



THE SHAPE CLUB PROGRAMS



ENGLISH



YOU'LL LOVE LOSING WEIGHT

At Lily of the Valley, a team of professionals advised by nutritionist Jacques Fricker applies his «TGV» method through three distinct programs focused on weight loss.

OPTIMAL WEIGHT & SERENITY **INTENSIVE WEIGHT LOSS** **WEIGHT LOSS & SPORT**

With 2.000 m² devoted to sport, wellness and getting in shape, Lily of the Valley welcomes you all year round. Whether you stay for four, seven, ten or fourteen days, we're here to help you achieve your weight loss goals.

As part of your program, you'll be given support during the first «high speed» phase of the «TGV» method, which focuses on losing weight quickly.



JACQUES FRICKER, CONSULTANT NUTRITIONIST FOR LILY OF THE VALLEY

Jacques Fricker has developed a three-step method that has stood the test of time and trends. Called the «TGV» method, it's an approach that's appreciated by many as it's based on a balanced diet, flexible, and lets you continue to enjoy the pleasure of eating. This is the philosophy that's applied at the Lily of the Valley Shape Club.

1

«HIGH SPEED»
PHASE

2

STABILIZATION
PHASE

3

BALANCE & VITALITY
PHASE



Jacques Fricker

consultant nutritionist for the Shape Club

Having worked in research for 10 years, Jacques Fricker draws on his role as a nutritionist to develop his approach, helping people to lose weight when this is advisable, and providing personalized advice that takes into account their tastes and needs. His three-step method provides a healthy, long-lasting way to lose weight that lets you continue to enjoy the pleasure of eating.



FOUR PILLARS TO ENSURE YOU LOVE LOSING WEIGHT

1

TREATMENTS

90 minutes of treatments each day.

2

SPORT

1 hour of coaching each day.
A variety of fitness excursions.

3

WEIGHT LOSS CUISINE

Luxurious menus, compatible with your weight loss goals.

4

WELLNESS & MONITORING

Personalized, daily monitoring by our wellness advisors.

6



FOUR DURATIONS ACCORDING TO YOUR NEEDS

4

DAYS

DISCOVER

7

DAYS

REBOOT

10

DAYS

RESET

14

DAYS

REBORN

7

OPTIMAL WEIGHT & SERENITY



OPTIMAL WEIGHT & SERENITY

A light diet combined with yoga, gentle exercise, outdoor sports, and treatments that promote relaxation, will leave you feeling lighter and better in your body.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA, PILATES AND FLOOR BARRE	✓	✓	✓	✓
TREATMENTS				
BODY TREATMENTS				
RELAXING MASSAGE & INDIBA	-	2	2	3
SOOTHING MASSAGE (ABHYANGA)	1	1	2	2
JET LAG MASSAGE	-	-	1	1
DETOX - ALGAE WRAP & MASSAGE	1	1	1	2
ABDOMINAL MASSAGE (CHI NEI TSANG)	1	1	1	1
LYMPHATIC DRAINAGE MASSAGE (UDVARTANA) & CRYOTHERAPY	-	-	1	1
INDIBA DETOX	1	1	1	2
HOT SCRUB	-	1	1	2
FACIAL TREATMENTS				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT"	✓	✓	✓	✓
ACCESS TO THE SHAPE ACADEMY	✓	✓	✓	✓

*All prices include VAT



INTENSIVE WEIGHT LOSS

INTENSIVE WEIGHT LOSS

This program is based on rigorously applying the «TGV» method developed by nutritionist Jacques Fricker. Throughout the duration of your stay, you'll be monitored by our wellness advisors and team of coaches in order to get your diet plan off to a strong start.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA, PILATES AND FLOOR BARRE	✓	✓	✓	✓
TREATMENTS				
BODY TREATMENTS				
DETOX - ALGAE WRAP & MASSAGE	1	1	1	1
ABDOMINAL MASSAGE (CHI NEI TSANG)	1	1	1	2
DEEP MASSAGE & INDIBA	-	2	2	3
SLIMMING BOOSTER TREATMENT & CRYOTHERAPY	1	1	1	1
LYMPHATIC DRAINAGE MASSAGE & CRYOTHERAPY	-	-	2	3
HOT SCRUB	-	1	1	1
INDIBA SLIMMING TREATMENT	1	1	2	3
FACIAL TREATMENTS				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT"				
	✓	✓	✓	✓
ACCESS TO THE SHAPE ACADEMY				
	✓	✓	✓	✓

*All prices include VAT

WEIGHT LOSS & SPORT



WEIGHT LOSS & SPORT

You'll follow a strict but nourishing diet, receive support and guidance for exercise and fitness, and enjoy treatments with a focus on muscular massage and recovery, to help you lose weight fast and improve your physical performance.

DURATION PRICES	DISCOVER 4 DAYS €2,500*	REBOOT 7 DAYS €4,500*	RESET 10 DAYS €6,000*	REBORN 14 DAYS €8,000*
WELLNESS & MONITORING				
INITIAL EVALUATION	✓	✓	✓	✓
BIOIMPEDANCE ANALYSIS	1	1	1	1
CONSULTATION WITH AN OSTEOPATH	-	1	2	2
END-OF-PROGRAM WEIGH-IN	✓	✓	✓	✓
END-OF-PROGRAM EVALUATION	✓	✓	✓	✓
WEIGHT LOSS CUISINE				
PERSONALIZED EATING PLAN	✓	✓	✓	✓
NUTRITIONAL MONITORING THROUGHOUT YOUR STAY	✓	✓	✓	✓
SPORT				
COACHING SESSIONS	4	7	10	14
CREATION OF YOUR FITNESS ROUTINE	✓	✓	✓	✓
FITNESS EXCURSIONS	✓	✓	✓	✓
YOGA, PILATES AND FLOOR BARRE	✓	✓	✓	✓
TREATMENTS				
BODY TREATMENTS				
DEEP MASSAGE & INDIBA	1	2	3	3
SPORTS MASSAGE & CRYOTHERAPY	1	1	2	3
RELAXING MASSAGE & INDIBA	-	1	1	1
INDIBA MUSCLE TREATMENT & RELAXING MASSAGE	-	-	1	2
ABDOMINAL MASSAGE (CHI NEI TSANG)	-	1	1	2
HOT SCRUB	1	1	1	2
DETOX - ALGAE WRAP & MASSAGE	1	1	1	1
FACIAL TREATMENTS				
SKIN DIAGNOSIS	1	1	1	1
HYDRAFACIAL TREATMENT	-	-	-	1
ACCESS TO THE "NORDIC CIRCUIT"				
	✓	✓	✓	✓
ACCESS TO THE SHAPE ACADEMY				
	✓	✓	✓	✓

*All prices include VAT



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**LOVE LOSING
WEIGHT**
—





WELLNESS LUXURY HOTEL

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