



WELLNESS LUXURY HOTEL

SHAPE CLUB PROGRAMS

ENGLISH





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Jacques Fricker
Nutritionist



THE LILY OF THE VALLEY METHOD

The Lily of the Valley method is applied throughout the year, and based around three key pillars: weight loss cuisine, sport and treatments.

The Lily of the Valley nutritional gastronomy approach was developed with nutritionist Jacques Fricker. It enables guests to achieve their weight loss goals while still enjoying the pleasure of food. This approach is combined with targeted treatments that are tailored to individual needs by our expert therapists. Indoor and outdoor fitness sessions, with varying levels of intensity and held in an idyllic setting, complete our programs.

EVERY DAY

1

TREATMENTS

EXCEPTIONAL TECHNOLOGY-BASED AND MANUAL TREATMENT

2

SPORT

INDIVIDUAL COACHING SESSIONS A VARIETY OF FITNESS EXCURSIONS

3

WEIGHT LOSS CUISINE

LUXURIOUS YET HEALTHY MENUS THAT ARE COMPATIBLE WITH YOUR WELLNESS GOALS AND ALLOW YOU TO LOSE WEIGHT WITHOUT FRUSTRATION



JACQUES FRICKER, NUTRITIONIST

The Lily of the Valley method was developed in collaboration with nutritionist Jacques Fricker. After working in research for ten years, Jacques Fricker is now a nutritionist based in Paris, where he develops his approach to nutritional support. This approach doesn't involve depriving yourself of the foods you enjoy, and as such it avoids frustration and ensures long-lasting results.

It is this nutritional philosophy that's applied by the Lily of the Valley Shape Club. The Shape Club supports guests who wish to lose weight during the «High Speed» first phase of the «TCV» method, which focuses on losing weight quickly through meals that are rich in protein and low in calories.

1

“HIGH SPEED” PHASE

2

STABILIZATION PHASE

3

BALANCE & VITALITY PHASE



PROGRAMS





FOUR DURATIONS ACCORDING TO YOUR NEEDS

4
DAYS

DISCOVER

7
DAYS

REBOOT

10
DAYS

RESET

14+
DAYS

REBORN



TAKE CARE OF YOURSELF

The hotel boasts extensive expertise, and all year round offers a luxurious, welcoming setting, where guests can pursue their goals through four different programs.

WEIGHT LOSS

SPORT

DETOX

BETTER AGING

The hotel also organizes masterclasses. Usually lasting one week, these classes focus on a specific theme, and are led by an expert in their field.





PROGRAMS



WEIGHT LOSS

ACHIEVE YOUR IDEAL WEIGHT AND LOVE LOSING WEIGHT

This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker. By following a low-calorie diet consisting of healthy meals made with the finest ingredients, and accompanied by a glass of wine at dinner, you'll be able to lose weight safely and sustainably. Throughout the duration of your stay, you'll be monitored by our wellness advisors, therapists and coaches as you enjoy treatments designed to promote drainage, along with high-intensity fitness sessions.



SPORT

IMPROVE YOUR FITNESS PERFORMANCE

High-intensity fitness sessions and a protocol of treatments that support muscle recovery will enable you to achieve your goals and go beyond your limits in the very best conditions. You will also benefit from nutritional support focused on gaining muscle mass or losing fat while still allowing you to enjoy delicious, luxurious meals. The result is a comprehensive program that enables you to really push your limits.

This program can be combined with weight loss.



PROGRAMS



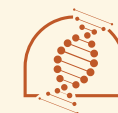
DETOX

PRIORITIZE SELF-CARE AND RETHINK YOUR LIFESTYLE

Take time for yourself and rethink your lifestyle. This program focuses on a light diet combined with yoga, gentle and outdoor exercise, and treatments that promote relaxation, to bring you a feeling of lightness and well-being. Ideal for an escape from daily life and to reset your body and mind.

Gluten- and lactose-free diet.

This program can be combined with weight loss.



BETTER AGING

OPTIMIZE YOUR LONGEVITY

Explore a new approach to longevity, with a program designed around innovative evaluation methods and body treatments with immediate and lasting results. Gentle exercise, a balanced diet, and targeted facial treatments will all be part of your stay. This program includes the use of Kinvent technology, so it can be personalized based on an analysis of your strength and general mobility.

This program can be combined with weight loss.



WEIGHT LOSS PROGRAM

This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker. By following a low-calorie diet consisting of healthy meals made with the finest ingredients, and accompanied by a glass of wine at dinner, you'll be able to lose weight safely and sustainably. Throughout the duration of your stay, you'll be monitored by our wellness advisors, therapists and coaches as you enjoy treatments designed to promote drainage, along with high-intensity fitness sessions.

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTEOPATHY CONSULTATION	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - GENTLE EXERCISE	✓	✓	✓	✓
BODY TREATMENTS				
SLIM & FIRM	1	1	2	3
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
DEEP MASSAGE & INDIBA	-	-	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	1	2	2
HAMMAM & HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	1	2
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	-	1	1	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.



