



---

# THE SHAPE CLUB PROGRAMS

---



ENGLISH



## YOU'LL LOVE LOSING WEIGHT

At Lily of the Valley, a team of professionals advised by nutritionist Jacques Fricker applies his "TGV" method through three distinct programs focused on weight loss.

### **OPTIMAL WEIGHT & SERENITY** **INTENSIVE WEIGHT LOSS** **WEIGHT LOSS & SPORT**

With 2,000 m<sup>2</sup> devoted to sport, wellness and getting in shape, Lily of the Valley welcomes you all year round. Whether you stay for four, seven, ten or fourteen days, we're here to help you achieve your weight loss goals.

As part of your program, you'll be given support during the first "high speed" phase of the "TGV" method, which focuses on losing weight quickly.





## JACQUES FRICKER, CONSULTANT NUTRITIONIST FOR LILY OF THE VALLEY

Jacques Fricker has developed a three-step method that has stood the test of time and trends. Called the “TGV” method, it’s an approach that’s appreciated by many as it’s based on a balanced diet, flexible, and lets you continue to enjoy the pleasure of eating. This is the philosophy that’s applied at the Lily of the Valley Shape Club.

1

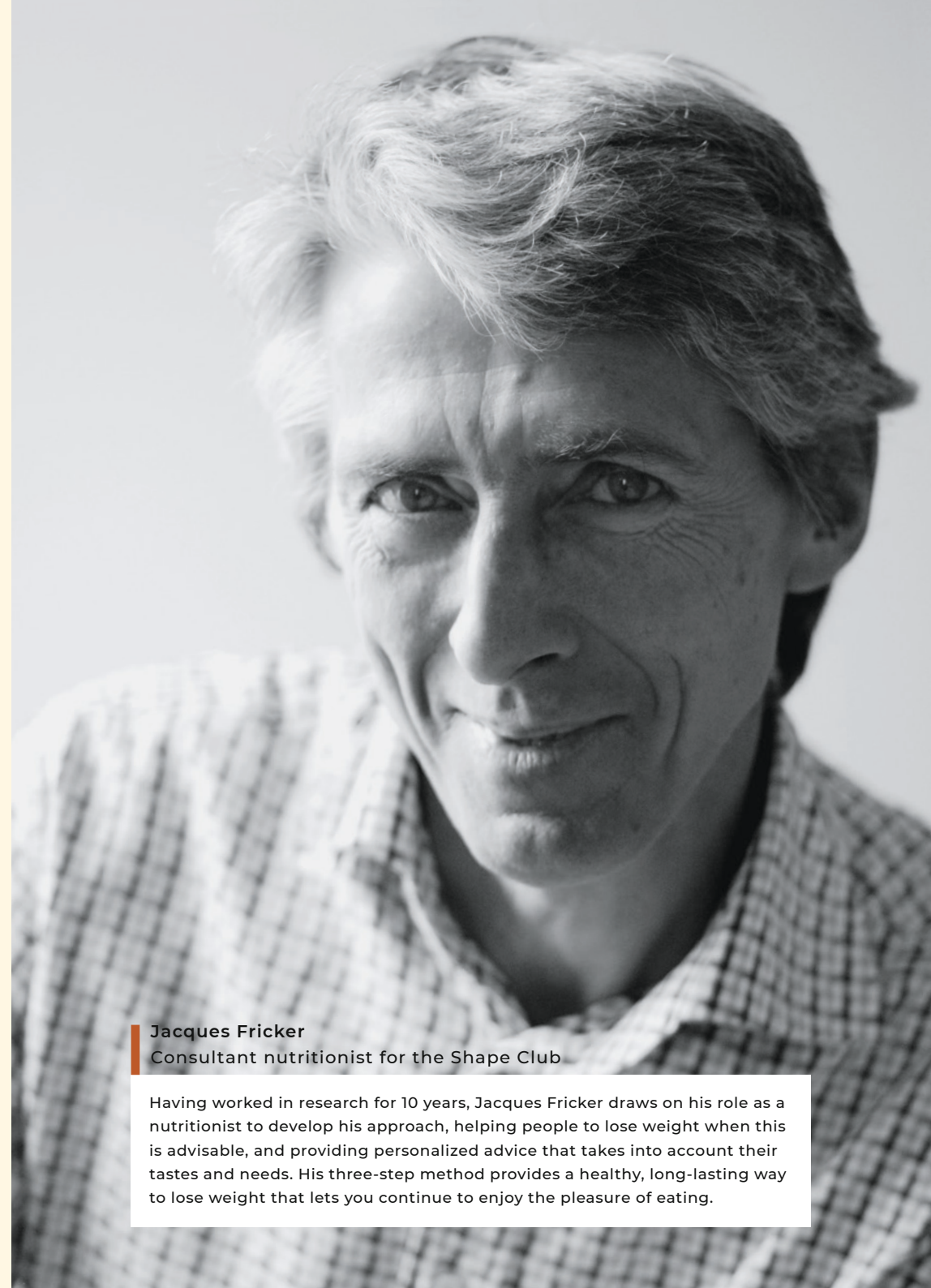
“HIGH SPEED”  
PHASE

2

STABILIZATION  
PHASE

3

BALANCE & VITALITY  
PHASE



**Jacques Fricker**  
Consultant nutritionist for the Shape Club

Having worked in research for 10 years, Jacques Fricker draws on his role as a nutritionist to develop his approach, helping people to lose weight when this is advisable, and providing personalized advice that takes into account their tastes and needs. His three-step method provides a healthy, long-lasting way to lose weight that lets you continue to enjoy the pleasure of eating.



