

SPA MENU



Le Coucou

MÉRIBEL



TATA HARPER®
NEXT GENERATION BEAUTY
100% NATURAL & NONTOXIC

It's only a small step from the open Vermont countryside to the pristine peaks of the world's largest ski area. Le Coucou Méribel has chosen the pioneering brand of natural luxury cosmetics, Tata Harper, for its Spa.

Tata Harper is named after its creator, a Colombian industrial engineer. Inspired by her father-in-law's cancer journey to reduce his "toxic load," Tata set out to create a natural skincare line free of synthetic chemicals that gave her the results and luxury experience she was looking for. She revolutionized beauty by developing uncompromising formulas free of synthetic components, no artificial colors or fragrances, no GMOs and with the Ecocert Greenlife label. Tata Harper is committed to offering organic products which include clean ingredients and are unanimously recognized for their results.



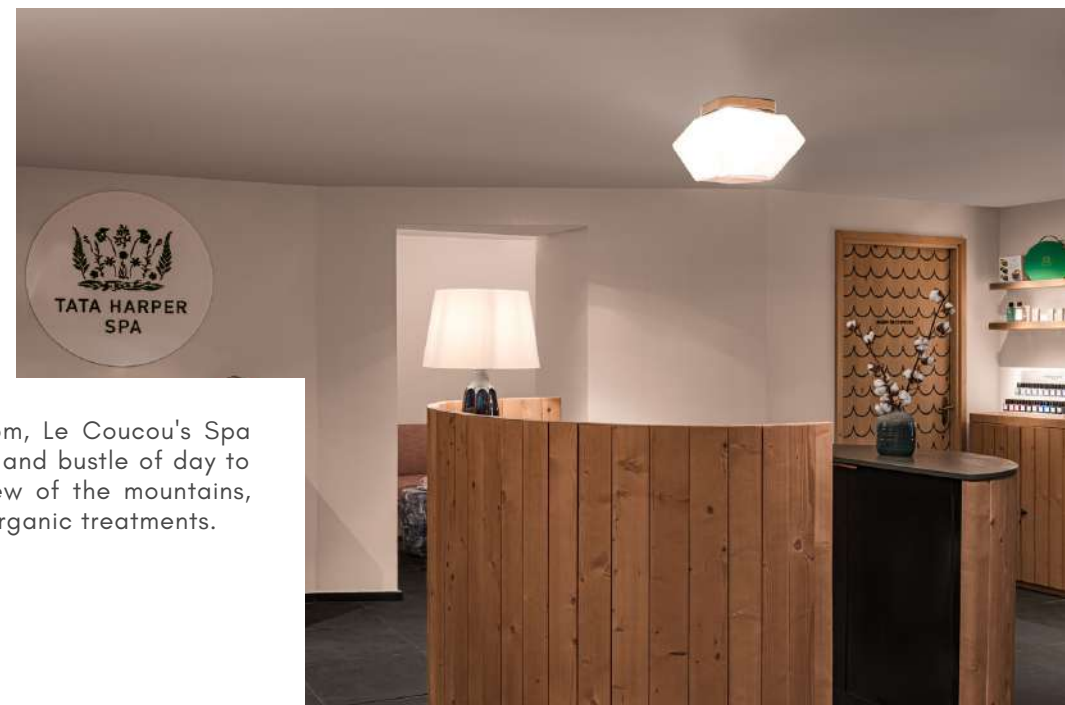
What better time to reconnect with oneself than on vacation? The pure mountain air and altitude create the perfect environment to de-stress, improve energy levels and strengthen physical and mental wellbeing. The spa, fitness, sauna, hammam and jacuzzi ensure you experience the perfect winter escape. Get ready for complete relaxation at Le Coucou Méribel's fitness center.

The two heated pools, indoor and outdoor, are an extension of each other, separated by a bay window. The indoor pool is bordered by arcades and continues outside with an amazing trompe-l'oeil effect; Pierre Yovanovitch created two pools perfectly aligned to obtain this lavish visual perspective.

DISCOVER THE LUXURIOUS ORGANIC TREATMENTS AT OUR TATA HARPER SPA.

