

Reset Cure



5 days program at 1805 € (excluding accommodation and food) (*)(**)

5 days program at 2030€ (accommodation in twin room, excluding catering) (*)

5 days program at 2455€ (single room accommodation, excluding catering) (*)

The purpose of your stay:

Gain in vitality,

Purification of the organism,

Loss of weight,

Improvement of stress management,

Restorative sleep favoured.

() You will be accompanied for 5 weeks by our Naturopath for the preparation and follow-up of your cure. (**) Access to the Spa & Wellness Center included.*

Your program « Cure Remise à Zéro »

Pre and post cure program

PREPARATION

For 3 weeks, you will remineralize your body with 3 cups of nettle tea per day.

WEEK 1 – PREPARATION AT HOME

Adaptation of your diet in order to initiate the elimination of toxins for the cure.

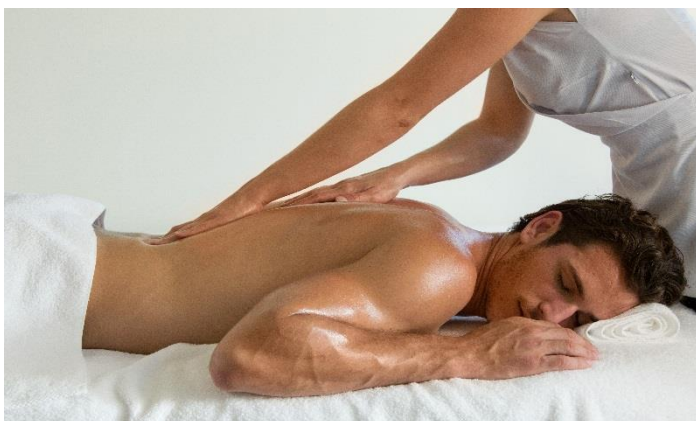
WEEK 2 – CURE OF 5 DAYS AT SPA & WELLNESS CENTER

WEEKS 3 & 4 – EXTENSION OF CURE AT HOME

You will continue to follow your home program with the support and guidance of our naturopath.

WEEK 5

Our naturopath will accompany you and give you personalized advice in order to include in your daily practices of the Cure Remise à Zero.



Your cure will be accompanied by Sonja Kuikstra, Naturopath of the Spa & Wellness Center.

A biophotonic therapist, Sonja Kuikstra was born in the Netherlands. With Crohn's disease, her daily ailment led her to seek real solutions. Now cured through a natural diet adapted to her needs, she sees this disease as a blessing that has allowed her to make essential adjustments in her life to help others in their quest for well-being.

Concerned about the well-being of everyone, Sonja write *the 4-week guide to regenerate the body and mind*, to put the keys to health in everyone's hands.

5 days Program

DAY OF ARRIVAL

Welcome: 30 mn - Fitness Coach : 30 mn

DAY 1

Yoga Morning: 30 mn – Hammam : unlimited
Oriental care : 60 mn - Detox Indiba Massage : 60 mn
Initial consultation : 60 mn – Fitness coach : 30 mn

DAY 2

Yoga Morning: 30 mn – Steam Bath: unlimited
Tui Na Massage: 60 mn - Colonic irrigation session: 90 mn
Nutritional Class: 60 mn – Fitness coach: 30 mn

DAY 3

Yoga Morning: 30 mn – Sauna: unlimited
Foot reflexology: 45 mn - Indiba Detox Massage: 60 mn
Breath Meditation: 60 mn – Fitness coach: 30 mn

DAY 4

Morning Yoga: 30 mn - Jet shower: 15 mn
Body wrap: 30 mn - Chi Nei Tsang: 60 mn
Bowl Kansu: 45 mn - Fitness coach: 30 mn

DAY 5

Morning Yoga: 30 mn - Steam Bath: unlimited
Indiba Detox Massage: 60 mn – Facial care: 60 mn
Nutritional Class: 60 mn - Fitness coach: 30 mn

DAY OF DEPARTURE

Morning Yoga: 30 mn - Final Consultation: 30 mn
Fitness coach: 30 mn



HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD

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