

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.

Destinations Price List

Reconnection & Rejuvenation

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| ■ 3 Days | 850.00€ |
| ■ 6 Days | 1900.00€ |
| ■ 14 Days | 3950.00€ |

Balance & Emotion

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| ■ 3 Days | 900.00€ |
| ■ 6 Days | 1600.00€ |
| ■ 14 Days | 3950.00€ |

Longevity & Vitality

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| ■ 3 Days | 950.00€ |
| ■ 6 Days | 1800.00€ |
| ■ 14 Days | 4250.00€ |

Fitness & Detox

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| ■ 3 Days | 800.00€ |
| ■ 6 Days | 1800.00€ |
| ■ 14 Days | 3850.00€ |