

LECRANS

ALPINE HAVEN

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Discover transformative wellness powered by the enduring energy of the seasons.

Our spa offers personalised experiences in a cosy alpine hideaway. Enjoy magnificent views over the Valais mountains from our heated pool, book a specialised face, body or balancing signature treatment, or simply soak up the atmosphere in our dedicated relaxation area.

Opening Hours 7:00 a.m. – 9:00 p.m

Day Spa



Slow down, let go of what holds you back, and deeply unwind whilst enveloped in the warmth, care, and peace that epitomise our mountain home.

DAY SPA DETOX

CHF 250

Indulge in deep relaxation with a 75-minute introduction to our Signature “Cocoon & Fulcrum” treatment. Wrap your body in a calming, detoxifying warm cocoon, indulge in a balancing facial, and finish with a hydrating body treatment.

- Spa access
- Cocoon & Fulcrum treatment (75 min)
- Herbal infusion and flavored water
- Snacks

DAY SPA DELUXE

CHF 550

A full-day experience including a facial and body treatment tailored to your needs. Enjoy a healthy meal at our Michelin-starred restaurant and unwind in our relaxation area.

- Spa access
- Body treatment of your choice (up to 60 min)
- Facial treatment of your choice (up to 75 min)
- Healthy lunch in our restaurant
- Herbal infusion, flavored water and snacks

SPA ACCESS INFORMATION

Spa, pool and fitness access is included for hotel guests and for external guests booking treatments of at least CHF 245 per person.

For lower treatment amounts, spa access is CHF 50 per person. Reservations are required for fitness and treatments.

ADD-ON :

Valmont Hair Mask	CHF 30
Valmont Collagen Eye Mask	CHF 35
Valmont Collagen Face Mask	CHF 75

Skin Radiance



HYDRAFACIAL

Hydrafacial technology is renowned for its stimulating cleansing power; this deep-reaching treatment, combined with hydrating and antioxidant active ingredients, reveals beautifully purified, hydrated, and glowing skin.

HYDRAFACIAL LUX

105 MIN | CHF 480

Anti-aging treatment including a relaxing massage, lymphatic drainage, deep cleansing, and a Valmont collagen mask application.

HYDRAFACIAL EXPRESS

60 MIN | CHF 280

A cleansing and purifying treatment that reveals the skin's natural radiance.

ADD-ON :

Eye Contour Treatment CHF 90
Hydration and radiance for the eyes

Lip Contour Treatment CHF 90
Plumping care for the lips

Hand Treatment 15 MIN | CHF 110
Rejuvenating and nourishing care for the hands

FIRE & ICE

75 MIN | CHF 340

Famous the world over for delivering an incredible, instantaneous glow – for having a host of A-list acolytes – and for being the perfect red-carpet pick-me-up. Upgraded by our therapists to include a deep, stimulating massage, this facial is effective for use against pigmentation, to improve overall skin quality, and to impart a mental reset, making you ready to take on the world. Discover the best version of yourself with this facial.

ELEVATE RADIOFREQUENCY

75 MIN | CHF 350

PACK OF 3 SESSIONS | CHF 1000

PACK OF 6 SESSIONS | CHF 2000

A revolutionary system integrating ultra-advanced electromagnetic and radiofrequency technology to boost blood flow and lymphatic circulation. This cutting-edge technology is paired with a specially formulated Valmont collagen mask for an intense lifting effect.

For optimal results, this treatment should be performed every 2–3 days; we recommend a course of 6 sessions. Results last up to 12 months.

KOBIDO

45 MIN | CHF 180

75 MIN | CHF 310

Discover the elegance of a natural facelift with our specialized Kobido treatment, an authentic Japanese ritual that combines relaxation and revitalization. This facial massage, using precise, rhythmic manual techniques, stimulates microcirculation, tones the facial muscles and sculpts the contours of the face, reducing the appearance of wrinkles and reviving the radiance of the skin.

ADD-ON :**Valmont Hair Mask** CHF 30**Legacy Radiofrequency** 30 MIN | CHF 100

Rejuvenating treatment with intense lifting power

VALMONT FACIAL

Featuring a combination of high-performance products and advanced massage techniques this treatment delivers immediate results for every skin type.

VALMONT ELIXIR FACIAL

90 MIN | CHF 450

A complete treatment for the face and décolleté that draws its rejuvenating power from the hive. The combination of a sculpting massage and a plumping collagen peptide mask stimulates elastin production, improves skin suppleness, and smooths fine lines.

