

LeSPA Cinq Mondes® Soins du Spa: Well-being on the roof of the worlds

LeCrans HOTEL & SPA, in partnership with Le Spa Cinq Mondes®, the leading wellness group that is one of the 10 most luxurious spas in the world, is offering an exceptional way to take time out: the best wellness rituals, treatments from around the world that are truly authentic, in a setting that is incomparable. Holiday-makers and the resident population alike are invited to wash away the stress of daily life at the SPA & wellness space, in the Alpine resort of Crans Montana. It completes the range of personalized, top of the line services offered by this hotel, the resort's first member of Leading Small Hotels of the World. The spacious area, 350 m², is devoted to relaxed luxury, a place to indulge yourself at altitude: 4 treatment rooms, sauna, hammam, a jacuzzi that looks out over the mountains, indoor pool and a south-facing heated outdoor pool, the only one in Crans Montana with such a magnificent view of the French and Swiss Alps.



The spirit of the place

There is nothing shy about the setting of this space, 350 m² and yet intimate, with an indoor pool (water 29°C) and a heated outdoor pool that faces a grandiose display of several of Europe's highest peaks.

Christophe Decarpentrie is a renowned Belgian international interior designer who has brought to LeSPA Cinq Mondes® Soins du Spa a singular elegance through the use of natural materials that are in harmony with the environment. Stone, water, wood and the tranquility of the mountains permeate the space and are everywhere apparent. Warmth and soul are given to the space by the hundred-year-old cedar used for the walls. Sober lines and a purity in the design bring a sense of serenity conducive to relaxation. The indoor pool is designed specially for swimming and doing exercises in the water. Its luscious Indonesian green stone is reflected in the ebb and flow of the water.

From the jacuzzi that reaches out to the Alps to the steam bath tucked under the delightful starlit cupola, nothing has been overlooked in this space, designed with such attention to detail : four treatment and massage rooms for one or two persons, one of which is reserved mainly for ayurvedic rituals, a beauty treatment room and one room, sensibly placed across from the hammam, for body peeling treatments. A sauna perfumed with eucalyptus completes this peaceful haven.

Cinq Mondes, a sensorial voyage

Jean-Louis Poiroux, founder of the Spas Cinq Mondes, is an aficionado of aromatherapy, and for 10 years he combed the planet to find the world's best treatments and massages. He weaves together a profound understanding of timeless treatments with a rich approach to well-being, philosophy and the art of living.

LeSPA Cinq Mondes® Soins du Spa is the successful marriage of a very special hotel with this unique and internationally noted concept that creates a marvelous palette of therapies and time-honoured treatments. The Cinq Mondes cosmetics, all of which are based on ancient beauty recipes that also respect today's stringent laboratory requirements, give spa clients the possibility of continuing to receive the benefits of their treatments once back home.

The SPA space, open to hotel clients, VIP members of LeSPA Cinq Mondes® Soins du Spa as well as casual visitors, offers a fitness room with personalized trainer for the Power Plate equipment, swimming and aqua- fitness.

- LeSpa Cinq Mondes® Soins du Spa was voted one of the 10 most luxurious spas in the world by Forbes Magazine in 2006. It became a Leading Spa of the World in 2006.
- Two LeSpa Cinq Mondes® spas have been honoured by Conde Nast Traveller, In 2006 one was named among the best European spas and in 2008 another was named third-best European spa.

About LeCrans HOTEL & SPA*****

LeCrans HOTEL & SPA, which opened 30 January 2009, is the first member of the "Leading Small Hotels of the World" in Crans Montana, nestled in this village resort among the heights of the Plan Mayens ski area. The boutique hotel of 7 standard rooms, 6 large suites of 100 m2, and 4 apartments of 200m2 has become, at the hands of Belgian interior designer Christophe Decarpentrie, a true stately residence in the Alps. The hotel's spacious patios, its chic circular restaurant designed for sports-lovers that is bordered by the heated outdoor pool of LeSPA Cinq Mondes® Soins du Spa face Europe's highest peaks. The LeMontBlanc Restaurant (75 places) menu, awarded 15 points by Gault Millau Switzerland 2010, is designed by chef Pierre Crepud and marries local flavours with inventiveness. The hotel's finest-quality approach is enhanced by its elegant table d'hôtes, an exceptional wine selection that boasts top local and international wines with state-of-the-art high tech storage system, the wine cellar LeCellier, LeCigareLounge, a private club and conference centre. LeCrans HOTEL & SPA, under the direction of Paola Masciulli, formerly of the Relais & Châteaux Les Sources des Alpes, employs 45 people.

Prices rooms, suites and apartments: CHF 430.- to CHF 9'000.-

Surprise menu "L'R du Temps" - Table d'hôtes, up to 8 guests: CHF 130. - p.p.

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A member of
The Leading Small Hotels
of the World

CINQ MÔNDES
SOINS DU SPA