



WELLNESS STAY

body & mind in harmony

3-day resourcing program
to suspend time and emotions and rediscover
inner calm.

Booking at Spa reception
+33 (0)4 50 28 48 20
spa@jivahill.com

REFOCUS

3 nights in a Superior room
breakfast and dinner included



DAY 1

Emotional check-up | sauna
pressotherapy | personalized modelling

DAY 2

Guided meditation | free swim
guided dynamic walk
hammam | sensorial exfoliation
releasing emotions modelling
oxygenating facial care | pressotherapy
sophrology

DAY 3

Guided meditation | jacuzzi and free swim
timeless facial care | plantar modelling
sauna | sophrology

DAY 4

Guided dynamic walk | free swim
pressotherapy | emotional check-up

2 850 € per person with treatments
Accompagnant without treatments 750 €

Prices upon availability