

*la Sivolière*

## Baby Sivo

A transformative retreat

in the heart of the French Alps





Welcome to La Sivolière, Courchevel 1850. The hotel has specially designed your prenatal stay. Our English-speaking certified Hypnobirthing practitioner Mélanie Bellin combines Hypnobirthing and wellness approach from all around the world.

We have built your stay to release your stress and anxiety, pamper your body and mind, and enhance the health of your expected baby. The future father will be also part of the process and fully included in the baby welcome program.





Your 4-night stay includes:

- The accommodation on half board basis in a Superior Suite (50m<sup>2</sup>)
  - A prenatal private consultation
- 4 prenatal meditation and relaxation sessions (60 minutes each)
  - 2 prenatal massages (80 minutes each)
  - An exclusive “a la carte” treatment

## **Your retreat program:**

### **Day 1:**

Arrival at La Sivoliere Hotel

### **Day 2:**

#### **Morning:**

09.00am: prenatal meditation session (60 minutes)

Private prenatal consultation

#### **Afternoon:**

Prenatal massage (80 minutes)

05.00pm: Prenatal relaxation session (60 minutes)

### **Day 3:**

#### **Morning:**

09.00am: Prenatal relaxation session (60 minutes)

Prenatal massage (80 minutes)

#### **Afternoon:**

05.00pm: prenatal relaxation session (60 minutes)

### **Day 4:**

Departure

And in between the baby's arrival preparation, enjoy gastronomy, rest, romance and maybe some winter sports for your beloved!

Your Baby Sivo retreat starts at 5 700 €, you can enquire online with your dates of stay [here!](#)



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## About La Sivolière

Nestled in the pine trees, this discreet, chic yet relaxed address of Courchevel 1850 has been entirely renovated in 2019 and moved to an Alpine contemporary décor.

With only 35 rooms and suite, this intimate property provides a restaurant and bar, Le 1850, offering French cuisine made from in season ingredients only and locally produced for most of them.

A spa with an indoor heated swimming-pool, beauty treatment cabins, a fitness room, sauna and steam room are completed the equipment list.

As a skin-in / ski-out property, La Sivoliere also provide a ski rental shop.

Concierge service, 24/7 front desk and room service, complimentary shuttle service to drive and collect you anywhere in Courchevel 1850 is part of the included services, but since the hotel prides itself to be the best kept secret of Courchevel, it is for the warm-welcome that the regular guests are whispering the address...



### **Most frequently asked question:**

#### **At what pregnancy stage should I book retreat?**

Our retreat program is suitable for all healthy pregnant mother in the second trimester of pregnancy,

#### **Does the altitude have an impact during pregnancy?**

Our property is located in a middle mountain (1850 meters). High altitude can be an issue during pregnancy only above 2 400 meters.

There are a lot of benefits to stay in medium-altitude mountains during pregnancy: it detoxifies your body, thank to a low level of pollution and harmful agents. It also strengthens the body since a natural environment has a positive impact on stress level and a greater light will boost your vitamin D production, which helps to be in a good mood.

#### **Is there a medical support in the area?**

Yes, there is a medical center in Courchevel 1850 with doctors and nurses and the closest hospital can be reached in less than an hour by car, 15 minutes by helicopter.

#### **What kind of cosmetics are used at the spa?**

La Sivoliere is working with Odacité skincare products, a sustainable brand using only natural ingredients and plants extracts, organic for most of them.

Treatments can be also performed with neutral organic oils for massages and Gua Sha facials.

