



WELLNESS LUXURY HOTEL

— SHAPE CLUB & PROGRAMS —

ENGLISH





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SHAPE CLUB

A 2 000 sqm space dedicated to wellness,
where performance meets relaxation.

1 HEATED SEMI-OLYMPIC OUTDOOR POOL

1 FULLY EQUIPPED TECHNOGYM FITNESS ROOM

2 FITNESS STUDIOS

1 REFORMER PILATES STUDIO

1 CRYOTHERAPY ROOM

1 NORDIC CIRCUIT

(SAUNA, FINNISH SAUNA, STEAM ROOM, COLD PLUNGE, SNOW SHOWER)

7 TREATMENT ROOMS

1 RELAXATION ROOM



THE LILY OF THE VALLEY METHOD

The Lily of the Valley method is applied throughout the year, and based around three key pillars: weight loss cuisine, sport and treatments.

The Lily of the Valley nutritional gastronomy approach was developed with nutritionist Jacques Fricker. It enables guests to achieve their weight loss goals while still enjoying the pleasure of food. This approach is combined with targeted treatments that are tailored to individual needs by our expert therapists. Indoor and outdoor fitness sessions, with varying levels of intensity and held in an idyllic setting, complete our programs.

This method is built around four programs: weight loss, detox, sport, and better aging.

EVERY DAY

1

TREATMENTS

EXCEPTIONAL
TECHNOLOGY-BASED AND
MANUAL TREATMENT

2

SPORT

INDIVIDUAL COACHING
SESSIONS A VARIETY
OF FITNESS
EXCURSIONS

3

WEIGHT LOSS CUISINE

LUXURIOUS YET HEALTHY
MENUS THAT ARE COMPATIBLE
WITH YOUR WELLNESS GOALS



Jacques Fricker
Nutritionist



JACQUES FRICKER, NUTRITIONIST

The Lily of the Valley method was developed in collaboration with nutritionist Jacques Fricker. After working in research for ten years, Jacques Fricker is now a nutritionist based in Paris, where he develops his approach to nutritional support. This approach doesn't involve depriving yourself of the foods you enjoy, and as such it avoids frustration and ensures long-lasting results.

It is this nutritional philosophy that's applied by the Lily of the Valley Shape Club. The Shape Club supports guests who wish to lose weight during the «High Speed» first phase of the «TCV» method, which focuses on losing weight quickly through meals that are rich in protein and low in calories.

1

“HIGH SPEED” PHASE

2

STABILIZATION PHASE

3

BALANCE & VITALITY PHASE



PROGRAMS & MASTERCLASSES





OUR FOUR PROGRAMS

The hotel boasts extensive expertise, and all year round offers a luxurious, welcoming setting, where guests can pursue their goals through four different programs.

WEIGHT LOSS

SPORT

DETOX

BETTER AGING





PROGRAMS



WEIGHT LOSS

ACHIEVE YOUR IDEAL WEIGHT AND LOVE LOSING WEIGHT

This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker. By following a low-calorie diet consisting of healthy meals made with the finest ingredients, and accompanied by a glass of wine at dinner, you'll be able to lose weight safely and sustainably. Targeted drainage treatments and high-intensity training sessions will complement your program.



SPORT

IMPROVE YOUR FITNESS PERFORMANCE

High-intensity fitness sessions and a protocol of treatments that support muscle recovery will enable you to achieve your goals and go beyond your limits in the very best conditions. You will also benefit from nutritional support focused on gaining muscle mass or losing fat while still allowing you to enjoy delicious, luxurious meals. The result is a comprehensive program that enables you to really push your limits.

This program can be combined with weight loss.



PROGRAMS



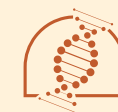
DETOX

PRIORITIZE SELF-CARE AND RETHINK YOUR LIFESTYLE

Take time for yourself and rethink your lifestyle. This program focuses on a light diet combined with yoga, gentle and outdoor exercise, and treatments that promote relaxation, to bring you a feeling of lightness and well-being. Ideal for an escape from daily life and to reset your body and mind.

Gluten- and lactose-free diet.

This program can be combined with weight loss.



BETTER AGING

OPTIMIZE YOUR LONGEVITY

Explore a new approach to longevity, with a program designed around innovative evaluation methods and body treatments with immediate and lasting results. Gentle exercise, a balanced diet, and targeted facial treatments will all be part of your stay. This program includes the use of Kinvent technology, so it can be personalized based on an analysis of your strength and general mobility.

This program can be combined with weight loss.



FOUR DURATIONS ACCORDING TO YOUR NEEDS

4

DAYS

DISCOVER

7

DAYS

REBOOT

10

DAYS

RESET

14

DAYS

REBORN



WEIGHT LOSS PROGRAM

WEIGHT LOSS PROGRAM

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTEOPATHY CONSULTATION	-	1	1	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - GENTLE EXERCISE	✓	✓	✓	✓
BODY TREATMENTS				
SLIM & FIRM	1	1	2	3
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
DEEP MASSAGE & INDIBA	-	-	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	1	2	2
HAMMAM & HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	1	2
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	-	1	1	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.

This rate includes full board as well as all treatments and coaching sessions in the program. Accommodation, to be selected according to your preferences, is offered at an additional cost.



SPORT PROGRAM

SPORT PROGRAM

This program can be combined with weight loss.

