

Introduction

The Givenchy Spa is a true sanctuary of health and beauty, a haven of peace, a highly pleasurable area that blends the love of aesthetics with advanced research reaching well into the 21st Century. It offers care treatments through gestures and essential techniques that relax the mind and the body, harmonize the silhouette, revive the skin and generally preserve youth.

The Givenchy Spa is the privileged place for men and women seeking lasting health, beauty and youth. All treatments offered have been designed to suit this very purpose.

The Givenchy Paris team has personally designed the concept of the various treatments offered at the Spa.

It has also been involved in the selection and training of the masseurs and beauticians and has equipped the treatment rooms.

The equipment to be found there is amongst the most sophisticated in the world.

Some Practical Advice

When visiting our Spa, hotel guests are requested to wear the bathrobe and slippers provided in their rooms and to arrive a few minutes in advance in order to spend some time relaxing in our soothing relaxing area.

Day visitors will be provided with robes and slippers upon arrival at the Spa.

For safety, please ensure that you leave all your valuables (watches, wallets, jewellery etc.) in your room safe or in your assigned locker at the Spa or at the Fitness Centre.

It is not necessary to wear underwear or a bathing suit beneath your robe for massages, body wrap or body scrubs. For facials, the aesthetician will ask you to bare your chest and arms to facilitate the treatment and make you more comfortable.

For hydrotherapy treatments, you may elect to wear a bathing suit. However, some of the products we use can cause damage to bathing suits.

We recommend that you drink lots of water during your Spa program to help accelerate the elimination of toxins.

Please bathe or shower prior to visiting Givenchy Spa Le Mirador for massages, body treatments and foot-care treatments.

Some treatments are not appropriate for pregnant women or for those with certain health problems. Please remember to inform the therapists of such conditions so they can adapt your treatments accordingly.

Facials

Preparatory treatment: deep cleansing facial

This deep-cleansing facial is suited to all skin types.

Using Givenchy products, the face is cleansed and gently exfoliated, removing dull surface skin cells.

While steaming, the skin is gently massaged and any necessary extractions are carried out.

Finally, the skin is nourished with a kaolin mask.

The treatment oxygenates the skin, stimulates microcirculation and revitalizes.

Fundamental care: revitalizing and rejuvenating facial

This luxurious facial restores the tone and vitality of the skin, leaving it radiant and glowing.

The skin is cleansed and misted before being massaged with a Regenerating Massage Cream.

The Givenchy Fundamental Care is applied with high frequency before the application of a collagen mask.

The result is a smoothing of the skin with a definite reduction of lines and wrinkles.

Relaxing facial

The relaxing treatment starts with cleansing and misting, then a gentle massage of the face, neck and shoulders with Massage Cream. A mask best suited to your skin is applied, leaving the features relaxed and the skin soft, supple and rehydrated.

No Surgetics Face

This treatment is inspired from leading medical techniques used in plastic surgery, in order to efficiently fight the apparition and maintaining of wrinkles. Combining the 3 products of the «No Surgetics» line, it appears that the «little» wrinkles fade away and that the collagen effect boosts and relax the features.

No Surgetics Plasti Sculpt Firming and resculpting treatment

This treatment aims on reducing the loss of elasticity, toning and density of underlying tissues.

No Surgetics Plasti Sculpt, combined with a specific remodelling massage, helps to firm, tone up, lift and reduce the deposits of fatty cells, “resculpting” the facial contours.

This treatment includes a deep cleansing.

Lymphatic facial

This treatment’s objective is to detoxify tissues, equalize circulation of lymphatic fluids and relax the whole face, neck and shoulders.

It also drains sinuses and all edemas of the face with the stimulation of the lymphatic system.

By balancing the circulation of the lymphatic system via elimination of toxins diluted in the blood, this treatment allows a rapid regeneration of the whole body.

Massages

Swedish massage

The classical European massage using long strokes and kneading to the superficial layers of muscles.

This soothing massage helps to improve circulation, to ease muscle aches and tension, and to improve flexibility and enhance relaxation.

Slimming massage

Using Givenchy Body Shaping Massage Cream, through stretching and skin rolling, this massage mobilises fat accumulations, enhances the suppleness of the connective tissue and restructures the supportive tissue.

It also stimulates fine vessel material and improves venous microcirculation.

