



# Le Coucou

MÉRIBEL

# SPA

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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.

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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.





# Facial Rituals

## x TATA HARPER



### THE COMPLEX FACE MASSAGE

Created by Tata Harper exclusively for Maisons Pariente, this energizing facial ritual reawakens the skin's vitality. Through expert movements, it smooths, plumps, and illuminates the complexion, revealing a naturally radiant glow.



### QUENCH & COCOON

Indulge your skin in deep hydration with this revitalizing facial ritual. A delicate honey cleanse, paired with a sculpting and contouring massage, envelops the skin in nourishment and restores its luminous, healthy glow.



### SOOTH & REST

A soothing and calming ritual designed for sensitive or irritated skin, helping to restore the skin's natural defenses. Using the Gua Sha technique, this treatment gently stimulates lymphatic drainage to release facial tension and leave the skin radiant and relaxed.

*Specially adapted, it is also safe and nurturing for expectant mothers.*

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60 MIN - 205€

90 MIN - 295€

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### ILLUMINATE & ENERGIZE

Using a natural acid peel, this treatment instantly brightens and refines the skin. To complete the ritual, a targeted oxygenating massage helps repair and strengthen the skin's balance, leaving it revitalized and radiant.



### BALANCE & GROUND

Treat your skin to a bespoke ritual, tailored to its unique needs. Every movement is a true beauty ritual, combining purity and precision to reveal natural radiance and unparalleled softness.



### CLEAR SKIN & MIND

The synergy of manual techniques and carefully selected facial products enhances the skin's natural detoxification system, while maintaining long-lasting hydration and a clear, radiant complexion.



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60 MIN - 205€

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90 MIN - 295€

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## Head spa

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### x LÉONOR GREYL

The Head Spa combines expert massage techniques with natural ingredients from Léonor Greyl to offer a complete hair revival. Your scalp is purified, nourished, and revitalized, while your hair regains strength, shine, and softness. Immerse yourself in a soothing mist of steam, surrender to the harmonious movements of the massage, and feel serenity wash over you. By the end of this experience, your hair is transformed, your mind is calm, and your body feels fully rejuvenated.



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Léonor Greyl embodies the subtle art of hair beauty, a gentle symphony where elegance meets nature. It is an invitation to rediscover the essence of healthy hair, through formulas that respect the hair while blending luxury and simplicity. Every gesture becomes a ritual, and every bottle promises deep, refined care. Hair is no longer just maintained—it is nurtured, elevated, and gloriously transformed.



## EXPERT RITUAL LÉONOR GREYL

60 MIN - 250€

Following a meticulous analysis of your hair, our experts will provide a bespoke treatment, carefully attending to both the scalp and lengths, all while enveloping you in a soothing, gentle massage.

Please allow an additional 30 minutes should you opt for natural drying. Blow-dry available at an additional cost and upon reservation only.





# 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.

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60 MIN - 205€  
90 MIN - 295€