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTHEOPATHY CONSULTATION	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - MUSCLE DEVELOPMENT	✓	✓	✓	✓
BODY TREATMENTS				
RESTORE & BOOST	1	1	2	2
DEEP MASSAGE & INDIBA	1	1	2	2
SPORTS MASSAGE & CRYOTHERAPY	1	1	2	3
HAMMAM & HOT SCRUB	1	1	1	1
THAI MASSAGE	-	1	1	2
SERENITY (MUD WRAP AND MASSAGE)	-	1	1	1
CRYOTHERAPY CHAMBER	-	1	1	2
MUSCULAR & RELAXING MASSAGE	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.

This rate includes full board as well as all treatments and coaching sessions in the program. Accommodation, to be selected according to your preferences, is offered at an additional cost.

DETOX PROGRAM



DETOX PROGRAM

This program can be combined with weight loss.

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
GENTLE & OUTDOOR EXCURSIONS	✓	✓	✓	✓
BODY TREATMENTS				
DETOX	1	1	2	2
RELAXING MASSAGE & INDIBA	-	1	1	1
SOOTHING MASSAGE	1	1	2	2
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
INDIBA DÉTOX	-	1	1	2
DE-STRESSING MASSAGE & FOOT REFLEXOLOGY	-	-	1	2
HAMMAM & HOT SCRUB	-	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.

This rate includes full board as well as all treatments and coaching sessions in the program. Accommodation, to be selected according to your preferences, is offered at an additional cost.

BETTER AGING PROGRAM



BETTER AGING PROGRAM

This program can be combined with weight loss.

DURATION PRICES	DISCOVER 4 DAYS €3200*	REBOOT 7 DAYS €5800*	RESET 10 DAYS €8000*	REBORN 14 DAYS €10500*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	2	4	5	7
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
BODY TREATMENTS				
YOUNGER LONGER	1	1	2	2
CHI NEI TSANG	-	1	1	2
DEEP MASSAGE & INDIBA	1	1	2	2
LYMPHATIC DRAINAGE MASSAGE	1	1	1	2
HAMMAM & HOT SCRUB	1	1	1	2
RELAXING MASSAGE	-	1	1	2
DE-STRESSING MASSAGE	-	1	1	2
FOOT REFLEXOLOGY & LED	1	1	1	2
CRYOTHERAPY CHAMBER	-	1	2	2
FIRMING MASSAGE & CRYOTHERAPY	-	1	2	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	30 MIN.	45 MIN.	60 MIN.	60 MIN.
BIOLOGIQUE RECHERCHE FACE TREATMENT	1	1	2	2
EYE OR JAWLINE-SCULPTING TREATMENT	1	1	2	2
FACIAL STRETCHING	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL				
	✓	✓	✓	✓
WORKSHOP				
	✓	✓	✓	✓

All prices include VAT.

This rate includes full board as well as all treatments and coaching sessions in the program. Accommodation, to be selected according to your preferences, is offered at an additional cost.