Sports massage

A vigorous massage using compression cross fiber friction techniques as well as stretching. It focuses on muscles used in a particular athletic activity or problem area.

Relaxing massage

A non-therapeutic, soothing massage, focused on creating an overall relaxation of the body with Givenchy Relaxing Massage Cream.

Foot massage

Thumb and finger pressure is applied to reflex pressure points on the feet that correspond to specific areas, glands and organs of the body. This massage improves circulation and the functioning of the body areas affected by such reflex zones.

Lomi-Lomi Massage

Inspired from the traditional Hawaiian massage, created in the temples by the village chiefs, this massage with the forearms provides a muscular relaxation and a deep rest, to harmonise the corporal functions: blood circulation and breathing system...

This treatment, rethought by Givenchy, with the aim of a great efficiency, uses an oil, especially composed for it.

Lymphatic drainage

This light massage provokes cellular regeneration throughout the body, especially in areas with a concentration of the lymph nodes.

It boosts circulation of the lymphatic system and helps eliminate toxins while acting favorably against cellulite, various edemata and the feeling of heaviness in the legs.

Aromatherapy massage with essential oils

The ancient art of aromatherapy is beneficial to the emotional as well as the physical body through the healing, beauty-enhancing and soothing properties of essential oils. The specific benefits of this type of massage depend on the careful selection of such oils under the guidance of your therapist.

The Canyon Love Stone Therapy

The smooth, pure and warm surfaces of the stones glide without effort along the body, creating a feeling of relaxation and well being. The objective of this massage is to balance energies, detoxify tissues, and with the alternation of cold and hot stones, relieve muscular tension.

The combination of these beneficial stones, collected in the bottom of rivers in the American West, with draining oil especially formulated by Givenchy, provide an extremely efficient treatment.

Special Ylang-Ylang massage with 4 hands

This massage is designed like a choreography of 4 hands on your body. All your muscles relax at once and your spirit is lifted by the subtle scents of Ylang-Ylang extract. This 200 year old scented flower grown only on Mauritius Island is renowned for its multiple healing properties.

Body treats

Body Scrub

A complete body exfoliating session using Givenchy Body Exfoliating Cream, applied by hand massage and soft natural bristle brushes, that eliminates dead surface skin cells, impurities and roughness. Circulation is improved and skin is moisturised, leaving it soft and renewed.

Exclusively Givenchy

The ultimate body pampering.

Three treatments combined to exfoliate, regenerate and hydrate your body, leaving your skin replenished and renewed while reviving body and soul.

- 1) Bathing with Specific Givenchy oils to reconstitute the hydrolipidic layer of the skin.
- 2) Body scrub, to exfoliate and oxygenate.
- 3) Hydrating Wrap - the body is covered with Moisturizing Creme, providing a spectacular rehydration of the epidermis, while you enjoy the massage of a water bed.

Specific Givenchy oil bath

SPA Givenchy anatomy shaped massage bath brings total comfort to combat cellulite, stress, loss of tonus and muscle pain. The underwater massage stimulates drainage and eliminates toxins.

The Specific Givenchy oils build up the hydrolipidic layer of the skin.

No Complex Body

A great «première» for this treatment is, using four different products, to slim the bottom and the thighs, the stomach and the waist, and re-pulp the neck line and the breasts.

The objective is to firm the skin tissues, stimulate and sustain the skin fibres, drain the kept water, and give a feeling of freedom and self confidence.

Pressure therapy

Pressure therapy is a logical progression from lymphatic draining and circulation enhancing massage, which promotes circulation in the lymphatic and venous blood systems by the use of inflatable pads. The effect of the treatment is enhanced by Givenchy leg shaper gel, which creates a cooling sensation leading to vasoconstriction of the vessels.

Body wraps

Herbal wrap

This aromatic herbal treatment consists in wrapping the body in towels which have been soaked in a solution of natural herbs selected by Givenchy for their unique relaxing, soothing, stimulating, re-energizing and astringent effects.

This treatment is completed by a tonic rub with a special dry oil which gives a feeling of well-being and relaxation, and re-energizes the body.

Hydrating body wrap

Lying on a massage waterbed, the body is coated in Moisturising Bath Cream for Givenchy, then wrapped. This treatment relaxes and nourishes the skin.

