

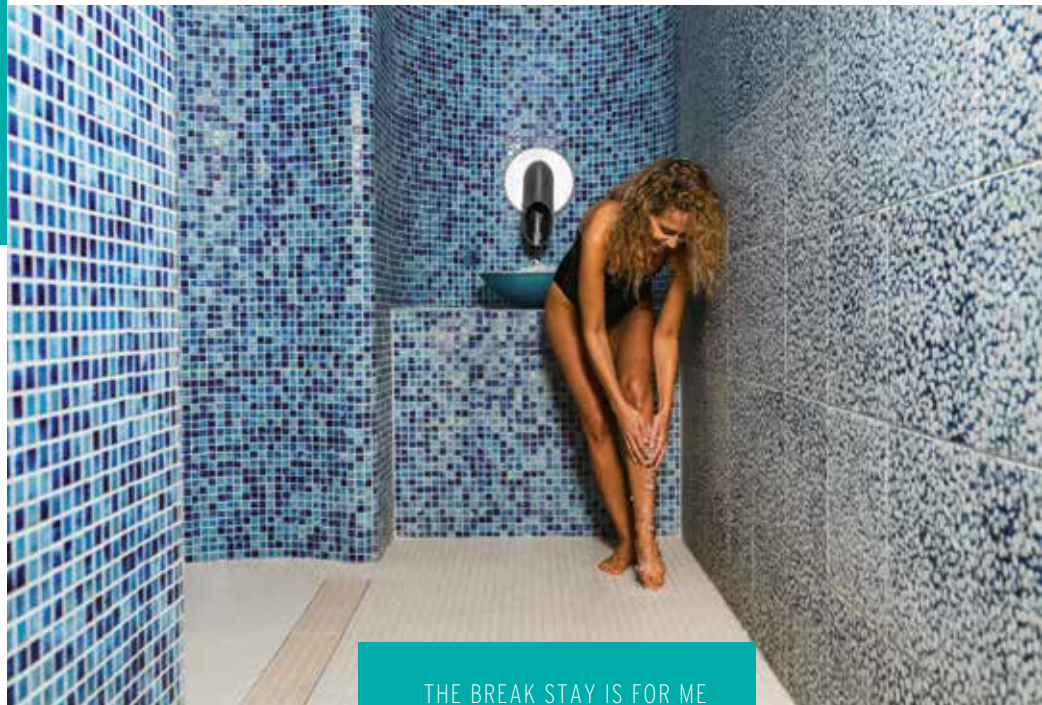
3-DAY BREAK STAY

Your thermal stop
to get a new skin
and regain your energy.

Loss of energy and little time to find it? Need oxygen or disconnection?

Welcome to the Grand Spa Thermal of Brides-les-Bains! At the heart of the mountains, in the 3 Vallées Domain and near the Vanoise National Park, enjoy the best thermal know-how.

During 3 days, our team of experts accompanies you. With them, unwind your tensions, find the pleasure of moving and reconnect with your inner well-being.



PRICE: €317 for 3 days

THE BREAK STAY IS FOR ME
IF:

- ➔ I want to take care of myself
- ➔ I want to disconnect in a short time
- ➔ I want to fill up with energy

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

THE FULL PROGRAM (more than 14 treatments and activities of relaxation and well-being)

TREATMENTS WITH THERMAL SPRING WATER

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

OTHER BODY TREATMENTS

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

PHYSICAL ACTIVITIES AND WELLNESS

- **2 aquafit sessions** supervised in a dedicated pool
- **3 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
- FREE ACCESS, ANIMATED BY A DIETICIAN

The 3-Day Break 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