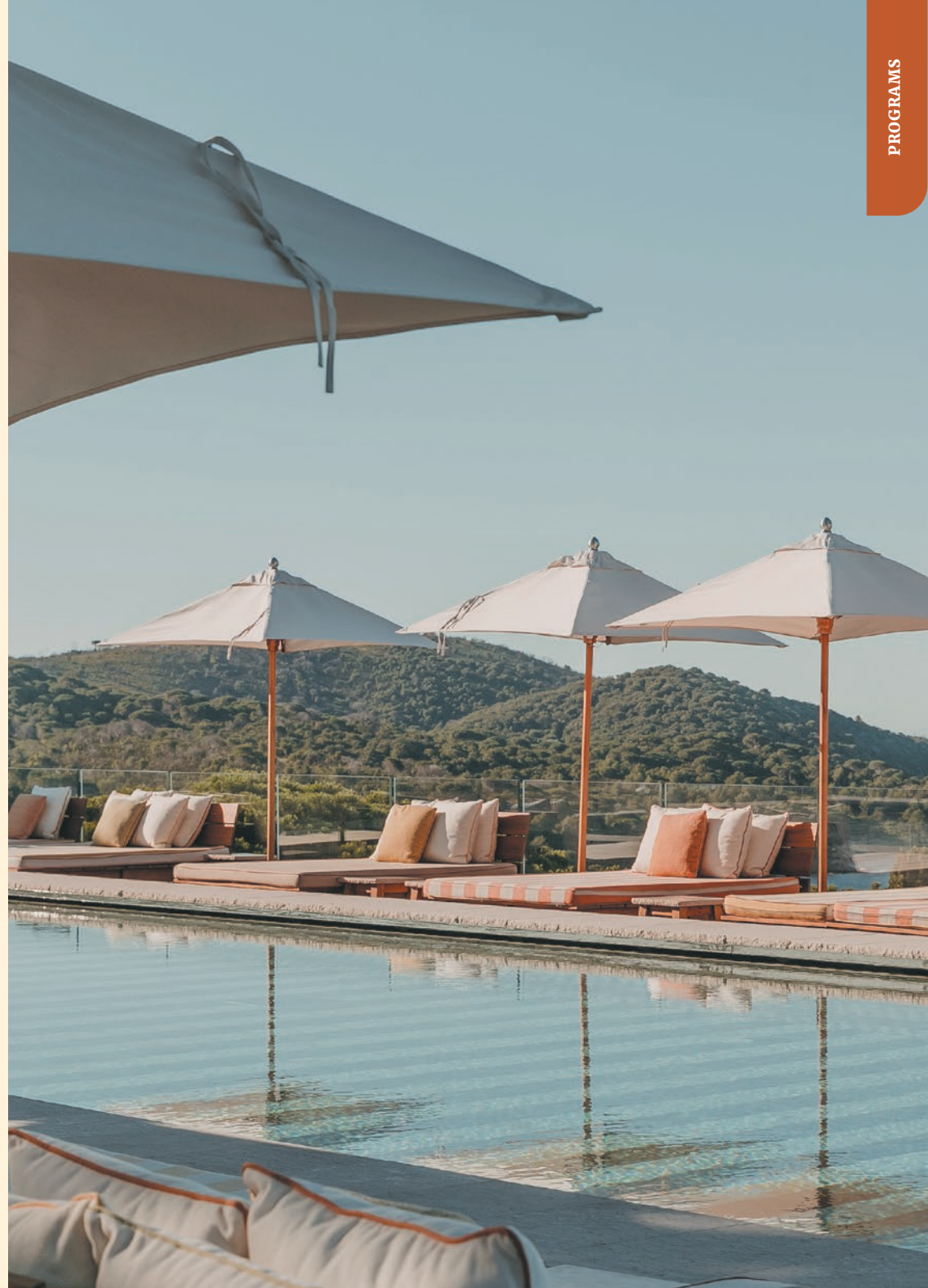
LILY OF THE VALLEY MASTERCLASSES

**A WEEK FOCUSED ON A SPECIFIC THEME
WITH AN EXPERT IN THEIR FIELD**

From October to April, Lily of the Valley organizes a masterclass each month. Focused on a wellness theme, these exceptional occasions enable a small group of guests to get up close and personal with an expert in their field. In addition to attending talks on specific themes, those participating in the masterclass can enjoy daily fitness sessions and targeted treatments given by our therapists. As part of their full board stay, they'll also get to discover our cuisine, with healthy yet luxurious meals that they can enjoy with the masterclass leader and other members of the group.

**For more information and to receive the yearly schedule, please
contact the Shape Club:**

+33(0)4.22.73.22.14 - shapeclub@lilyofthevalley.com





EVALUATIONS & CONSULTATIONS





EVALUATIONS & CONSULTATIONS

EVALUATE YOUR PHYSICAL CONDITION WITH THE HELP
OF THE VERY LATEST TECHNOLOGIES.

BIOIMPEDANCE ANALYSIS AND DIET & NUTRITION CONSULTATION

WEIGHT LOSS – STABILIZATION – SUPPORT

Bioimpedance analysis is an advanced tool that uses weak electrical currents to measure body composition. It provides a precise evaluation of fat and lean mass, muscle mass, and the distribution of water throughout the body. It is helpful in establishing personalized health and fitness plans, and can be used to calculate your "body age."

60 MIN | **€210**

PHYSICAL CONDITION EVALUATION

BALANCE – SUPPLENESS – STRENGTH

The physical condition evaluation is carried out using Kinvent technology – a tool often used by physiotherapists – to measure your muscle strength, balance and suppleness.

30 MIN | **€100**

OSTEOPATHY

JOINTS – MUSCLES – PREVENTATIVE OR CURATIVE

An osteopathy session will help to improve your posture, and treat muscle, tendon or joint pain, by manipulating the body.

50 MIN | **€200**

All prices include VAT.



BODY TREATMENTS



SCRUBS & MUD WRAPS

Our scrubs and mud wraps were designed and developed by the Lily of the Valley Shape Club.

Learn about them and their benefits.

We recommend that you use our saunas or steam room before a body scrub or wrap, to prepare your skin.

SCRUBS

HEMP AND PETITGRAIN

STIMULATES BLOOD FLOW – RELAXES MUSCLES – SOOTHES

APRICOT KERNEL AND JASMINE

BRIGHTENS – SOFTENS – MOISTURIZES

GREEN LUFFA AND IMMORTELLE FLOWER

FIRMS – IMPROVES ELASTICITY – SMOOTHS DIMPLED SKIN

ICELANDIC VOLCANIC SAND AND PINE

PURIFIES – REFRESHES – INVIGORATES

MUD WRAPS

YELLOW MUD WRAP, WITH GINGER AND LEMON

FIRMS – STIMULATES BLOOD FLOW – SMOOTHS DIMPLED SKIN

MAUVE MUD WRAP, WITH ROSE

ANTI-AGING – NOURISHES – IMPROVES SKIN SUPPLENESS

BLUE MUD WRAP, WITH LAVENDER

SOOTHES – REPAIRS – PROMOTES HEALING

GREEN MUD WRAP, WITH SEAWEED AND THYME

ENERGIZES – REVITALIZES – DETOXIFIES

SCRUB OR MUD WRAP FOLLOWED BY A MOISTURIZING TREATMENT

60 MIN | €220

SERENITY BODY TREATMENT: SCRUB OR MUD WRAP FOLLOWED BY A MASSAGE

90 MIN | €290

All prices include VAT.





MASSAGES

RELAXING MASSAGE

TRADITIONAL TECHNIQUE – LIGHT PRESSURE – DEEPLY RELAXES

60 MIN | €210 90 MIN | €280

DEEP MASSAGE

TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

60 MIN | €210 90 MIN | €280

SPORTS MASSAGE

TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS
RELIEVES AND RELAXES

60 MIN | €210 90 MIN | €280

JET LAG MASSAGE

LED THERAPY AND MASSAGE - MODERATE PRESSURE - DEEPLY RELAXES

60 MIN | €210 90 MIN | €280

MOM-TO-BE MASSAGE

TARGETED TECHNIQUE – GENTLE PRESSURE – PROMOTES DRAINAGE

60 MIN | €210

SOOTHING MASSAGE (ABHYANGA)

BASED ON AYURVEDIC MEDICINE – MODERATE TO FIRM PRESSURE – SOOTHES AND REBALANCES

90 MIN | €280

DE-STRESSING MASSAGE (CHAMPISSAGE, HEAD MASSAGE)

BASED ON AYURVEDIC MEDICINE – VIGOROUS MOVEMENTS – RELAXES AND UNWINDS

60 MIN | €210

All prices include VAT.

