

Program (*) :

Young Mom

(*) This program is for infants over 3 months of age



3 days «Discovery» at 850€, including 6 hours of care (*)

5 days «Wellness » at 1 400€, including 10 hours of care (*)

The purpose of your stay:

Get in shape smoothly,

To recharge and reclaim your body,

Drain and refine the silhouette,

Feeling good and beautiful.

(*) 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 «Young Mom»

Formula 5 days «Wellness»

DAY 1

Initial consultation	60 mn
Steam bath	unlimited
Indiba session	30 mn
Scrub	30 mn
Body wrap	30 mn
Affusion massage	30 mn

DAY 2

Sauna	illimité
Foot reflexology	45 mn
Aqua stretch	30 mn
Hydromassaging (only or with baby)	20 mn
Californien massage	60 mn

DAY 3

Steam bath	unlimited
Indiba session	30 mn
Body wrap	30 mn
Abhyanga massage	60 mn
Facial care	60 mn

DAY 4

Sauna	unlimited
Aqua stretch	30 mn
Foot reflexology or Baby Massage	45 mn
Sculpting massage	30 mn

DAY 5

Steam bath	unlimited
Indiba session	30 mn
Body wrap	30 mn
Californien massage	60 mn
Final consultation	30 mn

Formula 3 days «Discovery»

DAY 1

Initial consultation	30 mn
Steam bath	unlimited
Indiba session	30 mn
Scrub	30 mn
Abhyanga massage	60 mn

DAY 2

Sauna	unlimited
Foot reflexology or Baby Massage	45 mn
Hydromassaging (only or with baby)	20 mn
Body wrap	30 mn
Sculpting massage	30 mn

DAY 3

Foot reflexology	45 mn
Steam bath	unlimited
Californien massage	60 mn
Indiba session	30 mn
Facial care	30 mn



Recommended collective fitness courses

Aquafit
30 mn

Improve the functional mobility.

Float Fit
30 mn

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

Body Ball
30 mn

Helps relieve your pain, your back tension, mobilize your body in suppleness and tonicity, remove stress, seek your well-being in your body.

Yoga
60 mn

Control your breath, your flexibility, and your stability with a series of postures.
The energy circulates from head to toe, promotes relaxation and better stress management.

HOTEL • GASTRONOMY • SPA & WELLNESS • CYCLING • VINEYARD

SPA & WELLNESS CENTER Coquillade Village 5* – Le Perrotet – 84400 Gargas

Tél. +33 (0)4 90 74 71 70 - spa@coquillade.fr - www.coquillade.fr