

## Cleanse and Purify

*This gentle detox programme has been created to cleanse and purify the body, thus reducing symptoms of fatigue, irritability and discomfort, helping you feel lighter and more energised.*

*Curated to give you back that natural spring in your step and to ensure optimum results are achieved, this programme includes our full board Purifying Healthy Menus which are plant-based and nutrient rich, specifically chosen to help you rest, repair and rejuvenate. Probiotic supplementation is also included to support the cleansing process.*

TREATMENT		DISCOVER 2 nights	ESCAPE 4 nights	IMMERSION 7 nights
90'	Lifestyle and Nutrition Consultation with Quest	✓	✓	✓
75'	Intensive Thalasso Vichy Detox	1	1	1
90'	Salt Holistic Ritual			1
60'	Personalised Facial			1
60'	Detox Manual Lymphatic Drainage Massage	1	1	1
30'	Detoxifying Seaweed Wrap	1	1	2
60'	Reflexology		1	1
30'	Energising Bath	1	1	2
120'	Detoxifying Ritual		1	1
15'	Progress Consultation			1
30'	Departure Lifestyle and Nutrition Consultation		✓	✓
		€ 1,700 p/p	€ 2,770 p/p	€ 4,150 p/p

To optimise results, all of our programmes can be individually tailored to reduce or increase the number of activities, treatments and menu options. Includes all meals taken from our Purifying Healthy full board menus.

VAT INCLUDED / ACCOMODATION **NOT** INCLUDED