FIRMING MASSAGE

MASSAGE TRADITIONAL TECHNIQUE – PINCH-AND-ROLL METHOD
FIRMS AND BREAKS DOWN FAT

60 MIN | €210

LYMPHATIC DRAINAGE MASSAGE

TRADITIONAL TECHNIQUE – SLOW AND GENTLE MOVEMENTS
PROMOTES DRAINAGE AND DETOXIFIES

60 MIN | €210

LIGHT LEGS TREATMENT



DERMOCOSMETICS – SLOW MOVEMENTS – IMPROVES DRAINAGE, BREAKS DOWN FAT

60 MIN | €210

SLIMMING BOOSTER TREATMENT



DERMOCOSMETICS – VIGOROUS MOVEMENTS – COMBATS CELLULITE

60 MIN | €210

FACE MASK BAR

Take care of your skin by reaping the benefits of a face mask while you enjoy your massage

LIFTKISS - €30

CONTOURS & VOLUME

LIFTS – SMOOTHS – PLUMPS – REGENERATES

PATCH DÉFATIGANT - €35

SMOOTHING AND REVITALIZING BIOCELLULOSE EYE MASK

DARK CIRCLES – WRINKLES – FINE DEHYDRATION LINES

MASQUE PIGM 400 - €40

RADIANCE BOOSTER

FIGHTS DARK SPOTS – PERFECTS – BRIGHTENS

MASQUE CAVIAR VERT - €50

LIFTING & ANTI-AGING BIOCELLULOSE MASK

FIGHTS WRINKLES – SMOOTHS – TIGHTENS

MASQUE PLATYSMA - €40

LIFTING CHIN MASK

FIRMS - RESHAPES THE CONTOURS - LIFTS

AVAILABLE EXCLUSIVELY AS A BODY TREATMENT ADD-ON.

All prices include VAT.



EXCEPTIONAL TREATMENTS

TARGETED ACTION

These treatments have been developed exclusively to meet the objectives of our four programs. The result is a unique experience that combines the expertise of our therapists in advanced treatment protocols with the precision of carefully chosen tools.



SLIM & FIRM

This treatment is included in the WEIGHT LOSS program, and is also available separately.

AN ENJOYABLE WAY TO ACHIEVE YOUR IDEAL WEIGHT.

This exceptional treatment from our Weight Loss program uses cupping therapy and manual massage to sculpt and firm your figure.

90 MIN | €290



RESTORE & BOOST

This treatment is included in the SPORT program, and is also available separately.

LET YOUR BODY RECOVER IN THE VERY BEST CONDITIONS

This exceptional treatment from our Sport program both promotes and speeds up muscle recovery through manual techniques, stretching, poultices, and the use of cold.

90 MIN | €290



DETOX

This treatment is included in the DETOX program, and is also available separately.

PROMOTE DRAINAGE AND FLUSH OUT TOXINS

This exceptional treatment from our Detox program gives a feeling of well-being and lightness. It includes a body wrap with ginger, combined with manual lymphatic drainage techniques and dry brushing.

90 MIN | €290



YOUNGER LONGER

This treatment is included in the BETTER AGING program, and is also available separately.

STRENGTHEN YOUR MOBILITY

This exceptional treatment from our Better Aging program (for the face and body) focuses on body mobility and acupressure for a feeling of well-being and suppleness, and also includes the use of gua sha to help firm, moisturize and lift skin.

90 MIN | €290

All prices include VAT.



THERAPEUTIC TREATMENTS

CHI NEI TSANG

ENERGIZING ABDOMINAL MASSAGE – STIMULATES METABOLISM
PHYSICAL AND EMOTIONAL WELL-BEING

90 MIN | €280

CUPPING THERAPY

USING SUCTION CUPS – RELIEVES TENSION
IMPROVES BLOOD CIRCULATION

45 MIN | €195

ACUPUNCTURE

STIMULATES ENERGY POINTS – RESTORES BALANCE
RELIEVES PAIN AND STRESS

50 MIN | €220

FOOT REFLEXOLOGY

CHINESE TECHNIQUE – MODERATE PRESSURE AND ACUPRESSURE
SOOTHES AND REBALANCES

60 MIN | €210

All prices include VAT.





SPORT AND MUSCLE RECOVERY

CRYOTHERAPY CHAMBER

OPTIMIZE YOUR PERFORMANCE AND DISCOVER A NEW LEVEL OF WELLNESS

Muscle recovery and reduction in soreness and inflammation

Improved sleep and concentration

Boosted immune system

*The treatment lasts for 3 to 5 minutes,
based on your physical condition and habits.*

Temperature: -87°C

15 MIN | **€70**

SET OF 5 SESSIONS | **€300**

LOCALIZED CRYOTHERAPY

RECOVERY FROM EXERCISE - ELIMINATION OF EXCESS WATER

Cryotherapy is a technology-based treatment that creates a thermal shock through exposure to cold temperatures to reduce inflammation, boost blood flow, and firm the skin.

FIRMING

CRYOTHERAPY - COLD SENSATION - FIRMS AND REPAIRS

30 MIN | **€160**

DRAINING

CRYOTHERAPY - COLD SENSATION - PROMOTES DRAINAGE AND RELIEVES

30 MIN | **€160**

MUSCULAR

COLD SENSATION - AIDS IN RECOVERY - RELIEVES

30 MIN | **€160**



SPORT AND MUSCLE RECOVERY

Recovery is an essential step in maintaining performance, reducing tension and supporting the body's regeneration. These targeted approaches help enhance comfort, speed up recovery and restore muscular vitality.

