



# PROGRAM REBOOT 7 DAYS

3700€

## HEALTH & DIET

- Initial evaluation and creation of a personalized program
- 1 consultation and follow-up with a naturopath or dietician
- 1 consultation with an osteopath
- Full board with personalized menus
- Final evaluation and lifestyle & diet recommendations

## SPORT

- 1h30 hours of sport every day, (choose from 70 weekly different lessons) or energy art sessions recommended
- 4 private coaching sessions, indoor or outdoor

## EXPERT TREATMENTS

- 1 BioparHom analysis
- 3 INDIBA slimming and muscle-toning radiofrequency treatments
- 4 pressotherapy sessions to reduce cellulite and water retention
- 1 SKIN INSTANT LAB skin diagnosis

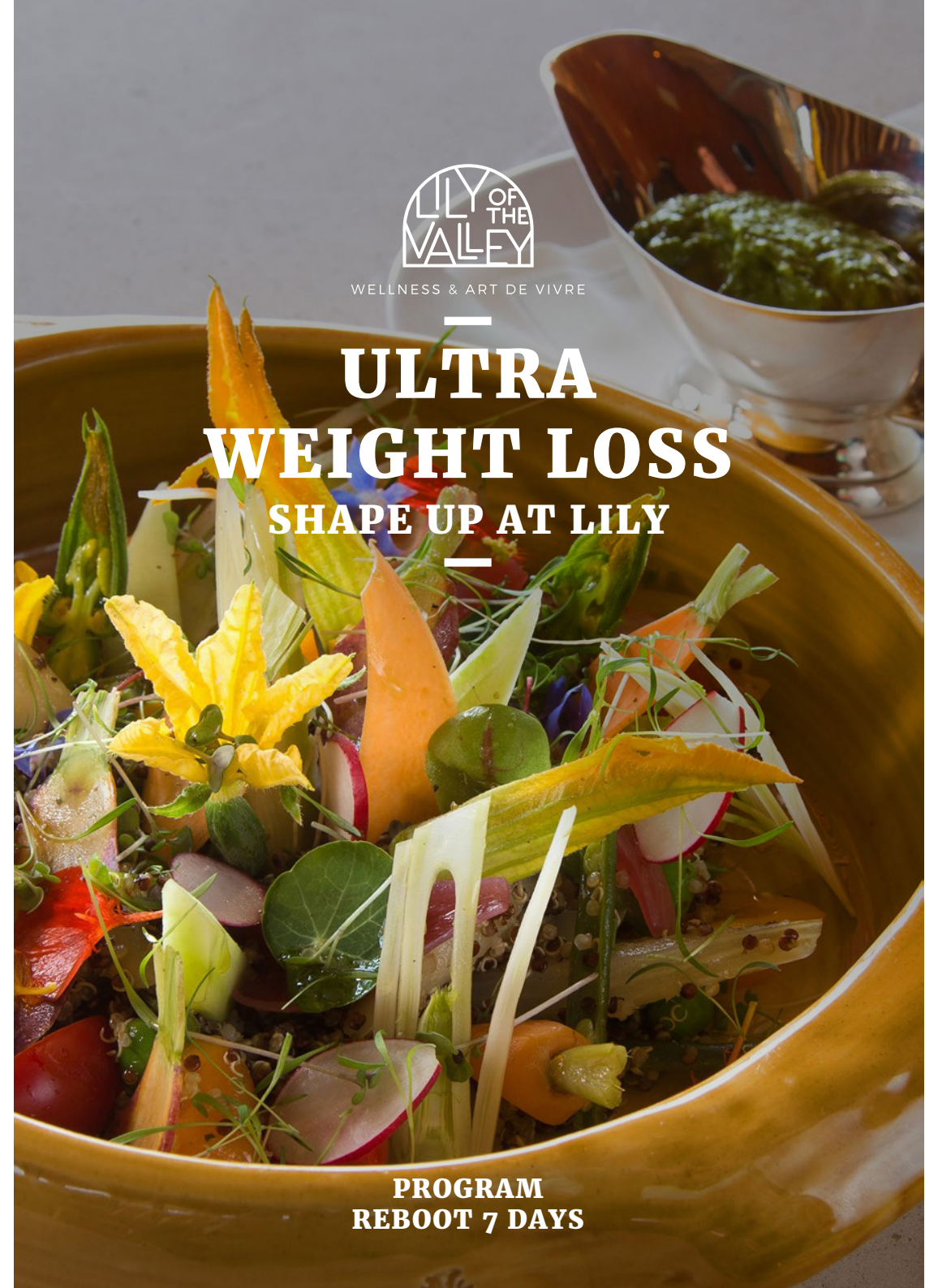
## WELLNESS TREATMENTS

- 3 personalized massages
- 2 energizing/ayurvedic massages
- 1 Biologique Recherche face treatment
- 4 slimming, detoxifying and draining treatments