VALMONT ELEMENTAL FACIAL

75 MIN | CHF 350

A tailor-made treatment that quenches the thirstiest skin, leaving the complexion smooth and refreshed. It restores radiance to dull, tired skin while plumping and lifting the face.

VALMONT EXPRESS FACIAL

45 MIN | CHF 190

A quick treatment for a radiant boost, suitable for all skin types.

Relax



SIGNATURE COCOON & FULCRUM

90 MIN | CHF 350

A mineral-rich cocoon of warmth envelops the entire body to eliminate toxins and deeply remineralize the skin. Combined with a balancing facial and an oil massage, this ritual relieves tension and invites you to experience absolute relaxation.

SIGNATURE COCOON & PEEL

120 MIN | CHF 350

This comprehensive treatment begins with an exfoliation to renew the skin and stimulate circulation. Next, experience the exquisite comfort and calm of a warming cocoon applied to the entire body. Toxins are eliminated and replaced by nourishing minerals. As a final touch: a personalized and deeply hydrating massage.

ADD-ON :**Valmont Hair Mask** CHF 30**Valmont Collagen Eye Mask** CHF 35**Valmont Collagen Face Mask** CHF 75

SCRUB

60 MIN | CHF 180

90 MIN | CHF 245

COCO SCRUB

The gentlest exfoliation we offer, specifically suited for delicate or sensitive skin

VALMONT CELLULAR REFINING SCRUB

The creamy texture of this scrub allows for a comfortable exfoliation. Suitable for all skin types.

DRY BRUSH SCRUB

The treatment begins with dry brushing to stimulate circulation, followed by an antioxidant green tea scrub. This invigorating treatment is particularly effective for targeting cellulite and very dry skin

WRAP

60 MIN | CHF 180

90 MIN | CHF 245

Body wraps are a key element of any detox program. Our wraps create a cocoon of warmth to detoxify the body and replenish essential minerals.

CHOCOLATE WRAP

Designed to target muscle tension and cellulite.

SEAWEED WRAP

Relieves muscle tension and detoxifies the body.

SHIRODHARA MELT

60 MIN | CHF 210

90 MIN | CHF 270

A massage focused on the face and scalp, specially designed to release anxiety and promote a deep sense of relaxation.

A deeply soothing ritual where a delicate stream of warm oil flows slowly over the forehead, calming the mind, clearing thoughts, and allowing stress to melt away to the rhythm of Shirodhara.

The 90-minute version completes this treatment with a 30-minute back massage for holistic relaxation.

EXPLORER MASSAGE

60 MIN | CHF 210

A wonderfully cathartic foot massage incorporating reflexology to stir the heart and release all tension; using key acupressure points to stimulate corresponding organs and areas of the body.

This massage is an elegant and effective remedy against headaches and exhaustion whilst also promoting healing, aiding sleep, and boosting general wellbeing.

SERENITY MASSAGE

30 MIN | CHF 130

60 MIN | CHF 210

90 MIN | CHF 270

The ideal relaxing signature treatment to let go and reconnect with harmony and inner peace.

Medium pressure and a slow pace allow you to reach a state of deep relaxation.

Combined with meridian stimulation, this treatment releases blockages and stimulates the flow of energy throughout the body for a renewed sense of vitality.

ADD-ON :**Valmont Hair Mask** CHF 30**Valmont Collagen Eye Mask** CHF 35**Valmont Collagen Face Mask** CHF 75

HERBAL STAMP MASSAGE

75 MIN | CHF 245

A gentle, natural treatment, formulated to softly iron out stubborn muscle tension whilst enveloping the body in the aroma of a fragrant blend of healing herbs.

Wonderfully beneficial for guests with rheumatic or joint problems and for reinvigorating metabolic organ processes – this treatment is also recommended for improved sleep and recovery.

PREGNANCY MASSAGE

60 MIN | CHF 210

90 MIN | CHF 270

For expectant mothers; this massage quickly and expertly relieves neck and lower back pain, decreases troublesome water retention, and soothes tired muscles.

A profoundly relaxing experience – as beneficial for the mother as it is for the development of the baby.

ADD-ON :**Valmont Hair Mask** CHF 30**Valmont Collagen Eye Mask** CHF 35**Valmont Collagen Face Mask** CHF 75



Detox



WARMING COCOON

75 MIN | CHF 290

Pamper your body with the ultimate soothing detox experience. This warming cocooned wrap encourages perspiration and the release of toxins, at the same time easing muscle tension.

