



WELLNESS LUXURY HOTEL

WEIGHT LOSS

SHAPE UP 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

1h30 hours of sport every day, (choose from 40 weekly different lessons)
or yoga and relaxation sessions
4 private coaching sessions, indoor or outdoor

EXPERT TREATMENTS

1 BioparHom analysis
3 INDIBA slimming and muscle-toning radiofrequency treatments
4 pressotherapy sessions to reduce cellulite and water retention
1 SKIN INSTANT LAB skin diagnosis

SOINS WELNESS TREATMENTS

3 personalized massages
2 energizing/ayurvedic massages
1 Biologique Recherche face treatment
4 slimming, detoxifying and draining treatments

Traveller Made
Hotel Partner

AMERICAN EXPRESS
FINE HOTELS & RESORTS

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THE LEADING HOTELS
OF THE WORLD