SPORT PROGRAM

High-intensity fitness sessions and a protocol of treatments that support muscle recovery will enable you to achieve your goals and go beyond your limits in the very best conditions. You will also benefit from nutritional support focused on gaining muscle mass or losing fat while still allowing you to enjoy delicious, luxurious meals. The result is a comprehensive program that enables you to really push your limits.

This program can be combined with weight loss.

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTHEOPATHY CONSULTATION	-	1	2	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - MUSCLE DEVELOPMENT	✓	✓	✓	✓
BODY TREATMENTS				
RESTORE & BOOST	1	1	2	2
DEEP MASSAGE & INDIBA	1	1	2	2
SPORTS MASSAGE & CRYOTHERAPY	1	1	2	3
HAMMAM & HOT SCRUB	1	1	1	1
THAI MASSAGE	-	1	1	2
SERENITY (MUD WRAP AND MASSAGE)	-	1	1	1
CRYOTHERAPY CHAMBER	-	1	1	2
MUSCULAR & RELAXING MASSAGE	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.



DETOX PROGRAM

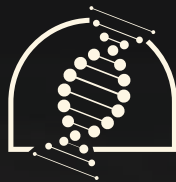


Take time for yourself and rethink your lifestyle. This program focuses on a light diet combined with yoga, gentle and outdoor exercise, and treatments that promote relaxation, to bring you a feeling of lightness and well-being. Ideal for an escape from daily life and to reset your body and mind.

*Gluten- and lactose-free diet.
This program can be combined with weight loss.*

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
GENTLE & OUTDOOR EXCURSIONS	✓	✓	✓	✓
BODY TREATMENTS				
DETOX	1	1	2	2
RELAXING MASSAGE & INDIBA	-	1	1	1
SOOTHING MASSAGE	1	1	2	2
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
INDIBA DÉTOX	-	1	1	2
DE-STRESSING MASSAGE & FOOT REFLEXOLOGY	-	-	1	2
HAMMAM & HOT SCRUB	-	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.



BETTER AGING PROGRAM

Explore a new approach to longevity, with a program designed around innovative evaluation methods and body treatments with immediate and lasting results. Gentle exercise, a balanced diet, and targeted facial treatments will all be part of your stay. This program includes the use of Kinvent technology, so it can be personalized based on an analysis of your strength and general mobility.

This program can be combined with weight loss.

	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
DURATION				
PRICES	€3200*	€5800*	€8000*	€10500*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	2	4	5	7
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
BODY TREATMENTS				
YOUNGER LONGER	1	2	2	3
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	2
CHI NEI TSANG	-	1	1	1
DEEP MASSAGE & INDIBA	1	2	2	2
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	1	1	1	2
HAMMAM & HOT SCRUB	1	1	1	1
RELAXING MASSAGE & LED	-	1	1	2
THAI MASSAGE	-	-	1	2
DE-STRESSING MASSAGE	-	-	1	1
FOOT REFLEXOLOGY	1	1	1	1
CRYOTHERAPY CHAMBER	-	-	1	2
FIRMING MASSAGE & CRYOTHERAPY	-	1	2	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	1	1
BIOLOGIQUE RECHERCHE FACE TREATMENT	1	1	1	2
EYE OR JAWLINE-SCULPTING TREATMENT	1	1	1	2
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.