Followed by a revitalizing massage to stimulate lymphatic flow, this treatment encourages the body to shed impurities, reduce water retention and embrace a boundless sense of lightness and well-being.

LYMPHATIC MASSAGE

60 MIN | CHF 230

90 MIN | CHF 335

Discover the key to personal restoration and renewed energy with our lymphatic massage, specifically designed to activate lymphatic circulation and promote the elimination of accumulated toxins from the body.

With gentle, targeted movements, this treatment effectively detoxifies, reduces water retention, and alleviates feelings of weight and tension across the body for transformative sense of renewed balance.

ENERGISING COCOON

75 MIN | CHF 290

This treatment combines the detoxifying Dry Scrub ritual with our essential purifying and remineralizing algae wrap.

An ideal regimen for stimulating blood and lymphatic circulation, the skin is deeply rehydrated, and the body left brimming with sensations of energy and lightness.

ADD-ON :

Valmont Hair Mask CHF 30

Valmont Collagen Eye Mask CHF 35

Valmont Collagen Face Mask CHF 75

Sculpt

A close-up photograph of a wooden massage roller being used on a person's back. The roller consists of a central wooden handle with several rounded, fluted rollers attached. The rollers are in contact with the skin, and the person's hands are visible at the top and bottom, holding the roller. The word "Sculpt" is overlaid in a white serif font in the upper left quadrant of the image.

FIRMING BRUSH MASSAGE

60 MIN | CHF 230

This treatment combines dry brush stimulation to activate circulation and exfoliate, followed by a targeted sculpting massage to refine the silhouette, reduce the appearance of cellulite, and firm the skin.

SCULPTOR

For optimal results, we recommend combining these two treatments.

ID

30 MIN | 1 AREA | CHF 580

A sculpting treatment using monopolar radiofrequency technology, specifically designed to reduce adipose tissue by up to 24% in a single session, without surgery. Only one treatment per area is required.

FLEX60 MIN | 1 AREA | CHF 350
6 SESSIONS PER AREA | CHF 1900

An electrostimulation technology to activate muscle tissue and sculpt your silhouette. For optimal results, we recommend an average of 6 sessions per area, each spaced 2 days apart.

MADEROTHERAPY

45 MIN | CHF 160

60 MIN | CHF 230

This treatment utilizes wooden accessories for an invigorating massage that stimulates circulation and reduces fatty deposits. This intensive care tones the skin, reduces the appearance of cellulite, and firms the tissues, while providing relaxation and a sense of well-being.

LEGACY

45 MIN | 1 AREA | CHF 290

8 SESSIONS PER AREA | CHF 1900

The heat generated through a combination of pulsed electromagnetic fields and multipolar radiofrequency results in tissue lifting and improved skin texture.

With regular sessions (ideally 8 per area) spaced at least 2 days apart, we achieve a refined silhouette and a visible reduction in the appearance of cellulite that lasts for up to a year.

ADD-ON :**Valmont Hair Mask** CHF 30**Valmont Collagen Eye Mask** CHF 35**Valmont Collagen Face Mask** CHF 75

Recovery



SIGNATURE RIDGE BACK

45 MIN | CHF 210

A holistic blend of several different massage techniques and cupping to stimulate the body's natural biological responses.

Reported benefits include: improved energy levels, stress reduction, relief of pain and tension, detoxification, and enhanced sleep quality.

PERFORMER MASSAGE

45 MIN | CHF 160

60 MIN | CHF 230

90 MIN | CHF 335

A bespoke massage tailored to your needs—whether dynamic or slow, deep or medium pressure—specifically designed to target persistent pain, release muscle tension, and restore mobility.

ADD-ON :**Maderotherapy** CHF 55**Cupping** CHF 55**Valmont Hair Mask** CHF 30**Valmont Collagen Eye Mask** CHF 35**Valmont Collagen Face Mask** CHF 75



Beauty

MANICURE

A rejuvenating spa experience for the hands, combining softness and rejuvenation.

SWIFT MANICURE

45 MIN | CHF 120

A nail treatment including filing, cuticle care, and smooth buffing of the nail surface.

PHOENIX MANICURE

75 MIN | CHF 210

This exceptional manicure includes a gentle scrub, nourishing mask, nail care, and a massage for optimal relaxation.

