

Beach Ready

Allow our team to prepare and guide you to more body confidence this summer with a combination of total-body sculpting workouts, nutrition guidance and treatments designed to help you look and feel your best. To ensure optimum results, this programme includes our full board Purifying Healthy Menus which are plant-based, probiotic and nutrient rich, specifically designed to help you to achieve gentle yet sustainable weight loss, repair and rejuvenation.

| 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 |
| 60' | Shaping Massage | | 1 | 1 |
| 55' | Personal Training Sessions | 1 | 2 | 3 |
| 60' | Intensive Contouring | 1 | 1 | 1 |
| 20' | Energising Bath | 1 | 1 | 2 |
| 60' | Firming Seaweed Wrap | | 1 | 1 |
| 60' | Indiba Body Treatment | | 1 | 2 |
| 120' | Detoxifying Ritual | | | 1 |
| 15' | Progress Consultation | | | 1 |
| 30' | Departure Lifestyle and Nutrition Consultation | | ✓ | ✓ |
| | | € 1,630 p/p | € 2,950 p/p | € 4,350 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