LILY OF THE VALLEY

WELLNESS LUXURY HOTEL

SHAPE CLUB PROGRAMS

ENGLISH

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THE LILY OF THE VALLEY METHOD

The Lily of the Valley method is applied throughout the year, and based around three key pillars: weight loss cuisine, sport and treatments.
The Lily of the Valley nutritional gastronomy approach was developed with nutritionist Jacques Fricker. It enables guests to achieve their weight loss goals while still enjoying the pleasure of food. This approach is combined with targeted treatments that are tailored to individual needs by our expert therapists. Indoor and outdoor fitness sessions, with varying levels of intensity and held in an idyllic setting, complete our programs.

EVERY DAY

1

TREATMENTS

EXCEPTIONAL TECHNOLOGY-BASED AND MANUAL TREATMENT

2

SPORT

INDIVIDUAL COACHING SESSIONS
A VARIETY OF FITNESS EXCURSIONS

3

WEIGHT LOSS CUISINE

LUXURIOUS YET HEALTHY MENUS THAT ARE COMPATIBLE WITH YOUR WELLNESS GOALS AND ALLOW YOU TO LOSE WEIGHT WITHOUT FRUSTRATION

Jacques Fricker
Nutritionist

JACQUES FRICKER, NUTRITIONIST

The Lily of the Valley method was developed in collaboration with nutritionist Jacques Fricker. After working in research for ten years, Jacques Fricker is now a nutritionist based in Paris, where he develops his approach to nutritional support. This approach doesn't involve depriving yourself of the foods you enjoy, and as such it avoids frustration and ensures long-lasting results.
It is this nutritional philosophy that's applied by the Lily of the Valley Shape Club. The Shape Club supports guests who wish to lose weight during the «High Speed» first phase of the «TGV» method, which focuses on losing weight quickly through meals that are rich in protein and low in calories.

1 **"HIGH SPEED" PHASE**

2 **STABILIZATION PHASE**

3 **BALANCE & VITALITY PHASE**

LILY OF THE VALLEY

PROGRAMS

FOUR DURATIONS ACCORDING TO YOUR NEEDS

4 DAYS
DISCOVER

7 DAYS
REBOOT

10 DAYS
RESET

14 DAYS
REBORN

TAKE CARE OF YOURSELF

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

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.

DURATION PRICES	DISCOVER 4 DAYS €2500*	REBOOT 7 DAYS €4500*	RESET 10 DAYS €6000*	REBORN 14 DAYS €8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTEOPATHY CONSULTATION	-	1	2	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
HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	1	2
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	-	1	1	2
FACIAL TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.

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.

DURATION	**DISCOVER 4 DAYS**	**REBOOT 7 DAYS**	**RESET 10 DAYS**	**REBORN 14 DAYS**
PRICES	€2500*	€4500*	€6000*	€8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
OSTHEOPATHY CONSULTATION	-	1	2	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
FACIAL TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.

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.

DURATION	DISCOVER 4 DAYS	REBOOT 7 DAYS	RESET 10 DAYS	REBORN 14 DAYS
PRICES	€2500*	€4500*	€6000*	€8000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	2	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
FACIAL TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.

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.

DURATION PRICES	DISCOVER 4 DAYS €3200*	REBOOT 7 DAYS €5800*	RESET 10 DAYS €8000*	REBORN 14 DAYS €10500*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	✓	✓	✓	✓
DIET & NUTRITION CONSULTATION	✓	✓	✓	✓
CONSULTATION WITH AN OSTEOPATH	-	1	2	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	2	2	3
SERENITY (MUD WRAP AND MASSAGE)	1	1	1	2
CHI NEI TSANG	-	1	1	1
DEEP MASSAGE & INDIBA	1	2	2	2
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	1	1	1	2
HOT SCRUB	1	1	1	1
RELAXING MASSAGE & LED	-	1	1	2
THAI MASSAGE	-	-	1	2
DE-STRESSING MASSAGE	-	-	1	1
FOOT REFLEXOLOGY	1	1	1	1
CRYOTHERAPY CHAMBER	-	-	1	2
FIRMING MASSAGE & CRYOTHERAPY	-	1	2	2
FACIAL TREATMENTS				
SKIN DIAGNOSIS	✓	✓	✓	✓
HYDRAFACIAL TREATMENT	-	-	1	1
BIOLOGIQUE RECHERCHE FACE TREATMENT	1	1	1	2
EYE OR JAWLINE-SCULPTING TREATMENT	1	1	1	2
ACCESS TO THE "NORDIC CIRCUIT" & SEMI OLYMPIC POOL	✓	✓	✓	✓
WORKSHOP	✓	✓	✓	✓

