

Chambres chez l'habitant
Spa and Massages
5 rue Bellevue
Les Hôpitaux Neufs

contact@xtreem.fr
Tel : +33(0) 617 120 760



ROOMS

Chamois

Lynx

Marmotte



Private room

1 Bed 160x200 for 2 persons
1 Bed 80x200 for 1 persons

85 € by night for 2 persons
105 € by night for 3 persons
+ Cleaning fee: 7 € or 10 €

Chared room

3 Beds 80 for 3 persons
35 € by night by persons
or configurable in

Private room

1 lit 160x200 pour 2 personnes
1 lit 80x200 pour 1 personne
85 € by night for 2 persons
105 € by night for 3 persons
+ Cleaning fee : 7 € or 10 €

Private room

1 bed 160 for 2 persons :
+ Cleaning fee : 7 €
70 € the night

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Bonjour

Here is a short description of the conditions to ensure that your stay goes as smoothly as possible. You will be in "Homestay" accommodation. So I live there. Only service animals are allowed.

Your arrival at the chalet will be from 5 p.m.

You will be staying in the "Chamois", "Marmotte" or "Lynx" rooms.

At the entrance to the chalet, two locker rooms with the room badge are reserved for you to store your belongings.

On the ground floor, the common spaces with the resident are: the kitchen, the dining room, the living room. You can bring your drinks, your food if you wish. A room badge compartment for your food in the fridge is available as well as storage space in the kitchen.

You have access to the kitchen if you wish to cook your meals and breakfasts.

To make your stay easier, I suggest preparing breakfast or brunch with local and homemade products. Notify me upon your arrival to check my availability in order to respond to your request

Breakfast => 9€/person:

Coffee/tea/herbal tea/chocolate, bread, cheese, butter, yogurt and homemade jams, cereals, honey.

Brunch => 16€/person:

Breakfast + 2 fried eggs, Morteau sausage, grated cheese (Comté, Morbier), tomato.

To facilitate your departure or your outings, I suggest preparing a picnic with local products.

Takeaway picnic: €14/person

1 Morteau sausage/salad/tomato sandwich

1 cheese sandwich (comté / Morbier)

Chips

Fruits, depending on season

Bottle of water

Please let me know your order in advance as well as the time for breakfast or Brunch please

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Description of accommodation

Your arrival at the chalet will be from 5 p.m.

You can park your vehicle in front of the house.
Your bicycles or motorcycles can be parked in the garage.

You enter via the ground floor.
Area to take off your shoes, put down those rain gear or snow, umbrella, walking sticks...
Two lockers, a Marmotte, Lynx and Chamois are reserved for you to store other clothes, shoes and things that you will not use in the rooms.

On the 1st floor: you have at your disposal;
The kitchen to prepare your meals. Spices and oils are also available. One compartment per room is available in the fridge as well as a compartment for dry foods.
In the living room, in the dining room,
Outside: the terrace, garden and Spa await you to relax with Bellevues over the landscape of the Hôpitaux Neufs and Mont Rond (1463m).

For your relaxation, the massage SPA (Jacuzzi) is operational all year round. Use of the Spa is included in the rental service.
Before all SPA sessions, you must rinse (shower) for hygiene reasons. The SPA is available from 7 a.m. to 9 p.m.

On the 2nd floor:
The Marmotte and lynx room with small private terrace,
The chamois room with a view of the Mont d'Or.
The two bathrooms; common to rented rooms
We provide bed linen and bathroom linen.

We recommend that you do not make noise after 9 p.m.
Parties in the chalet are not permitted. The chalet is a place of relaxation and rest.

You will have the opportunity to purchase artisanal soaps and artisanal beers and champagne method bottles on site (to be consumed on site).

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Spa and Massage

As a wellness massage practitioner (Swedish/Californian and foot reflexology) certified at the IFJS massage school, I offer massage sessions or Spa + massage sessions.

By reservation only.

 Noms des massages		Temps	Tarif	Massages
Suidois & Californien	Grand Dos	50 mn	70 €	Massage arrière du corps : dos, nuque trapèze, bras, mains, fessiers jambes & pieds
	Essenciel	50 mn	70 €	Massage Grand Dos & le devant du corps : Plexus solaire, ventre, cuisse & pieds,
Visage		6-10mn	10 €	Massage détente du visage
Réflexologie plantaire		50 mn	70 €	Acupressions sur les zones réflexes de la plante des pieds
Relaxinésie		30 mn	45 €	Relaxation par le mouvement ou stretch massage (habillé)
		50 mn	70 €	

Massages can be performed according to your needs, according to your request.

Do not hesitate to contact me for more information and to block your schedule.



"I choose to take my Well-being urgently
instead of ill-being patient"

Wellness massage

Considered one of the oldest forms of therapy, wellness massage has been used for thousands of years. It is intended to provide relaxation for the body and mind. It is aimed at everyone without age limits.

Although non-therapeutic, it has many benefits for the body: release of muscular tension, reduction of stress, drainage of toxins, hydration and toning of tissues.... And above all, it contributes to the reappropriation of one's body.

Essential, Great Relaxing and Great Back Massage

These massages are the synthesis of different Californian techniques (work and enveloping maneuvers, rhythm, fluidity, overallness, maneuvers on the body) and Swedish (work and sectoral maneuvers on the different parts of the body).

These services highlight listening, complete and personalized care for the relaxed person. These body massages with essential oils provide:

- Deep relaxation by the removal of tension, the relaxation of muscles and connective tissue, beneficial to anyone who is tense, stressed or anxious.
- Deep détente, which promotes energy circulation, the drainage function of blood and lymph which stimulates cellular exchanges and cleanses the body, reactivates metabolism, redistributed, harmonized energy
- A feeling of unification which restores coherence between body and mind.

