



LE MIRADOR SPA

BY ALPEOR
SWITZERLAND



The image features a glass dropper in the upper left corner, with a single drop of liquid about to fall. The Alpeor logo is positioned in the upper center, consisting of the brand name in a stylized, serif font with a registered trademark symbol, and the word 'SWITZERLAND' in a smaller, simpler font directly below it. The background is a soft, light blue gradient. In the lower half of the image, a woman with blonde hair is depicted in a dynamic, floating pose, wearing a white, ethereal, ruffled dress. She is surrounded by large, glowing white flowers with green centers, creating a magical and ethereal atmosphere.

ALPEOR[®]
SWITZERLAND

LE MIRADOR SPA BY ALPEOR

THE BEAUTY "MADE IN SWITZERLAND"

Step into the covert realm of Alpeor, where the boundless magic of alpine plants meets the exacting precision of bio-technology in a secret and confidential universe!

SIGNATURE TREATMENTS BY ALPEOR

ULTITUDE PREMIUM

Premium anti-aging treatment that intensely corrects wrinkles, hyperpigmentation spots and loss of firmness.

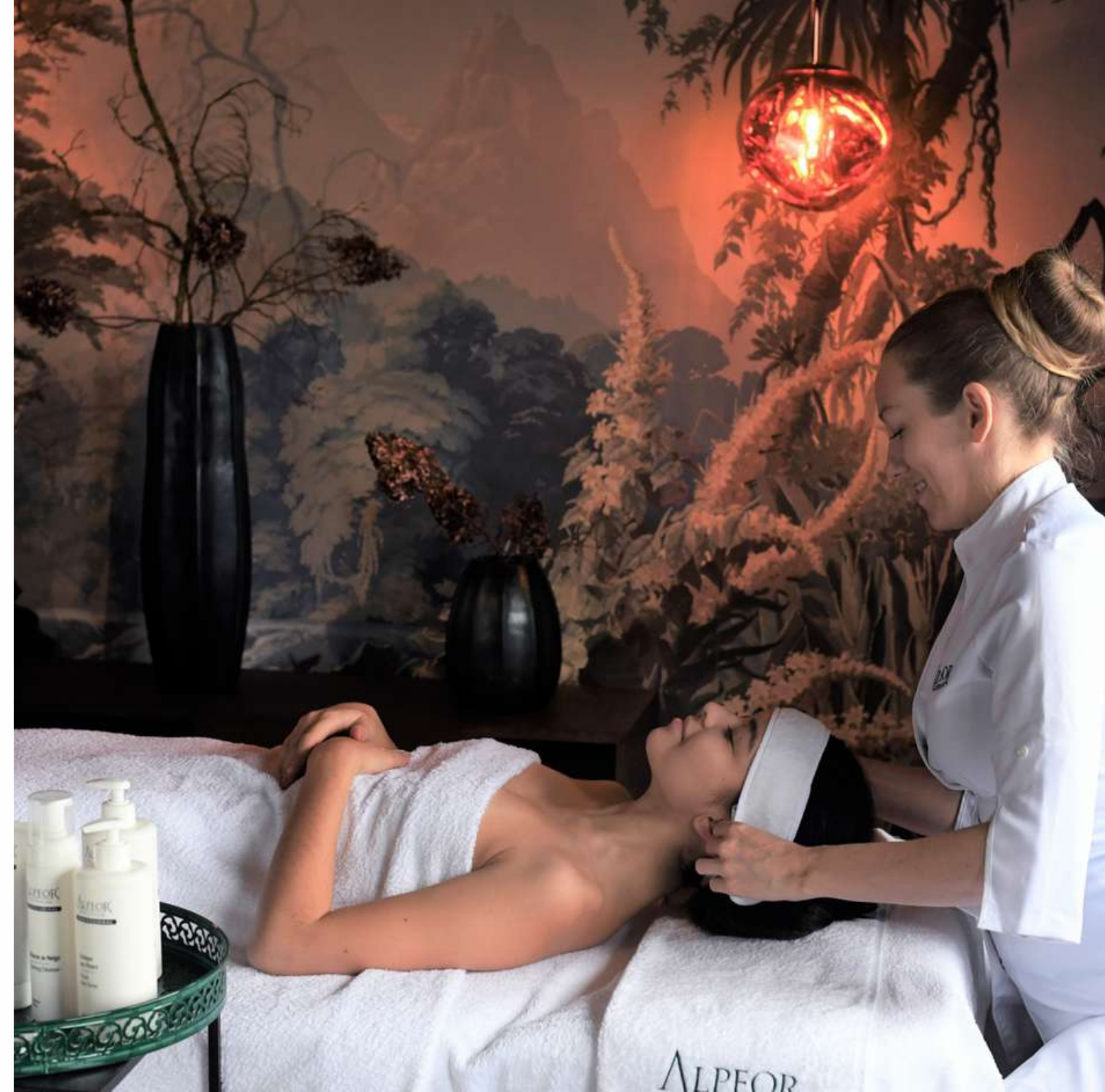
90 min

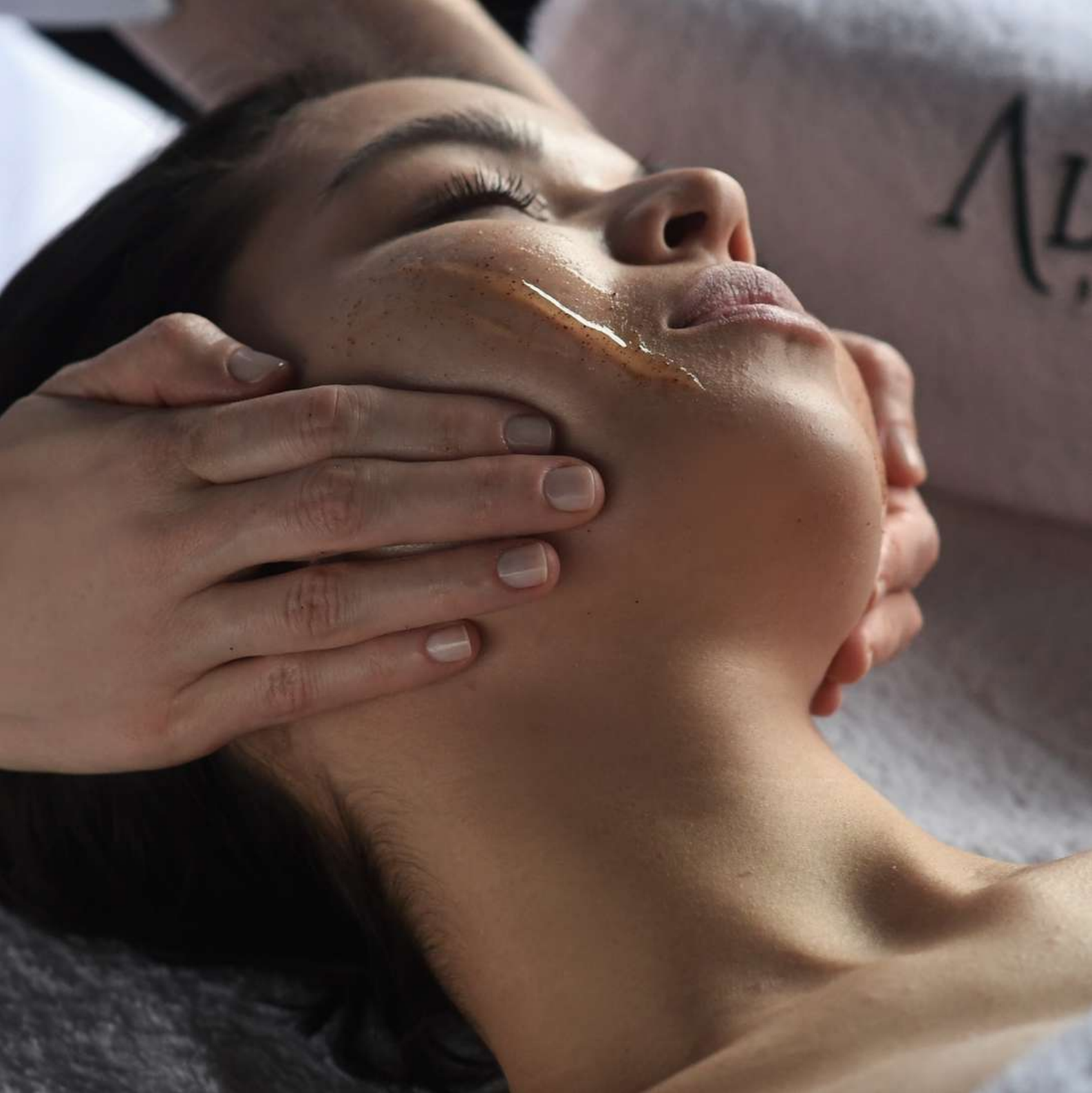
MASSAGE BETWEEN PEAKS AND MOUNTAINS

A signature treatment offering a truly relaxing moment, with its enveloping and soothing movements.

60 min