All prices include VAT.

EVALUATIONS & CONSULTATIONS

EVALUATIONS & CONSULTATIONS

EVALUATE YOUR PHYSICAL CONDITION WITH THE HELP OF THE VERY LATEST TECHNOLOGIES.

BIOIMPEDANCE ANALYSIS AND DIET & NUTRITION CONSULTATION

WEIGHT LOSS – STABILIZATION – SUPPORT

Bioimpedance analysis is an advanced tool that uses weak electrical currents to measure body composition. It provides a precise evaluation of fat and lean mass, muscle mass, and the distribution of water throughout the body. It is helpful in establishing personalized health and fitness plans, and can be used to calculate your "body age."

60 MIN | **€210**

PHYSICAL CONDITION EVALUATION

BALANCE – SUPPLENESS – STRENGTH

The physical condition evaluation is carried out using Kinvent technology – a tool used by physiotherapists – to measure your muscle strength, balance and suppleness.

30 MIN | **€90**

OSTEOPATHY

JOINTS – MUSCLES – PREVENTATIVE OR CURATIVE

An osteopathy session will help to improve your posture, and treat muscle, tendon or joint pain, by manipulating the body.

50 MIN | **€195**

All prices include VAT.

LILY OF THE VALLEY

BODY TREATMENTS

SCRUBS & MUD WRAPS

Our scrubs and mud wraps were designed and developed by the Lily of the Valley Shape Club.
Learn about them and their benefits.
We recommend that you use our saunas or steam room before a body scrub or wrap, to prepare your skin.

SCRUBS

HEMP AND PETITGRAIN
STIMULATES BLOOD FLOW – RELAXES MUSCLES – SOOTHES

APRICOT KERNEL AND JASMINE
BRIGHTENS – SOFTENS – MOISTURIZES

GREEN LUFFA AND IMMORTELLE FLOWER
FIRMS – IMPROVES ELASTICITY – SMOOTHS DIMPLED SKIN

ICELANDIC VOLCANIC SAND AND PINE
PURIFIES – REFRESHES – INVIGORATES

MUD WRAPS

YELLOW MUD WRAP, WITH GINGER AND LEMON
FIRMS – STIMULATES BLOOD FLOW – SMOOTHS DIMPLED SKIN

MAUVE MUD WRAP, WITH ROSE
ANTI-AGING – NOURISHES – IMPROVES SKIN SUPPLENESS

BLUE MUD WRAP, WITH LAVENDER
SOOTHES – REPAIRS – PROMOTES HEALING

GREEN MUD WRAP, WITH SEAWEED AND THYME
ENERGIZES – REVITALIZES – DETOXIFIES

SCRUB OR MUD WRAP	30 MIN	**€90**
SCRUB OR MUD WRAP FOLLOWED BY A MOISTURIZING TREATMENT	50 MIN	**€180**
SERENITY: SCRUB OR MUD WRAP FOLLOWED BY A MASSAGE	80 MIN	**€260**

All prices include VAT.