With 6 treatment rooms, one of which is a double room, Le Coucou's Spa provides an intimate setting for a break from the hustle and bustle of day to day life. The soothing setting offers a breathtaking view of the mountains, forming the perfect environment to enjoy Tata Harper's organic treatments.

Open every day.
Hotel guests: 10am-8pm
Outside clients: 10am-4pm



MASSAGES*



LE COUCOU'S SIGNATURE MASSAGE*

Our team has designed a relaxing massage* which releases any tension you may have acquired through stretching your body to reduce stress and increase relaxation.

A moment of pure escape to improve your wellbeing where the body regenerates. This massage* allows you to detach from the struggles of daily and fall into a state of deep relaxation

60 min 180 € 90 min 260 €

TAILORED MASSAGE*

Tailored massage* are intended to help overworked bodies and souls, it allows you to let go completely and release accumulated tensions to finally find a deep sense of relaxation. A treatment tailored to the needs of each individual and found to improve circulation, energy and alertness.

60 min 180 € 90 min 260 €

THE ALPINE

A nod to the skiers who compete on the great slopes of the Three Valleys, this massage* is specially designed to provide targeted comfort to the most stressed areas. By draining and reoxygenating the tissues after the effort, it favors the muscular recovery and allows good stretching.

60 min 180 € 90 min 260 €

THE DEEP

This deep massage* prepares the body for the effort in flexibility to optimize the muscular response and promote performance. After the effort, it dissipates tensions and contractures for a better recovery.

60 min 180 € 90 min 260 €

*The term "massage" refers to a superficial external maneuver performed on the skin of the face or the human body, with an exclusively aesthetic and comfort purpose, excluding any medical or therapeutic purpose.

MASSAGES*

AFTER THE JOURNEY

After your long journey to get to Le Coucou, this relaxing and de-stressing drainage will allow you to start your vacations gently. This massage* will bring a new breath to your body.

60 min 180 € 90 min 260 €

RESCULPTING

Abandon yourself to expert hands for a targeted massage*, combining different techniques in synergy to tone and smooth the skin, disinfiltate and drain the tissues, and sculpt and reshape the figure.

60 min 180 €

DRAINING BODY CARE X AIME

This body treatment helps to drain and improve the blood, lymphatic and venous network. A hour in the hands of our experts will give you a feeling of lightness throughout your body. The dynamic manipulations sculpt the waistline and help reduce cellulite.

60 min 180 €



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BODY CARE

THE REVITALIZER

Experience total relaxation with this soothing ritual. Effective and biodegradable, our exfoliating treatment leaves your skin soft, supple and perfectly silky from head to toe. Finish with the application of a luxurious oil.

Steps : Body scrub

30 min 90€

THE INTERLUDE

Sculpt your skin all over your body. With our multi-correctional technology, this ultra-moisturizing wrap helps smooth, plump and firm your skin. Combined with a relaxing and nourishing massage* that helps release tension, it gives you a second wind, just like your skin.

*Steps: Body scrub and massage**

90 min 255 €

THE ABSOLUTE

Wake up your tired skin with this revitalizing treatment designed to rehydrate the entire body. First, your skin is exfoliated to perfection, then nourished with targeted care including a body wrap. Finally, a relaxing massage* gives you the energy you were missing after a journey or even a long day.

*Steps: Body scrub, body wrap and massage**

120 min 295€

THE DETOX

Especially dedicated to professional or amateur skiers, this key step on the road to performance focuses on the legs. By re-oxygenating the tissues through alternating hot and cold temperatures, muscle recovery is promoted.

*Steps: Body scrub, wrap and massage**

90min 255€



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FACE CARE



TATA HARPER®

Always in search of perfection, the icon of 100% natural high-end skincare has created Sensorial Resets, exclusively at Coucou Méribel.

A tailor-made facial, chosen after a personalized diagnosis from among five dream programs: Quench & Cocoon, Balance & Ground, Soothe & Rest, Illuminate & Energize ou encore Clear skin & mind.

A perfect marriage between the miracle of nature and technology, it revives the body, thanks in particular to a prodigious machine imagined by Tata Harper: 5-in-1 Dermal Reset.

This device is the culmination of years of research by Tata and her team to offer multiple benefits in one machine. The 5-in-1 Dermal Reset is designed to dramatically improve skin rejuvenation and healing. Without needles or knives, these treatments work naturally by stimulating collagen production or acting on the facial muscles themselves, with no downtime.