90 min





FACIAL TREATMENTS BY ALPEOR

PURE HARMONY

60 min

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

RICH MOUNTAINS

60 min

Moisturizing and nourishing treatment, the skin is perfectly hydrated, plumped and regains its comfort.

NEW SKIN

60 min

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

FOR MEN

60 min

Facial treatment specially adapted to men's skin.

ETERNAL SNOW

90 min

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

MASSAGES AND BODY TREATMENTS BY ALPEOR

WARMTH AND LIGHT MASSAGE

60 min

A true interlude for total relaxation, thanks to the warmth of a scented candle.

MEADOWS CRYSTALS SCRUB

45 min

Exfoliation for firm, youthfully radiant skin.

FROST JELLY WRAP

45 min

A fresh treatment that reduces water retention. Thanks to its cooling effect, the legs feel fresh and light. Circulation is boosted.





MIRADOR MESSAGES

RELAXING MASSAGE

Let yourself get into an absolute moment of well-being.

60 min

90 min

SWEDISH MASSAGE

Deep pressure massage to release the tensions.

60 min

90 min

THE LOMI-LOMI

An authentic treatment using the forearms to eliminate tensions and harmonize body and mind for deep relaxation.

60 min

90 min

LYMPHATIC DRAINAGE

A gentle, slow massage to stimulate lymphatic circulation and detoxify the body, for a feeling of well-being and lightness.