## FOUR PILLARS TO ENSURE YOU LOVE LOSING WEIGHT

1

### TREATMENTS

90 minutes of treatments each day.

2

### SPORT

1 coaching session each day.  
A variety of fitness excursions.

3

### WEIGHT LOSS CUISINE

Luxurious menus, compatible with your weight loss goals.

4

### WELLNESS & MONITORING

Personalized, daily monitoring by our dietician-nutritionists  
and program managers.

6



## FOUR DURATIONS ACCORDING TO YOUR NEEDS

4  
DAYS

### DISCOVER

7  
DAYS

### REBOOT

10  
DAYS

### RESET

14  
DAYS

### REBORN

7



**LILY OF THE VALLEY**

# OPTIMAL WEIGHT & SERENITY

## OPTIMAL WEIGHT & SERENITY

A light diet combined with yoga, gentle exercise, outdoor sports, and treatments that promote relaxation, will leave you feeling lighter and better in your body.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
<b>WELLNESS &amp; MONITORING</b>				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
DIET & NUTRITION CONSULTATION	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
<b>WEIGHT LOSS CUISINE</b>				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
<b>SPORT</b>				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA & PILATES	✓	✓	✓	✓
<b>TREATMENTS</b>				
<b>BODY TREATMENTS</b>				
RELAXING MASSAGE & INDIBA	-	2	2	3
SOOTHING MASSAGE (ABHYANGA)	1	1	2	2
JET LAG MASSAGE	-	-	1	1
DETOX - WRAP & MASSAGE	1	1	1	2
ABDOMINAL MASSAGE (CHI NEI TSANG)	1	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	1	1
INDIBA DETOX	1	1	1	2
HOT SCRUB	-	1	1	2
<b>FACIAL TREATMENTS</b>				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
<b>ACCESS TO THE "NORDIC CIRCUIT"</b>	✓	✓	✓	✓
<b>ACCESS TO THE SHAPE ACADEMY</b>	✓	✓	✓	✓

