



WELLNESS LUXURY HOTEL

SHAPE CLUB TREATMENT MENU



ENGLISH





EVALUATIONS & CONSULTATIONS

Wellness Advisor



EVALUATIONS & CONSULTATIONS

EVALUATE YOUR PHYSICAL CONDITION WITH THE HELP
OF THE VERY LATEST TECHNOLOGIES.

BIOIMPEDANCE ANALYSIS AND DIET & NUTRITION CONSULTATION

WEIGHT LOSS – STABILIZATION – SUPPORT

Bioimpedance analysis is an advanced tool that uses weak electrical currents to measure body composition. It provides a precise evaluation of fat and lean mass, muscle mass, and the distribution of water throughout the body. It is helpful in establishing personalized health and fitness plans, and can be used to calculate your "body age."

60 MIN | €210

PHYSICAL CONDITION EVALUATION

BALANCE – SUPPLENESS – STRENGTH

The physical condition evaluation is carried out using Kinvent technology – a tool used by physiotherapists – to measure your muscle strength, balance and suppleness.

30 MIN | €90

OSTEOPATHY

JOINTS – MUSCLES – PREVENTATIVE OR CURATIVE

An osteopathy session will help to improve your posture, and treat muscle, tendon or joint pain, by manipulating the body.

50 MIN | €195

All prices include VAT.



—
**BODY
TREATMENTS**
—



SCRUBS & MUD WRAPS

Our scrubs and mud wraps were designed and developed by the Lily of the Valley Shape Club.

Learn about them and their benefits.

We recommend that you use our saunas or steam room before a body scrub or wrap, to prepare your skin.

SCRUBS

HEMP AND PETITGRAIN

STIMULATES BLOOD FLOW - RELAXES MUSCLES - SOOTHES

APRICOT KERNEL AND JASMINE

BRIGHTENS - SOFTENS - MOISTURIZES

GREEN LUFFA AND IMMORTELE FLOWER

FIRMS - IMPROVES ELASTICITY - SMOOTHS DIMPLED SKIN

ICELANDIC VOLCANIC SAND AND PINE

PURIFIES - REFRESHES - INVIGORATES

MUD WRAPS

YELLOW MUD WRAP, WITH GINGER AND LEMON

FIRMS - STIMULATES BLOOD FLOW - SMOOTHS DIMPLED SKIN

MAUVE MUD WRAP, WITH ROSE

ANTI-AGING - NOURISHES - IMPROVES SKIN SUPPLENESS

BLUE MUD WRAP, WITH LAVENDER

SOOTHES - REPAIRS - PROMOTES HEALING

GREEN MUD WRAP, WITH SEAWEED AND THYME

ENERGIZES - REVITALIZES - DETOXIFIES

SCRUB OR MUD WRAP

30 MIN | €90

SCRUB OR MUD WRAP FOLLOWED BY A MOISTURIZING TREATMENT

50 MIN | €180

SERENITY: SCRUB OR MUD WRAP FOLLOWED BY A MASSAGE

80 MIN | €260

All prices include VAT.





MASSAGES

RELAXING MASSAGE

TRADITIONAL TECHNIQUE – LIGHT PRESSURE – DEEPLY RELAXES

50 MIN | €185 80 MIN | €250

DEEP MASSAGE

TRADITIONAL TECHNIQUE – FIRM PRESSURE – RELIEVES AND RELAXES

50 MIN | €185 80 MIN | €250

SPORTS MASSAGE

TRADITIONAL TECHNIQUE – INVIGORATING AND STRETCHING MOVEMENTS
RELIEVES AND RELAXES

50 MIN | €185 80 MIN | €250

THAI MASSAGE

TRADITIONAL TECHNIQUE – STRETCHING MOVEMENTS – ACUPRESSURE

80 MIN | €260

MOM-TO-BE MASSAGE

TARGETED TECHNIQUE – GENTLE PRESSURE – PROMOTES DRAINAGE

50 MIN | €185

SOOTHING MASSAGE (ABHYANGA)

BASED ON AYURVEDIC MEDICINE – MODERATE TO FIRM PRESSURE – SOOTHES AND REBALANCES

80 MIN | €250

DE-STRESSING MASSAGE (CHAMPISSAGE, HEAD MASSAGE)

BASED ON AYURVEDIC MEDICINE – VIGOROUS MOVEMENTS – RELAXES AND UNWINDS

50 MIN | €185

All prices include VAT.

