



# TAKE CARE OF YOUR SKIN

FACE TREATMENTS



ENGLISH





# — LOVE LOSING WEIGHT —







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# LOOKING FOR MORE THAN “JUST” A FACIAL TREATMENT? YOU’VE COME TO THE RIGHT PLACE.

## OUR PHILOSOPHY: “TAKE CARE OF YOUR SKIN”

Your skin is your largest organ and covers the entire body, and yet it is often neglected. At Lily of the Valley’s Shape Club, we harness the power of science and the latest non-invasive techniques to improve your skin’s health, keep it in good condition, and make you feel good.

## EXPERT, TECHNOLOGY-BASED, AND CUSTOMIZED TREATMENTS

Have you heard of the 10,000-hour rule? It’s based on the premise that it takes 10,000 hours to really master a skill – and it’s something that the owner of Lily of the Valley very much believes in.

At the Shape Club, we’ve decided to dedicate 10,000 hours to understanding your skin. And we’ve come to an expert conclusion: the best way to treat your skin is through a customized approach that combines precise manual techniques with high-quality cosmetic products and cutting-edge technologies.

## A “SKIN DEPARTMENT” THAT STANDS THE TEST OF SCIENCE

When we developed our treatment offering, we studied countless techniques and methods, from age-old practices to the most recent innovations. Our aim was to find the perfect balance between performance and relaxation, the most precise movements, the most effective technologies, and the very best products. At the Shape Club, we love tech – but only if it really works. Every machine, every device that has been given a place here has already undergone the most extensive – and intensive – research. There are no miraculous tools or accessories; just very real, very effective, proven technologies.







## OUR SKIN PROGRAMS

Do you believe in magic? We don't either. Especially when it comes to dermocosmetics. Keeping your skin beautiful requires care, attention, precision, and discipline. With this in mind, we've put together six programs designed to meet your specific needs. Over a period of three or five days, we'll address all your skin concerns through our expert, customized skin programs.

FROM  
AGE 20

### DETOX

**SUPERCLEANSE**  
Acne-prone  
and oily skin

**PREVENT & PERFECT**  
Minor blemishes  
and unbalanced skin

FROM  
AGE 30

### STEADY GLOW

**GLOW & GO**  
Dull skin  
and dehydration

**PROSKIN**  
First signs of aging  
and dehydration

FROM  
AGE 45

### BETTER AGING

**FOREVER YOUTH**  
Mature skin  
that lacks radiance

**ULTIMATE HYALURONIC**  
Deep wrinkles  
and loss of firmness





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## OUR TECHNOLOGY-BASED TREATMENTS

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INDIBA®





## 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



### APPLICATION OF SERUMS TO COMPLEMENT THE INITIAL PROTOCOL

- DETOX**  
Blemishes and balance
- STEADY GLOW**  
Hydration and first signs of aging
- BETTER AGING**  
Deep wrinkles, pigmentation marks, loss of firmness



## HYDRAFACIAL TREATMENTS

**INITIAL HYDRAFACIAL** - 30 MIN | **€220**

**SUPERCLEANSE HYDRAFACIAL** - 45 MIN | **€270**

Uses ultrasound to remove blackheads, and exposure to blue LED light to effectively prevent the spread of bacteria. This treatment purifies the skin, while also providing comfort and hydration.

**PREVENT & PERFECT HYDRAFACIAL** - 45 MIN | **€270**

After thoroughly cleansing and deeply hydrating the skin, a serum is applied to infuse skin with nourishment and restore its protective barrier. Exposure to blue LED light helps to prevent future blemishes from appearing.

**GLOW & GO HYDRAFACIAL** - 45 MIN | **€270**

Designed to improve skin's health, radiance and elasticity. The initial HydraFacial protocol is complemented by the application of a deeply hydrating and nourishing serum. The skin is then exposed to red LED light to help repair it and stimulate collagen production.

**PROSKIN HYDRAFACIAL** - 45 MIN | **€270**

This preventive treatment works to erase the first signs of aging by infusing the skin with a peptide-rich serum, which stimulates collagen production and smoothes the appearance of fine lines. Following exposure to red LED light, the complexion looks clearer, and skin feels more elastic.

**FOREVER YOUTH HYDRAFACIAL** - 45 MIN | **€270**

This treatment fights skin aging by targeting skin firmness and dark spots. The skin is infused with a serum rich in Vitamin C, which supports collagen synthesis. Exposure to red LED light also stimulates collagen production. Skin is rested, hydrated and more evenly toned.

**ULTIMATE HYALURONIC HYDRAFACIAL** - 60 MIN | **€350**

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.