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# Body rituals

## x TATA HARPER

### REVITALIZING BODY EXFOLIATION

30 MIN - 130€

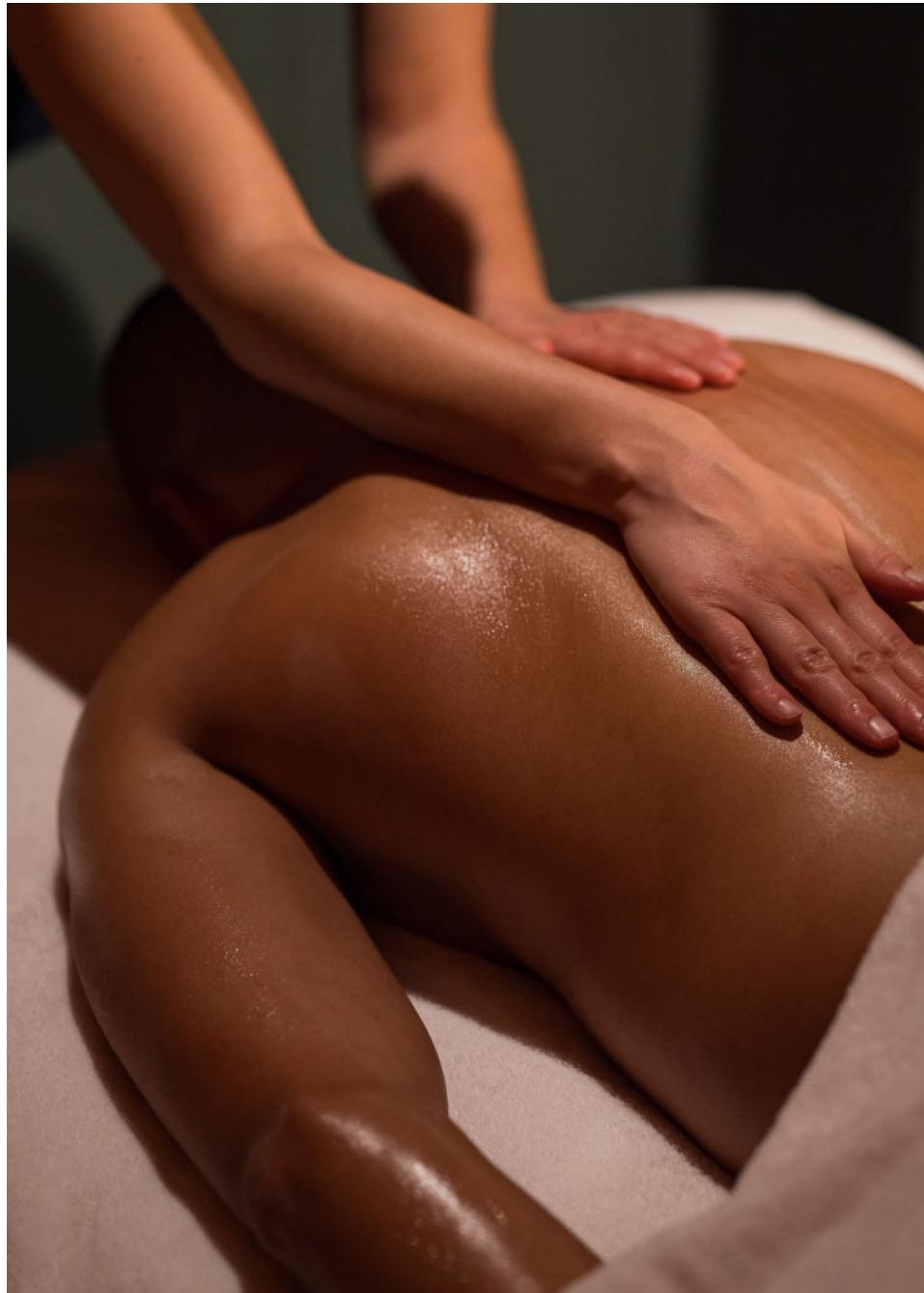
Exfoliating treatment that removes surface skin cells, leaving the skin smooth, soft, and radiant thanks to the Tata Harper Smoothing Body Scrub.



### 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.

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60 MIN - 205€

90 MIN - 295€

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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

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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.



# Hand Care Ritual

Manucurist, with its innovative and eco-friendly formulas, offers a captivating palette of colors, full of life and lightness. Inspired by the purity of natural ingredients, these products envelop the hands in infinite softness, revealing nails that are beautifully enhanced and radiantly healthy.



## MANICURE

WITH CLASSIC OR SEMI-PERMANENT POLISH

90 MIN - 100€

Nail shaping - Cuticle care - Exfoliation - Cream application



## PEDICURE

WITH CLASSIC OR SEMI-PERMANENT POLISH

90 MIN - 110€

Nail shaping - Cuticle care - Exfoliation - Cream application

## FOOT SCRUB TREATMENT

50€

As an add-on to your pedicure, this professional exfoliating treatment is designed to remove surface cells and soften the skin of the feet.

The Gel Bottle is a brand that transforms the art of manicure into a unique sensory experience, blending innovation and elegance. These semi-permanent polishes, with vibrant intensity and radiant shine, caress the nail like a second skin, delivering deep, long-lasting colors.



## CLASSIC POLISH APPLICATION

X MANUCURIST

20 MIN - 30€

## SEMI-PERMANENT POLISH APPLICATION

X TGB

30 MIN - 40€

## REMOVAL OF SEMI-PERMANENT POLISH

45 MIN - 35€



## MANICURE OR PEDICURE FOR MEN

45 MIN - 90€

Nail shaping - Cuticle care - Exfoliation - Cream application

# Fitness

Nestled in the heart of the Alps, the fitness center at Hôtel Le Coucou Méribel offers a unique setting. Bathed in natural light, this modern and refined space opens onto a breathtaking panoramic view overlooking the valley, which transforms from snowy to verdant with the seasons.

Designed to meet the needs of both fitness enthusiasts and seasoned athletes, the gym is divided into two distinct zones. The first is equipped with top-of-the-line Technogym machines, a boxing bag, and everything necessary for complete and dynamic workouts. The second, quieter area is dedicated to gentler practices, featuring a Kinesis machine, a rowing machine, and a space reserved for personalized yoga or Pilates sessions.

For tailored guidance, professional coaches are available upon request at the spa, ready to adapt sessions to your personal goals—whether you seek performance enhancement, fitness improvement, or simply an active moment of relaxation.



## SPORTS SESSION

Weekly or seasonal bookings available upon request and quotation.

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1 H - 160€

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# Aesthetic Treatments

EPILATIONS		EYE CARE TREATMENTS	
Eyebrows – Lips – Chin	40	Eyebrow Tint	50
Underarms	50	Eyelash Tint	50
Half Legs – Arms	65		
Full Legs	80		
Bikini			
Classic	50		
Full	80		
Back – Chest	85		

## 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

[www.maisonspariente.com](http://www.maisonspariente.com)