



Over the century the art of massage has been one of the most natural ways to strengthen the body, improve circulation, relax the mind, remove tiredness and ease pain. It represents a journey between old traditions and fascinating techniques coming from many cultures.

Welcome to the Hotel Dufour, a small beauty and wellness centre, a little oasis where to put your mind and body at ease and discover the joy of nature's simple blessings.

We are happy to create a personalised programme to your satisfaction and we look forward to welcoming you to our extraordinary natural setting, where you can rest your mind.

"Sport" massage

euro

55 min. 80

A regenerative treatment, ideal preparation for sporting activity which aims to remove build-up of lactic acids and improve the muscles oxygenation and render them in good tone and ready to perform under pressure.

Recommended every day during a period of intense physical activity and once or twice a week to maintain good form.

Dufour Massage

55 min. 80 euro

A massage as majestic as the Alps themselves! Diverse massage techniques are combined in a series of strong all-embracing movements so as to improve circulation and ease body tensions. The immediate feeling of pleasant sensations and general wellbeing fills your body to make you feel relaxed and yet full of energy.

Specific body zone massage

euro

30 min. 50

A massage directed to a particular part of the body: to ease tension concentrated for example on the spine or the lower back where a tightening of muscles may have occurred.

Relax massage

95 euro

55 min. 80 euro
80 min.

The most classic of all massages. Soft manipulation of your muscles and the application of particular oils results in improved circulation and gives rest to tired muscles so as to ease tension and get rid of stress. A real tonic for your entire body.

Lymph drainage massage

euro

55 min. 80 euro
80 min. 95

A soft and comforting massage with a mix of surface and deeper movements aimed at reactivating your blood circulation and the functioning of your lymph glands. The consequence is to unblock any action of impurities to oxygenate and improve the skin's complexion. Both purifying and relaxing, this massage has the extra advantage of working as an anti-ageing action and helps prevent the build-up of fats.

Head revitalisation massage

50 euro

30 min.

A massage focussed on the cranium, face, neck and shoulders intended to free up muscles and remove stress. It has a particular psycho-physical balancing input and this caring for the skull penetrates deep and brings benefits to our central nervous system.

Foot massage

This technique of Chinese origin works on the foot reflex points which are associated to special energy points in parts of our body. It speeds up lymph gland circulation, favours the circulation of blood and stimulates the elimination of toxins. It also gives a really light sensation to our feet which in turn transmits similarly to all our body. Really ideal solution after a day out on the slopes or a mountain walk.

30 min. 50 euro

Californian massage

55 min. 80 euro

80 min. 120

euro

The "KING of massages", also known as the intuitive or Esalen massage. The body is pampered by rhythmic, fluid, enveloping movements, which are soothingly tender and which embrace the entire surface of the body, consisting of gentle caresses, pressure on the muscles and gentle stretching. It is restful and calming, freeing the mind from thoughts, while toning and stimulating the muscle system, easing cramped muscles and rendering the joints more supple.