

## Destination n°4

### Destination *Fitness & Detox*

This vitamin-rich, invigorating and detoxifying Destination will leave you feeling lighter and brighter from the inside out. This bespoke programme helps slim and tone the silhouette while giving both body and mind a reboot. For renewed energy and endurance, it is recommended for every change of season.

#### **BENEFITS**

Detoxify the body  
Restore vitality  
Feel good in your body

### Soins *L'Occitane*

- Reset Face & Eyes
- Shea Nourishing Scrub
- Shea Ultra-moisturizing Body Wrap
- Relaxing Aromachologie 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 (Warmth)
- Made to Measure Body Massage (Of your choice)

### Soin *Complémentaire*

- Silhouette Massage

### Soins *Énergétiques*

- Foot Reflexology
- Chi Nei Tsang

### Sports & Arts *Énergétiques*

- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Meditation

### Ateliers

- Liver Detox and Nutrition Workshop
- Healthy Cuisine Workshop

### Prestations *Holistiques*

- Naturopathy
- Hypnotherapy



The variety and number of services depend on the duration of the Destination.