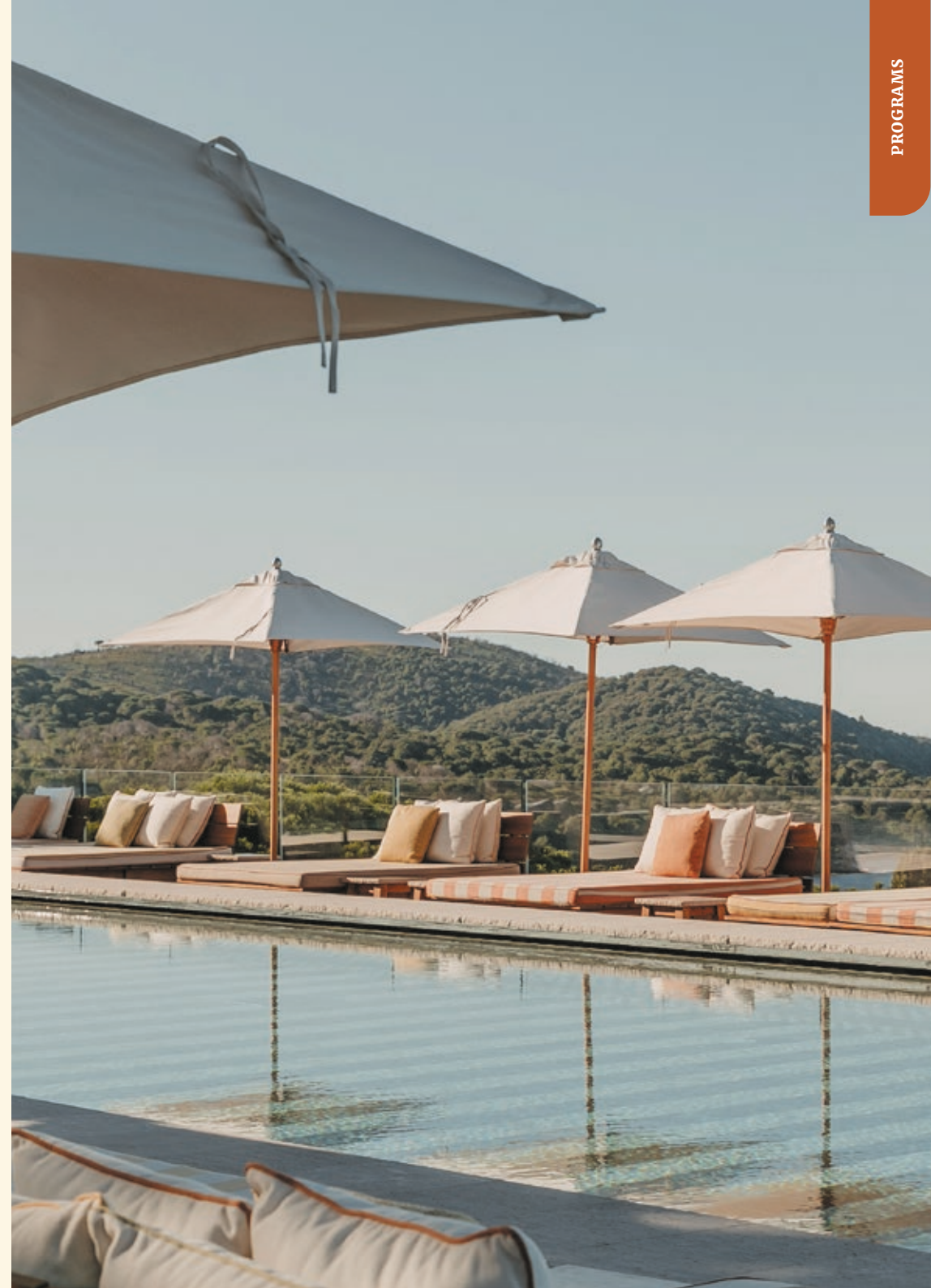
LILY OF THE VALLEY MASTERCLASSES

**A WEEK FOCUSED ON A SPECIFIC THEME
WITH AN EXPERT IN THEIR FIELD**

From October to April, Lily of the Valley organizes a masterclass each month. Focused on a wellness theme, these exceptional occasions enable a small group of guests to get up close and personal with an expert in their field. In addition to attending talks on specific themes, those participating in the masterclass can enjoy daily fitness sessions and targeted treatments given by our therapists. As part of their full board stay, they'll also get to discover our weight loss cuisine, with healthy yet luxurious meals that they can enjoy with the masterclass leader and other members of the group.

For more information and to receive the yearly schedule, please
contact the Shape Club:

+33(0)4.22.73.22.14 - shapeclub@lilyofthevalley.com





EVALUATIONS & CONSULTATIONS





EVALUATIONS & CONSULTATIONS

EVALUATE YOUR PHYSICAL CONDITION WITH THE HELP
OF THE VERY LATEST TECHNOLOGIES.

BIOIMPEDANCE ANALYSIS AND DIET & NUTRITION CONSULTATION

WEIGHT LOSS – STABILIZATION – SUPPORT

Bioimpedance analysis is an advanced tool that uses weak electrical currents to measure body composition. It provides a precise evaluation of fat and lean mass, muscle mass, and the distribution of water throughout the body. It is helpful in establishing personalized health and fitness plans, and can be used to calculate your "body age."

60 MIN | €210

PHYSICAL CONDITION EVALUATION

BALANCE – SUPPLENESS – STRENGTH

The physical condition evaluation is carried out using Kinvent technology – a tool used by physiotherapists – to measure your muscle strength, balance and suppleness.

30 MIN | €90

OSTEOPATHY

JOINTS – MUSCLES – PREVENTATIVE OR CURATIVE

An osteopathy session will help to improve your posture, and treat muscle, tendon or joint pain, by manipulating the body.

50 MIN | €195

All prices include VAT.



—
**BODY
TREATMENTS**
—



SCRUBS & MUD WRAPS

Our scrubs and mud wraps were designed and developed by the Lily of the Valley Shape Club.

Learn about them and their benefits.

We recommend that you use our saunas or steam room before a body scrub or wrap, to prepare your skin.

SCRUBS

HEMP AND PETITGRAIN

STIMULATES BLOOD FLOW - RELAXES MUSCLES - SOOTHES

APRICOT KERNEL AND JASMINE

BRIGHTENS - SOFTENS - MOISTURIZES

GREEN LUFFA AND IMMORTELE FLOWER

FIRMS - IMPROVES ELASTICITY - SMOOTHS DIMPLED SKIN

ICELANDIC VOLCANIC SAND AND PINE

PURIFIES - REFRESHES - INVIGORATES

MUD WRAPS

YELLOW MUD WRAP, WITH GINGER AND LEMON

FIRMS - STIMULATES BLOOD FLOW - SMOOTHS DIMPLED SKIN

MAUVE MUD WRAP, WITH ROSE

ANTI-AGING - NOURISHES - IMPROVES SKIN SUPPLENESS

BLUE MUD WRAP, WITH LAVENDER

SOOTHES - REPAIRS - PROMOTES HEALING

GREEN MUD WRAP, WITH SEAWEED AND THYME

ENERGIZES - REVITALIZES - DETOXIFIES

SCRUB OR MUD WRAP

30 MIN | €90

SCRUB OR MUD WRAP FOLLOWED BY A MOISTURIZING TREATMENT

50 MIN | €180

SERENITY: SCRUB OR MUD WRAP FOLLOWED BY A MASSAGE

80 MIN | €260

All prices include VAT.





