



WELLNESS LUXURY HOTEL

WEIGHT LOSS

SHAPE UP 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

1h30 hours of sport every day, (choose from 40 weekly different lessons)
or yoga and relaxation sessions
10 private coaching sessions, indoor or outdoor
1 local discovery activity (local markets, vineyard visits,...)

EXPERT TREATMENTS

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

WELNESS TREATMENTS

5 personalized massages
3 energizing/ayurvedic massages
7 slimming, detoxifying and draining treatments
1 Biologique Recherche face treatment
1 detox treatment of the scalp