



GRAND SPA THERMAL
BRIDES-LES-BAINS - 3 VALLEES

YOUR APRÈS-SKI IN BRIDES-LES-BAINS

WINTER 2025

December 26th • March 22nd



THE LARGEST THERMAL SPA IN THE ALPS

2700m² for a relaxing getaway...

- Hammam, sauna and steam rooms
- Jacuzzis, bubble benches, experimental showers, Ice fountain...
- Pool with aquatic course, massage jets, swimming corridor, and more...
- Herbal tea

SPA ENTRY

- **SPA ENTRY**
€39/pers. • *except late night openings*
- **GROUP OF 5 people**
€155 • *except late night openings*
- **LATE NIGHT OPENING ENTRY**
€60 • *4pm to 10pm*
Including Aperò box

(Dates and times on the back)

À LA CARTE CARE

À la carte care include access to the Spa.

Their duration includes installation time in the cabin

- **WORLD MASSAGES* • 60 min • €112**

Ayurvedic Massage

Holistic Indian massage to release tension and wrapping techniques to improve sleep

Californian Massage

Long, fluid massaging movements to induce relaxation

Chinese Massage

Pressure points and deep massages on every meridian of the body to harmonise vital energy

Lomi-Lomi Massage

Hawaiian massage using elbows, arms and hands imitating the movements of the waves and inducing deep relaxation

**Massages ranging from the gentlest to the deepest, performed by physiotherapists.*

- **OTHER MASSAGES • 40 min • €75**

After-ski sports massage

Available in 60 min • €112

Tonic and relaxing massage customizable on demand by a masseuse or physiotherapist

Relaxation Massage

Deep strokes and glides performed by a masseuse on the whole body for a moment of absolute relaxation

SPECIAL OFFERS • WINTER

APRÈS-SKI STAY

3 days • €180

- 2 après-ski sports massages • 40 min
- 1 self-heating Chili-Cocoa Wrap • 20 min
- Access to the Spa during the stay

CHILI-COCOA WRAP

20 min • €60

Self-heating powder which provides muscle relaxation and relaxation while cocoa helps to restore suppleness and softness to the skin.

USEFUL INFORMATION

OPEN FROM 26.12.2024 TO 22.03.2025

on reservation closed on 01.01.2025

- Monday to Saturday
3pm to 8pm
- Late night opening
Thursdays January 9, 16 and 23 • 4pm to 10pm

For any cancellation notified up to 48 hours before the start of the service, the reservation deposit will be retained.

*Access to the Grand Spa Thermal
from 16+ accompanied by an adult*

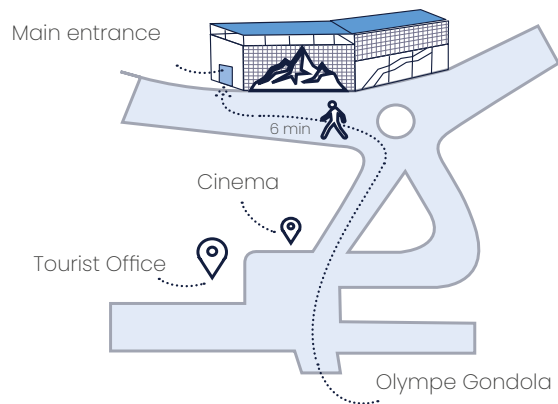
OPENING HOURS AFTER 23.03.2025

Please refer to « Saison thermale 2025 » brochure

CONTACT & RESERVATION

Le Grand Spa Thermal
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**GRAND SPA
THERMAL**
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