



WELLNESS LUXURY HOTEL

SPORT & PERFORMANCE

SWEAT AT LILY

**PROGRAM
RESET 14 DAYS**



PROGRAM RESET 14 DAYS

7 400€

HEALTH & DIET

Initial evaluation and creation of a personalized program
2 consultations with an osteopath
Full board with personalized menus
Final evaluation and lifestyle & diet recommendations

SPORT

2 hours of sport every day, (choose from 40 weekly different lessons)
or yoga and relaxation sessions
12 private coaching sessions, indoor or outdoor

EXPERT TREATMENTS

2 BioparHom analysis
1 SKIN INSTANT LAB skin diagnosis
6 INDIBA muscle-recovery radiofrequency treatments
6 pressotherapy sessions to improve the circulatory system

WELLNESS TREATMENTS

1 Ritual signature Lily Wellness
6 personalized massages
2 energizing/ayurvedic massages
2 exfoliating treatments to help skin breathe
2 regenerating body wraps
1 detox treatment of the scalp
1 Biologique Recherche oxygenating face treatment

Traveller Made
Hotel Partner

AMERICAN EXPRESS
FINE HOTELS & RESORTS

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THE LEADING HOTELS
OF THE WORLD