MASSAGES

RELAXING MASSAGE
TRADITIONAL TECHNIQUE – LIGHT PRESSURE – DEEPLY RELAXES

50 MIN | **€185** 80 MIN | **€250**

DEEP MASSAGE
TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

50 MIN | **€185** 80 MIN | **€250**

SPORTS MASSAGE
TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS
RELIEVES AND RELAXES

50 MIN | **€185** 80 MIN | **€250**

THAI MASSAGE
TRADITIONAL TECHNIQUE – STRETCHING MOVEMENTS – ACUPRESSURE

80 MIN | **€260**

MOM-TO-BE MASSAGE
TARGETED TECHNIQUE – GENTLE PRESSURE – PROMOTES DRAINAGE

50 MIN | **€185**

SOOTHING MASSAGE (ABHYANGA)
BASED ON AYURVEDIC MEDICINE – MODERATE TO FIRM PRESSURE – SOOTHES AND REBALANCES

80 MIN | **€250**

DE-STRESSING MASSAGE (CHAMPISSAGE, HEAD MASSAGE)
BASED ON AYURVEDIC MEDICINE – VIGOROUS MOVEMENTS – RELAXES AND UNWINDS

50 MIN | **€185**

All prices include VAT.

FIRMING MASSAGE
MASSAGETRADITIONAL TECHNIQUE – PINCH-AND-ROLL METHOD
FIRMS AND BREAKS DOWN FAT

50 MIN | **€185**

LYMPHATIC DRAINAGE MASSAGE
TRADITIONAL TECHNIQUE – SLOW AND GENTLE MOVEMENTS
PROMOTES DRAINAGE AND DETOXIFIES

50 MIN | **€185**

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**

FACE MASK BAR

Take care of your skin by reaping the benefits of a face mask while you enjoy your massage

LIFTKISS - €30
CONTOURS & VOLUME
LIFTS – SMOOTHS – PLUMPS – REGENERATES

PATCH DÉFATIGANT - €35
SMOOTHING AND REVITALIZING BIOCELLULOSE EYE MASK
DARK CIRCLES – WRINKLES – FINE DEHYDRATION LINES

MASQUE PIGM 400 - €35
RADIANCE BOOSTER
FIGHTS DARK SPOTS – PERFECTS – BRIGHTENS

MASQUE CAVIAR VERT - €50
LIFTING & ANTI-AGING BIOCELLULOSE MASK
FIGHTS WRINKLES – SMOOTHS – TIGHTENS

AVAILABLE EXCLUSIVELY AS A BODY TREATMENT ADD-ON.

All prices include VAT.

EXCEPTIONAL TREATMENTS

TARGETED ACTION

These treatments have been developed exclusively to meet the objectives of our four programs. The result is a unique experience that combines the expertise of our therapists in advanced treatment protocols with the precision of carefully chosen tools.

SLIM & FIRM

This treatment is included in the WEIGHT LOSS program, and is also available separately.

AN ENJOYABLE WAY TO ACHIEVE YOUR IDEAL WEIGHT.

This exceptional treatment from our Weight Loss program uses cupping therapy and manual massage to sculpt and firm your figure.

80 MIN | **€260**

RESTORE & BOOST

This treatment is included in the SPORT program, and is also available separately.

LET YOUR BODY RECOVER IN THE VERY BEST CONDITIONS

This exceptional treatment from our Sport program both promotes and speeds up muscle recovery through manual techniques, stretching, poultices, and the use of cold.

80 MIN | **€260**

DETOX

This treatment is included in the DETOX program, and is also available separately.

PROMOTE DRAINAGE AND FLUSH OUT TOXINS

This exceptional treatment from our Detox program gives a feeling of well-being and lightness. It includes a body wrap with ginger, combined with manual lymphatic drainage techniques and dry brushing.

80 MIN | **€260**

YOUNGER LONGER

This treatment is included in the BETTER AGING program, and is also available separately.

STRENGTHEN YOUR MOBILITY

This exceptional treatment from our Better Aging program (for the face and body) focuses on body mobility and acupressure for a feeling of well-being and suppleness, and also includes the use of gua sha to help firm, moisturize and lift skin.

80 MIN | **€260**

All prices include VAT.

