

Program :

Fitness & Slimming



3 days «Discovery» at 750€, including 6 hours of care (*)

5 days « Wellness » at 1 400€, including 12 hours of care (*)

The purpose of your stay:

Initiate weight loss,

Get greater muscle flexibility,

Drain and refine the silhouette,

Get back in shape.

(*) 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

Formula «Fitness & Slimming»

Formula 5 days «Wellness»

DAY 1

Initial consultation	30 mn
Private fitness coach	30 mn
Jet shower	15 mn
Scrub	30 mn
Sculpting massage	30 mn

DAY 2

Private fitness coach	30 mn
Foot reflexology	45 mn
Body wrap	30 mn
Indiba session	60 mn

DAY 3

Private fitness coach	30 mn
Jet shower	15 mn
Tui Na massage	60 mn
Colonic irrigation session	90 mn

DAY 4

Private fitness coach	30 mn
Foot reflexology	45 mn
Hydromassaging	20 mn
Indiba session	60 mn

Day 5

Private fitness coach & final consultation & final consultation	60 mn
Jet shower	15 mn
Body wrap	30 mn
Sculpting massage	30 mn
Personalized massage	30 mn

Formula 3 days «Discovery»

DAY 1

Initial consultation	30 mn
Jet shower	15 mn
Hydromassaging	20 mn
Scrub	30 mn
Body wrap	30 mn
Sculpting massage	30 mn

DAY 2

Sauna	illimité
Foot reflexology	45 mn
Jet shower	15 mn
Hydromassaging	20 mn
Indiba session	60 mn

DAY 3

Jet shower	15 mn
Body wrap	30 mn
Sculpting massage	30 mn
Personalized massage	30 mn



Recommended collective fitness courses

**Jump
Rope**
30 mn

Allows to be toned thanks to a regular practice, which combines cardio-training exercises and muscle building.

**Float
Fit**
30 mn

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

**Cycling
Indoor**
30 mn

Burn as many calories as possible! tone and bend your legs and buttocks!

**Aqua
bike**
30 mn

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

HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD

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