



Le Coucou

MÉRIBEL

SPA

464 route du Belvédère, 75 550 LES ALLUES  
+ 33 4 57 58 37 37 spa@lecoucoumeribel.com  
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 11 a.m. to 5 p.m. with the exception of Sunday.

For access to the spa facilities without a treatment, the rate is €100 per person for unlimited use between 11 a.m. to 5 p.m. with the exception of Sunday.

## 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.



60 MIN - 205€

90 MIN - 295€





## LIGHTINDERM

Lightinderm is an innovative, non-invasive treatment combining active serums, advanced LED technology, and expert movements to enhance the skin at a deep level.

This powerful synergy stimulates cellular renewal, boosts radiance, reduces pigmentation spots, and supports collagen production.

Through the action of LED light and precise techniques, the skin appears smoother, more even, and visibly revitalized.

Suitable for all skin types, Lightinderm offers a refined treatment experience with no pain and no downtime, delivering naturally luminous results.

Available as an add-on during your massage, enjoy the exclusive Lightinderm experience.

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ADD ON - 50 EUROS



# 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€

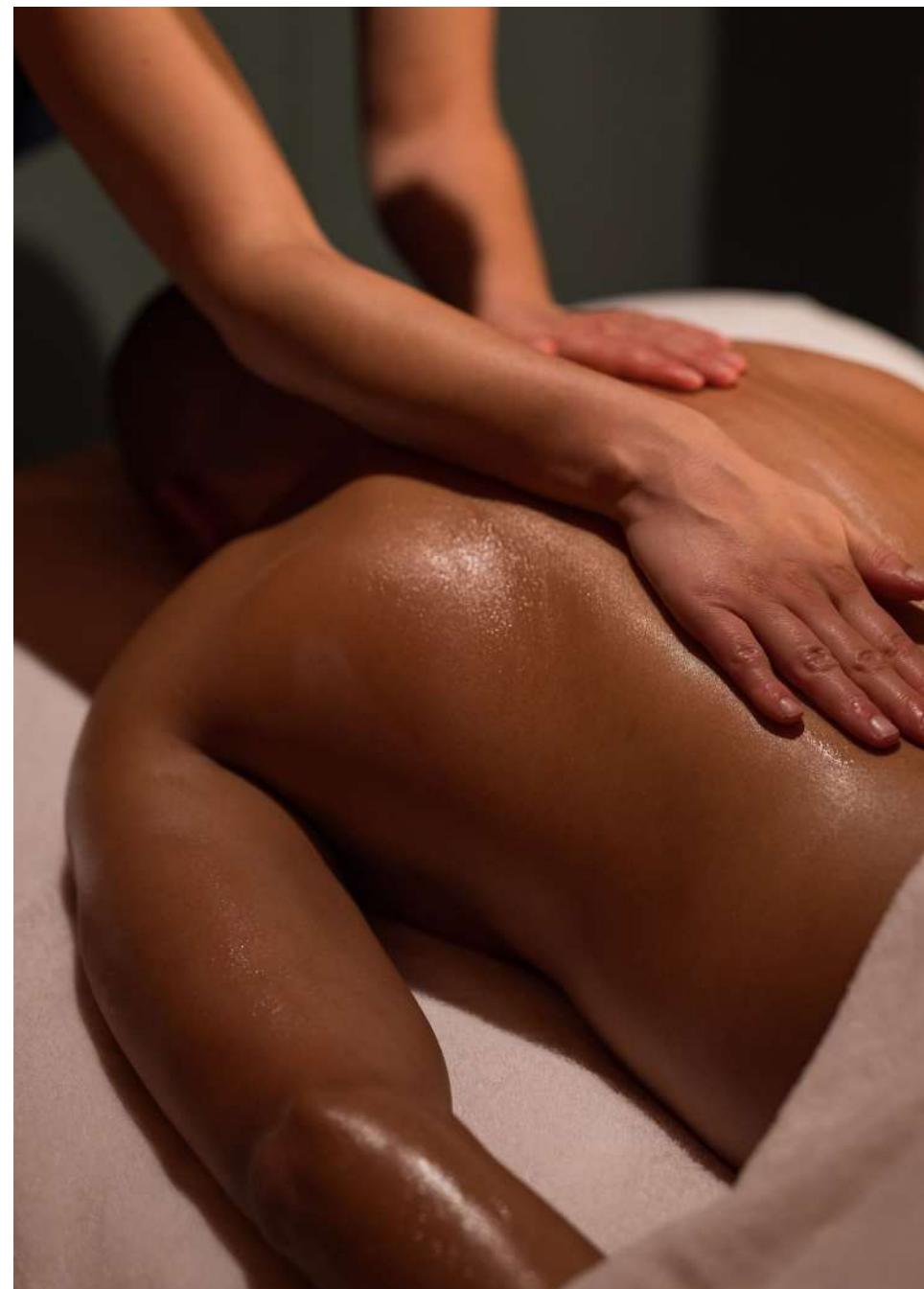
Exfoliating treatment that removes surface skin cells, leaving the skin smooth, soft, and radiant thanks to the Tata Harper Smoothing Body Scrub.



### 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

Holistic Coach and Therapist - Master Practitioner in Holysintonie, 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.

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.



## 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.



## 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.

1 H - 160€



# Aesthetic Treatments

## EPILATIONS

|                        |    |
|------------------------|----|
| Eyebrows – Lips – Chin | 40 |
| Underarms              | 50 |
| Half Legs – Arms       | 65 |
| Full Legs              | 80 |
| Bikini                 |    |
| Classic                | 50 |
| Full                   | 80 |
| Back – Chest           | 85 |

## EYE CARE TREATMENTS

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|--------------|----|
| Eyebrow Tint | 50 |
| Eyelash Tint | 50 |

## 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.