### HYDRAFACIAL PROGRAMS

4 TREATMENTS -10% / 6 TREATMENTS -15% / 12 TREATMENTS -25%

\*All prices include VAT.





## LED THERAPY

Would you like to know more about LED therapy? Allow us to throw a little light on the matter! Our photomodulation device is a medically certified LED therapy device that uses three different-colored light rays to revitalize the skin, stimulate collagen production, and correct imperfections. And it does all this at the same time! Our LED light therapy programs are tailored to your needs, and you'll see visible results from the very first session.

At the Shape Club, we want nothing but the very best. That's why we chose world-leading brand Dermalux for our LED light therapy devices, which are renowned for being the most precise, safe and effective on the market.



## LED SESSIONS TO COMPLEMENT YOUR TREATMENT

You may find that you really love LED therapy – and for good reason! So you'll be pleased to know that these light therapy sessions are short, and can complement all our face and body treatments. What's more, no recovery time is required, so you don't have to hide away afterwards!

### LED SESSION TO COMPLEMENT YOUR TREATMENT

30 MIN | €95

#### SUPERCLEANSE LED

For oily skin prone to breakouts and inflammation.

#### PREVENT & PERFECT LED

For combination skin with clogged pores, prone to occasional breakouts.

#### GLOW & GO LED

For dull complexions and skin that lacks hydration.

#### PROSKIN LED

For reactive and fragile skin, to soothe, hydrate and restore radiance.

#### FOREVER YOUTH LED

For skin with fine lines and wrinkles, sun damage, loss of elasticity, dilated pores, and uneven skin tone.

#### ULTIMATE HYALURONIC LED

Particularly recommended after surgery or facial injections; stimulates collagen production and speeds up healing.





## CRYOTHERAPY

Cryotherapy, or “cold therapy”, is based on using extremely cold temperatures for a therapeutic effect. It is used to treat, strengthen, beautify, slim, and energize, and offers both health and beauty benefits, which explains why it is often used by fitness trainers, as well as sports and aesthetic doctors. Cryotherapy is a high-tech treatment that involves creating a thermal shock – and this “shock” is behind its many beneficial effects.

### ANALGESIC AND ANTI-EDEMA

Muscle recovery and joint pain.

### SLIMMING AND ANTI-CELLULITE

Skin firming and fat burning.

### DERMATOLOGICAL

Microcirculation, oxygenation and tissue repair.



## CRYOTHERAPY SESSIONS TO COMPLEMENT YOUR TREATMENT

### CRYOTHERAPY SESSION TO COMPLEMENT YOUR TREATMENT

30 MIN | €150

### DETOX

#### SEBUM-BALANCING

Flushes out toxins and speeds up healing.

#### SOOTHING

Improves hydration and calms inflammation.

### STEADY GLOW

#### PUFFINESS & DARK CIRCLES

Improves drainage and stimulates blood flow.

#### BRIGHTENING

Improves hydration and oxygenates tissues.

### BETTER AGING

#### FIRMING & LIFTING

Redefines facial contours and relaxes the features.

#### REJUVENATING

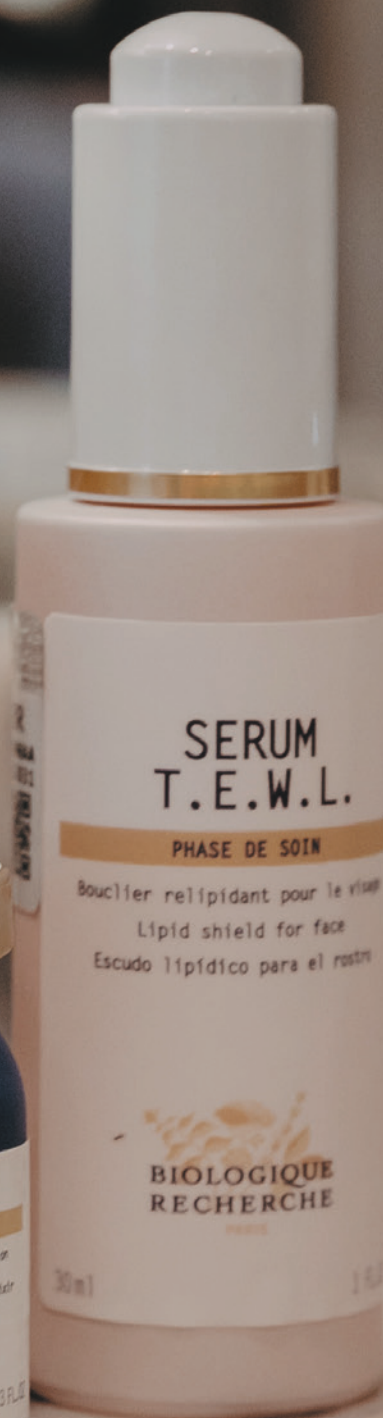
Stimulates collagen production and adds volume to the skin.

