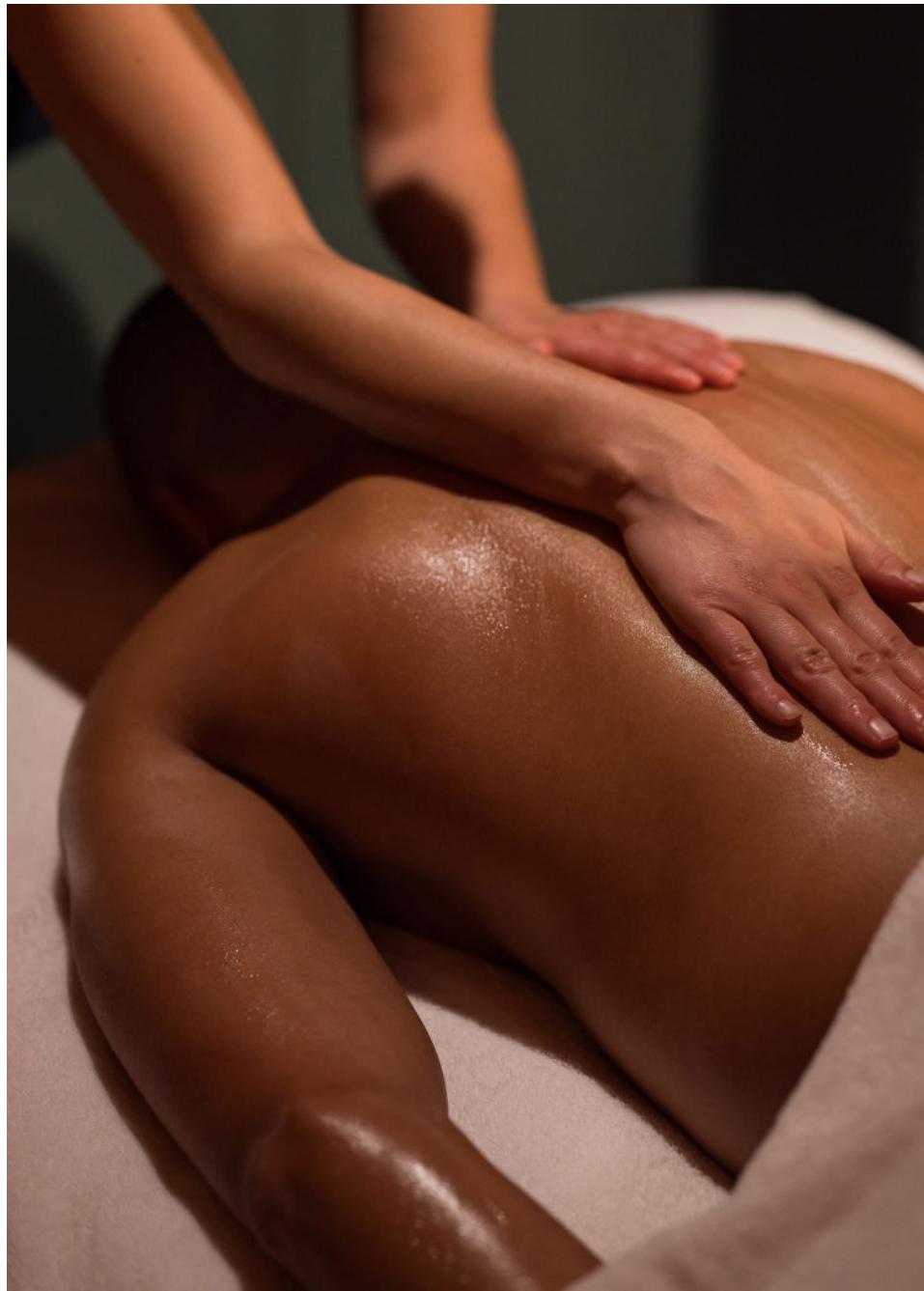
Exfoliating treatment that removes surface skin cells, leaving the skin smooth, soft, and radiant thanks to the Tata Harper Smoothing Body Scrub.



SERENITY SPA EXPÉRIENCE

90 MIN - 295€

Awaken tired skin with this rejuvenating treatment designed to deeply rehydrate the entire body. Begin with a perfect exfoliation using the Tata Harper Smoothing Body Scrub, followed by a relaxing massage. Experience a profound sense of serenity and well-being with the nourishing Revitalizing Body Oil.



Body treatment x TALM



EXPECTING MOTHER'S MASSAGE

This massage employs gentle, tailored techniques to avoid any pressure on the abdomen, focusing on key areas such as the back, legs, and feet. Enhanced with specially selected TALM products, it offers a serene moment of pure relaxation.

60 MIN - 205€

90 MIN - 295€

Founded by Kenza Keller, Talm was born from a desire to highlight and care for women from the very first day of their pregnancy, through postpartum and breastfeeding. To support the changes that occur in the body during this unique period of a woman's life, the brand aims to bring everything together: safety, effectiveness, and beautiful products that respect the environment.

Holistic Coach & Therapist

SOIN OSMO TOUCH

90 MIN - 320€

An exceptional massage in Méribel, blending the highest standards of care with profound self-awareness.

This unique experience weaves together relaxation, breathwork, and a guided inner journey a deeply healing, introspective, and powerful moment, thoughtfully crafted to elevate your very being.

A singular path to reconnect with oneself, uncovering the deeper meaning behind your symptoms, whatever they may be. It offers a sensory escape that soothes both body and mind, helping to ease stress, invite profound introspection, and restore emotional harmony. Designed for those in search of a holistic experience one that brings meaning back into their lives.

Available by appointment only, with 24 hours' notice :
Monday - Tuesday - Wednesday - Thursday

Holistic Coach and Therapist - Master Practitioner in Holistic Coaching, offering unique practices to help you reconnect with your true self. With deep expertise, she gently guides you toward clarity, expanded awareness, and profound inner harmony—nurturing vibrant health and a meaningful sense of alignment.



A Bubble of Connection at Altitude



DUO TREATMENT

30 MIN - 130€ PER PERSON

Treat yourselves to a tender moment of reconnection as a duo, nestled in a cocoon of softness amid the mountains. This treatment has been specially designed for parents and their children, to share together a timeless, serene experience.

Cradled by gentle and caring touches, you will enjoy an unforgettable well-being escape. This 30-minute interlude can be envisioned as a duo facial massage treatment or a nail polish application.



CANCELLATION POLICY

All cancellations or changes to treatments must be made at least 24 hours in advance; otherwise, the full amount of the treatment will be charged. For any reservations made less than 24 hours in advance, the full amount will be charged at the time of booking and is non-refundable in case of absence or cancellation. All reservations must be guaranteed with prepayment.

RESERVATION

The Spa is open daily from 10:00 AM to 8:00 PM during the season. Treatments are available to non-resident guests. To fully enjoy your experience, we recommend arriving at the Spa reception a few minutes prior to your appointment. Please note that late arrivals may result in a reduced treatment time in order to honor subsequent bookings.

Additional charges may apply for treatments outside of regular opening hours.

ATTIRE

For your comfort, bath towels, a robe, and slippers will be provided. Proper sports attire and shoes are required to access the fitness room.

THE JOY OF GIVING

Gift vouchers are available for purchase at the Spa. They are non-refundable and valid exclusively during the season.

MAISONS HÔTELS
DE FAMILLE PARIENTE



PROVENCE



SAINT-TROPEZ



MÉRIBEL



PARIS

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