PEDICURE

A treatment to pamper your feet, leaving them nourished and soothed

SWIFT PEDICURE

45 MIN | CHF 120

A nail treatment including filing, cuticle care, and smooth buffing of the nail surface.

PHOENIX PEDICURE

75 MIN | CHF 210

Including a gentle scrub, softening skin mask, healthy cuticle treatment, and cathartic massage, this treatment literally allows rejuvenation from the ground upwards.

ADD-ON :

Classic nail polish 20 MIN | CHF 55

Semi permanent polish 30 MIN | CHF 80

Semi permanent removal 30 MIN | CHF 55

Valmont Hair Mask CHF 30

Valmont Collagen Eye Mask CHF 35

Valmont Collagen Face Mask CHF 75

EYES

Brow Tint	CHF 60
Lash Tint	CHF 60
Lashlift	CHF 120

WAXING | FACE

Upper Lip	CHF 50
Eyebrow	CHF 50
Face	CHF 70

WAXING | BODY

Bikini	Classic	CHF 50
Bikini	Brazilian	CHF 60
Bikini	Full	CHF 80
Legs	Full	CHF 100
Legs	Half	CHF 80
Arm		CHF 80
Under arm		CHF 60
Back		CHF 80
Chest		CHF 80

Fitness



SPORTS AND ACTIVITIES AT LECRANS

Let us personalise your fitness: from exclusive fitness suite access – with or without a personal coach – to a world of guided outdoor activities suited to your skill level.

FITNESS SUITE

Equipment includes:

- Running machine
- Cross trainer
- Exercise bike
- Free and cable weights

A reservation is required to use fitness suite facilities.

YOGA

60 MIN | CHF 180

The practice of yoga dissolves physical and energetic blockages allowing a gentle reconnection with and awareness of your body. An opportunity for meditative moments, it prompts a natural focus on the present, the leaving of stress and extraneous worries behind, and allows the body to soften and reset for an overall sense of deep relaxation and lightness.

PERSONAL COACHING

60 MIN | CHF 180

A personal coach can be arranged for those who wish to focus on in-house fitness. Alternatives, including coaches, are available for those who prefer their fitness to be experience or outdoor activity-based.

AQUAGYM

A full body workout in the swimming pool; perfect as a proactive start to the day.

OUTDOOR SPORTS & ACTIVITIES

Embark on a personalised fitness journey in the great outdoors with the guidance of a dedicated coach.

HIKE

Discover charming walks, runs, or hikes in the forest world of LeCrans, with a personal guide to give you a unique insight on the natural surroundings and landmarks.

SKI

Enjoy a half or full day with dedicated coach to guide and challenge you to improve your skills and knowledge. Designed not just to improve your prowess on the slopes, this also includes warm-up and cool-down practices to minimise post-ski muscle soreness.

SNOWSHOE

Experience the resonating calm of the mountain forests. An activity suitable for day or night, allowing you to fully immerse yourself in the deep peace and restorative effects of our Alpine home.

TOURING SKI

Ditch the gondola and head off-piste for a comprehensive winter workout. Ski touring is a varied and challenging form of exercise with fantastic rewards and the satisfying rush of skiing down the mountain you have climbed.

Please feel free to contact the Concierge via concierge@lecrans.com for more details of outdoor sports and other activities in the area.

Information



FACILITIES

Sauna
Hamam
Jacuzzi
Fitness suite
Indoor pool heated to 28°C (12 m)
Outdoor pool heated to 32°C (9 m)

GENERAL

Entry to the spa, pool, and fitness suite is free for hotel guests, and those visiting us subject to a minimum treatment spend. Reservations are required for the fitness suite, and for spa treatments.

All guests are provided with a bathrobe, slippers, and towels; please ask at reception if you are in need of replacements. Shampoo, conditioner, and shower gel are also provided, as well as complimentary water and other selected refreshments.

Appropriate sports attire and shoes must be worn in the fitness suite, and appropriate swimwear in the pool area and other spa facilities.

Secure lockers are provided for personal items; we cannot be held responsible for the loss or damage of any personal belongings in the spa or fitness suite.

If you are aware of any health conditions that we should know about, please keep us informed. We cannot be held responsible for guests undertaking treatments or fitness activities against the advice of their physician.

Children under the age of 18 are permitted in the fitness center only under the supervision and responsibility of an adult.

