



WELLNESS LUXURY HOTEL

WEIGHT LOSS

SHAPE UP 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

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

EXPERT TREATMENTS

2 BioparHom analysis
12 INDIBA detox and slimming radiofrequency treatments
12 pressotherapy sessions to reduce cellulite and water retention
1 HydraFacial treatment

WELLNESS TREATMENTS

10 personalized massages
5 energizing/ayurvedic massages
1 personalized detox treatment of the scalp
3 Biologique Recherche face treatments
1 repair manicure or pedicure
14 slimming, detoxifying and draining treatments

Traveller Made
Hotel Partner

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THE LEADING HOTELS
OF THE WORLD