



WELLNESS LUXURY HOTEL

DETOX

DETOX AT LILY

PROGRAM
DISCOVERY 4 DAYS



PROGRAM DISCOVERY 4 DAYS

2 100€

HEALTH & DIET

Initial evaluation and creation of a personalized program
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 40 weekly different lessons)
or yoga and relaxation sessions
1 private coaching session, indoor or outdoor

EXPERT TREATMENTS

1 BioparHom analysis
1 INDIBA slimming radiofrequency treatment
2 pressotherapy sessions to reduce cellulite and water retention
1 SKIN INSTANT LAB skin diagnosis

WELLNESS TREATMENTS

1 Lily Detox signature Ritual to eliminate toxins
2 energizings/ayurvedics massages
1 Biologique Recherche face treatment
1 detox treatment of the scalp

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Hotel Partner

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THE LEADING HOTELS
OF THE WORLD[®]