Children under the age of 15 must be supervised by an adult in our pool areas

TREATMENTS

We recommend our guests arrive 10 minutes before their appointed treatment time, so that they can prepare and relax before it begins. Arriving late may mean that we cannot deliver the whole treatment.

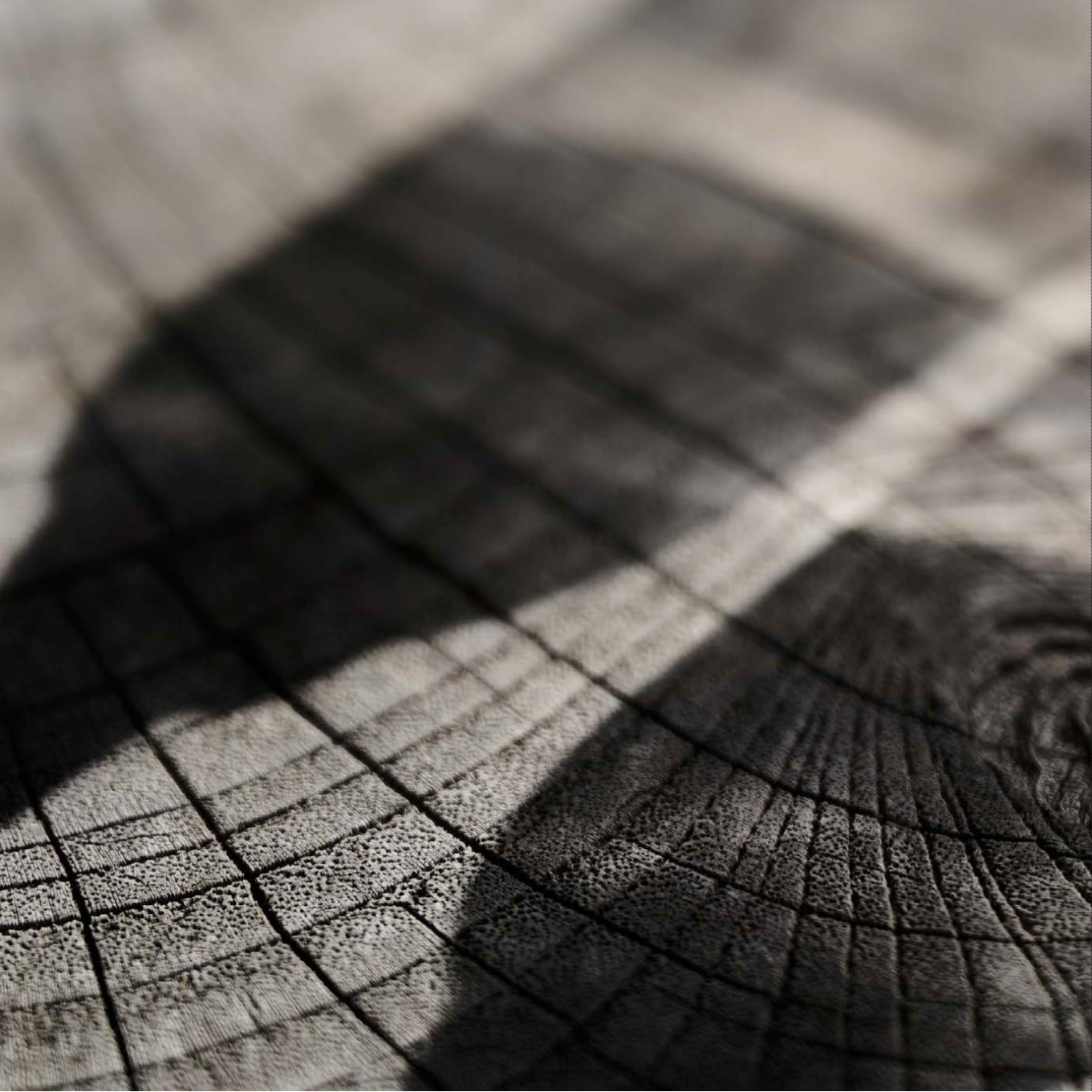
Guests with bookings for body treatments will be offered disposable spa underwear to wear for the duration; our therapists use draping techniques to respect privacy.

Treatments cancelled less than 24 hours prior to the appointment will be charged at the full rate.

Children under the age of 8 must be accompanied by an adult in the treatment room.

Harness the power of
nature to restore,
rebalance and start anew







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