THERAPEUTIC TREATMENTS

CHI NEI TSANG

ENERGIZING ABDOMINAL MASSAGE – STIMULATES METABOLISM
PHYSICAL AND EMOTIONAL WELL-BEING

50 MIN | **€250**

CUPPING THERAPY

USING SUCTION CUPS – RELIEVES TENSION
IMPROVES BLOOD CIRCULATION

45 MIN | **€170**

ACUPUNCTURE

STIMULATES ENERGY POINTS – RESTORES BALANCE
RELIEVES PAIN AND STRESS

50 MIN | **€190**

FOOT REFLEXOLOGY

CHINESE TECHNIQUE – MODERATE PRESSURE AND ACUPRESSURE
SOOTHES AND REBALANCES

50 MIN | **€185**

All prices include VAT.

TECHNOLOGY-BASED BODY TREATMENTS

TWO CRYOTHERAPY MACHINES

Localized cryotherapy has a precise action on a specific, targeted area, while the cryotherapy chamber is used to focus on the whole body and metabolism.

CRYOTHERAPY CHAMBER

OPTIMIZE YOUR PERFORMANCE AND DISCOVER A NEW LEVEL OF WELLNESS

Muscle recovery and reduction in soreness and inflammation
Improved sleep and concentration
Boosted immune system

The treatment lasts for 3 to 5 minutes, based on your physical condition and habits.

Temperature: -110°C
Feels like: -80°C

15 MIN | **€70**

SET OF 5 SESSIONS | **€300**

All prices include VAT.

TECHNOLOGY-BASED BODY TREATMENTS

LOCALIZED 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.

FIRMING

CRYOTHERAPY - COLD SENSATION - FIRMS AND REPAIRS

30 MIN | **€150**

DRAINING

CRYOTHERAPY - COLD SENSATION - PROMOTES DRAINAGE AND RELIEVES

30 MIN | **€150**

ANTI-STRETCH MARKS

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.

TECHNOLOGY-BASED BODY TREATMENTS

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.

CUSTOMIZED INDIBA TREATMENT

RADIOFREQUENCY – WARM SENSATION – TREATS A SPECIFIC AREA

30 MIN | **€120**

INDIBA SLIMMING TREATMENT

RADIOFREQUENCY – WARM SENSATION – SCULPTS AND TONES

80 MIN | **€295**

INDIBA DETOX

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

80 MIN | **€295**

INDIBA MUSCLE TREATMENT

RADIOFREQUENCY – WARM SENSATION – RELIEVES AND REPAIRS

50 MIN | **€195**

All prices include VAT.

LILY OF THE VALLEY

FACE TREATMENTS

BIOLOGIQUE RECHERCHE: PERSONALIZED SKINCARE TREATMENTS

French dermocosmetics brand, Biologique Recherche, has developed a methodology based on unique and personalized skincare protocols. Its treatments are suitable for both men and women, and comprise three key stages.

THE THREE KEY STAGES

1

ASSESSMENT STAGE

Analysis of the skin's specific needs.

2

INITIALIZATION STAGE

Preparing and balancing the skin.

3

TREATMENT STAGE

Targeting each concern and treating it in-depth.

FACE TREATMENTS

CUSTOMIZED FACIAL TREATMENT

When developing its treatments, Biologique Recherche focuses on studying the skin, so it can personalize its treatment protocols and tailor them to your Skin Instant©.
Its treatments are always based on an individual dermocosmetic diagnosis.

Whether you're looking for radiant, purified, moisturized or toned skin, we make sure we choose the right booster(s) to match your Skin Instant©.

Our treatments can address one or several needs, depending on the time you have available to dedicate to your skin.

50 MIN | **195€** 80 MIN | **260€**

SECONDE PEAU TREATMENT

For regenerated skin. Designed for skin damaged by aging, this lifting treatment includes using an electrospun mask with 80% pharmaceutical grade hyaluronic acid.

80 MIN | **500€**

All prices include VAT.

RESULTS BOOSTERS

ENHANCE EFFECTS

In addition to your treatment

REMODELING FACE

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect.