ACTIVE RECOVERY TREATMENT – PRESSOTHERAPY

An active recovery protocol using targeted pressure to oxygenate tissues and relieve post-exercise muscle fatigue through compression boots. This treatment also has a draining and firming effect on the legs.

45 MIN | **€180**

Available on its own or as an add-on to another treatment

CONTRAST THERAPY

For experienced athletes or following an occasional workout, contrast therapy supports optimal muscle recovery through the alternation of heat exposure (sauna and steam room) and cold exposure (cold plunge, snow shower, cryotherapy).

The Nordic circuit is freely accessible to hotel guests and available to external clients following a treatment.

COACHING

A guided cold immersion experience combining breathing techniques, gradual adaptation, and mental control. Led by a coach trained in the Wim Hof method, this session allows you to fully benefit from the effects of cold exposure: vitality, recovery, and a feeling of lightness.

25 MIN | **€100**

*Les prix s'entendent TTC





TECHNOLOGY-BASED BODY TREATMENTS

RADIOFREQUENCY (INDIBA)

RECOVERY FROM EXERCISE - LYMPHATIC DRAINAGE - FIRMNESS - SLIMMING

INDIBA technology makes it possible to activate cells by generating heat.

It is used by sports doctors and fitness trainers to support high-level athletes, and stimulates collagen production.

CUSTOMIZED INDIBA TREATMENT

RADIOFREQUENCY – WARM SENSATION – TREATS A SPECIFIC AREA

30 MIN | **€160**

INDIBA FIRMING TREATMENT

RADIOFREQUENCY – WARM SENSATION – SCULPTS AND TONES

90 MIN | **€330**

INDIBA DETOX

RADIOFREQUENCY – WARM SENSATION AND SLOW MOVEMENTS
PROMOTES DRAINAGE – GIVES A FEELING OF LIGHTNESS

90 MIN | **€330**

INDIBA MUSCLE TREATMENT

RADIOFREQUENCY – WARM SENSATION – RELIEVES AND REPAIRS

60 MIN | **€220**



—
**FACE
TREATMENTS**
—



BIOLOGIQUE RECHERCHE: PERSONALIZED SKINCARE TREATMENTS

French dermocosmetics brand, Biologique Recherche, has developed a methodology based on unique and personalized skincare protocols. Its treatments are suitable for both men and women, and comprise three key stages.

THE THREE KEY STAGES

1

ASSESSMENT STAGE

Analysis
of the skin's
specific needs.

2

INITIALIZATION STAGE

Preparing
and balancing
the skin.

3

TREATMENT STAGE

Targeting each
concern and treating it
in-depth.



FACE TREATMENTS

CUSTOMIZED FACIAL TREATMENT

When developing its treatments, Biologique Recherche focuses on studying the skin, so it can personalize its treatment protocols and tailor them to your Skin Instant®.

Its treatments are always based on an individual dermocosmetic diagnosis.

Whether you're looking for radiant, purified, moisturized or toned skin, we make sure we choose the right booster(s) to match your Skin Instant®.

Our treatments can address one or several needs, depending on the time you have available to dedicate to your skin.

60 MIN | **€220**

90 MIN | **€290**

SECONDE PEAU TREATMENT

For regenerated skin. Designed for skin damaged by aging, this lifting treatment includes using an electrospun mask with 80% pharmaceutical grade hyaluronic acid.

90 MIN | **€500**

All prices include VAT.



RESULTS BOOSTERS

ENHANCE EFFECTS

In addition to your treatment

REMODELING FACE

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect.

IN ADDITION | **€100**

MICROPUNCTURE LAB

Intensive treatment that stimulates collagen production through intra-epidermal micro-stimulation using nano-needles.

IN ADDITION | **€150**

TARGETED TREATMENTS

To complement your treatment

EYE TREATMENT

Hydration and specific nutrients to revitalize and smooth the sensitive skin around the eyes.

30 MIN | **€145**

50 MIN | **€220**

JAWLINE-SCULPTING TREATMENT

A targeted treatment to improve skin tone and tightness, visibly reducing the signs of aging. Fights the effects of gravity for a more balanced jawline.

30 MIN | **€145**

50 MIN | **€220**

All prices include VAT.



FACIAL SCULPTING RITUALS

Our facial sculpting rituals combine skincare and facial sculpting through precise, bespoke protocols tailored to the uniqueness of each face.

FACIAL STRETCHING

A subtle ritual that stretches and softens facial tissues. It awakens the features, releases tension, and reveals an immediate sensation of lightness and radiance.

60 MIN | €220

INTRA-ORAL TREATMENT

A deep facial massage performed both inside and outside the mouth to release tension, sculpt volume, and naturally redefine the facial contours.

30 MIN | €145



LED THERAPY

LED ANTI-AGING MASK BY NOOÃNCE

Lily of the Valley partners with NOOÃNCE for an exclusive collaboration blending anti-aging and innovation. This partnership invites you to experience a tailor-made wellness journey, where cutting-edge technology and treatments converge to offer your skin complete regeneration.

Available for purchase at the Shape Club | €699

LED SESSION TO COMPLEMENT YOUR TREATMENT CUSTOMISED TREATMENT

After a diagnostic by our experts, we will recommend a protocol tailored to your needs: dull complexion, first signs of wrinkles, enlarged pores, blemishes, etc.
This innovative protocol is your ally for rejuvenated, healthy skin.