\*All prices include VAT.



# BIOLOGIQUE RECHERCHE

DERMOCOSMETICS  
DEDICATED TO YOUR SKIN







## 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.



## HARNESSING TECHNOLOGY TO IMPROVE YOUR SKIN

Biologique Recherche uses analysis systems and technologies that accelerate results, to deliver immediate, visible effects and continue to improve the skin over time.

### ANALYZE

INCLUDED IN YOUR SKINCARE PROTOCOL.

#### SKIN INSTANT LAB

To determine your "Skin Instant®", using five probes to take objective, scientific measurements.

### ENHANCE EFFECTS

IN ADDITION TO YOUR TREATMENT

#### REMODELING FACE | €100

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

#### ELECTROPORATION | €150

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.

#### MICRO-PUNCTURE LAB | €150

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



# DETOX TREATMENTS

YOUR SKIN  
IN YOUR TWENTIES







## PURIFY YOUR SKIN WITH OUR DETOX TREATMENTS

### EXCLUSIVE SUPERCLEANSE TREATMENT

80 MIN | €310

This customized treatment is designed for acne-prone skin damaged by a harsh, abrasive skincare routine. It revolves around a HydraFacial to cleanse the skin, a Biologique Recherche treatment to treat the skin, and an LED light therapy session to prevent the spread of bacteria.

### EXCLUSIVE PREVENT & PERFECT TREATMENT

80 MIN | €310

Ideal for combination skin with minor blemishes, this customized treatment consists of cleansing, gentle extraction, a Biologique Recherche treatment, and a LED light therapy session to prevent the spread of bacteria and protect the skin.

\*All prices include VAT.



## OUR DETOX SKIN PROGRAMS

The Shape Club has created two detox skin programs to meet the needs of temperamental skin. Based on three or five treatments, with at least 24 hours between them, they'll leave your skin clearer and hydrated, and help keep it pure and healthy. Enjoy a cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment developed in collaboration with Biologique Recherche, and get your skin back on track.

### SUPERCLEANSE PROGRAM

Acne-prone skin damaged by a harsh, abrasive skincare routine.

3 DAYS | €850 5 DAYS | €1,200

### PREVENT & PERFECT PROGRAM

Ideal for combination skin with minor blemishes.

3 DAYS | €850 5 DAYS | €1,200

\*All prices include VAT.



## OUR HIGH-TECH DETOX TREATMENTS

### HYDRAFACIAL

#### **SUPERCLEANSE HYDRAFACIAL** - 45 MIN | €270

This treatment includes using ultrasound to remove blackheads, and exposure to blue LED light to effectively prevent the spread of bacteria. It purifies the skin, while also providing comfort and hydration.

#### **PREVENT & PERFECT HYDRAFACIAL** - 45 MIN | €270

After thoroughly cleansing and deeply hydrating the skin, a serum is applied to infuse skin with nourishment and restore its protective barrier. Exposure to blue LED light helps to prevent future blemishes from appearing.

### LED THERAPY

#### **SUPERCLEANSE LED** - 30 MIN | €95

For oily skin prone to breakouts and inflammation.

#### **PREVENT & PERFECT LED** - 30 MIN | €95

For combination skin with clogged pores, prone to occasional breakouts.

### CRYOTHERAPY

#### **SEBUM-BALANCING** - 30 MIN | €150

Flushes out toxins and speeds up healing.

#### **SOOTHING** - 30 MIN | €150

Improves hydration and calms inflammation.

\*All prices include VAT.



## OUR BIOLOGIQUE RECHERCHE DETOX TREATMENTS

### BIOLOGIQUE RECHERCHE TREATMENTS

#### **SOIN MASQUE EXFOLIANT P50** - 50 MIN | €195 80 MIN | €260

For clearer, purer skin.  
An exfoliating and regenerating treatment for thick, devitalized skin with an irregular surface texture. Leaves skin more even, smooth and radiant.

#### **SEBUM-REBALANCING TREATMENT** - 50 MIN | €195 80 MIN | €260

For clearer, purer skin.  
A treatment that controls excess sebum on the skin surface and detoxifies oily and acne-prone skin. Tightens pores, purifies, and leaves skin more even.