WELLNESS & ART DE VIVRE

# ULTRA WEIGHT LOSS SHAPE UP AT LILY



PROGRAM  
REBOOT 7 DAYS



# ULTRA WEIGHT LOSS SHAPE UP AT LILY

THE LILY METHOD IS BASED ON FOUR PILLARS

## HEALTH & DIET

Naturopathy (recognized by the WHO) brings together several methods that help you to take charge of your health over the long term. It involves identifying the root cause of problems in order to treat them.

Osteopathy is a manual therapy that treats the entire body, focusing on musculoskeletal, stomach and intestinal problems, and headaches.

Dietetics is the science of healthy eating. It studies all the rules that should govern your diet and is the most natural way to maintain or regain weight, and maintain or improve your health. Our menus are developed by our chef, Vincent Maillard, who used to work with famous chef Alain Ducasse. When putting together your meals, he takes into account the desires and objectives expressed at the beginning of your stay.

## SPORT

Lily of the Valley is specialized in sports and is home to 518 hectares of paths, beaches and vineyards, where people can enjoy outdoor activities surrounded by nature all year long. Our two pools are heated to 29°C throughout the year. The fitness room is equipped with new-generation Technogym® equipment and Keiser® exercise bikes. Our qualified coaches have all been specially chosen for their different areas of expertise.

The Wellness Village offers 70 group lessons per week, included in your program. You can choose from:

- Sports lessons: Aqua Fitness, Aqua Pilates, Aqua Boxing, Floating Fitness, Exercise Ball, Stretching, TRX Suspension Training, Spin Indoor Cycling, Cardio Sculpting, Running, Outdoor Circuit Training and Cycling.
- Our energy arts: Floating Yoga, Yoga, Aerial Yoga, Meditation, Walking Meditation.

## EXPERT TREATMENTS

Bioparhom is a non-invasive, painless bioimpedance method that makes it possible to measure various physiological parameters, such as body fat, muscle mass, bone mass, hydration levels, etc. It can be used to assess a person's state of health, and we draw on the information collected to create our personalized programs.

The INDIBA device uses radiofrequency to promote cell regeneration. Thanks to this cutting-edge technology, we can improve firmness and relieve muscle and tendon pain, to help athletes prepare and recover. It also boosts circulation, helping to detoxify the body.

Pressotherapy is used as a slimming technique, and allows for mechanical drainage by applying pressure to specific points. Pressotherapy sessions have a beneficial effect if you are experiencing discomfort due to circulatory disorders or muscle pain, and leave you feeling lighter and more relaxed.

The HydraFacial is a hi-tech treatment with an immediate effect on the skin. The unique, stimulating HydraFacial system deeply cleanses, unclogs pores, and hydrates skin with nutrient-rich solutions. There are also smoothing and brightening Booster options available.

SKIN INSTANT LAB® is the first step in the Biologique Recherche methodology. This unique skin-analysis system takes an in-depth snapshot of your skin in order to adapt your facial treatment and beauty routine to your specific needs.

## WELLNESS TREATMENTS

All our treatments and massages were developed by Gilles Szafirko, who was awarded best masseur in France in 2017. Specialized in holistic therapies, he now works exclusively for Lily of the Valley, where he provides treatments, trains the Wellness Village team, and creates signature treatments.

Our energizing massages are based on traditional Chinese medicine. Each one offers different benefits and aims to improve vitality and give an overall feeling of relaxation.

Our Ayurvedic treatments are based on Indian medicine and help to soothe the mind, improve sleep, and better manage stress.

All our body treatments and massages are personalized. They take into account the needs and expectations mentioned during your initial consultation and the objectives you set with our team.