DERMAL OPTIMIZATION FACIAL

A multi-benefit beauty system rejuvenates the skin and leaves it looking its best. The treatment begins with a vibratory exfoliation, which uses sound waves to remove deposits and dead skin cells. Dermal needling follows to even out skin texture and reduce the appearance of scars and wrinkles. Radiofrequency stimulation activates collagen and elastin production, while oxygenating infusion stimulates the skin with highly concentrated hyaluronic acid molecules. LED therapy concludes the facial, helping to minimize the appearance of fine lines and balance the skin's microflora.

60 min 210 € 90 min 290 €

FACE CARE

QUENCH & COCOON

Nourish and invigorate facial skin with this revitalizing treatment featuring two different massage* experiences. You'll start with a reshaping facial and finish with an oxygenating neck and décolletage massage*. Your skin will be deeply hydrated and nourished and will look bright and healthy.

60 min 195 € 90 min 275 €

BALANCE & GROUND

Through the singing bowl ritual and soothing breathing, this treatment encourages positive emotions to calm your mind. Face mapping therapy and a kinetic face massage* melt away stress and tension. This warm experience will take you on a sensory journey.

60 min 195 € 90 min 275 €

SOOTHE & REST

This treatment focuses on Gua Sha lymphatic drainage to relieve physical tension, while a sleep-inducing breathing technique leads you to serenity. This soothing and calming treatment is suitable for irritated or inflamed skin and helps restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind.

60 min 195 € 90 min 275 €

ILLUMINATE & ENERGIZED

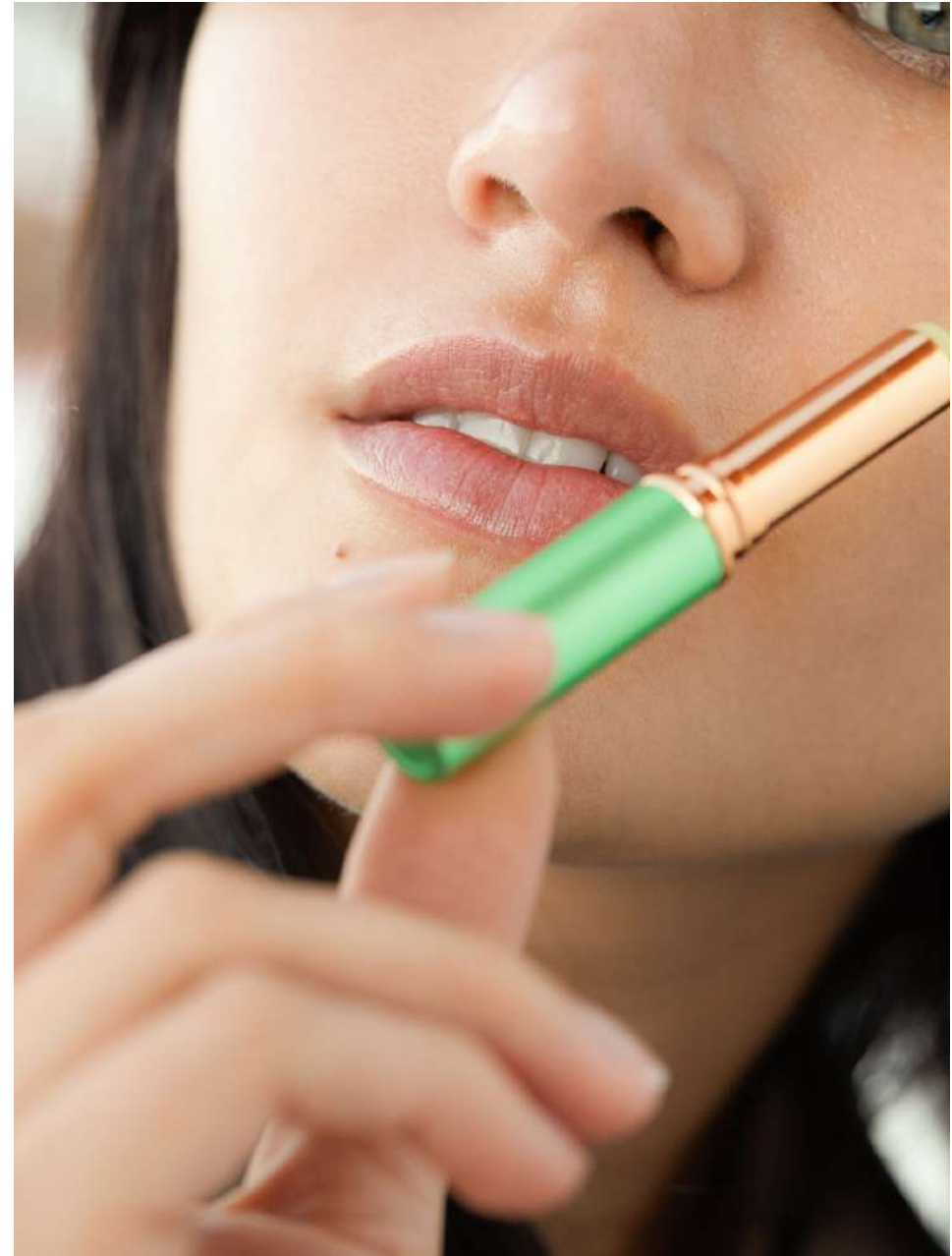
This in-tune ritual helps revitalize your body by focusing on certain points on the face to remove any internal blockages and stimulate energy flow. Your skin will instantly be brighter and more refined thanks to the use of a natural multi-acid peel in this treatment. A targeted oxygen massage* will repair and strengthen the skin.

