



WELLNESS LUXURY HOTEL

SPORT & PERFORMANCE

SWEAT AT LILY

**PROGRAM
REBORN 28 DAYS**



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14 500€

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
- 26 private coaching sessions, indoor or outdoor
- 3 local discovery activities (local markets, vineyard visits,...)

EXPERT TREATMENTS

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

WELLNESS TREATMENTS

- 1 Ritual signature Lily Wellness
- 10 personalized massages
- 6 energizing/ayurvedic massages
- 4 exfoliating treatments to help skin breathe
- 4 regenerating body wraps
- 1 detox treatment of the scalp
- 1 Biologique Recherche oxygenating face treatment
- 1 repair manicure or pedicure

Traveller Made[®]
Hotel Partner

AMERICAN EXPRESS FINE HOTELS & RESORTS Tél +33 (0)4.22.73.22.45 - program@lilyofthevalley.com - lilyofthevalley.com

THE LEADING HOTELS
OF THE WORLD