FIRMING MASSAGE

MASSAGE TRADITIONAL TECHNIQUE – PINCH-AND-ROLL METHOD
FIRMS AND BREAKS DOWN FAT

50 MIN | €185

LYMPHATIC DRAINAGE MASSAGE

TRADITIONAL TECHNIQUE – SLOW AND GENTLE MOVEMENTS
PROMOTES DRAINAGE AND DETOXIFIES

50 MIN | €185

LIGHT LEGS TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – SLOW MOVEMENTS – IMPROVES DRAINAGE, BREAKS DOWN FAT

50 MIN | €195

SLIMMING BOOSTER TREATMENT (BIOLOGIQUE RECHERCHE)

DERMOCOSMETICS – VIGOROUS MOVEMENTS – COMBATS CELLULITE

50 MIN | €195

FACE MASK BAR

Take care of your skin by reaping the benefits of a face mask while you enjoy your massage

LIFTKISS - €30

CONTOURS & VOLUME
LIFTS – SMOOTHS – PLUMPS – REGENERATES

PATCH DÉFATIGANT - €35

SMOOTHING AND REVITALIZING BIOCELLULOSE EYE MASK
DARK CIRCLES – WRINKLES – FINE DEHYDRATION LINES

MASQUE PIGM 400 - €35

RADIANCE BOOSTER
FIGHTS DARK SPOTS – PERFECTS – BRIGHTENS

MASQUE CAVIAR VERT - €50

LIFTING & ANTI-AGING BIOCELLULOSE MASK
FIGHTS WRINKLES – SMOOTHS – TIGHTENS

AVAILABLE EXCLUSIVELY AS A BODY TREATMENT ADD-ON.

All prices include VAT.



EXCEPTIONAL TREATMENTS

TARGETED ACTION

These treatments have been developed exclusively to meet the objectives of our four programs. The result is a unique experience that combines the expertise of our therapists in advanced treatment protocols with the precision of carefully chosen tools.



SLIM & FIRM

This treatment is included in the WEIGHT LOSS program, and is also available separately.

AN ENJOYABLE WAY TO ACHIEVE YOUR IDEAL WEIGHT.

This exceptional treatment from our Weight Loss program uses cupping therapy and manual massage to sculpt and firm your figure.

80 MIN | €260



RESTORE & BOOST

This treatment is included in the SPORT program, and is also available separately.

LET YOUR BODY RECOVER IN THE VERY BEST CONDITIONS

This exceptional treatment from our Sport program both promotes and speeds up muscle recovery through manual techniques, stretching, poultices, and the use of cold.

80 MIN | €260



DETOX

This treatment is included in the DETOX program, and is also available separately.

PROMOTE DRAINAGE AND FLUSH OUT TOXINS

This exceptional treatment from our Detox program gives a feeling of well-being and lightness. It includes a body wrap with ginger, combined with manual lymphatic drainage techniques and dry brushing.

80 MIN | €260



YOUNGER LONGER

This treatment is included in the BETTER AGING program, and is also available separately.

STRENGTHEN YOUR MOBILITY

This exceptional treatment from our Better Aging program (for the face and body) focuses on body mobility and acupressure for a feeling of well-being and suppleness, and also includes the use of gua sha to help firm, moisturize and lift skin.

80 MIN | €260

All prices include VAT.



THERAPEUTIC TREATMENTS

CHI NEI TSANG

ENERGIZING ABDOMINAL MASSAGE – STIMULATES METABOLISM
PHYSICAL AND EMOTIONAL WELL-BEING

50 MIN | €250

CUPPING THERAPY

USING SUCTION CUPS – RELIEVES TENSION
IMPROVES BLOOD CIRCULATION

45 MIN | €170

ACUPUNCTURE

STIMULATES ENERGY POINTS – RESTORES BALANCE
RELIEVES PAIN AND STRESS

50 MIN | €190

FOOT REFLEXOLOGY

CHINESE TECHNIQUE – MODERATE PRESSURE AND ACUPRESSURE
SOOTHES AND REBALANCES

50 MIN | €185

All prices include VAT.





TECHNOLOGY-BASED BODY TREATMENTS

TWO CRYOTHERAPY MACHINES

Localized cryotherapy has a precise action on a specific, targeted area, while the cryotherapy chamber is used to focus on the whole body and metabolism.