A source of well-being, we can only recommend them to everyone as their effects are innumerable. Finally, the essential oils associated with it themselves have a specific action on the body.

The face

The facial massage relaxes your facial features while providing your skin with extra oxygen and radiance. It releases tension, stimulates blood circulation, tightens facial muscles, rebalances hydration, reduces impurities and toxins and increases skin radiance. It helps relax less visible wrinkles. It stimulates circulation and reduces facial tension by gently working the different parts of the face. Concentrated on the forehead and nose to unclog pores, on the mouth and cheeks to relax and strengthen facial muscles. The area surrounding the eyes is massaged to reduce "bags under the eyes"

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We focus on the chin and neck to increase muscle tone and prevent sagging of the skin. Finally the ears are gently massaged and pulled because they contain pressure points which stimulate other parts of the body.

When we are rested and soothed, it can be seen on our faces. The lines are softer and the radiance is at its maximum.

Relaxinesia

Relaxinesia results in an intention to relax through movement. It is a simple and effective method, mainly based on letting go, thanks to passive mobilizations, as well as localized stretching, also called stretch massage. Relaxinesia aims to provide its recipient with a feeling of well-being and total relaxation.

Relaxinesia plays on weightlessness, giving amplitude in the movement of the various parts of the body and the muscles used.

This method allows you to gently stretch muscles and joints and allow the whole body to enjoy a moment of relaxation. Stretching, in addition to being a real pleasure, is an invaluable bodily benefit.

Foot reflexology

Plantar Reflexology (feet) is a well-being discipline. It is based on the principle according to which each organ, each gland, each physiological function corresponds to a reflex zone or a precise point on the sole of the foot. Work on these points makes it possible to locate tensions and imbalances aimed at restoring the proper circulation of vital energy.

Plantar Reflexology releases the body's self-regulation faculties. Rhythmic pressure applied to these reflex zones makes it possible to localize tensions and restore balance in the corresponding parts of the body. Considered an alternative medicine, plantar reflexology makes it possible to locate body tensions and other dysfunctions and then make them disappear.

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Massage Room



Well-being



Calm Relaxation



Relaxation Spa + Massage

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Commerces

In the center of the village, bakery, butcher's shop, Intermarché, cheese shop and several restaurants await you:

Aux Les Hôpitaux Neufs

Restaurant L'Edelweiss : 03 81 49 08 22
Restaurant La Chaumière : 03 81 49 16 40
Bar le refuge : 03 81 38 50 30
Le Sommet :

A Métabief

Restaurant Le Tremplin : 03 81 49 10 66
La Taverne Comtoise : 03 81 49 16 65
Le Chamois : 06 42 93 46 21
La Fabrik & Co by Donat : 03 39 27 09 17
Restaurant Le Gaulois : 03 81 89 21 29
Oh rond point des pistes Chez Zaza

A Jougne 2km

Ristorante pizzeria "La Tavernetta" : 06 29 37 91 66
Hôtel Restaurant de le Poste le 1900 : 03 81 49 27 24

Remember to book!

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Activités Extérieures

You can enjoy hiking or mountain biking on the [GTJ \(Les Grandes traversées du Jura\)](#), [GR5 \(La Grande Traversée des Alpes\)](#) and the via [GR145 \(la Francigéna, pèlerinage reliant Canterbury à Rome en passant par la France et la Suisse\)](#) which pass through the Hôpitaux-Neufs center
[See also the site FFRandonnée](#)

You can enjoy hiking or mountain biking on the and via which pass through the center of Hôpitaux-Neufs

Of course you can enjoy hiking or mountain biking on Lake [Malbuisson](#) and the [montagne du mont d'Or](#).

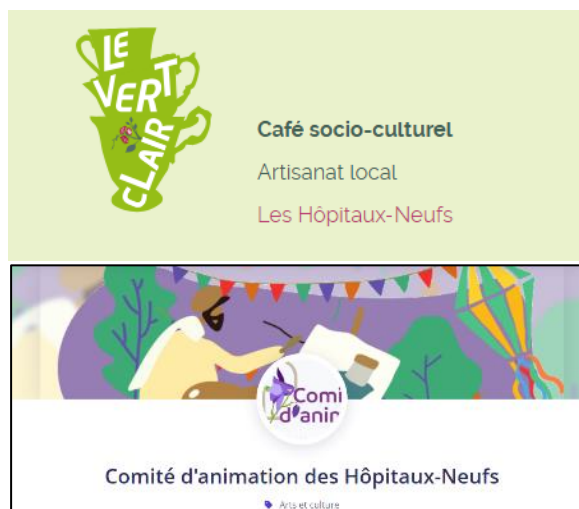
For the winter period for cross-country skiing, alpine skiing, snowshoeing. A shuttle located at the Miroir campsite will take you to the Métabief site.

For any information contact the Métabief tourist office. <https://www.tourisme-metabief.com/>

Métabief

[Luge d'été](#)

Hopitaux-Neufs



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Please send an SMS or call me for any further information.

Don't forget to let me know the time of your arrival, 1 to 2 hours before, so that I can organize myself and be there to receive you.

You must vacate the room by 11 a.m. on the day of your departure.

We look forward to welcoming you to the chalet to spend moments of relaxation, relaxation and well-being.

See you soon
Sincerely
Xavier

A handwritten signature in black ink, consisting of several overlapping loops and lines, positioned over the text 'Sincerely Xavier'.

NB: Payment will be made by bank transfer, Paylib by bank check or cash.