#### Destination n<sup>9</sup>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

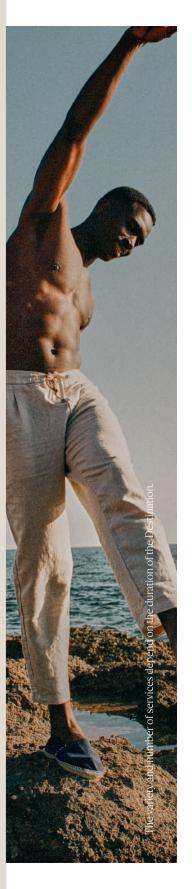
- Bike Rides
- Yoga
- Personal Training
- Group Classes
- Meditation

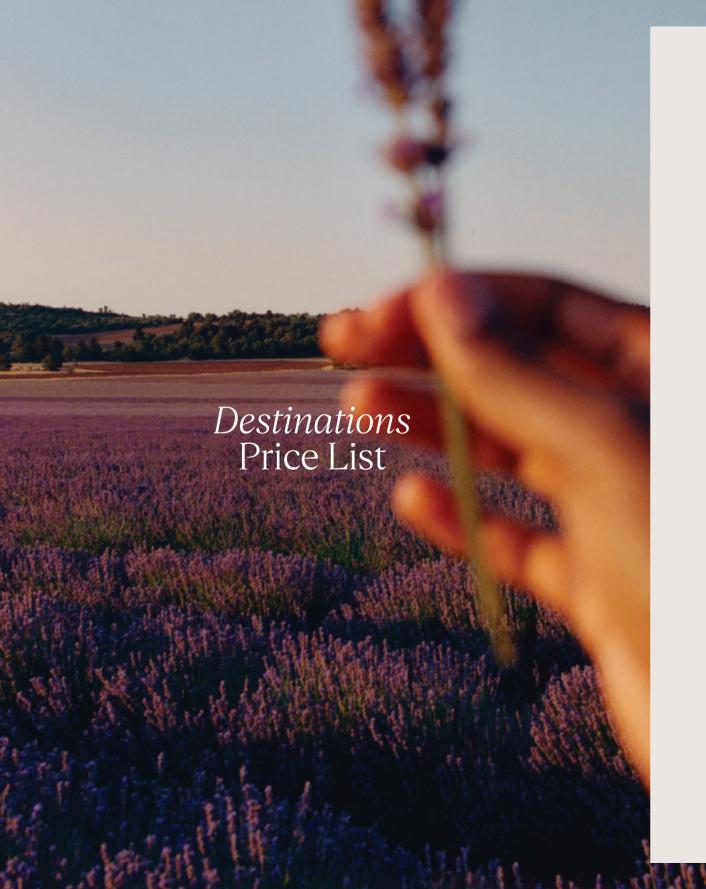
### **Ateliers**

- Liver Detox and Nutrition Workshop
- Healthy Cuisine Workshop

## Prestations Holistiques

- Naturopathy
- Hypnotherapy





## Reconnection & Rejuvenation

•	3 Days	850.00€
	6 Days	1900.00€
	14 Days	3950.00€

## Balance & Emotion

•	3 Days	900.00€
•	6 Days	1600.00€
	14 Days	3950.00€

## Longevity & Vitality

•	3 Days	950.00€
-	6 Days	1800.00€
	14 Days	4250.00€

## Fitness & Detox

-	3 Days	800.00€
•	6 Days	1800.00€
	14 Days	3850.00€