



WELLNESS LUXURY HOTEL

SPORT & PERFORMANCE
SWEAT AT LILY

**PROGRAM
REBOOT 7 DAYS**



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3 700€

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

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

EXPERT TREATMENTS

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

WELLNESS TREATMENTS

- 1 Ritual signature Lily Wellness
- 3 personalized massages
- 1 energizing/ayurvedic massage
- 2 rexfoliating treatment to help skin breathe
- 1 regenerating body wrap
- 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