



SPA

Le Coucou

MÉRIBEL



LE COUCOU MERIBEL & SPA

Discover the luxurious organic treatments at our Tata Harper SPA.

What better time to reconnect with yourself 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.



OPEN DAILY.
HOTEL GUESTS : FROM 10AM TO 8PM
EXTERNAL GUESTS : FROM 10AM TO 8PM
SPA ACCESS : 65€

With 6 treatment cabins including 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.



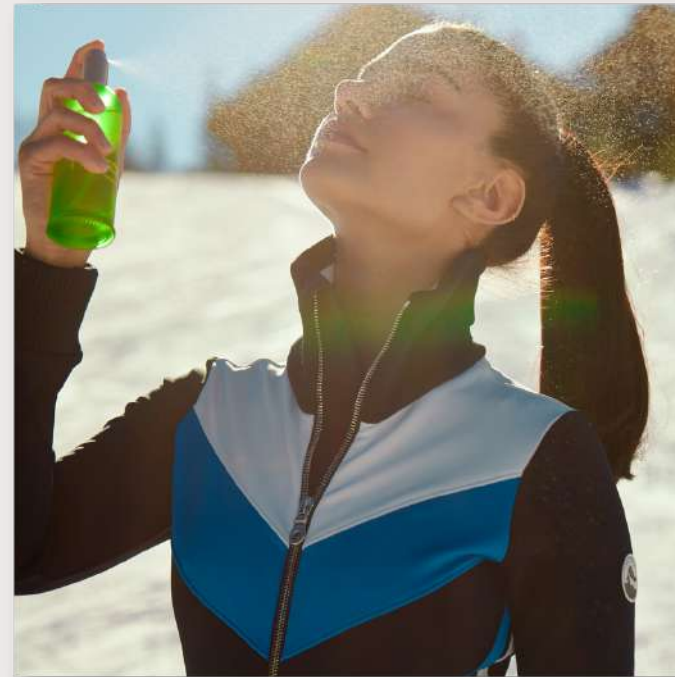
TATA HARPER



It is only a short step from the wide open spaces of the Vermont countryside to the immaculate mountain peaks of the world's largest ski area. That's why Le Coucou Méribel has chosen Tata Harper for its Spa, the pioneering brand in luxury natural cosmetics.

Tata Harper undertook the creation of an organic cosmetic line without chemicals or synthetic products which still provide her the results with the luxury experience. Without any toxic ingredients, 100% organic, the products are very concentrated in active plants extracts. They are harvested in her own plantations in the State of Vermont. These exclusive formulas draw their inspiration from the latest beauty innovations... She has revolutionized beauty by developing various formulas without concessions, without compromising, without any synthetic components. Tata Harper is now working with the Ecocert Greenlife Label, a choice to meet the challenge of offering natural products with a clean composition and an efficiency unanimously recognised.

Our collaboration with the American organic brand Tata Harper allows our Spa Therapists to perfectly meet the personal needs of everyone. The care protocols associate the natural repairing powers of nature with the performance of our therapists for a total disconnection and a pure wellbeing moment.



OUR MESSAGES

THE COUCOU SIGNATURE MASSAGE*

A relaxing massage* designed by our team to release any tension you may have acquired by stretching your body in aim to reduce stress and increase relaxation. A moment of pure escape to improve your well-being where the body regenerates. This massage* allows you to detach from the struggles of daily life and fall into a state of deep relaxation.

60 mins 195€ 90 mins 290€

THE CUSTOM-MADE

Custom-Made massages* 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.

30 mins 100€ 60 mins 195€ 90 mins 290€

THE ALPINE

A nod to the skiers and hikers who confront the great slopes of the Trois Vallées ski area, this massage* is specially designed to provide targeted comfort to the most stressed areas. By draining and reoxygenating the tissues after the effort, it encourages the muscular recovery and allows good stretching.

60 mins 195€ 90 mins 290€

THE DEEP TISSUE

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 mins 195€ 90 mins 290€

THE RESCULPTING

Abandon yourself to expert hands for a targeted massage*, combining different techniques in synergy to tone and smooth the skin. This massage disinfiltrates, drains the tissues, sculpts and reshape the body contours.

60 mins 195€

"TRIPLE EXFOLIATING" X TATA HARPER MASSAGE*

Triple exfoliating massage effectively removes dead skin cells and promotes cellular turnover thanks to body peeling which also while activates microcirculation to support healthy looking skin.

