

# 6-DAY BOOSTER STAY

Your reminder stay  
to move forward  
in your slimming process

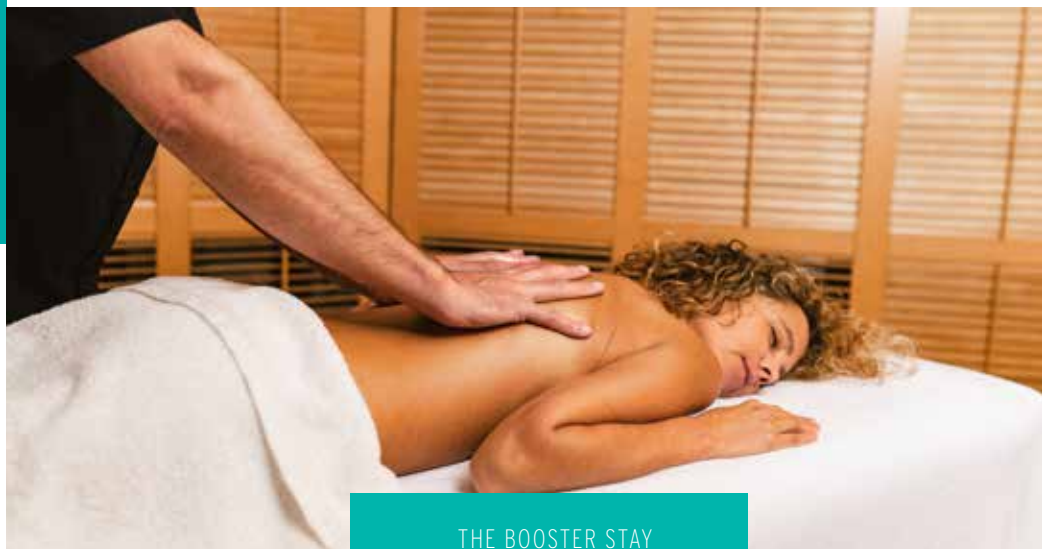
**Have you already started losing weight? Have you reached a plateau and need a bit of help to achieve long-term weight loss?**

The 6-day booster stay is perfect for you.

This spa weight loss program focuses on body treatments and tonifying physical activity.

This formula includes three Brides massages, the must to dislodge cellulite and many physical activities to adopt a more active lifestyle.

**During 6 days, you benefit from a powerful care panel that activates blood circulation and acts against cellulite.**



## THE BOOSTER STAY IS FOR ME IF:

- ➔ I want to keep losing weight.
- ➔ I need a bit of help to consolidate my weight loss.
- ➔ I want to tone and refine my silhouette.

PRICE: €795 for 6 days

Special rates at certain periods, for more information contact us or visit our website.

# THE FULL PROGRAM (more than 31 treatments and slimming activities)

## TREATMENTS WITH THERMAL SPRING WATER

- **6 days of drink cure** with the thermal water of Brides-les-Bains, with its depurative and appetite suppressing properties
- **11 individual spa treatments:**
  - 3 affusion sculpting massages
  - 3 aérojet baths
  - 2 massaging jet baths
  - 3 jet showers

## BODY MASSAGES

- **3 Brides' massages** with draining, anticellulitic and relaxing actions with a qualified physiotherapist (30 mins)

## OTHER BODY TREATMENTS

- **2 slimming seaweed body wraps**

## PHYSICAL ACTIVITIES AND WELLNESS

- **3 aquafit sessions** supervised in a dedicated pool
- **6 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit

→ FREE ACCESS DURING YOUR STAY:

## RELAXATION ACTIVITIES

- An 82ft long **swimming corridor**, a 59 ft long **relaxation pool** in the Aquatic Area
- **Relaxation Spa** of the Grand Spa Thermal
- **Thermal pool** of Grands Bains de Salins, one of the biggest in France and their water aerobics classes, outdoor jacuzzi
- **The open-air swimming pool** next to the spa (from 1<sup>st</sup> of June to 10<sup>th</sup> of September)

## NUTRITIONAL ACTIVITIES

- **1 or 2 conferences** a day
  - **1 or 2 cooking demonstrations** a week
- FREE ACCESS, ANIMATED BY A DIETICIAN

The 6-Day Booster Stay does not include individual nutritional benefits. If you wish to benefit from it you can opt in supplement for:

- **1 body composition assessment by impedance measurement** (20 min) at € 21
- **1 nutritional interview** (45 min) including impedance measurement and measurements at € 52