MASSAGES

RELAXING MASSAGE

TRADITIONAL TECHNIQUE – LIGHT PRESSURE – DEEPLY RELAXES

50 MIN | €185 80 MIN | €250

DEEP MASSAGE

TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

50 MIN | €185 80 MIN | €250

SPORTS MASSAGE

TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS
RELIEVES AND RELAXES

50 MIN | €185 80 MIN | €250

THAI MASSAGE

TRADITIONAL TECHNIQUE – STRETCHING MOVEMENTS – ACUPRESSURE

80 MIN | €260

MOM-TO-BE MASSAGE

TARGETED TECHNIQUE – GENTLE PRESSURE – PROMOTES DRAINAGE

50 MIN | €185

SOOTHING MASSAGE (ABHYANGA)

BASED ON AYURVEDIC MEDICINE – MODERATE TO FIRM PRESSURE – SOOTHES AND REBALANCES

80 MIN | €250

DE-STRESSING MASSAGE (CHAMPISSAGE, HEAD MASSAGE)

BASED ON AYURVEDIC MEDICINE – VIGOROUS MOVEMENTS – RELAXES AND UNWINDS

50 MIN | €185

All prices include VAT.

FIRMING MASSAGE

MASSAGE TRADITIONAL TECHNIQUE – PINCH-AND-ROLL METHOD
FIRMS AND BREAKS DOWN FAT

50 MIN | €185

LYMPHATIC DRAINAGE MASSAGE

TRADITIONAL TECHNIQUE – SLOW AND GENTLE MOVEMENTS
PROMOTES DRAINAGE AND DETOXIFIES

50 MIN | €185

LIGHT LEGS TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – SLOW MOVEMENTS – IMPROVES DRAINAGE, BREAKS DOWN FAT

50 MIN | €195

SLIMMING BOOSTER TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – VIGOROUS MOVEMENTS – COMBATS CELLULITE

50 MIN | €195

FACE MASK BAR

Take care of your skin by reaping the benefits of a face mask while you enjoy your massage

LIFTKISS - €30

CONTOURS & VOLUME

LIFTS – SMOOTHS – PLUMPS – REGENERATES

PATCH DÉFATIGANT - €35

SMOOTHING AND REVITALIZING BIOCELLULOSE EYE MASK

DARK CIRCLES – WRINKLES – FINE DEHYDRATION LINES

MASQUE PIGM 400 - €35

RADIANCE BOOSTER

FIGHTS DARK SPOTS – PERFECTS – BRIGHTENS

MASQUE CAVIAR VERT - €50

LIFTING & ANTI-AGING BIOCELLULOSE MASK

FIGHTS WRINKLES – SMOOTHS – TIGHTENS

AVAILABLE EXCLUSIVELY AS A BODY TREATMENT ADD-ON.

All prices include VAT.



EXCEPTIONAL TREATMENTS

TARGETED ACTION

These treatments have been developed exclusively to meet the objectives of our four programs. The result is a unique experience that combines the expertise of our therapists in advanced treatment protocols with the precision of carefully chosen tools.



SLIM & FIRM

This treatment is included in the WEIGHT LOSS program, and is also available separately.

AN ENJOYABLE WAY TO ACHIEVE YOUR IDEAL WEIGHT.

This exceptional treatment from our Weight Loss program uses cupping therapy and manual massage to sculpt and firm your figure.

80 MIN | €260



RESTORE & BOOST

This treatment is included in the SPORT program, and is also available separately.

LET YOUR BODY RECOVER IN THE VERY BEST CONDITIONS

This exceptional treatment from our Sport program both promotes and speeds up muscle recovery through manual techniques, stretching, poultices, and the use of cold.

80 MIN | €260



DETOX

This treatment is included in the DETOX program, and is also available separately.

PROMOTE DRAINAGE AND FLUSH OUT TOXINS

This exceptional treatment from our Detox program gives a feeling of well-being and lightness. It includes a body wrap with ginger, combined with manual lymphatic drainage techniques and dry brushing.

80 MIN | €260



YOUNGER LONGER

This treatment is included in the BETTER AGING program, and is also available separately.

STRENGTHEN YOUR MOBILITY

This exceptional treatment from our Better Aging program (for the face and body) focuses on body mobility and acupressure for a feeling of well-being and suppleness, and also includes the use of gua sha to help firm, moisturize and lift skin.

80 MIN | €260

All prices include VAT.



THERAPEUTIC TREATMENTS

CHI NEI TSANG

ENERGIZING ABDOMINAL MASSAGE – STIMULATES METABOLISM
PHYSICAL AND EMOTIONAL WELL-BEING

80 MIN | €250

CUPPING THERAPY

USING SUCTION CUPS – RELIEVES TENSION
IMPROVES BLOOD CIRCULATION

45 MIN | €170

ACUPUNCTURE

STIMULATES ENERGY POINTS – RESTORES BALANCE
RELIEVES PAIN AND STRESS

50 MIN | €190

FOOT REFLEXOLOGY

CHINESE TECHNIQUE – MODERATE PRESSURE AND ACUPRESSURE
SOOTHES AND REBALANCES

50 MIN | €185

All prices include VAT.