60 min

90 min

REFLEXOLOGY

60 min

An ancestral therapy that uses pressure points under the arch of the foot to relieve tensions in the body.

MOTHER-TO-BE

60 min

A complete massage tailored to the needs and desires of each expecting women, for deep physical and psychological relaxation. From the 4th month of pregnancy.

PARENT / CHILD OSMOSIS

30 min

A relaxing parent / child massage for a complicity and well-being moment for both.





ALPEOR PACKAGES

THE MAGIC WORLD OF ALPEOR

- 30-minutes back massage of your choice with a scented candle, or jelly and Alparôme
- 30-minutes discovery facial treatment
- Wellness access from 10am to 10pm
- Healthy lunch (main course + one non-alcoholic drink)

A DAY BY ALPEOR

- Meadows Crystals Scrub 30 min
- Between peaks and mountains massage 60 min
- Rich Mountains facial treatment 60 min
- 3-courses menu (excluding drinks)
- Wellness access from 10am to 10pm
- Alpeor travel set included

MIRADOR PACKAGES

SOLO

SUBLIME BODY

120 min

- 30 min body scrub
- 30-min personalized body wrap
- A 60-min massage or facial treatment of your choice
- Wellness access from 10am to 10pm
- 10% discount on all Alpeor products

ANTI-JET LAG TREATMENT

90 min

Moisturizing facial treatment and light legs massage, ideal after a lengthy journey.