60 mins 195€ 90 mins 290€

"BODY ELIXIR" X AIME DRAINING MASSAGE

In partnership with the French brand AIME, this body treatment helps to drain and improve the blood, lymphatic and venous circulation. An 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 the cellulite.

60 mins 195€ 90 mins 290€

"GUA SHA" X TATA HARPER MASSAGE*

A body massage performed with thermal Gua Sha Stones helps to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

60 mins 195€ 90 mins 290€



OUR BODY TREATMENTS



THE REVITALISING

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

30 mins 100€

THE SERENITY RITUAL

This ritual focused on polishing the body by starting with an exfoliating scrub then a Revitalizing Body Oil application combined with a relaxing massage will leave your skin invigorated, plumped and deeply nourished.

90 mins 295€

RESURFACING BODY TREATMENT

The treatment begins with whole-body dry-brushing which loosens dead skin cells while the Resurfacing Serum smooth and hydrates for brighter, more even-looking skin. A body massage performed with thermal Gua Sha Stones help to ease tension, promote lymphatic drainage, and tone the body for a sculpted, lifted look.

90 mins 295€

THE HONEY COCOON

An indulgent and uplifting treatment begins with a full body scrub that softens and revitalizes the skin, followed by a body wrap rich in Honey and Pomegranate enzymes to nurture the skin. A relaxing body massage completes this unique pampering experience.

90 mins 295€

THE DETOX

Purify your skin thanks to targeted treatments including exfoliation and back wrap to eliminate toxins accumulated on the surface of your epidermis. Finally, an invigorating massage gives you the energy you were lacking to feel re-oxygenated.

90 mins 295€



OUR FACIAL EXPERTISE



TATA HARPER®



DERMAL OPTIMIZATION

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 microfloral.

60 mins 225€ 90 mins 295€

TATA HARPER COMPLEX FACE MASSAGE

Experience the ultimate in rejuvenation and luxury with our Tata Harper Master Facial Massage, enhanced with the powerful benefits of LED therapy. Immerse yourself in the expert hands of our skilled spa therapists, who have perfected the art of the signature face massage to deliver exceptional results.

60 mins 225€ 90 mins 295€



OUR FACIAL TREATMENTS



TATA HARPER®

QUENCH & COCOON

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

60 mins 205€ 90 mins 285€

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 mins 205€ 90 mins 285€

SOOTH & 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 skin and helps restore the skin's defense system. The result is a healthy complexion and a relaxed state of mind.

60 mins 205€ 90 mins 285€

ILLUMINATE & ENERGIZE

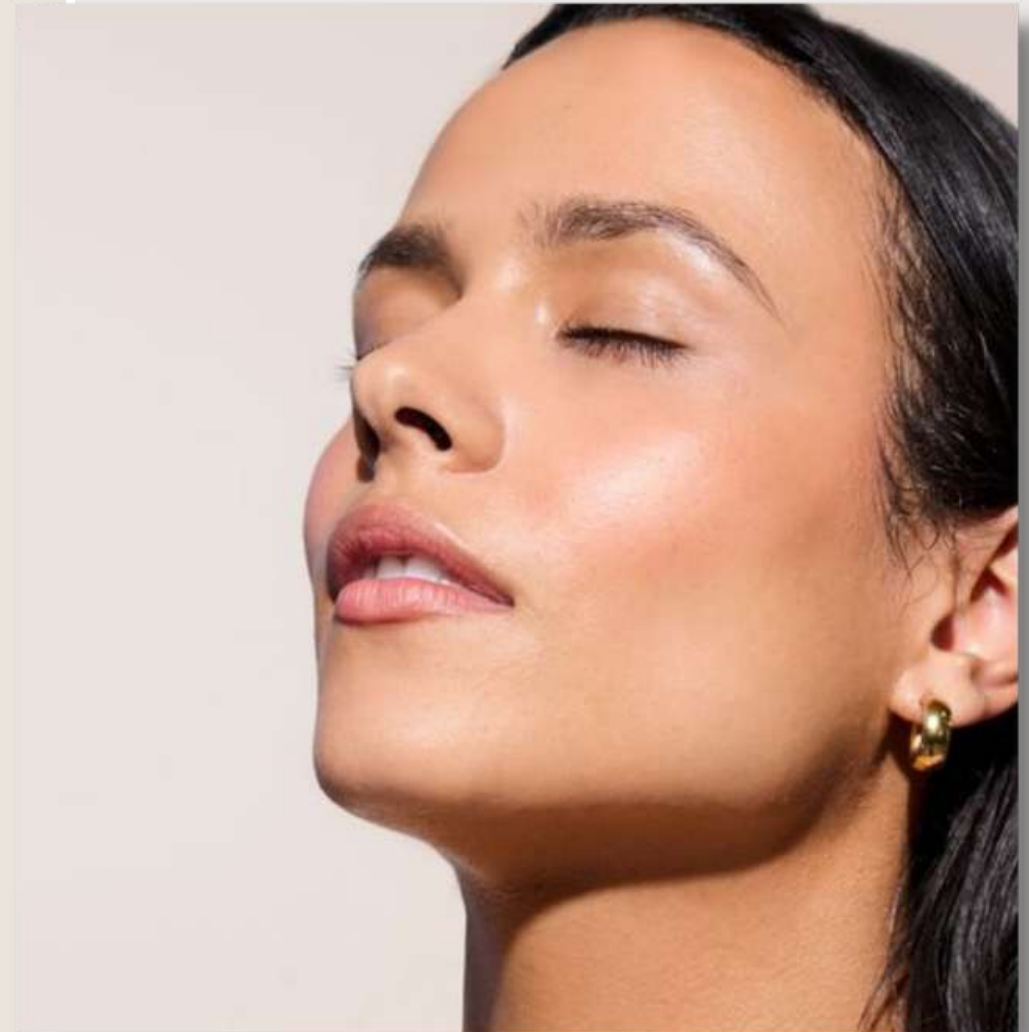
This in-tune ritual helps revitalize your body by focusing on certain points on the face to remove any internal blockages and stimulate energy flow. Your skin will instantly be brighter and more refined thanks to the use of a natural multi-acid peel in this treatment. A targeted oxygen massage* will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