Swimming Pool, Jacuzzi

A major attraction at Le Mirador is its spectacular, swim-through, indoor/outdoor glass domed swimming pool.

Feel the weightlessness of your body in the 27°C (81°F) warm water or tone your muscles in an aqua gym class.

Afterwards you may take a dip in the poolside hot tub to relax your muscles.

You'll soon discover that swimming and sunning high above Lake Geneva gives you a different outlook on the world – particularly when a cloud floats by below you.

Free aquagym session every week day.

Fitness

Le Mirador's fitness centre features 28 state-of-the-art exercise machines, that allow you to train your body and tone your muscles.

Two fitness rooms, equipped with cardiovascular machines and free weights, are at your disposal, next to the men's and women's locker rooms.

Everything at Le Mirador is designed for your convenience.

Personal training sessions

You would like to improve your strength, flexibility and cardio-vascular endurance but haven't been able to develop a program on your own.

Our personal trainer can assist you on appointment. He has the expertise to guide you into a fitness routine that suits your personal schedule, energy level and goals – a routine that you can continue to use at home.

Wet Lounges

Nothing feels better than enjoying the sauna after a good workout.

In winter or summer, at Le Mirador you may ease your body in our Finnish sauna, or in the steam room located in our men's and women's locker rooms.

These are also equipped with a Swiss and Aroma Showers and area relaxation.

Please note that the wet lounges are separated for ladies and gentlemen.

Hair Salon

Our scalp treatments are combined with a special pressure point massage and essential oils to provide total relaxation.

- Women's, Men's & Children's Haircuts
- Brushing & Hair Set
- Dyeing, Streaks
- Perms

Country Club

By becoming a member of Le Mirador Country Club, you will benefit from an unlimited use of all our sport and leisure facilities all year round as well as from many other advantages.

Hand and Foot Care

Foot beauty treatment

Nail shaping, cuticles, moisturising cream and nail polish.

Foot treatment

A spectacular way to beautify your feet and lighten your step, using revolutionary products to exfoliate, moisturise and soften the skin on your feet, leaving a satiny touch.

Beauty manicure

Nail shaping, cuticles, moisturising cream and nail polish.

Hand treatment

Anti-weather treatment in two parts:

Beautifying: Meticulous treatment for cuticles, nail shaping, eliminating dead cells with light exfoliation, followed by a moisturiser.

Moisturising treatment: Paraffin both, massage with specific moisturising cream to nourish your skin leaving it like satin.

Hair removal

Legs	Top lip	Back
Eyebrows	Bikini	Arms
	Under arms	

Solarium & Color therapy

Sunlight and colors have a direct influence on our health, moods and behaviour!

The U.V. rays emitted by the sun promote better blood circulation, provide vitamin D and give a wonderful sun tan.

Colors have been known to ease stress, to fill you with energy and even to alleviate pain and other physical problems.

These sessions will offer you a relaxing and soothing effect as well as energy re-balancing effect.

GIVENCHY

Spa
Day!

Let us pamper you
for a whole day with:

Relaxing facial

(55 minutes)

Body Massage – Relaxing
or Swedish

(50 minutes)

Hydrating body wrap
or foot massage

(25 minutes)

Lunch Menu
at the Patio Restaurant

Access to the
swimming pool,
fitness center, sauna,
hammam and jacuzzi

Net price: Sfr. 330.–

Tarifs

Facials

PREPARATORY TREATMENT	80 MINS	SFR. 160.–
FUNDAMENTAL CARE	55 MINS	SFR. 140.–
RELAXING FACIAL	55 MINS	SFR. 120.–
NO SURGETICS FACIAL	55 MINS	SFR. 170.–
NO SURGETICS PLASTI SCULPT	80 MINS	SFR. 210.–
LYMPHATIC FACIAL	55 MINS	SFR. 120.–
MAKE-UP	25 MINS	SFR. 65.–

Body treatments

BODY SCRUB	50 MINS	SFR. 110.–
EXCLUSIVELY GIVENCHY (3 TREATMENTS)	110 MINS	SFR. 230.–
SPECIFIC GIVENCHY OIL BATH	25 MINS	SFR. 80.–
NO COMPLEX	55 MINS	SFR. 150.–
PRESSURE THERAPY	25 MINS	SFR. 85.–

