



WELLNESS LUXURY HOTEL

BODY TREATMENTS

ENGLISH



— LOVE LOSING WEIGHT —





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— **LOVE LOSING WEIGHT** —

With 2,000 m² dedicated to weight loss, wellness and sport, Lily of the Valley's Shape Club has a goal: to make you love losing weight.

A team of professionals, advised by nutritionist Jacques Fricker, applies his "TGV" method through three programs: one focused on intensive weight loss; one focused on weight loss combined with sport; and finally, one focused on optimal weight combined with treatments.

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Heated semi-Olympic pool

Fitness room with Technogym equipment

Indoor, outdoor & aquatic coaching sessions

Consultation rooms

Fitness class studios

Treatment rooms

Saunas & steam room

Ice Fountain



JACQUES FRICKER, CONSULTANT NUTRITIONIST FOR LILY OF THE VALLEY

Jacques Fricker has developed a three-step method that has stood the test of time and trends. Called the “TGV” method, it’s an approach that’s appreciated by many as it’s based on a balanced diet, flexible, and lets you continue to enjoy the pleasure of eating. This is the philosophy that’s applied at the Lily of the Valley Shape Club.



LILY OF THE VALLEY’S FOUR PILLARS TO ENSURE YOU LOVE LOSING WEIGHT



Jacques Fricker
Consultant nutritionist for the Shape Club

Having worked in research for 10 years, Jacques Fricker draws on his role as a nutritionist to develop his approach, helping people to lose weight when this is advisable, and providing personalized advice that takes into account their tastes and needs. His three-step method provides a healthy, long-lasting way to lose weight that lets you continue to enjoy the pleasure of eating.



OUR TECHNOLOGY-BASED TREATMENTS

CRYOTHERAPY

ACCELERATED WEIGHT LOSS – RECOVERY FROM EXERCISE – ELIMINATION OF EXCESS WATER

Cryotherapy is a technology-based treatment that involves creating a thermal shock through exposure to cold temperatures to trigger the elimination of fat, reduce inflammation, and boost blood flow.

RADIOFREQUENCY (INDIBA)

RECOVERY FROM EXERCISE – LYMPHATIC DRAINAGE – FIRMNESS – SLIMMING

INDIBA technology makes it possible to activate cells by generating heat.

It is used by sports doctors and fitness trainers to support high-level athletes, and stimulates collagen production.

PRESSOTHERAPY

ACTIVE RECOVERY FROM EXERCISE – VENOUS RETURN – WATER RETENTION

Pressotherapy technology relieves heaviness in the legs and improves blood circulation through a procedure that promotes lymphatic drainage.

LED LIGHT THERAPY

STIMULATION OF COLLAGEN PRODUCTION – MUSCULAR RELAXATION – SKIN PROBLEMS

This non-invasive technology is based on photomodulation therapy, using three colors of light.



OUR CONSULTATIONS

OSTEOPATHY SESSION

JOINTS – MUSCLES – PREVENTATIVE OR CURATIVE

60 MIN | €195

DIETETIC CONSULTATION & IMPEDANCE ANALYSIS

WEIGHT LOSS – STABILIZATION – SUPPORT

60 MIN | €210

CHI NEI TSANG

ENERGIZING ABDOMINAL MASSAGE – THERAPEUTIC BENEFITS
PHYSICAL AND EMOTIONAL WELL-BEING

80 MIN | €240

*All prices include VAT.



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**OPTIMAL WEIGHT
& SERENITY**
—



OUR HIGH-TECH SERENITY TREATMENTS

JET LAG TREATMENT (LED & MASSAGE)

LED THERAPY & MASSAGE – MODERATE PRESSURE – DEEPLY RELAXING

50 MIN | €180 80 MIN | €240

TARGETED LEG MASSAGE (PRESSOTHERAPY & MASSAGE)

PRESSOTHERAPY & MASSAGE – MODERATE PRESSURE – GIVES A FEELING OF LIGHTNESS

50 MIN | €180

INDIBA DETOX

RADIOFREQUENCY – WARM SENSATION AND SLOW MOVEMENTS
PROMOTES DRAINAGE – GIVES A FEELING OF LIGHTNESS

80 MIN | €295

FIRMING CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION AND SLOW MOVEMENTS – FIRMS AND REPAIRS

30 MIN | €150

LYMPHATIC DRAINAGE CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION AND SLOW MOVEMENTS
PROMOTES DRAINAGE AND RELIEVES

30 MIN | €150

*All prices include VAT.