IN ADDITION | **€100**

ELECTROPORATION

A high-frequency impulse current makes the upper layer of the epidermis more permeable and increases the penetration of the serum rich in active ingredients.

IN ADDITION | **€150**

MICROPUNCTURE LAB

An intensive treatment that stimulates collagen production through intra-epidermal micro-stimulation using micro-needles.

IN ADDITION | **€150**

TARGETED TREATMENTS

To complement your treatment

EYE TREATMENT

Hydration and specific nutrients to revitalize and smooth the sensitive skin around the eyes.

30 MIN | **120€** 50 MIN | **195€**

JAWLINE-SCULPTING TREATMENT

A targeted treatment to improve skin tone and tightness, visibly reducing the signs of aging. Fights the effects of gravity for a more balanced jawline.

30 MIN | **120€** 50 MIN | **195€**

All prices include VAT.

OUR SKIN PROGRAMS

PRECISION, DISCIPLINE, AND CUSTOMIZED SKINCARE: THE VERY BEST OF DERMOCOSMETICS

Lily of the Valley offers three skin programs, designed to transform your skin. Make the most of your stay to care for your skin, and choose the skin program you need, for a duration of 3 to 5 days.

1

SUPERCLEANSE
Acne
and oily skin

2

GLOW & GO
Dull skin
and dehydration

3

ULTIMATE HYALURONIC
Deep wrinkles
and loss of firmness

OUR SKIN PROGRAMS & THEIR EXCLUSIVE PROTOCOL

SUPERCLEANSE PROGRAM

ACNE SKIN DAMAGED BY A HARSH, ABRASIVE SKINCARE ROUTINE.

The Shape Club has created two detox skin proarams to meet the needs of temperamental skin. Based on three or five treatments with at least 24 hours between them they'll leave vour skin clearer and hydrated, and help keep it pure and healthy. Enioy a cleansing HvoraFacial LED theraov face avm and an exclusive treatment developed in collaboration with Biologique Recherche and aet vour skin back on track

3 DAYS | **€850** 5 DAYS | **€1,200**

TREAT YOUR SKIN TO....
EXCLUSIVE SUPERCLEANSE TREATMENT

Inspired by our Supercleanse skin program, this exclusive treatment is aimed at combination skin with min blemishes

CLEANSING & GENTLE EXTRACTION - BIOLOGIQUE RECHERCHE TECHNIQUE LED SESSION

80 MIN | **€350**

All prices include VAT.

GLOW & GO PROGRAM

FOR SKIN THAT LACKS RADIANCE AND HYDRATION.

The Shape Club has created two skin programs to give your skin a glow and fight the first signs of aging. Based on three or five treatments, with at least 24 hours between them, they'll leave your skin plumped, hydrated and luminous. A cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment developed in collaboration with Biologique Recherche, will help you to get your glow back - and keep it!

3 DAYS | **€850** 5 DAYS | **€1,200**

TREAT YOUR SKIN TO...
EXCLUSIVE GLOW & GO TREATMENT

Inspired by our Glow & Go skin program, this exclusive treatment is aimed at skin that lacks radiance and hydration.

HYDRATION & RADIANCE - BIOLOGIQUE RECHERCHE TECHNIQUE LED SESSION

80 MIN | **€350**

ULTIMATE HYALURONIC PROGRAM

FOR SKIN THAT HAS LOST ELASTICITY, HAS DEEP WRINKLES, AND IS LINED BY TIME.

The Shape Club has created two Better Aging skin programs to erase the effects of time on your skin. Based on three or five treatments, with at least 24 hours between them, they'll leave your skin nourished, smoother and radiant. Enjoy a cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment using hyaluronic acid and developed in collaboration with Biologique Recherche, for skin that glows with health and vitality again.

3 DAYS | **€950** 5 DAYS | **€1,390**

TREAT YOUR SKIN TO...
EXCLUSIVE ULTIMATE HYALURONIC TREATMENT

Inspired by our Ultimate Hyaluronic skin program, this exclusive treatment is aimed at mature and lined skin.