60 min 195 € 90 min 275 €

CLEAR SKIN & CLEAR MIND

This treatment begins with an invigorating foot treatment that relieves pain, hydrates the skin and reduces swelling. A combination of manual massage* and cupping on the face enhances the skin's natural detoxification system, maintains long-lasting moisture levels and a clear complexion.

60 min 195 € 90 min 275 €



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BEAUTY

MANICURE/PEDICURE

The Essential Manicure	80€
The Essential Pedicure	90€
The Comforting Manicure	100€
The Comforting Pedicure	110€
La Flamboyante : Comforting Manicure and Pedicure	175€
Classic Nail Polish X Manicurist	20€
Semi-Permanent Nail Polish X OPI	40€
Semi-Permanent Nail Polish Removal	35€

WAXING

Eyebrows, lips or chin	40€
Underarms	50€
Half legs or arms	65€
Full legs	80€
Classic bikini	50€
Low cut bikini	70€
Full bikini	85€
Back or chest	85€

EYE CARE

Eyebrow tinting	30€
Eyelash tinting	45€
Eyelash enhancement	75€

**The services are accompanied by a collagen patch.*

**Varnish application is not included in our manicure and pedicure services.*



CARE FOR MEN

CUSTOM MADE MASSAGE*

Creation of a massage*, an atmosphere and an olfactory escape made to measure. Intended for overworked bodies and souls, it allows you to let go completely and release accumulated tensions to finally find a deep relaxation. A treatment tailored to the needs of each individual and the desire of the moment.

60 min 180 € 90 min 260 €

THE MOISTURIZER

This treatment begins with an invigorating foot treatment that relieves pain, hydrates the skin and reduces swelling. A combination of manual massage* and cupping on the face enhances the skin's natural detoxification system, maintains long-lasting moisture levels and a clear complexion.

60 min 195 € 90 min 275 €

THE TONER

Tone up your tired muscles and detoxify your skin with this complete body treatment. Our exfoliating body treatment and purifying back mask remove impurities from the skin, while a restorative massage* soothes sore muscles, leaving you feeling relaxed and invigorated. Available in combination with a scalp massage*, foot massage* or detoxifying facial.