Body wrap

HERBAL WRAP	50 MINS	SFR. 120.–
HYDRATING BODY WRAP	25 MINS	SFR. 80.–

Massages

SWEDISH MASSAGE	50 MINS	SFR. 110.–
SLIMMING MASSAGE	50 MINS	SFR. 130.–
SPORT MASSAGE	55 MINS	SFR. 130.–
RELAXING MASSAGE	50 MINS	SFR. 110.–
FOOT MASSAGE	25 MINS	SFR. 75.–
LOMI-LOMI MASSAGE	75 MINS	SFR. 190.–
LYMPHATIC DRAINAGE	50 MINS	SFR. 120.–
AROMATHERAPY MASSAGE	75 MINS	SFR. 150.–
CANYON LOVE STONE THERAPY	75 MINS	SFR. 190.–
YLANG-YLANG MASSAGE WITH 4 HANDS	25 MINS	SFR. 150.–

Other beauty treatments

EYEBROWS DYEING		SFR. 30.–
EYELASHES DYEING		SFR. 30.–
EYELASHES & EYBROWS DYEING		SFR. 50.–
MANICURE	30 MINS	SFR. 55.–
FRENCH MANICURE	40 MINS	SFR. 65.–
APPLICATION OF NAIL POLISH		SFR. 25.–
HAND TREATMENT	55 MINS	SFR. 105.–
FOOT BEAUTY TREATMENT	40 MINS	SFR. 65.–
SPECIAL FOOT TREATMENT	55 MINS	SFR. 105.–

Waxing

LEGS (FULL)	45 MINS	SFR. 85.–
LEGS (HALF)	30 MINS	SFR. 65.–
BIKINI	15 MINS	SFR. 35.–
BIKINI (FULL)	30 MINS	SFR. 65.–
UNDER ARMS	15 MINS	SFR. 35.–
TOP LIP		SFR. 25.–
EYEBROWS		SFR. 25.–
ARMS	30 MINS	SFR. 45.–
BACK (HALF)	30 MINS	SFR. 65.–
BACK (FULL)	45 MINS	SFR. 85.–
PERMANENT HAIR REMOVAL - ELECTROLYCES 1 MIN		SFR. 2.50

Solarium/Colour therapy

10 MINUTES	SFR. 20.–
15 MINUTES	SFR. 25.–
20 MINUTES	SFR. 30.–
30 MINUTES	SFR. 40.–
GIVENCHY SPA DAY	SFR. 330.–

Cancellation Policy

If you must cancel a Spa appointment, please notify us at least 6 working hours in advance of your appointment time. Less than 6 hours notice will result in a charge of 50% of the value of the cancelled services.

No-shows having reserved treatment times will be charged 100% of the value of the reserved services.

Givenchy Spa Day packages should be cancelled at least 24 hours in advance.

Other treatments available on request

MOOR MUD DETOXIFYING AND FIRMING WRAP

50 MIN SFR. 160.–

Moor mud is a mixture of herbs and plants naturally decomposed over the centuries, naturally enriched with minerals and trace elements.

The mud absorbs toxins and softens the skin while treating cellulite. The relaxation is accompanied by an oriental massage for the face and shoulders by finger pressure. A body scrub beforehand is recommended to prepare your skin for this treatment.

SLIMMING WRAP

55 MIN SFR. 120.–

An (anti-curve) treatment which works both on the skin's (padded) look and excess fat. Lipolytine, a marine slimming active ingredient, with its cellulose-active formula, develops exceptional drainage and lipolytic properties which contribute to slimming the figure.

SLIM BATH

25 MIN SFR. 80.–

Specially recommended for slimming, this freeze-dried seaweed based bath speeds up the process to eliminate fats, drains waste and toxins, bringing relaxation and well-being.

DETOX BATH

25 MIN SFR. 80.–

A veritable revitalising health therapy thanks to its trace elements, this purifying and revitalising bath revitalises and stimulates the body.

SKIN TONIC

BODY 50 MIN SFR. 120.–

FACE 25 MIN SFR. 75.–

Skin tonic is a low pressure massage apparatus designed by doctors and physiotherapists associating top massage-roll technology and our professionals' expertise to:

- work on tissue ganglion clogging
- drain
- firm up
- tone

The treatment is particularly recommended to combat cellulite, excess weight, loosening of the tissues, stretch marks. A hydrotherapy or a wrap will intensify its effect.

