

6-DAY KICK-START STAY

Your starter stay to start weight loss and learn to lose weight on the long run.

**Extra pounds that undermine your morale?
Too much waist centimeters?**

The Kick-start stay is the ideal answer to stop weight gain, lose weight and stay healthy or get back to some good life habits.

This program combines all the ingredients to trigger the slimming down: Brides thermal water drink cure, targeted thermal spa treatments, nutritional consultations and workshops, and physical activity.

During 6 days, professionals teach you how to lose weight. A stay with motivating and immediate effects.

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



THE KICK-START STAY
IS FOR ME IF:

- ➔ I want to learn how to lose weight.
- ➔ I want to start losing weight.
- ➔ I want to change my lifestyle.

PRICE: €775 for 6 days

THE FULL PROGRAM (more than 32 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 MASSAGE

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

OTHER BODY TREATMENTS

- **2 slimming seaweed body wraps**

NUTRITION

- **1 dietary consultation (45 mins)** with a measuring body composition with the dietician at the beginning of the stay: measurements and bioelectrical impedance analysis to measure the effects of the treatment. Diagnosis, personalised advice and lifestyle change objectives.
- **1 personal nutritional consultation at the end of the stay:** measurement and bioelectrical impedance analysis (20 mins)

- **1 group workshop** led by a dietician (1 hr 30 mins/max 12 people) to help you to adopt healthy cooking methods, or another course of your choice.
- **1 "Réussir votre retour de cure" (Post-treatment success) guide** packed with useful advice.
 - FREE ACCESS, ANIMATED BY A DIETICIAN
- **1 or 2 conferences** a day
- **1 or 2 cooking demonstrations** a week

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
 - RELAXATION ACTIVITIES IN FREE ACCESS DURING YOUR STAY:
- A long **swimming corridor**, a 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 June to 10 September)