Session offered upon request after a treatment
(subject to availability)



OUR SKIN PROGRAMS

**PRECISION, DISCIPLINE, AND CUSTOMIZED SKINCARE:
THE VERY BEST OF DERMOCOSMETICS**

Lily of the Valley offers three skin programs, designed to transform your skin. Make the most of your stay to care for your skin, and choose the skin program you need, for a duration of 3 days.

1

SUPERCLEANSE
Acne
and oily skin

2

GLOW & GO
Dull skin
and dehydration

3

ULTIMATE HYALURONIC
Deep wrinkles
and loss of firmness



OUR SKIN PROGRAMS & THEIR EXCLUSIVE PROTOCOL

SUPERCLEANSE PROGRAM

ACNE SKIN DAMAGED BY A HARSH, ABRASIVE SKINCARE ROUTINE.

Based on three treatments they'll leave your skin clearer and hydrated, and help keep it pure and healthy. Enjoy a cleansing HydraFacial LED therapy face gym and an exclusive treatment developed in collaboration with Biologique Recherche and set your skin back on track.

3 DAYS | €900

TREAT YOUR SKIN TO.... EXCLUSIVE SUPERCLEANSE TREATMENT

Inspired by our Supercleanse skin program, this exclusive treatment is aimed at combination skin with minor blemishes.

CLEANSING & GENTLE EXTRACTION - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

90 MIN | €350

All prices include VAT.

GLOW & GO PROGRAM

FOR SKIN THAT LACKS RADIANCE AND HYDRATION.

Based on three treatments they'll leave your skin plumped, hydrated and luminous. A cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment developed in collaboration with Biologique Recherche, will help you to get your glow back - and keep it!

3 DAYS | €900

TREAT YOUR SKIN TO... EXCLUSIVE GLOW & GO TREATMENT

Inspired by our Glow & Go skin program, this exclusive treatment is aimed at skin that lacks radiance and hydration.

HYDRATION & RADIANCE - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

90 MIN | €350

ULTIMATE HYALURONIC PROGRAM

FOR SKIN THAT HAS LOST ELASTICITY, HAS DEEP WRINKLES, AND IS LINED BY TIME.

Based on three treatments they'll leave your skin nourished, smoother and radiant. Enjoy a cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment using hyaluronic acid and developed in collaboration with Biologique Recherche, for skin that glows with health and vitality again.

3 DAYS | €1.050

TREAT YOUR SKIN TO... EXCLUSIVE ULTIMATE HYALURONIC TREATMENT

Inspired by our Ultimate Hyaluronic skin program, this exclusive treatment is aimed at mature and lined skin.

REPAIRS & FIRMS - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

90 MIN | €550

All prices include VAT.



TECHNOLOGY-BASED FACE TREATMENTS

HYDRAFACIAL: THE PERFECT GLOW IN THREE STEPS

Every 15 seconds, someone in the world enjoys a HydraFacial treatment. This remarkable success is due to the effectiveness of the unique technology used, along with the three-step method, followed by the application of booster serums.

INITIAL 3-STEP HYDRAFACIAL PROTOCOL



INITIAL HYDRAFACIAL

30 MIN | €220

All prices include VAT.



EXPERT HYDRAFACIAL PROTOCOLS

An initial HydraFacial treatment, combined with serums for targeted action.



DEEP DETOX

Application of a serum, as well as the use of ultrasound to remove blackheads, and prolonged exposure to blue LED light to effectively prevent the spread of bacteria. This treatment purifies the skin, while also providing comfort and hydration.

Targeted serum: blemishes and balance

45 MIN | €270

HYDRA BOOST

After thoroughly cleansing and deeply hydrating the skin, a specific serum is applied, tailored to your skin's needs. The skin is then exposed to LED light, with colors chosen according to the benefits sought.

Targeted serum: hydration and first signs of aging

45 MIN | €270

FOREVER YOUNG

The effects of this treatment are dramatically enhanced by lymphatic drainage, to flush out waste. Features look rested and the skin is deeply nourished by a serum rich in vitamins and hyaluronic acid, which – along with exposure to red LED light – help to improve collagen production.

Targeted serum: deep wrinkles, pigmentation marks, loss of firmness

60 MIN | €350

All prices include VAT.



SPORT &
MEMBERSHIP



PULSE. SCULPT. BALANCE.

AWAKEN THE ATHLETE WITHIN YOU.

The Lily of the Valley method is a comprehensive experience that combines both classic and immersive coaching, designed for all levels. It helps tone, strengthen and harmonize the body, while exploring new ways to push your limits.

Each session takes place either in a natural outdoor setting or in one of our studios dedicated to athletic performance, through group or private coaching sessions.

Pulse. Sculpt. Balance. is not just a workout - it is a signature experience where wellbeing, performance and pleasure come together, in the refined spirit of the Shape Club at Lily of the Valley.



PULSE



SCULPT



BALANCE





PULSE

DYNAMISM AND ENERGY

Pulse makes your heart race with dynamic movements that boost endurance and awaken your inner energy.

**E-BIKE TOUR
TREKKING
SEASIDE EXPLORER CANOEING
BEACH WORKOUT
CARDIO BOXING
SWIM & LEARN
AQUA BOXING
MOUNTAIN BIKE SPRINT**

E-BIKE TOUR

ENERGY AND IDYLIC VIEWS

Enjoy outdoor fitness coaching with our e-bike tour along the trails of the Cap Lardier hills. Combining energy, sensation, and a stunning setting, mountain biking is a signature coaching experience at Lily of the Valley.



