

5-DAY HARMONY STAY

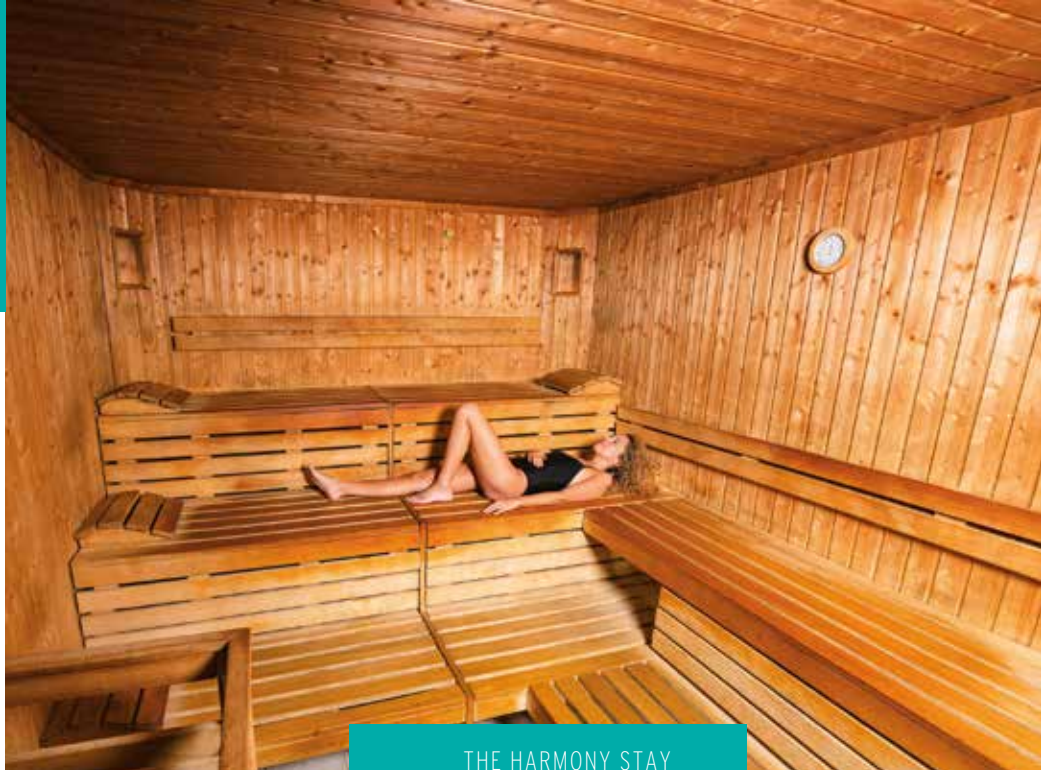
Your positive retirement
to reconnect with
your inner well-being.

**Need to blow, and reconcile with your body?
What about taking time to purify and tone
your figure?**

At the Grand Spa Thermal in Brides-les-Bains, our team of experts accompanies you to reconnect with a healthy life. With them, you will learn how to respect your organism, reintegrate physical activity into your daily life, boost your vitality and loosen up your body.

The Harmony stay alternates refreshing and relaxing treatments as well as supervised physical activities.

PRICE: €505 for 5 days



THE HARMONY STAY
IS FOR ME IF:

- ➔ I want to eliminate accumulated tensions.
- ➔ I want to restore my health.
- ➔ I want to find a light body and spirit

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

THE FULL PROGRAM (more than 22 treatments and activities of relaxation and well-being)

TREATMENTS WITH THERMAL SPRING WATER

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

OTHER BODY TREATMENTS

- **1 slimming seaweed body wraps**
- **1 relaxing massage** by Sothys (30 min)

PHYSICAL ACTIVITIES AND WELLNESS

- **3 aquafit sessions** supervised in a dedicated pool
- **5 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 **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 1st of June to 10th of September)

NUTRITIONAL ACTIVITIES

- **1 or 2 conferences** a day
- **1 or 2 cooking demonstrations** a week

The 5-Day Harmony 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