



LE MIRADOR
RESORT & SPA

ALPEOR

SWITZERLAND

WE UNLOCK NATURE'S SECRETS
FOR YOUR SKIN

Overlooking Lake Geneva from the heights of Le Mont-Pèlerin, Le Mirador Resort & Spa offers a truly exceptional setting where elegance, wellness and breathtaking Swiss scenery come together to create an unforgettable experience.

Alpeor: skincare excellence in the heart of the Swiss Alps

Born from the encounter between Alpine treasures and cutting-edge science, Alpeor offers a range of exceptional skincare products inspired by the richness of nature and the latest advances in biotechnology. Its highly concentrated formulas, derived from certified organic plants and pure water from the Swiss mountains, are developed to transmit directly to the skin the plant world's extraordinary regenerative capacities, preserving a youthful appearance and prolonging cellular vitality.

The Rambertia alpine garden, located at an altitude of 2,000 metres above Montreux, serves both as an open-air laboratory and an inexhaustible source of inspiration for the Alpeor research team. It is here that Edelweiss, Rhodiola rosea, and Narcissus, emblems of the brand, develop the rare active ingredients that give Alpeor products their renowned effectiveness.

Moreover, all our plants are responsibly cultivated to minimize our environmental impact and preserve biodiversity. Naturally, there is no place at Alpeor for any controversial substances.



LE MIRADOR SPA

BY **ALPEOR**
SWITZERLAND

MASSAGES

CHF

♥ Our guest's
favourite

MASSAGE ENTRE PICS ET MONTS®

60 min

200.-

90 min

270.-

Our signature Alpeor treatment, inspired by the richness of the Swiss Alps, begins with a sensory ritual using Alpeor essential oils. This exclusive massage combines enveloping, deep movements to release tension, rebalance body and mind, and provide a lasting sense of relaxation, wellbeing, and harmony.

WARMTH AND LIGHT MASSAGE

60 min

200.-

The gentle warmth of a scented candle transforms into massage oil to soothe body and mind. A comforting and deeply relaxing sensory experience.

THE RELAXING MASSAGE

60 min

180.-

90 min

240.-

A massage with fluid, harmonious movements that invites deep relaxation. Ideal for releasing everyday stress and restoring overall wellbeing.

THE SWEDISH MASSAGE

60 min

190.-

90 min

255.-

A firm, deep massage that targets tired muscles and built-up tension. Perfect for aiding recovery and restoring a feeling of lightness and mobility.

THE LOMI-LOMI

60 min

190.-

90 min

255.-

Inspired by Hawaiian tradition, this massage performed with the forearms envelops the body in a continuous flowing motion. It rebalances energy and provides a deep sense of escape.

LYMPHATIC DRAINAGE

60 min

190.-

90 min

255.-

Gentle, rhythmic movements stimulate lymphatic circulation and promote the elimination of toxins. The body regains a sense of lightness and comfort.

REFLEXOLOGY

60 min

180.-

This ancient technique is based on stimulating reflex points. It helps release tension and restore the body's natural balance.

MOTHER-TO-BE

60 min

190.-

Specially designed to support pregnancy, this tailored massage relieves the discomforts linked to the body's changes and offers a true moment of serenity.

PARENT & CHILD IN HARMONY

30 min

240.-

A gentle massage to share, for a special moment of relaxation and closeness. A wellness escape designed to reconnect, just the two of you.

For an even more indulgent experience, complement your treatment with the refreshing and smoothing Alpeor Eye Contour Mask, or treat your skin to the Alpeor Premium Altitude Collagen Face Mask for a radiant, supple, and beautifully revitalized complexion.



FACIAL TREATMENTS

CHF

PREMIUM ULTITUDE®

90 min

340.-

Premium anti-ageing facial, intensively corrects wrinkles, pigmentation spots, and loss of firmness.

PURE HARMONIE®

60 min

190.-

Purifying and rebalancing treatment, the skin is deeply cleansed, purified, and refreshed.

RICHE MONTAGNES®

60 min

190.-

Hydrating and nourishing treatment, the skin is perfectly hydrated, replumped, and regains its full comfort.

PEAU NEUVE®

60 min

190.-

Radiance treatment for a perfect, even, and luminous complexion.

AU MASCULIN

60 min

190.-

Facial treatment specially adapted for men's skin.

NEIGES ÉTERNELLES®

90 min

270.-

Restructuring treatment, the first signs of ageing are visibly reduced.