DUO

“TO BE TWO”

105 min

- 45 min relaxation in the Private Day Spa Suite
- Two relaxing 60-minutes side-by-side massages
- Wellness access from 10am to 10pm

“LA VIE EN ROSE”

120 min

- One hour of relaxation in the Private Day Spa Suite
- Two 60-minutes side-by-side Mirador massages
- One glass of champagne per person
- Rose petals
- Wellness access from 10am to 10pm

GROUP PACKAGES

LADIES ONLY

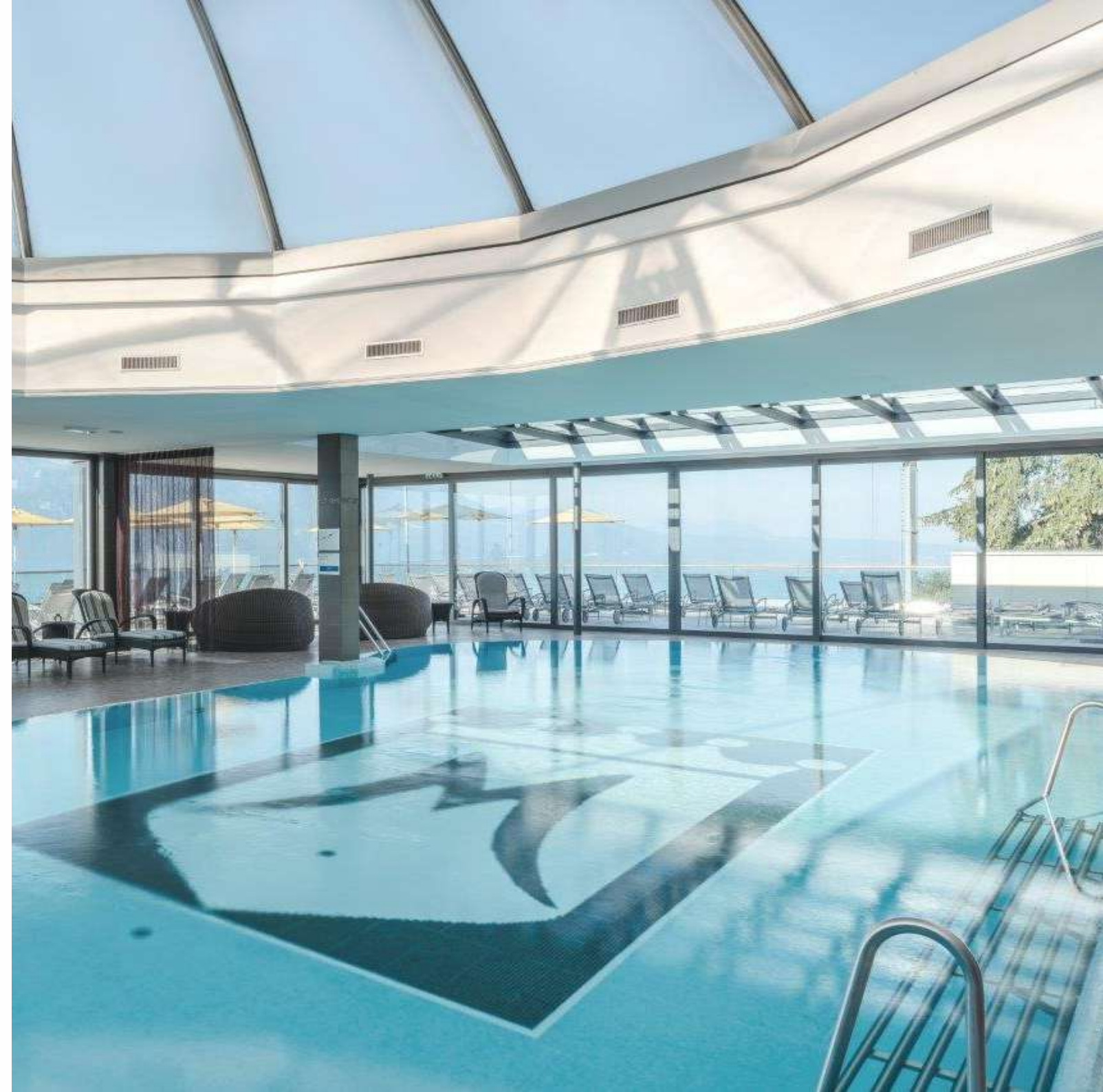
- A 60-minute relaxing massage
- A glass of champagne and mignardises
- Wellness access from 10am to 10pm
- Available for a minimum of 4 people

LUNCH & SWIM

For a day out of time, enjoy a delicious lunch followed by a moment of relaxation by the pool and in our wellness area. Offer valid from Monday to Friday.