SCULPT

STRENGTH AND POSTURE

Sculpt strengthens and tones your muscles, refines your silhouette and improves posture for a toned and harmonious body.

PILATES REFORMER
POWER YOGA
SUNSET PILATES
NORDIC WALKING
FLOAT PILATES
AQUA FITNESS
PILATES MAT
TRX
CORE TRAINING

PILATES REFORMER

STRENGTH AND FLUIDITY

Lying down or in motion on the Reformer, each exercise tones and sculpts your body with precision. A complete session that combines strength, balance, and wellbeing in an intimate setting with only 4 Reformers.





BALANCE

FLEXIBILITY AND MOBILITY

Balance enhances mobility, relaxes the body and mind and promotes harmony between strength and flexibility.

SEA WADING
SOUND HEALING
YOGA
HIKING
TREKKING PRANAYAMA
SUNRISE YOGA
PADDLE YOGA
CONTRAST THERAPY
MEDITATION
STRETCHING

SOUND HEALING

SOUND AND SENSORY IMMERSION

Lying on a mat in the Shape Club pool, let the soothing vibrations and sounds of the wave envelop your body. A unique experience that harmonizes body and mind, providing deep and immediate wellbeing.



RATES

INDIVIDUAL COACHING SESSIONS

	SOLO	DUO	ADD PERSON
PER SESSION	€150	€220	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€700	€1,050	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€1,300	€1,900	

INDIVIDUAL REFORMER COACHING SESSIONS

PER SESSION	€160	€230	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€750	€1,100	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€1,400	€2,000	

GROUP COACHING SESSIONS (EXCEPT REFORMER PILATES AND MOUNTAIN BIKING)

PER SESSION	€45	€80	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€210	€360	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€400	€680	

GROUP COACHING SESSION (REFORMER PILATES OR MOUNTAIN BIKING)

PER SESSION	€60		
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MOUNTAIN BIKE EXCURSION AND BIKE RENTAL

BIKE RENTAL RATE PER HOUR	€40	€80	+€40
BIKE RENTAL 1/2 DAY (4 HOURS)	€60	€120	+€50
BIKE RENTAL 1 DAY	€100	€200	+€80
BIKE EXCURSION WITH COACH – 2 HOURS	€240	€390	+€60
BIKE EXCURSION WITH COACH – 1/2 DAY (4 HOURS)	€390	€540	+€60

HIKING

NORDIC WALKING WITH COACH – 2 HOURS	€200	€350	+€50
NORDIC WALKING WITH COACH – 1/2 DAY (4 HOURS)	€350	€500	+€50

Indoor and outdoor coaching sessions are available for all our guests.
You can contact Reception directly to get the weekly schedule.

All prices include VAT.





THE SAILING CLUB

Our family-friendly Sailing Club offers a wide range of water sports throughout the day. From paddleboarding to sea wading and canoeing, there's something for everyone to enjoy. Our team is on hand to welcome regular visitors from Gigaro and Lily of the Valley guests, from age 7 to 77.

OPEN FROM MAY TO SEPTEMBER

OUR WATER SPORTS

PRICES	1 HOUR	1/2 DAY	1 DAY
PADDLEBOARDING	€20	€60	€80
TRANSPARENT PADDLEBOARDING	€30	€80	€110
GIANT PADDLEBOARDING	€45	€110	€160
CANOEING (SOLO)	€20	€60	€80
CANOEING (DUO)	€30	€70	€90
TRANSPARENT CANOEING	€40	€80	€110
WINDSURFING	€25	€50	-

1/2 DAY: 9 A.M. TO 1 P.M. OR 2 P.M. TO 6 P.M.
1 DAY: 9 A.M. TO 6 P.M.

All prices include VAT.



A DAY AT THE SHAPE CLUB

SOLO
€390

DUO
€700

DETAILS

- 1 x 60-minute body or facial treatment per person
- Access to the "Nordic circuit"*
- Access to the Shape Club pool and sunbeds
- Access to the fitness room
- 1 Wellness Lunch at the Shape Club
(Starter + main course or main course + dessert)
- Access to the excursions available

All prices include VAT.

*The Nordic circuit includes a sauna, a Finnish sauna, a steam room, a cold plunge, and a snow shower.



MEMBERSHIPS & ACCESS

DURÉES	1 MONTH	3 MONTHS	6 MONTHS	12 MONTHS
ACCESS FITNESS	✓	✓	✓	✓
ACCESS NORDIC CIRCUIT*	✓	✓	✓	✓
ACCESS POOL	✓	✓	✓	✓
ACCESS EXCURSIONS**	✓	✓	✓	✓
WELCOME PACK	✓	✓	✓	✓
1 CRIOTHERAPY CHAMBER SESSION	✓	✓	✓	✓
1 NUTRITIONAL ASSESSMENT	✓	✓	✓	✓
1 BIOIMPEDANCE ANALYSES PER MONTH	✓	✓	✓	✓
1 KINVENT ASSESSMENT	✓	✓	✓	✓
LAUNDRY SERVICE	-	-	✓	✓
GUEST PASS	2	2	4	8
VALET PARKING	✓	✓	✓	✓
CONCIERGE	-	-	✓	✓

TARIFS	€1500*	€2800*	€3800*	€6000*
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* the nordic circuit includes a sauna, a finnish sauna, a steam room, a cold plunge, and a snow shower.

**subject to change due to weather or hotel circumstances

10% REDUCTION ON THE PROGRAMS
15% REDUCTION ON THE TREATMENTS AND THE COACHINGS

All prices include VAT.