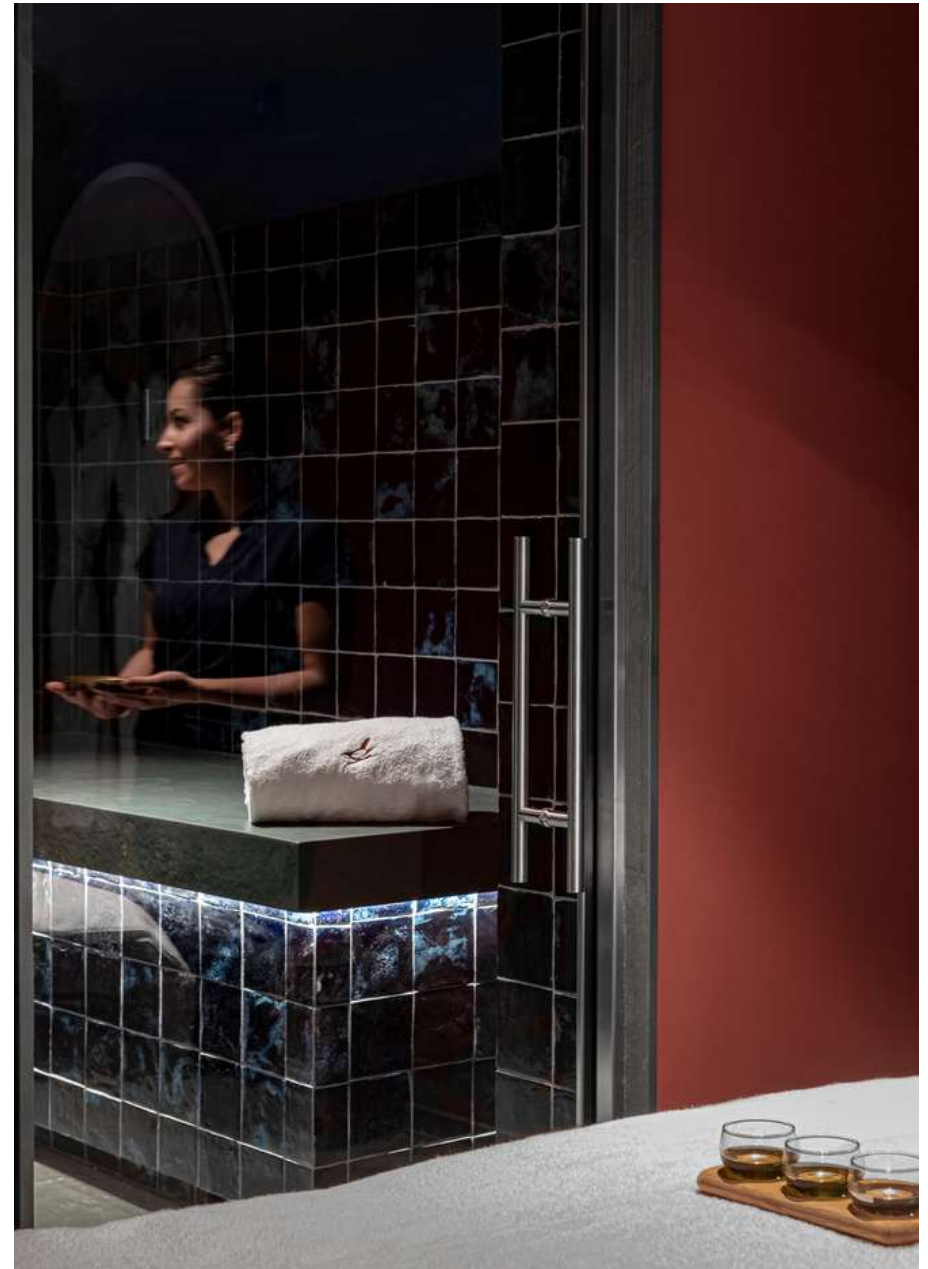
90 min 275 €

MANICURE

70 €

PEDICURE

80 €



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FUTURE MOTHERS

THE SOOTHING

The facial begins with a double Superkind cleansing and a gentle glowing mask. Followed by a Gua Sha massage* to brighten and lift the face. Strengthening and soothing formulas, combined with a neck, décolleté and scalp massage* to relieve tension conclude the treatment to leave expectant moms radiant and restored.

60 min 195 €

DRAINING BODY CARE X AIME

This body treatment helps to drain and improve the blood, lymphatic and venous network. A hour in the hands of our experts will give you a feeling of lightness throughout your body. The dynamic manipulations sculpt the waistline and help reduce cellulite.