TECHNOLOGY-BASED BODY TREATMENTS

TWO CRYOTHERAPY MACHINES

Localized cryotherapy has a precise action on a specific, targeted area, while the cryotherapy chamber is used to focus on the whole body and metabolism.

CRYOTHERAPY CHAMBER

OPTIMIZE YOUR PERFORMANCE AND DISCOVER A NEW LEVEL OF WELLNESS

- Muscle recovery and reduction in soreness and inflammation
- Improved sleep and concentration
- Boosted immune system

The treatment lasts for 3 to 5 minutes, based on your physical condition and habits.

Temperature: -110°C
Feels like: -80°C

15 MIN | €70

SET OF 5 SESSIONS | €300

All prices include VAT.



TECHNOLOGY-BASED BODY TREATMENTS

LOCALIZED CRYOTHERAPY

ACCELERATED WEIGHT LOSS - RECOVERY FROM EXERCISE - ELIMINATION OF EXCESS WATER

Cryotherapy is a technology-based treatment that involves creating a thermal shock through exposure to cold temperatures to trigger the elimination of fat, reduce inflammation, and boost blood flow.

FIRMING

CRYOTHERAPY - COLD SENSATION - FIRMS AND REPAIRS

30 MIN | €150

DRAINING

CRYOTHERAPY - COLD SENSATION - PROMOTES DRAINAGE AND RELIEVES

30 MIN | €150

ANTI-STRETCH MARKS

CRYOTHERAPY - COLD SENSATION - TREATS STRETCH MARKS

30 MIN | €150

LIPO TREATMENT - THIGHS

CRYOTHERAPY - COLD SENSATION - REDUCES THIGH CIRCUMFERENCE

30 MIN | €150

CUSTOMIZED TARGETED CRYO TREATMENT

CRYOTHERAPY - COLD SENSATION - DIFFERENT ACTIONS ON ONE AREA

30 MIN | €150

All prices include VAT.



TECHNOLOGY-BASED BODY TREATMENTS

RADIOFREQUENCY (INDIBA)

RECOVERY FROM EXERCISE - LYMPHATIC DRAINAGE - FIRMNESS - SLIMMING
INDIBA technology makes it possible to activate cells by generating heat.
It is used by sports doctors and fitness trainers to support high-level athletes,
and stimulates collagen production.

CUSTOMIZED INDIBA TREATMENT

RADIOFREQUENCY - WARM SENSATION - TREATS A SPECIFIC AREA
30 MIN | **€120**

INDIBA SLIMMING TREATMENT

RADIOFREQUENCY - WARM SENSATION - SCULPTS AND TONES
80 MIN | **€295**

INDIBA DETOX

RADIOFREQUENCY - WARM SENSATION AND SLOW MOVEMENTS
PROMOTES DRAINAGE - GIVES A FEELING OF LIGHTNESS
80 MIN | **€295**

INDIBA MUSCLE TREATMENT

RADIOFREQUENCY - WARM SENSATION - RELIEVES AND REPAIRS
50 MIN | **€195**

All prices include VAT.





—
**FACE
TREATMENTS**
—



BIOLOGIQUE RECHERCHE: PERSONALIZED SKINCARE TREATMENTS

French dermocosmetics brand, Biologique Recherche, has developed a methodology based on unique and personalized skincare protocols. Its treatments are suitable for both men and women, and comprise three key stages.

THE THREE KEY STAGES





FACE TREATMENTS

CUSTOMIZED FACIAL TREATMENT

When developing its treatments, Biologique Recherche focuses on studying the skin, so it can personalize its treatment protocols and tailor them to your Skin Instant®.

Its treatments are always based on an individual dermocosmetic diagnosis.

Whether you're looking for radiant, purified, moisturized or toned skin, we make sure we choose the right booster(s) to match your Skin Instant®.

Our treatments can address one or several needs, depending on the time you have available to dedicate to your skin.

50 MIN | €195

80 MIN | €260

SECONDE PEAU TREATMENT

For regenerated skin. Designed for skin damaged by aging, this lifting treatment includes using an electrospun mask with 80% pharmaceutical grade hyaluronic acid.

80 MIN | €500

All prices include VAT.



RESULTS BOOSTERS

ENHANCE EFFECTS

In addition to your treatment

REMODELING FACE

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect.

IN ADDITION | €100

ELECTROPORATION

A high-frequency impulse current makes the upper layer of the epidermis more permeable and increases the penetration of the serum rich in active ingredients.

IN ADDITION | €150

MICROPUNCTURE LAB

An intensive treatment that stimulates collagen production through intra-epidermal micro-stimulation using micro-needles.

IN ADDITION | €150

TARGETED TREATMENTS

To complement your treatment

EYE TREATMENT

Hydration and specific nutrients to revitalize and smooth the sensitive skin around the eyes.

