LILY OF THE VALLEY
WELLNESS LUXURY HOTEL
SHAPE CLUB PROGRAMS
ENGLISH

LILY OF THE VALLEY
PROGRAMS

OUR FOUR PROGRAMS

The hotel boasts extensive expertise, and all year round offers a luxurious, welcoming setting, where guests can pursue their goals through four different programs.

WEIGHT LOSS

SPORT

DETOX

BETTER AGING

The hotel also organizes masterclasses. Usually lasting one week, these classes focus on a specific theme, and are led by an expert in their field.

PROGRAMS

WEIGHT LOSS

ACHIEVE YOUR IDEAL WEIGHT AND LOVE LOSING WEIGHT

This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker. By following a low-calorie diet consisting of healthy meals made with the finest ingredients, and accompanied by a glass of wine at dinner, you'll be able to lose weight safely and sustainably. Throughout the duration of your stay, you'll be monitored by our wellness advisors, therapists and coaches as you enjoy treatments designed to promote drainage, along with high-intensity fitness sessions.

SPORT

IMPROVE YOUR FITNESS PERFORMANCE

High-intensity fitness sessions and a protocol of treatments that support muscle recovery will enable you to achieve your goals and go beyond your limits in the very best conditions. You will also benefit from nutritional support focused on gaining muscle mass or losing fat while still allowing you to enjoy delicious, luxurious meals. The result is a comprehensive program that enables you to really push your limits.

This program can be combined with weight loss.

PROGRAMS

DETOX

PRIORITIZE SELF-CARE AND RETHINK YOUR LIFESTYLE

Take time for yourself and rethink your lifestyle. This program focuses on a light diet combined with yoga, gentle and outdoor exercise, and treatments that promote relaxation, to bring you a feeling of lightness and well-being. Ideal for an escape from daily life and to reset your body and mind.

Gluten- and lactose-free diet.
This program can be combined with weight loss.

BETTER AGING

OPTIMIZE YOUR LONGEVITY

Explore a new approach to longevity, with a program designed around innovative evaluation methods and body treatments with immediate and lasting results. Gentle exercise, a balanced diet, and targeted facial treatments will all be part of your stay. This program includes the use of Kinvent technology, so it can be personalized based on an analysis of your strength and general mobility.

This program can be combined with weight loss.

WEIGHT LOSS PROGRAM

WEIGHT LOSS PROGRAM

This program rigorously applies the «TGV» method developed by nutritionist Jacques Fricker. By following a low-calorie diet consisting of healthy meals made with the finest ingredients, and accompanied by a glass of wine at dinner, you'll be able to lose weight safely and sustainably. Throughout the duration of your stay, you'll be monitored by our wellness advisors, therapists and coaches as you enjoy treatments designed to promote drainage, along with high-intensity fitness sessions.

	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
DURATION				
PRICES	€2500*	€4500*	€6000*	€8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTEOPATHY CONSULTATION	-	1	1	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - GENTLE EXERCICE	✓	✓	✓	✓
BODY TREATMENTS				
SLIM & FIRM	1	1	2	3
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
DEEP MASSAGE & INDIBA	-	-	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	1	2	2
HAMMAM & HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	1	2
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	-	1	1	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.
This rate includes full board as well as all treatments and coaching sessions in the program.
Accommodation, to be selected according to your preferences, is offered at an additional cost.

SPORT PROGRAM

SPORT PROGRAM

High-intensity fitness sessions and a protocol of treatments that support muscle recovery will enable you to achieve your goals and go beyond your limits in the very best conditions. You will also benefit from nutritional support focused on gaining muscle mass or losing fat while still allowing you to enjoy delicious, luxurious meals. The result is a comprehensive program that enables you to really push your limits.

This program can be combined with weight loss.

	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
DURATION				
PRICES	€2500*	€4500*	€6000*	€8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTHEOPATHY CONSULTATION	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
CARDIO - HIIT - MUSCLE DEVELOPMENT	✓	✓	✓	✓
BODY TREATMENTS				
RESTORE & BOOST	1	1	2	2
DEEP MASSAGE & INDIBA	1	1	2	2
SPORTS MASSAGE & CRYOTHERAPY	1	1	2	3
HAMMAM & HOT SCRUB	1	1	1	1
THAI MASSAGE	-	1	1	2
SERENITY (MUD WRAP AND MASSAGE)	-	1	1	1
CRYOTHERAPY CHAMBER	-	1	1	2
MUSCULAR & RELAXING MASSAGE	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.
This rate includes full board as well as all treatments and coaching sessions in the program.
Accommodation, to be selected according to your preferences, is offered at an additional cost.

DETOX PROGRAM

DETOX PROGRAM

Take time for yourself and rethink your lifestyle. This program focuses on a light diet combined with yoga, gentle and outdoor exercise, and treatments that promote relaxation, to bring you a feeling of lightness and well-being. Ideal for an escape from daily life and to reset your body and mind.

Gluten- and lactose-free diet.
This program can be combined with weight loss.

	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
DURATION				
PRICES	€2500*	€4500*	€6000*	€8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
AQUATIC EXCURSIONS	✓	✓	✓	✓
GENTLE & OUTDOOR EXCURSIONS	✓	✓	✓	✓
BODY TREATMENTS				
DETOX	1	1	2	2
RELAXING MASSAGE & INDIBA	-	1	1	1
SOOTHING MASSAGE	1	1	2	2
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	1
CHI NEI TSANG	1	1	1	2
INDIBA DÉTOX	-	1	1	2
DE-STRESSING MASSAGE & FOOT REFLEXOLOGY	-	-	1	2
HAMMAM & HOT SCRUB	-	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	-	1
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.
This rate includes full board as well as all treatments and coaching sessions in the program.
Accommodation, to be selected according to your preferences, is offered at an additional cost.

BETTER AGING PROGRAM

BETTER AGING PROGRAM

Explore a new approach to longevity, with a program designed around innovative evaluation methods and body treatments with immediate and lasting results. Gentle exercise, a balanced diet, and targeted facial treatments will all be part of your stay. This program includes the use of Kinvent technology, so it can be personalized based on an analysis of your strength and general mobility.

This program can be combined with weight loss.

	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
DURATION				
PRICES	€3200*	€5800*	€8000*	€10500*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	1	2
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
KINVENT PHYSICAL CONDITION EVALUATION	✓	✓	✓	✓
COACHING SESSIONS	2	4	5	7
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
BODY TREATMENTS				
YOUNGER LONGER	1	1	2	2
CHI NEI TSANG	-	1	1	2
DEEP MASSAGE & INDIBA	1	1	2	2
LYMPHATIC DRAINAGE MASSAGE	1	1	1	2
HAMMAM & HOT SCRUB	1	1	1	2
RELAXING MASSAGE & LED	-	1	1	2
DE-STRESSING MASSAGE	-	1	1	2
FOOT REFLEXOLOGY & LED	1	1	1	2
CRYOTHERAPY CHAMBER	-	1	2	2
FIRMING MASSAGE & CRYOTHERAPY	-	1	2	2
FACE TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	30 MIN.	45 MIN.	60 MIN.	60 MIN.
BIOLOGIQUE RECHERCHE FACE TREATMENT	1	1	2	2
EYE OR JAWLINE-SCULPTING TREATMENT	1	1	2	2
FACIAL STRETCHING	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.
This rate includes full board as well as all treatments and coaching sessions in the program.
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TAKE CARE
OF YOURSELF

LILY OF THE VALLEY

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