CRYOTHERAPY CHAMBER

OPTIMIZE YOUR PERFORMANCE AND DISCOVER A NEW LEVEL OF WELLNESS

- Muscle recovery and reduction in soreness and inflammation
- Improved sleep and concentration
- Boosted immune system

The treatment lasts for 3 to 5 minutes, based on your physical condition and habits.

Temperature: -110°C
Feels like: -80°C

15 MIN | €70

SET OF 5 SESSIONS | €300

All prices include VAT.



TECHNOLOGY-BASED BODY TREATMENTS

LOCALIZED CRYOTHERAPY

ACCELERATED WEIGHT LOSS - RECOVERY FROM EXERCISE - ELIMINATION OF EXCESS WATER

Cryotherapy is a technology-based treatment that involves creating a thermal shock through exposure to cold temperatures to trigger the elimination of fat, reduce inflammation, and boost blood flow.

FIRMING

CRYOTHERAPY - COLD SENSATION - FIRMS AND REPAIRS

30 MIN | €150

DRAINING

CRYOTHERAPY - COLD SENSATION - PROMOTES DRAINAGE AND RELIEVES

30 MIN | €150

ANTI-STRETCH MARKS

CRYOTHERAPY - COLD SENSATION - TREATS STRETCH MARKS

30 MIN | €150

LIPO TREATMENT - THIGHS

CRYOTHERAPY - COLD SENSATION - REDUCES THIGH CIRCUMFERENCE

30 MIN | €150

CUSTOMIZED TARGETED CRYO TREATMENT

CRYOTHERAPY - COLD SENSATION - DIFFERENT ACTIONS ON ONE AREA

30 MIN | €150

All prices include VAT.



TECHNOLOGY-BASED BODY TREATMENTS

RADIOFREQUENCY (INDIBA)

RECOVERY FROM EXERCISE - LYMPHATIC DRAINAGE - FIRMNESS - SLIMMING
INDIBA technology makes it possible to activate cells by generating heat.
It is used by sports doctors and fitness trainers to support high-level athletes,
and stimulates collagen production.

CUSTOMIZED INDIBA TREATMENT

RADIOFREQUENCY - WARM SENSATION - TREATS A SPECIFIC AREA

30 MIN | €120

INDIBA SLIMMING TREATMENT

RADIOFREQUENCY - WARM SENSATION - SCULPTS AND TONES

80 MIN | €295

INDIBA DETOX

RADIOFREQUENCY - WARM SENSATION AND SLOW MOVEMENTS
PROMOTES DRAINAGE - GIVES A FEELING OF LIGHTNESS

80 MIN | €295

INDIBA MUSCLE TREATMENT

RADIOFREQUENCY - WARM SENSATION - RELIEVES AND REPAIRS

50 MIN | €195

All prices include VAT.





—
**FACE
TREATMENTS**
—



BIOLOGIQUE RECHERCHE: PERSONALIZED SKINCARE TREATMENTS

French dermocosmetics brand, Biologique Recherche, has developed a methodology based on unique and personalized skincare protocols. Its treatments are suitable for both men and women, and comprise three key stages.

THE THREE KEY STAGES





FACE TREATMENTS

CUSTOMIZED FACIAL TREATMENT

When developing its treatments, Biologique Recherche focuses on studying the skin, so it can personalize its treatment protocols and tailor them to your Skin Instant®.

Its treatments are always based on an individual dermocosmetic diagnosis.

Whether you're looking for radiant, purified, moisturized or toned skin, we make sure we choose the right booster(s) to match your Skin Instant®.

Our treatments can address one or several needs, depending on the time you have available to dedicate to your skin.

50 MIN | **195€**

80 MIN | **260€**

SECONDE PEAU TREATMENT

For regenerated skin. Designed for skin damaged by aging, this lifting treatment includes using an electrospun mask with 80% pharmaceutical grade hyaluronic acid.

80 MIN | **500€**

All prices include VAT.



RESULTS BOOSTERS

ENHANCE EFFECTS

In addition to your treatment

REMODELING FACE

State-of-the-art bio-electric technology combining the power of three types of electric current for enhanced results and an instant lifting effect.

IN ADDITION | **€100**

ELECTROPORATION

A high-frequency impulse current makes the upper layer of the epidermis more permeable and increases the penetration of the serum rich in active ingredients.