60 mins 205€ 90 mins 285€

CLEAR SKIN & 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 mins 205€ 90 mins 285€



OUR TREATMENTS FOR MEN



CLEAR SKIN & MIND

This treatment focuses on the specific problems of men's skin. A regimen focused on reducing congestion and irritation from shaving, the skin will be refined and nourished.

60 mins 205€ 90 mins 285€

LE RITUEL TONIFIANT

Tone up your tired muscles and detoxify your skin with this complete body treatment. Our exfoliating body treatment and purifying back mask remove all the impurities of your skin, while a restorative massage* soothes sore muscles, leaving you feeling relaxed and invigorated.

90 mins 295€

MANICURE

80 €

PEDICURE

90 €



MUM TO BE ...

THE MOTHER-TO-BE MASSAGE*

Gentle, without any essential oils and with slow, enveloping movements, this massage is targeted for each mum-to-be's personal concerns, with the aim of relieving points of tension and bringing a feeling of new-found light.

60 mins 195€ 90 mins 290€

SOOTH & REST

This facial starts with a SuperKind 3 step cleansing, followed by a soft and gentle mask. A Gua Sha massage brightens the complexion and lifts the skin. Fortifying and soothing formulas associated with a décolleté massage release the tensions and leave the mother-to-be radiant.

60 mins 205€ 90 mins 285€

"BODY ELIXIR" X AIME DRAINING MASSAGE

In partnership with the French brand AIME, this body treatment helps to drain and improve the blood, lymphatic and venous circulation. An 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 the cellulite.

60 mins 195€





THE BEAUTY SALON

MANICURE & PEDICURE*

The Essential Manicure	80€
The Essential Pedicure	90€
The Comforting Manicure	100€
The Comforting Pedicure	110€
The Flamboyant : Comforting Manicure & Pedicure	175€
Classic Nail polish x OPI	20€
Semi-Permanent Nail Polish x OPI	40€
Semi-Permanent Nail Polish Removal	35€

*Nail polish applications are not included in our manicure and pedicure services.

WAXING

Eyebrows, Lips or Chin	40€
Armpits	50€
Half legs or Arms	65€
Full legs	80€
Classic Bikini	50€
Extended Bikini	70€
Complete Bikini	85€
Back or Chest	85€

EYE CARES

Eyebrows tinting	65 €
Eyelashes tinting	80 €
Lash Lifts	100 €

All eyes treatments include the application of collagen patches.



GENERAL INFORMATION

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.

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.

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.

RESERVATION

The Spa is open every day from 10am to 8pm. Treatments are available to nonresident 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.





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