30 MIN | €120

50 MIN | €195

JAWLINE-SCULPTING TREATMENT

A targeted treatment to improve skin tone and tightness, visibly reducing the signs of aging. Fights the effects of gravity for a more balanced jawline.

30 MIN | €120

50 MIN | €195

All prices include VAT.



OUR SKIN PROGRAMS

PRECISION, DISCIPLINE, AND CUSTOMIZED SKINCARE: THE VERY BEST OF DERMOCOSMETICS

Lily of the Valley offers three skin programs, designed to transform your skin. Make the most of your stay to care for your skin, and choose the skin program you need, for a duration of 3 to 5 days.

1

SUPERCLEANSE
Acne
and oily skin

2

GLOW & GO
Dull skin
and dehydration

3

ULTIMATE HYALURONIC
Deep wrinkles
and loss of firmness



OUR SKIN PROGRAMS & THEIR EXCLUSIVE PROTOCOL

SUPERCLEANSE PROGRAM

ACNE SKIN DAMAGED BY A HARSH, ABRASIVE SKINCARE ROUTINE.

Based on three or five treatments with at least 24 hours between them they'll leave your skin clearer and hydrated, and help keep it pure and healthy. Enjoy a cleansing HydraFacial LED therapy face gym and an exclusive treatment developed in collaboration with Biologique Recherche and aet your skin back on track.

3 DAYS | €850

5 DAYS | €1,200

TREAT YOUR SKIN TO... EXCLUSIVE SUPERCLEANSE TREATMENT

Inspired by our Supercleanse skin program, this exclusive treatment is aimed at combination skin with minor blemishes.

CLEANSING & GENTLE EXTRACTION - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €350

All prices include VAT.

GLOW & GO PROGRAM

FOR SKIN THAT LACKS RADIANCE AND HYDRATION.

Based on three or five treatments, with at least 24 hours between them, they'll leave your skin plumped, hydrated and luminous. A cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment developed in collaboration with Biologique Recherche, will help you to get your glow back - and keep it!

3 DAYS | €850

5 DAYS | €1,200

TREAT YOUR SKIN TO... EXCLUSIVE GLOW & GO TREATMENT

Inspired by our Glow & Go skin program, this exclusive treatment is aimed at skin that lacks radiance and hydration.

HYDRATION & RADIANCE - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €350

ULTIMATE HYALURONIC PROGRAM

FOR SKIN THAT HAS LOST ELASTICITY, HAS DEEP WRINKLES, AND IS LINED BY TIME.

Based on three or five treatments, with at least 24 hours between them, they'll leave your skin nourished, smoother and radiant. Enjoy a cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment using hyaluronic acid and developed in collaboration with Biologique Recherche, for skin that glows with health and vitality again.

3 DAYS | €950

5 DAYS | €1,390

TREAT YOUR SKIN TO... EXCLUSIVE ULTIMATE HYALURONIC TREATMENT

Inspired by our Ultimate Hyaluronic skin program, this exclusive treatment is aimed at mature and lined skin.

REPAIRS & FIRMS - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €550

All prices include VAT.



TECHNOLOGY-BASED FACE TREATMENTS

HYDRAFACIAL: THE PERFECT GLOW IN THREE STEPS

Every 15 seconds, someone in the world enjoys a HydraFacial treatment. This remarkable success is due to the effectiveness of the unique technology used, along with the three-step method, followed by the application of booster serums.

INITIAL 3-STEP HYDRAFACIAL PROTOCOL



INITIAL HYDRAFACIAL

30 MIN | €220

All prices include VAT.



EXPERT HYDRAFACIAL PROTOCOLS

An initial HydraFacial treatment, combined with serums for targeted action.



DEEP DETOX HYDRAFACIAL

Application of a serum, as well as the use of ultrasound to remove blackheads, and prolonged exposure to blue LED light to effectively prevent the spread of bacteria. This treatment purifies the skin, while also providing comfort and hydration.

Targeted serum: blemishes and balance

45 MIN | €270

ULTIMATE RADIANCE HYDRAFACIAL

After thoroughly cleansing and deeply hydrating the skin, a specific serum is applied, tailored to your skin's needs. The skin is then exposed to LED light, with colors chosen according to the benefits sought.

Targeted serum: hydration and first signs of aging

45 MIN | €270

FOREVER YOUNG HYDRAFACIAL

The effects of this treatment are dramatically enhanced by lymphatic drainage, to flush out waste. Features look rested and the skin is deeply nourished by a serum rich in vitamins and hyaluronic acid, which – along with exposure to red LED light – help to improve collagen production.

Targeted serum: deep wrinkles, pigmentation marks, loss of firmness

60 MIN | €350

All prices include VAT.



LED THERAPY

Our advanced skincare technology, LED Therapy, is your ultimate solution for radiant, younger-looking, beautifully healthy skin.

Using innovative, customized protocols, we have designed non-invasive treatments that combine the power of LED light therapy and the extensive knowledge of our experts.