#### **BIOSENSIBLE TREATMENT** - 50 MIN | €195 80 MIN | €260

For soothed skin.  
A treatment that stabilizes skin that is particularly fragile and reactive. It leaves the skin of the face, neck and décolleté feeling soothed and more comfortable.

### BIOLOGIQUE RECHERCHE RESULTS ACCELERATORS

#### **REMODELING FACE**

TO COMPLEMENT YOUR TREATMENT | €100

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect. Includes use of the "Mentonnière Module" to sculpt the jawline.

#### **EYE TREATMENT**

ADD-ON EYE TREATMENT - 30 MIN | €120 50 MIN | €195

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

\*All prices include VAT.





# STEADY GLOW

YOUR SKIN  
IN YOUR THIRTIES





## LOOK AFTER YOUR SKIN WITH OUR STEADY GLOW TREATMENTS

### EXCLUSIVE GLOW & GO TREATMENT

80 MIN | €310

This customized treatment is aimed at skin that lacks radiance and hydration, and is based around gentle cleansing and extraction, a Biologique Recherche treatment, and an LED light therapy session to stimulate collagen production and give skin a glow.

### EXCLUSIVE PROSKIN TREATMENT

80 MIN | €310

Designed for skin that's starting to show the first signs of aging, this customized treatment includes a gentle peel with fruit acids, micro-needling to reduce the appearance of fine lines, a Biologique Recherche treatment, and a LED light therapy session to stimulate collagen production.

\*All prices include VAT.



## OUR STEADY GLOW SKIN PROGRAMS

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!

### GLOW & GO PROGRAM

For skin that lacks radiance and hydration.

3 DAYS | €850 5 DAYS | €1,200

### PROSKIN PROGRAM

For skin showing the first signs of aging.

3 DAYS | €850 5 DAYS | €1,200

\*All prices include VAT.





## OUR HIGH-TECH STEADY GLOW TREATMENTS

### HYDRAFACIAL

#### HYDRAFACIAL GLOW & GO - 45 MIN | €270

To restore radiance and elasticity, and leave skin feeling and looking healthier, the initial HydraFacial protocol is followed by infusing the skin with a deeply moisturizing and nourishing serum. The skin is then exposed to red LED light to help repair it and stimulate collagen production.

#### PROSKIN HYDRAFACIAL - 45 MIN | €270

This preventive treatment is designed to erase the first signs of aging by infusing the skin with a peptide-rich serum that stimulates collagen production and smoothes the appearance of fine lines. After exposure to red LED light, the complexion looks clearer and skin feels plumped.

### LED THERAPY

#### GLOW & GO LED - 30 MIN | €95

For dull complexions and skin that lacks hydration.

#### PROSKIN LED - 30 MIN | €95

Ideal for reactive and fragile skin, to soothe, hydrate, and restore radiance.

### CRYOTHERAPY

#### PUFFINESS & DARK CIRCLES - 30 MIN | €150

Improves drainage and stimulates blood flow.

#### BRIGHTENING - 30 MIN | €150

Improves hydration and oxygenates tissues.

\*All prices include VAT.



## OUR BIOLOGIQUE RECHERCHE STEADY GLOW TREATMENTS

### BIOLOGIQUE RECHERCHE TREATMENTS

#### VIP O2 BOOSTER TREATMENT - 50 MIN | €195 80 MIN | €260

For more radiant skin.  
Perfect for dull skin suffocated by urban pollution, this treatment detoxifies and stimulates the epidermis, to reoxygenate skin tissue. It gives skin a real boost, leaving it more luminous and glowing with radiance.

#### HYDRÉCLAT - 50 MIN | €195 80 MIN | €260

For better toned skin.  
Ideal for dehydrated skin, this hydrating treatment leaves your skin feeling plumped and looking more beautiful.

#### MC110 TREATMENT - 50 MIN | €195 80 MIN | €260

To reduce fine lines and wrinkles.  
Ideal for lackluster skin, this treatment fades the appearance of fine lines and wrinkles, and leaves the skin of your face, neck and décolleté toned and redefined.

### BIOLOGIQUE RECHERCHE RESULTS ACCELERATORS

#### REMODELING FACE - TO COMPLEMENT YOUR TREATMENT | €100

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

#### MICRO-PUNCTURE LAB - TO COMPLEMENT YOUR TREATMENT | €150

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

#### EYE TREATMENT - TO COMPLEMENT YOUR TREATMENT

30 MIN | €120 50 MIN | €195

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

#### JAWLINE-SCULPTING TREATMENT - TO COMPLEMENT YOUR TREATMENT

30 MIN | €120 50 MIN | €195

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.

\*All prices include VAT.