60 min 180 €

THE MOTHER-TO-BE

This ultra-gentle treatment provides the ultimate in relaxation when moms-to-be need it most. The treatment begins with a foot massage* and a nourishing belly treatment to promote total serenity. Next, a double Superkind cleansing and a gentle glow mask with Gua Sha massage* brightens and lifts the face. Strengthening and soothing formulas, combined with a neck and scalp massage* to relieve tension, conclude the treatment to leave expectant moms radiant and rejuvenated.

90 min 260 €

PRENATAL AQUAGYM

*on reservation 48 hours in advance

60 min 150 €

PRENATAL PILATES

*on reservation 48 hours in advance

60 min 150 €

*For safety reasons, we offer adapted treatments from 3 months of pregnancy. The establishment reserves the right to refuse to perform a treatment before 3 months of age.



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INSTANT COMPLICE

RELAXATION

MOTHER-DAUGHTER - FATHER-SON

SHARED BEAUTY

You and your child will experience a moment of absolute relaxation thanks to a cocooning treatment. A 20-minute cranial massage* followed by a mask will allow you to escape. Your child will discover all the benefits of a deep relaxation and will leave filled with a beautiful energy! To finish, you can enjoy a nail polish with your child.

30 min 160 €

THE COMBINED MOMENT

With its sublime duo cabin, this is a real getaway for self-care. Enjoy two 30-minute treatments for soft skin. The Spa du Coucou Méribel allows you to perform the massage* and/or facial of your choice for two.

30 min 190 €

SWIMMING

BABY SWIMMER

*on reservation 48 hours in advance

60 min 150 €

SWIMMING LESSONS

*on reservation 48 hours in advance

60 min 150 €



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SPORTS COACH

PILATES*

PILATES CLASS	60 min 150 €
PRENATAL PILATES	60 min 150 €
POSTNATAL PILATES	60 min 150 €

AQUATIC*

AQUAFITNESS	60 min 150 €
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FITNESS*

PRIVATE COACHING	60 min 150 €
STRECHING	60 min 150 €
CIRCUIT TRAINING	60 min 150 €
MUSCLE STRENGTHENING & TRX	60 min 150 €
BEFORE & AFTER SKI PREPARATION	60 min 150 €



*on reservation 48 hours in advance

GENERAL INFORMATION

RESERVATION

The Spa Le Coucou is open every day from 10am to 8pm. Treatments are available to non-resident clients.

In order to fully enjoy your experience, we recommend that you arrive at the Spa reception a few minutes before your appointment time. Please note that late arrivals will result in a reduction in the length of your treatment in order to honor subsequent reservations. Please note that additional fees will be charged outside of business hours.

CANCELLATION POLICY

Any cancellation or modification of a treatment must be made at least 24 hours in advance, otherwise the total amount of the treatment will be charged.

For any reservation made less than 24 hours in advance, the total amount of the treatment will be charged at the time of reservation and will not be refunded in case of absence or cancellation.

All reservations must be guaranteed by a credit card number or by payment in advance.

HEALTH

Please inform us of your health condition at the time of your reservation (maternity, hypertension, allergies...).

A health questionnaire must be completed before any treatment. This procedure is mandatory in order to provide you with a service adapted to your needs.

GIFT INVITATIONS

A privileged moment of absolute relaxation at Le Coucou Spa is the ideal gift for any occasion.

The gift invitations are on sale at the Spa, they are nominative and are neither exchangeable nor refundable. They are valid for 6 months. Your comfort and well-being are our priorities. Your spa is a space dedicated to relaxation.

DRESS CODE

For your well-being, bath sheets, bathrobe and slippers will be provided. It is mandatory to wear a bathing suit in the Spa. To access the fitness room, you must wear clean sports shoes and clothing.

RULES OF COURTESY

While in the spa, please keep your phone on silent and do not make calls during your treatment or in public areas.

Cigarette smoking, vaping and alcohol consumption are not permitted.

LOSS AND DEGRADATION

We decline all responsibility in case of loss or damage of personal objects. We recommend that you keep your valuables in the safe in your room if you are staying at the hotel or in your locker, which is locked by code. The management reserves the right to open lockers that are not vacated and to remove the items in them at the end of the day. Lockers are not assigned by name.





Le Coucou

MÉRIBEL

SPA Le Coucou
Hôtel Le Coucou Méribel

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