

Program :

## *Anti-stress*



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

**5 days «Wellness» at 1 300€ with 10 hours of cares (\*)**

**The purpose of your stay:**

*Dissolve tensions and energy blockages,*

*Promote restorative sleep,*

*To regain vitality, quietness and serenity,*

*Improve stress management.*

(\*) 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

## Formulas «Anti-Stress»

### Formula 5 days «Wellness»

#### DAY 1

Initial consultation	60 mn
Steam bath	unlimited
Scrub	30 mn
Energetic massage	90 mn

#### DAY 2

Sauna	unlimited
Foot reflexology	45 mn
Hydromassage bath	20 mn
Abhyanga massage	60 mn

#### DAY 3

Steam bath	unlimited
Body wrap	30 mn
Massage profond Indiba	60 mn
Shirodhara care	45 mn

#### DAY 4

Sauna	unlimited
Bowl Kansu	45 mn
Hydromassage bath	20 mn
Tui Na massage	60 mn

#### DAY 5

Steam bath	unlimited
Body wrap	30 mn
Signature massage	90 mn
Finale consultation	30 mn

### Formula 3 days «Discovery»

#### DAY 1

Initial consultation	30 mn
Steam bath	unlimited
Scrub	30 mn
Energetic massage	90 mn

#### DAY 2

Sauna	unlimited
Foot reflexology	45 mn
Massage Abhyanga	60 mn

#### DAY 3

Body wrap	30 mn
Hydromassage bath	20 mn
Signature massage	90 mn



## 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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