LED SESSIONS TO COMPLEMENT YOUR TREATMENT

**DIAGNOSIS BY OUR EXPERTS
CUSTOMIZED TREATMENT**

EFFECTIVE ON:

- Persistent breakouts and inflammation, clogged pores
- Dull complexions and skin that lacks hydration
- Reactive and fragile skin that lacks radiance, hydration and comfort
- Wrinkles and fine lines, sun damage, loss of elasticity, dilated pores, and uneven skin tone
- Recommended after surgery or injections

**LED SESSION TO COMPLEMENT YOUR TREATMENT
CUSTOMIZED TREATMENT**

30 MIN | €95

All prices include VAT.



**SPORT &
MEMBERSHIP**



OUR AQUATIC OUTDOOR SPORTS

SEA WADING (ALL YEAR ROUND)

KAYAKING

PADDLEBOARDING

PADDLEBOARD YOGA

AQUA BOXING

AQUA FITNESS

FLOAT PILATES

SWIM & LEARN



OUR LAND OUTDOOR SPORTS

NORDIC WALKING
HIKING
MOUNTAIN BIKING
SUNRISE YOGA
RUNNING
BREKKIE TREK

We offer excursions with different durations, so there is something for every level.





OUR INDOOR SPORTS

POSTURAL BALL
YOGA
PILATES
MEDITATION
TRX
BIKING SPRINT
CARDIO BOXE
CORE TRAINING
STRETCHING



RATES

INDIVIDUAL COACHING SESSIONS

	SOLO	DUO	ADD PERSON
PER SESSION	€140	€210	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€650	€1,000	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€1,200	€1,800	

GROUP COACHING SESSIONS (EXCEPT MOUNTAIN BIKING)

PER SESSION	€45	€80	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€210	€360	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€400	€680	

MOUNTAIN BIKE EXCURSION AND BIKE RENTAL

BIKE RENTAL RATE PER HOUR	€40	€80	+€40
BIKE RENTAL 1/2 DAY (4 HOURS)	€60	€120	+€50
BIKE RENTAL 1 DAY	€100	€200	+€80
BIKE EXCURSION WITH COACH – 2 HOURS	€240	€390	+€60
BIKE EXCURSION WITH COACH – 1/2 DAY (4 HOURS)	€390	€540	+€60

HIKING

NORDIC WALKING WITH COACH – 2 HOURS	€200	€350	+€50
NORDIC WALKING WITH COACH – 1/2 DAY (4 HOURS)	€350	€500	+€50

Indoor and outdoor coaching sessions are available for all our guests.
You can contact Reception directly to get the weekly schedule.

All prices include VAT.





THE SAILING CLUB

Our family-friendly Sailing Club offers a wide range of water sports throughout the day. From paddleboarding to sea wading and canoeing, there's something for everyone to enjoy. Our team is on hand to welcome regular visitors from Gigaro and Lily of the Valley guests, from age 7 to 77.

OPEN FROM MAY TO SEPTEMBER

OUR WATER SPORTS

PRICES	1 HOUR	1/2 DAY	1 DAY
PADDLEBOARDING	€20	€60	€80
TRANSPARENT PADDLEBOARDING	€30	€80	€110
GIANT PADDLEBOARDING	€45	€110	€160
CANOEING (SOLO)	€20	€60	€80
CANOEING (DUO)	€30	€70	€90
TRANSPARENT CANOEING	€40	€80	€110
WINDSURFING	€25	€50	-
FUNBOARDING	€30	€55	-
INDIVIDUAL COACHING SESSION			
EFOIL	€180		

1/2 DAY: 9 A.M. TO 1 P.M. OR 2 P.M. TO 6 P.M.
1 DAY: 9 A.M. TO 6 P.M.

All prices include VAT.



A DAY AT THE SHAPE CLUB

SOLO
€450

DUO
€650

ADD. PERSON
+€190

DETAILS

- 1 x 50-minute body or facial treatment per person
- Access to the "Nordic circuit"
(steam room, saunas, snow shower, ice fountain)
- Access to the Shape Club pool and sunbeds
- Access to the fitness room
- 1 lunch at the Shape Club
(starter + main course or main course + dessert, drinks not included)
- Access to the excursions available

All prices include VAT.



MEMBERSHIPS & ACCESS

1 MONTH
€1,500

3 MONTHS
€2,500

6 MONTHS
€3,500

12 MONTHS
€5,500

DÉTAILS

Access to the fitness room

Access to the «Nordic circuit»

(steam room, saunas, snow shower, ice fountain)

Access to the semi-Olympic pool

Access to the excursions available

(subject to change due to weather or hotel circumstances)

Individual coaching session with a dedicated coach

30-minute high-tech treatment (Indiba or Cryotherapy)

1 bioimpedance analysis

48-hour laundry service (for 6- and 12-month memberships)

Guest pass for the person of your choice

(2 passes for 1- and 3-month memberships,

4 for 6- and 12-month memberships)

Valet parking

Concierge service (starting from 6 months)

**10% REDUCTION
ON THE PROGRAMS**

All prices include VAT.





HAIR & BEAUTY



HAIRSTYLING & BARBER SERVICE

WOMEN'S HAIRSTYLING SERVICES

BOTANICAL RITUAL OWAY

PERSONALIZED PROTOCOL – SCALP ANALYSIS AND PREPARATION
HAIR VITALITY BOOST AND NUTRITION

45 MIN | **€120**

RITUAL & BLOW-DRY | **€180 to €220**

Blow-dry (short hair) - €80

Blow-dry (mid-length hair) - €100

Blow-dry (long hair) - €120

Cut & blow-dry - €150 to €190

Color & blow-dry - €160 to €200

Color, cut & blow-dry - €220 to €260

Balayage & blow-dry - €180 to €240

Balayage, cut & blow-dry - €250 to €310

The hair treatment is included in the price of the service.