\*All prices include VAT





# INTENSIVE WEIGHT LOSS

## INTENSIVE WEIGHT LOSS

This program is based on rigorously applying the “TGV” method developed by nutritionist Jacques Fricker. Throughout the duration of your stay, you’ll be monitored by our wellness advisors and team of coaches in order to get your diet plan off to a strong start.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
<b>WELLNESS &amp; MONITORING</b>				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
DIET & NUTRITION CONSULTATION	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
<b>WEIGHT LOSS CUISINE</b>				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
<b>SPORT</b>				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA & PILATES	✓	✓	✓	✓
<b>TREATMENTS</b>				
<b>BODY TREATMENTS</b>				
DETOX - WRAP & MASSAGE	1	1	1	1
ABDOMINAL MASSAGE (CHI NEI TSANG)	1	1	1	2
DEEP MASSAGE & INDIBA	-	2	2	3
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	1	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	2	3
HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	2	3
<b>FACIAL TREATMENTS</b>				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
<b>ACCESS TO THE “NORDIC CIRCUIT”</b>				
	✓	✓	✓	✓
<b>ACCESS TO THE SHAPE ACADEMY</b>				
	✓	✓	✓	✓

\*All prices include VAT



# WEIGHT LOSS & SPORT

## WEIGHT LOSS & SPORT

You'll follow a strict but nourishing diet, receive support and guidance for exercise and fitness, and enjoy treatments with a focus on muscular massage and recovery, to help you lose weight fast and improve your physical performance.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
<b>WELLNESS &amp; MONITORING</b>				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
DIET & NUTRITION CONSULTATION	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
<b>WEIGHT LOSS CUISINE</b>				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
<b>SPORT</b>				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA & PILATES	✓	✓	✓	✓
<b>TREATMENTS</b>				
<b>BODY TREATMENTS</b>				
DEEP MASSAGE & INDIBA	1	2	3	3
SPORTS MASSAGE & CRYOTHERAPY	1	1	2	3
RELAXING MASSAGE & INDIBA	-	1	1	1
INDIBA MUSCLE TREATMENT & RELAXING MASSAGE	-	-	1	2
ABDOMINAL MASSAGE (CHI NEI TSANG)	-	1	1	2
HOT SCRUB	1	1	1	2
DETOX - WRAP & MASSAGE	1	1	1	1
<b>FACIAL TREATMENTS</b>				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
<b>ACCESS TO THE "NORDIC CIRCUIT"</b>				
	✓	✓	✓	✓
<b>ACCESS TO THE SHAPE ACADEMY</b>				
	✓	✓	✓	✓

\*All prices include VAT





## A DAY AT THE SHAPE CLUB

SOLO  
**€450**

DUO  
**€650**

ADD. PERSON  
**+€190**

### DETAILS

1 x 50-minute body or facial treatment per person

Access to the "Nordic circuit"

(steam room, saunas, snow shower, ice fountain)

Access to the Shape Club pool and sunbeds

Access to the fitness room

1 lunch at the Shape Club

(starter + main course or main course + dessert, drinks not included)

Access to the excursions available

All prices include VAT.







## OUR SKIN PROGRAMS

Do you believe in magic? We don't either. Especially when it comes to dermocosmetics. Keeping your skin beautiful requires care, attention, precision, and discipline. With this in mind, we've put together six programs designed to meet your specific needs. Over a period of three or five days, we'll address all your skin concerns through our expert, customized skin programs.

FROM  
AGE 20

### DETOX

**SUPERCLEANSE**  
Acne-prone  
and oily skin

**PREVENT & PERFECT**  
Minor blemishes  
and unbalanced skin

FROM  
AGE 30

### STEADY GLOW

**GLOW & GO**  
Dull skin  
and dehydration

**PROSKIN**  
First signs of aging  
and dehydration

FROM  
AGE 45

### BETTER AGING

**FOREVER YOUTH**  
Mature skin  
that lacks radiance

**ULTIMATE HYALURONIC**  
Deep wrinkles  
and loss of firmness

10% REDUCTION  
ON OUR PROGRAMS





—  
**LOVE LOSING  
WEIGHT**  
—







WELLNESS LUXURY HOTEL

---

Plage de Gigaro  
83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

[shapeclub@lilyofthevalley.com](mailto:shapeclub@lilyofthevalley.com)

[lilyofthevalley.com](http://lilyofthevalley.com)

---

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