IN ADDITION | **€150**

MICROPUNCTURE LAB

An intensive treatment that stimulates collagen production through intra-epidermal micro-stimulation using micro-needles.

IN ADDITION | **€150**

TARGETED TREATMENTS

To complement your treatment

EYE TREATMENT

Hydration and specific nutrients to revitalize and smooth the sensitive skin around the eyes.

30 MIN | **120€**

50 MIN | **195€**

JAWLINE-SCULPTING TREATMENT

A targeted treatment to improve skin tone and tightness, visibly reducing the signs of aging. Fights the effects of gravity for a more balanced jawline.

30 MIN | **120€**

50 MIN | **195€**

All prices include VAT.



OUR SKIN PROGRAMS

PRECISION, DISCIPLINE, AND CUSTOMIZED SKINCARE: THE VERY BEST OF DERMOCOSMETICS

Lily of the Valley offers three skin programs, designed to transform your skin. Make the most of your stay to care for your skin, and choose the skin program you need, for a duration of 3 to 5 days.

1

SUPERCLEANSE
Acne
and oily skin

2

GLOW & GO
Dull skin
and dehydration

3

ULTIMATE HYALURONIC
Deep wrinkles
and loss of firmness



OUR SKIN PROGRAMS & THEIR EXCLUSIVE PROTOCOL

SUPERCLEANSE PROGRAM

ACNE SKIN DAMAGED BY A HARSH, ABRASIVE SKINCARE ROUTINE.

The Shape Club has created two detox skin programs to meet the needs of temperamental skin. Based on three or five treatments with at least 24 hours between them they'll leave your skin clearer and hydrated, and help keep it pure and healthy. Enjoy a cleansing HvaraFacial LED therapy face gym and an exclusive treatment developed in collaboration with Biologique Recherche and get your skin back on track

3 DAYS | €850

5 DAYS | €1,200

TREAT YOUR SKIN TO... EXCLUSIVE SUPERCLEANSE TREATMENT

Inspired by our Supercleanse skin program, this exclusive treatment is aimed at combination skin with minor blemishes

CLEANSING & GENTLE EXTRACTION - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €350

All prices include VAT.

GLOW & GO PROGRAM

FOR SKIN THAT LACKS RADIANCE AND HYDRATION.

The Shape Club has created two skin programs to give your skin a glow and fight the first signs of aging. Based on three or five treatments, with at least 24 hours between them, they'll leave your skin plumped, hydrated and luminous. A cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment developed in collaboration with Biologique Recherche, will help you to get your glow back - and keep it!

3 DAYS | €850

5 DAYS | €1,200

TREAT YOUR SKIN TO... EXCLUSIVE GLOW & GO TREATMENT

Inspired by our Glow & Go skin program, this exclusive treatment is aimed at skin that lacks radiance and hydration.

HYDRATION & RADIANCE - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €350

ULTIMATE HYALURONIC PROGRAM

FOR SKIN THAT HAS LOST ELASTICITY, HAS DEEP WRINKLES, AND IS LINED BY TIME.

The Shape Club has created two Better Aging skin programs to erase the effects of time on your skin. Based on three or five treatments, with at least 24 hours between them, they'll leave your skin nourished, smoother and radiant. Enjoy a cleansing HydraFacial, LED therapy, face gym, and an exclusive treatment using hyaluronic acid and developed in collaboration with Biologique Recherche, for skin that glows with health and vitality again.

3 DAYS | €950

5 DAYS | €1,390

TREAT YOUR SKIN TO... EXCLUSIVE ULTIMATE HYALURONIC TREATMENT

Inspired by our Ultimate Hyaluronic skin program, this exclusive treatment is aimed at mature and lined skin.

REPAIRS & FIRMS - BIOLOGIQUE RECHERCHE TECHNIQUE
LED SESSION

80 MIN | €550

All prices include VAT.



TECHNOLOGY-BASED FACE TREATMENTS

HYDRAFACIAL: THE PERFECT GLOW IN THREE STEPS

Every 15 seconds, someone in the world enjoys a HydraFacial treatment. This remarkable success is due to the effectiveness of the unique technology used, along with the three-step method, followed by the application of booster serums.

INITIAL 3-STEP HYDRAFACIAL PROTOCOL



INITIAL HYDRAFACIAL

30 MIN | €220

All prices include VAT.



EXPERT HYDRAFACIAL PROTOCOLS

An initial HydraFacial treatment, combined with serums for targeted action.



