

Program :

## *Around the World*



**3 days «Discovery» at 730€ with 6 hours of cares (\*)**

**The purpose of your stay:**

*Relieve muscle tensions,  
To regain energy and vitality,  
Improve the sleep,  
To regain a better quality of skin.*

(\*) Access to 1500 m<sup>2</sup> of Spa & Wellness, Technogym  
Catering and accommodation not included (room from 170€)  
10% discount on additional treatments booked à la carte

## Formula « Around the World »

### Formula 3 days «Discovery»

#### DAY 1

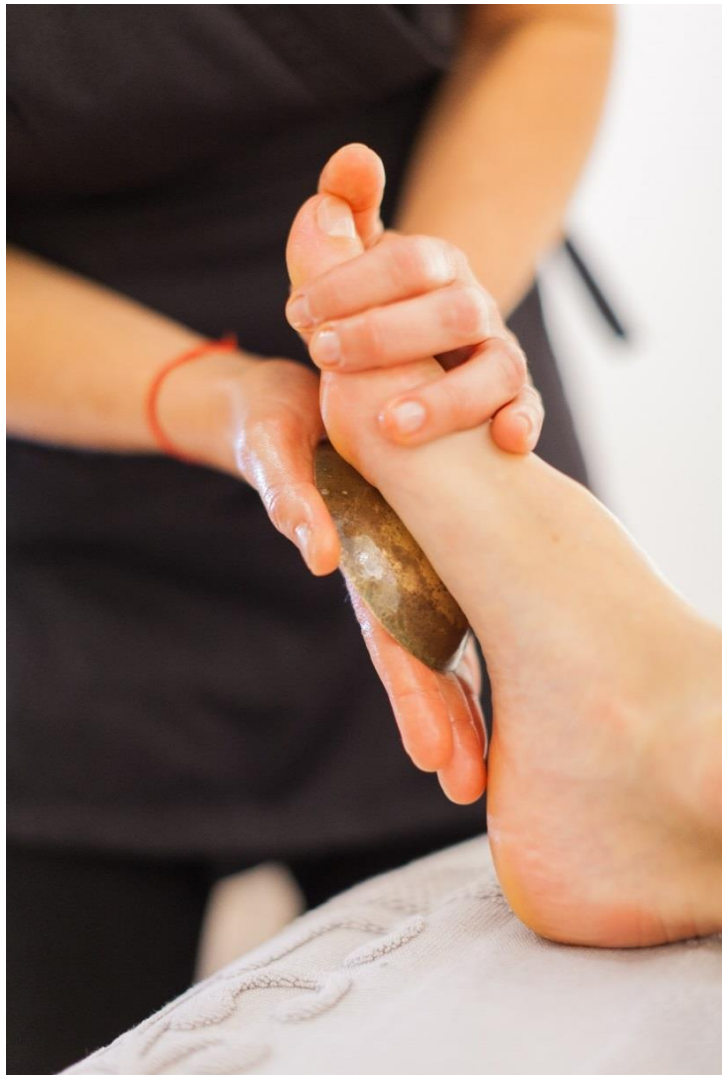
<i>Initial consultation</i>	<i>30 mn</i>
<i>Hammam</i>	<i>unlimited</i>
<i>Oriental escape</i>	<i>120 mn</i>

#### DAY 2

<i>Sauna</i>	<i>unlimited</i>
<i>Bowl Kansu</i>	<i>45 mn</i>
<i>Tui Na masage</i>	<i>60 mn</i>

#### DAY 3

<i>Steam bath</i>	<i>unlimited</i>
<i>Abhyanga massage</i>	<i>60 mn</i>
<i>Shirodhara care</i>	<i>45 mn</i>



## Recommended collective fitness courses

*Qi Gong*  
60 mn

Combines slow movements and static postures to maintain and reinforce vital energy.

The physical and psychic functions thus regain their harmony.

*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.

*Float Fit*  
30 mn

The most comprehensive and funny course in the pool! On a board, you develop your strength, flexibility, posture and stability.

*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.

**HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD**

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