HAIR & BEAUTY



HAIRSTYLING & BARBER SERVICE

WOMEN'S HAIRSTYLING SERVICES

BOTANICAL RITUAL OWAY

PERSONALIZED PROTOCOL – HAIR VITALITY BOOST AND NUTRITION

45 MIN | **€120**

RITUAL & BLOW-DRY | **€180 to €220**

Blow-dry (short hair) - €80

Blow-dry (mid-length hair) - €100

Blow-dry (long hair) - €120

Cut & blow-dry - €150 to €190

Color & blow-dry - €160 to €200

Color, cut & blow-dry - €220 to €260

Balayage & blow-dry - €180 to €240

Balayage, cut & blow-dry - €250 to €310

The hair treatment is included in the price of the service.

Chignon/evening look - €120

Chignon/wedding styling – price upon consultation

BARBER SERVICE & MEN'S HAIRSTYLING

Haircut - €55

Boy's haircut (under age 12)- €35

Beard trim - €50

All prices include VAT.



THE NAIL BAR

To care for and beautify your nails, Lily of the Valley chose to work with the French cruelty-free, vegan brand, Manucurist. Its products are made with 84% natural ingredients. For semi-permanent nail polish application, we use the brand OPI.

MANICURE

Nail filing & shaping, cuticle care, buffing, hydration and massage

Without polish application - €80

With regular nail polish application - €90

With semi-permanent nail polish application - €120

PEDICURE

Soak, nail filing & shaping, cuticle care, buffing, foot filing, hydration and massage

Without polish application - €100

With regular nail polish application - €110

With semi-permanent nail polish application - €140

EXPRESS MANICURE OR PEDICURE

Nail filing & shaping and cuticle care

Without polish application - €40

With regular nail polish application - €50

With semi-permanent nail polish application - €80

SEMI-PERMANENT NAIL POLISH REMOVAL - €35

All prices include VAT.





GENERAL TERMS & CONDITIONS



GENERAL TERMS & CONDITIONS

ACCESS

Please note that you must be aged 16 or over to access the Shape Club. The fitness and relaxation areas (pool, fitness room, saunas, steam room) are only available to guests staying at Lily of the Valley, Shape Club members, and those who have access to the Shape Club for a day. Treatments are available to non-residents.

AESTHETIC AND MOM-TO-BE TREATMENTS

The treatments offered are designed to focus on relaxation and do not have any medical purpose. For safety reasons, we offer treatments that are suitable for women who are at least three months pregnant. We reserve the right to refuse a treatment to women in the first trimester of their pregnancy.

BOOKING

For all bookings, you will be asked to provide a credit card as security. In the case of cancellation or changes (as referred to in the paragraphs below), or in the case of damage, the amount due will be debited. You will be asked to pay the full price of your treatment when you book your appointment. You will also be asked to fill in a health questionnaire when you make your booking. Please answer all the questions as accurately as possible, and add the date and your signature. You are responsible for the accuracy of the information provided.

CANCELLATION

Should you cancel a program or treatment less than 24 hours before it begins, the full price will be charged to the credit card used to make the booking.

If you have a health problem that prevents you from taking part in the activities, you can request that your participation in the program be cancelled, on condition of providing a medical certificate. However, your accommodation cannot be cancelled or refunded.

CLOTHING

For your comfort, you will be provided with bath towels, a bathrobe and slippers. Swimwear must be worn in the Shape Club. Anyone who wishes to access the fitness rooms is required to wear clean sports clothes and shoes.

FITNESS & NUTRITION PROGRAMS

A Lily of the Valley program consists of a specific eating plan, treatments, and exercise sessions. The Shape Club is not a medical establishment; its teams will not provide medical advice or recommendations. We do ask that you ensure you are in sufficiently good health and physical condition to take part in the activities organized. It is also your responsibility to inform the teams should you have any dietary or health restrictions.

GIFT CARDS

Gift cards are available from the Shape Club reception. They are valid for one year from the date of purchase, and issued in the name of the beneficiary. Gift cards must be redeemed by the recipient and cannot be exchanged or refunded.

LATE ARRIVALS

Please make sure that you arrive 15 minutes before the start of your treatment, so you have time to fill in the treatment questionnaire, choose your massage oil, and get changed. Should you arrive late, the length of the treatment may be shortened in order to accommodate the appointments that follow.

LOST OR DAMAGED PERSONAL ITEMS

We accept no responsibility for lost or damaged personal items. If you are a guest at the hotel, we recommend that you keep any valuables in the safe in your room.

Alternatively, you can place them in one of the lockers in the changing rooms, which have code locks. The hotel management reserves the right to open lockers that are still shut at the end of the day, and remove any items inside. Lockers are not assigned to specific individuals.

PETS

Pets are not allowed into the Shape Club.

RESPONSIBILITY & INSURANCE

In the case of failure to follow the safety instructions provided to you, or inappropriate use of the fitness equipment and facilities made available to you, we cannot be held liable for any damage incurred. We advise you to take out your own insurance to cover any eventual damage caused to yourself or to a third party while taking part in the program's activities.

TERMINATION

If you do not comply with the rules and regulations of the Shape Club fitness room, we reserve the right to terminate your program. In such cases, the cost of the program will not be refunded.

WEIGHT LOSS

If you choose the weight loss option, please note that its success depends on rigorously following the diet plan suggested, but essentially on each individual's metabolism and state of health.



TAKE CARE
OF YOURSELF





WELLNESS LUXURY HOTEL

Plage de Gigaro
83420 La Croix-Valmer

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shapeclub@lilyofthevalley.com

lilyofthevalley.com

 [@lilyofthevalleyhotel](https://www.instagram.com/lilyofthevalleyhotel)

