

## Destination n°3

### Destination *Longevity & Vitality*

This Destination is an invitation for you to flourish, offering a concentrate of vitality in an environment conducive to letting go. The main goals of this programme are to restore radiance, clear and beautiful skin, and to boost the whole body's dynamism.

#### **BENEFITS**

- Improve vitality
- Optimise physical health
- Prevent the effects of ageing

### *L'Occitane* Treatments

- Immortelle Divine Secret
- Harmonie Divine Eternal Beauty
- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Sleep & Reset Massage
- Power Nap Massage
- Relaxing Aromachologie Massage
- Shea Nurturing Massage
- Almond Detoxifying Balance
- Leg Refresher With Essential Oils
- Made to Measure Facial (Of your choice)
- Made to Measure Body Massage (Vitality)
- Made to Measure Body Massage (Intensity)
- Made to Measure Body Massage (Of your choice)

### *Complementary* Treatment

- Silhouette Massage

### *Energy* Therapies

- Foot Reflexology
- Tui Na
- Chi Nei Tsang

### *Sports & Energy* Arts

- Yoga
- Personal Training
- Group Classes
- Qi Gong
- Meditation

### Workshop

- Understanding your Skin Workshop
- Healthy Cuisine Workshop

### *Holistic* Service

- Naturopathy