BRUNCH & SWIM

Enjoy a Sunday above the clouds with the Brunch & Swim offer : a delicious sunday brunch followed by an afternoon at the pool and wellness area (from 2pm).





DAY SPA SUITE

Our splendid **Day Spa Suite** (80 m2) features a double massage cabin, a hammam, a sauna and a private Jacuzzi for privileged moments from 1 to 10 people.

60 min

120 min

HIGHLY PROGRAMS

SLIMMING PROGRAM

5 Silhouette Slimming massages of 30 min by Alpeor, and a complimentary Firming & Toning Body Cream for optimal results.

LIGHT LEGS PROGRAM

Experience the Light Legs Program with five 30-minutes draining treatments to reduce water retention, boost blood and lymph circulation and receive a complimentary Body Peeling for exfoliation and smoothing.

EXPERT PREMIUM PROGRAM

5 Ultime Premium firming treatments for the face, boosting cell regeneration to combat skin aging, complemented by an Anti-Aging Cure - Cellular Perfector to be applied at home for optimum results.

PERSONALISED SUBLIMATOR PROGRAM

Indulge in 10 massages or 60-minute facials tailored to your preferences, complemented by inclusive spa access for a comprehensive relaxation experience.



BEAUTY SALON AND WAXING

BEAUTY SALON

AESTHETIC MANICURE	60 min
BEAUTY OF THE FEET	60 min
NAIL POLISH APPLICATION	20 min
EYEBROW DYEING	15 min
EYELASHES DYEING	15 min
EYEBROW & EYELASHES DYEING	30 min

WAXING

HALF LEGS	30 min
FULL LEGS	45 min
BIKINI	15 min
FULL BIKINI	35 min
UNDERARM	15 min
UPPER LIP	15 min
EYEBROWS	15 min
FACE	45 min
ARMS	30 min
FULL BACK	45 min
TORSO	30 min

Access

All spa treatments are available to outside guests. Free parking.

Opening hours

Mirador Spa by Alpeor is open daily from 10am to 7pm.

Appointment booking

Seek guidance from our Spa experts for personalized treatment recommendations tailored to your needs. Conveniently located on level 4 of Le Mirador Resort & Spa, we recommend booking in advance for guaranteed availability. Contact us at +41 (0)21 925 17 70 or via email at spa@mirador.ch.

Arrival at the Spa

To fully enjoy the facilities and ensure punctuality, we recommend arriving at least 30 minutes before your scheduled appointment. Please note that any delay may result in a proportional reduction of your treatment time.

Personal information

Kindly share any health concerns you may have during your reservation, as you will be requested to complete a medical form. This information enables us to customize your experience to cater to your specific needs and ensure your well-being.

Age requirements

While children under 16 are welcome at the Spa, their access is limited to the pool area, and they must be accompanied by an adult. Please note that certain treatments are not recommended for minors.

Gift vouchers

Transform our services into memorable gifts with our available gift vouchers. For further details, feel free to reach out to our dedicated staff.

Cancellation

To reschedule or cancel a Spa appointment, we kindly request a 24-hour notice. Otherwise you will be charged the full price for any unused services that were booked.

Lost or damaged items

Mirador Spa by Alpeor offers a locker room and provides linen for guests' use. Please note that the management cannot be held responsible for any loss or damage to personal items during your stay at the Spa.





Le Mirador Resort & Spa
Chemin de l'Hôtel Mirador, 5
CH 1801 Le Mont-Pèlerin
+41 21 925 11 11

