



WELLNESS LUXURY HOTEL

WEIGHT LOSS

SHAPE UP 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

- 1h30 hours of sport every day, (choose from 40 weekly different lessons) or yoga and relaxation sessions
- 2 privates coachings session, indoor or outdoor

EXPERT TREATMENTS

- 2 INDIBA slimming radiofrequency treatments
- 1 BioparHom analysis
- 2 pressotherapy sessions to reduce cellulite and water retention

WELLNESS TREATMENTS

- 2 personalnized massages
- 1 energizing/ayurvedic massage
- 1 slimming and detox body wrap
- 1 slimming booster treatment
- 1 regenerating exfoliating treatment to help skin breathe

Traveller Made
Hotel Partner

AMERICAN EXPRESS
FINE HOTELS & RESORTS

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THE LEADING HOTELS
OF THE WORLD