## BETTER AGING

YOUR SKIN FROM AGE 45





## PLUMP UP YOUR SKIN WITH OUR BETTER AGING TREATMENTS

### EXCLUSIVE FOREVER YOUTH TREATMENT

80 MIN | €310

This customized treatment is designed for skin with wrinkles and fine lines.

It consists of a gentle peel with fruit acids, electrical stimulation of tissues for a smoothing effect and more defined facial contours, and a LED light therapy session to stimulate collagen production.

### EXCLUSIVE ULTIMATE HYALURONIC TREATMENT

80 MIN | €550

This customized treatment for mature and lined skin comprises deep but gentle cleansing, application of a Biologique Recherche electrospun mask with 80% pharmaceutical-grade hyaluronic acid, and a LED light therapy session to repair, hydrate, and stimulate collagen production.

\*All prices include VAT.



## OUR BETTER AGING SKIN PROGRAMS

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.

### FOREVER YOUTH PROGRAM

Designed for skin that has lost some firmness, with fine to medium wrinkles.

3 TREATMENTS | €850 5 TREATMENTS | €1,200

### ULTIMATE HYALURONIC PROGRAM

For skin that has lost elasticity, has deep wrinkles, and is lined by time.

3 DAYS | €950 5 DAYS | €1,390

\*All prices include VAT.



## OUR HIGH-TECH BETTER AGING TREATMENTS

### HYDRAFACIAL

#### FOREVER YOUTH HYDRAFACIAL - 45 MIN | €270

This treatment fights skin aging by targeting skin firmness and dark spots. The skin is infused with a serum rich in Vitamin C, which supports collagen synthesis. Exposure to red LED light also stimulates collagen production. Skin is rested, hydrated and more evenly toned.

#### ULTIMATE HYALURONIC HYDRAFACIAL - 60 MIN | €350

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.

### LED THERAPY

#### FOREVER YOUTH LED - 30 MIN | €95

For skin with fine lines, sun damage, loss of elasticity, dilated pores and uneven skin tone.

#### ULTIMATE HYALURONIC LED - 30 MIN | €95

Particularly recommended after surgery or facial injections; stimulates collagen production and speeds up healing.

### CRYOTHERAPY

#### FIRMING & LIFTING - 30 MIN | €150

Redefines facial contours and relaxes the features.

#### REJUVENATING - 30 MIN | €150

Stimulates collagen production and adds volume to the skin.

\*All prices include VAT.



## OUR BIOLOGIQUE RECHERCHE BETTER AGING TREATMENTS

### BIOLOGIQUE RECHERCHE TREATMENTS

#### INTENSIVE MC110 TREATMENT - 50 MIN | €195 80 MIN | €260

To reduce wrinkles. Designed to smooth out deep wrinkles, and ideal for lackluster skin, this treatment leaves the skin of your face, neck and décolleté toned and redefined.

#### LIFT C.V.S. TREATMENT - 50 MIN | €195 80 MIN | €260

For lifted, better toned skin. An exfoliating and lifting treatment combined with massage techniques, perfect for mature skin, to leave it smoothed, toned and refined.

#### PEELING AUX ACIDES DE FRUITS - 50 MIN | €195 80 MIN | €260

To refine skin's texture. An exfoliating and revitalizing treatment for lined, lackluster and thick skin.

#### SOIN RESTRUCTURANT LISSANT - 50 MIN | €195 80 MIN | €260

For better toned skin. A reconditioning, skin-toning treatment suitable for all skin. Focused on the face, neck and décolleté, it promotes drainage, smoothes and tones.

#### TRIPLE LIFT TREATMENT WITH REMODELING FACE - 110 MIN | €390

For lifted skin. A firming and toning treatment for sagging skin that lacks structure and tone. It leaves the face looking tighter and facial volumes looking more balanced.

#### SECONDE PEAU TREATMENT - 80 MIN | €500

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

### BIOLOGIQUE RECHERCHE RESULTS ACCELERATORS

#### REMODELING FACE - TO COMPLEMENT YOUR TREATMENT | €100

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect. Includes use of the "Mentonnière Module" to sculpt the jawline.

#### ELECTROPORATION - TO COMPLEMENT YOUR TREATMENT | €150

Makes the upper layer of the epidermis more permeable so that skin is more receptive to the treatment serum applied.

#### EYE TREATMENT - TO COMPLEMENT YOUR TREATMENT - 30 MIN | €120 50 MIN | €195

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

#### JAWLINE-SCULPTING TREATMENT

#### TO COMPLEMENT YOUR TREATMENT - 30 MIN | €120 50 MIN | €195

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.

\*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

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