REPAIRS & FIRMS - BIOLOGIQUE RECHERCHE TECHNIQUE LED SESSION

80 MIN | **€550**

All prices include VAT.

TECHNOLOGY-BASED FACE TREATMENTS

HYDRAFACIAL: THE PERFECT GLOW IN THREE STEPS

Every 15 seconds, someone in the world enjoys a HydraFacial treatment. This remarkable success is due to the effectiveness of the unique technology used, along with the three-step method, followed by the application of booster serums.

INITIAL 3-STEP HYDRAFACIAL PROTOCOL

1. CLEANSING & EXFOLIATION
2. EXTRACTION & HYDRATION
3. FUSION & PROTECTION

INITIAL HYDRAFACIAL

30 MIN | **€220**

All prices include VAT.

EXPERT HYDRAFACIAL PROTOCOLS

An initial HydraFacial treatment, combined with serums for targeted action.

1. CLEANSING & EXFOLIATION
2. EXTRACTION & HYDRATION
3. FUSION & PROTECTION
4. TARGETED SERUM

DEEP DETOX HYDRAFACIAL

Application of a serum, as well as the use of ultrasound to remove blackheads, and prolonged exposure to blue LED light to effectively prevent the spread of bacteria. This treatment purifies the skin, while also providing comfort and hydration.

Targeted serum: blemishes and balance

45 MIN | **€270**

ULTIMATE RADIANCE HYDRAFACIAL

After thoroughly cleansing and deeply hydrating the skin, a specific serum is applied, tailored to your skin's needs. The skin is then exposed to LED light, with colors chosen according to the benefits sought.

Targeted serum: hydration and first signs of aging

45 MIN | **€270**

FOREVER YOUNG HYDRAFACIAL

The effects of this treatment are dramatically enhanced by lymphatic drainage, to flush out waste. Features look rested and the skin is deeply nourished by a serum rich in vitamins and hyaluronic acid, which – along with exposure to red LED light – help to improve collagen production.

Targeted serum: deep wrinkles, pigmentation marks, loss of firmness

60 MIN | **€350**

All prices include VAT.

LED THERAPY

Our advanced skincare technology, LED Therapy, is your ultimate solution for radiant, younger-looking, beautifully healthy skin.

Using innovative, customized protocols, we have designed non-invasive treatments that combine the power of LED light therapy and the extensive knowledge of our experts.

LED SESSIONS TO COMPLEMENT YOUR TREATMENT

DIAGNOSIS BY OUR EXPERTS
CUSTOMIZED TREATMENT

EFFECTIVE ON:

Persistent breakouts and inflammation, clogged pores

Dull complexions and skin that lacks hydration

Reactive and fragile skin that lacks radiance, hydration and comfort

Wrinkles and fine lines, sun damage, loss of elasticity, dilated pores, and uneven skin tone

Recommended after surgery or injections

LED SESSION TO COMPLEMENT YOUR TREATMENT
CUSTOMIZED TREATMENT

30 MIN | **€95**

All prices include VAT.

SPORT & MEMBERSHIP

OUR AQUATIC OUTDOOR SPORTS

SEA WADING (ALL YEAR ROUND)
KAYAKING
PADDLEBOARDING
PADDLEBOARD YOGA
AQUA BOXING
AQUAFITNESS
FLOAT PILATES
SWIM & LEARN

OUR LAND
OUTDOOR SPORTS

NORDIC WALKING
HIKING
MOUNTAIN BIKING
SUNRISE YOGA
RUNNING
BREKKIE TREK

We offer excursions with different durations, so there is something for every level.

