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A massage in the mountains beats skiing any day

Don't like the cold? Scared of heights? Averse to risking multiple fractures just for lols? If that's your attitude, you're just like me.

Skiing, which some seem to regard as glamorous, is not for everyone.

But if you're holidaying in the Alps and looking for other ways to spend your time while your friends or family head for the slopes, then may I suggest another activity - mountain spa-ing. Famed for their fresh air, blue skies and crystal-clear waters, ski resorts have long had a welcome wellness vibe. Now they are capitalising on this reputation with a plethora of spas offering year-round, risk-free activities for tourists.

In an area where wealth is conspicuously abundant (bar bills at some outlets of La Folie Douce, a chain of après-ski bars scattered throughout the Alps, can resemble the average UK wage), there is now the very affordable new QC Terme Chamonix-Mont-Blanc (qcterme.com). It is big (over 32,000 square feet in area) and costs from €40 (about £35) for two-hour entry. It offers a water-based wellness path

where you trot between biosaunas, steam baths, solariums, whirlpools and Kneipp paths - hot and cold alternating baths for the legs and feet.

Most of the treatments are fun and invigorating, though some are slightly weird (the Vichy shower, in which you lie on a heated slab table while being soaked from above with tepid water, has shades of Guantánamo about it).

The star attraction, however, is the steaming infinity pool with its unforgettable views over Mont Blanc and the nearby Bossons Glacier. It is very busy and has a municipal vibe, but the design is chic and the premises are spotlessly clean. (Note, too, that evening entry includes access to the "wellness buffet", which is hilariously French in attitude. The plentiful wine and white bread on offer would have

the Goop gang reaching for a colonic.)

Even more affordable is Le Palais de Megève (lepalaismegeve.com) in the French ski resort of that name. It's like a posh sports centre and for the very reasonable €29 entry you can wallow in the indoor/outdoor pool (heated to 34 degrees) and ease sore muscles with the swan-neck water jets and three outdoor saunas.

The Megève tourist board takes

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wellness very seriously, and so I was introduced to Isabelle Grenier, who teaches yoga but also leads hikes up into the mountains; she clearly cares as much for your fitness level as she does for your soul. The tourist board has lists of personal trainers and wellness experts, should you want a one-to-one session.

If it's luxury you seek, head just out of Megève to Les Fermes de Marie (fermesdemarie.com). The hotel is made up of nine interlinked wooden chalets in a breathtaking setting. Their design is awe-inspiring, authentic, intimate and beyond chic. The Pure Altitude spa is a serious offering with 17 treatment rooms, indoor and outdoor Jacuzzis, saunas and pools and two beautiful wooden Japanese soaking baths. It uses Pure Altitude products, made in Megève and featuring mountain plants. They smell incredible. I had a Candle Ritual body massage (from €135 for

50 minutes) which uses warmed oils for supercharged relaxation.

It was seriously good, but even better was the Leonor Greyl "Escale Dans Les Alpes" hair treatment (from €120). It took place in a tiny wooden salon and was 90 minutes of pure bliss. My head, neck and shoulders were massaged and my dry, damaged hair treated to endless masks, cleanses and oils, each one smelling more sublime than the last. The treatment culminated in a blow-dry which meant I hit the après ski with hair worthy of a shampoo ad.

My last stop was the M de Megève hotel (mdemegeve.com). Also very chic (think chairs draped in fluffy white sheepskins), it is populated by aesthetically pleasing French families.

The M spa is a quiet haven and uses Cinq Mondes products (treatments from €70). There is a tranquil pool, steam and sauna facilities and a quartz sand massage bed, which is wonderfully warm and said to have healing properties.

Feeling thoroughly pure and virtuous, I then countered all of the above with lashings of Aperol and melted cheese. *A votre santé!*

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Beyond chic: Les Fermes de Marie