OUR MANUAL SERENITY TREATMENTS

RELAXING MASSAGE

TRADITIONAL TECHNIQUE – LIGHT PRESSURE – DEEPLY RELAXES

50 MIN | €180 80 MIN | €240

SOOTHING MASSAGE (ABHYANGA)

BASED ON AYURVEDIC MEDICINE – MODERATE TO FIRM PRESSURE
SOOTHES AND REBALANCES

80 MIN | €240

DE-STRESSING MASSAGE (CHAMPISSAGE, HEAD MASSAGE)

BASED ON AYURVEDIC MEDICINE – VIGOROUS MOVEMENTS – RELAXES AND UNWINDS

50 MIN | €180

DETOX TREATMENT

DERMOCOSMETICS – WRAP THEN MASSAGE – DETOXIFIES AND PROMOTES DRAINAGE

80 MIN | €240

HOT SCRUB (WITH STEAM ROOM)

TRADITIONAL TECHNIQUE – MODERATE PRESSURE – RELAXES AND EXFOLIATES

50 MIN | €180

FOOT REFLEXOLOGY

BASED ON CHINESE MEDICINE – MODERATE PRESSURE AND ACUPRESSURE
SOOTHES AND REBALANCES

50 MIN | €180

DEEP MASSAGE

TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

50 MIN | €180 80 MIN | €240

*All prices include VAT.



INTENSIVE WEIGHT LOSS



OUR HIGH-TECH WEIGHT LOSS TREATMENTS

INDIBA SLIMMING TREATMENT

RADIOFREQUENCY – WARM SENSATION – SCULPTS AND TONES

80 MIN | €295

CUSTOMIZED TARGETED INDIBA TREATMENT

RADIOFREQUENCY – WARM SENSATION – TREATS A SPECIFIC AREA

30 MIN | €120

FIRMING CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – FIRMS AND REPAIRS

30 MIN | €150

LYMPHATIC DRAINAGE CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – PROMOTES DRAINAGE AND RELIEVES

30 MIN | €150

ANTI-STRETCH MARKS CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – TREATS STRETCH MARKS

30 MIN | €150

LIPO TREATMENT – THIGHS

CRYOTHERAPY – COLD SENSATION – REDUCES THIGH CIRCUMFERENCE

30 MIN | €150

CUSTOMIZED TARGETED CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – DIFFERENT ACTIONS ON ONE AREA

30 MIN | €150

*All prices include VAT.



OUR MANUAL WEIGHT LOSS TREATMENTS

FIRMING MASSAGE

TRADITIONAL TECHNIQUE – PINCH-AND-ROLL METHOD
FIRMS AND BREAKS DOWN FAT

50 MIN | €180

LYMPHATIC DRAINAGE MASSAGE

TRADITIONAL TECHNIQUE - SLOW AND GENTLE MOVEMENTS
PROMOTES DRAINAGE AND DETOXIFIES

50 MIN | €180

LIGHT LEGS TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – SLOW MOVEMENTS – IMPROVES DRAINAGE, BREAKS DOWN FAT

50 MIN | €195

SLIMMING BOOSTER TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – VIGOROUS MOVEMENTS – COMBATS CELLULITE

50 MIN | €195

DETOX TREATMENT

DERMOCOSMETICS – WRAP THEN MASSAGE – DETOXIFIES AND PROMOTES DRAINAGE

80 MIN | €240

*All prices include VAT.



