

**NEW ! : « WELL-BEING » AND « WELL-BEING INTEGRAL »....****Study Day « Well-being »: 131.5€ per person**

On the basis of one study day « Business »

- 2 treatments between 17h30 and 19h30 (with the possibility of changing the time):
  - 1 hydromassaging bath
  - 1 Zen massage with vapours 20min
- A dressing gown, towel and slippers are supplied (bathing costume not provided)

**Study Day « Integral well-being »: 148€ per person**

On the basis of one study day « Business »

- 4 treatments over a half day between 14h30 and 19h30
  - 1 hydromassaging bath
  - One steam bath
  - One Zen massage with vapours 20min
  - Aqua-exercising and Aqua-training (outside aqua-gym lesson hours)
- A dressing gown, towel and slippers are supplied (bathing costume not provided)

**AND TO ALL PERSONS BOOKING IN THE HOTEL**

From your room, go directly and free to the Fitness & Relaxation area of the THERMES SEXTIUS including:

**Hamam, sauna, jacuzzi, cardio training center, low or high impact aerobics, outdoor heated pool** (May to September).

A dressing gown and slippers are available for this purpose in your room.

You can also book care, individual by calling 04 42 23 81 82