



WELLNESS LUXURY HOTEL

SPORT & PERFORMANCE

SWEAT AT LILY

**PROGRAM
DISCOVERY 4 DAYS**



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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

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

EXPERT TREATMENTS

1 BioparHom analysis
1 INDIBA muscle-recovery radiofrequency treatment
2 pressotherapy sessions to improve the circulatory system

WELLNESS TREATMENTS

1 Ritual signature Lily Wellness
2 personalized massages
1 energizing/Ayurvedic massage
1 regenerating exfoliating treatment and 1 envelopment to help skin breathe

Traveller Made
Hotel Partner

AMERICAN EXPRESS
FINE HOTELS & RESORTS

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THE LEADING HOTELS
OF THE WORLD