Chignon/evening look - €120

Chignon/wedding styling – price upon consultation

BARBER SERVICE & MEN'S HAIRSTYLING

Haircut - €55

Boy's haircut (under age 12)- €35

Beard trim - €50

All prices include VAT.



THE NAIL BAR

To care for and beautify your nails, Lily of the Valley chose to work with the French cruelty-free, vegan brand, Manucurist. Its products are made with 84% natural ingredients. For semi-permanent nail polish application, we use the brand OPI.

MANICURE

- Nail filing & shaping, cuticle care, buffing, hydration and massage
 - Without polish application - €80
 - With regular nail polish application - €90
 - With semi-permanent nail polish application - €120

PEDICURE

- Soak, nail filing & shaping, cuticle care, buffing, foot filing, hydration and massage
 - Without polish application - €100
 - With regular nail polish application - €110
 - With semi-permanent nail polish application - €140

EXPRESS MANICURE OR PEDICURE

- Nail filing & shaping and cuticle care
 - Without polish application - €40
 - With regular nail polish application - €50
 - With semi-permanent nail polish application - €80

SEMI-PERMANENT NAIL POLISH REMOVAL - €35

All prices include VAT.





GENERAL TERMS & CONDITIONS



GENERAL TERMS & CONDITIONS

ACCESS

Please note that you must be aged 16 or over to access the Shape Club. The fitness and relaxation areas (pool, fitness room, saunas, steam room) are only available to guests staying at Lily of the Valley, Shape Club members, and those who have access to the Shape Club for a day. Treatments are available to non-residents.

AESTHETIC AND MOM-TO-BE TREATMENTS

The treatments offered are designed to focus on relaxation and do not have any medical purpose. For safety reasons, we offer treatments that are suitable for women who are at least three months pregnant. We reserve the right to refuse a treatment to women in the first trimester of their pregnancy.

BOOKING

For all bookings, you will be asked to provide a credit card as security. In the case of cancellation or changes (as referred to in the paragraphs below), or in the case of damage, the amount due will be debited. You will be asked to pay the full price of your treatment when you book your appointment. You will also be asked to fill in a health questionnaire when you make your booking. Please answer all the questions as accurately as possible, and add the date and your signature. You are responsible for the accuracy of the information provided.

CANCELLATION

Should you cancel a program or treatment less than 24 hours before it begins, the full price will be charged to the credit card used to make the booking.

If you have a health problem that prevents you from taking part in the activities, you can request that your participation in the program be cancelled, on condition of providing a medical certificate. However, your accommodation cannot be cancelled or refunded.

CLOTHING

For your comfort, you will be provided with bath towels, a bathrobe and slippers. Swimwear must be worn in the Shape Club. Anyone who wishes to access the fitness rooms is required to wear clean sports clothes and shoes.

FITNESS & NUTRITION PROGRAMS

A Lily of the Valley program consists of a specific eating plan, treatments, and exercise sessions. The Shape Club is not a medical establishment; its teams will not provide medical advice or recommendations. We do ask that you ensure you are in sufficiently good health and physical condition to take part in the activities organized. It is also your responsibility to inform the teams should you have any dietary or health restrictions.

GIFT CARDS

Gift cards are available from the Shape Club reception. They are valid for one year from the date of purchase, and issued in the name of the beneficiary. Gift cards must be redeemed by the recipient and cannot be exchanged or refunded.

LATE ARRIVALS

Please make sure that you arrive 15 minutes before the start of your treatment, so you have time to fill in the treatment questionnaire, choose your massage oil, and get changed. Should you arrive late, the length of the treatment may be shortened in order to accommodate the appointments that follow.

LOST OR DAMAGED PERSONAL ITEMS

We accept no responsibility for lost or damaged personal items. If you are a guest at the hotel, we recommend that you keep any valuables in the safe in your room.

Alternatively, you can place them in one of the lockers in the changing rooms, which have code locks. The hotel management reserves the right to open lockers that are still shut at the end of the day, and remove any items inside. Lockers are not assigned to specific individuals.

PETS

Pets are not allowed into the Shape Club.

RESPONSIBILITY & INSURANCE

In the case of failure to follow the safety instructions provided to you, or inappropriate use of the fitness equipment and facilities made available to you, we cannot be held liable for any damage incurred. We advise you to take out your own insurance to cover any eventual damage caused to yourself or to a third party while taking part in the program's activities.

TERMINATION

If you do not comply with the rules and regulations of the Shape Club fitness room, we reserve the right to terminate your program. In such cases, the cost of the program will not be refunded.

WEIGHT LOSS

If you choose the weight loss option, please note that its success depends on rigorously following the diet plan suggested, but essentially on each individual's metabolism and state of health.



—
**TAKE CARE
OF YOURSELF**
—





WELLNESS LUXURY HOTEL

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