♥ Our guest's favourite

Enhance your wellness journey with an invigorating acupressure-inspired foot massage, or a lifting Gua Sha ritual designed to restore radiance and vitality to your skin.





BODY TREATMENTS

		CHF
MEADOW CRYSTAL SCRUB	45 min	145.-
An exfoliating treatment for firm, youthfully radiant skin.		
SLIMMING PROGRAMME	5 x 30 min	508.-
5 x 30-minute Silhouette Slimming massages by Alpeor, plus a complimentary Firming & Toning Body Cream for optimal results.		
LIGHT LEGS PROGRAMME	5 x 30 min	474.-
5 x 30-minute draining treatments to reduce water retention by boosting blood and lymphatic circulation, plus a complimentary Body Peel - Exfoliating & Smoothing.		

OUR EXPERIENCES

CHF

♥ Our guest's favourite

“TO BE TWO” • 45 minutes of relaxation in the Private Day Spa Suite facing Lake Geneva • Two 60-minute side-by-side relaxing massages • Wellness area access from 10:00 AM to 10:00 PM	105 min	450.-
“LA VIE EN ROSE” • One hour of relaxation in the Private Day Spa Suite facing Lake Geneva • Two 60-minute side-by-side Mirador massages • A glass of champagne per person • Rose petals • Wellness area access from 10:00 AM to 10:00 PM	120 min	620.-
PRIVATE DAY SPA SUITE Our sumptuous 80 m² Day Spa Suite is equipped with a double treatment room, a hammam, a sauna, and a private jacuzzi, offering exclusive moments for one to two guests, in the heart of Le Mirador Resort & Spa, with breathtaking views of the surrounding mountains and the lake.	60 min	200.-
	120 min	360.-
	extra hour	100.-

THE MAGICAL WORLD OF ALPEOR • 30-minute back massage of your choice, with candle or gel and Alparôme • 30-minute discovery facial • Wellness area access from 10:00 AM to 10:00 PM • Healthy lunch (main course + one non-alcoholic beverage)	60 min	255.-
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A DAY BY ALPEOR • 30-minute Meadow Crystal Scrub • 60-minute Massage entre Pics et Monts® • 60-minute Riches Montagnes® Facial • 3-course menu (excluding beverages) • Wellness area access from 10:00 AM to 10:00 PM • Alpeor travel set included	150 min	589.-
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♥ Our guest's favourite

SUBLIME BODY • A 30-minute scrub • A personalised 30-minute wrap • A choice of 60-minute massage or facial • Wellness area access from 10:00 AM to 10:00 PM • 10% discount on Alpeor products	120 min	380.-
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LADIES ONLY (GROUP EXPERIENCE) • A 60-minute relaxing massage • A glass of champagne and petits fours • Wellness area access from 10:00 AM to 10:00 PM • Available for a minimum of 4 people	60 min	195.-
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HOLISTIC THERAPIES

CHF

SHIATSU

60 min

200.-

Originating in Japan, shiatsu is a technique of manual pressure applied along the body's energy meridians. This treatment promotes physical balance, soothes the nervous system, reduces stress, and helps restore physical and emotional harmony.

SOUND HEALING

45 min

170.-

Inspired by a traditional method learned in the mountains of Nepal, this experience uses seven Tibetan bowls, each tuned to a sacred frequency. The sound vibrations envelop the body and promote a deep state of relaxation. This therapy helps calm the mind, reduce stress and tension, relieve certain pains and migraines, improve sleep quality, support physical recovery, release emotional blockages, and strengthen the connection between body, heart, and mind.

60 min

200.-

THAI MASSAGE

60 min

200.-

Performed on a futon, Thai massage combines stretching, joint mobilisation, and pressure applied along the body's energy lines. It improves flexibility, stimulates circulation, releases muscular tension, and provides a deep sense of vitality.

90 min

270.-

BEAUTY SALON

		CHF
MANICURE	60 min	130.-
PEDICURE	60 min	130.-
NAIL POLISH APPLICATION	20 min	25.-
BROW TINT	15 min	40.-
LASH TINT	15 min	40.-
LASH & BROW TINT	30 min	65.-

WAXING *available upon request, depending on the area*



DAILY PASSES & MEMBERSHIPS

DAILY PASS Subject to availability		CHF
Adult (from 10:00 AM to 10:00 PM)		100.-
Child		40.-
<i>Under 12 years old, pool area only, from 9:00 AM to 11:00 AM and 2:00 PM to 6:00 PM</i>		
Lunch & Swim (from 10:00 AM to 10:00 PM)		70.-
<i>Escape the everyday with our Lunch & Swim day offer at Le Mirador Resort & Spa: upon presentation of a lunch or dinner receipt from one of our restaurants, enjoy spa access for CHF 70.-.</i>		

