

HAPPINESS PROVIDER
certified



by   Val Thorens

Did you know that statistics show that people generally experience stress while on holiday?* In Val Thorens, we carry out a study during the winter which shows that people feel less stressed and far happier after a stay with us.

Throughout your stay, top up your tranquillity with one of our Happiness Providers. **Certified by Philippe Rodet****, each of the following activities will play a part in reducing the effects stress can have on you and help you to re-energise for a serene, stress-free holiday.



Take refuge at the **Hôtel Pashmina******* for a few hours or overnight, **letting the staff and personal trainer take good care of you and enjoying the well-being buffet.**

☎ +33 (0)4 79 00 09 99

Enjoy a **creative session** with the family at one of our **children's workshops**: décor, cooking and crafting are all on the programme. ☎ +33 (0)4 79 00 08 08

Arnaud gives you the chance to combine the well-being effects of the stunning landscapes with **your breathing**, alongside his Husky dogs. ☎ +33 (0)4 79 00 08 08

At the **Fitz Roy****** share a moment of family complicity around a **pastry workshop** and enjoy a **snack break**, composed of local products, by the fireside. ☎ +33 (0)4 79 00 04 78



Practise some self-care thanks to the **holistic massages** available at the **Black Diamond Luxury Spa.** ☎ +33 (0)4 79 10 34 96

Get yourself in tip-top shape with **Escale Zen**, so you can get the most out of the day ahead thanks to **yoga.** ☎ +33 (0)6 50 88 62 35

Enjoy all the benefits of regular gentle physical activity nature as you **snowshoe** alongside **Brigitte**, whilst discovering the secrets of the mountains. ☎ +33 (0)6 09 56 75 00

Start your week at the **Fitz Roy****** with a **dynamic yoga** session to circulate positive energy. A homemade **«energy ball»** and a vitaminized fruit juice will finish boosting you.

☎ +33 (0)4 79 00 04 78



Caroline, ski instructor and therapist offers sessions combining **ski touring and relaxation.**

☎ +33 (0)6 74 50 78 66

Try out **ski touring** for the first time on the **La Camille** run and discover the secrets of Val Thorens pioneer Camille Rey. ☎ +33 (0) 4 79 00 08 08

Rid yourself of stress and nerves thanks to the personalised methods used by our **Ski Cool** and **Ski Therapy** instructors. ☎ +33 (0)4 79 00 04 92



Treat yourself to a moment of **well-being** at the heart of a peaceful and unspoiled natural environment. Stay a while longer and enjoy the delicious **vegetarian cuisine** at the **Refuge du Lac du Lou.** ☎ +33 (0)7 70 22 86 79

Thanks to its welcome and attentive service, the **Alpen Art** restaurant is a real wellbeing sanctuary with food available throughout the day. ☎ +33 (0)4 79 07 45 64

*From a 2006 American study carried out by Greenberg Quinlan Rosner Research

**Qualified accident and emergency doctor, speaker and author of several publications about stress and kind behavior