



*la Sivolière*

COURCHEVEL  
1850

*Courchevel Baby's noon*



La Sivolière has designed especially for the expecting mothers this made-to-measure stay in partnership with Mélanie Bellin, massotherapist and doula who will be there the whole winter season.

This sweet break offered on 4 or 7 nights is an invitation to relaxation, a precious time dedicated to the future mom and her baby to come in a peaceful and healthy environment.

For an optimal rest and comfort, this retreat is offered in a Superior Suite of 40sqm including a master bedroom, a separate lounge where the treatments and private consultations will take place, and a bathroom with bathtub and separate steam shower.

A global care of the body and mind, a customized support, Mélanie is giving the keys and use soft and efficient techniques to prepare the baby's arrival with great serenity.

#### Who's this retreat for?

All the expecting mothers in a second pregnancy trimester and in a good condition, accompanied or not by the future Dad, Grandma, her best friend...

#### How?

Deep relaxation, breathing work, soft exercises, self-hypnosis, prenatal massages, these are the skill and methods offered by Mélanie who is accompanying the future mothers for 14 years. She offers also on request the Mongan method Hypnobirthing. The advices and exercises will be useful during the pregnancy and the childbirth day.

#### Why?

Relax the mother, relieve tensions and discomfort. The future baby feels all the emotions. A calm and revitalized mother in a balanced body will allow both to live an easier and quicker birth.

#### What about the altitude?

**Benefits:** a low level of pollution, nature has a positive impact on stress relieve, and the higher luminosity boosts the vitamin D production, an excellent way to keep a good mood.

La Sivolière is located at a medium altitude (1850 meters). High altitude can only have an impact above 2 400 meters.





The 4-night stay includes:

Accommodation for 2 guests in one of our one-bedroom Superior Suite, breakfast included.

1 prenatal private consultation.

4 relaxation sessions of 1.15 hour each.

1 « Birth Sling » session.

2 prenatal massages of 80 minutes each.

Starting from 5 400 €.

The 7-night stay includes:

Accommodation for 2 guests in one of our one-bedroom Superior Suite, breakfast included.

1 prenatal private consultation.

5 relaxation sessions of 1.15 hour each.

2 « Birth Sling » session.

5 prenatal massages of 80 minutes each.

Possibility to replace the relaxation sessions by 5 HypnoBirthing sessions of 2.5 hours each.

Starting from 10 200 €.

Reservation by phone on +33 479 08 08 33 or email [lasivoliere@sivoliere.fr](mailto:lasivoliere@sivoliere.fr), a detailed program will be sent to you.







## Vocabulary:

### Prenatal relaxation:

Meditation, relaxation and breathing techniques have enormous health benefits, especially during pregnancy, for both the mother and the fetus.

Always with a view to promoting optimal health for your baby and a gentle birth, this preparation aims to teach you simple techniques based on mindfulness to promote well-being and relaxation, reduce stress levels and obstetric complications.

### You will learn:

The ideal positions for relaxation according to the progress of your pregnancy

How your breathing impacts your child's health throughout pregnancy and the day of birth

Easy relaxation methods

### Birth sling:

The Birth Sling allows with an easy application to realize soft exercises « in weightless », and at all the stages of the pregnancy.

### You will learn:

To rebalance your body

To relieve the musculoskeletal tensions

To position the baby in an ideal way





### Vocabulary :

### HypnoBirthing :

The Hypnobirthing method training is teaching you essential knowledge to make your pregnancy taking place in the most relaxed way and the birth you want to be the smoothest, most relaxed and the easiest possible.

### You will learn:

Breathing, relaxation techniques, self-hypnosis, and visualization that will definitely change your birthing experience

Eliminate the fake convictions about birthing

Develop and reinforce the maternal bond

Prepare your body to birthing

The birth partners will have knowledge and tools that will allow them to bring support, to guide and protect you on the birthing day.

To trust yourself, be calm and relaxed during the pregnancy and especially on the birthing day.