

Program :

Detox



3 days «Discovery» at 750€ with 6 hours of cares (*)

5 days« Wellness » at 1 400€ with 12 hours of cares (*)

The purpose of your stay:

*Detoxify and purify the body,
Draining to regain a feeling of lightness,
Gain vitality and well-being,
Optimize his immune defenses.*

(*) Access to 1500 m² of Spa & Wellness, Technogym
Catering and accommodation not included (room from 170€)
10% discount on additional treatments booked à la carte

Formulas « Detox »

Formula 5 days « Wellness »

DAY 1

Initial consultation	60 mn
Fitness coach	30 mn
Steam bath	unlimited
Scrub	30 mn
Californian massage	60 mn

DAY 2

Sauna	unlimited
Jet shower	15 mn
Body wrap	30 mn
Massage Detox Indiba	90 mn

DAY 3

Foot reflexology	45 mn
Steam bath	unlimited
Tui Na Massage	60 mn
Colonic irrigation session	90 mn

DAY 4

Sauna	unlimited
Jet shower	15 mn
Body wrap	30 mn
Personnalised Massage	60 mn
Facial care	30 mn

DAY 5

Steam bath	unlimited
Foot reflexology	45 mn
Massage Detox Indiba	90 mn
Finale consultation	30 mn

Formula 3 days «Discovery»

DAY 1

Initial consultation	30 mn
Steam bath	unlimited
Scrub	30 mn
Body wrap	30 mn
Tui Na Massage	60 mn

DAY 2

Sauna	unlimited
Foot reflexology	45 mn
Jet shower	15 mn
Massage Detox Indiba	90 mn

DAY 3

Steam bath	unlimited
Body wrap	30 mn
Chi Nei Tsang Massage	60 mn
Personnalised Massage	30 mn



Recommended collective fitness courses

Aquafit
30 mn

Improve the functional mobility.

Body Ball
30 mn

Allows to relieve your pain, back tension, mobilize your body in suppleness and tone, relieve stress, seek your well-being in your body.

Yoga
60 mn

Control your breath, your flexibility, and your stability through sequential postures. Energy flows from head to toe, promotes relaxation and better stress management.

Aqua bike
30 mn

Develops stamina and energy. Global work on buttocks and thighs.

HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD

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