PERSONAL TRAINING

Private session	60 min	150.-
Duo session	60 min	200.-
Group training (min. 4 people)	60 min	50.- (p. p.)
10 individual sessions		1'350.-

FITNESS MEMBERSHIPS

Individual

1 month	550.-
2 months	900.-
3 months	1'200.-
6 months	2'000.-
12 months	3'100.-

Couple

1 month	1'000.-
2 months	1'700.-
3 months	2'300.-
6 months	3'600.-
12 months	5'100.-

Junior (13-18 years old)

6 months	800.-
12 months	1'000.-

A CHF 500.- fee per person applies to any first-time membership, from the 6th month of subscription onwards.

ADDITIONAL INFORMATION

ACCESS

External guests can enjoy all Spa treatments. The outside parking is free.

OPENING HOURS

The reception of the Mirador Spa by Alpeor is open every day from 10:00 AM to 7:00 PM. Access to the wellness area is possible from 10:00 AM to 10:00 PM for external guests, and 6:30 AM to 10:00 PM for hotel guests.

BOOKING AN APPOINTMENT

Consult our Spa experts to choose the treatments best suited to your needs. The Spa is located on level 4 of Le Mirador Resort & Spa. We recommend booking your treatments in advance to ensure availability. Please call +41 21 925 17 70 or email us at spa@mirador.ch

ARRIVAL AT THE SPA

We recommend arriving at least 30 minutes before your appointment time to enjoy the facilities and ensure your appointment starts on time. Any delay will result in a reduced treatment time.

PERSONAL INFORMATION

Please inform us of any health issues at the time of booking. You will be asked to complete a medical form, allowing us to better tailor your experience to your needs.

MINIMUM AGE

Children under 12 are welcome at the Spa and may enjoy access to the pool area when accompanied by an adult. Please note that minors must be supervised by an adult at all times. Certain treatments are not recommended for guests under 18.

GIFT VOUCHER

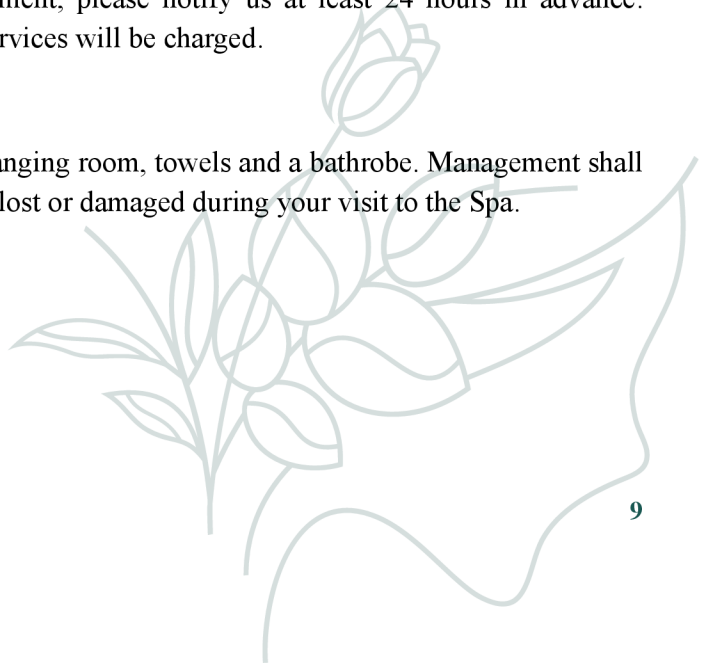
All our treatments are available as gift vouchers. Contact our team for more information.

CANCELLATION

If you wish to reschedule or cancel a Spa appointment, please notify us at least 24 hours in advance. Otherwise, the full price of the booked and unused services will be charged.

LOST OR DAMAGED ITEMS

Le Mirador Spa by Alpeor provides guests with a changing room, towels and a bathrobe. Management shall in no way be held responsible for any personal items lost or damaged during your visit to the Spa.





THE LEADING HOTELS
OF THE WORLD®

MIRADOR SPA BY ALPEOR

RESERVATIONS & INFORMATION:

SPA@MIRADOR.CH

+41 21 925 17 70



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BY ALPEOR
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