OUR INDOOR SPORTS

POSTURAL BALL
YOGA
PILATES
MEDITATION
TRX
BIKING SPRINT
CARDIO BOXE
CORE TRAINING
STRETCHING

RATES

INDIVIDUAL COACHING SESSIONS	SOLO	DUO	ADD PERSON
PER SESSION	€140	€210	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€650	€1,000	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€1,200	€1,800	
GROUP COACHING SESSIONS (EXCEPT MOUNTAIN BIKING)			
PER SESSION	€45	€80	
5 X 50 MINUTE SESSIONS OF YOUR CHOICE	€210	€360	
10 X 50 MINUTE SESSIONS OF YOUR CHOICE	€400	€680	
MOUNTAIN BIKE EXCURSION AND BIKE RENTAL			
BIKE RENTAL RATE PER HOUR	€40	€80	+€40
BIKE RENTAL 1/2 DAY (4 HOURS)	€60	€120	+€50
BIKE RENTAL 1 DAY	€100	€200	+€80
BIKE EXCURSION WITH COACH – 2 HOURS	€240	€390	+€60
BIKE EXCURSION WITH COACH – 1/2 DAY (4 HOURS)	€390	€540	+€60
HIKING			
NORDIC WALKING WITH COACH – 2 HOURS	€200	€350	+€50
NORDIC WALKING WITH COACH – 1/2 DAY (4 HOURS)	€350	€500	+€50

Indoor and outdoor coaching sessions are available for all our guests.
You can contact Reception directly to get the weekly schedule.

All prices include VAT.

THE SAILING CLUB

Our family-friendly Sailing Club offers a wide range of water sports throughout the day. From paddleboarding to sea wading and canoeing, there's something for everyone to enjoy. Our team is on hand to welcome regular visitors from Gigaro and Lily of the Valley guests, from age 7 to 77.

OPEN FROM MAY TO SEPTEMBER

OUR WATER SPORTS

PRICES	1 HOUR	1/2 DAY	1 DAY
PADDLEBOARDING	€20	€60	€80
TRANSPARENT PADDLEBOARDING	€30	€80	€110
GIANT PADDLEBOARDING	€45	€110	€160
CANOEING (SOLO)	€20	€60	€80
CANOEING (DUO)	€30	€70	€90
TRANSPARENT CANOEING	€40	€80	€110
WINDSURFING	€25	€50	-
FUNBOARDING	€30	€55	-
INDIVIDUAL COACHING SESSION			
EFOIL	€180		

1/2 DAY: 9 A.M. TO 1 P.M. OR 2 P.M. TO 6 P.M.
1 DAY: 9 A.M. TO 6 P.M.

All prices include VAT.

A DAY AT THE SHAPE CLUB

SOLO	DUO	ADD. PERSON
€450	€650	+€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.

MEMBERSHIPS & ACCESS

1 MONTH	3 MONTHS	6 MONTHS	12 MONTHS
€1,500	€2,500	€3,500	€5,500

DÉTAILS

Access to the fitness room
Access to the «Nordic circuit»
(steam room, saunas, snow shower, ice fountain)
Access to the semi-Olympic pool
Access to the excursions available
(subject to change due to weather or hotel circumstances)
Individual coaching session with a dedicated coach
30-minute high-tech treatment (Indiba or Cryotherapy)
1 bioimpedance analysis
48-hour laundry service (for 6- and 12-month memberships)
Guest pass for the person of your choice
(2 passes for 1- and 3-month memberships,
4 for 6- and 12-month memberships)
Valet parking
Concierge service (starting from 6 months)

10% REDUCTION ON THE PROGRAMS

All prices include VAT.

LILY OF THE VALLEY

HAIR & BEAUTY

HAIR & BEAUTY

HAIRSTYLING & BARBER SERVICE

WOMEN'S HAIRSTYLING SERVICES

BOTANICAL RITUAL OWAY

PERSONALIZED PROTOCOL – SCALP ANALYSIS AND PREPARATION
HAIR VITALITY BOOST AND NUTRITION

45 MIN | **€120**

RITUAL & BLOW-DRY | **€180 to €220**

Blow-dry (short hair)- €80
Blow-dry (mid-length hair) - €100
Blow-dry (long hair)- €120
Cut & blow-dry de €150 à €190
Color & blow-dry de €160 à €200
Color, cut & blow-dry de €220 à €260
Balayage & blow-dry de €180 à €240
Balayage, cut & blow-dry de €250 à €310

The hair treatment is included in the price of the service.