DEEP DETOX HYDRAFACIAL

Application of a serum, as well as the use of ultrasound to remove blackheads, and prolonged exposure to blue LED light to effectively prevent the spread of bacteria. This treatment purifies the skin, while also providing comfort and hydration.

Targeted serum: blemishes and balance

45 MIN | €270

ULTIMATE RADIANCE HYDRAFACIAL

After thoroughly cleansing and deeply hydrating the skin, a specific serum is applied, tailored to your skin's needs. The skin is then exposed to LED light, with colors chosen according to the benefits sought.

Targeted serum: hydration and first signs of aging

45 MIN | €270

FOREVER YOUNG HYDRAFACIAL

The effects of this treatment are dramatically enhanced by lymphatic drainage, to flush out waste. Features look rested and the skin is deeply nourished by a serum rich in vitamins and hyaluronic acid, which – along with exposure to red LED light – help to improve collagen production.

Targeted serum: deep wrinkles, pigmentation marks, loss of firmness

60 MIN | €350

All prices include VAT.



LED THERAPY

Our advanced skincare technology, LED Therapy, is your ultimate solution for radiant, younger-looking, beautifully healthy skin.

Using innovative, customized protocols, we have designed non-invasive treatments that combine the power of LED light therapy and the extensive knowledge of our experts.



LED SESSIONS TO COMPLEMENT YOUR TREATMENT

**DIAGNOSIS BY OUR EXPERTS
CUSTOMIZED TREATMENT**

EFFECTIVE ON:

- Persistent breakouts and inflammation, clogged pores
- Dull complexions and skin that lacks hydration
- Reactive and fragile skin that lacks radiance, hydration and comfort
- Wrinkles and fine lines, sun damage, loss of elasticity, dilated pores, and uneven skin tone
- Recommended after surgery or injections

**LED SESSION TO COMPLEMENT YOUR TREATMENT
CUSTOMIZED TREATMENT**

30 MIN | €95

All prices include VAT.



HAIR & BEAUTY



HAIRSTYLING & BARBER SERVICE

WOMEN'S HAIRSTYLING SERVICES

BOTANICAL RITUAL OWAY

PERSONALIZED PROTOCOL – SCALP ANALYSIS AND PREPARATION
HAIR VITALITY BOOST AND NUTRITION

45 MIN | **€120**

RITUAL & BLOW-DRY | **€180 to €220**

Blow-dry (short hair)- €80

Blow-dry (mid-length hair) - €100

Blow-dry (long hair)- €120

Cut & blow-dry de €150 à €190

Color & blow-dry de €160 à €200

Color, cut & blow-dry de €220 à €260

Balayage & blow-dry de €180 à €240

Balayage, cut & blow-dry de €250 à €310

The hair treatment is included in the price of the service.

Chignon/evening look - €120

Chignon/wedding styling – price upon consultation

BARBER SERVICE & MEN'S HAIRSTYLING

Haircut - € 55

Boy's haircut (under age 12)- € 35

Beard trim - € 50

All prices include VAT.



THE NAIL BAR

To care for and beautify your nails, Lily of the Valley chose to work with the French cruelty-free, vegan brand, Manucurist. Its products are made with 84% natural ingredients. For semi-permanent nail polish application, we use the brand OPI.

MANICURE

Nail filing & shaping, cuticle care, buffing, hydration and massage

Without polish application - 80€

With regular nail polish application - 90€

With semi-permanent nail polish application - 120€

PEDICURE

Soak, nail filing & shaping, cuticle care, buffing, foot filing, hydration and massage

Without polish application - 100€

With regular nail polish application - 110€

With semi-permanent nail polish application - 140€

EXPRESS MANICURE OR PEDICURE

Nail filing & shaping and cuticle care

Without polish application - 40€

With regular nail polish application - 50€

With semi-permanent nail polish application - 80€

SEMI-PERMANENT NAIL POLISH REMOVAL - 35€

All prices include VAT.





—
**TAKE CARE
OF YOURSELF**
—





WELLNESS LUXURY HOTEL

Plage de Gigaro
83420 La Croix-Valmer

Tel +33 (0)4.22.73.22.14

shapeclub@lilyofthevalley.com

lilyofthevalley.com

 [@lilyofthevalleyhotel](https://www.instagram.com/lilyofthevalleyhotel)