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**WEIGHT LOSS
& SPORT**
—



OUR HIGH-TECH SPORTS TREATMENTS

MUSCLE TREATMENT (INDIBA & MASSAGE)

RADIOFREQUENCY – WARM SENSATION – RELIEVES AND REPAIRS

50 MIN | €195

TARGETED LEG MASSAGE (PRESSOTHERAPY & MASSAGE)

PRESSOTHERAPY AND MASSAGE – MODERATE PRESSURE – GIVES A FEELING OF LIGHTNESS

50 MIN | €180

RECOVERY CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – RELIEVES AND REPAIRS

30 MIN | €150

CUSTOMIZED TARGETED CRYO TREATMENT

CRYOTHERAPY – COLD SENSATION – DIFFERENT ACTIONS ON ONE AREA

30 MIN | €150

CUSTOMIZED TARGETED INDIBA TREATMENT

RADIOFREQUENCY – WARM SENSATION – RELIEVES A SPECIFIC AREA

30 MIN | €120

*All prices include VAT.



OUR MANUAL SPORTS TREATMENTS

DEEP MASSAGE

TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

50 MIN | €180 80 MIN | €240

SPORTS MASSAGE

TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS
RELIEVES AND RELAXES

50 MIN | €180 80 MIN | €240

HOT SCRUB (WITH STEAM ROOM)

TRADITIONAL TECHNIQUE – MODERATE TO FIRM PRESSURE
RELAXES AND EXFOLIATES

50 MIN | €180

*All prices include VAT.



A DAY AT THE SHAPE CLUB

SOLO
€450

DUO
€650

ADD. PERSON
+€190

DETAILS

- 1 x 50-minute body or facial treatment per person
- Access to the "Nordic circuit"
(steam room, saunas, snow shower, ice fountain)
- Access to the Shape Club pool and sunbeds
- Access to the fitness room
- 1 lunch at the Shape Club
(starter + main course or main course + dessert, drinks not included)
- Access to the excursions available

All prices include VAT.





GENERAL TERMS AND CONDITIONS

BOOKING A TREATMENT

For all treatment bookings, you will be asked to provide a credit card number as security. Hotel guests can book a treatment directly using the same credit card number that was used to pay for their initial booking. If you are not staying at the hotel, you will be asked to pay the full price of the treatment when you book your appointment.

CANCELLATION POLICY

Failure to notify us of your cancellation 24 hours prior to your appointment will result in the full price of the treatment being charged to the credit card used to make the booking. If you notify us of your cancellation at least 24 hours before the appointment, you will be refunded in full.

LATE ARRIVALS

Please make sure that you arrive 15 minutes before the start of your treatment, so you have time to fill in the treatment questionnaire, choose your massage oil, and get changed. Should you arrive late, the length of the treatment may be shortened in order to accommodate the appointments that follow.

CLOTHING

For your comfort, you will be provided with bath towels, a bathrobe and slippers. Swimwear must be worn in the Shape Club. Anyone who wishes to access the fitness rooms is required to wear clean sports clothes and shoes.

PETS

Pets are not allowed into the Shape Club.

ETIQUETTE

When inside the Shape Club, please mute your phone and do not make calls during your treatment or in the public areas. Smoking and vaping are not allowed.

EXPECTANT MOTHERS

For safety reasons, we only offer mom-to-be treatments for women who are at least three months pregnant. We reserve the right to refuse a treatment to women in the first three months of their pregnancy.

LOST OR DAMAGED PERSONAL ITEMS

We accept no responsibility for lost or damaged personal items. If you are a guest at the hotel, we recommend that you keep any valuables in the safe in your room. Alternatively, you can place them in one of the lockers in the changing rooms, which have code locks. The hotel management reserves the right to open lockers that are still shut at the end of the day, and remove any items inside. Lockers are not assigned to specific individuals.

GIFT CARDS

Gift cards are available from the Shape Club reception. They are valid for one year from the date of purchase, and issued in the name of the beneficiary. Gift cards must be redeemed by the recipient and cannot be exchanged or refunded.

ACCESS

Please note that you must be aged 16 or over to access the Shape Club. The fitness and relaxation areas (pool, fitness room, saunas, steam room) are only available to guests staying at Lily of the Valley, Shape Club members, and those who have access to the Shape Club for a day. Treatments are available to non-residents.



— LOVE LOSING WEIGHT —





WELLNESS LUXURY HOTEL

Plage de Gigaro
83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

shapeclub@lilyofthevalley.com

lilyofthevalley.com

 [@lilyofthevalleyhotel](https://www.instagram.com/lilyofthevalleyhotel)