Chignon/evening look - €120
Chignon/wedding styling – price upon consultation

BARBER SERVICE & MEN'S HAIRSTYLING

Haircut - € 55
Boy's haircut (under age 12)- € 35
Beard trim - € 50

All prices include VAT.

THE NAIL BAR

To care for and beautify your nails, Lily of the Valley chose to work with the French cruelty-free, vegan brand, Manucurist. Its products are made with 84% natural ingredients. For semi-permanent nail polish application, we use the brand OPI.

MANICURE
Nail filing & shaping, cuticle care, buffing, hydration and massage
Without polish application - 80€
With regular nail polish application - 90€
With semi-permanent nail polish application - 120€

PEDICURE
Soak, nail filing & shaping, cuticle care, buffing, foot filing, hydration and massage
Without polish application - 100€
With regular nail polish application - 110€
With semi-permanent nail polish application - 140€

EXPRESS MANICURE OR PEDICURE
Nail filing & shaping and cuticle care
Without polish application - 40€
With regular nail polish application - 50€
With semi-permanent nail polish application - 80€

SEMI-PERMANENT NAIL POLISH REMOVAL - 35€

All prices include VAT.

GENERAL TERMS & CONDITIONS

GENERAL TERMS & CONDITIONS

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.

AESTHETIC AND MOM-TO-BE TREATMENTS

The treatments offered are designed to focus on relaxation and do not have any medical purpose. For safety reasons, we offer treatments that are suitable for women who are at least three months pregnant. We reserve the right to refuse a treatment to women in the first trimester of their pregnancy.

BOOKING

For all bookings, you will be asked to provide a credit card as security. In the case of cancellation or changes (as referred to in the paragraphs below), or in the case of damage, the amount due will be debited. You will be asked to pay the full price of your treatment when you book your appointment. You will also be asked to fill in a health questionnaire when you make your booking. Please answer all the questions as accurately as possible, and add the date and your signature. You are responsible for the accuracy of the information provided.

CANCELLATION

Should you cancel a program or treatment less than 24 hours before it begins, the full price will be charged to the credit card used to make the booking.
If you have a health problem that prevents you from taking part in the activities, you can request that your participation in the program be cancelled, on condition of providing a medical certificate. However, your accommodation cannot be cancelled or refunded.

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 reauired to wear clean sports clothes and shoes.

FITNESS & NUTRITION PROGRAMS

A Lily of the Valley program consists of a specific eating plan, treatments, and exercise sessions. The Shape Club is not a medical establishment; its teams will not provide medical advice or recommendations. We do ask that you ensure you are in sufficiently good health and physical condition to take part in the activities organized. It is also your responsibility to inform the teams should you have any dietary or health restrictions.

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.

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.

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.

PETS

Pets are not allowed into the Shape Club.

RESPONSIBILITY & INSURANCE

In the case of failure to follow the safety instructions provided to you, or inappropriate use of the fitness equipment and facilities made available to you, we cannot be held liable for any damage incurred. We advise you to take out your own insurance to cover any eventual damage caused to yourself or to a third party while taking part in the program's activities.

TERMINATION

If you do not comply with the rules and regulations of the Shape Club fitness room, we reserve the right to terminate your program. In such cases, the cost of the program will not be refunded.

WEIGHT LOSS

If you choose the weight loss option, please note that its success depends on rigorously following the diet plan suggested, but essentially on each individual's metabolism and state of health.

LILY OF THE VALLEY

TAKE CARE OF YOURSELF

LILY OF THE VALLEY

WELLNESS LUXURY HOTEL

Plage de Gigaro
83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

shapeclub@lilyofthevalley.com

lilyofthevalley.com

@lilyofthevalleyhotel

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