

# 9-DAY METAMORPHOSIS STAY

Your Metamorphosis stay is the slimming bestseller stay of the Grand Spa Thermal!

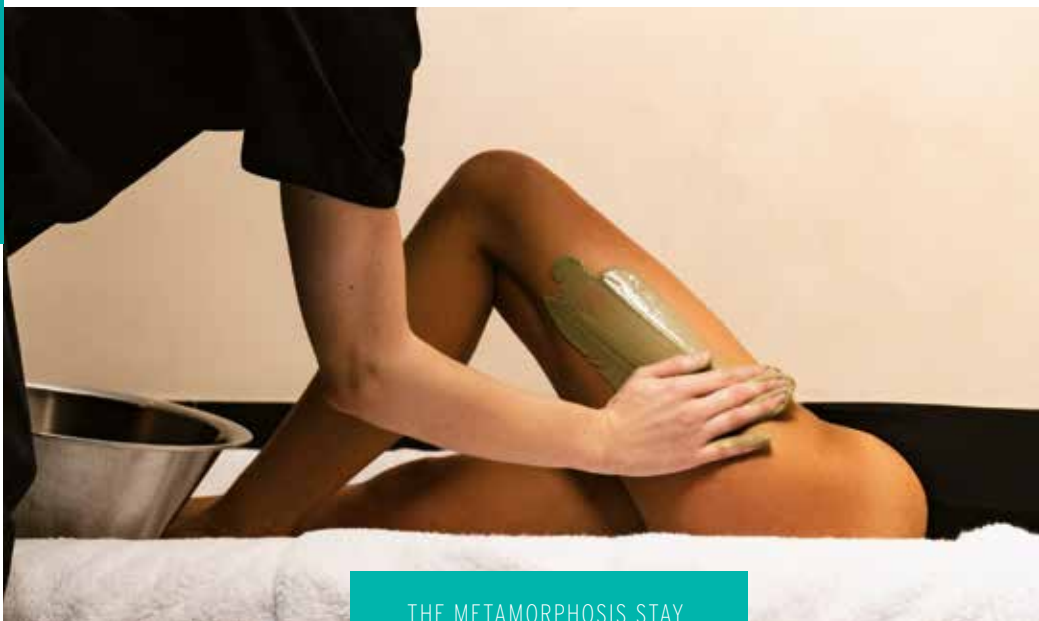
**Do you want to take time to adopt a new balanced diet? Need a bigger break in your daily life?**

The Metamorphosis stay gives you time to learn how to lose weight in a healthy way.

The spa professionals provide you draining slimming treatments, nutrition advices adapted to your life and targeted physical activities. At the end of the stay, the habits of life are anchored and the postcure objectives fixed, without stress, nor privations.

**During 9 days, you learn how to lose weight, adopt a new balanced diet and set up a real plan of action.**

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



PRICE: €1200 for 9 days

## THE METAMORPHOSIS STAY IS FOR ME IF:

- ➔ I want to get good and long-lasting results on my weight loss
- ➔ I want to reconcile with my body as well as with my diet
- ➔ I want to implement a realistic and efficient action plan once back home

# THE FULL PROGRAM (more than 50 treatments and slimming activities)

## TREATMENTS WITH THERMAL SPRING WATER

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

## BODY MESSAGES

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

## OTHER BODY TREATMENTS

- **3 slimming seaweed body wraps**
- **1 hammam scrub**
- **1 relaxing massage** by Sothys (30 mins)

## 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

- **4 aquafit sessions** supervised in a dedicated pool
- **9 days of supervised physical activities:** 11 different themes groups courses and 1 cardio fitness circuit
  - RELAXATION ACTIVITIES IN FREE ACCESS DURING YOUR STAY:
- 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)